



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PRESIDIO Y YOUTH BASKETBALL LEAGUE

Winter 2018

# Coach's Handbook



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# GENERAL INFORMATION

## Dates to Remember:

December 9 <sup>th</sup>	9:00 – 11:00 am Coaches Orientation: Letterman Gym
January 2 <sup>nd</sup>	First week of practices
January 13 <sup>th</sup> – 15 <sup>th</sup>	MLK Weekend – No weekend games or Monday practices
January 20 <sup>th</sup> – 21 <sup>st</sup>	First games of the season!
February 4 <sup>th</sup>	No Sunday games
February 10 <sup>th</sup> – 11 <sup>th</sup>	Hoop-a-Thon Tournaments!
February 17 <sup>th</sup> – 18 <sup>th</sup>	President's Day Weekend – No games
February 24 <sup>th</sup> & 25 <sup>th</sup>	Games resume
March 10 <sup>th</sup> & 11 <sup>th</sup>	Last games - End of season

## **Gym Locations:**

### Main Post Gym Courts

63 Funston Ave  
San Francisco, CA 94129

Entering at front lobby of Presidio Y, basketball courts are through the doors on the left.

### Letterman Gym Courts

1152 Gorgas Ave  
San Francisco, CA 94129

Entrance at Letterman Pool, basketball court is to the left into neighboring building.

## Contact Information:

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Sports Director  
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## GOAL FOR IMPACT

The YMCA sees involvement in youth sports as an important part of a child's development. The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. The benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning to dribble a ball or building the positive relationships that lead to good sportsmanship and teamwork, participating in our youth basketball program is about building the whole child, from the inside out. The skills youth gain from these experiences will carry into the larger community and serve them throughout their life.

# PHILOSOPHIES

## Everyone Plays

We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and the goal is to have equal playing time every game.

## Safety First

Although kids may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. Y Staff make sure the equipment and facilities are safe, and coaches teach the sport as we've prescribed so that the skills taught are appropriate for our athletes' developmental levels. Additionally, coaches constantly supervise their players and stop any unsafe activities.

## Fair Play

Fair play is about playing by the rules—and more. It's about coaches and players showing respect for all those involved in YMCA Youth Sports. It's about coaches being role models of good sporting behavior and guiding their players to do the same.

## Positive Competition

We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective is when adults make decisions that put the best interests of the players before winning the contest. Learning to compete is important for youngsters, and learning to cooperate in a competitive world is an essential lesson of life. Through YMCA Youth Sports we want to help kids learn these lessons.

## Family Involvement

YMCA Youth Sports encourages parents to be involved appropriately in their child's sports programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

## Sport for All

YMCA Youth Sports is an "inclusive" sports program. We offer programs to all youngsters regardless of their race, gender, religious creed, or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the kids and their parents to do the same.

## Sport for Fun

Sports are naturally fun for most kids. Sometimes when adults become involved in children's sporting activities they over-organize and dominate the activities to the point that it destroys kids' enjoyment. If we take the fun out of sports for young athletes, we are in danger of young athletes taking themselves out of sports.



# CURRICULUM

In striving to provide life skills as well as basketball skills for our participants, the YMCA Youth Basketball program focuses on the athlete first and winning second. This recreational program emphasizes basic skills, sportsmanship, life-skills and most of all – FUN! Rules and equipment are modified for age appropriateness to ensure a successful season. Below is a list of goals and skill sets we hope all players will acquire by the end of the season.

## **K-1<sup>st</sup> grades:**

- Understanding teamwork
- Sportsmanship
- Understanding of basketball goals (shooting and defending)
- Basic passing and dribbling skills
- Stopping at the whistle
- Introduction of traveling violation
- Introduction of double-dribble
- Understanding court boundaries
- Color-coded wristband defense
- Respecting the role of the referee

## **2<sup>nd</sup> -3<sup>rd</sup> grades:**

- All previous curriculum
- Chest pass, bounce pass, over the head pass
- Traveling violation
- Double-dribble
- Man to man defense
- Fouls: understanding body control
- Triple threat position: dribble, shoot, or pass

## **4<sup>th</sup>-5<sup>th</sup> grades:**

- All previous curriculum
- Fouls and free throws
- Zone defense
- Press defense (in the 2<sup>nd</sup> half!)
- Beating press defenses
- Setting screens

**Our YMCA staff and volunteers act as referees on the court. They will help support and reinforce these goals during games.**



# SAMPLE LESSON PLANS

## Sample KINDERGARTEN/2ND GRADES

TIME	ACTIVITY	LEARNING OBJECTIVE
5 min	Circle Introductions/Roll Call; talk about RESPECT	Team-building: chance for name recognition and relationship building
10 min	Warm-Up; stretches, jogging in place, running around with tag games (can use a basketball while playing tag)	Healthy Habits: Teaches safe practices regarding warming up and getting the body ready for activity
10 min	Introduce first drill: <u>Dribbling Drill</u> ; explain and demonstrate, then practice in pairs or as a team	Confidence building/ Sportsmanship/Skill Development: Chance for each kid to gain confidence and enhance skill set; focus on positive feedback and cheering each other on
5 min	Water break	Importance of staying hydrated and cooling down when necessary
10 min	Introduce second drill: <u>Passing Drill</u> ; explain and demonstrate, then practice in pairs or as a team	Confidence building/ Sportsmanship/Skill Development: Chance for each kid to gain confidence and enhance skill set; focus on positive feedback and cheering each other on
15 min	Scrimmage Game- break into teams and apply what we learned, under a controlled environment	Teamwork: Chance for each kid to experience game like situations and apply what they have learned
5 min	Circle Time: review skills learned, great time for positive reinforcement and discussing goals and objectives for upcoming game	Reflection: Chance for each kid to review what he/she has learned and to highlight successes experienced during practice

# SAMPLE LESSON PLANS

## Sample 3RD/4TH GRADES

TIME	ACTIVITY	LEARNING OBJECTIVE
5 min	Circle Introductions/Roll Call; talk about RESPECT	Team-building: chance for name recognition and relationship building
10 min	Warm-Up	Healthy Habits: Teaches safe practices regarding warming up and getting the body ready for activity
10 min	Introduce first drill: <u>Ball Handling and Dribbling</u> Drill; explain and demonstrate, then practice in pairs or as a team. Circle ball around waist, and knees. Dribble ball through legs. Speed Dribble as fast as you can the length of the court	Confidence building/ Sportsmanship/Skill Development: Chance for each kid to gain confidence and enhance skill set; focus on positive feedback and cheering each other on
5 min	Water break	Importance of staying hydrated and cooling down when necessary
10 min	Introduce second drill: <u>Triple Threat Position</u> Drill; explain and demonstrate, then practice in pairs or as a team. Ball in hand, pivot on one foot in a circle, come to a stop and yell out the three things you can do from this position; Dribble, Pass or Shoot!	Confidence building/ Sportsmanship/Skill Development: Chance for each kid to gain confidence and enhance skill set; focus on positive feedback and cheering each other on
15 min	Scrimmage Game- break into teams and apply what we learned, under a controlled environment	Teamwork: Chance for each kid to experience game like situations and apply what they have learned
5 min	Circle Time: review skills learned, great time for positive reinforcement and discussing goals and objectives for upcoming game	Reflection: Chance for each kid to review what he/she has learned and to highlight successes



# TEACHING PRINCIPLES

**Positive attitude:** Have a positive attitude and smile – you are the role model! Set a good example – encourage and compliment.

**Sportsmanship:** Stress team work and good sportsmanship above all else!

**Safety:** Emphasize injury prevention and safe behavior in practices. Teach appropriate skills for your age group. Be aware of potential hazards. Encourage water breaks and proper warm up.

**Caring:** Create a supportive and caring environment for all players. Highlight the importance of taking care of each other as teammates.

**Responsibility:** Teach and model responsible behavior. Have players help in collecting equipment and cleaning up after practices. Encourage players to show up on time, attend all practices, and be an active participant.

**Respect:** Create a safe and welcoming environment for your players wherein all participants are treated with respect. Ensure players are respectful of each other, staff, refs, coaches, and parents.

**Honesty:** Model, encourage, and reward honest behavior.

**Warm up:** Always take time to warm up – there are lots of ways to make it fun, just use your imagination.

**Skill Levels:** Get to know your players different skill levels. Stress the importance of developing skills over winning.

**Skill Instruction:** Always demonstrate the drill or skill technique. Have participants help you with demonstrating whenever possible. Ask the kids if they understand the drill before continuing and make sure that each player is ready to begin. Demonstrate skills with both the right and the left hand. Use lots of repetition in explaining and demonstrating. Have kids sit down while explaining drills if needed. Match players of similar size and have each kid try every position. Implement the “IDEA” model for teaching each skill:

I – Introduce the drill

D – Demonstrate

E – Explain

A – Attend to each kid

**Planning:** Over plan your activities for the day. It is better to run out of time than things to do. Save a few minutes after practice to reflect with the kids on the learning for the day and talk about what to expect in the coming week.

**Fun:** Have a great time coaching! Remember that the most important thing is for everyone to have fun – so take the pressure off. Often the most rewarding practices are the ones where fun is given priority over skill development. Your kids will learn better in a fun environment and will be more likely to continue with sports in the long-term.



## **Presidio YMCA Bathroom Policy**

- 1. All players must inform their coach that they are going to the bathroom.**
- 2. Coaches are encouraged to inform kids to use the bathrooms before their practices/games begin. If a child must go during a practice/game, they must go in a group of at least three kids, or accompanied by their parent if possible.**
- 3. No Player is allowed to use the locker room bathrooms at Main Post Gym. Only the main lobby bathrooms can be used.**
- 4. At Letterman Gym only the bathrooms in the gym can be used by the players. Players are not allowed to use the locker room bathrooms at the pool.**
- 5. At Letterman Gym and Main Post Gym, gym monitors are present and will check the bathrooms periodically during practices and games.**

## **Behavior Code of Conduct On & Off the Court**

- 1. Respect the other team's practices by staying off the courts until your team's practice time.**
- 2. Do not dribble or play with balls during other teams' games.**
- 3. Outside Letterman Gym please stay off the docks of neighboring buildings. Be respectful to the Y's neighbors!**
- 4. Always watch out for traffic in our parking lots and streets**

# KINDERGARTEN RULES & INFORMATION

## *Equipment*

Ball Size	Junior (Size 5, 27")
Hoop Height	6'
Court Size	~
Defense Accessories	Color coded wristbands

## *Gameplay*

Game length	8 minute quarters, running clock
Mandatory substitutions	4 minute mark each quarter
Timeouts	No; Injury timeout at referee's discretion
Quarter breaks	1-2 minutes
Halftime break	3-5 minutes
Score	Not recorded
Possessions	Alternating by quarter; "Home" team has first
Jumpball	No
Fouls	Team on receiving end of "foul" awarded possession

## *Offense & Defense*

Traveling	Not enforced
Double Dribble	Not enforced
Free Throws	No
Defense: Half Court, Player on Player	No full court press or Zone Defense
Steals	Not allowed
Blocks	Not allowed
Unnecessary Contact	"Fouls" assessed; players separated and play reset
Double Teams	Not allowed

## *Miscellaneous*

- The Kindergarten Division is aimed to introduce an environment of friendly competition where youth enjoy playing basketball with and against other players respectfully.
- Referee's role: to promote an organized flow of the game and enforce fair and safe play.
  - When players are being overly aggressive, referee will tell players/coaches to calm down.
  - Referee will signal to coaches when it is time for substitutions. Clock will not stop.
  - Out of bounds will not be strictly enforced.
  - Though not enforced, egregious traveling should not occur. Players will be gently reminded to dribble the ball.
- Games are scheduled in 1 hour time slots, therefore games must end accordingly. Referees will signal to start each game no later than 10 minutes past the scheduled start. Should a team arrive late or gameplay is otherwise delayed, the game is subject to end prior to the 4th quarter completing.

# 1<sup>ST</sup> GRADE RULES & INFORMATION

## ***Equipment***

Ball Size	Junior (Size 5, 27")
Hoop Height	8'
Court Size	~
Defense Accessories	Color coded wristbands

## ***Gameplay***

Game length	8 minute quarters, running clock
Mandatory substitutions	4 minute mark each quarter
Timeouts	No; Injury timeout at referee's discretion
Quarter breaks	1-2 minutes
Halftime break	3-5 minutes
Score	Not recorded
Possessions	Alternating by quarter; "Home" team has first
Jumpball	No
Fouls	Team on receiving end of "foul" awarded possession

## ***Offense & Defense***

Traveling	Not enforced
Double Dribble	Not enforced
Free Throws	No
Defense: Half Court, Player on Player	No full court press or Zone Defense
Steals	Not allowed
Blocks	Not allowed
Unnecessary Contact	"Fouls" assessed; players separated and play reset
Double Teams	Not allowed

## ***Miscellaneous***

- The 1st Grade Division is aimed to provide an environment of friendly competition where youth enjoy playing basketball with and against other players respectfully.
- Referee's role: to promote an organized flow of the game and enforce fair and safe play.
  - When players are being overly aggressive, referee will tell players/coaches to calm down.
  - Referee will signal to coaches when it is time for substitutions. Clock will not stop.
  - Out of bounds will not be strictly enforced.
  - Though not enforced, egregious traveling should not occur. Players will be gently reminded to dribble the ball.
- Games are scheduled in 1 hour time slots, therefore games must end accordingly. Referees will signal to start each game no later than 10 minutes past the scheduled start. Should a team arrive late or gameplay is otherwise delayed, the game is subject to end prior to the 4th quarter completing.

# 2<sup>ND</sup> GRADE RULES & INFORMATION

## ***Equipment***

Ball Size	Girls: Junior (Size 5, 27") Boys: Intermediate (Size 6, 28.5")
Hoop Height	8'
Court Size	~

## ***Gameplay***

Game length	8 minute quarters, running clock
Mandatory substitutions	4 minute mark each quarter
Timeouts	No; Injury timeout at referee's discretion
Quarter breaks	1-2 minutes
Halftime break	3-5 minutes
Score	Not recorded
Possessions	Alternating by quarter; "Home" team has first
Jumpball	No
Fouls	Team on receiving end of "foul" awarded possession

## ***Offense & Defense***

Traveling	Instructionally enforced
Double Dribble	Instructionally enforced
Free Throws	No
Defense: Half Court, Player on Player	No full court press or Zone Defense
Steals	Allowed
Blocks	Allowed
Unnecessary Contact	"Fouls" assessed; players separated and play reset
Double Teams	Not allowed

## ***Miscellaneous***

- The 2nd Grade Division is aimed to provide an environment of friendly competition where youth enjoy playing basketball with and against other players respectfully.
- Referee's role: to promote an organized flow of the game and enforce fair and safe play.
  - When players are being overly aggressive, referee will tell players/coaches to calm down.
  - Referee will signal to coaches when it is time for substitutions. Clock will not stop.
  - Out of bounds will not be strictly enforced.
  - Though not enforced, egregious traveling should not occur. Players will be gently reminded to dribble the ball.
- Games are scheduled in 1 hour time slots, therefore games must end accordingly. Referees will signal to start each game no later than 10 minutes past the scheduled start. Should a team arrive late or gameplay is otherwise delayed, the game is subject to end prior to the 4th quarter completing.

# 3<sup>RD</sup> GRADE RULES & INFORMATION

## *Equipment*

Ball Size	Intermediate (Size 6, 28.5")
Hoop Height	10'

## *Gameplay*

Game length	8 minute quarters, running clock
Mandatory substitutions	4 minute mark each quarter
Timeouts	No; Injury timeout at referee's discretion
Quarter breaks	1-2 minutes
Halftime break	3-5 minutes
Score	Not recorded
Possessions	Alternating by quarter; "Home" team has first
Jumpball	No
Fouls	Team on receiving end of "foul" awarded possession

## *Offense & Defense*

Traveling	Enforced
Double Dribble	Enforced
Moving Screens	Enforced at referee's discretion
Free Throws	No
Defense: Half Court, Player on Player	No full court press or Zone Defense
Steals	Allowed
Blocks	Allowed
Unnecessary Contact	"Fouls" assessed; players separated and play reset
Double Teams	Not allowed

## *Miscellaneous*

- The 3rd Grade Division builds upon the fundamentals of basketball learned at the K-2nd grade levels. Game rules begin to reflect true basketball gameplay.
- Referee's role: to promote an organized flow of the game and enforce fair and safe play.
  - When players are being overly aggressive, referees will tell players/coaches to calm down.
  - Referee will signal to coaches when it is time for substitutions. Clock will not stop.
  - Out of bounds will be enforced.
- Games are scheduled in 1 hour time slots, therefore games must end accordingly. Referees will signal to start each game no later than 10 minutes past the scheduled start. Should a team arrive late or gameplay is otherwise delayed, the game is subject to end prior to the 4th quarter completing.

# 4<sup>TH</sup> & 5<sup>TH</sup> GRADE RULES & INFORMATION

## ***Equipment***

Ball Size	Intermediate (Size 6, 28.5")
Hoop Height	10'
Court Size	84' x 50' (High School dimensions)

## ***Gameplay***

Game length	8 minute quarters, stopped clock only in last minute of each quarter
Substitutions	Check in at scorer's table
Timeouts	Yes; Injury timeouts at referee's discretion
Quarter breaks	1-2 minutes
Halftime break	3-5 minutes
Score	Recorded
Possessions	Possession Arrow
Jumpball	Yes
Fouls	Team fouls recorded; Bonus situation upon 6th foul per half, free throws (1 and 1) awarded
Backcourt Violations	Enforced
Ball Inbounding	No time limit
Lane Violations	Enforced; Ball must hit rim on free throws

## ***Offense & Defense***

Traveling	Enforced
Double Dribble	Enforced
Moving Screens	Enforced at referee's discretion
Free Throws	Yes
Defense	Player on Player or Zone Defenses Allowed
Full Court Press	Not allowed in 1st Half or when a team is ahead by 15+ points
Steals	Allowed
Blocks	Allowed
Double Teams	Allowed

## ***Miscellaneous***

- The 4th & 5th Grade Divisions aim to preserve an environment of friendly, respectful competition, while offering a realistic basketball game with the score kept, stricter rules, and multiple referees.
- Role of the referees: To enforce rules set by Presidio YMCA YBL and promote fair and safe play.
  - Coaches are reminded to not argue with or complain to referees. If there is a dispute, please respectfully approach referee to discuss.

# GENERAL RULES

This is a recreational league that introduces basketball skills in a safe environment. The emphasis is put on team play and good sportsmanship. Rules have been specifically modified to ensure player participation and success.

## Players:

1. The Presidio Community Youth Sports Basketball League is designed for girls and boys in K-5<sup>th</sup> grades. A team is usually composed of 8-12 players.
2. Every coach should play his/her players at least half of every game.
3. Practice sessions provide opportunities for team building, skill work and physical fitness. Each team is given one hour of practice time per week at the Presidio YMCA.

## Pre-game:

1. Five minutes of warm-up time is allotted for each team prior to start of game. Games should begin on time whenever possible.
2. In the event that a team has less than five players at the start of a game, it can borrow players from another team or choose to play with four players.
3. Players, parents and coaches must remain off the court until the previous game has ended. Please be respectful of everyone's court time.

## Game-time:

1. Prior to the beginning of each game and during mandatory substitutions, the five players on the court from each team will line up face to face to receive defensive assignments. In the Kindergarten and First Grade divisions, wristbands will be distributed to assist with defensive assignments.
2. At the start of each game, play shall be started by a jump ball at center court. Possession will then be awarded on an alternating basis, when a "jump ball" or "possession arrow" is called.
3. The ball is considered out of bounds when it comes in contact with any object or person beyond the out-of-bounds lines on the court. The opposing team will gain possession of the ball at the spot in which the ball was called out of bounds. A throw in by the team will resume play.





**Fouls/Free throws:**

1. Fouls are infractions of the rules that may or may not involve personal contact.
2. In all divisions, excessive fouling is not tolerated and may lead to suspension from the game as deemed necessary by the official.
3. Due to time constraints and scheduling, we do not shoot free throws in K-3<sup>rd</sup> grade divisions.
4. In K-3<sup>rd</sup> grades, when a player is fouled, the ball is awarded out of bounds to the fouled player/team. Fouls shots are taken in the 4<sup>th</sup> and 5<sup>th</sup> grades only.
5. Technical fouls may also be charged to players, coaches or teams for use of profanity, abusive behavior, or excessive rough play. Technical fouls could result in suspension from the game.

**Game-clock:**

1. In K-3<sup>rd</sup> grades, each game shall consist of four quarters, each eight minutes in length.
2. Substitutions occur at the four minute mark of each quarter.
3. Half time usually consists of a three to five minute break. During mandatory substitutions, there will be a one minute break.
4. The game clock runs continuously except for time-outs due to injuries or otherwise noted by the ref.
5. 4<sup>th</sup> and 5<sup>th</sup> grade have four eight-minute quarters. The clock stops on the whistle. Teams are allotted two time outs per half.

**Sportsmanship/Conduct:**

1. Good sportsmanship is expected of all teams.
2. Both teams should shake hands following every game.
3. Coaches and parents will model sportsmanship and create a supportive and positive environment for players.
4. Everyone is treated with respect.
5. All participants, volunteers, parents, and staff have a positive and fun attitude.

# CODE OF ETHICS

I hereby pledge to live up to my responsibilities as a Youth Sports Coach by following the Coach's Code of Ethics. By participating in this program coaches agree to the following:

I will place the emotional and physical well-being of my players ahead of my personal desire to win.

I will lead by example in demonstrating fair play and sportsmanship to all my players.

I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.

I will do my best to provide a safe playing situation for my players.

I will be knowledgeable in the rules of my sport and will teach these rules to my players.

I will use appropriate coaching techniques for all the skills that I teach.

I will remember that I am a Youth Sports Coach and that the game is for children, not adults.



# INDEX: RESOURCES

Check out these websites for basketball drills and youth sports information.

Positive Coaching Alliance: [www.positivecoach.org](http://www.positivecoach.org)

National Alliance for Youth Sports: [www.nays.org](http://www.nays.org)

The Coaches' Clipboard: [www.coachesclipboard.net](http://www.coachesclipboard.net)

[www.basketballcoach.com](http://www.basketballcoach.com)

[www.bestbasketballdrills.com](http://www.bestbasketballdrills.com)



# INDEX: COACHING DRILLS

Youth basketball players should learn and practice the fundamentals of the game, including ball handling, passing, shooting, and defense to have success and prepare for the next level. Youth coaches should incorporate drills during each practice session to teach their players these skills and help them improve. Conduct drills that involve all your players at once and give them plenty of repetitions for each skill. Encourage your players to perform the drills individually outside of practice as well.

## ***KINDERGARTEN DRILLS***

Basketball can help kindergarten-age children get some exercise while learning a new skill. Basketball drills for children in kindergarten should focus on learning the game rather than competition. Choose drills that allow each player to practice multiple times to help build skills and encourage everyone to be successful.

### ***Sharks and Minnows Drill***

This drill will improve endurance and passing skills. Break your team down into two separate teams. Have the teams wear different colored uniforms so they can identify who is and isn't on their team. Give one team the basketball, and call them the "minnows." The "sharks" are on defense and should try to tag the minnow with the ball. On your whistle, have the minnows pass the ball around, trying to avoid getting tagged by the sharks. Rotate teams every 3 minutes.

### ***Fingertip Drill***

The Fingertip Drill teaches kindergartners to handle the ball well so they are able to hold onto it during play. Give each player a basketball. On your mark, instruct each player to pass the ball back and forth between his hands. Teach the kindergartners to aim their passes accurately so they do not drop the ball. As players grasp the skill, encourage them to pass the ball down low and then up high to help simulate the way they will handle the ball during games and competitions.

### ***Stationary Dribbling***

Dribbling while in a stationary position can teach kindergartners to master the skill of dribbling before they have to move and dribble at the same time. Scatter the players around one end of the basketball court, and give each one a basketball. Show players how to dribble using one hand as well as switching between hands. As kindergartners become advanced at dribbling, you can teach them to dribble between their legs and to dribble in a figure-eight formation. Once a player is proficient at dribbling, have him move around while practicing.

### ***Red Light-Green Light***

This youth basketball drill starts with everyone at the baseline with a ball. When the coach says 'green light', the player starts to dribble and walk. When the coach says 'red light', the player stops. For the younger kids just learning, tell them this is not a race. When 'red light' is said, let them pick-up their dribble. As the level of play increases, different variations could be things like walking backwards, making it a race, using opposite hands, or any errors in dribbling having the player to go back to start. You can also use a whistle; one blow signifies 'green light' and two whistles mean 'red light'.

### ***Triangle Passing***

The Triangle Passing Drill teaches kindergartners how to pass the ball accurately to other players on the court. Divide the players into groups of three. Place three markers on the basketball court in a triangle formation. Allow one triangle for each group of three players. Each player stands on one of the markers in the formation. Give two of the players in each triangle a basketball. The first player passes his ball to the player without a ball while the remaining player passes his ball to the first player. The kindergartners must keep both balls in play throughout the duration of the drill. Encourage players to keep their eye on the ball so they are better able to catch the pass and then pass it on.

# ***1ST GRADE DRILLS***

First grade basketball drills are designed to teach players basic basketball fundamentals. Drills range from basic dribbling to short-range scoring drills. In addition to dribbling and scoring drills, first grade basketball drills also focus on developing your child's passing, rebounding, footwork and overall teamwork.

## ***Quick Conditioning Drill***

This basic basketball drill is designed to improve your player's defensive footwork as well as his/her general stamina and endurance. Have a group of kids form a circle at center court with you in the middle. Show them how to get into a basic defensive stance by bending your knees, keeping your back straight and extending both arms to your sides. Start the drill by having the kids imitate each move you make. Start with jogging in place and move on to jumping and sliding to the left and right. If you say the word "quick," each kid in the circle must stop what he is doing and get into the defensive position. You can use a whistle for this drill, when you "blow the whistle", each player must quickly get into a defensive position.

## ***Hot Hands Drill***

This basic drill is designed to improve your player's passing skills. Have your team spread out, taking up one half of the basketball court. Pass a basketball to one player on your team. When a player has the ball in the drill, he/she must perform a successful chest pass or bounce pass to a teammate, taking no more than two steps before passing. After a few passes, rotate players. Blow your whistle to indicate the start and end of the drill.

## ***Short Shot Drill***

The short shot drill will help improve a player's shot from around the basket. Have your player stand two feet away from the hoop on the right side. On your whistle, have your player shoot a jump shot with both hands and retrieve his own rebound. After the first shot, have him dribble to the left side and perform the same shot. Have him shoot from both sides of the rim, continuously, until you blow your whistle to stop.

## ***Rebounding Drill***

This basic rebounding drill is designed to help improve a player's rebounding and jumping skills. Have a group of players stand in a straight line at the top of the key. Stand at the baseline with a basketball in your hand. On your whistle, have the first player run toward the basket. As the player gets close to the hoop, bounce the basketball off the backboard and have the player grab the rebound. Have the player pass the ball back to you and jog off the court. Repeat the drill with the next player in line. Repeat until everyone has had two turns.

## ***2ND GRADE DRILLS***

Teaching basketball to 2<sup>nd</sup> graders means setting aside your love for zone defense and the full-court press, and focusing on the fundamentals. Simple basketball drills will help instill proper skills and techniques in your young players.

### ***Full-Court Relay Drill***

This simple drill helps players master the art of being able to dribble the ball down the court without staring at the ground. Players must be able to dribble while at the same time see where they're going. Have players line up behind the baseline, the first player with a ball. At the whistle, have the first player dribble as fast as he can down the length of the court. Pay attention to the player looking down at the ball rather than looking forward. When the player reaches the far baseline, have him turn around and run back to the other player. Once the player returns, have him hand off the ball to the next player, who repeats the drill. Set a time goal for the entire team to complete the drill.

### ***Pairs Passing Drill***

This drill helps teach players the three basic basketball passes: the chest pass, bounce pass and overhand pass. Have players divide up into groups of two and stand about 6 to 8 feet away from their partner with one ball for each pair. Call out a type of pass and have players execute that pass back and forth. Walk around and make sure players are making crisp, accurate passes and catching those passes with both hands. The chest pass involves a player throwing the ball from a chest-high position so it reaches the other player at the same position. A bounce pass involves bouncing the ball halfway between you and the opponent so that the ball arrives to the other player around the midsection. The overhand pass is thrown similar to a baseball, overhead with one hand.

### ***Lay-up Drill***

Once players have mastered the art of dribbling, it's time to teach them one of the most basic shots in all of basketball: the lay-up. To help them practice this skill, have them run through a standard lay-up drill. Divide the team in half and have one group stand outside the three-point line on one side of the basket, and one team on the other side of the basket. Give two balls to the first two players in the line on the right. At the whistle, have the first player from each line run toward the basket. The player with the ball should dribble toward the basket and perform a lay-up, being sure to jump off the left leg and shoot with the right arm. The player from the other line retrieves the ball and passes it to the next player in the shooting line without a ball. Repeat this process until all players have rotated through both lines, then have the left-hand line shoot.

## ***3RD GRADE DRILLS***

Drills provide coaches with a way to involve all of the players while teaching new skills in a fun way. Young players need the opportunity to explore sport in order to gain confidence for future competition.

### ***Defensive Slide Drill***

When playing defense, a player should assume a wide stance, with their feet wider than shoulder-width apart, and flex their knees to quickly slide from side to side and backward in reaction to the offensive player they are guarding. A player should also keep their hands up and outside their shoulders to take away passing lanes. The defensive slide drill teaches youth players how to play defense correctly and conditions their bodies so they can play defense effectively for an entire game. Have your players scatter throughout one half of the court, facing the baseline, and assume a defensive stance. Starting on the baseline, alternately dribble to the left and right, working your way down the court. The players should mirror your movements, sliding backwards and sideways at a 45-degree angle each time you change directions. Make sure they maintain a proper defensive stance throughout the drill. Stop when you reach half-court.

### ***Dribble Tag***

Third-graders will love this drill because it combines the classic elementary-school game of tag with an essential basketball fundamental -- dribbling. Give each player a ball and designate one or two players as taggers. All the players except the taggers dribble randomly throughout the court, without going out of bounds, while the taggers dribble as they try to tag as many players as they can in a minute. When a player gets tagged, he exits the court for the remainder of the game. You can also have the taggers play without a ball and try to steal the balls from the other players to send them out of the game.

### ***Full Court Lay-ups***

This drill requires players to dribble the full length of the floor as fast as possible and complete a lay-up at the other end. Divide your players into two groups and have the groups line up on the baseline in opposite corners of the court. Have a coach stand at the free throw line on each side. The first player in each line takes a ball, tosses it against the backboard, rebounds the ball and dribbles to the basket on the other end of the court, completes a lay-up and then move to the back of the line on the same side of the court. Then the next player in each line grabs the ball and the process starts over again. Continue the drill for five minutes or more, giving each player multiple repetitions.

### ***Short Shots Drill***

Some third graders will have the strength required to shoot the basketball on a regulation-height goal, while others will not. Clearly state this at the beginning of practice and emphasize that you want them to learn technique and form regardless of whether or not they can make a shot. Making shots will surely come. Set up cones in the center of the basketball key and on each block of the main basketball goals. Instruct each player to form a line and to rotate through each location, shooting each shot once before the next player starts

## ***4<sup>TH</sup> & 5<sup>th</sup> GRADE DRILLS***

Fourth-graders are emerging from early childhood but are not yet teenagers. Typically, 4<sup>th</sup> graders have a wide spectrum of physical skills; while some kids are physically adept and confident, others are still coordinating their motor skills. Creating basketball drills appropriate to the physical skills of fourth-graders makes practice more fun and productive.

### ***Dribbling***

Explain the basic rule of dribbling: You must not walk with the ball in your hands. Have the kids stand in place and bounce the ball in front of their bodies without moving. As the kids become comfortable bouncing the ball, have them stand looking at the wall or sky but not the ball. Once they can bounce the ball 10 times without looking, move them to a drill where they can bounce the ball and walk or run the length of the court. As the fourth-graders advance, have them try dribbling between their legs, passing the ball to the other hand or simply passing the ball to the other hand in front of their body.

### ***Passing***

Passes fall into four categories; chest, overhead, bounce, and full-court. Explain that players use a chest pass when the court is relatively clear; an overhead pass when passing over another player's head or on the perimeter of the court; a bounce pass is low to avoid a defender's hands and a full-court pass to lob the ball from one end of the court to the other. Have players stand at each baseline and each free throw line, with one player on the mid-court line. Have the players pass the ball from one end of the court to the other, using a specific number of passes. Start at eight, then five, then three, for example, so the players can practice different passing techniques. Rotate players in as each drill is completed.

### ***Shooting***

Focus on shooting regular baskets and free throws. Have players practice simple free throws, standing on the free-throw line and shooting for the basket. This is a good drill to start or end practice as it warms players up or cools them down. Choose three or four positions to focus on and have a player move to that position. After they have practiced shooting from that location for 10 shots, advance the drill and add a defender to simulate a game like situation. As the player becomes confident and is ready to advance, you can practice 3 point shots as well.

# **Have a great season!**