

CLUB SPORTS ALASKA

Basketball

COACHES TRAINING PACKET

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Thank you for being a Coach!

But more importantly, thank you for being a positive role model to our young ones. Coaches have an enormous impact on the lives of children. So thank you for taking on this challenge!

As a coach, it is your job to help our children develop a love for the game and positive character. Over this short season, with limited practice time, you won't be able to develop all-star, high caliber athletes. There just isn't enough time for that. You WILL be able to have a positive influence on a child's life, help them learn the basics of the game and have a successful season!

KEYS TO A SUCCESSFUL SEASON

C - COMMUNICATION with your parents, players and with Coach Caleb is key.

O - ORGANIZE your lesson before practice begins. Refer to this packet for easy to use practice plans.

A - ASK FOR HELP from your parents, referees or Coach Caleb. Delegate tasks to parent volunteers.

C - COMMITTED to your team's improvement. Be present and be engaged!

H - HAVE FUN with the kids! If you are having a good time, they will too.

FUNDAMENTAL SKILLS to work on EVERY practice:

1. Dribbling
2. Passing
3. Shooting

LESSONS to teach after the fundamental skills:

1. Court recognition
2. Out of bound Plays
3. Defensive Strategy
4. Offensive Strategy (Positions, Plays etc...)

The more times our players touch the ball, the better player they will become!

Drills to Build Fundamental Skills

KEYS: Stay away from Lines, Laps or Lectures to keep kids Moving, Engaged and Positive!

We want kids to be moving and getting as many ball touches as possible. A great way to do this, after you have taught the drills, is to set up 3 stations; a dribbling station, a passing station and a shooting station. Do one drill at each and then switch stations every 5 min or so. If you don't have the manpower for stations, then pick 2 or three of these to do each practice after warm-up.

Dribbling

Coaching Points:

Keep ball under control; use finger pads (not finger tips or palm). Keep head up and find space while dribbling. Change speeds and directions. Laugh, have fun and become a fan!

1. Crazy Box Dribbling: Set up a box with cones, 15 x 15 ft. Have all the players dribble around the box while dodging other players and balls. Have them work on specific skills by making restrictions like only using their right or left hand, or skip, or dribble high or low, or have them go fast or slow. Blow the whistle to stop them intermittently and have them jump stop and get in triple-threat..
2. Stationary Ball Handling: Do each drill for 15-30 seconds and switch. Players should be going as fast as they can, encourage them to make mistakes.
 - a. Do each of these with both right and left hand: low dribble, high dribble, form dribble (feet shoulder width apart, knees bent, back straight, guard arm up, pound the ball).
 - b. Ball Slaps Drill - Hold the ball in a good stance (knees bent, hands out in front) Alternating your hands on top and bottom.
 - c. Finger Tips Drill - Hold the ball in front full arms length lock out your elbows. Tap the ball back and forth in front of you. Once your comfortable start lowering the basketball and raising the ball over your head.
 - d. Ball Circles Drill - Take the B-Ball around your head in circles, then your waist, then your knees, then your ankles. Work your way back up. 5 rotations to the left then 5 rotations to the right. Sit low and keep your eyes up.
 - e. Ball Wraps one Leg Drill - Lunge position. Wrap the ball around the front leg. Switch and do the other leg. 5 rotations each way. Butt down, eyes up and straight back.
 - f. Figure 8 Drill No Dribble - Legs wider than the shoulders. Sit position wrap ball in and out the the legs in a figure 8. Switch directions. Sit position eyes up.
 - g. Front to Back Toss Drill – Switch your hands from the front to the back catching the ball without hitting the floor.
 - h. One leg Dribble Drill - Lunge position and dribble around the leg/foot. Switch directions. Head up.

- i. Figure 8 Dribble Drill - Feet wider than shoulders. Feet flat on floor. Don't move feet. Dribble the ball in and out the legs in a figure 8 . Crouch down and head up, eyes up.
 - j. Figure 8 Dribble Drill One Hand - Do the same figure 8 dribble but only use one hand. Switch hands. Head up and eyes up.
 - k. Spider Drill – This is a hand quickness drill. Two touches in the back and then two touches in the front.
3. Ball Handling on the Move: Have all players go to one sideline, and spread out. Split your team into 2 or 3 groups to they aren't running into each other. After you say Go, players dribble to the other sideline, jump-stop on the sideline, and pivot to face you again. Skills to work on while doing this: Speed dribble both hands, cross over, fake-cross over, between the legs dribble, behind the back dribble.
 4. Sharks and Minnows: All players start on one side of the court with a ball. Pick a "shark" to be in the middle, they don't have a ball. Once the "shark" says "Swim Minnows Swim", the goal is for the players with the balls to dribble to the other side without their ball getting knocked away by a "shark". If their ball gets knocked away, they double dribble or they dribble out of bounds, they become a shark. Once they get across the end line, they are safe until the shark sends them back the other way.
 5. Red Light, Green Light: All players have a ball and start at the end line, these are the cars. Pick a traffic cop, and have them stand on the opposite endline facing the players with the balls. When the traffic cop turns around and says "Green Light", the cars are free to go. When the traffic cop turns around to see the cars and says "Red Light" all of the cars must stop. If the cop catches them moving, they must go back to the end line. Whoever touches the cop first, becomes the new cop.
 6. Jack Frost: One player is Jack Frost. All other players dribble the ball within a box. Jack Frost tags as many players as he/she can. A player tagged must freeze and place their ball on their head. Other players can defrost frozen players by dribbling the ball between the frozen player's legs. A player unfrozen dribbles as before. For older kids, Jack Frost has to knock their ball away to freeze players.

Passing

Coaching Points:

Work on the three types of passes: Bounce pass, chest pass and overhead pass. Passers should always step forward and follow through. Receivers should call for the ball and communicate.

1. Partner Line Passing: Players should be 10-15 feet apart. Increase or decrease distance based on success. Have players practice bounce pass, chest pass and overhead pass.
2. Partner Grid Passing: Set up a box with cones. Work in twos. Have the players pass all around the grid. Moving after every pass. Start short and then step back to increase the challenge. Have them practice taking a couple dribbles before passing. Then offer a time limit challenge. This always increases productivity. How many passes can you make in 30

seconds.

3. Monkey in the Middle: Set up a box with cones. Offense must keep the ball inside the box. Start with 1 defender (monkey) in the middle. Offense can dribble, but put a dribble limit if there is too much dribbling. If the defense gets the ball, or the ball goes out of the box, the last offensive player to touch the ball goes in the middle. Add defenders as needed. Encourage offense to move, communicate and keep spacing.

Shooting/Scoring

Coaching Points:

B-E-E-F:

Base - Have feet shoulder width apart, feet pointed toward target and knees bent;

Elbow - The elbow should be directly above the shooting side knee and bent 90 degrees;

Eyes - Looking at the target. Make the target as small as possible, like the corner of the backboard or a rim eyelet;

Follow Through - Shoot the ball in on fluid motion, elbow should be straight, wrist should be bent forward like you are reaching into a cookie jar.

1. Lay-up Lines: This is the classic shooting drill. There are two lines at half court facing the basket; a shooting line and a rebounding line. Start with one ball in the front of the shooting line. The player with the ball dribbles to the hoop and shoots and goes to the back of the rebounding line. The first person in the rebounding line runs up, grabs the rebound and passes the ball to the next person in the shooting line and goes to the end of the shooting line.
2. Rainbow Shooting: Two lines under the basket and each line has a ball. The first person in line runs around the front of the hoop and gets the pass from the first person in the other line. They shoot, get their rebound and go to the basket of the line they just received the pass from. The passer then does the same thing.
<https://www.usab.com/basketball/media/videos/2014/12/rainbow-shooting-1.aspx>
3. Showdown Shooting: Split up into two teams. Each team gets one ball. Set up 2 cones, that are in the same spot on the court, just mirrored from each other. Each team stands behind their cone and the ball is at the front of the line. On the “go” the first person in line shoots, they MUST get their own rebound, pass the ball to the next person in line and then go to the end of their teams line. Once the next person get they ball, they shoot and repeat the process. The team that makes 5 baskets first wins. Then move the cones to a different spot and repeat the process. Make sure players do not interfere with the other teams ball.
4. Numbers Game: Split into 2 teams. Each Team is on the sideline. Each player is assigned a number on each team. Thrown the ball onto the court and call a number. When a player’s number is called they play 1v1 with a player from the other team with the same number. Try calling out 2 or 3 numbers at a time once they get the hang of it.

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Example PRACTICE PLAN (Stations)

DATE: _____

I. Warm Up (5 min): Sharks and Minnows (Dribbling*)

II. Stations (15 min, switch every 5 minutes):

Station 1: Push ups, crunches, Jumping Jacks, Stretch (Developmental*)

Station 2: Partner Line Passing (Passing*)

Station 3: Showdown Shooting (Shooting*)

III. Lesson (5-10 min): Court recognition - Out of bounds lines, free throw line, top of the key, the block.

IV. Game: 3v3 (if time)

Drill & Diagram

Example PRACTICE PLAN (no stations)

DATE: _____

I. Warm up (5 min): Crazy Box Dribbling (Dribbling*)

II. Developmental (5 min): Push ups, crunches, Jumping Jacks, Stretch

III. Lesson:

Partner Line Passing, 7 min (Passing*)

Showdown shooting, 8 min (Shooting*)

IV. Game (5 min): Numbers Game

PRACTICE LESSON PLAN

DATE: _____ Lesson : _____

I. Warm up:

II. Developmental:

III. Lesson:

IV. GAME:

Drill & Diagram

TEAM MANAGEMENT

Unruly, Undisciplined, Out of control. We all face these situations when working with kids. Coaches **STAND FIRM, BE RESPECTFUL, STAND FIRM.** You have rules and expectations for your players. Communicate your rules and expectations prior to your first game. Also establish your consequences and communicate that to the team players and parents. I like the 3 strike policy myself. I use it today in my classroom. The theme is simple, **Make Good Choices.** When there is a problem; 1st time stop and talk. Explain the problem and what the expectation is and move on. 2nd time, With a more firm voice re-explain the problem and sit the player down for a few minutes.

Example: I have already told you you cannot kick dirt at your teammates. Now sit down here for 5 minutes and think about how you are going to change your behavior. It's not allowed. A few minutes later bring the player back in front of you and ask them why they were in time out. If they give the right answer and own up to the problem then bring them back with a pat on the back. If they don't own up then sit them back down for a few more minutes. Sooner or later they will figure it out. If the same problem persists a 3rd time then re-explain the offense and sit them out for the rest of the half or game. You can bet the parents will question why their child is sitting out. Be respectful in your explanation. If for whatever reason the parents are not supportive then immediately come and see me.

DO NOT UNDER ANY CIRCUMSTANCES CREATE AN ALTERCATION. Just gently walk away and come to see me. If the parents are supportive then we are making progress in raising this child.