

2018 Coaches Clinic Questions & Rough Answers

For clarification or additional information:

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Best "living room homework" drills to encourage when there is no court/hoop to practice on?

"Quiet Drills":

- Stationary Ball-Handling
- Lay Down Shooting
- Defensive Slides down the hallway
- Quick feet up the stairs

"Not-So-Quiet Drills":

- Dribbling around the house
- Passing to Mom and Dad in the hallway
- Passing to a spot on the Wall and Catch it off of the Wall
- Happy Feet ... Quick Feet ... Change!

Given that this is the first year of organized basketball with games, what's the best way to roll out the various skills needed as the season goes along? More specifically, in the first few practices we will be doing the basics and evaluating the boys' skills, but is there a skill progression we should be following for subsequent practices in order to continue to grow their skills over the course of the year?

[USA Basketball Continuum >>> Get Licensed!](#)

Example: [Ball-Handling & Dribbling](#)

1. Holding the ball
2. Triple Threat Stance
3. Stationary Dribbling
4. Dribbling to Advance the Ball
5. Change of Speed & Direction

Defense most likely played

1. The league would like all MAN
2. Most teams will play ZONE

***READ ARTICLE!**

What to cover in practices

- **SEE PRACTICE PLAN BUT PRIORITIZE**
- **MINIMUM:**
 - FUNDAMENTAL OR 2
 - DEFENSIVE WORK
 - OFFENSIVE WORK
 - SCRIMMAGE
 - FUN FINISH

Want to see some drills for practice: [hopefully covered by check out usa basketball website and jr. nba youtube channel](#)

Dividing practice between beginner and more experienced players.

- [This is where having an assistant can really help - to divide the group up by skill level](#)

What's the best way to teach the girls to rebound? They just stand around and look at the ball most of the time.

- [1 v 0 to work on timing, jumping, grabbing, landing, pivoting!](#)
- [1 v 1 get 1-2 in a row](#)
- [2 v 2 team challenge ... 2 in a row for defense](#)
- [3 v 3 team challenge ... 2 in a row for defense](#)

How to help kids who have never played basketball understand playing man-to-man defense.

- [When guarding the ball, try to keep your body between the ball and the basket](#)
- [When NOT guarding the ball, try to keep your body between the ball and your man \(HELP\)](#)
- [KEEP YOUR BUTT TO THE BASKET AT ALL TIMES](#)

How would generally structure a 1 hour practice, striking a balance between drilling, teaching and scrimmaging?

- [SEE PRACTICE PLAN](#)

Looking for some good drills and possibly some practice tips: [hopefully covered by check out usa basketball website and jr. nba youtube channel](#)

3rd Grade Girls rules review. Thx!: [see rules handout or contact me](#)

How to best handle varying skills of the kids

- [SEPARATE GROUPS with assistant coaches](#)

Recommendations for teaching (and drills) for spacing; Best shooting drills for teams with only 2-basket gyms (5-6 players at a basket)

- [Use spots or floor tape!](#)
- [Need more balls for more reps for shooting drills with only 2 baskets](#)

How to divide up practice between experienced and beginner players.

- [Use your assistants :\)\)\)](#)

And how to give everyone equal playing time.

- [Sub by #s ... see substitution sheet in clinic packet](#)