FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

# The YMCA of Greater Dayton

# BASKETBALL HANDBOOK



YMCA OF Greater Dayton
www.daytonymca.org/sports

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# THE YMCA OF GREATER DAYTON

## MISSION STATEMENT

The YMCA of Greater Dayton, based on Christian principles, is a charitable organization with an inclusive environment driven to enrich the quality of family, spiritual, social, mental, and physical well-being for all.

## CORE VALUES OF CHARACTER DEVELOPMENT

1. Caring
2. Honesty
3. Respect
4. Responsibility

## YOUTH SPORTS PHILOSOPHY

The YMCA's philosophy is "Athletes First, winning second, everyone is a winner." Please do everything you can to de-emphasize the score.

# CONTACT INFORMATION

**Coffman YMCA**
88 Remick Blvd
Springboro, OH 45066
937-886-9622

**Fairborn YMCA**
300 S. Central Ave.
Fairborn, OH 45324
937-754-9622

**GLH/PH North YMCA**
7590 St. Rt. 703
Celina, OH 45822
419-629-9622

**GLH/PH South YMCA**
4075 Wuebker Rd.
Minster, OH 45865
419-629-9622

**Kleptz YMCA**
1200 W. National Rd.
Englewood, OH 45322
937-836-9622

**Preble County YMCA**
450 Washington Jackson
Eaton, OH 45320
937-472-2010

**Springfield YMCA**
300 S. Limestone
Springfield, OH 45505
937-323-3781

**South YMCA**
4545 Marshall Rd.
Kettering, OH 45429
937-434-1964

**West Carrollton YMCA**
900 S. Alex Rd.
West Carrollton, OH 45449
937-866-9622

**Xenia YMCA**
336 Progress Dr.
Xenia, OH 45385
937-376-9622

**YMCA at the Heights**
7251 Shull Rd.
Huber Heights, OH 45424
937-236-9622

**Versailles YMCA**
758 Hickey Avenue
ersailles, OH 45380
937-345-9622

# WELCOME TO THE PROGRAM

Dear Participant,

The YMCA of Greater Dayton welcomes you to the Youth Basketball Program! A goal of the Dayton YMCA is for all youth sports participants, both parents and children, to have an enjoyable sporting experience. The YMCA uses sports as a tool to develop each participant physically, mentally, and spiritually. Our programs emphasize teaching the values of good sportsmanship, teamwork, goal setting, and skill development in a fun, esteem-promoting atmosphere. Skill development is the main component of all YMCA Youth Sports. Non-competitive games are a part of every season. Of course, a FUN and friendly environment are characteristics of all YMCA programs.

Thank you for volunteering your time to participate in our youth basketball league! By participating, you are clearly aware of how important the role of sports is to the development of important personal characteristics to children in these programs. Our sports leagues are volunteer driven, and without you they would not be possible.

It is our goal to provide a safe and fun program for all. Achieving this goal begins with ensuring all our volunteers are adequately screened and prepared for the season. Youth Sports programs are possible because of the dedication of volunteer workers. Many volunteers put in several hours of work to make the YMCA programs a success. Thank you to all of the YMCA volunteers who invest time and energy into the lives of young people today. If you are interested in future volunteer opportunities, please let us know!

**Welcome to our program! Feel free to contact your branch's Sports Director with any questions. Thank you and enjoy the season!**

Sincerely,

The YMCA of Greater Dayton
Sports Department

# SUGGESTIONS, QUESTIONS, AND CONCERNS

## SUGGESTIONS OR CONCERNS

At the YMCA, we believe that our members and program participants have valuable thoughts and insights to share regarding our operations. Accordingly, we encourage the free sharing of suggestions, concerns, and/or questions about our policies, personnel, and/or other matters impacting your experience or the safety of others.

In general, the best person initially to bring opinions, suggestions, concerns, and/or questions to is the Executive Director of the Branch you attend. You can contact your Branch Executive by calling the branch you attend.

However, if the concerns relate to the Branch Executive or if the Branch Executive Director did not fully address the matter, members and program participants may direct their opinions, suggestions, concerns, and/or questions directly to the Senior Vice President of Operations by visiting daytonymca.org/contact.

To remedy concerns that appear to have been ignored or unresolved after initial reporting, utilize the formal procedure above. This process provides a timely, thorough, and objective investigation of the following concerns:

- Inappropriate Behavior by Employees/Volunteers
- Inappropriate Behavior by Members or Program Participants
- Retaliation
- Whistleblower Complaints

## WRITTEN COMPLAINT REQUIRED FOR FORMAL PROCESS

Verbal complaints are encouraged, particularly for issues that may be easily and expeditiously resolved, but a written complaint is required to initiate this formal process. To ensure a timely and effective response, complaints should include the following information to the fullest extent possible:

1. The name(s) of individual(s) involved
2. The date(s) the behavior occurred
3. The name(s) of any known witness(s)
4. A summary of the conduct meriting the complaint including:
    a. The behavior complained of and/or the alleged policy
    b. Direct quotes when relevant and available
    c. Any relevant documentation
5. The remedy sought by the individual making the complaint

# 7 PILLARS OF YMCA YOUTH SPORTS

**The YMCA's philosophy is "Athletes First, winning second, everyone is a winner." Please do everything you can to de-emphasize the score.**

1. **Everyone Plays.** We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season, everyone receives equal practice time and plays at least half of every game.

2. **Safety First.** Although some children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. We ask you to take time to check that the equipment and facilities are safe and to teach the sport as we've prescribed, so that the skills taught are appropriate for children's developmental level. We also ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.

3. **Fair Play.** Fair play is about more than playing by the rules. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.

4. **Positive Competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest. These are the lessons we want to teach through YMCA Youth Sports.

5. **Family Involvement.** YMCA Youth Sports encourages parents to be involved appropriately, along with their child participating in our sport programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

6. **Sport for All.** YMCA Youth Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of race, gender, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our society and to encourage the children and their parents to do the same. We do not forfeit games; instead, we share players and proceed with planned games.

7. **Sport for Fun.** Sports are naturally fun for most children. They love the challenge of mastering the skills of the game, playing with their friends, and competing with their peers. Sometimes when adults become involved in children's sports, they over-organize and dominate the activity to the point of spoiling children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember that these sports are for the kids; make sure the kids are having fun.

# BECOME A VOLUNTEER COACH

**Please review the instructions below on how to complete the volunteer application:**

1. Visit the YMCA of Greater Dayton website at www.daytonymca.org.

2. Select "Programs and Classes" on the top left of the screen.

3. Under the "Sports" tab on the right side of the screen, select "Apply to Coach" – this takes you to VolunteerMatters project catalog. On the left side of the page select the branch you be volunteering for. This will narrow the search to only the volunteer opportunities at that Y.

4. Select the desired coaching opportunity by clicking the blue "Learn More" tab at the bottom. Then scroll to the bottom of that page and click the blue "Volunteer" button for the specific coaching role.

5. At the bottom of the Volunteer Sign Up page, you will either Login to your existing account or register as a new user.

**You will be asked to complete the following additional items:**

1. Background Check

2. Redwoods Institute Training: Child Sexual Abuse Prevention Training --> https://redwoodsinstitute.csod.com/selfreg/register.aspx?c=5003

3. CDC Heads Up Concussion Training --> https://headsup.cdc.gov/
4. Lindsay's Law

# HELP YOUR CHILD ENJOY SPORTS

## 1. DEVELOPING A WINNING PERSPECTIVE

Every decision parents make in guiding their children should be based, first, on what is best for the child and then, second, on what may help the child win. Stated in another way, this perspective places emphasis on "Athletes First, Winning Second." We are not saying winning is unimportant. Winning, or striving to win, is essential to enjoyable competition. Pursuing victory and achieving goals are sweet rewards of sport participation. However, they can turn sour if, through losing, you and/or your child lose the proper perspective. An obsession with winning often produces a fear of failure, resulting in below average performances and upset children.

## 2. BUILDING YOUR CHILD'S SELF-ESTEEM

Building self-esteem in your child is one of your most important parenting duties. It is not easy and it is made even more difficult in sport by the prevailing attitude of "winning is everything." Athletes who find their self-worth through winning will go through tough times when they lose. Building self-esteem in your child takes more than encouragement. You need to show your child unconditional approval and love. Do not praise dishonestly - children can see through that. No matter the amount of mistakes your child may make, show the same amount of love and approval for them that you showed before the game.

## 3. EMPHASIZING FUN, SKILL DEVELOPMENT, AND STRIVING TO WIN

The reason you should emphasize fun is quite simple: without it, your child may not want to keep playing. Kids do not have fun when they stand around in practice or sit on the bench during games, when they feel pressure to win, and when they do not improve or learn skills. Conversely, they do have fun when practices are well organized, when they get to play in games, when they develop new skills, and when the focus is on striving to win.

## 4. HELPING YOUR CHILD SET PERFORMANCE GOALS

Performance goals - which emphasize individual skill improvement - are much better than the goal of winning for two reasons:

1. Performance goals are in the athlete's control.
2. Performance goals help the athlete improve.

Performance goals should be specific and they should be challenging but not too difficult to achieve. You (and your child's coach) should help your young athlete set such goals. Help your child focus on performance goals before a game. This focus will help sports be an enjoyable learning experience for your child.

# CODE OF ETHICS AND POLICIES

## FOUR CORE VALUES: CARING, HONESTY, RESPECT, RESPONSIBILITY

**The YMCA of Greater Dayton, based on Christian principles, is a charitable organization with an inclusive environment driven to enrich the quality of family, spiritual, social, mental, and physical well-being for all.**

1. Smoking or use of tobacco products in the YMCA programs or on YMCA property is prohibited.

2. Using, possessing, or being under the influence of alcohol or illegal drugs WILL NOT BE TOLERATED!

3. Any form of child abuse WILL NOT BE TOLERATED including:
   - Physical Abuse: strike, spank, shake, or slap
   - Verbal Abuse: humiliate, degrade, or threaten
   - Sexual Abuse: including inappropriate touching and exposure
   - Mental Abuse (Self-Esteem): comparison or criticism

4. Volunteers must treat everyone of all races, religions, and cultures with respect and consideration.

5. Volunteers must use positive techniques of guidance including positive reinforcement and encouragement rather than competition, comparison, or criticism.

6. Volunteers shall abstain from using humiliating or frightening discipline techniques.

7. Volunteers shall not use profanity in the presence of children or parents. Keep comments positive to all players, parents, officials, staff, and coaches.

8. Volunteers shall refrain from intimate displays of affection toward others in the presence of children, parents, and staff.

9. Monetary and expensive gifts to volunteers are prohibited.

10. Volunteers must be free of physical and psychological conditions that might adversely affect others.

11. Volunteers will do everything in their power to avoid being put in a situation where they are alone with a YMCA child other than their own.

12. Volunteers will portray a positive role model for youth by maintaining an attitude of respect, loyalty, patience, integrity, courtesy, tact, and maturity.

13. Ohio State Law requires that all citizens report any suspected abuse or neglect of a child to the Montgomery County Department of Children's Services and the appropriate YMCA Personnel.

# PARENT CODE OF CONDUCT

**FOUR CORE VALUES: CARING, HONESTY, RESPECT, RESPONSIBILITY**

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2. Using, possessing, or being under the influence of alcohol or illegal drugs WILL NOT BE TOLERATED!
3. Any form of child abuse WILL NOT BE TOLERATED including:
   - Physical Abuse: strike, spank, shake, or slap
   - Verbal Abuse: humiliate, degrade, or threaten
   - Sexual Abuse: including inappropriate touching and exposure
   - Mental Abuse (Self-Esteem): comparison or criticism
4. Spectators must treat everyone of all races, religions, and cultures with respect and consideration.
5. All spectators must remain in the spectator area during competitions.
6. Let coaches coach and let officials officiate.
7. Spectators shall not use profanity in the presence of children or parents. Keep comments positive to all players, parents, officials, staff, and coaches.
8. Pets are NOT allowed at practices or games unless they are service animals.
9. Cheer for your team.
10. Show interest, enthusiasm, and support for your child.
11. Help when asked by a coach or an official.
12. Spectators will portray a positive role model for youth by maintaining an attitude of respect, loyalty, patience, integrity, courtesy, tact, and maturity. Be in control of your emotions.
13. Thank the coaches, officials, and other volunteers who conducted the event.
14. Ohio State Law requires that all citizens report any suspected abuse or neglect of a child to the Montgomery County Department of Children's Services and the appropriate YMCA Personnel.

## BE INVOLVED – BUT NOT TOO INVOLVED

YMCA Youth Sports needs enthusiastic involvement from parents to be successful. Volunteering your time not only helps the program, but is also an enjoyable way to meet other adults and make new friends. Here are just a few ways to become involved:

1. Be a coach or an assistant coach
2. Be an official or umpire
3. Keep time or score
4. Maintain equipment or facilities
5. Coordinate refreshments

A healthy involvement will usually be welcomed by both the coach and your child. However, no coach wants to be – or should be – second-guessed by parents on strategy moves or other coaching decisions. Signs of parents being too closely involved include:

1. You are overly concerned with the outcome of the game.
2. You spend a lot of time talking with the coach about the game plan, player skill levels, and the way the coach conducts practices and coaches games.
3. Your child has stopped enjoying the sport or has asked you to stop coming to games or practices.
4. You require your child to take extra practice.

Be involved, show interest, help the coach where they need help, encourage your child, and enjoy the sport yourself!

## PARKING

ABSOLUTELY NO PARKING on the driveways or in any grassy area. All cars are to be parked in designated parking spots. Speed limit on YMCA property or designated game/practice facilities is 5mph.

# DOs AND DON'Ts of SPECTATORSHIP

## DO

- Shout words of encouragement, not directions, from the sidelines. Keep your comments positive.
- Applaud good plays no matter who makes them.
- Set a good example by showing courteous behavior toward the parents of kids on the other team. Congratulate them when their kids win.
- Remember that it's your kids playing...not you.
- Keep your perspective. It's just a game! Even if the team loses every game of the season, it's unlikely to ruin your child's life or chances of success.
- Look for examples of good sportsmanship in professional or college athletes and point them out to your kid. Talk about the bad examples too!

## DON'T

- Coach from the sideline - this is not Alabama football and you are not Nick Saban. We know you have their best interest at heart, but you're not the coach. Sit back, let the coaches coach, and just enjoy the moment of watching your kid play.
- Criticize other players - you wouldn't like another parent criticizing your kid either.
- Harass officials - they're making judgment calls in real time. They'll make mistakes - we all do - but calls tend to balance themselves out.
- Get in fights - we don't care who started it. Don't engage in it. You'll probably end up on YouTube and your kid will be embarassed.
- Have your child's sports career, scholarship dollars, and endorsement deals on the brain.
    - 2% of athletes will play Division I sports. Of that, only 1%-9% will end up playing professionally. The value of youth sports is NOT about turning kids into the next Michael Jordan or Olympic Gold Medalist. The value is your child's opportunity to have fun, learn life lessons, and make new friends by way of being active. Trust us - you AND your child will appreciate the perspective.

# THINGS TO REMEMBER

## COMMUNICATION

1. TeamSideline is our NUMBER ONE form of communication.
2. Check your email and text messages for any information from the Sports Department.
    a. TeamSideline will send information via notification in TeamSideline itself, to the email linked to your TeamSideline account and/or to the phone number linked to your TeamSideline account via text message.
3. The Sports Director is always available to answer questions and address any concerns.
4. Player/Coach/Parent communication is extremely important.

## END OF SEASON

1. Coaches do not need to purchase awards for their teams. The YMCA will provide awards for each team. The Sports Director will communicate to you when these are available.
2. An end of season party is voluntary. If you and/or your team decides to have an end of season party, be sure to plan it ahead of time.

## SNACKS

1. Team snacks are allowed. How your team handles or assigns team snacks is entirely up to the individual team.

## UNIFORMS

1. Coach shirts will be provided by the Sports Director.
2. Only jerseys will be provided to each player by the Sports Director.

## 24-HOUR POLICY

1. The YMCA of Greater Dayton Sports Department DOES NOT permit ANY individual to confront a referee or YMCA Sports Official or Employee at ANY time. If a situation arises in which a referee's, coach's, parent's, player's, or employee's actions create a problem, allow yourself 24 hours to cool down.
2. After 24 hours have passed, contact the Sports Director if you still feel strongly that something should be done.

## WEATHER

1. If a practice or game is canceled, YMCA Staff will contact all parents and coaches via TeamSideline. Coaches are encouraged to follow-up with their team about the cancellation in addition to the YMCA Staff's notification.
2. It is the coach's decision to cancel practice UNLESS the Sports Director determines that the weather is too severe or the court/field is unplayable. The Sports Director's decision supersedes the coach's decision.
    a. If the coach decides to cancel practice, the coach is responsible for contacting and informing all players and parents immediately. The coach MUST also contact YMCA Staff immediately.

# INJURIES

**Children are playing at their own risk. There will be physical contact in this game. It will be the intent of the officials and staff assigned to your game to provide a safe level of competition, however, injuries may occur. Teaching children the proper techniques and how to play the game correctly will minimize injuries. In the event of a severe injury, the YMCA will follow-up with all parties. Please make sure to communicate with us. We will assist to the best of our ability.**

## CONCUSSIONS

1. Please refer to the CDC website for further instruction about concussions.
    a. https://www.cdc.gov/headsup/resources/index.html

## HEAD INJURY PROTOCOL

1. Assess the athlete and determine if they need removed from play.
2. DO NOT move the athlete if a spinal injury is suspected. Call EMS immediately. If the athlete goes unconscious at ANY time (even if only for a few seconds), EMS should be called.
3. Ensure the athlete is evaluated as soon as possible by an appropriate healthcare professional. If a Certified Athletic Trainer is on site, allow them to do the evaluation.
4. Accident report should be filled out by either staff or volunteer and given to the Sports Director the same day.
5. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussions.
6. If a concussion is suspected or the athlete is showing any concussion-like symptoms, the athlete should not return to play until symptom free and cleared by a healthcare professional including a Physician or Certified Athletic Trainer.

## SUDDEN CARDIAC ARREST AND LINDSAY'S LAW

1. Please refer to the information sheet on the following pages.

## Sudden Cardiac Arrest and Lindsay's Law

# Information for the Coach



- Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.

- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.

- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
    1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
    2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
    3) All practices, interschool practices and scrimmages

- Coaches have specific responsibilities under Lindsay's Law:
    1) Annual completion of the required SCA training course approved by the Ohio Department of Health
    2) Preventing the following students from participating in athletic activities until the coach receives written clearance by a licensed health professional. This written clearance must be shared with any school or sports official:
        a) A youth whose biological parent, sibling or child has previously experienced SCA
        b) Any youth athlete that experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play

- Any of these things may cause SCA:
    1) Structural heart disease. This may or may not be present from birth
    2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
    3) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection

- Warning signs in a youth athlete's family that indicate the youth athlete may be at high risk of SCA:
    - A blood relative who suddenly and unexpectedly dies before age 50
    - Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart

- Warning signs of SCA. If any of these things happen with exercise, the youth athlete should be seen by a health care professional:
    - Chest pain/discomfort
    - Unexplained fainting/near fainting or dizziness
    - Unexplained tiredness, shortness of breath or difficulty breathing
    - Unusually fast or racing heart beats

- The youth athlete who faints or passes out before, during, or after an athletic activity MUST be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.

- If the youth athlete's biological parent, sibling or child has had a SCA, then the youth athlete MUST be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.

- Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.

- Other reasons to be seen by a health care professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.

- Lindsay's Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another healthcare provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.

- Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.

- Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AED may be near the athletic facilities, or the AED may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.

- If you witness a person experiencing a SCA: First, remain calm. Follow the links in the **Chain of Survival:**

  ❖ Link 1: Early recognition
    - Assess child for responsiveness. Does the child answer if you call his/her name?
    - If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"

  ❖ Link 2: Early CPR
    - Begin CPR immediately

  ❖ Link 3: Early defibrillation (which is the use of an AED)
    - If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
    - If an AED is not available, continue CPR until EMS arrives

  ❖ Link 4: Early advanced life support and cardiovascular care
    - Continue CPR until EMS arrives

- Lindsay's Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.

# PRACTICES

**U4 practices should not exceed 45 minutes.**

**U6, U8, U10, U12, Jr. High, and High School practices should not exceed one hour.**

**Be organized yet flexible with practice plans – plan ahead of time**
- Warm up with light cardio
- Plenty of activity
- Maximum use of time, facility, and equipment
- Progress from simple to complex
- Make it a safe and fun environment for all

**Give Explanations**
- Clear and concise
- Short and to the point
- Be enthusiastic

**Give Demonstrations**
- Clearly visible and seen by all
- Repeated multiple times from all angles
- Ensure each player gets the same amount of attempts

**Recruit parents to help during practice.**

**Always be positive, encouraging, and constructive.**

**Encourage athletes to arrive 10-15 minutes before practice time.**

**Leave the gym, court, field, and/or facility better than you found it.**
- Double check that you have all of your personal belongings
- Make sure there is no trash left behind
- If there is a spill, tell a YMCA Staff member immediately

# PRACTICES

## SAMPLE PRACTICE PLAN 1

| SKILL | DRILL | NOTES |
|---|---|---|
| Warm Ups and Conditioning | · Running (to the other side and back)<br>· Hopping (to the other side and back)<br>· Skipping (to the other side and back)<br>· Bear crawl (to one side, then do crab walk back)<br>· Running (to the other side and back) | 5-10 minutes |
| WATER BREAK | | |
| DRIBBLING | · Introduce dribbling<br>· Strong arm<br>· Dribble catch | 10-15 minutes |
| WATER BREAK | | |
| SHOOTING | · Introduce shooting<br>· Dribble down and shoot | 10-15 minutes |
| WATER BREAK | | |
| PASSING | · Introduce passing<br>· Partner passing<br>· Monkey in the middle | 10-15 minutes |

# PRACTICES

## SAMPLE PRACTICE PLAN 2

| SKILL | DRILL | NOTES |
|---|---|---|
| Warm Ups and Conditioning | · Running (to the other side and back)<br>· Hopping (to the other side and back)<br>· Skipping (to the other side and back)<br>· Bear crawl (to one side, then do crab walk back)<br>· Running (to the other side and back) | 5-10 minutes |
| WATER BREAK | | |
| DRIBBLING | · Review dribbling<br>· Dribbling around cones<br>· Red Light, Green Light | 10-15 minutes |
| WATER BREAK | | |
| DEFENSE | · Introduce defense<br>· Defensive shuffle<br>· Dribbling around defenders | 10 minutes |
| WATER BREAK | | |
| PASSING | · Introduce shooting<br>· Dribble down and shoot | 10-15 minutes |
| WATER BREAK | | |
| SHOOTING | · Review Shooting<br>· Low post shooting | 10-15 minutes |

# GAME DAY

**During game play, remind players of:**

- Which basket is theirs
- Don't forget to dribble
- Who they are guarding
- Passing
- Don't reach...hands up!
- Spread out, move around
- HOW GREAT THEY ARE DOING!

**Ensure different players get a chance to bring the ball up the court.**

**Keep track of time and your substitutions.**

**Be sure all athletes play an equal amount of time.**

**Explain something when they look confused, frustrated, or discouraged.**

**Encourage athletes to arrive 10-15 minutes before game time so they can get warmed up and the game can start on time.**

**Leave the gym, court, field, and/or facility better than you found it.**

- Double check that you have all of your personal belongings
- Make sure there is no trash left behind
- If there is a spill, tell a YMCA Staff member immediately

# RULES
## ALL DIVISIONS

**The Y believes in its philosophy of "Athletes First, Winning Second." Our Youth Sports Program is designed for all participants to grow in the areas of sportsmanship and physical fitness, as well as self-control, team effort, and skill development. It is a fun, instructional league where everyone plays and everyone wins! The following rules incorporate our philosophy into our Youth Basketball Program.**

## SECTION A: GENERAL LEAGUE RULES

1. The score will be kept for divisions U8 and older, but should not be emphasized.
2. League standings will not be kept.
3. Any concerns about the league by coaches or parents should be discussed with the Sports Director.
4. A team must start and finish a game with no less than four players for the game to count toward standings.
5. Only registered players listed on a team's roster may play for the team. The number of Players on the Court: 5 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
    a. Players are not required to sit at least half of the game.

## SECTION B: ATTIRE

1. All players must wear comfortable clothing (no jeans, etc.) and comfortable shoes.
2. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.
3. Official YMCA jerseys must be worn during play.

## SECTION C: SPORTSMANSHIP

1. Any act of unsportsmanlike conduct, including the use of profane language and/or excessive physical play, may cause the removal of the offending player, coach, or spectator. Continuing abuse may cause dismissal from the league.
2. Violations and fouls will be called by the official. Their judgment is final.
3. Each player is permitted 5 fouls before fouling out. Technical, Intentional, and Flagrant fouls result in a team foul and a personal foul.
    a. Teams will be awarded 2 shots after the first 5 fouls of a quarter. The foul counter will reset after each quarter.
    b. 1st Technical Foul = Sit out the remainder of the half.
    c. 2nd Technical Foul = Ejection from current game and the next game. Coach/Player must meet with their Y's Sports Director before being eligible to return to play.
    d. 3rd Technical Foul = Ejection from league and meeting with their Y's Sports Director.

# RULES

## U4 DIVISION (AGES 3-4)

**All games are governed by OHSAA Rules and Regulations unless otherwise specified below**

## SECTION A: SIZES AND DIMENSIONS

1. Basket Height: 6 feet
2. Ball Size: Rookie
3. Short Court

## SECTION B: TIME

1. Four 6-minute quarters with one 2-minute halftime.
2. Running clock except for injuries or officials' time out.
3. One time-out per quarter per team. Time-outs do not carry over.

## SECTION C: ATTIRE

1. All players must wear comfortable clothing (no jeans, etc.) and comfortable shoes.
2. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.
3. Official YMCA jerseys must be worn during play.

## SECTION D: GAME PLAY

1. A team must start and finish a game with no less than four players for the game to count toward standings.
2. No scores or standings will be kept.
3. The "Away Team" will receive the ball first. Possession will alternate at each quarter. The offensive team will receive the ball out of bounds in backcourt. The defensive team must get into their frontcourt and await advance of the ball.
4. Number of Players on the Field: 5 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
    a. No substitutions. Players should play at least one complete uninterrupted quarter in each half.
    b. Players are not required to sit at least half the game.
5. Coaches can be on the court during the game to help direct players, but they must remain out of play.
6. Only background checked coaches can be on the court or bench.
7. No stealing, no pressing, and no backcourt defense.
8. No free throws.
9. Double dribble and traveling will be called OR instruction will be given.
10. Fouls will be called upon contact. Opposing team will receive the ball from inbounds play from half court.
11. Man-to-Man defense only.
    a. Use colored wristbands to help kids identify who to guard.
    b. Players must be within arm's reach of opponent.
12. All players should have the chance to bring the ball down the court.

# RULES

## U6 DIVISION (AGES 5-6)

**All games are governed by OHSAA Rules and Regulations unless otherwise specified below**

## SECTION A: SIZES AND DIMENSIONS

1. Basket Height: 7 feet
2. Ball Size: 27.5
3. Short Court

## SECTION B: TIME

1. Four 6-minute quarters with one 2-minute halftime.
2. Running clock except for injuries or officials' time out. Last minute of every quarter the clock will stop every dead ball.
3. One time-out per quarter per team. Time-outs do not carry over.

## SECTION C: ATTIRE

1. All players must wear comfortable clothing (no jeans, etc.) and comfortable shoes.
2. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.
3. Official YMCA jerseys must be worn during play.

## SECTION D: GAME PLAY

1. A team must start and finish a game with no less than four players for the game to count toward standings.
2. No scores or standings will be kept.
3. The "Away Team" will receive the ball first. Possession will alternate at each quarter. The offensive team will receive the ball out of bounds in backcourt. The defensive team must get into their frontcourt and await advance of the ball.
4. Number of Players on the Field: 5 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
    a. No substitutions. Players should play at least one complete uninterrupted quarter in each half.
    b. Players are not required to sit at least half the game.
5. One (1) coach per team can be on the court during the game to help direct players, but they must remain out of play.
6. Only background checked coaches can be on the court or bench.
7. Stealing on passes ONLY. No steals allowed on inbound passes.
8. No pressing or backcourt defense.
9. No free throws.
10. Double dribble and traveling will be called OR instruction will be given.
11. Fouls will be called upon contact. Opposing team will receive the ball from inbounds play from half court.
12. Man-to-Man defense only.
    a. Use colored wristbands to help kids identify who to guard.
    b. Players must be within arm's reach of opponent.
13. All players should have the chance to bring the ball down the court.

# RULES

## U8 DIVISION (AGES 7-8)

**All games are governed by OHSAA Rules and Regulations unless otherwise specified below**

## SECTION A: SIZES AND DIMENSIONS

1. Basket Height: 9 feet
2. Ball Size: 27.5
3. Short Court

## SECTION B: TIME

1. Four 8-minute quarters with one 2-minute halftime.
2. Running clock except for injuries or officials' time out.
    a. Clock will stop in the last minute of each quarter for dead balls per OHSAA rules UNLESS a team is leading by 30 or more points.
3. Overtime will be played. All overtime periods will consist of two minutes (running clock) and start with a jump ball. Consecutive overtimes will be played until a winner is declared. All personal fouls will carry into overtime.
4. Two 60-second time-outs per half per team. One 60-second time-out per overtime period.

## SECTION C: ATTIRE

1. All players must wear comfortable clothing (no jeans, etc.) and comfortable shoes.
2. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.
3. Official YMCA jerseys must be worn during play.

## SECTION D: GAME PLAY

1. A team must start and finish a game with no less than four players for the game to count toward standings.
2. Scores will be kept.
3. Official will do a jump ball to start the game. The defensive team must get into their frontcourt and await advance of the ball once possession is established.
4. Number of Players on the Field: 5 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
    a. Substitutions are allowed.
    b. Players are not required to sit at least half the game.
    c. Equal playing time is not enforced during the tournament, but all players must get playing time in the game. If any player does not get playing time, the opposing team has up to 5 minutes after the game ends to protest. The protest must come from the coach and, if confirmed, will result in a forfeit.
5. Only background checked coaches can be on the court or bench.
6. Stealing on passes ONLY. No steals allowed on inbound passes.
7. No pressing or backcourt defense.
    a. Offensive team has 10 seconds to bring the ball across half court.
8. Free throws will be shot from two feet in front of the foul line. Therefore, the first player on the lane will line up below the block.
9. Double dribble and traveling will be called OR instruction will be given.
10. Fouls will be called upon contact. Opposing team will receive the ball from inbounds play from half court.
    a. Teams will be awarded 2 shots after the first 5 fouls of a quarter. The foul count will reset after each quarter.
11. Man-to-Man defense only, but a double team is allowed in the key area only.
    a. Use colored wristbands to help kids identify who to guard.
    b. Players must be within arm's reach of opponent.
12. All players should have the chance to bring the ball down the court.

# RULES

## U10 DIVISION (AGES 9-10)

**All games are governed by OHSAA Rules and Regulations unless otherwise specified below**

## SECTION A: SIZES AND DIMENSIONS

1. Basket Height: 10 feet
2. Ball Size: 28.5
3. Full Court

## SECTION B: TIME

1. Four 8-minute quarters with one 2-minute halftime.
2. Running clock except for injuries or officials' time out.
    a. Clock will stop in the last minute of each quarter for dead balls per OHSAA rules UNLESS a team is leading by 30 or more points.
3. Overtime will be played. All overtime periods will consist of two minutes (running clock) and start with a jump ball. Consecutive overtimes will be played until a winner is declared. All personal fouls will carry into overtime.
4. Two 60-second time-outs per half per team. One 60-second time-out per overtime period.

## SECTION C: ATTIRE

1. All players must wear comfortable clothing (no jeans, etc.) and comfortable shoes.
2. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.
3. Official YMCA jerseys must be worn during play.

## SECTION D: GAME PLAY

1. A team must start and finish a game with no less than four players for the game to count toward standings.
2. Scores will be kept.
3. Official will do a jump ball to start the game. The defensive team must get into their frontcourt and await advance of the ball once possession is established.
4. Number of Players on the Field: 5 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
    a. Substitutions are allowed.
    b. Players are not required to sit at least half the game.
    c. Equal playing time is not enforced during the tournament, but all players must get playing time in the game. If any player does not get playing time, the opposing team has up to 5 minutes after the game ends to protest. The protest must come from the coach and, if confirmed, will result in a forfeit.
5. Only background checked coaches can be on the court or bench.
6. No pressing or backcourt defense until the fourth quarter.
    a. Offensive team has 10 seconds to bring the ball across half court.
    b. Pressing is only permitted if the score is within 10 points. If more than 10 points, only the trailing team can press.
7. Free throws will be shot from two feet in front of the foul line. Therefore, the first player on the lane will line up below the block.
8. Double dribble and traveling will be called OR instruction will be given.
9. Fouls will be called upon contact. Each player is permitted 5 fouls before fouling out. Opposing team will receive the ball from inbounds play from half court, unless it is a shooting foul.
    a. Teams will be awarded 2 shots after the first 5 fouls of a quarter. The foul counter will reset after each quarter.
10. Man-to-Man or Zone defense is permitted.
11. All players should have the chance to bring the ball down the court.

# RULES

## U12 DIVISION (AGES 11-12)

**All games are governed by OHSAA Rules and Regulations unless otherwise specified below**

## SECTION A: SIZES AND DIMENSIONS

1. Basket Height: 10 feet
2. Ball Size: 28.5
3. Full Court

## SECTION B: TIME

1. Four 8-minute quarters with one 2-minute halftime.
2. Running clock except for injuries or officials' time out.
    a. Clock will stop in the last minute of each quarter for dead balls per OHSAA rules UNLESS a team is leading by 30 or more points.
3. Overtime will be played. All overtime periods will consist of two minutes (running clock) and start with a jump ball. Consecutive overtimes will be played until a winner is declared. All personal fouls will carry into overtime.
4. Two 60-second time-outs per half per team. One 60-second time-out per overtime period.

## SECTION C: ATTIRE

1. All players must wear comfortable clothing (no jeans, etc.) and comfortable shoes.
2. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.
3. Official YMCA jerseys must be worn during play.

## SECTION D: GAME PLAY

1. A team must start and finish a game with no less than four players for the game to count toward standings.
2. Scores will be kept.
3. Official will do a jump ball to start the game. The defensive team must get into their frontcourt and await advance of the ball once possession is established.
4. Number of Players on the Field: 5 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
    a. Substitutions are allowed.
    b. Players are not required to sit at least half the game.
    c. Equal playing time is not enforced during the tournament, but all players must get playing time in the game. If any player does not get playing time, the opposing team has up to 5 minutes after the game ends to protest. The protest must come from the coach and, if confirmed, will result in a forfeit.
5. Only background checked coaches can be on the court or bench.
6. No pressing or backcourt defense until the fourth quarter.
    a. Offensive team has 10 seconds to bring the ball across half court.
    b. Pressing is only permitted if the score is within 10 points. If more than 10 points, only the trailing team can press.
7. Free throws will be shot from the normal free throw line. Therefore, the first player on the lane will line up above the block as normal.
8. Double dribble and traveling will be called.
9. Fouls will be called upon contact. Each player is permitted 5 fouls before fouling out. Opposing team will receive the ball from inbounds play from half court, unless it is a shooting foul.
    a. Teams will be awarded 2 shots after the first 5 fouls of a quarter. The foul counter will reset after each quarter.
10. Man-to-Man or Zone defense is permitted.
11. All players should have the chance to bring the ball down the court.

# RULES

## JR. HIGH DIVISION (AGES 12-14) AND HIGH SCHOOL DIVISION (AGES 14-18)

**All games are governed by OHSAA Rules and Regulations unless otherwise specified below**

## SECTION A: SIZES AND DIMENSIONS

1. Basket Height: 10 feet
2. Ball Size: Jr. High = 28.5, High School = 29.5
3. Full Court

## SECTION B: TIME

1. Jr. High = Four 8-minute quarters with one 2-minute halftime.
2. High School = Four 10-minute quarters with one 2-minute halftime.
3. Running clock except for injuries or officials' time out.
    a. Clock will stop in the last minute of each quarter for dead balls per OHSAA rules UNLESS a team is leading by 30 or more points.
    b. If a timeout is called during a free throw attempt, the clock will resume once the free throw has ended following resumption of play procedures.
4. Overtime will be played. All overtime periods will consist of two minutes (clock stops per OHSAA rules) and start with a jump ball. Consecutive overtimes will be played until a winner is declared. All personal fouls will carry into overtime.
5. Two 60-second time-outs per half per team. One 60-second time-out per overtime period.

## SECTION C: ATTIRE

1. All players must wear comfortable clothing (no jeans, etc.) and comfortable shoes.
2. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.
3. Official YMCA jerseys must be worn during play.

## SECTION D: GAME PLAY

1. A team must start and finish a game with no less than four players for the game to count toward standings.
2. Scores will be kept.
3. Official will do a jump ball to start the game. The defensive team must get into their frontcourt and await advance of the ball once possession is established.
4. Number of Players on the Field: 5 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
    a. Substitutions are allowed.
    b. Players are not required to sit at least half the game.
    c. Equal playing time is not enforced during the tournament, but all players must get playing time in the game. If any player does not get playing time, the opposing team has up to 5 minutes after the game ends to protest. The protest must come from the coach and, if confirmed, will result in a forfeit.
5. Only background checked coaches can be on the court or bench.
6. A team leading by more than 15 points can no longer press. Offending player(s) will be warned. Any additional violations will result in a technical foul to the offending player.
7. All players should have the chance to bring the ball down the court.

# RESOURCES AND DRILLS

## WARM-UPS AND STRETCHING

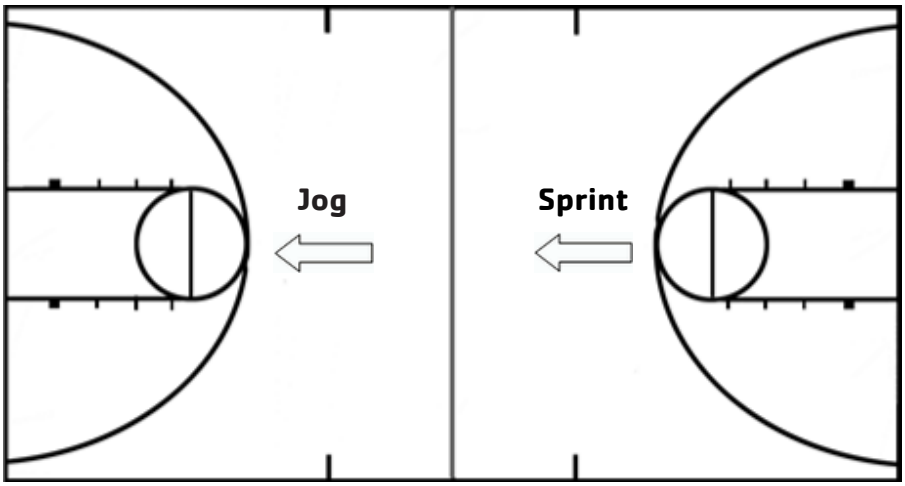
**Begin each practice and game with static and dynamic stretching activities to get players warmed up and ready to go.**

- Running
- Hopping
- Skipping
- Bear Crawl
- High Knees
- Lunges
- Back Pedal
- Step Slide
- Dribble while Walking
- Dribble while Jogging

# RESOURCES AND DRILLS

## FITNESS AND COORDINATION DRILLS

**1. Sprint/Jog**




**2. Relay Race** Break players into 2 teams. Have players line up on the baseline.
Examples: running, bunny hops, skipping, dribbling, etc.

**3. Simon Says** "Coach Says"

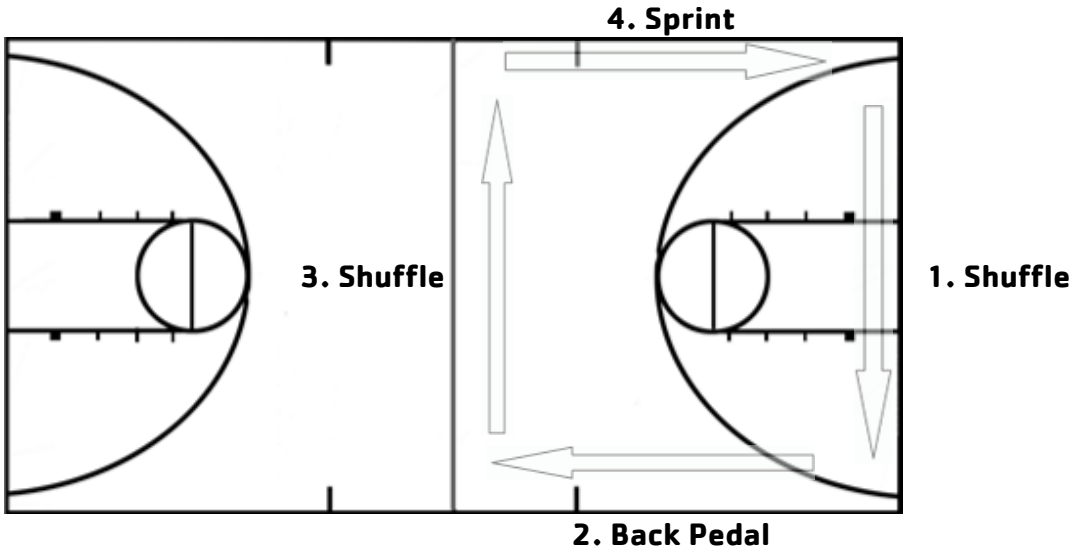
**4. Line Sprints** Start at the baseline, sprint to the free throw line, then back to the baseline, half court and back, free throw line on opposite side and back, baseline and back.

**5. Circle Basketball Around Waist** While players are standing, have them circle their ball repeatedly without dropping the ball.

**6. Circle Basketball Around Legs** While players are standing, have them circle their ball repeatedly without dropping the ball.

**7. Throw Ball in the Air and Catch** Players are standing facing coach. On coaches cues, players will throw the ball in the air. Start with players throwing ball at low height, then progressively get higher. *Intermediate players clap while the ball is in the air, then catch it*

**8. Intermediate Players Box Run**



# RESOURCES AND DRILLS

## HOW TO DRIBBLE

Young children's dribbling skill levels will vary. For the younger age groups, dribbling is best learned through doing rather than standing around and watching. Be mindful not to over-coach, teaching dribbling to young children is easier than many coaches make it.

1. To start, simply ask the question, "What is dribbling?" Allow them to dribble where they are standing. Even children that don't dribble well are eager to help show what they think dribbling is. Give them your attention during this time. For fun, follow with another question, "Are you sure that is dribbling?"

2. After several minutes, get the players to begin moving up and down the court. This is where a child may be hesitant and say, "I can't dribble." Encourage them to walk with the group. Encourage them to simply bounce the ball once and catch it.

3. Ask the players to "show me your muscles." Be sure to demonstrate the Strong-Arm position.

4. Ask them, "Can you create a Strong-Arm straight out in front of you?" Next you will tell them, "I am going to come around and check your strong arm." This requires tapping on the top of the arm of each child to make sure it doesn't drop. As you do this say, "Yep, that is a Strong-Arm! Good Job!" After you've done this have some fun and humor them by having one child push down on your arm. Let it fall, then flop it up and down and tell them, "No, noodle arms."

   Before leaping into getting them to demonstrate how to dribble with their Strong-Arm, have them walk up and down the court with their Strong-Arm up. Tell them to pick up their basketballs and hold it on their pocket. No dribbling, on your cue children will just walk. Young children's arms have a tendency to get tired so you must gently encourage them as they walk to keep their Strong-Arm up.

5. Add the dribble. Tell them, "put the basketball on your pocket and hold up your strong arm." Once they are all in position, tell them, "keeping two feet on the (base)line, dribble keeping your strong arm UP." Do not be afraid to stay with static dribbling until children exhibit confidence in what they are doing. Go over dribbling with finger pads.

6. Once they are ready, get them moving up and down the court. Encourage and praise the strong arm.

**Coach's Cues**

"Strong Arm"
"Use your finger pads"
"Keep the ball low"
"Keep the ball at your side"

# RESOURCES AND DRILLS

## DRIBBLING DRILLS AND GAMES

**1. Dribble Catch**

A. Introduce, demonstrate and explain how to dribble
B. Have your players practice dribbling without losing control
C. Introduce the rules on traveling and double dribble
D. Players should stand apart from each other (allow 15 seconds for them to move to their own space).
E. On a signal, they begin dribbling around the court without losing control. Players stop and catch the ball quickly on a signal.
F. Repeat three times using short intervals (20, 30, and 45 seconds).

**2. Red Light, Green Light**

A. Red Light: Means Stop. The players dribble the ball while standing in one place.
B. Green Light: Means Go.
C. Yellow Light: Means Slow Down.

**3. Strong Arm**

The kids DO NOT dribble but instead focus on creating their Strong-Arms. Each child will try to knock the ball out of another child's hand while protecting his own ball using his Strong-Arms.

**4. Dribbling Around Cones**

Setup cones every 5 yards (4-5 cones). Form the cones in a line or zig-zag. You can have the player shoot at the basket when they pass the last cone or make the game into a relay race. The first team to finish dribbling through the cones, shoot and then sit in a straight line wins the game.

**5. Dribbling Around Defenders**

Split your team in two. Have the first group stand in a straight line 5 feet apart. These players are defenders and can not move their feet, but can move their hands. The second group will dribble the ball between the first group in a weaving pattern. Then switch groups.

**6. Follow the Leader**

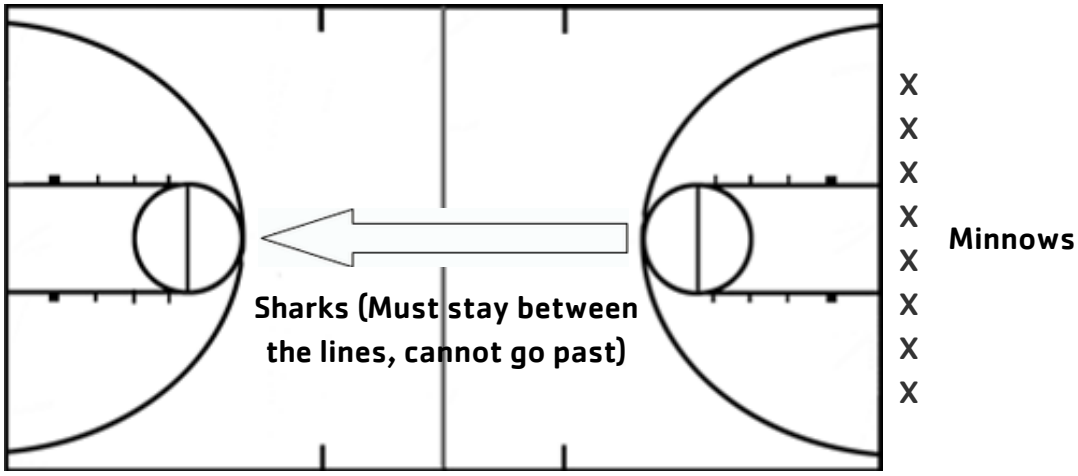
Without a basketball, the coach or players can jump, run, skip, hop, etc. With a basketball, the coach or players can dribble with left or right hand, cross-over, dribble while walking backwards, etc.

**7. Duck, Duck, Goose**

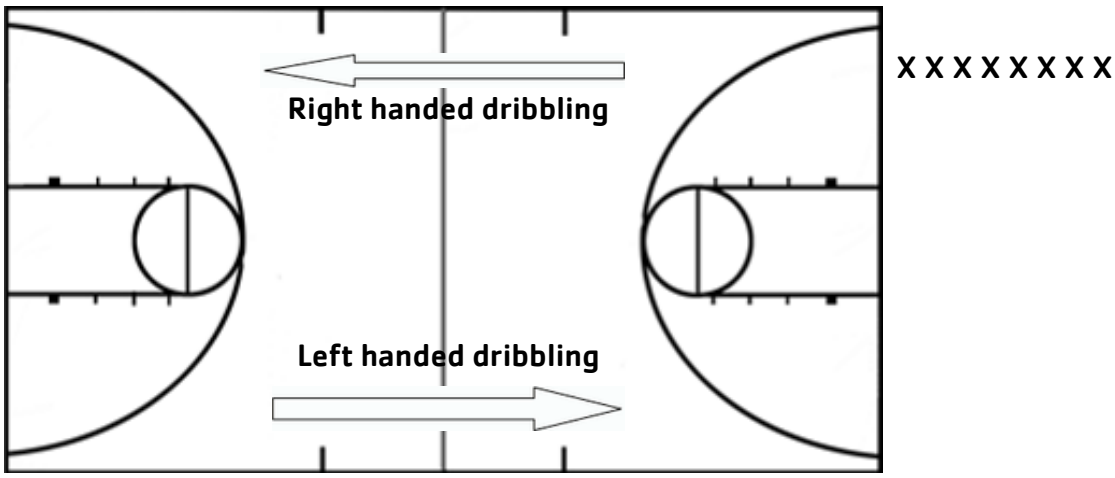
Players sit in a circle with one basketball in the middle, and one person is it. The person who is it will go around the circle tapping players' heads saying "Duck, duck, duck, goose". The player who gets tapped goose will grab the basketball, dribble to the basket, shoot and try to make a basket before the person who tagged them gets the ball.

**8. Sharks and Minnows**

Start with one player as the "shark". The rest of the players are "minnows". Minnows will have a basketball and will try to make it to the other side without the sharks getting their basketballs.




**9. Righty – Lefty**




**10. Change Direction Drill**

To start this game, the coach turns his/her back to the team and begins to walk up the court. As the coach's back is turned, the players should dribble their basketball down the court after the coach. The coach should then turn to face the players and chase them back to the starting line. Once the coach turns, the players should stop, reverse direction and quickly dribble the ball back to line.

**For different types of dribbling drills, visit this website: http://www.guidetocoachingbasketball.com/dribbling.htm**

# RESOURCES AND DRILLS

## HOW TO SHOOT

1. Line players up on the baseline. Start with a basketball but tell the players to put the basketball between their feet.
2. Ask, "What comes on top of a pizza?" Answer: toppings. Ask, "What is your favorite topping?" Ask, "Who has eaten pizza in a restaurant before?"
3. "How do servers in the restaurant hold the pizza when they bring it to your table?" Players may show you some variation of holding a tray. This will be known as their Pizza Position. As you demonstrate, ask "What is this called?"
4. Hold up your index finger and ask, "What is this?" Ask this several times so they can give you the most common answers. The players will tell you it is a pointer finger or the number one. You should agree and tell them they are right, but ask, "What else is it?" When you've exhausted their resolve, ask, "Isn't it your booger finger too?" This will inevitably evoke a smile. Ask players to point the booger finger on the hand that holds the pizza towards their nose. You might say, "Towards your nose, not in your nose."
5. When they are holding their pizza tray and pointing their booger finger at their nose, take the basketball from between their feet and place it on their tray. When everyone has their pizza, check their pizza position and booger finger.
6. Instruct the players to, "put your other hand on the ear of the basketball." Be sure to demonstrate to the players where the ears would be as this is where they will place their other hand when shooting.

**Layups**

1. Without a ball, have the players practice raising the knee and arm on the same side at the same time.
2. Have the players practice the footwork: step, step, knee and arm raise.
3. Line the players up at the free throw line with a basketball. Have the players start with their feet together. Instruct the players to: step with their right foot and dribble, then step with their left foot, pick-up their dribble, jump and shoot the lay-up.
4. Demonstrate to the players that when they are about three feet from the basket, they should stop dribbling and jump off the foot closest to the basket. As they jump towards the basket, make sure they know their other knee should come up towards their chest.
5. Show them how to throw their basketball at the backboard square. This will allow them a better opportunity to make a lay-up.
6. Have the players start on the blocks, move to the free throw line, then move to the three point line. This will allow them to practice from different lengths of the court.

**Coach's Cues**

"Pizza Position"

"Booger Finger"

"Ear of the Basketball"

# RESOURCES AND DRILLS

## SHOOTING DRILLS

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| **1. Around the World** | 1. Place spots/basketballs around the hoop. Each player will go to each spot and make a basket to continue to the next spot. If they miss, they will stay at that spot until the shot is made. |
| **2. Horse (Or any animal)** | One player starts the game by calling out a shot they will attempt. If that player makes the shot, all the other players on the team must attempt that same shot. If a player misses the shot, that player receives a letter (H if playing horse). A player is out of the game if they receive all the letters in the animal. If the player misses the original shot, it becomes the next player on the team's turn to call out a shot. |
| **3. Layups** | Split your players into two lines at the three point line. Line up half the players with two basketballs on the right side of the three point line, and the other half without basketballs on the left side of the three point line. Players on the right will perform a layup while the players on the left will rebound the ball and pass to a player. |
| **4. Knockout** | Players line up in a straight line behind the free throw line. The first two players have basketballs. The first player in line will shoot first, and if the player makes the shot, the player will pass the ball to the third player in line. If the player misses, he must rebound and can shoot from anywhere on the court. This player must make a shot before passing the ball. The second player in line will shoot after the player in front. If the player behind them makes a shot before the first player, then the first player is out. |
| **5. Poison** | Similar to knockout. Players line up in a straight line behind the free throw line. The first two players have basketballs. The first player in line will shoot first. If the player makes the first shot, the player will quickly rebound the ball while the other players will run away from the shooting player. Once the shooting player rebounds the ball, they shout "POISON!" Once poison is yelled, all players must freeze. The shooting player will then roll the ball and try to tap the other players. If the ball taps a player, they are out. If the player misses, they must rebound the ball before it bounces 2 times. If it bounces more than twice, the player is out. Once rebounded, the player must shoot and make the shot; then, pass to the next player in line. |
| **6. 2 on 1** | For this drill, 2 players are on offense while 1 player is on defense. Starting at half court, the two offensive players must dribble the ball up the court, pass to the open player and shoot at the basket. |
| **7. Low Post Shooting** | For this drill, 2 players are on offense. Have all players, but one, line up at half court while the other player is by the basket. Starting at half court, one player will dribble up the court, stop, then pass to the player by the basket. The player by the basket will catch and shoot. Rotate the players: player who dribbled up the court becomes the shooter, the shooter gets in line, and the next person in line becomes the dribbler. |

# RESOURCES AND DRILLS

## HOW TO PASS

1. Ask, "what types of animals live on a farm?" Ideally, a chicken will be named.
2. Next ask, "what sound does a chicken make?" Then, "how does a chicken flap its wings?" Put it all together by telling the players to show you their chicken wings and bawk loudly.
3. Next say, "pick up your basketball by its ears." Players should now be standing with their hands on the ears of the basketball and elbows in the chicken wing position. It is now time to add the "step". Demonstrate how to step with one foot saying, "Step" and "Back." Repeat this 10 times (5 left leg, 5 right leg).
4. Half way through demonstrating the step, begin demonstrating how to extend their chicken wings to simulate the passing motion. Step back bringing the basketball back to the chest.
5. Put it all together in a quick review, "hands on the ears of the basketball, chicken wings, step, pass."

**Chest Pass** It is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When the pass is thrown, the fingers are rotated behind the ball and the thumbs are turned down. The resulting follow through has the back of the hands facing one another with the thumbs straight down. The ball should have a nice backspin. When throwing a chest pass, the players should strive to throw it to the receiver's chest level. Passes that go low to high or high to low are difficult to catch.

**Bounce Pass** It should be thrown far enough out that the ball bounces waist high to the receiver. Some say try to throw it 3/4 of the way to the receiver and that may be a good reference point to start. Each player has to experiment how far to throw it so it bounces to the receiver properly. Putting a proper and consistent backspin on the pass will make the distance easier to judge.

**Overhead Pass** The overhead pass is often used as an outlet pass. Bring the ball directly above your forehead with both hands on the side of the ball and follow through. Aim for the teammate's chin.

**Coach's Cues**

"Hands on the ears of the basketball"
"Chicken Wings"
"Step, Pass"

# RESOURCES AND DRILLS

## PASSING DRILLS

**1. Partner Pass** Players partner up and line up 3-5 feet apart from each other. Players will face each other and pass the basketball back and forth.

**2. Monkey in the Middle** Place player in groups of 3-4. The object of the game is for the players on the outside to pass the ball to each other. Place one player in the middle, and their goal is to steal the ball.

**3. Passing Relay Race** Divide players into 2 teams. Set up cones in two straight lines, and have players at each cone. The players will pass the ball down the line, forward then back.

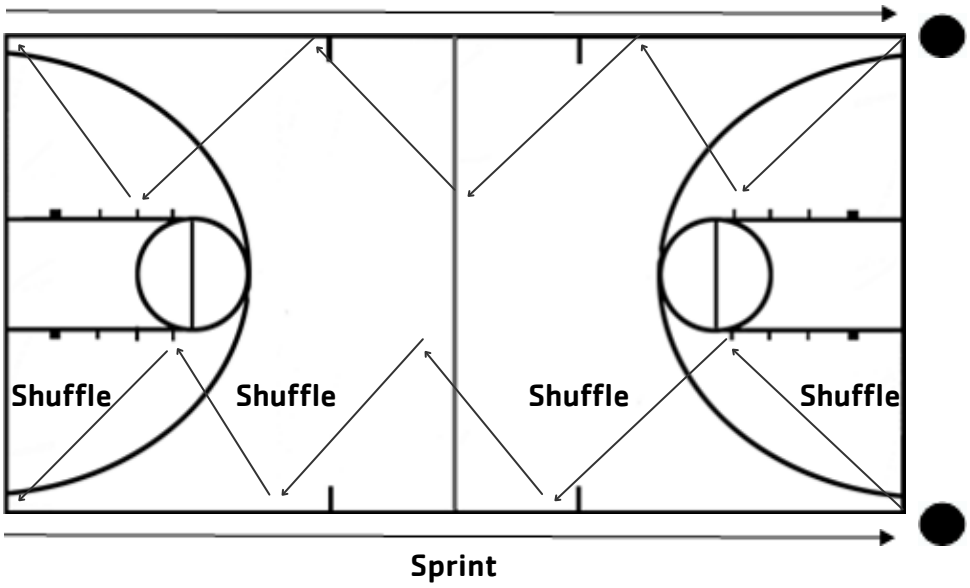
**4. Move the Cone** For this drill, have players in pairs. Each pair will have a basketball. Each player should be about 5 feet away from each other. Place a cone in the middle between the 2 players. The object of the game is for the player to hit the cone, thereby moving the cone towards the other player.

**5. Hot Potato Pass** In this drill, one player is positioned at the center of the key with a basketball. All the other players line up around the 3 point arc. On the coaches command, the player in the key passes the ball to the player to their furthest left, and that player immediately passes back to the player in the center. This back and forth passing continues clock wise. A new player then assumes the center position.

**6. Shuffle Pass** Player line up in two lines on the baseline about 5-6 feet apart from one another. Players will shuffle to other side passing back and forth.

**1. Defense Shuffle**

Divide the team into 2 groups. Each group starts at the corner of the court. The first player from each group gets into a defensive stance (feet shoulder width apart, knees bent, arms up and out). On the coaches command, the players start to shuffle their feet. See diagram below.




**2. 1 on 1 Defense**

Divide the team into 2 groups. One group is on offense, and the other group is on defense. Pair up the players so that every offensive player has a player playing defense against them. All the offensive players will have a basketball, and have them line up in a straight line across the half court line facing the basket. The defensive player should lineup about 3 feet away from their partner. The object of the game is for the offensive player to dribble the basketball past an area down court.