

# **Big Flats Youth Basketball**

Coaching Handbook

# Coaching Goals

- Have fun!!!
- Advocate teamwork
- Teach the fundamentals of basketball
- Promote sportsmanship
- Remember: the performance of your team has NO reflection on you

# How to Advocate Teamwork and Sportsmanship

- **Be a team**
  - Talk about the special bond teammates share.
  - Encourage kids to say hello in school and help each other on and off the court.
- **Good teammates**
  - Emphasize positive cheering at all times.
  - Instruct the kids to pay attention even when they're not on the court.
  - Encourage high fives and pats on the back.
- **End of game**
  - Talk about the game and what went right and wrong.
  - Emphasize the positives, particularly the areas of improvement.
- **Promote good sportsmanship**
  - Make sure everybody shakes hands telling the other team “good game”.
  - Do not allowing negative comments towards teammates, opponents or officials
  - Win or lose—the Coach must set a good example.

# How to Run a Successful Practice

- Try to be the first one at practice
- Be organized--have a written practice plan going in
- Establish rules and stick to them
- Learn your players' names ASAP
- Don't be afraid to ask for parent to help at practice
- Use your assistant coaches wisely—keep the kids busy!!
- Remember your age group (DON'T OVERLOAD THEM)
- Demonstrate each drill and explain the skill involved
- Make drills fun and competitive
- Keep players moving: explain drill, demo drill, try it, review it!

# Some Tips for Ball Handling

- Dribble with finger tips – don't slap it
- Develop the use of both hands
- Head up, eyes forward, find the open man
- Fast break dribble vs. dribbling in traffic
- Keep your body between the ball and the defender
- Do NOT pick up or “kill” your dribble until you know what you're going to do with the ball
- Be in control at all times

# Some Tips for Passing

- Look for open teammates
- Use two hands with elbows out
- Step toward target and snap pass
- Fake one, Make one
- Make use of the pivot
- Lead your teammate
- Aim for the chest

# Some Tips for Catching a Pass

- Always keep an eye on the ball
- Don't turn your back to the ball
- Anticipate the pass
- Move to the pass
- Keep your hands up and in front of you – give a target
- “Soft” hands
- Get control **BEFORE** you dribble

# Some Tips for Shooting

- Good shots vs. Bad shots
  - Shoot within your range
- **Balance** — shoulders square, shooting foot forward
- **Eyes** — site the rim, head square
- **Elbow** — ball on fingertips, elbow in over shooting foot and knee, palm up, guide hand on side
- **Follow through** — bend knees, push up with legs and flick wrist to a “gooseneck” finish, get the ball “over the wall”
- **Follow your shot** — don’t admire it



# Some Tips for Rebounding

- Be aggressive – want the ball
- BOX OUT first
- Don't get caught under the rim
- Grab the ball with two hands
- Once you have possession CHIN IT to PROTECT IT
- Look for an open person to outlet

# Some Basic Principles on Offense

- Triple Threat Position
- Limit unnecessary dribbling
- Avoid dribbling to the corner
- Attack the basket
- Encourage passing to open person
- Emphasize proper spacing
- Look for high percentage shots
- Pass and cut

# Some Basic Principles on Defense

- Defense = Hard work
- Man-to-Man Defense
  - Stay between your man and the basket
  - Bend at knees and stay low
  - Slide your feet, beat your person to the spot
  - Force your man to his/her weaker side
  - Don't reach—mirror the ball & take it if it's being shown to you (except Juniors)
- Help side defense
  - Ball – You – Man
  - Try to keep your eye on the ball and your person
  - Keep track of the person you are defending

# Game Day

- Try to develop your players
  - Rotate positions
  - Make sure everyone has the chance to handle the ball
  - Make sure everyone has the chance to get a shot (at least)
- Interchange line-ups
- Emphasize the following:
  - Rebounding
  - Passing
  - Solid defense
  - Finding the open man
  - Taking the best shot
- Reward those who hustle, show a good attitude, and effort; even when not the leading scorer
- Find something positive to say about each kid's performance

# Have an Early Parent Meeting

- Inform parents of practice and game schedules
- Let your parents know what you expect
- Talk about your goals for season
- Inform them of player participation in games
- Ask them to let you know when their child will be absent
- Tell them about Picture Day
- End of year party

# Helpful Websites

- [www.cybl.net/drills/drill-sets.html](http://www.cybl.net/drills/drill-sets.html)
- [www.coachlikeapro.com](http://www.coachlikeapro.com)
- [www.bbhighway.com](http://www.bbhighway.com)
- [www.guidetocoachingbasketball.com](http://www.guidetocoachingbasketball.com)