

Practice Tips

Use the following pointers in conjunction with your CoachDeck for a perfect practice!

Use your assistants: If you have volunteers to assist you at practice you can easily put them to work by giving them a group of players and a selected card from the deck. You may then rotate players through various stations so that each is constantly getting frequent repetitions and more individualized attention.

Or, go it alone: We know that quite often you may be the only coach at practice. Do not worry! Nearly every card in CoachDeck is designed so that a lone coach can keep each player busy and improving.

Keep players active: Bringing multiple basketballs to practice often means that rather than only a few players working and others in line waiting, more players can be performing activities, minimizing standing around and boredom.

Pre-plan, if you can: CoachDeck was designed with the busy volunteer coach in mind. You can literally show up at practice with no time to plan and run a great clinic using this deck. However, when you can, it helps to pick out a handful of drills ahead-of-time and place them in order at the top of the deck. You may find you can do this effectively while your players warm-up.

Have fun but take it seriously. It's a fine line to walk. Your goal at each practice is to ensure that every player improves in some way. However, a more important goal for the season should be that no matter what, every player wants to come back and play again next season.

Safety

Attention Coaches: Safety is a must! Adhere to these tips to ensure no one gets hurt!

Supervision: Watch your players carefully at all times.

Loosen up: Begin each practice with warm-up. Players should do stretching exercises, and take a short jog.

Balls: No player should pass or shoot a ball unless supervising adult has said it is OK. Players should never pass to another player unless that player is looking.

Be cautious: If you don't think your players are ready for a particular drill in this deck, choose another.

Spacing: When performing multiple drills simultaneously, make sure there is plenty of distance between everyone. Structure practice so that there will never be players from one drill running through another to chase loose balls, etc. Players not actively participating should be stationed in protected areas, off the court.

First-Aid: Always carry a first-aid kit and instant ice packs. Keep parent and emergency phone numbers handy in case of more serious injuries.

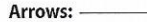



All CoachDeck drills have been performed many times without injury and are, if conducted properly, safe. However, throughout normal course of practicing basketball, possibility of injury exists. CoachDeck assumes no liability for injury occurring as a result of performance of drills in this deck for any reason, including without limitation, lack of supervision, negligence or participant error.

How to Use CoachDeck

Tips to more effectively use the drills in this deck.

Color-coding: Each CoachDeck card is color-coded for instant recognition. Gold = Ball Handling; Green = Passing; Blue = Defense; Red = Shooting.

I/G/T: I = Individual; G = Group; T = Team. I/G/T = Drill can be performed by individual, group or team.

Arrows:  = Player running  = Pass
 = Player dribbling  = Shooting

Modify as needed: Adjust drills for age level. Some drills call for players to be stationed a certain number of feet apart, but you may feel this is too short or too great a distance for your players. Other drills may require dribbling or shooting skills your players are not ready for. You can ask players to perform less challenging skills while maintaining the basics of each drill.

Key Points: The "Key Points" are items you or your players need to know to maximize each drill's effectiveness.

Make it a Game: An ordinary drill turns exciting when turned into a competition. Nearly every drill in CoachDeck can be performed as a fun game your players will love.

Equipment: CoachDeck drills require no special equipment beyond basketballs and baskets. A stopwatch or cones may be helpful in some drills.

No experience required! The information in CoachDeck is presented so that even the most novice volunteer coach can run a Perfect Practice every time!

Terminology

This card will assist you in the terminology you will encounter in your CoachDeck for Basketball

Baseline – End line beneath each basket.

Foul Line – Free throw line.

Key or Foul Lane – Also known as "paint." 12' wide rectangular area from baseline to foul-line with circle at top.

Elbow – Area of court where foul-line and side of key meet.

Crossover dribble – A dribble in which ball is moved from one hand to the other while dribbler changes directions.

Pivot Foot – Foot staying in contact with a spot on the floor while moving the other foot to adjust position of the body or to evade a defensive player

Jump-stop – Action of coming to complete stop where both feet land in a spot simultaneously

Assist – Pass that leads directly to a teammate scoring a basket.

Bank Shot – Also called "using the glass" means a player shoots so that ball hits backboard prior to going in.

Wing – Area just on or outside 3-point line even with foul-line. (foul-line extended)

Block – Rectangular block on outside of key by baseline.

Post-up – Getting an offensive position near the basket along the key.

Drop Step – (Also called "Reverse-pivot"). When posting-up, taking a step backwards, towards basket and behind defender in order to move around him.

1+1 – Free throw where making the first earns a second shot.

Fundamentals

Coaches: Review these fundamentals before you run your first practice to ensure you reinforce the correct skills in each drill.

Shooting: Square up to basket, feet shoulder-width apart. Right foot slightly in front of left foot for right-handed shooter, (opposite for lefty). Ball should sit in fingertips and pads of shooting hand, not in palm. Wrist cocked back so player sees wrinkles where back of hand meets wrist. Non-shooting hand on side of ball for control. Elbow directly under the ball and bent at 90 degrees. Receive pass in ready position, knees bent, hands ready with fingers pointing up. Eyes on rim (target). Upon jumping to shoot, elbow and knees should straighten at same time. Follow-through: Wrist should flick forward with fingers pointing down. Good follow-through creates needed backspin to create "soft" shot. Land in same spot or slightly in front of spot player left.

Rebounding: Block out by finding opponent and backing into him. Move opponent back, away from rim. Arms out to prevent him from escaping past. Go to ball coming off rim. Jump to ball. Grab ball firmly. Come down holding ball strongly, out and away from body.

Passing: Hands on side of ball, thumbs behind, ball in fingertips and pads of hands, not the palm. Knees bent, step towards target. Follow-through: After passing, palms of player's hands should be facing out, thumbs down, fingers pointing towards target. Backspin on pass.

Defense: Stance: Player should bend at knees, as if sitting in chair. Back straight up, head up, feet outside of shoulder width, on balls of feet, (not heels), hands out to prevent shots and passes. Slide: Moving laterally while maintaining defensive position by sliding feet together and apart.

Dribbling: Dribble with fingertips and pads of hands – do not slap with palm. Eyes up looking at court – do not look at ball.

CoachDeck™ cards were created to assist the millions of hard-working youth sports volunteers and parents who would like to help players learn important skills and fundamentals through fun drills and games. The time commitment involved in coaching is enormous, and sometimes it is not possible to thoroughly prepare for each practice.

The drills can be performed by kids from 6-16 and are laid out in a fast, easy-to-understand format that allows you to conduct an extremely effective session with little or no preparation. Because the deck is portable, you'll always have it with you. The nearly infinite number of drill combinations you can create means kids will never get tired of the "same old practice."

Inside this deck you will find 52 color-coded cards that teach basic and valuable fundamental basketball skills. But because you'll get more out of kids when they play and compete, nearly every drill contains a unique, "Make it a Game" feature that will ensure your players want practice to go on forever. Also provided are two double-sided instructional cards on Safety, Terminology, Practice Tips and How to Use CoachDeck, as well as comprehensive fundamentals on the back of this card.

We know you'll enjoy using your CoachDeck and hope you'll check back to www.coachdeck.com as we continue to bring you new decks for every sport you coach. With CoachDeck, A Perfect Practice is in the Cards™.



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Patent Pending