

ROOKIE COORDINATOR HANDBOOK





Welcome to the *ROOKIE LEAGUE!*

The Rookie League is a non competitive basketball league for Kindergarten - 2nd graders. The Rookie program is one of the best ways to get boys and girls started in your NJB chapter. Parents will have the opportunity to learn how to coach NJB, and players will learn the basic fundamental of basketball in a non-competitive environment. Through your guidance as coordinator, both the coaches and players will be ready for Division 3 play.

This booklet is prepared as a guide to help you in organize, plan and lead the Rookie division. Basketball is a simple game: It's the coaches that make it complex. We are teachers of basketball. The basketball court is an extension of the player's life. Make rookie basketball fun for all the players.

MISSION STATEMENT

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

To practice the ideals of health, citizenship and character

To implant the game elements of safety, sanity and intelligent supervision

To keep the welfare of the players first, foremost and entirely free of adult quest for glory

To emphasize teamwork for all participants.



OBJECTIVES

1. Program designed to introduce the players to basketball.
2. Teach the players the basic fundamental skills and the rules of the game.
3. Introduce parents to the fundamentals of basketball and how to teach skills. Help the parent become NJB coaches when their child moves to division 3 play.
4. Recruit parents to become involved with the local chapter.

GUIDELINES

1. Have online player registration at the same time as Divisional play.
2. Conduct your program the first week in January.
3. Operate your program the same time each week.
4. Use 8 foot baskets if available. Ten foot baskets are ok - if eight foot baskets are not available.
5. Teams are coed with 7 or 8 players per team. Teams can be changed each week.
6. Have two or more parent volunteers per team.
7. Have a practice schedule prepared each week for parent volunteers to follow.
8. Include a picture day with your chapter. One team picture for each player.
9. Have a player participation award for each player at the end of your league.
10. One parent must attend and participate at each session with their child.

PLAYER REGISTRATION

1. All players must be registered online with NJB Headquarters.
2. Each player will receive a 25.5 NJB basketball and a NJB reversible Jersey with a number.
3. Each player will be a member of NJB.
4. Each player will be included in the insurance program.

OUTLINE

1. All players must be registered with their local NJB chapter.
2. Times shall be set each week. First 3 weeks will teach fundamentals. Next 5 weeks will teach fundamentals and will include control games. Start all sessions with warm – up drills first.

WEEKLY SCHEDULE

Week one –Shooting fundamentals

Week two- Shooting / Dribbling Skills

Week three- Dribbling / Ballhandling Skills

Week four – Rebounding

Week five – Offense

Week six- Defense

Week seven – review

Week eight – full-court games and team party

Each week - review with the players the skills that they have already been taught.

PRACTICE SCHEDULE

Week 1 Introduction / Shooting techniques

1. Player / Parent Meeting at center court (10 minutes)
2. Discussion of player rules (10 minutes)
3. Warm-Up Drills - all players have a ball (5 minutes)
 - A) Full-court dribble in groups
 1. Left hand, right hand
 2. Alternate hands
4. Shooting Fundamentals (15 minutes)
(Talk to all players at a basket) - Group talk
Players sit and watch demonstration.
5. **Station Work** - 4 baskets (20 minutes)
Break players into equal groups/stations
Rotate players every 5 minutes
 - Basket 1 - Hand grip on basketball
 - Basket 2 - Footwork and body balance
 - A) Heel to toe position
 - Basket 3 - Shooting position
 - A) Shooting - elbow under ball
 - B) Butt low - Sit in the chair position
 - C) Ball position in stance
 - Basket 4 - Shooting delivery - Soft Touch
 - A) Lift to release
 - B) Snap shooting wrist - say "goodbye" to the ball
 - C) Follow through
 - D) Hold your shot

Week 2 Shooting and dribbling skills

1. Players' meet at center court - Review shooting (5 minutes)
2. Warm-up drills (5 minutes)
 - A) Full-court dribble with jumpstops at each line
3. **Station work** at 4 baskets (32 minutes)
Rotate players every 8 minutes
 - Basket 1 - Hand grip review

- Basket 2 - Footwork and balance review
- Basket 3 - Shooting position review
- Basket 4 - Shooting delivery review - Soft Touch

4. **Demonstrate** dribbling techniques for next week
 - Group talk (talk to all players)
 - Fingertip control
 - Head up
 - Use both hands equally

Week 3 **Dribbling / ballhandling skills**

1. Players' meet at center court - Review dribbling (5 minutes)
2. Warm-up drills (5 minutes)
 - A) Full-court dribble with jump-stops
 - B) Fill-court dribble - Alternate hands
3. **Station work** at 4 baskets (32 minutes)
 - Rotate players every 8 minutes
 - Basket 1 - Grip / footwork / shooting position
 - Basket 2 - Shooting delivery - Soft Touch
 - Basket 3 - Stationary dribbling - Teach techniques
 - Basket 4 - Globetrotter Drills
4. **Demonstrate** - Rebounding techniques for next week
 - * Block-out
 - * Be Aggressive
 - * Grap ball above head
 - * Outlet pass

Week 4 **Rebounding Techniques**

1. Players meet at center court - Review globetrotter drills (5 minutes)
2. Warm-up drills (5 minutes)
 - A) Full-court / crab walk
 - B) Full-court - cross over dribble
3. Station work at 4 baskets (16 minutes)
 - Rotate every 4 minutes

- Basket 1 - Shooting - Soft touch
- Basket 2 - Stationary dribbling
- Basket 3 - Globetrotter / Ballhandling
- Basket 4 - Rebounding - outlet passing

4. Y2 court scrimmages (25 minutes)
- A) Split players into 4 teams
 - B) Demonstrate 2-1-2 zone defense
 - C) Demonstrate 1-3-1 wheel offense

- Teach -
- * Good passes
 - * Dribble threat
 - * Hands up on defense

ROOKIE PRACTICE

Warm –Up / Stretching

A five (5) Minute stretching period is helpful. It allows the youngsters time to gather their thoughts and allows the coaches time to get the complete attention of all the players. A few stretching exercises are listed below.

1. Have the player lay flat on their back. In a sit-up position, grab both feet with hands without bending their knees. (10 times)
2. Have the player stand tall and without bending their knees, touch their toes. (10 times)
3. Have the player get in pairs and do five (5) sit-ups. Knees should be bent with one holding the other's feet. (5 should be plenty)
4. Run in place for one to two minutes.

BASKETBALL COURT

Explain the entire basketball court

1. The free-throw line. What it is and how you get there.
2. The three-point line, baselines, jump ball circle, and half-court line. Remember don't overwhelm them, but help them understand the court. Go over it each week.

BODY BALANCE AND FOOTWORK

1. Basic Position – Hands up / knees bent / back straight / Butt low / Head up / weight back. (Have player hold in this position for 30 sec. and repeat 10 times)
2. Two – Foot Jump Stop – Hands up / knees bent / land on both feet (Make a stop at the free throw line, half court, and the other free throw line. Have the player stop an each spot up and down the court.)
3. Two –Foot Jump Stop with Reverse Pivot – Come to complete stop Keep one foot planted and move in a circler motion (Make a stop at the free throw line, half court , and the other free throw line. Have the player stop and pivot at each spot up and down the court.)

PASSING AND DRIBBLING

Passing:

1. Chest Pass – step toward the receiver and release the ball by snapping the fingers, wrist and arm. Follow through with the elbows straightened, the fingers pointed toward the target, and the palms facing outward.
2. Bounce Pass - step toward the receiver and release the ball by snapping the fingers, wrist, and arm. Follow through with elbows straightened, the fingers pointed toward the target, and the palms facing outward. With the ball bouncing once before reaching the receiver.
3. Overhead Pass – The ball should be held straight overhead with both hands. The Passer steps toward the receiver with his body erect. He whips his hands forward and slightly down. The wrist, fingers, and thumbs snap on the release. Then the arms are straightened with the follow through coming at about shoulder height.

This is one of two ways to get up and down the floor, so please emphasize the importance of correct passing techniques. The two passes that should be taught are the two handed chest pass and the two handed bounce pass. Have the players split into pairs and stand 5-7 feet apart facing each other. Have them pass to each other making sure they step (one foot only) on each pass. Have them take the ball, bring it to their chest pass it to their partner making sure that they step and release the ball so that both hands are facing outward.

The last pass that should be taught in clinic is the two-handed over-head pass. This pass is rapidly becoming more and more popular since tough man-to-man defenses have been used. The pass is effective in the outlet pass, zone defense, pressure defense, and most commonly for the big guys in the post-position. On each of these passes, the passer's eyes must be focused on their target, wrist snapped, fingers spread, and most importantly arms extended.

Dribbling:

A good dribbler must be heads-up and alert, or he becomes just a bouncer of the ball and that destroys the teamwork. Too much dribbling hurts team play and morale. Look first, dribble last! The player should be able to control the ball with confidence and ease with each hand without having to look at the ball. Dribbling should be used only to:

1. Advance the ball down the court.
2. Penetrate to the basket.
3. Improve the passing angle or the shooting position.
4. Go somewhere, or get out of trouble.

Mechanics

- a) Maintain basic body position.
- b) Contact the ball with the pads of the fingers, only the fingers touch the ball.
- c) Height of dribble:
 1. Controlled dribble-below the waist.
 2. Speeds dribble-above the waist.
- d) Dribble to the side in controlled dribble, and dribble to the front in speed dribble.
- e) Keep chin and eyes up to help maintain balance and to increase peripheral vision.

Basic Drills

- a) Dribble around: right leg, left leg, both legs
Switching direction at signal
- b) Speed: Dribble down court with right hand, return with left hand. (add in jump stops)

Remember, no matter how big or small a person is, if he/she can learn to dribble expertly, it increases his/her scoring opportunity up to 50 percent.

REBOUNDING

Rebounding is without a doubt the toughest skill to teach a young basketball player. At an early age, just the basics should be taught. On rebounding stress the following:

1. Go up strong and with both hands.
2. Never bring the ball down to the floor.
3. Always turn to the outside.
4. Always go for the rebound.

Basic Rebounding Position

1. Feet equally spaced apart, directly under the player's shoulders.
2. Slightly bend knees.
3. Elbows away from the body.
4. Fingers pointed skyward.
5. Eyes focused on the rim.
6. Push off toes (don't rebound flat-footed)

Approach for the Rebound:

1. Quick, explosive, and move toward the ball.
2. Full extension of the arms.
3. Rebound the ball with two hands.
4. Bring the ball down in a quick, jerking motion.
5. Land, giving yourself good body balance.
6. Keep body between defense man and ball.
7. Look to make a good outlet pass.

SHOOTING

Ask any great shooter for the secret of good shooting and the answer is bound to be, REPETITION, and when that gets boring more REPETITION.

Every great pro will describe the hours spent on the driveway, in a darkened gym, or on a cold playground. Of course extensive practice of poor technique can be just as damaging as no practice at all. Coaches should remind their young players about the importance of good shot selection. The high percentage shot wins ball games. There is no shooter like a confident shooter. So a good coach works hard to develop confidence. Concentration is another key item, and that too must be developed. Most high percentage shots come from the areas closest to the basket. Every shot should wind up with a good follow – though toward the hoop.

The shooter's checklist: (see Fig. 1-8)

1. Body on balance
2. Proper grip
3. Proper body position (knees, hips, and shoulders)
4. Correct alignment of shooting arm and elbow, release and follow – through
5. Correct footwork

Lay-up:

Most coaches tell players to use the backboard on all lay-ups, particularly those taken from the side. Take off from the foot opposite the shooting arm.

Hold the ball until the peak of the jump. Then put the ball up with little spin.

The ball should carom gently off the board and into the hoop. Try to keep the shooting hand slightly under and behind the ball. Shoot with a slight flip of the wrist, fingers and elbow.

Free Throws:

Place the hands on the ball correctly. The player should spread his/her fingers on the shooting hand wide and slightly to the right of center on the bottom of the ball. The non-shooting hand is used to position and steady the ball before the shot. Bring the ball under your chin and align your elbow and hand with your body. Release the ball quickly and flip your wrist and fingers. Your palm should end up facing the basket. Remember good foul shooting wins games.

Game Rules:

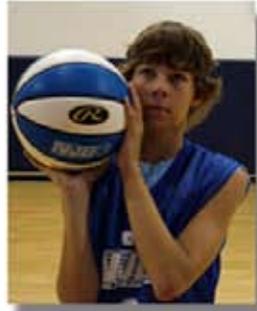
Use Division 3 rules from the NJB rule book with the following exception.

1. Game time will be four (4) five (5) minute quarters.
2. No score will be kept.
3. Eight foot baskets will be used when available.



CORRECT

With the non-shooting hand more on the side, your follow through will be more consistently straight.



INCORRECT

Placing the ball off the side of the body and shooting "shot put" style.



INCORRECT

Reaching back over the head results in a two hand throw.



CORRECT

With the non-shooting hand more on the side, your follow through will be more consistently straight.



**"SWISH"
THE PERFECT SHOT!**



Soft Touch



Elbow above eyes.
Full extension



The follow through must be held until the ball reaches the basketball.
(Fingertips pointed to the follow.
Elbow above eyes.)



Full Extension
Wrist has rolled straight over.