



Basketball Coaches Clinic ~ Practice - Game - Season Suggestions

<p>BYOBasketball! Players should bring their own indoor/outdoor ball (more time with a ball in their hands is good!). Grades 2-3: 27.5 Ball ~ Grades 4-6: 28.5 Ball</p>	<p>BYOWaterBottle! Players should bring a water bottle - saves practice time!</p>
<p>BYOPinnie! If pinnies are not available, players should wear a white shirt but bring a black or blue (dark) shirt. Or, break your kids up ahead of time so for every practice, half the team wears a dark color and the other half wears a light color.</p>	<p>START PRACTICE POSITIVELY! Try to start every practice with a motivational quote or the goals of the practice / season.</p> <ul style="list-style-type: none">• Sample Goals: Learn, Get better, Be coachable, Be a great teammate, Compete, Have fun, etc..• #1 Goal should NOT be winning when there are no playoffs and no championship in grades 2-4.
<p>PERFECT PRACTICE PARTS IDEALLY...every practice should include: basketball movements (running, back-pedalling, sliding, pivoting, jumping, fundamental drill-work (triple threat, defensive stance, dribbling, passing, catching, shooting, boxing out, rebounding), team defensive work, team offensive work, 5 v 5 full court scrimmaging or ½ court situations, and FUN!</p>	<p>BUT...PRIORITIZE YOUR TIME Some teams only have 1 hour of practice time a week so coaches will have to prioritize how they spend that time. You may not be able to do too many drills because scrimmaging and working on offensive and defensive team concepts are most important. This will change and evolve as the season rolls on.</p>
<p>DESIRED GAME & SEASON OUTCOMES Winning or Player & Team Development? Winning or Player & Team Experience? Winning or Player & Team Fun? Is every player touching the ball, dribbling the ball, shooting the ball?</p>	<p>PARENTS COACHING FROM THE SIDELINE</p> <ul style="list-style-type: none">- Email from the league- Parent Liasion- Parent Meeting before the first game or email before the first game- Deal with it if/when it happens

LEVEL 1 - INTRODUCTORY PRACTICE IDEAS, DRILLS, GAME STRATEGIES GRADE 2	LEVEL 2 - FOUNDATIONAL PRACTICE IDEAS, DRILLS, GAME STRATEGIES GRADE 3-4	LEVEL 3 - COMPETITIVE PRACTICE IDEAS, DRILLS, GAME STRATEGIES GRADE 5-6
HUDDLE Hello, 5&2s, Words of Wisdom, Goals	HUDDLE Hello, 5&2s, Words of Wisdom, Goals	HUDDLE Hello, 5&2s, Words of Wisdom, Goals
WARM-UP: Change Speed & Direction!	WARM-UP: Change Speed & Direction!	WARM-UP: Change Speed & Direction!
FUNDAMENTAL FOOTWORK ACCELERATE / DECELERATE JUMP-STOP / PIVOT & LUNGE (reach) STEP-SLIDE BACK-PEDAL "PARTNER MIRROR DRILL"	FUNDAMENTAL FOOTWORK ACCELERATE / DECELERATE JUMP-STOP / PIVOT & LUNGE (reach) STEP-SLIDE BACK-PEDAL "PARTNER MIRROR DRILL"	FUNDAMENTAL FOOTWORK ACCELERATE / DECELERATE JUMP-STOP / PIVOT & LUNGE (reach) STEP-SLIDE BACK-PEDAL "PARTNER MIRROR DRILL"
PASSING & CATCHING BOUNCE-CHEST-OVERHEAD-LUNGE- FAKE A PASS TO MAKE A PASS!	PASSING & CATCHING 2 V 1 PASSING & CATCHING (monkey-in-the-middle)	PASSING & CATCHING SCREENING DRIVE & KICK TO SCORE!
BALL-HANDLING 1-BALL STATIONARY SERIES DRIBBLE TAG	BALL-HANDLING 2-BALL STATIONARY SERIES DRIBBLE TAG	BALL-HANDLING 2-BALL STATIONARY & MOVING DRIBBLE TAG
BALL-HANDLING & SHOOTING OUT & BACK DRILL	BALL-HANDLING & SHOOTING OUT & BACK DRILL - ATTACK/ESCAPE	BALL-HANDLING & SHOOTING OUT & BACK DRILL - IN&OUT - SPIN - CATCH & SHOOT
REBOUNDING 1 V 0 CHALLENGE 1 V 1 CHALLENGE	REBOUNDING 2 V 2 CHALLENGE (1 or 2 IN A ROW)	REBOUNDING 3 V 3 CHALLENGE (2 or 3 IN A ROW)

<p align="center">LEVEL 1 - INTRODUCTORY PRACTICE IDEAS, DRILLS, GAME STRATEGIES GRADE 2</p>	<p align="center">LEVEL 2 - FOUNDATIONAL PRACTICE IDEAS, DRILLS, GAME STRATEGIES GRADE 3-4</p>	<p align="center">LEVEL 3 - COMPETITIVE PRACTICE IDEAS, DRILLS, GAME STRATEGIES GRADE 5-6</p>
<p align="center">TEAM DEFENSE</p> <p>My philosophy is evolving here: the younger the player, the more man-to-man s/he should play. BUT, our league still offers the option to play zone.</p> <p>Teaching MAN-TO-MAN DEFENSE:</p> <p>DEFENSE:</p> <ol style="list-style-type: none"> 1. Defensive stance 2. Defensive slide 3. High Hand & Low Hand 4. Keep your body between the offensive player in front of you:) and the basket/rim. (on-the-ball defense) 5. Off-the-ball defense: keep your body between the ball and the player you are guarding (this is called HELP DEFENSE) 6. At this level, teach ON-THE-BALL DEFENSE & OFF-THE-BALL DEFENSE (HELP) 	<p align="center">TEAM DEFENSE</p> <p>My philosophy is evolving here: the younger the player, the more man-to-man s/he should play. BUT, our league still offers the option to play zone.</p> <p>Teaching MAN-TO-MAN DEFENSE:</p> <p>DEFENSE:</p> <ol style="list-style-type: none"> 1. Defensive stance 2. Defensive slide 3. High Hand & Low Hand 4. Keep your body between the offensive player in front of you:) and the basket/rim. (on-the-ball defense) 5. Off-the-ball defense: keep your body between the ball and the player you are guarding (this is called HELP DEFENSE) 6. At this level, teach ON-THE-BALL DEFENSE & OFF-THE-BALL DEFENSE (HELP) 	<p align="center">TEAM DEFENSE</p> <p>Teach and implement both MAN and ZONE defenses.</p> <p>Teaching MAN-TO-MAN DEFENSE:</p> <ol style="list-style-type: none"> 1. Defensive stance 2. Defensive slide 3. High Hand & Low Hand 4. Keep your body between the offensive player in front of you:) and the basket/rim. (on-the-ball defense) 5. Off-the-ball defense: keep your body between the ball and the player you are guarding (this is called HELP DEFENSE) 6. At this level, teach ON-THE-BALL DEFENSE & OFF-THE-BALL DEFENSE (HELP)

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<p style="text-align: center;">TEAM OFFENSE</p> <p>SIMPLE ZONE OFFENSE</p> <ul style="list-style-type: none"> - 1-3-1 - 1-3-1 SCREEN - 2-1-2 <p>SIMPLE MAN OFFENSE</p> <ul style="list-style-type: none"> - 5-OUT <ul style="list-style-type: none"> - PASS-CUT-FILL / ROTATE - 3-OUT/2-1N <ul style="list-style-type: none"> - PASS & SCREEN AWAY - 1-4 <ul style="list-style-type: none"> - PASS TO WING... - UCLA CUT OFF - HIGH POST... - BALL SCREEN... - OPPOSITE DOUBLE SCREEN 	<p style="text-align: center;">TEAM OFFENSE</p> <p>SIMPLE ZONE OFFENSE</p> <ul style="list-style-type: none"> - 1-3-1 - 1-3-1 SCREEN - 2-1-2 <p>SIMPLE MAN OFFENSE</p> <ul style="list-style-type: none"> - 5-OUT <ul style="list-style-type: none"> - PASS-CUT-FILL / ROTATE - 3-OUT/2-1N <ul style="list-style-type: none"> - PASS & SCREEN AWAY - 1-4 <ul style="list-style-type: none"> - PASS TO WING... - UCLA CUT OFF - HIGH POST... - BALL SCREEN... - OPPOSITE DOUBLE SCREEN 	<p style="text-align: center;">TEAM OFFENSE</p> <p>SIMPLE ZONE OFFENSE</p> <ul style="list-style-type: none"> - 1-3-1 - 1-3-1 SCREEN - 2-1-2 <p>SIMPLE MAN OFFENSE</p> <ul style="list-style-type: none"> - 5-OUT <ul style="list-style-type: none"> - PASS-CUT-FILL/ ROTATE - 3-OUT/2-1N <ul style="list-style-type: none"> - PASS & SCREEN AWAY - 1-4 <ul style="list-style-type: none"> - PASS TO WING... - UCLA CUT OFF - HIGH POST... - BALL SCREEN... - OPPOSITE DOUBLE SCREEN