



COACHES BOOKLET

HOW TO BE A SUCCESSFUL COACH





SPORTSMANSHIP

- FAIR PLAY FOR ALL
- RESPECT FOR OTHERS
- GRACIOUS IN VICTORY AND DEFEAT
- HONOR THE GAME REFEREES
- FOLLOW THE RULES

SPECTATORS CODE OF CONDUCT

- ZERO TOLERANCE FOR UNACCEPTABLE SPORTSMANSHIP
- WILL NOT ARGUE OR HARASS REFEREES
- CHEER AND ENCOURAGE ALL PLAYERS
- WILL BE REMOVED FROM GYM FOR POOR SPORTSMANSHIP

THE GAME IS JUST A GAME

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MESSAGE FROM THE COMMISSIONER

Welcome to our 39th annual coaches' clinic. Our staff has dedicated many hours of preparation for this clinic. The National Coaches' Clinic is important and helpful for all coaches. All coaches shall attend a yearly clinic to be qualified for each season. Local chapters are encouraged to conduct local clinics each season in addition to the National Clinic.

Many high school and college coaches have prepared the Coaches' Booklet. This booklet should be your tool towards teaching fundamentals to your team.

Many techniques and drills are included with numerous diagrams, involving individual movements and team concepts. You should attempt to include these drills during your team practices throughout the season.

Good luck, and remember, "**Good Sportsmanship**" starts with you!!

Best wishes,



Phillippians
4:13

Commissioner
Dennis Murphy, Jr.
National Junior Basketball League

TEAMWORK

**Genuine consideration for others and an eagerness
to sacrifice your own interest for the welfare of all in
NJB!**

WWW.NJBL.ORG

THE FUNDAMENTAL OUTLOOK

F - Follow the NJB plan

U - Use time wisely, practice and play what is practiced.

N - Never overlook enthusiasm- it works!

D - Demand self-discipline, on and off the court.

A - Aggressive spirit to achieve victory.

M - Motivate through encouragement and enthusiasm.

E - Emphasize the desire and the will to win.

N - God gives us talent, but practice gives us skill.

T - Technique must be mastered by practice.

A - A quitter never wins, and a winner never quits.

L - Learn quickly that hard work has its rewards.

S - Success is a product of practice, practice, practice!!

MISSION STATEMENT

To inspire our youth, regardless of race, creed, or national origin

To emphasize teamwork for all participants.

To practice the ideals of health, citizenship and character.

To implement the game elements of safety, and intelligent supervision.

To keep the welfare of the player first,

To keep the game free of adult quest for glory.

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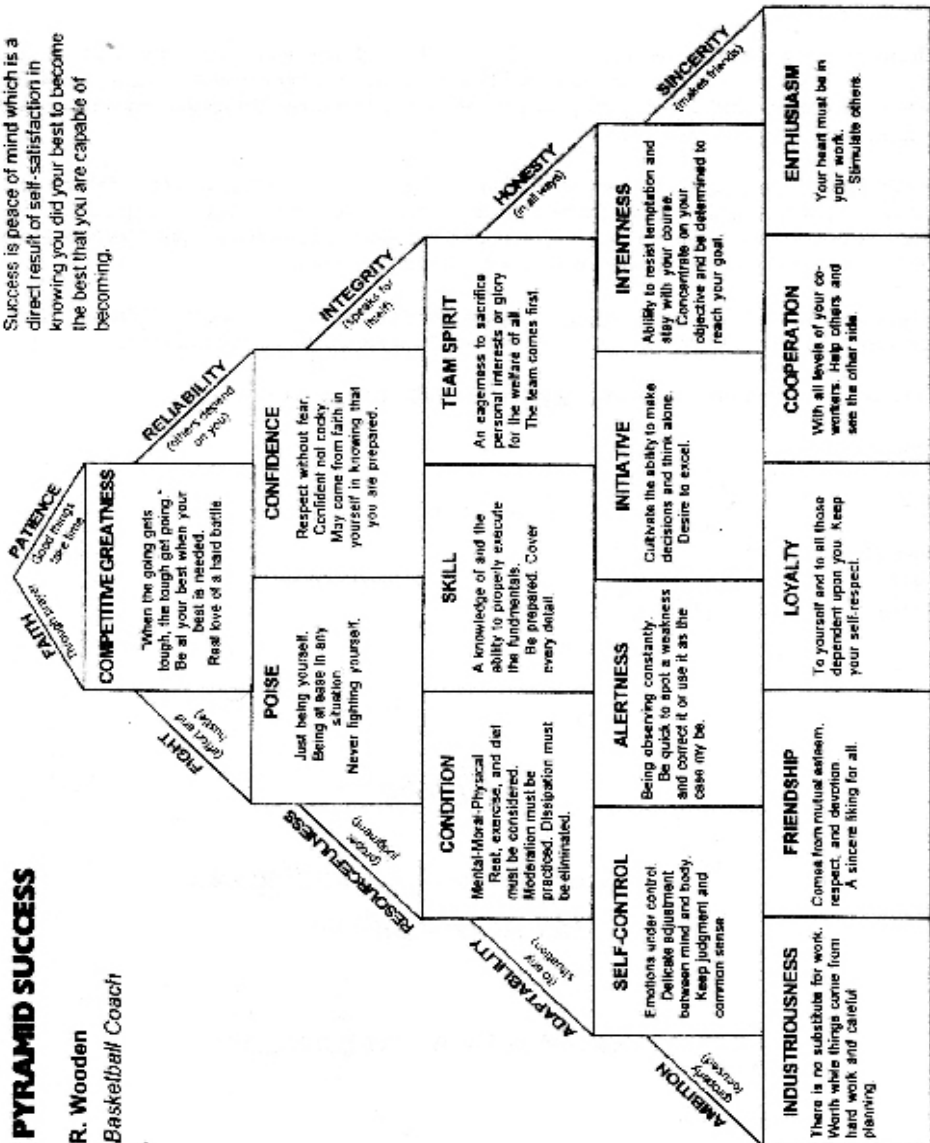
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SUCCESS

THE PYRAMID SUCCESS

John R. Wooden
Head Basketball Coach
UCLA

Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming.





THE ROLE OF THE COACH

What it means to be called "Coach"

- You **care** about kids!
- You lead by **influencing** others!
- You mold the **shape** of people's lives!
- You are part of the **GREATEST** game in the world!

What it takes to be a NJB "Coach"

- Be organized
- Have discipline
- Be dependable
- Be positive
- Be loyal
- Be knowledgeable
- Be a teacher
- Believe in your team

Alarming Current Issues in Sports

70% of kids quit sports by the age of 13.

- Boredom
- Negative coaches
- Issues with parents
- It's not FUN anymore!

Alarming Issues in Sports

- Increase in violent situations on court
- Arguing
- Retaliation
- Fighting
- Out of control parents

POSITIVE COACHING

Sports Build Self-Esteem: Research shows that:

- Kids who play youth sports have a good chance of improving their **self-esteem**.
- Team sports build a sense of belonging.
- Everybody plays - give each kid a sense of feeling worthwhile.
- Kids who continue to play sports are more likely to:
 - Stay in school
 - Earn better grades
 - Have less behavior problems

Keep Kids in Sports: A Coach is successful if the kids come back to play the next year.

Motivational Keys:

1. **Having fun is the reason why kids play sports.**
2. Learning skills is why kids continue to play sports.
Kids who concentrate on improving their techniques stay in sports longer than kids who concentrate simply on winning.
3. Positive coach support is the reason why kids continue to play sports.

Seven Steps Towards Positive Coaching:

- 1) **Look for positives.**
- 2) **Keep a 4-to-1 ratio of positive to negatives.**
(Give four compliments for every one critical remark).
- 3) **Use animated praise.** Kids respond to, and hear enthusiastic praise with lots of action and emotion.
- 4) **Stay calm when mistakes are made.** When a kid makes a mistake, the goal is to teach, not punish. Sports should teach a kid to learn from mistakes, not to be afraid of them.
- 5) **Praise specifics.** Kids remember specific praise (i.e. "good outlet pass" rather than "good game").
- 6) **Notice progress.** Kids who feel that they are progressing are less likely to drop out of the sport.
- 7) **Playing is a reward.** If a player is being defiant or not following directions, simply sit the player down and calmly tell them why they are not playing.

WHAT IT TAKES TO BE A COACH

- Be organized.
- Have discipline! "Be firm, be fair, and be consistent." "Kids want direction."
- Be dependable!
- Be positive with young people. "The use of fear does not work!"
- Treat each player like you should want your child to be treated.
- Be loyal!
- Be dedicated and committed.
- Teach "We, not I".
- Be knowledgeable and teach skills. "Be a student of the game."
- Teach players to practice and play HARD!
- Teach concentration and focus!
- Teach players to believe in themselves.
- Players should know you care.
- Believe in yourself and believe in kids. "Never give up on your players".
- Be demanding but be reasonable.
- Teach young people to handle adversity.
- WORK HARD but have FUN!

PHILOSOPHY

Team Guidelines

Being a member of a NJB team requires abiding by certain guidelines. Guidelines will provide players with the discipline that's essential in the development of team pride.

- Developing a strong team begins with the individual. Each player must know that their attitude and behavior are a reflection toward the overall team.
- Promptness is important, be on time.
- Neatness is an important factor in developing team pride.
- Each player will refrain from disrespectful behavior towards coaches, referees, and opponents.
- Profanity will NOT be allowed on the court.
- Choose their friends wisely with individuals who are frequently in trouble, trouble will follow. We want our players to avoid guilt by association. We believe in the phrase, "Show me your friends, and I'll show you your future."
- Parents will be required to contact the coach prior to any practice they miss or late to practice.
- Players will avoid talking negatively about anyone on the team. Talking behind a teammate's backs is a quick way to initiate dissension.
- Players will strive to sustain emotional control both on the court. Establishing self-control between mind and body is very important.

Coaches are required to read the team guidelines to players and parents before the season begins.

"SO YOU WANT TO BE A BASKETBALL COACH"

NJB is the way to go...

This book is prepared for you as a guide to help you in organizing, planning, and conducting basketball practices. Basketball is a simple game; it is the coaches that make it complex. We are teachers of basketball.

The basketball court is an extension of the player's life.

Be a role model -- not a Critic.

KISS method -- (keep it simple stupid).

Always end practice on a positive note.

Becoming a Successful Coach

Welcome to coaching. If you haven't coached before, you have a lot of new experiences waiting for you.

Coaching has its highs and lows -- but, if you are prepared, it can be mostly highs. If you have the teaching skills of a wise educator, the medical knowledge of a physician, the administrative leadership of a business executive and the counseling wisdom of a psychologist, you should throw this book away; it won't help you. But, if you don't, join us to find out what makes a coach successful.

Is it winning games? Winning is one aspect of successful coaching.

Coaches who teach skills effectively and who nourish the enthusiasm of players are much more likely to succeed than coaches who don't. However, a successful coach is much more than a winning coach. Successful coaches help young athletes enjoy mastering new skills, competing with others and feeling good about themselves. Successful coaches are not only well versed in the technique or skills of their sport; they also know how to teach these skills to young people. Successful coaches not only teach players the skills of the sport; they also teach and model the skills needed for successful living in our society.

Being a successful coach is a challenge. Good intentions are good but -- you need all the knowledge you can get.

COACHING OBJECTIVES

One of the most important decisions you will make as a coach concerns the objectives you seek. Most sports authorities recognize three major objectives:

Have fun -both you and your players.

Help young players develop...

- Physically- by learning sports skills, improving physical conditioning, developing good health habits, and avoiding injuries. Psychologically- by learning to control emotions and to develop feelings of self-worth.
- Socially- by learning how to cooperate in a competitive context and by learning appropriate standards of sportsmanship
- Spiritually- by helping the player to understand that their teammates are more important than anything. **Teamwork!**

Have a successful team.

Which of these objectives is most important to you? Having fun? Helping kids develop? Success? Perhaps you believe all are equally important, but what if you had to choose between them? Coaches must often decide whether they will pursue victory at the possible expense of a young athlete's well being or development. What will your priorities be then?



COMMUNICATION

Not only look, but see.... Don't just listen, but hear...

The following are key points for you to remember about communication as a coach:

- Having credibility with your players is essential for effective communication.
- You can establish and maintain your credibility by being cooperative, knowledgeable fair, consistent, friendly, dynamic, and by using the positive approach.
- By using the positive approach, you place emphasis on praise and rewards to strengthen desirable behaviors rather than using punishment to eliminate undesirable behaviors.
- You can be more helpful to your players and maintain a better relationship by not judging them constantly. Instead, provide players with specific instructions on how to perform a skill.
- You can avoid destroying your credibility and confusing your players by being as consistent as possible in your communication.
- You can improve your listening skills by not always talking and by recognizing what your players have to say is important.



COACH RESPONSIBILITIES

- *Develop a team roster of all players with e-mail addresses and contact numbers.
Find a team administrator to help with communication.*
- *Develop and maintain positive rapport with parents.*
- *Inform parents about practice times, game times, and other requirements of the team.*
- *Attend the league coaches' meetings, and the Coaches Clinic.*
- *Submit to a background check and register online yearly.*
- *Be knowledgeable about the latest safety and conditioning techniques.*
- *Organize, conduct, and supervise all practices and games.*
- *Assist in the care of injuries.*
- *Report all accidents and complete an injury report on any athlete injured in practice or during a game. Give the completed report to your league administrator.*
- *Emphasize the proper ideals of sportsmanship, and fair play.*
- *Be courtesy to visiting teams and game referees.*
- *Remember that a game is only a game, not a matter of life and death.*
- *Secure the required team sponsor for your league.*



HOW TO TELL A WINNER FROM A LOSER

When a WINNER makes an error they say, "I was wrong" - When a LOSER makes an error they say, "It wasn't my fault."

A WINNER credits winning to "Good Luck", even though it wasn't.
A LOSER blames "bad luck", even though it wasn't.

A WINNER works harder.
A LOSER is "too busy."

A WINNER knows what to fight for and what to compromise on.
A LOSER compromises on what they shouldn't, and fights for what is not worthwhile.

A WINNER says, "I'm not as good as I ought to be".
A LOSER says, "I'm not as bad as a lot of other guys."

A WINNER listens.
A LOSER just waits until it's time to talk.

A WINNER would rather be admired than liked.
A LOSER would rather be liked than admired.

A WINNER respects those who are superior in skills, and tries to learn from them.
A LOSER resents those who are superior and tries to find chinks in their armor.

A WINNER says, "There ought to be a better way."
A LOSER says, "That's the way it has always been done."

MOTIVATION

Teamwork

"Happiness begins where selfishness ends."

"The best way to improve the team is to improve yourself."

"It is amazing how much can be accomplished when no one cares who gets the credit."

"The main ingredient of stardom is the rest of the team."

"True happiness, freedom, and peace cannot be attained without giving them to someone else."

Advantages of Participation

Develop your physical talents to the fullest.

Develop responsiveness to group discipline.

Develop lasting friendships.

Develop self-confidence.

Develop cooperation, sportsmanship, courage, and unselfishness.

"Lord Forgive Me When I Whine"

Today, upon a bus, I saw a girl with pretty hair. I envied her ... she seemed so happy ... and I wished I were as nice. When suddenly she rose to leave, I saw her hobble down the aisle. She had one leg, and wore a crutch. But as she passed ... a smile! Oh God, forgive me when I whine, I have two legs. The world is mine!

I stopped to buy some candy. The boy who sold it was so nice. I talked with him. He seemed so happy. And as I left he said to me: "I thank you. You have been so kind. It's nice to talk with folks like you. You see," he said, "I'm blind."

Oh God, forgive me when I whine. I have two eyes. The world is mine.

Later, while walking down the street, I saw a child with eyes of blue. He stood and watched the others play. He did not know what to do. I stopped a moment, and then I said, "Why don't you join the others?" He looked ahead without a word, and then I knew he could not hear. Oh God, forgive me when I whine. I have two ears. The world is mine.

With feet to take me where I'd go, with eyes to see the sunset's glow, with ears to hear what I would know ... Oh God, forgive me when I whine. I'm blessed indeed. The world is mine.

- Author Unknown

ATTITUDES OF SUCCESS

Desire - Dedicated players have a strong desire to improve, to compete, and to win. No one gets to be the best without a burning desire to be the best.

Aggressivness - Winners make things happen instead of waiting for them to happen. They take charge. They force action. They produce results. They assert themselves strongly and make their presence felt. They thrive on competition.

Determination - The refusal to quit or accept defeat. The persistence to try and try again. The willingness to practice long and hard. Determined athletes are relentless in their efforts to improve and to win. They train so hard that none of their peers can keep up with him. Push to the point of collapse, and then go at it again.

Responsibility - Winners take responsibility for their actions. They recognize their own mistakes and the need for change and improvement. They admit errors and do not make excuses or blame others.

Leadership - Leaders enjoy stepping forward and taking charge. They are dynamic people who like to influence others and take control of situations.

Self-Confidence - Winners believe in their abilities and can act decisively. They never doubt their ability to meet challenges and handle unexpected situations.

Emotional Control - Successful athletes can handle the pressure of competitive sports. They stay cool, adjust quickly, and are not upset by bad plays or bad calls. They deliver top performances regardless of the circumstances.

Mental Toughness - Winners can accept strong criticism and rigorous training from a coach. They recover quickly from setbacks. They don't fall apart when the going gets rough.

Coachable - Winners respect the coach and the coaching staff, knowing that it is important in their development and progress as athletes.

Conscientiousness - Winners have high standards of character. They have a deep sense of obligation. They know a team must have discipline to be successful, so they put the welfare of the team first and don't bend the rules to suit themselves.

Trust - Winners are believers. They accept people at face value and know that mutual trust is a major factor in building team moral and unity. Winners communicate and cooperate better with their teammates and coach.

80 WORDS OF ENCOURAGEMENT FOR PLAYERS

Congratulations
Exactly right!
FANTASTIC!
Good thinking!
Good work!
How did you do that?!
I like that!
I'm happy to see you working like that.
I've never seen anyone do it better!
Keep it up!
Keep on trying!
Nice going!
Now that's what I call a fine job!
Now you have the hang of it!
One more time and you'll have it!
PERFERCT!
SUPER!
TERRIFIC!
That's quite an improvement!
That's the right way to do it!
That's the way!
That's great!
That's really nice!
That's a good (boy/girl)!
That's the way to do it!
Way to go!
WONDERFUL!
You did that very well!
You haven't missed a thing!
You should be proud of yourself!
You figured it out fast!
You did it that time!
You're on the right track now!
You're doing a good job!
You're doing beautifully!
You're really learning a lot!
You're learning fast!
You've just about got it!
You've got it made!

Couldn't have done it better myself!
EXCELLENT!
FINE!
Good for you!
GREAT!
I knew you could do it!
I think you've got it now!
I'm very proud of you!
Keep up the good work!
Keep working on it, you're getting better.
Much better!
Nothing can stop you now!
Now you've figured it out!
Now you have it!
OUTSTANDING!
SENSATIONAL!
SUPERB!
That's better than ever!
That's it!
That's RIGHT!
That's good!
That's coming along nicely!
That's the best ever!
That's the best you've ever done!
That's better!
Well, look at you go!
WOW!
You must have been practicing!
You remembered!
You certainly did well today!
You make it look easy!
You're getting better every day!
You're doing much better today!
You're doing fine!
You're the best!
You're really improving!
You're very good at that!
You're got that down pat!
You've just about mastered that!

SPORTSMANSHIP

Sportsmanship is not just something we talk about, it's something we practice everyday. You are a model! Coaches seem to forget that all behavior communicates, not just good behavior. Perhaps one of the most important things you can communicate by your actions is respect for people and the sport. Teach your players to respect the game. This includes teammates, coaches, opponents, and referees.

The element of competition in sports has multiple values. Through sports, young people can develop morally and learn a basic code of sportsmanship that transfers to a moral code of life. Competitive sports -- where winning is a valued prize -- provides opportunities for higher levels of moral development.

One value of competitive sports is that situations which require moral decisions occur often, and they provide players the opportunity to learn and adults the opportunity to model appropriate sportsmanship. To make the appropriate moral judgment at the expense of a valued victory is a real test of character, as well as an opportunity to build character.

Young players hold you in high esteem are deeply impressed by everything you do. Through your actions, you can teach them a great deal more than the skills and rules of the sport. Lead the way in congratulating the opposing team after both victories and losses. Show them how you want them to behave in response to having played well or poorly, to having won or lost. Show them how they should handle situations when you think the team has been treated unfairly.

We have found that young people are more influenced by what you do than by what you say. As the saying goes, "Actions speak louder than words." So, if you want your players to display good sportsmanship, it is not enough to just tell them -- you must show them!

Official Blue Card

Referees are required to give this card to the Head Coach if team sportsmanship is not up to NJB standards, according to our Mission Statement. This includes: ALL coaches and team fans! (Exception: Players on the court)

After the official warning at the coaches/referee pre-game, the following will happen :

1) 1st Infraction - One (1) Technical Foul goes directly to the Head Coach.

2) 2nd Infraction - Two (2) Technical Fouls and the Head Coach is removed from the gymnasium.

3) 3rd Infraction - The game is over AND the offending team is placed on immediate suspension.

GOOD SPORTSMANSHIP IS ALWAYS FIRST!

INSTRUCTIONAL GUIDE

One-Hour Practice Plan

Divisional Play

Warm-up	Team offense
Skill Drills	Team defense
Shooting	Team offense
Free Throws	Team Scrimmage

Warm-up - 5 minutes

Body balance and control drills:

Change of pace/direction

Two-foot jump stop - with and without ball

Two-foot and reverse pivot - without ball

Defensive stance - stay low to the ground - **defensive slides**

Silent run - high knees while running the court

Skills Drills - 10 minutes

2 lines - equal number of players in each line.

Dribble, two-foot jump stop, reverse pivot, crossover, pull back, change of pace, and behind the back.

Pass, receive, jump stop, full court.

3 lines - equal number of players in each line

Dribble down the court - crossover, pull back, change of pace.

Pass/weave - pass and go behind the player.

Opposite lane, power dribble, dribble to middle.

Add defense, 3 on 2, to 2 on 1.

Stationary dribbling with ball in groups

Shooting Drills - 10 minutes

Spot - 2 players with one ball

(shoot from different spots on the court)

Group Shooting - Games/Make it fun. Baseline, wing, free throw

2 balls per group. (1st team to make 3 or maybe 5 in a row wins)

Individual shooting - 30 second drills (game shots, spots, and speed)

Freethrows - two shots for each player and rotate

Free Throws

Two shots for each player and rotate. Two players in each group - 1 shooter and 1 rebounder. One plus one bonus (miss 1st shot-sprint full-court).

Team Offense - Make yourself hard to guard / limit dribbles taken - 10 minutes

Zone

1-3-1 (Wheel)

Wing entry/overload

High post entry

1-4 Set

Wing entry

Post entry

Dribble entry

Man offense

Passing game.
Pass and screen away.
High-low post.

Notes: Basic Principles for zone offense:

Don't line up near an opponent.
Don't line up near one of your own players.

Triple Threat: every time you receive the ball

Look to shoot

Drive (get by the defender who guards you).

Pass and move to a new spot.

Fake a pass - make a pass.
Offensive Rebounding. Anticipate the missed shot.

Zone Defense - Make individual & team defense offensive - 10 minutes

2-1-2

1-2-2

1-3-1

Slides

Wing Slides
Corner Slide
Post Coverage
Baseline Slide

Basic Coverage

On Ball
1 Pass Away- Denial
2 Passes Away- Help Side

Man Defense - Read Successful Defense (John Wooden page 23)

Special Situations - 5 minutes

Out-of-bounds plays (offense)

Box Set - screen across, screen up

Free-throw blockouts.
Defend out-of-bounds (under basket).
Attack the press (zone or man)

Team Scrimmage - 10 minutes Teach while they scrimmage.

Final Comment

Basketball is fun. Practices are fun. When kids stop playing, it is because the pressure of winning and other outside influences outweigh the fun.

PRACTICE PLAN



Day: _____

Date: _____

Practice Goals

Time

Practice Schedule

Post-Practice Comments

SUCCESSFUL DEFENSE

BY JOHN WOODEN

I. MENTAL REQUIREMENTS: Playing as hard as you can on offense is every bit as important as trying to score when your team has the ball. In order to be a good defensive player, there are certain mental, as well as physical requirements, which you must know about and master. These are as follows:

A. Desire or Determination: You cannot be a good defensive player if you are not willing to "pay the price". Since defense is not as much fun as offense, you must have a great desire to offset this natural tendency.

B. Alertness: You must always be ready for any eventuality and react to it.

C. Poise: To be effective you must maintain your poise. Do not get upset or rattled.

D. Initiative and Aggressiveness: These two qualities are combined because they are so important and so closely allied. You are not likely to have much initiative if you lack aggressiveness; and, if the offense is more aggressive and takes the initiative, the defense is in for a bad time.

E. Pride: The players who are most proud of their defensive abilities usually do the best job on defense.

F. Concentration: Let nothing distract you when you are on defense. If you have to rest or pace yourself, do it on offense.

G. Confidence: You must dominate your opponent. If you lack confidence, you will back on your heels, and if you are overconfident or cocky, you will not play up to your ability. Let your man know how you are by your actions that you are

TEAM GUIDELINES

Stretching

Training has always stressed discipline, constantly pushing limits, and building maximum strength and power. As coaches, you are interested, of course, in team performance. But your most important goal is to educate the individuals under your supervision.

The best way to teach stretching is by your own example. When you yourself do the stretches and enjoy them, you will communicate this with your own enthusiasm. You will generate the same kind of attitude in your students.

In recent years, some attention has been given to stretching for injury prevention, but even here, there has been too much emphasis on maximum flexibility. Stretching is entirely individual. Let your players know that it is not a contest. There should be no comparisons made between two players because each is different. The emphasis should be on the feeling of the stretch, not on how far one can go. Stressing flexibility at the beginning will only lead to overstretching, a negative attitude and possible injuries. If you notice someone who is tight or inflexible, don't single them out; Emphasize the proper stretches, away from the group.

HOMEWORK BASKETBALL

Ball handling

Around legs - around waist
figure eight - flip through legs
develop a routine - work hard
5 minutes

Passing against a wall

2 handed chest pass
2 handed bounce pass
overhead pass, 1 hand push pass
baseball pass
5 minutes

Dribbling

Right hand - speed
Left hand - change of pace
Change direction
knee around leg
dribble no higher than knee
5 minutes

Defensive sliding

Slide across key area in proper
stance
1 minutes

Jumping

Jump rope over a line
Jump at wall, net, rim, backboard.
Put knees in chest.
5 minutes

Rebounding

Under hand ball on glass. Take 2
steps rebound hard. Turn out and
throw outlet. Go quickly to receive
pass back. Repeat on other side
5 minutes

Speed & hesitation moves

Start on block - Cut to get open
Receive pass - use speed move
Shoot quickly - rebound and throw
outlet, go to other side and repeat.
Hesitation move is same except you
get a dribble and/or pump fake before
shooting
10 minutes

Superman Drill

2 hand chest pass ball across glass.
Run across lane, try not to catch ball
in key area.
5 minutes

Shooting

Move and shoot (from triple threat
position)
25 shots at different spots on the court
counting how many shots you make.
15 minutes

30 second drills

Fake drive to your right and left
Shoot - run to top of key and repeat
One bounce dribble only
5 minutes

1 on 1 game to 20 points

Start at top of key - fake. Make differ-
ent moves every time. You get only 1
lay in.
Get ball and return to top of key after
every shot.

SEASON PLAN

Teach individual skills during the season.

<u>SKILL</u>	<u>SKILLS TO TEACH</u>	<u>DRILLS</u>
<u>A) SHOOTING - SHOTS</u> 1. Right Hand Lay-Up 2. Left hand Lay-Up 3. Soft Touch 4. Bank Shot 5. Free-Throw 6. Jump Shot- Mid Range 7. Special shot by position 8. 3 Point Shot	1. Grip 2. Body Position A. Feet B. Shoulders C. Head D. Hand on Ball 3. Balance 4. Vision 5. Follow-through	1. Soft Touch 2. 2-Ball Shooting 3. 30 Seconds 4. 1 vs. 1
<u>B) PASSING</u> 1. Chest Pass 2. Bounce Pass 3. Overhead Pass 4. Lob Pass 5. Between Legs 6. Behind the Back 7. Post Pass	1. Grip 2. Thumbs Up, Follow Through, Thumbs Down 3. Footwork & Balance 4. Vision 5. Receiving the Pass	1. Wall Passing Drill A. Chest B. Bounce 2. 3-Man Drill 3. 2-Man Drill
<u>C) DRIBBLING-MOVEMENT</u> 1. Right hand - Speed 2. Left hand - Speed 3. Reverse dribble 4. Change Direction 5. Between Legs 6. Change of Pace 7. Behind the Back	1. Finger Tips 2. Vision - Eyes Up 3. Balance 4. Ball Control 5. Head Up 6. Change Speed	1. Full Court 2. Stationary 3. Cones on Floor 4. With Defense
<u>D) BALL HANDLING-STATIONARY</u> 1. Both hands 2. Control 3. Confidence 4. Body Balance	1. Control 2. Eyes Up 3. Both Hands 4. Quickness	1. Hand Control Back & Forth 2. Around Waist 3. Between Legs 4. Globetrotters
<u>E) DEFENSE</u> 1. Stance 2. Slide 3. Baseline Out/Off 4. Sliding Cut/Off 5. Help side 6. Guarding Ball 7. Denial	1. Balance/Body Position 2. Feet/Heels Never Touch 3. Talk/Communication 4. Avoid Fouling 5. Taking a Charge	1. Slide 2. Talk-Help 3. Get Back 4. Cut off Drills 5. Denial-Help side 6. Shell Drill
<u>F) REBOUNDING</u> 1. Offense 2. Defense 3. Outlet	1. Screen out 2. Find your Man 3. Make Contact 4. Talk "Rebound" 5. Outlet Pass, Defense	1. Screen Out 2-2 2. Screen Out 3-3 3. Outlet Drill 4. Two Ball Power Drill 5. Mikan Drill

SAFETY OF PLAYER

It is the responsibility of the coach to see that his athletes are properly supervised.

Under no circumstances will athletes be allowed to use equipment or facilities unless under the direct supervision of an authorized coach. Consent and athletic Emergency Forms must be at every function for all players

First Aid Kits

Each team must have a first aid kit available at each practice and game. Your First Aid Kit should include the following: Several Instant Ice Packs, Sterile Gauze Pads and Tape, Athletic Tape, Finger Splints, Rubber surgical gloves and blood handling kit, Band-Aides, Ace Bandage.

Outside Activities

The Accident/Medical Insurance for your team will never cover activities other than chapter sanctioned activities, unless it is an event that has received written authorization from NJB. This is an extensive area and it would be impossible to cover all possibilities in this outline. Whenever group participation is involved, it is necessary for someone to put a lot of thought into safety of the group. Proper supervision is the key to any gathering of players. Pool parties and skating parties for large groups can be dangerous. Be careful and think safety!

Transportation

It is the responsibility of the parents to transport their children to and from all games and practices. Communicate the time practice ends to all players and parents.



CLOSING COMMENTS

Remember: Keep it simple

Be positive

Use all the resources available to you

Some ideas for you and your team:

Get in touch with a local high school coach in your area and invite him to speak to your players.

Ask the coach if you and your players can attend some of the high school games.

Use your "Board of Directors" as a resource.

They will be glad to help you.

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**GOOD LUCK AS YOU BECOME AN IMPORTANT PART
OF A CHILD'S LIFE!**



NOTES



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