



Homer Athletic Club

Recreational Basketball Coaches Guide

Homer Athletic Club (HAC) Recreational Basketball places the emotional and physical well-being of players ahead of any personal desires to win; teaching and emphasizing the positive aspects of losing as well as winning. The goal is to create students of the game and a love for a life-long recreational activity.

Youth basketball coaches have a great opportunity to teach and inspire the next generation of young athletes. Coaching youth sports can be rewarding when we use a positive approach and value effort and improvement, as much as winning games.

This guide is intended to serve as a resource in coaching recreational basketball. There are many ways to play the game and many ways to be an effective coach. *This guide is not meant to be all-inclusive.*

Contents

| | |
|--|----|
| Tips for Coaching Youth Sports..... | 3 |
| Basketball Coaching Equipment | 3 |
| Running Practices..... | 4 |
| Offense..... | 6 |
| Defense | 11 |
| Rebounding..... | 13 |
| Free Throws | 14 |
| Out of Bounds Plays..... | 15 |
| Jump Balls | 15 |
| Games | 16 |
| Basketball Terminology..... | 17 |
| Resources..... | 21 |
| Appendix A – Sample Practice Plan | 22 |
| Appendix B – Sample Playing Time Tracker | 23 |

TIPS FOR COACHING YOUTH SPORTS

- 🏀 Look Within – What is your coaching philosophy? Is it age and skill appropriate? What do you want your team to value? Should you try to do more or less than you have in the past?
- 🏀 Focus on the Positive – Use positive reinforcement as your primary driver of instruction. This will instill confidence and make your players more receptive and open-minded to constructive feedback.
- 🏀 Keep it Simple – Start with the fundamentals and teach them what they can handle. Don't try to teach them everything you know, teach them the most important things you know.
- 🏀 Stay Organized – Plan your practices and playing time ahead of time. Make sure you are familiar with league rules and scheduling changes.
- 🏀 Focus on Communication – Be sure to keep your players and parents informed. Consider having a parent meeting or sending the parents an email regarding your coaching philosophy, team rules, etc.
- 🏀 Be the Example – Be enthusiastic. Focus on skill development, fostering passion for the game and fun. Treat everyone with respect (including officials).

The most important thing in coaching is communication. It's not what you say as much as what they absorb. – Red Auerbach

BASKETBALL COACHING EQUIPMENT

Below is a list of common items for coaching basketball.

Basketballs*

Scorebook*

Copy of league rules*

Whistle

Cones or spot markers

Basketball court dry-erase board

Pinnies / Scrimmage Vests

*Provided by HAC

RUNNING PRACTICES

"I felt that running a practice session was almost like teaching an English class in that I wanted to have a lesson plan. I knew the detailed plan was necessary in teaching English, but it took a while before I understood the same thing was necessary in sports." - John Wooden

- 🏀 Come with a Plan – Gym time can be limited, so it's important to be efficient. Segment practices ahead of time, but come with some "Plan B" ideas. Don't try to cover everything at once.
 - ❖ Coaching Tip – Make a list of all the things you want to teach your team and then prioritize. Start with the most important things and progress down your list with each practice.
 - ❖ See **Appendix A – Sample Practice Plan** for an example.
- 🏀 Have Patience – Your players will each have different experience and skill levels. They will also respond to different teaching methods. Explain the skill, demonstrate the skill, allow them to ask questions, and then practice the skill.
 - ❖ Coaching Tip – Don't correct every mistake. Allow players to learn a bit by trial and error. When you do step in ask, "Can I show you something?"
- 🏀 Keep it Fun – Mix in fun games and drills to spark some energy.
 - ❖ Coaching Tip – Don't just use shooting games. Sprinkle in games that reward hustle, rebounding, speed, etc.
- 🏀 Mix in the Conditioning – Consider choosing drills that incorporate player conditioning (full court layups, speed dribbling, etc.). Players have more fun if conditioning segments are competitive and incorporate basketball skills.
 - ❖ Coaching Tip – Do not condition for punitive reasons. If rec players associate conditioning with punishment, that is sending the wrong message. Instead, consider having the player sit out for an appropriate timeframe for improper behavior or effort.

"They don't care how much you know, unless they know how much you care." – Pat Summitt

OFFENSE

- 🏀 Dribbling – The only way to improve dribbling is by practice. Becoming a good ball handler requires extra repetitions outside of team practices. Good ball handlers have a feel for the ball that allows them to keep their heads up, change direction and change pace.
 - ❖ Ball Handling – The Maravich Drills are an effective way to teach feel and quick hands. Resource: <https://www.breakthroughbasketball.com/drills/maravichdrills.html>
 - ❖ Dribble with one hand at a time, contacting the ball with the finger pads, 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, and by turning your body.
 - ❖ Practice dribbling with both the right and left hands.
 - ❖ Don't always dribble immediately after receiving the ball. Use the triple threat position. Check passing and shooting options first.
 - ❖ Vary the speed and direction of the dribble.
 - ❖ Stay away from sidelines and corners to avoid being trapped.

Zig-Zag Dribbling – Use cones or landmarks on the court to have players practice using both hands and changing directions.

Dribble Relays – Players will form lines at one of the baselines, facing the coach at half court. The first person in line has the basketball. They will speed dribble to the opposite baseline and back, using their right hand down and left hand back. They will then pass the ball to their teammate for their turn. The first team to return all their players wins the race.

- 🏀 Passing – Good passing is the result of being technically sound, being creative and having good team dynamics. Good passers can come in any shape or size, so it is an area of the game where all players can contribute.
 - ❖ Two-hand grip with fingers spread (chest pass, bounce pass, overhead pass).
 - ❖ Start with thumbs up, push out, finish with thumbs down (chest pass, bounce pass).
 - ❖ Step toward your target.
 - ❖ Lead your target, if applicable.
 - ❖ Player receiving the pass must give target with hands, catch with soft hands and move to the ball.

Two Line Passing – Players form two lines, facing each other, along the lane lines. Players make the passes back and forth to each other: Chest Pass, Bounce Pass, Overhead Pass, Baseball Pass, and Push Pass. Practice the proper footwork when passing and catching the basketball.

Variation: Partners slide down the court from baseline to baseline, passing back and forth. This requires players to lead their partner as they go.

🏀 Shooting – Shooting can be learned with repetition. Start close to the basket and move out as the players’ master technique and get stronger.

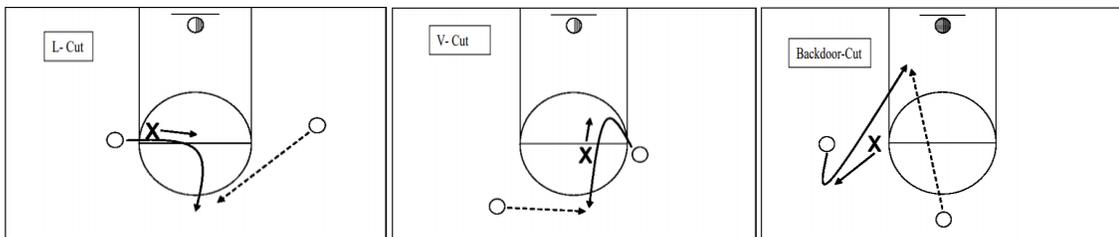
- ❖ Set shots should be taken with hips and shoulders square to the basket, feet shoulder width apart, dominant foot slightly in front.
- ❖ Control the ball with the fingertips, not the palm, fingers spread. Cock the wrist back.
- ❖ Place the guide hand on the side, or slightly below the ball.
- ❖ Start the shot with the toes, then knees bent for power, then extend up and out all the way through the arm toward the target.
- ❖ Follow through with the wrist, extending the arm all the way out. Allow the ball to roll off the fingertips giving the shot backspin and arch.
- ❖ The elbow on the shooting arm should be under the ball, not extended out.
- ❖ Allow shots only within shooting range of the player.
- ❖ Use the backboard whenever possible.

Give and Go Shooting – Players weave in and out of the cones, pass to the coach, receive the ball back, and then shoot a variety of shots off the catch switching sides each time they shoot.

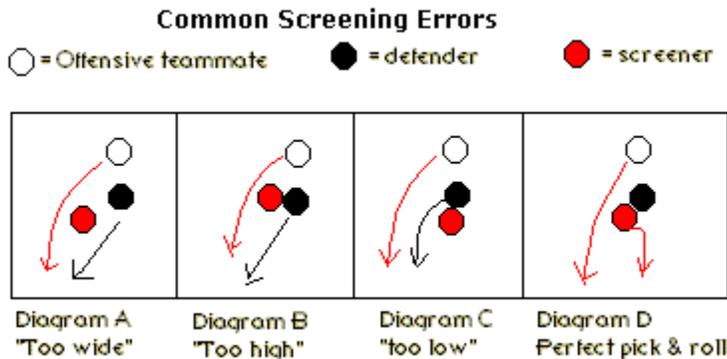


🏀 Moving without the Ball – Teaching players to move without the ball is critical to having regular success on offense. Moving without the ball is a skill that all players are capable of and a prerequisite for playing basketball at higher levels.

- ❖ Cuts – Using cuts is a good way of getting open and creating chaos in the defense. Have players plant their foot at the end of a stride then push off that foot and shift momentum in another direction. Three effective cuts used by offensive players are the “L-Cut”, “V-Cut”, and the “Backdoor Cut”.



- ❖ Screens (Picks) – A screen occurs when an offensive player attempts to block, or "screen", a defensive player away from the man he is guarding, thereby freeing up that offensive player for an open shot or pass. Setting good screens is a very important, fundamental part of the game. The screener cannot move or grab the defensive player.
- ❖ Screens and Roll – After setting a screen, the screener pivots and “rolls” to the basket looking for a pass from the ball handler.



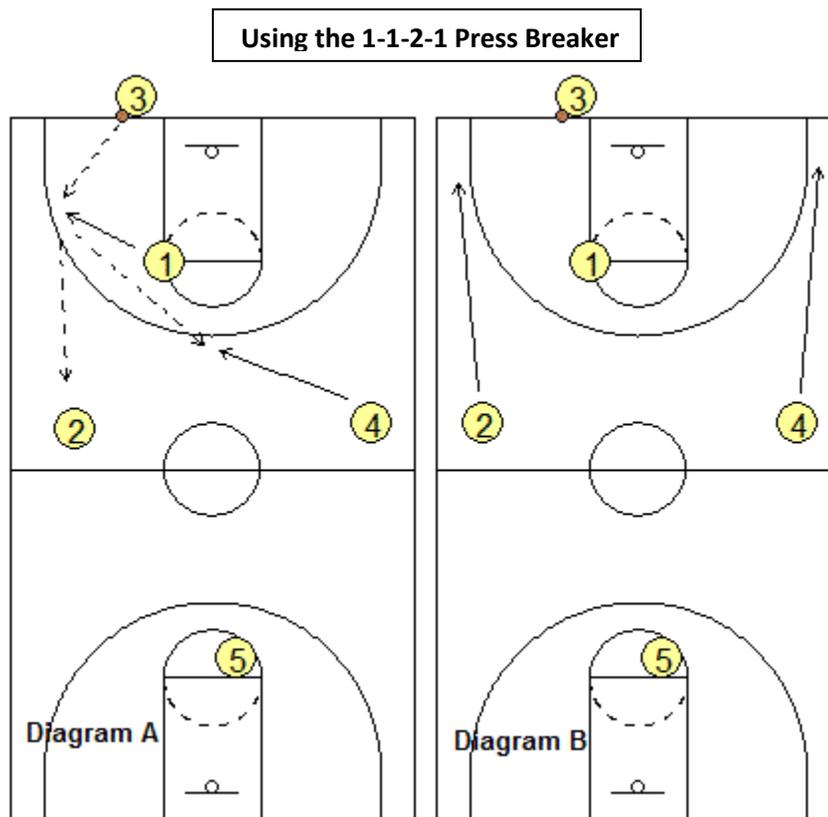
🏀 **Offensive Strategy** – Coaches have a large variety of strategies they can employ with their teams. In rec basketball it probably isn't necessary to run Phil Jackson's Triangle Offense, but we should do more than just roll the ball on the court and say play. Choose a strategy that all your players can handle. Consider the amount of gym time you will have available to teach your team. For the sake of player development, it's a good idea to keep it simple and where possible, "don't teach them plays, teach them how to play."

- ❖ The modern game has been going away from position names, like Power Forward and Center, because athletes and offensive strategies have changed. Coaches tend to use a number system, one through five, to denote positions on the floor, rather than attempt to describe the players' skill sets. Generally, what was the Point Guard is now the "1", Shooting Guard is now the "2", and so on.
- ❖ Start by choosing a set. You may want to consider player size, speed, shooting range and other factors in your decision. This is where the players will start when you set your offense up. Here a few common sets:



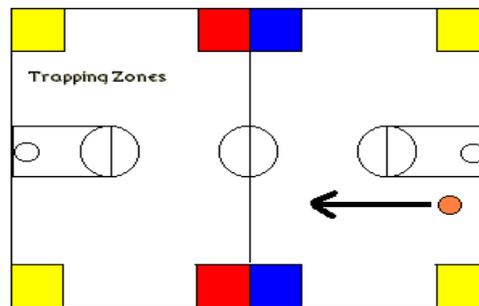
❖ Press Breaking – There are a lot of good strategies for inbounding the ball when your opponent is applying a press. Before trying to teach your team a set play, consider the time you have available and skill level of your players. Consider teaching them press breaking concepts to protect and advance the ball under pressure.

- Stay Calm – The goal of the press is to create confusion and force a mistake.
- After a score the player inbounding the ball can move along the baseline. Don't inbound the ball from under the basket, as the backboard may prevent you from making a longer pass.
- Try to get the ball in quickly, before the defenders have time to set up their press.
- Cut and screen to get open.
- Get the ball to a ball handler as soon as possible.
- Keep the ball in the middle part of court to avoid being trapped in the corners.
- If you do try to use a press breaking set, pick a simple set like the 1-1-2-1 and attack the defense, pushing the ball across half-court.



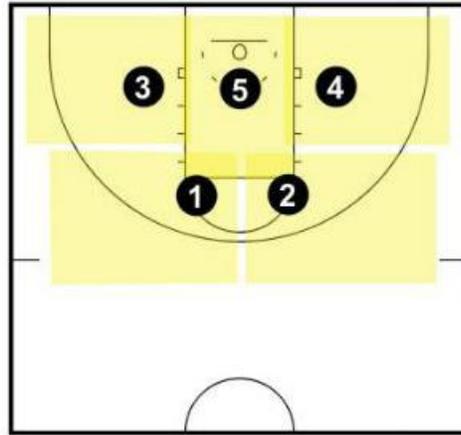
DEFENSE

- 🏀 Defensive Stance – Feet about shoulder-width apart. Knees bent so we can stay low, weight on balls of the feet, shoulders back, head up, hands up in passing lanes.
- 🏀 Get Back on D – After possession changes to the other team, make sure your team sprints back on defense, but also keeps an eye out for the other team pushing the ball up the floor.
- 🏀 Protect the Rim – Stay between the player you are guarding and the basket.
- 🏀 Watch and Anticipate – Keep an eye on the offensive player you are guarding and the ball. Try to anticipate the next pass.
- 🏀 Move your Feet – Slide or shuffle your feet to the spot before the offensive player gets there. Maintain a solid base and avoid crossing your feet.
- 🏀 Trap if you can – Use the out of bounds lines and the half-court line to trap your opponent.



- 🏀 Talk to Each Other – Communication is key. Make sure your team knows who you are guarding. Warn teammates of possible screens and cuts.
- 🏀 Block Party – Instead of swatting the ball on a shot block attempt, try to go straight up and deflect the shot to yourself or a teammate. Players often want to swat the ball into the stands, but that doesn't change possession and often ends in a foul.
- 🏀 Full Court Press – If you are going to press it is easiest to instruct your team to play full court man-to-man. You can also employ full court sets like the 2-2-1. Either way, pressure the ball, try to trap them in the corners, but don't let the ball get behind your defense.
- 🏀 Man-to-Man Defense – We want to teach our young players how to play man-to-man, because those skills will help them play better zone defense as they get older.
 - ❖ Guard the player the coach assigns to you.
 - ❖ At all times, maintain a good stance.
 - ❖ Stay between your offensive player and the basket.
 - ❖ Be vocal.
 - ❖ Steer the ball away from the middle.

- Zone Defense (2-3 Zone) – The most common zone defense is the 2-3 zone (sometimes referred to as the 2-1-2). This defense protects the paint, slows down the tempo and often reduces fouling. It can be compromised by great outside shooting however.

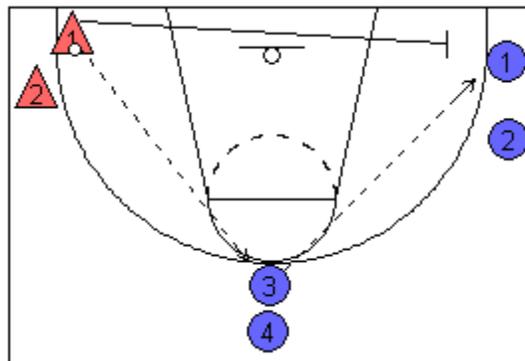


The areas of a 2-3 zone defense.

Stance Drill – Players will form even lines and spread out on the court facing the coach who will be positioned on the sideline. Players will be in the basic defensive position/stance and will be prepared to move in the direction signaled by the coach.

Corner Close-Out – The drill starts with the defender throwing a pass to a player at the top of the key, who then throws a pass to an offensive player in the right corner area. As soon as he throws to the top of the key, the defender sprints to close on the offensive player in opposite corner.

They should play one-on-one live. The offensive player is limited to four dribbles. After the initial shot, the ball remains live until the defender gets the rebound or the offense scores, but the offense is limited to a single dribble per rebound.



REBOUNDING

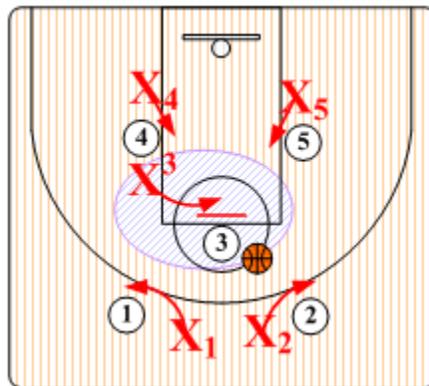
- 🏀 Determination – Good rebounders, regardless of size, usually are very active and have a nose for the ball. They are relentless and determined to win the rebound.
- 🏀 Technique – Rebounding is one area of the game where you don't have to have good technique to be successful. However, using good technique makes you a better player and increases your chance of getting rebounds.
 - ❖ Find your person – When a shot goes up, find your person so you know where to put your body.
 - ❖ Inside Position – Rebounding is all about positioning. Boxing out your opponent and getting inside leverage leads to a distinct advantage. However, don't get caught too far under the rim.
 - ❖ Box Out – Widen your stance a bit and sit down to create a more stable base as your opponent makes contact.
 - ❖ Go Straight Up – Jump straight up to avoid fouling and try to grab the ball with two hands at the top of your jump.
 - ❖ Defensive Rebounds – After grabbing the ball. Come down and “chin” the ball. Bring the ball up under your chin with two hands firmly gripping the ball and elbows extended up and out (don't swing the elbows though). Then look to outlet pass to a ball handler.



- ❖ Offensive Rebounds – After grabbing the ball, look to put the ball back up or pass it out to a teammate.
- 🏀 Knowledge – Good rebounders understand the game and study their opponent. They might know that a particular player tends to miss short, so they can anticipate where the rebound will be. They might also know that longer shots typically give longer rebounds.

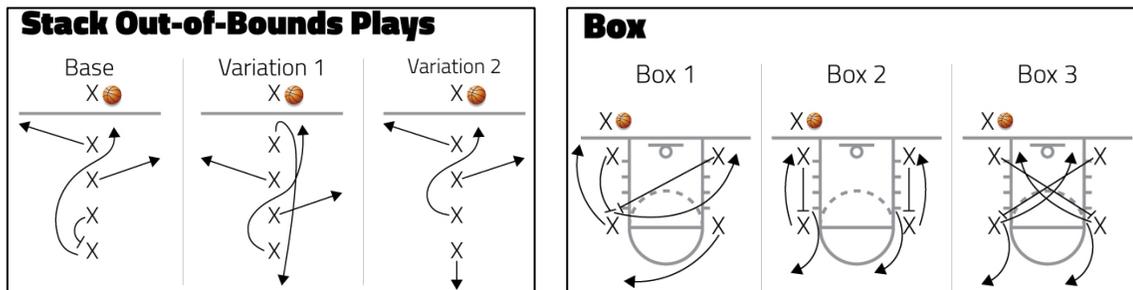
FREE THROWS

- 🏀 Shoot, Shoot, Shoot – Improving at shooting free throws only comes by practicing with good technique. The more shots you take, the better you will get.
- 🏀 Have a Routine – Like a golfer’s approach to putting, good shooters have a set routine they go through before shooting the ball. The routine really doesn’t matter (as long as the player shoots the ball within 10 seconds), but it calms the nerves and increases consistency.
- 🏀 Practice Lining Up – Make sure your players understand how to line up for a free throw. The defense occupies the spots closest to the rim, and the offense occupies the next spaces, and so on. Players must be behind the lane lines and in between the appropriate lane markers.
- 🏀 When Can They Go – Per NFHS/IHSA rules:
 - ❖ Players on either side of the lane can enter the lane when the shooter releases the ball.
 - ❖ The shooter can’t cross the free throw line until the ball hits the rim, backboard or the ball goes in.
 - ❖ Players standing outside the three-point line can’t cross the three-point line until the ball hits the rim, backboard or goes in.
- 🏀 Box Out – When the shot goes up, players should box out. Quickness and sound technique usually win the ball.
- 🏀 Who has the Shooter – When on defense make sure your players communicate as to who will box out the shooter.



OUT OF BOUNDS PLAYS

- Keep it Simple – Especially for younger ages, the need for complex plays to inbound the ball is not needed or effective for that matter. Teach them one play, maybe two at max.
- No Set – Use offensive principals to inbound the ball. Cut, screen or use misdirection to get open. This is perfect for out of bounds plays in the backcourt or on the sidelines.
- Set Play – When inbounding the ball under the basket on offense this is an opportunity to score. Use a simple set like the stack or box to create a high-percentage shot.



- Inbounding – Choose a player to inbound the ball that is decisive and confident. They only have five seconds to decide. The best opportunity may come quick or may require some patience for the play to develop.
- Defending – When defending out of bounds plays under the basket, make sure your players keep themselves in between the player they are guarding and the basket. Prevent quick scores by protecting the rim.

JUMP BALLS

- Tip-offs – In rec basketball, jump balls only occur at the start of the game and start of overtime. That means that there are two jump balls max in a game. We don't need to go overboard with teaching them how jump balls work, but we should introduce the play so your team is not lost.
- Practice Lining Up – Do a dry run before you start playing games so players understand where to line up and what to do when the ball is tipped. Try doing it to start a scrimmage.
- Which Way Do I Go – Make sure they know what basket they are going towards and what basket they are defending.
- No Free Baskets – Don't let the other team get behind your defenders in your backcourt. Assign a "safety" to prevent easy baskets.
- Control the Tip – If you have a player that can jump and win the tip, set your team up to take advantage. You can tip it in any direction, so have your team ready to catch and score.

GAMES

- 🏀 Focus on What Counts – Stress to your team that effort and attitude are everything. They can control their effort and their attitudes; a lot more than they can control the outcome of the game.
- 🏀 Equal Playing Time – Per league rules, it is important to make sure that your players play the same number of minutes. See **Appendix B – Sample Playing Time Tracker** for an example of how to plan and track playing time.
- 🏀 Be Positive – Focus on the positive things that your team accomplishes. It may be good floor spacing, good hustle or lack of quit. It's not always a basket or a win.
- 🏀 Be Productive – When a player makes a mistake, they probably know it. It is unproductive to bark at a player that he should have made that wide-open layup. Instead be constructive and focus on his or her next opportunity.
- 🏀 No Fear – If players are afraid to make mistakes, then they often fail to live up to their potential. Stress confidence and to not be afraid to make mistakes.
- 🏀 Share the Ball – Make sure that your players share the ball. Players have different roles, but if we encourage the same one or two players to hog the ball we aren't teaching the game to the entire team.
- 🏀 Be the Example – In HAC athletics it is unacceptable to ride or berate officials or other coaches. It is rec basketball, and people make mistakes. Every kid on the court and in the stands, hears and sees when a coach yells at the officials or another coach. When a coach acts inappropriately, the kids take it as permission or validation that the behavior is acceptable.
- 🏀 Sportsmanship – As the coach, as the leader, if you don't stress and don't use good sportsmanship your team is not likely to use it either. We are here to teach life lessons as much as athletics. Know when to pull back the reins. Put yourself in the other team's shoes.

"I can accept failure, everyone fails at something. But I can't accept not trying." – Michael Jordan

BASKETBALL TERMINOLOGY

Areas of the Court

- 🏀 Backboard – Vertical flat surface connected to the basket.
- 🏀 Backcourt – A team’s defensive half of the court.
- 🏀 Ball Side – The side of the court on which the ball is located. Also called the strong side.
- 🏀 Baseline – Also called the end line. This line extends across both ends of the court behind the baskets.
- 🏀 Basket – Consists of the rim and the net. Also called the hoop.
- 🏀 Block – The larger rectangular markings six feet from the baseline on each side of the lane. Landmark for establishing a low post position.
- 🏀 Center Circle – The circular area at midcourt where jump balls take place.
- 🏀 Cylinder – The imaginary area directly above the basket where goaltending or basket interference can occur.
- 🏀 Elbow – The corners where the free throw line meets the lane lines. Landmark for establishing the high post.
- 🏀 Free Throw Line – The line 15 feet from the backboard and parallel to the end line from which players shoot free-throws. Also called the "foul line".
- 🏀 Frontcourt – A team’s offensive half of the court.
- 🏀 Help Side – The side of the court opposite that of the ball. Also called the weakside.
- 🏀 Key – The area consisting of the foul circle, foul lane and free-throw line.
- 🏀 Lane lines – The lines at the side of the lane extending down from the free throw line.
- 🏀 Paint – Area inside the lane lines from the baseline to the free-throw line.
- 🏀 Perimeter – The area outside the three-second lane area.
- 🏀 Sidelines – The two boundary lines that run the length of the court.
- 🏀 Top of the Key – The semi-circle that extends beyond the free-throw line.
- 🏀 Wing – The area located on either side of the court, outside the lane, along an imaginary extension of the free throw line.

Common Violations

- 🏀 3-second Violation – A violation occurring when an offensive player stands in the lane for more than 3 seconds.
- 🏀 5-second Violation – Team inbounding the ball fails to pass it into play within 5 seconds.
- 🏀 10-second Violation – Team fails to bring the ball across the half-court line before 10 seconds.
- 🏀 Foul – A violation resulting from illegal contact with an opposing player. Basic types of fouls include the following:
 - ❖ Blocking – The use of a defender’s body position to illegally keep the offensive player from advancing.
 - ❖ Charging – A personal foul committed when the offensive player illegally contacts a defensive player who has established their defensive position.
- 🏀 Carrying (Palming) – The dribbler puts their dribbling hand under the ball and momentarily holds or carries the ball.
- 🏀 Double Dribble – Occurs when a player dribbles the ball with two hands or they stop dribbling and then start dribbling again.
- 🏀 Goaltending – When a player interferes with a shot while it is on the way down toward the basket, after it has touched the backboard, or while it is in the cylinder above the rim.
- 🏀 Intentional Foul – A personal foul that the official judges to be premeditated.
- 🏀 Kicking – A violation called when a player intentionally uses his or her foot or leg to contact the ball. Play is stopped and the ball is given to the non-violating team to inbound.
- 🏀 Lane Violation – Entering the lane too early during a free throw.
- 🏀 Out of Bounds – The ball is considered out of bounds when it touches the ground outside the boundary lines of the court. The lines themselves are considered out of bounds as well. It is also out of bounds if the ball touches a player who has any part of their body touching the ground out of bounds.
- 🏀 Over and Back – A violation occurring when an offensive player with the ball returns to the backcourt once they have established position in the frontcourt. Established position in the frontcourt means both feet and the ball have crossed the half court line.
- 🏀 Traveling (Walking) – A penalty, which results in a turnover, where an offensive player moves his or her pivot foot illegally without dribbling the ball.

Defensive Terms

- Box Out – Using your body to maintain a better rebounding position than opposing player.
- Chin the Ball – When a rebounder secures the ball, she should come down with elbows out and the ball protected under her chin.
- Close Out – The defender quickly slides up to and guards the ball handler or ball receiver.
- Deny – Prevent an opponent from getting the ball by guarding them closely and staying between them and the player with the ball.
- Established Position – When a defensive player has both feet firmly planted on the floor. If an offensive player runs into the defender, they would be called for charging.
- Guarding – Following an opponent around the court to prevent him from getting the ball, taking an open shot or making a pass.
- Help – While on defense, dropping off your offensive player to help a teammate whose player has gotten by him.
- Man-to-Man Defense – A type of defense in which a player is assigned to defend a specific opponent.
- One Pass Away – An offensive player who is in a good position to get the ball because he is one pass away from the ball. A defender should deny this player the pass by covering out and having one arm in the passing lane.
- Overplay (or Turning a Player) – When a defender wants to force a ball handler to dribble in a different direction, she overplays her by getting her body in the dribbler's way forcing her to turn and go another direction.
- Passing Lane – The imaginary line between two players where the ball can be passed.
- Penetration – When the ball is passed or dribbled into the defense toward the basket.
- Press – A type of defense that attempts to force the opponents to make errors by guarding them closely from half court, three-quarter court or full court.
- Switch – When defensive players trade the players they are guarding.
- Trap – A defensive tactic in which two players double-team the ball handler.
- Zone Defense – A type of defense that has each player responsible for defending a specific area of the court and the opponents in that area.

Offensive Terms

- 🏀 Assist – A pass to a teammate that results in an immediate score. The scorer must move immediately toward the basket for the passer to be credited with an assist.
- 🏀 Ball Fake – A fake pass or shot.
- 🏀 Cut – A quick movement by an offensive player to avoid an opponent or to receive a pass.
 - ❖ Back-Door Cut – A cut behind the defender and toward the basket.
 - ❖ "L" Cut – A cut in the shape of the letter "L" that is used when the defender is in the passing lane but is playing very loosely.
 - ❖ "V" Cut – A fake in one direction and movement in the opposite direction in order to get open for a pass.
- 🏀 Drive – A quick dribble directly to the basket.
- 🏀 Fast break – A team attempts to move the ball down court and score as quickly as possible before the defense has time to set up.
- 🏀 Pass – When a player throws the ball to a teammate.
 - ❖ Baseball Pass – A one-handed pass used to advance the ball to a cutter going toward the basket.
 - ❖ Bounce Pass – A pass that hits the floor between the passer and the receiver.
 - ❖ Chest Pass – A two-handed pass thrown from the chest.
 - ❖ Overhead Pass – A pass made while the ball is held above the head with both hands.
- 🏀 Pivot – A player keeps one foot in contact with a spot on the floor while moving the other foot to adjust their position or evade a defender.
- 🏀 Screen (Pick) – An offensive player stands between a teammate and a defender to give their teammate the chance to take an open shot or move to an open spot on the court.
 - ❖ Screen & Roll – When an offensive player screens for the ball handler and then rolls toward the basket.
- 🏀 Square up – When a player's shoulders are facing the basket as they shoot the ball.
- 🏀 Triple threat – An offensive position a player can use if they have not dribbled. The player stands with their knees bent, feet slightly wider than shoulder width and both hands on the basketball. The player can either shoot, dribble or pass to a teammate.

RESOURCES

- 🏀 www.breakthroughbasketball.com
- 🏀 www.ultimate-youth-basketball-guide.com
- 🏀 <http://avcssbasketball.com/>
- 🏀 <http://www.coachesclipboard.net>
- 🏀 <http://www.basketballforcoaches.com/>
- 🏀 www.usab.com
- 🏀 <https://bballtools.com/>
- 🏀 <http://www.stack.com/coaches-and-trainers>
- 🏀 <http://www.basketballcoaching101.com/>
- 🏀 <http://www.howtocoachyouthbasketball.com/>
- 🏀 <https://basketballhq.com/>
- 🏀 <http://www.guidetocoachingbasketball.com/>

APPENDIX A – SAMPLE PRACTICE PLAN

**Illinois
5th and 6th Grade Boys**

**HAC Rec Basketball
2017-2018**

Practice Plan

Saturday, November 12, 2016

| Start | End | Segment | Notes |
|-------|-------|------------------------------------|---|
| 9:00 | 9:07 | Warmup and Stretch | No basketball. Jog, backpedal, carioca, shuffle, bounding, butt kicks, high knees, arm stretches, standing leg stretches, sitting leg stretches, ankles, squat jumps. |
| 9:07 | 9:15 | Ball Handling and Dribbling Warmup | Maravich Drills: Ball slaps, finger taps, around head, around waist, around knees, around leg, around leg, figure eight, pretzel drop, pretzel Stationary: Mid, low, high side, inside-out, push pull, crossover, around leg, around leg, figure eight. |
| 9:15 | 9:25 | Pick and Roll | Feet, arms, vertical, still Wait for screen to be set, jab and go, rub off the screen, head up Down, ball, back, away Pick and roll |
| 9:25 | 9:40 | Motion Offense | 3 out 2 in, ball screen offense, free form, read and react, get open or get a teammate open, keep spacing, occupy a position, don't stand still, use triple threat, set pick then roll, overplayed cut to basket, take first good shot, crash the boards. |
| 9:40 | 9:50 | Two on Two | See who can score and defend one on one |
| 9:50 | 10:00 | Free throws | Free throws and box out |

Ball High, Screen Down: Screen down into starting positions

Ball at wing, Screen Away: PG chooses direction, then screens away

If it's not there swing it back to the top. Always look to get ball in post or penetrate.

Next Practice - Mon at 7 PM at Schilling.

APPENDIX B – SAMPLE PLAYING TIME TRACKER

Illinois
5th and 6th Grade Boys

HAC Rec Basketball
2016-2017

Playing Time

| # | Player | 1 | | | | 2 | | | | 3 | | | | 4 | | | | Total |
|----|-----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|---|---|-------|
| | | Min | Pos | | | |
| 11 | Aaron | 4 | 5 | | | 4 | 5 | | | 4 | 5 | 4 | 5 | | | 4 | 5 | 20 |
| 12 | Chris | 4 | 1 | | | 4 | 1 | 4 | 2 | | | 4 | 1 | | | 4 | 1 | 20 |
| 5 | Christian | 4 | 2 | 4 | 1 | | | 4 | 1 | 4 | 1 | | | 4 | 1 | | | 20 |
| 3 | Jack | | | 4 | 2 | 4 | 2 | | | 4 | 2 | | | 4 | 2 | 4 | 2 | 20 |
| 10 | Jalen | 4 | 4 | 4 | 4 | | | 4 | 4 | | | 4 | 4 | | | 4 | 4 | 20 |
| 2 | Jeremy | | | 4 | 3 | 4 | 4 | | | 4 | 3 | 4 | 3 | 4 | 4 | | | 20 |
| 4 | Kaden | 4 | 3 | | | 4 | 3 | 4 | 3 | | | 4 | 2 | 4 | 3 | | | 20 |
| 15 | Ray | | | 4 | 5 | | | 4 | 5 | 4 | 4 | | | 4 | 5 | 4 | 3 | 20 |