

Northshore YMCA Basketball

Northshore YMCA
Youth Basketball League



Coach's Manual

YMCA Basketball Coaches Handbook

Table of Contents

Welcome to YMCA Basketball

- ☑ Welcome
- ☑ Goals
- ☑ Simplified Terms for Beginners

Skills and Drills

- ☑ Passing
- ☑ Shooting
- ☑ Dribbling
- ☑ Offense and Defense

Welcome to YMCA Basketball

Basketball is a game in which a ball is passed, dribbled, and shot. The progression of basketball skills throughout each league demonstrates the commitment of the Y to provide programs for young people that stimulate physical, mental, and spiritual growth in an enjoyable environment. Because the Y Basketball program may be the first time your players are exposed to organized sports, it is important that you understand and follow the following goals of the Y Basketball:

- ☑ To teach young people basketball skills. Each child learns and matures at a different rate, so everyone who signs up for Y Basketball play in every practice and every game.
- ☑ To help kids enjoy learning basketball and playing with teammates. Enjoyment is an important part of learning.
- ☑ To keep fun, development, and winning in proper order. Winning is part of successfully learning skills and of having fun playing games. Winning at all costs is not much fun and may develop poor attitudes.
- ☑ To teach teamwork and cooperation among teammates. The better the players can work with each other, the better they will play as a team.
- ☑ To develop positive attitudes about fair play. Players should learn to respect their teammates, opponents, officials, and themselves.
- ☑ The Northshore YMCA Basketball league is designed for learning, participation, teamwork, sportsmanship, and fun. The whistle will be blown in an attempt to provide positive learning. Coaches are reminded to keep it light, and emphasize the positive. Encouragement fosters self-confidence and self-respect.
- ☑ Remember: All coaches are parent volunteers. Please try to assist the coaches as much as possible. Parents of the players will be asked to monitor substitutions and supervise the hallways and other "Off Limits" areas. It is our responsibility to respect the schools and facilities we use. Parent participation is not only encouraged, but also expected. Thank you for your time and consideration.

YMCA Youth Sports Philosophy

▶ Work with every player on the team. The most highly skilled to the least highly skilled player on each team should be given equal attention.

▶ Work on basic skills and teach good physical fitness habits. Demonstrate the importance of fitness habits such as warm-up and conditioning exercises. Talk to players about diet, rest, and involvement in other sports and activities.

▶ Teach fair play. Playing fair is an essential part of youth sports. It's a set of attitudes which include:

- ☑ Respect for oneself- taking responsibility for one's own behavior and learning.
- ☑ Respect for one's teammate – working to become a team player who unselfishly contributes to the good for the whole team.
- ☑ Respect for the other team – considering the other team an essential partner in competition.
- ☑ Respect for the rules and the officials who uphold them.

▶ Help players set and evaluate individual goals. Competing against oneself is perhaps the best way to improve skills. Help players measure their skills. Set goals for the future and work to reach those goals.

▶ Keep winning in perspective. Winning games is only one of many goals which are important in sports. Help players (and parents) become aware of the important goals: learning skills, becoming more fit, being a good leader and good follower, and having fun.

▶ Encourage lifetime involvement in sports and physical activity. Work with the whole person: body, mind, and spirit. Physical fitness is important, but so are mental attitudes and spiritual growth, which contribute to overall personal development.

▶ Make sure that equipment and facilities meet safety standards and are appropriate to the age of players. Emphasis should be given to safety in teaching techniques and elements of play.

▶ Involve the whole family. Parents should be viewed as participants rather than as spectators. Their contributions as assistant coaches or helpful officials in practices and games are invaluable. Please include families in special activities and encourage them to get involved in sports as a family.

▶ Encourage skilled volunteer leadership by all participants. Volunteers are crucial to youth sports programs. Players, parents, and others should be

encouraged to share responsibility for sports programs and to get involved in service opportunities in other community programs as well.

▶ Close all practices with a team circle. Values topics: Good nutrition, Exercise, Being kind to one another, Caring, Education, the Future, etc. This plays a very important part in developing spirit, mind, and body.

Goals of all YMCA Youth Sports Leagues

1. To learn the basic skills of the sport.
2. To have every child play equal amounts of time.
3. To stress values- Caring, Honesty, Respect, & Responsibility and fair play.
4. To gain self-confidence.
5. TO HAVE FUN!

Simplified Basketball Terms for Beginners

Team

Teams may have as many players on the roster as they want, but only five players may be on the court at one time.

Substitutes

Substitutes are team members sitting on the sidelines waiting for their turn to play. Substitutes are as important to the game as the players playing the game are. Everyone needs time to rest, watch the game, talk to the coach, learn from the coach, and cheer on the team. The cheering from the bench is one of the most crucial parts of the game. Support from the bench can always bring the players on the floor to a higher level. When players are substituted, it is not because they made a mistake, it's because the coach felt they needed a rest, or he wanted to teach them something. **Never pull a player out of a game because of a mistake.**

Coach

A coach is an adult leader who teaches the team the basics of a sport. The coach acts as a teacher and a friend. They should give positive feedback first, and then in a teaching way explain to the player what they did wrong and how they can fix the mistake. For example: "John you're doing great, you are really hustling out there, next time you're in the game and you're on defense, I want you to try to stay between your man and the basket, okay? You're doing well." This way the players feel good about themselves and are still having fun. Also the player will be more likely to implement the skill a coach is teaching.

Game Start/Jump Ball

At the beginning of the game two players from each team will stand in the center circle, while all the other players on the court will stand on the outside of the circle. The referee will stand in the circle in between the two players, and throw the ball directly up and the two players will then jump for the ball, and try to tap the ball to their teammate. The two players jumping for the ball must tap the ball. They cannot grab the ball. If a player from each team gets hold of the ball at the same time, the referee will blow the whistle and there will be a jump ball. The possession of the ball will alternate at each jump ball.

Out of bounds

If the ball goes outside the lines on the floor that marks the outside of the court, it is out of bounds. (Coaches if you do not know where the outside lines are please

ask the referee and they will show them to you.) After the ball goes out of bounds, the referee will decide which team touched the ball last and the other team will then get to inbound the ball to a teammate.

Traveling

Traveling is when a player is moving with the ball on the court without dribbling the ball.

Double Dribble

This is when a player:

A) Dribbles the ball with two hands, or

B) Dribbles the ball correctly, then stops dribbling the ball by picking it up with both hands, then starts to dribble the ball again.

Score

A basket made from the playing area is worth two points, and a basket scored from the foul line is worth one point. After a basket is scored from either position, the other team will get the ball out of bounds under the basket to throw into a teammate.

Fouls

Fouls include players pushing, hitting, holding, or tripping a player from the other team. On a foul call, the referee will either give the other team a throw in, or the player that was fouled will get to shoot foul shots from a designated foul line depending on the age group.

Team Work

This is a critical part of the game of basketball. This is a team sport, which means that all the players must be involved both on and off the court. That means that one player does not always dribble and shoot the ball. There are no Michael Jordan's in this league, so every player should be involved in the game. Players should pass the ball to each other, and every player should have a chance to shoot, dribble, and rebound the ball.

Together Everyone Achieves More

Skills and Drills

Passing Technique

Passes are used to work the ball into the best position for shooting.

Chest Pass - This is a two-handed pass. Push your arms and the ball out away from your chest toward the target, releasing the ball by snapping the wrists out. Take a step toward the target as the ball is passed to gain extra power and speed in the throw.

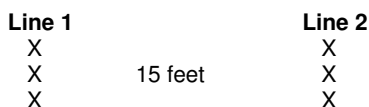
Bounce Pass- This requires the same motions as the chest pass, with a little variation. It requires that the ball bounce between the players. The ball should strike the floor 3/4 of the distance from the passer to the receiver, in order for the pass to be caught at the waist by the receiver.

Overhead Pass - This pass is most commonly used as an “outlet” pass to start a fast break and to get your team moving quickly. An “outlet” pass is usually used after a missed basket. It is also used to pass into the middle of the court on offense above outstretched arms.

Catching the Ball - When receiving the ball, the player should try to be in line with the pass. The player should always move toward the ball so that they are directly behind or below the ball when trying to catch it. This prevents other players from stepping in front of them and stealing the ball.

Passing Drills

Line pass - Form 2 lines facing each other. Players should be one arms length or further from players to either side of them. Players are lined up in lines facing each other about ten to fifteen feet apart. One line has the balls to pass to the other line. The players should pass back and forth and work on chest passes, bounce passes, and overhead passes. After the partner catches it, they pass it back.



Take a Walk - Stand at one end of the court with a partner, lined up like the line

pass drill. Throw a few chest passes back and forth with your partner. Now start walking towards the other end of the court. While you are walking, make passes back and forth. Repeat using different passes. Pee Wee teams can do this drill while running.

Circle Pass – Have players stand in a circle with one person in the middle with a ball. The player with the ball begins passing to the players who make up the circle in a clockwise direction (person in the middle can also be the coach). Players on the outside receive the ball and pass it back to the person in the center. After each person has received a pass, a new player moves to the center and begins passing using a different pass.

Wall Toss and Catch - Players have a ball. Players toss the ball at a target on the wall and practice getting in position to catch the ball as it bounces off the wall. Have the players vary the type of pass they throw at the target on the wall.

Shooting Technique

1) The shoulders and body should be square with the basket. If you were to look at the player from above, the shoulders would be parallel to the basket.

2) The shoulder, elbow, hand, and ball should be lined up with the target. The ball should be resting on the fingertips not the palm. The ball should start in front of the face and leave the hand above the head. The shooting hand should be locked at the end of the shot. The wrist should be snapped forward and the ball should roll off the fingertips at the end of the shot. Follow thru is important so it is good to teach players to keep the shooting hand extended for 2 seconds after the shot.

3) The non-shooting hand is used as a guide and to steady the ball in the shooting hand.

Shooting Drills

The Race Is On - Split the team into two lines, or teams. Have players stand about five feet from the basket. Give each line one ball. Have the player shoot from a designated spot. After the player shoots he/she gets his/her own rebound and passes to the next player in line, and goes to the end of the line. This can be done as a practice drill, or a game can be made out of it. For example, “the first team to make ten baskets wins”. Encourage the players to concentrate so they do not rush the shot. Make sure they use the correct technique. After they are done at one spot, you can move the lines to various positions on the court.

Lay-ups - Split the team up into two lines, have them start at half court. One line has the ball the other line will rebound. The line with the ball will run toward the basket and take a lay-up. At the same time, the player from the other line will move toward the basket in order to get the rebound. After the player shoots they

go to the end of the rebounding line. The player from the rebounding line gets the rebound and dribbles the ball to the shooting line, then gives the ball to the next person in line, and goes to the end of the shooting line. This drill can be done with Jump Shots as well.

Dribbling

Dribbling is the legal way to run with the ball, and to move the ball around the court. The dribble should be used to get the ball in a better position from which the player with the ball can pass, shoot, or drive to the basket.

Dribbling Drills

Cone Dribble - Players dribble around cones (if you do not have cones you can use other players). Have the players use their weak hand as well so they can practice dribble with both hands.

Lap Dribble - Have the team get into a line, and have them run laps while dribbling with their strong hand and weak hand. While the players are performing this drill, remind them to keep their head up so they can see the other players in a game situation.

Directional Dribbling – On verbal command, have players dribble forward, backwards, and side to side.

Relay Races - Each player must dribble around a cone or marker then back, and pass the ball to the next player in line. Players go to the end of the line and sit down after they have completed their turn. The first team to be seated wins. (Having the young children sit in line helps to keep them under control.)

Hand Switching Dribble - Players dribble the ball from various positions (sitting, standing, kneeling, etc.). The players should start with the right hand and then switch to the left hand.

Ball Handling Drills

These drills are used to improve co-ordination and the ability to sense the ball without looking at it.

Fingertip Passes - From a standing position, hold the ball over the head with two hands. Pass the ball back and forth between the hands using the fingertips. DO NOT look at the ball. While passing the ball between the fingertips, slowly move the arms down in front of the body. Continue passing the ball between the hands in front of the face, chest, waist, knees, ankles, and repeat the process working the ball back up the body to the starting position.

Circular Hand Passes - Pass the ball from one hand to the other around the head five times, then five times around the waist, one knee, then the other knee, then both knees, right ankle, left ankle, both ankles, and work back to the head.

Offense:

When your team has control of the ball, they are on offense. They are trying to make a basket and score points.

- 1) Good passing is the safest and fastest way to move the ball up and around the court. Keep the ball moving. PASS, DRIBBLE, and SHOOT.
- 2) Players without the ball should keep moving towards the basket. Players should not all run towards the player with the ball, they should move into a better receiving position so the player with the ball can pass to them.
- 3) As a player shoots the ball, they should follow their shot, moving toward the basket to get the rebound if they miss. Other offensive players should also move toward the basket to get the rebound when any player attempts a shot.

Defense:

Your team is on defense when they do not have control of the ball and the other team is trying to score. The players' job on defense is to try to prevent the other team from scoring.

- 1) You cannot foul a player to get the ball. This includes hitting, tripping, grabbing, or pushing, and even if you do it by accident, it is still a foul. The referee will call these fouls.
- 2) Your players can guard their players closely. They cannot block shots but can rebound.
- 3) Players are assigned to guard one person. They want to stay between that person and the basket.

If your team gets the rebound from a missed shot, you immediately become the offensive team. Your rebounding player should try to get the ball to a player that is away from the other team's basket. This player should be in a position to move the ball toward your basket as well.