



Mission Statement

The mission of Express Basketball Club is to provide high quality, diverse, inclusive and accessible basketball programs that enhance the quality of play for all ages, experience levels and abilities.

Philosophy

The game of basketball is fundamentally a game. The number one reason (well documented in a number of studies) children participate in youth sports, is to have **fun**. If you take the fun out of sports, you take the child out of sports. It is detrimental to the player if there is too much pressure placed on them too early to achieve a result rather than simply experiencing the sheer joy of a game.

As a coach you want to create a stress free relaxed environment for your team. Let your athletes know that it is okay to make mistakes. Get to know your athletes individually and determine what they need to be successful. For some it might be a specific skill. For others it might be encouragement or even something as simple as acknowledgment.

Express Basketball Club is not focused on how many wins or losses are accumulated! Proper basketball development is achieved by athletes participating in age appropriate activities so that they are able to experience, comprehend, and execute the game as it relates to where they are in their cognitive and physical development. This is achieved by teaching the skills, rules and vocabulary of the game.

In addition, we also focus on mental wellness by teaching sportsmanship and composure. Players learn about winning and losing, playing by the rules, respect for an opponent or official, and how to be mentally tough during intense game situations. These skills are just as important as learning basketball skills.

Express Basketball Club holds our coaches to a standard of respect for the game of basketball, respect of the players, the opponents, the officials, and the parents. We expect coaches to be an example of leadership by being well prepared, positive, and respectful at all times.

Players should come out of their experience with Express Basketball Club as better people and better citizens, not just better basketball players.

Role of the Coach

As a coach in youth sports, one must assume the responsibility of ensuring that each athlete has an enjoyable and safe experience learning/playing basketball. To fulfill these responsibilities, a coach must wear many different hats. Listed below are some prominent roles a coach may take on.

Facilitator

- ☐ Set up the conditions and environment for learning.
- ☐ Give only positive feedback (sarcasm and negativity should never occur).
- ☐ Encourage players to give each other positive feedback.
- ☐ Coaches should be enthusiastic, organized, patient, sincere, and fair.
- ☐ Practices should be conducted in the spirit of enjoyment and learning.
- ☐ De-emphasize winning and losing and emphasize sportsmanship and fun. (Age appropriate)
- ☐ Invite parents to help and participate when appropriate.

Positive Role Model

- ☐ Work with all players equally.
- ☐ Treat each team member with equal regard and respect.
- ☐ Demonstrate respect for opponents, officials, parents, spectators, opposing coaches, and opposing players.
- ☐ Show respect and responsibility for the game of basketball.

Understand who you are coaching

- ☐ Children are not defined by chronological age only.
- ☐ Each child matures and develops at a different pace.
- ☐ Treat each child as a unique individual.
- ☐ All activities should be age appropriate.
- ☐ Recognize that kids participate for different reasons. Some may be there because their older siblings play and it is an expectation that they play as well. Some may play because they have a parent that is a frustrated athlete and wants to live through their child. Some may play because all their friends do, and they want to be with them. Others may play because they love basketball.

Responsibilities and Guidelines

Coaches participating with Express Basketball Club shall:

- ☐ Be reliable, and on time. (The first to arrive and the last to leave...)
- ☐ Be responsible for distributing a game/practice schedule to parents/guardians prior to the beginning of the season.
- ☐ Have with you, at all practices and games, the Emergency Contact Information forms for each child on the team.
- ☐ Be responsible for making sure first aid kits are on-site at every practice and game.
- ☐ Be responsible for ensuring players' parents/guardians are informed of changes to the game or practice schedule. This includes cancellations the day of the game or practice.
- ☐ Ensure that each player receives playing time in games according to league policy on playing time.
- ☐ Be responsible for communicating coaching strategies regarding playing time to parents/guardians & athletes prior to the start of the season when appropriate.
- ☐ Have all players and team coaches shake hands after the completion of the game.
- ☐ Never play an injured player. Think of the player first and not the team's final outcome.
- ☐ Conduct themselves in a professional manner at all times, and shall refrain from directing abusive or sarcastic language or gestures toward officials, other coaches or players.
- ☐ Serve as a role model for players and spectators.
- ☐ Ensure that Express Basketball Club equipment is accounted for, and maintained in usable condition and returned at the end of the season.
- ☐ Leave facilities in the same or better condition than they were when the team arrived.

Coaches Code of Conduct

- I will promote growth and development in a positive and supportive manner. I will nurture good sportsmanship and fair play by teaching and personally demonstrating my commitment to these virtues.
- I will not verbally, physically, or psychologically abuse any player, referee, coach, parent, spectator, official, or executive member.
- I will not use alcohol, drugs, or tobacco products during any game or practice.
- I will not use profanity at any youth, parent, coach, referee, or official in practices or games.
- I will be supportive of the Club, its players, coaches and executive members, and agree to fulfill my coaching assignment with a high standard of behavior that will reflect well on the Club and upon me as an individual.
- I agree to support the Club in its aims and objectives.
- I will teach and demonstrate respect for the laws of the game. I will insist on the highest respect for officials by players, parents, and fans. I will refrain from questioning officials decisions, especially in a disrespectful or abusive manner.
- I will follow facility rules and regulations, respecting at all times the property of others.
- I understand and I am responsible for the behavior of my team's other coaches, players, parents, and fans at all games and practices.
- I will demonstrate appropriate gestures of sportsmanship at the conclusion of a game. Be humble and generous in victory and proud and courteous in defeat.
- I understand that if I violate this Code of Conduct, I may receive a warning from the Club, suspension, or be dismissed of all club related and coaching privileges.

Interesting Facts for Youth Coaches

A growing body of research literature finds that in addition to improved physical health, sport plays a primarily positive role in youth development, including improved academic achievement, higher self-esteem, fewer behavioral problems, and better psychosocial wellbeing. Many studies focus on the effects of sport on the **five “C’s” competence, confidence, connections, character, and caring**, which are considered critical components of positive youth development. **It has long been thought that the many facets of playing sport—the discipline of training, learning teamwork, following the leadership of coaches and captains, learning to lose, provide lifelong skills for athletes.**

Four Truths about Children and Sports

- ☐ Fun is pivotal. If it isn't fun, children will drop out of sports.
- ☐ Skill development is a crucial aspect of fun.
- ☐ Intrinsic rewards (self-knowledge that grows out of self-competition) are more important in creating lifetime athletes than are extrinsic rewards (victory or attention from others).
- ☐ The most rewarding challenges of sports are those that lead to increased self-knowledge, self-improvement, self-confidence, and self-esteem

Age Group Characteristics

Before you are able to effectively coach the children that have been entrusted to your care, you need to understand the characteristics of whom you are developing. It is imperative that you understand that when you are dealing with children that you take the time to comprehend where they are currently in their own development.

Ages 4 - 6

From a physical perspective (psychomotor), children in this age group perform activities at full speed. Then they need frequent rests and then they go again. Movements such as running, hopping, skipping and maintaining balance are not fully developed at this age.

From a mental perspective (cognitive), they have a short attention span, can only perform one task at a time and only if its given with basic instructions. They don't have a clear understanding of the team concept and tactics are useless. Everything revolves around themselves and the ball.

From a social (psychosocial) standpoint the children need to feel secure in practice and in games. The coach needs to be sensitive in selecting activities that allow social interaction with the other players in their group. They are easily bruised psychologically. Elimination games are highly discouraged. They will also tend to exaggerate their accomplishments-let them.

Ages 7 - 9

This is the stage where players begin to understand the concept of passing to a teammate.

From a physical standpoint they still lack a sense of pace and tend to exert themselves hard and then drop. They are now starting to develop some physical confidence in themselves and they are still into running, climbing, rolling and jumping.

From a mental perspective they feel if they tried hard then they performed well (regardless of the activity's outcome). They are beginning to show a limited ability to tend to more than one task at a time.

From a social perspective they have a great need for approval from adults and like to show off individual skills. Negative comments carry great weight. Their playmates start to emerge and they will start to move towards small groups. They want everyone to like them at this age. You should be positive with everything that you do.

Ages 10 – 12

Children at this age are on the edge of childhood and adolescence. It can present a multitude of problems, but also an abundance of potential.

From a physical standpoint strength and power become a major factor in their performance. Their muscles mature and they realize how much more they can do on the court. Their coordination significantly improves and it shows up in the execution of a child's technical ability.

From a mental perspective they can sequence thoughts and perform complex tasks. A coach can expect his players to understand the game and use teammates to solve problems. They are usually eager to learn.

From a social perspective whether a child enters puberty early or late is significant. Girls tend to form cliques while boys take a more broad approach to team relationships. The manner in which they feel about themselves can determine how they relate to their teammates. Sometimes popularity influences self-esteem.

Ages 13 - 16

From a physical standpoint they are experiencing many physical changes. They are entering puberty where boys' voices are changing; they are experiencing a growing spurt.

From a mental perspective they are expanding to include more abstract thinking. They are beginning to understand cause and effect and are ready for more in-depth and more long-term experiences.

They also like to set goals based on their needs and interests. They are also moving from fantasy to reality where their life goals or career are concerned.

From a social perspective a child at this age are transitioning into involvement with opposite sex groups. They are more interested in what their peers say than their parents' advice. They do search for adult role models outside of their parents.

Coaching your own child

Quite often, the volunteer coach of a youth team is a well-intentioned parent. If you are in the position of coaching your child there are a few things to consider as you ponder the dual role of parent/coach:

- Ask your child if they want you to coach their team.
- Discuss with your child how your interaction may be different at practices and games than it is at home
- Don't be a parent at practice.
- Don't be a coach at home.
- Treat your child fairly. Don't fall into the trap of treating them more severely in order to evade charges of favoritism. Coaching your child can be a rich and rewarding experience for the both of you as long as the coach and parent roles are clearly delineated.

Coaching Girls vs. Boys

Research has shown that substantial differences do exist between how girls and boys approach physical activity, including sports. The differences do not appear to be grounded in genetics but rather in socialization.

- Even though skill levels in most physical activities are about the same at the youngest ages, boys see themselves as being physically skilled more often than do girls. This results in higher self confidence for boys and greater willingness to test their limits.
- The primary difference between boys' and girls' perspectives on sport is that boys value a hierarchical social order while girls value relationships.
- Young boys define themselves and improve self-esteem by moving up in the social order of the team. Accomplishment and performance helps the male athlete differentiate himself from the group.
- Pre-adolescent girls are anchored in relationships. Interconnectedness is valued so strongly that hierarchical orders are rejected in favor of what might best be called a web. To be singled out from the group is to be on the periphery of the web, a position that makes most female athletes uncomfortable.
- Boys value independence, status, and achievement while girls value belonging, connectedness, and friendships.
- Boys fear failure, dependency, and conformity while girls fear isolation, separation, and loneliness. Given their concern with belonging and relationships girls are sensitive to their relationship with their coach and usually make a stronger effort to follow directions and to please. The flip side is that girls tend to personalize criticism to a greater degree than do boys. So couch your feedback in terms of what players can do to make the team better. Girls may not care about becoming better individually because that may mean becoming the best which would marginalize their status among the team.
- In the end, we should be careful about perpetuating differences just because they exist. Rather we should strive to provide equal athletic opportunities and experiences for both boys and girls.
- Take the time to talk to your athletes and listen to why they play. Use that information to provide a positive and fulfilling experience for each of your players.

Player Safety

As a volunteer coach you will have the care, custody, and control of someone else's children. In this capacity you have the potential to create and to prevent accidents and injuries.

- ☐ You must provide adequate supervision to your players. The health and safety of your team members are entrusted to your care. You must provide adequate supervision to avoid foreseeable accidents and injuries. NEVER leave players unattended! NEVER leave after a game or practice until all parents or guardians have arrived!
- ☐ Evaluate your players and determine any limitations that they may have. Be sure players are physically and mentally capable of performing the required skills. Evaluate injuries as they occur and determine if it is safe for the player to play.
- ☐ If any minor or major injuries occur, always inform parents and club executives immediately.

Care and Prevention of Injuries

The first line of defense in the treatment of injuries is to prevent them. Factors that can prevent injuries are:

- ☐ The proper use of equipment
- ☐ No jewelry allowed
- ☐ Make sure there is ample water and rest periods
- ☐ Make sure players don't return too early from an injury

The care of an injured athlete should begin the moment an injury occurs. Immediate care will reduce the severity of the injury and possibility of long-term injury/disability. Upon seeing an injured player on the court a coach should:

- ☐ Stay composed
- ☐ Determine if a player is conscious and coherent (if not, dial 911)
- ☐ Question the player in regards to the injury
- ☐ Avoid moving the player if it appears major in any way
- ☐ Inspire confidence and reassure the player
- ☐ Suggest proper evaluation by a medical professional when appropriate

For ankle, wrist and finger sprains, think **ICE**:

a. **Ice** the area to prevent swelling and to help reduce pain. Avoid putting ice directly against the skin. Actual ice works better and holds its temperature better than the chemical packs but the packs are better than nothing.

b. **Compress** and immobilize the injured area securely with an elastic wrap of some sort. Ensure that the wrap is loose enough to allow blood flow. If fingers or toes appear blue or purple, the wrap is too tight. Hold finger splints in place with a couple of pieces of white athletic tape.

c. **Elevate** the injured ankle in order to keep blood flow to the affected area to a minimum.

Note After determining that an injury is not life threatening, the nature of an injury can be further examined courtside. Note the position of the injured part. Is it swollen or deformed? Compare the injury with the uninjured opposite body part. Do not move the injured part.

Tips for planning a great season

Parent Orientation Meeting

Holding a pre-season parent meeting is beneficial for the parents, players and coaches. Take this opportunity to inform parents of the goals and expectations of the season. All Coaches are encouraged to establish effective lines of communication with the team parents early in the season. This may take the form of a casual discussion at your first practice. The time you invest will pay dividends for all concerned throughout the season. If a meeting is impossible, then the following information could be put in a letter to parents/players. But, a face-to-face meeting is preferred.

Purpose of a Parent Orientation Meeting

- ☐ Enables parents to understand the objectives of the team.
- ☐ Allows parents to become acquainted the coach(es).
- ☐ Inform parents about the nature (and inherent risks) of the sport.
- ☐ Articulate your expectations of them and of their children.
- ☐ Enables you to address any parents' concerns.
- ☐ Establishes clear lines of communication between you, parents, and players.
- ☐ Allows you to obtain parental support (assistant coaches, team parents, etc.).
- ☐ Designate a Team Manager

Offensive Strategy Tips

- ☐ Keep the court balanced by avoiding bunching up, and move to the open spot.
- ☐ Try to penetrate the defense by dribbling or passing.
- ☐ Create scoring opportunities on the inside. Outside shots have a lower percentage of going in.
- ☐ Make use of screen and roll.
- ☐ Set a screen in a direction that lets the ball handler move to the basket or to the ball.
- ☐ Teach players to "screen away" from the ball by setting screens on the "weak" or opposite side of the court from the ball.
- ☐ If you set the screen, once finished, pivot and roll toward the basket.
- ☐ Use "V-Cuts," "L-Cuts," and "Backdoor Cuts."
- ☐ Avoid low percentage shots by being patient, and passing until a better shot opens up.
- ☐ If the ball handler has stopped the dribble, the other offensive players must move quickly to open up for the pass.

Moving Without the Ball

It is important to be constantly moving on offense. Players should focus on changing pace, and direction opening oneself up. Pivoting plays a big role in changing direction, and if done correctly and effectively, can give the offense an advantage. Using head and body fakes to simulate a change in direction causes the defender to change direction and move his feet while the offensive player is stable.

Defensive Strategy

- ☐ Open up to the ball with one hand pointing toward your man and the other toward the ball.
- ☐ Emphasize protecting the basket.
- ☐ Force the offense to make outside shots – CLOSE OUT!
- ☐ Stay between your man and the basket at all times.
- ☐ Try to keep your eye on your offensive player and the ball.
- ☐ Always stand in the ready position. Never cross your legs.
- ☐ Be assertive, but do not charge at opponent creating foul calls.
- ☐ Hustle back on defense when your team loses possession of the ball.
- ☐ Talk on defense. Warn teammates of possible screens or cuts.
- ☐ In the event of a fast break, the first player on defense should immediately cover the basket positioning them selves at least eight feet from the basket if possible to stop the offense.
- ☐ If the ball is on one side of the court, the defender on the “weak side” may help, or “drop” into the middle staying within six feet of his man.

Team Building

Early in your season take the time for players to get to know one another. This can be done in the gym with simple games/activities OR a formal outing or event attended as a team. Building team chemistry is crucial to successful coaching outcomes and should not be used as a fix for conflicts, behavioural issues or late season development.

Points of Emphasis immediately before and throughout a game:

- Rebound/box out
- Run on a fast break (if your team is using transition offense)
- Drive to the basket
- Take high percentage shots
- Don't foul but put pressure on the ball
- Stay Positive and Focused (Mental Toughness Coaching)
- Always Hustle and Work Hard

Before each game remind your players about:

- The positions they will be playing in the game.
- Their position on defense and who they will be guarding.
- If the opponent is likely to press and the corresponding assignments for the press offense
- General offensive and defensive strategies
- Offensive and defensive assignments for fast-break situations
- Out-of-bounds plays and positions
- How substitutions will be made

Measures of success:

- Did the players have fun?
- Did the players' skills improve over the course of the season?
- Did the team's performance improve over the course of the season?
- Did the player's self-esteem improve over the course of the season?
- Was there a sense of cooperation, selflessness, and sportsmanship on the team?
- Will the players continue to play the following season?

Practice Planning

Basketball games are generally not won or lost on the day of the game. Most games are won during the week at practice. It is preparation that largely determines a team's chances for success on game day.

Tips to making practices effective

- Plan your practice in advance
- Warm-up muscles before stretching. Consider stretching again at the end of practice to avoid soreness and tightness. Avoid the hurdler's stretch, toe touches and full sit-ups. They are not only ineffective but can be harmful.
- Plan in time for players to hydrate. Use that time to discuss what you will be covering next in practice.
- There shouldn't be such a thing as game speed and practice speed. Encourage players to always move at game speed.
- Keep your eyes open and get to know your team. Watch them carefully and get to know their personalities. Be sure to learn every player's name right away.
- Keep your energy high. Your players will feed off your energy and everyone will have a better practice for it.
- Keep the kids moving and positive so that they are too busy to develop behavior problems. Young children have notoriously short attention spans so keep the talking to a minimum and keep them as active as possible. Don't spend more than 10 minutes on any given activity.
- Maintain a 3:1 ratio of praise to criticism when instructing your players
- Allow parents to attend practices and encourage them to be prepared to work with their child outside of practice. The skills you'll be teaching can't always be learned in a single or pair of practices each week. Parents are encouraged to work with their players outside of practices as well.

Drills – Individual Skill Development

BALL HANDLING DRILLS

The purpose of ball handling drills is to give the player a feeling of where the ball is in relationship to their body. Handle the ball with the fingertips, not the palms. Spread and relax the fingertips.

Cradles

The ball is held between the legs, right hand on the ball in front of the legs, left hand on the ball behind the legs. Then, releasing the ball, the player quickly reverses the arm position, grabbing it with the right hand behind and left in front. Some who have not done this will struggle at first. Encourage them to keep trying, and sooner or later they will catch on.

Clap-N-Catch

Hold the ball straight out in front or against the body at waist level. Release, clap the hands behind the back, and grab the ball again before it touches the floor. This drill increases quickness and confidence.

Figure Eight

Pass the ball from hand to hand between the legs in a figure eight pattern. Then, as this gets easier, a player can walk while moving the ball in the same way, and eventually the player will be able to run while doing it.

Hike Drill

Bounce the ball backward between the legs, reach around, bending down, and catch it behind the legs. Then bounce it back again, forward, catching it once again in front, in the original position.

Tippling

Without grabbing the ball, a player flips it back and forth with the fingers, arms outstretched at right angles from the body. Gradually, the arms are raised as the tippling continues, until the ball is up over the head. It is then slowly lowered again.

Roll ‘Em

Have players roll the ball down the court and back using only the thumbs and fingertips. This drill can also be used as a defensive drill by having the players shuffle their feet while rolling the ball down the court.

FOOTWORK DRILLS

These drills help improve speed and movement on the court. Try not to sacrifice form for more repetitions or a faster performance.

Lane Slide Drill

Use this drill to increase lateral speed, quickness, change of direction and speed on the court. Start on one side of the foul line and slide from one to the other, advancing up the court, and back. It is important to stay in a low stance bending the knees and keeping the back straight (almost like sitting in a chair), and try not to cross feet. Do this drill for one minute, then rest for one minute, completing three sets.

Backboard/Net Touch

This drill strengthens lower legs for quickness and explosive, repetitive jumping. Stand under the net or backboard, jump ten times off both feet with the right hand trying to touch the net, then the left hand. 20 touches equal one set. Repeat three times resting for one minute between each set.

One Foot Running Jumps

Use this drill to improve sprinting, balance, pivoting and jumping. Start on the baseline under the basket, sprint to the foul line, and touch it with either hand, pivot, and sprint back to the backboard, jumping as high as you can off one foot. Repeat exercise five times on each foot. Repeat three times, resting for one minute between each set.

Jumping Line Drill

Use this drill to improve jumping skills. Stand sideways to any line on the court, place your feet together, stand on the balls of your feet and jump side to side using your arms for balance. Try not to drag your feet, jump over the line completely. Each set lasts for 30 seconds. Do three sets, resting for one minute between sets.

Follow the Leader

Have all the players form three lines facing front and arm's length apart. Each player should be in the ready position. The coach stands in front of the team and points to the right, left, front, or back. Each player follows the direction in proper defensive stance and movement. Then the coach pretends to shoot and the team then yells "shot," and simulates blocking the shot.

DRIBBLING**BASICS**

- ☐ Dribble with one hand at a time only.
- ☐ Always be in ready position- hips low, knees bent, back straight.
- ☐ Contact the ball with the pads of the fingers, no slapping.
- ☐ Hold chin and eyes up to maintain balance and increase peripheral vision.
- ☐ Dribble below waist and to the side when being guarded closely.
- ☐ Dribble above waist and out in front for speed.
- ☐ Protect the ball with your non-dribbling hand or arm.
- ☐ Practice dribbling with both the right and left hands to help increase performance in the weaker hand.

HELPFUL HINTS

- ☐ Keep dribble as long as possible until a shot or pass opens up.
- ☐ Do not dribble immediately after receiving a pass or rebound. Check your passing and shooting options first.
- ☐ Vary the speed and direction of the dribble.
- ☐ Use crossover dribble.
- ☐ Stay away from sidelines and corners to avoid being trapped.
- ☐ Avoid dribbling into a crowd of players; the ball is likely to get stolen.
- ☐ Be assertive and confident when dribbling.

DRIBBLE DRILLS

Dribble Around

Dribble around the right leg, then the left leg, then both legs, and then switch directions.

Walking Dribble

Beginning with one leg forward, bounce ball between legs. Continue bouncing it as you walk forward, pushing it between the legs each time.

Crossover Drill

Start at the baseline moving to the right at a 45° angle, taking a few strides dribbling with the right hand. Then plant the right foot, push off hard, with body now moving 45° left. At the same time, push the ball in front of the body from right to left in a low dribble. Continue to move down court in a zigzag pattern.

Steal Game

Pair up players, each with a ball. Have players keep their dribble, protecting it with the non-dribbling hand or arm, while trying to steal or knock the other's ball away. Switch hands and start over.

Red Light, Green Light

This drill works on dribbling as well as jump stops. When the coach says "green light," players dribble from one end of the court to the other. When the coach says "red light," players must jump stop, holding the ball in both hands. Any player who loses control of the ball, or moves before "green light" is called, must go back and start over.

Monkey See, Monkey Do

A leader (one of the team captains or the coach) faces the group. They must watch and copy what the leader is doing. The leader can dribble the ball switching hands, going between the legs in a figure eight switching directions, etc. The leader may also pass the ball around and around the body at the waist, neck, and overhead.

PASSING

Release the ball quickly, do not hesitate.

BASICS OF PASSING

- ☐ Make sure to have visual contact with the receiver.
- ☐ Make sharp and snappy passes with little spin.
- ☐ Time passes to avoid interception by defense.
- ☐ Don't pass so hard that the receiver cannot catch it, or too slow so it is intercepted.
- ☐ Use fakes to improve passing angle.

BASICS of RECEIVING

- ☐ Always keep eye contact with the passer and the ball.
- ☐ Position hands chest high, extend arms, open palms for reception.
- ☐ Communicate non-verbally by using the hand as a target.

FIVE TYPES of PASSES

Chest Pass

- ☐ Using two hands, grip sides of the ball with pads of fingers with thumbs on the back half of the ball.
- ☐ Step towards the target using the legs to generate momentum.
- ☐ Pass with the thumbs, snapping down and together.
- ☐ Pass from chest to the receiver's chest.

Two Handed Bounce Pass

- ☐ This pass is good for passing the ball to another player while being closely guarded by a defender with hands in the air.
- ☐ Grip the ball the same as the chest pass.
- ☐ Passer should bounce pass the ball 2/3 the distance of the receiver.
- ☐ Step in the direction of the pass, and aim below the waist toward mid-thigh or hip.

One Handed Bounce/Push Pass

- ☐ This pass is good for pivoting around defense.
- ☐ Pivot and step around the defender.
- ☐ Pass with one hand and protect the ball with the other.

Overhead Pass

- ☐ This pass is good for getting the ball down court quickly on a fast break, or for passing to the forward or center under the basket.
- ☐ Using two hands, but one on each side of the ball, thumbs to the rear.
- ☐ Keep the ball out in front of the head, and generate momentum by stepping with legs toward the receiver, following through with the arms and snapping wrists.
- ☐ Aim towards the receiver's chest or head.

Baseball Pass

- ☐ This is good for passing the ball the whole distance of the court.
- ☐ Use one hand, bringing the ball back by the ear with the elbow pointing back.
- ☐ Extend the arm up and out toward the target.

PASSING DRILLS

Up & Down Drill

The coach faces the player, who is in the lane ten feet away facing him. The ball is rolled on either side of the player, who bends quickly, grabs it, straightens, and fires it back to the coach, who may move to his left or right. A variation is to have the player grab the ball, pivot, make a lay-up, take the ball as it comes through the net, pivot again, and fire back to the coach.

3 Person Drill

Split the team into groups of threes. Two players are passers, and the third is the defender. The passers pass the ball to each other while the defender tries to intercept it. If the defender touches the ball, the passer who passed the ball becomes the defender.

Partner Passing

Split the team into pairs facing each other between the free throw lanes with one side starting with the ball. Have the players work on chest passes, two-handed bounce passes and one-handed bounce passes. Have the pairs move farther apart to work on overhead passes and baseball passes.

Shotgun Passing

Split the team in groups of six, one player under the basket, the other five line up in a semicircle on the free throw line. The drill begins with one player in the semicircle shotguns a chest pass to the player under the basket. The player under the basket fires it back to the next player in the semicircle and so on down the line. This drill should go on for about one minute per player. Variations can be made with the speed of the pass, or the type of pass.

Reaction Drill

The coach holds the ball ten feet behind the player, who is facing away from him. As the coach releases the ball, the coach blows the whistle. Upon hearing the whistle, the player must pivot and grab the ball. The pass may be high or low, a roll on the floor left or right, or a lob overhead.

SHOOTING

SET SHOT/JUMP SHOT MECHANICS

- ☐ Feet and shoulders square to the basket, feet shoulder width apart, dominant foot slightly in front.
- ☐ Keep ball chest level with elbows in.
- ☐ Control the ball with the fingertips, not the palm.
- ☐ Keep fingers spread.
- ☐ Place the guide hand on the side, shooting hand on top.
- ☐ Cock the wrist back.
- ☐ Keep eye focused on the rim.
- ☐ Start the shot with the toes, then knees, bent for power, then extend up and out all the way through the arm toward the target.
- ☐ Last contact with the ball should be made by the index and middle fingers giving the ball backspin and arch.
- ☐ Follow through with the wrist, and extending the arm all the way out. . “follow through”

HELPFUL HINTS

- ☐ Remember to follow up on every shot made to get the rebound if the shot is missed.
- ☐ Allow shots only within shooting range of the player.
- ☐ Use the backboard whenever possible 5 feet out from the rim.

SHOOTING DRILLS

One-Arm Shooting

Stand in front of the basket, holding the ball with your shooting arm, palm up, and other hand behind your back. Slowly turn your wrist inward causing your shoulder to drop, putting your arm in the proper “L” position. With the ball on your fingertips and head high, shoot the ball high, exaggerating your form and follow through, finishing with your fingers pointing over the rim of the basket. Shoot from the same spot five times, then take a step back until you have gotten to the top of the key.

Chair Shooting

This drill helps improve shooting the ball instead of throwing it. Place a chair about eight feet in front of the basket. Shoot 25 shots, rest for one minute, and shoot 25 more.

Floor Form Shooting

This allows you to work on follow-through, develop a soft touch, and learn to read the spin of the ball by holding it across the seams. Lying flat on your back, relax your shooting hand as you are holding the ball over your chest. Make sure your arm is in the “L” position. Shoot the ball directly up in the air, completely extending the elbow, wrist, and fingers. The ball should come back into your hands. Shoot 25 shots, rest for one minute, and shoot 25 more.

LayUps

Plant the inside foot and explode upward. For a right-handed lay-up, explode off the left foot. For a left-handed lay-up, explode off the right foot. Going upward, drive the outside knee upward and extend the outside hand/arm toward the basket. At the top of the jump, release the ball with the shooting hand, which should be underneath the ball, pushing it toward the basket.

HELPFUL HINTS

- ☐ Make sure the index finger of the shooting hand is pointed toward the target.
- ☐ Use the backboard, aiming for the square on the backboard.
- ☐ Explain what “travelling” is to ensure there are no violations shooting a lay-up.

Free Throws

- ☐ Make sure you are balanced.
- ☐ Keep eye on the target.
- ☐ Keep the elbow in.
- ☐ Follow through, ending with a wave to the crowd. 😊
- ☐ Do not step over the foul line.
- ☐ Repeat routine!

POSITIONS & MOVEMENT

Ready Position

This is the most basic position to use when playing basketball. Teach players to stand relaxed with legs spread shoulder width apart, arms, hips and knees bent, back straight, head up, weight shifted slightly forward, and on the balls of the feet. The ready position allows players to run forward and backward, pivot, cut, jump, slide from side to side, and receive a pass.

Triple Threat Position

This position is similar to the “ready position,” but the player has the ball. The shoulders should be square to the basket preparing the player to drive, pass or shoot.

Jump Stop

This is one of the best ways to avoid a traveling violation when stopping. To stop, both feet should hit the court simultaneously, landing in a balanced, ready position. By using the jump stop, the player has control over the forward momentum, and allows either foot to be used as a pivot foot.

Pivots

To pivot, the player stops, turning on one foot moving forward or backward. When a player chooses their pivot foot, they may not change the pivot foot while still in possession of the ball. By pivoting, the player can pass to a teammate, protect the ball, and make a move to the basket.

Cuts

Enable offensive players to change direction quickly to try to “lose” their defenders. Players can shift momentum by planting one foot at the end of a stride and push off into another direction. The most effective cuts are the “V-Cut”, “L-Cut” and “Backdoor Cut.”

Rocker Step

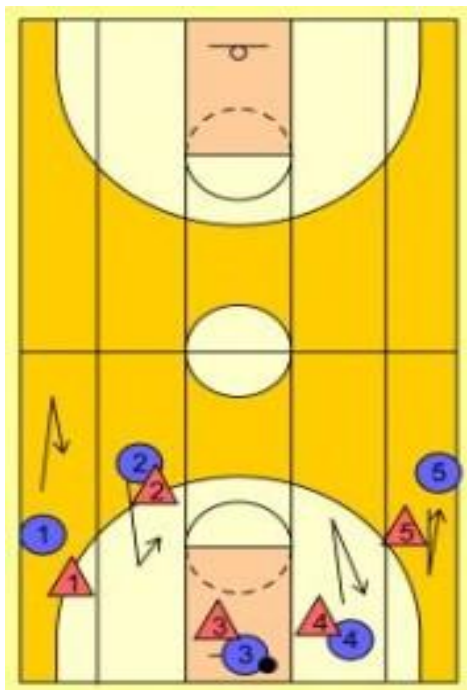
The rocker step can be used to the right or the left. Step forward with the lead foot and go by the defender. The rocker step can be used as a “fake,” by stepping to the right or left, then pulling back and shooting, or vice versa. You can also fake the shot, cross over and drive in the opposite direction.

Screen and Roll (Pick and Roll)

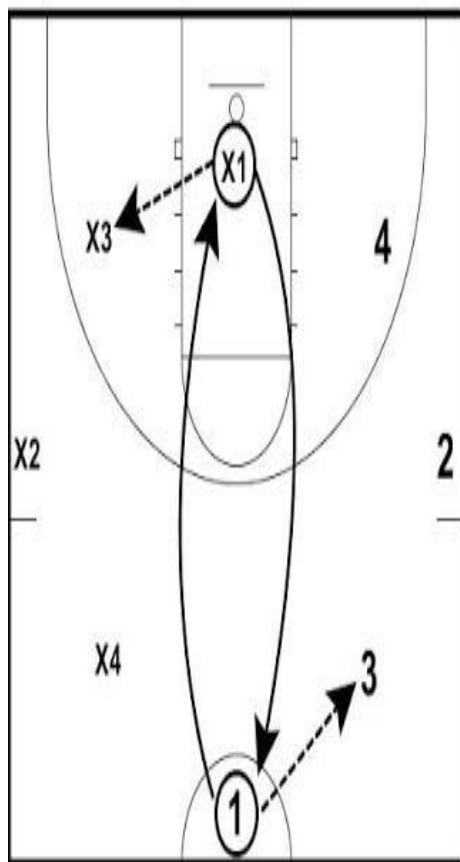
This play involves two offensive players in which one offensive player without the ball screens the defender on the ball, allowing the player with the ball to drive to the hoop. Off ball offensive players may also screen the defender of another off ball offensive player there by allowing that offensive player to move to the open spot to receive a pass. The screener can then roll out to receive a pass as well.

Team Drills – Ideas and Examples

Lane Passing Drill – 3 or 5 lanes.



- The focus of this drill is to work on getting open, passing, catching, spacing, and being tough with the basketball while facing consistent defensive pressure.
- This drill will help to give players the skills to get open against pressure.
- The drill involves 5 lanes, and 10 players, emphasizing **spacing is crucial**.
- The team that wins the drill is the one that takes the least amount of time to get from the baseline to half court.
- Basketball rules apply. If there is a turnover, defense and offense change.
- Give each squad three possessions.
- Team with the lowest time from baseline to half court in their three possessions wins.
- Another way you can run the drill is to run it 3 on 3 in 3 lanes rather than in 5 lanes.



Argentine Passing Drill

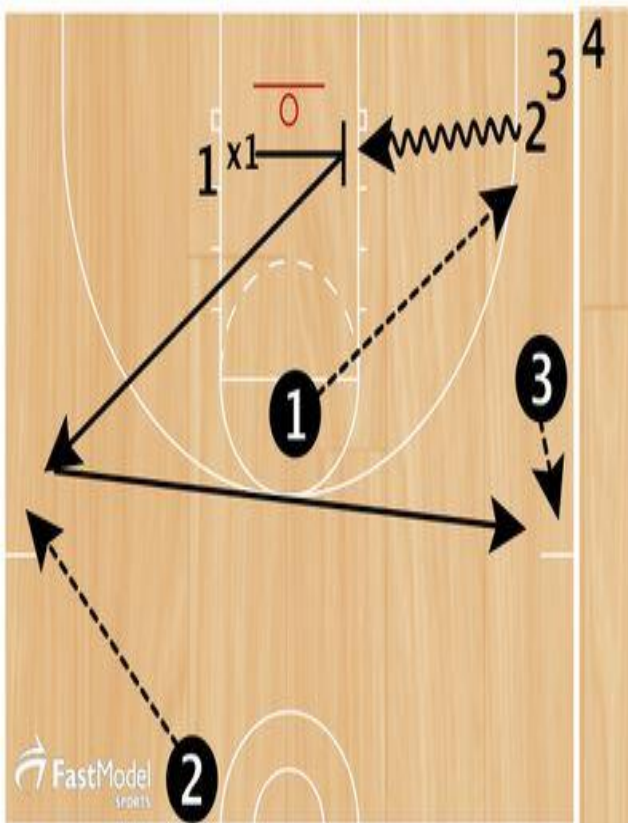
- This basketball drill works on both passing and catching along with being a great workout for conditioning.
- The image shows the drill being run in the half court, but you can run it as a full court drill to get even more conditioning.
- The drill is run for one minute.
- Players are paired with the player across from them in the drill setup. In the diagram at the left, 1 and x1 are paired, 2 and x2 are paired. 3 and x3, and 4 is paired with x4. Use 2 basketballs for the drill. In the example, both x1 and 1 are starting with a basketball.
- Players pass the ball to their right and then sprint straight across the floor to change spots with their partners before the ball arrives in the spot they are running to.
- Make sure to set high standards for the drill regarding passing and catching the basketball –take away dribble, no travelling, etc . When an error is made, (players aren't sprinting across to their new spot, or passes are fumbled), put one minute back on the clock and start the drill again.

Laker Passing Drill



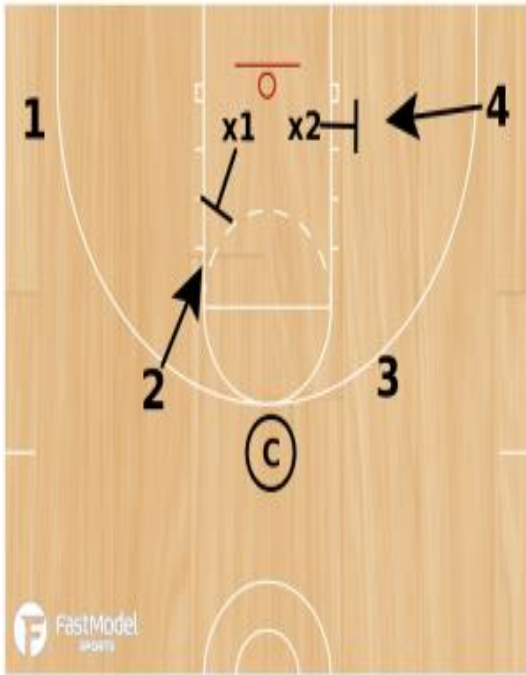
- The rule that makes this drill work is that the ball cannot hit the floor.
- That means there is no dribbling, no bounce pass, and the ball must be taken out of the net without hitting the floor after the layup is scored.
- 1 starts the drill by passing to 2. 2 passes back and 1 hits 3 for a lay-up.
- 2 rebounds the ball out of the net and the players head back to the end where they started. 1 sprints around the cone to teach players to run wide, and 3 sprints out to the opposite wing.
- After the first group shoots the second layup, the next 3 players in line are up.

Smart Hustle Drill



- X1 is the player who is performing the drill.
- The drill begins with the Coach (Black Circle 1) having the ball at the nail hole.
- Defensive player X1 is guarding the post against #1's post up. The Coach (Black Circle 1) Passes the ball to 2 in the corner. 3 and 4 in the diagram are the next players in line.
- 2 drives the ball to the basket. X1 should take the charge as far outside the lane as possible. That is not clear in the diagram.
- Black Circle 2 is also a coach or a manager. After the charge is taken, Black 2 rolls another ball toward the out of bounds. X1 gets up from taking the charge and dives on the floor to save the loose ball. After that save, his round is completed when Black Circle 3 (Also a coach or manager) tosses a ball and X1 sprints to jump save it from going out of bounds.

Numbered Rebounding Drill



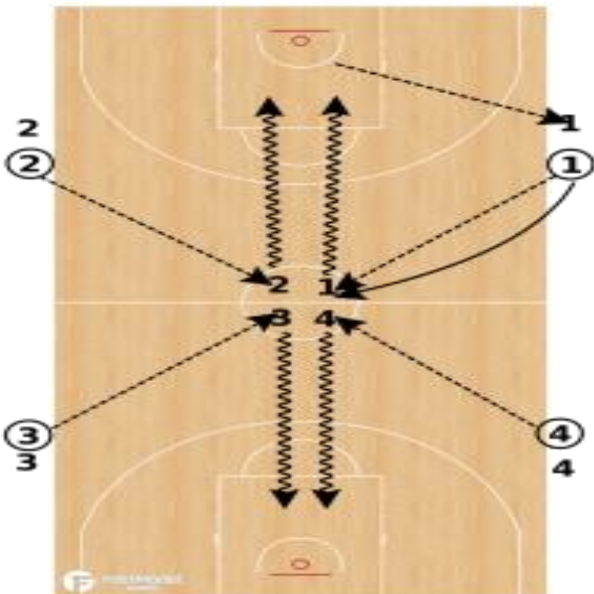
- Players 1, 2, 3, and 4 are offensive players and start on the perimeter. X1 and X2 are on defense and start in the lane. Coach Calls out two numbers, example “1 and 4”. Defense must block those two offensive players out and secure the rebound.

- The coach should shoot the ball softly off the rim so that it comes off as a game-like and realistic rebound.

- Another version of this drill is to have 4 players on offense being clocked out by 3 defenders. Version 3 of the drill is to have the offensive players move to make it difficult for the defenders to find and get an angle for the block out.

- I like to make as many drills as possible into competitions. You can create 2 competing teams for the drill along with a scoring system. That system should reflect and reward players for efforts that you believe lead to winning.

Team Shooting



- The players in the center jump circle are not allowed to leave until they catch the basketball.

- When #1 receives the pass, he/she can dribble in for a shot.

- The passer follows the pass into the center circle.

- Select spots and add live ball dribble moves to the drill to simulate game conditions.

- The shooter rebounds own shot 1 and makes an outlet pass to their team’s line.

You can specify a number of shots that the winning team must reach first, or you can put a time on the clock and the team with the most shots made at the end of the time is the winner.