



Hollis Youth Basketball

Coaching Manual for Grades K-2

INTRODUCTION

Thank you for volunteering to coach youth basketball in Hollis. By coaching you are helping to provide a wonderful athletic experience for youth in our community.

This manual is designed to give you some ideas and resources that will help you create an environment for all your players that allows them to learn the game of basketball and have fun. Coaches of players in this age range need to focus on teaching the fundamental movement skills in addition to basic fundamental basketball skills.

- **Physical skills:** Developing fundamental movement skills; lunging, squatting, bending, twisting, throwing, catching, jumping, running; needs to be the primary focus at this age. All of those movements need to be combined to develop agility, balance, coordination and speed. Making sure that each child gains proficiency in these basic athletic skills will enable them to develop to their full physical potential in later years.
- **Basketball skills:** Focus needs to be on developing fundamental basketball skills; stance, footwork, dribbling, passing and shooting. You also want to help the young player develop a love and passion for the game. Motivation to master the game of basketball is a fundamental skill that all coaches need to focus on developing in their players. Enjoyment is the most important ingredient in developing motivation in young players. To put it simply; if they don't enjoy it, they won't play it.
- **Technical skills:** In addition to fundamental basketball skills the young player needs to be introduced to the beginnings of technical basketball skills. These skills involve decision making or problem solving. For this age the problems that they must learn to solve are simple: Shoot or pass? Dribble to the right or the left?

Coaching Considerations:

- Give short & clear directions with a "follow me" approach
- Set rules and expectations to keep practice organized and keep kids safe
- Facilitate success for all players and have a plan on what drills you will run
- Give plenty of encouragement and very little criticism or correction
- Use several short activities with lots of water breaks
- Emphasize confidence and familiarity with the ball for all players
- Be positive and upbeat

FUNDAMENTAL SKILLS

- **Movement:**
 - Agility, balance, coordination(throwing and catching), proper running technique, change of speed and direction, jumping and landing, starting and stopping (stride stop and 2 foot drop stop), pivoting
- **Basketball:**
 - Ready position, triple threat, play with eyes up.
- **Ball handling:**
 - Ball control, stationary dribbling (low, high, and wide), movement while dribbling (running, sliding, walking, change of direction, starts, stops, low, high)
- **Passing:**
 - Stationary passing, passing to a teammate, passing while moving, receiving the ball, catching the ball
- **Shooting:**
 - Squaring the feet and shoulders to the target, pushing with both legs, proper hand and arm placement (hand under/behind ball, fingers spread, elbow under ball/over knee), follow through (release). Learn first without the ball then with the ball. Close range shots, lay-up progression.
- **Playing Principles:**
 - Basic offensive concepts, advancing the ball toward your offensive end, shooting the ball into the basket to score, spacing of players (4 -6' apart), cutting of players (away from ball towards basket)
- **Basic Defensive Concepts:**
 - Basic zone and man to man principals

SAMPLE DRILLS / GAMES

Warm Up

Drill/Game	Coaching Points/Comments
Follow the Leader <ul style="list-style-type: none">• Coach starts and then players take turns leading the group	Jog, skip, lunge, hop, side slides, high kicks, etc
Race to the Spot <ul style="list-style-type: none">• On coaches command, players race to different spots	Free throw line, 3 point line, block, etc. Emphasize quick first step
Coach Says <ul style="list-style-type: none">• Players listen and perform what “coach says”	Bear crawl, 2 foot jumps, backward skip, lateral slide, circle ball around waist/legs, etc

Dribbling

Drill/Game	Coaching Points/Comments
Left and Right <ul style="list-style-type: none">• All players with a ball• Dribble right hand down court and left hand back• Can make into a relay game with teams• Can also set up cones and have kids switch hands when they reach a cone	Start slow and progress to jogging Remind players to keep eyes up Adapt into red light/green light
Dribble Tag <ul style="list-style-type: none">• Mark off ¼ of the court with cones• Have 2 players start at “it”• Can adapt to be “sharks and minnows”	If they are tagged, they become “it” Do short 1 minute rounds then switch
Dribble around defenders <ul style="list-style-type: none">• Have a 4-5 players dribble around cones (pretend they are defenders)	The goal is to get through the defenders without losing the ball or having it touched by a defender. Do short rounds and switch.

Passing

Drill/Game	Coaching Points/Comments
Monkey in the Middle <ul style="list-style-type: none"> • Groups of 3, one ball per group, player in the middle tries to get the pass 	Remind them to fake a pass and then make a pass. Do short rounds of 30 seconds and switch roles
Give and Go <ul style="list-style-type: none"> • Divide teams up into 2 lines facing each other about 10 feet apart • The first person with the ball makes a chest pass to the opposite line and then runs to the end of the opposite line 	Remind them to make good passes Catch pass with 2 hands before passing again
Triangle Passing <ul style="list-style-type: none"> • Divide players into groups of 3 and have them form a triangle. • Pass the ball around the triangle • Once they are comfortable with passing, have them move around the court while maintaining spacing 	Have players switch direction frequently (clockwise, counter clockwise)

Shooting

Drill/Game	Coaching Points/Comments
2 on 1 shooting drill <ul style="list-style-type: none"> • 3 lines – 2 offense (at top) and one defense (under basket) • 2 players on defense and one player on offense • Rotate lines 	Emphasize looking for the open player Taking a good shot
Cookie Jar <ul style="list-style-type: none"> • Tell players that at the end of their shots they need to be trying to get cookies out of a cookie jar up high on a shelf. • Arm extended, wrist bent, fingers down. bent knees, push up with legs, go into the cookie jar. 	Have them stand around the basket and shoot an imaginary ball several times, this will help them focus on the technique without having to worry about the ball too.
2 on 1 Shooting Drill <ul style="list-style-type: none"> • 2 lines are formed at half court. These players are the offensive players. • One line is formed under the basket. These players are the defense. • On the coaches command the offensive players dribble down towards the basket, pass to the open player and shoot at the basket. The defensive player tries to steal the ball. 	The defensive player is awarded a point for a steal, or getting a rebound off a missed shot. Players rotate to a different line after each turn. Introduce head / shoulder fake to confuse the defense

Rebounding

Drill/Game	Coaching Points/Comments
<p>Box Out Drill</p> <ul style="list-style-type: none">• This drill should be started without using the basketball. For this drill there are 5 defenders and 5 offensive players.• The players on defense start off by “guarding” the players on offense. The players on offense move around the court. When the coach shouts “Shot”, the players on defense must find the player that they are guarding and box that player out, putting them in good position to rebound the ball.• The offense should attempt not be boxed-out and be in a position to rebound the ball.• After a few practices have the teams switch places (defense is now offense).	<p>As the players get comfortable with the fundamentals of boxing out, the coach should then begin to shoot a basketball and have the players actually get the rebound.</p>
<p>Defense Shuffle</p> <ul style="list-style-type: none">• Divide your team into 2 groups. Each group starts a corner of the court.• The first players from each group assume a good defensive stance (feet slightly more than shoulder length apart, knees bent, back straight, arms up and out).• On the coach’s command the players start to shuffle their feet (do not cross feet) from the corner to the foul line, to the 5 second line, to half court, to the opposite 5 second line, to the opposite foul line, to the far corner of the court; and then sprint to the back of the starting line.	<p>This drill will help teach your players how to maintain the proper defensive stance and how to properly move from one part of the court to the other.</p>

Scrimmage

Drill/Game	Coaching Points/Comments
<ul style="list-style-type: none">• Focus on setting up a basic offense and defense• Introduce position names (1-5, guard, forward, etc)• Work on inbound plays• Explain how to set a pick	Goal is not about winning or losing. Expose kids to a fast moving game situation and emphasize making smart passes and smart shots.

Cool Down

Drill/Game	Coaching Points/Comments
<ul style="list-style-type: none">• Stretch• Verbally recap skills taught today• Remind them of next practice time	Have kids take turn leading the stretches