

Contents at a Glance

<i>Introduction</i>	1
<i>Part I: Getting Started Coaching Youth Basketball</i>	7
Chapter 1: Teaching Basketball to Children	9
Chapter 2: Preparing for a Successful Season	17
Chapter 3: Covering the Basketball Basics	31
Chapter 4: Getting to Know the Parents	51
<i>Part II: Building Your Basketball Coaching Skills</i>	67
Chapter 5: Evaluating Your Team	69
Chapter 6: Running a Great Practice	85
Chapter 7: Game Day	103
Chapter 8: Refining Your Coaching Strategies	121
<i>Part III: Working with Beginning and Intermediate Players</i>	131
Chapter 9: Teaching the Offensive Fundamentals.....	133
Chapter 10: Teaching the Defensive Fundamentals	155
Chapter 11: Fundamental Drills for Beginners.....	177
Chapter 12: Coaching Offense 101	195
Chapter 13: Coaching Defense 101	213
Chapter 14: Taking Your Drills to the Next Level	231
<i>Part IV: Moving On to Advanced Basketball Strategies</i> ...	247
Chapter 15: Coaching Offense 201	249
Chapter 16: Coaching Defense 201	265
Chapter 17: Zoning In on Advanced Drills.....	281
<i>Part V: Shooting for the Extra Points</i>	291
Chapter 18: Keeping Your Kids Healthy and Injury Free	293
Chapter 19: Challenges Every Coach Faces	311
Chapter 20: Coaching a Travel Team	327
<i>Part VI: The Part of Tens</i>	337
Chapter 21: Ten (Or So) Things to Say to Your Team before the Game	339
Chapter 22: Ten Ways to Stay Realistic When Coaching Children	343
<i>Index</i>	347

Drills at a Glance

Offensive Drills

Bounce passes on the run	286	Over-the-top drill.....	281
Breaking the trap.....	241	Partner bounce	180
Bull in the ring	235	Pillow pushes.....	285
Drive and pop	236	Pressure passes.....	234
Dueling dribblers.....	233	Relay race.....	179
Finding and feeding the post	238	Receiving and running	244
Free-throw frenzy	183	Reverse scoring.....	245
Half-court weave	282	Running the fast break	242
Hand in the face.....	236	Screening and switching	240
Knockout	232	Soft hands	181
Lay-up mania	182	Spot shots	182
No dribbling.....	245	Target chest passes	180
Obstacle course.....	178		

Defensive Drills

Challenging the inbounds pass	186	Monitoring the motion	188
Deny the dribbler	185	Name the shooter	245
Denying the dish	185	Nondominant hand	245
Knock 'em down	287	Slide and stop	187
Lateral slides	184		

Rebounding Drills

Box and grab	190	Rebounding relays	243
One-on-one box out.....	191	Three-on-three box out.....	191
Rebound and outlet pass	193	Tips and taps	284

Miscellaneous Drills

3 on 3	245	Coach-player challenges	246
Chasing loose balls	239	Elimination games.....	246

Table of Contents

.....

<i>Introduction</i>	1
---------------------------	---

<i>Part 1: Getting Started Coaching Youth Basketball</i>	7
--	---

Chapter 1: Teaching Basketball to Children	9
---	---

Before You Grab the Clipboard: Preparing for Your Season.....	10
Gaining mom and dad’s support	10
Getting a handle on the rules and terms	11
Hitting the Court	12
Mapping out your practices.....	12
Focusing on fundamentals first	13
Surviving game day	14
Juggling Your Parenting and Coaching Responsibilities	14
Making the decision and navigating the season from the sidelines	15
Sidestepping problems with your child	16

Chapter 2: Preparing for a Successful Season	17
---	----

Crafting Your Coaching Philosophy.....	17
Setting your philosophy: Where to start	18
Gearing your philosophy to a specific age group	18
Promoting teamwork	20
Motivating players	21
Opening the lines of communication.....	22
Making every kid count	22
Emphasizing fun and skill development.....	23
Modeling good sportsmanship.....	24
Understanding the Rules and Purpose of Your League.....	25
What are my league’s rules?.....	26
Do we play makeup games?	26
What are the scheduling policies for practice time?	27
Is the league for fun or first place?.....	27
Covering Equipment Responsibilities	29
What the league is responsible for.....	29
What the child is responsible for	30

Chapter 3: Covering the Basketball Basics	31
--	----

Measuring the Court.....	31
The markings of a true basketball court	32
Sweeping the court’s dimensions.....	34

Grasping the Rules of the Game	34
The basics of how to play basketball	35
Digesting the important terms.....	35
Identifying common fouls.....	40
Knowing the referee's responsibilities and common hand signals ..	41
Considering special league rules.....	43
Preparing Your Kids to Step on the Court	45
Reviewing responsibilities of the positions	46
Specific skills required to play.....	47

Chapter 4: Getting to Know the Parents 51

Setting the Tone with Mom and Dad	52
More John Wooden than Plato: Explaining Your Coaching Philosophy.....	54
Relaying your stance on wins and losses.....	54
Emphasizing good sportsmanship.....	55
Stressing the importance of model behavior in the stands.....	56
Determining playing time and positions	57
Putting Together the Paperwork.....	59
Doing your duty with league paperwork.....	59
Distributing info with personal packets	60
Assembling Your Assisting Posse	61
Recruiting assistant coaches	62
Filling supporting roles.....	63
Meeting Your Players' Special Needs	65
Concluding the Meeting with Q & A.....	65

Part II: Building Your Basketball Coaching Skills 67

Chapter 5: Evaluating Your Team 69

Putting Your Players (And Team) Under Your Microscope	69
Assessing your players' skills	70
Identifying the team's strengths and weaknesses	72
Give Me Five: Choosing Your Lineup	73
Assigning individual positions.....	73
Finding roles so all kids can excel.....	74
From Shy to Showboat: Understanding and Interacting	
with All Kinds of Kids.....	75
The shy child	75
The uncoordinated child.....	76
The reluctant child.....	77
The child with a short attention span	77
The athletically gifted child	78
The uninterested child	79
The disruptive child.....	79
The child with special needs	80

The bullying child.....	81
The inexperienced child.....	82
The ball hogging child.....	83
The average child.....	84
Chapter 6: Running a Great Practice	85
First Practice: Tipping Off the Season.....	85
Making a good first impression.....	86
Introducing the coaches and players.....	87
Covering the appropriate skills during the first practice.....	88
All the Balls and Whistles: Coming to Practice Prepared.....	88
Bring balls and other necessary tools.....	89
Pack your first-aid kit.....	89
Practice Principles to Live By.....	90
Set the proper tone.....	91
Warm up before you start.....	92
Keep the practice age appropriate.....	92
Determine how long and how often to practice.....	93
Establish a flexible schedule.....	94
Maintain some consistency.....	94
Let the kids help select practice drills.....	95
Include mom and dad in your practices.....	95
Maximizing Your Practice Time.....	97
Building skills.....	97
Helping players who need it.....	98
What to Do if a Kid Just Doesn't Get It.....	98
Mix up practice routines.....	99
Modify your interactions with the child.....	100
Ending Practice on a High Note.....	101
Chapter 7: Game Day	103
Putting the Press on Your Pre-Game Responsibilities.....	103
Arriving early.....	104
Meeting the opposing coaches and officials.....	104
Holding a pre-game team meeting.....	105
Warming up.....	106
Inspiring your team with a pep talk.....	107
Tip-Off! Time to Play.....	108
Motivating your players.....	108
Substituting players.....	110
Using timeouts.....	112
Working with the Refs.....	113
Communicate with respect.....	113
Know the rules before you question a call.....	114
Remind yourself that refs make mistakes.....	114

Halftime: Delivering an Effective Speech and Adjusting Your Strategy.....	115
Addressing kids of all ages.....	115
Making adjustments with experienced teams	117
Winning and Losing Gracefully.....	117
How to win with grace	118
How to lose with grace	119
Wrapping Up with a Post-Game Talk	119

Chapter 8: Refining Your Coaching Strategies121

Dealing with Shifting Team Dynamics	121
Recognizing team/player improvements.....	122
Revising your early plans	123
Conducting a Midseason Review	124
Pointing out progress and areas for improvement	125
Redefining your team goals.....	125
Adjusting your players' individual goals.....	127
Holding Parent-Coach Conferences	128
Determining if Junior is having fun	129
Finding a different position for Junior	130
Helping Junior conquer his fears	130

Part III: Working with Beginning and Intermediate Players131

Chapter 9: Teaching the Offensive Fundamentals133

Working and Protecting the Ball.....	133
Build on the Basics: Dribbling Skills	134
The controlled dribble.....	135
The speed dribble	136
Addressing Passing and Catching Skills.....	137
Delivering a chest pass.....	137
Executing a bounce pass	138
Making an overhead pass	139
Catching a chest pass	140
Handling a bounce pass.....	141
Look to Score: Shooting Skills	142
Demonstrating the basic shooting position.....	143
Converting a lay-up	144
Taking a set shot.....	145
Firing a jump shot	146
Sinking free throws.....	148
Take It to the Hole: Driving to the Basket	149
Driving (to the hole) with confidence.....	149
Using the crossover drive	150

Hitting the Boards: Offensive Rebounding Skills151
 Getting in position151
 Boxing out153

Chapter 10: Teaching the Defensive Fundamentals155

Emphasizing the Importance of Defense.....155
 Break Down! Teaching the Basic Stances.....156
 Battling with a ball handler157
 Defending a drive toward the basket159
 Making a shot more difficult160
 Obstructing passes162
 Guarding post players.....163
 All wood, no plastic: Taking the charge.....166
 Rebounding the Ball after a Missed Shot168
 Boxing out opposing players169
 Boxing out on free throws171
 Protecting the ball after a rebound172
 Teaching On-Court Thievery: Steals174

Chapter 11: Fundamental Drills for Beginners177

Incorporating Offensive Drills to Bolster Scoring Chances177
 Becoming dribbling demons178
 Practicing proficient passing180
 Putting the ball in the basket.....182
 Becoming Shut-Down Defenders with Defensive Drills184
 Defending dribblers184
 Guarding passers185
 Suffocating shooters187
 Introducing Effective Rebounding Drills189
 Free-throw positioning.....189
 Box and grab190
 One-on-one box out191
 Three-on-three box out191
 Rebound and outlet pass.....193

Chapter 12: Coaching Offense 101195

Upgrading Your Players' Offensive Skills195
 Deadly dribbling techniques196
 Potent passing outlets197
 Sharp shooting options200
 Forming a Cohesive Unit with Basic Offensive Team Plays204
 Moving without the ball.....204
 Setting screens.....206
 Picking and rolling.....207
 Giving and going208
 Inbounding the ball209

Chapter 13: Coaching Defense 101	213
Identifying the Types of Defenses	213
Man-to-man defense: Stick to him like glue.....	214
Zone defense: Protect your area	216
Combining zone and man-to-man defenses	221
Teaching Good Team Defense	223
Oozing effort on the defensive end	223
Communicating with teammates	225
Dealing with screens	225
Guarding on and off the ball	226
Diving for loose balls	227
Deflecting passes	227
Swatting shots.....	228
Double teaming.....	228
Taking charges	229
Defending cutters	229
Chapter 14: Taking Your Drills to the Next Level	231
Working on Individual Drills	231
Dribbling drills	232
Passing drills	234
Shooting drills	235
Peppering the Court with Team Drills	238
Finding and feeding the post	238
Chasing loose balls.....	239
Screening and switching	240
Breaking the trap	241
Running the fast break.....	242
Rebounding relays.....	243
Receiving and running	244
Implementing Innovative Scrimmages	245
 Part IV: Moving On to Advanced Basketball Strategies	 247
Chapter 15: Coaching Offense 201	249
Communicating Plays during the Game	249
Changing Your Offensive Approach.....	250
The single low-post offense.....	250
The single high-post offense	252
The double-post offense	253
Scoring off the fast break.....	254
Attacking Opposing Defenses	255
Busting man-to-man defenses	256
Finding holes in zone defenses	256
Breaking full-court pressure.....	259

Breaking half-court pressure.....	261
Dealing with double teams.....	261
Adding Flair and Fanciness with Fakes	262
Faking jump shots	262
Faking passes	262
Chapter 16: Coaching Defense 201	265
Positioning Your Players for the Main Zone Defenses	265
2-3 zone defense	266
1-2-2 zone defense	268
2-1-2 zone defense	271
Applying Pressure with Your Whole Defensive Arsenal.....	273
Suffocating with full-court pressure.....	273
Trapping at halfcourt.....	275
Hoarding the inbounds pass	277
Defending Fast Breaks	278
Going against the 2-on-1	278
Surviving against the 3-on-1	279
Facing the 3-on-2.....	279
Chapter 17: Zoning In on Advanced Drills	281
Upgrading Offensive and Defensive Drills	281
Passing: The over-the-top drill	281
Ball handling: The half-court weave	282
Rebounding: Tips and taps	284
Shooting: Pillow pushes	285
Fast breaks: Bounce passes on the run	286
Taking charges: Knock 'em down	287
Managing the Game Clock.....	288
Working the clock with a lead.....	288
Defending with the lead.....	289
Racing against time when trailing	289
Fouling late in games	290
<i>Part V: Shooting for the Extra Points</i>	291
Chapter 18: Keeping Your Kids Healthy and Injury Free	293
Hoop Fuel: Eating Healthful	293
What to eat pre-game.....	294
What to eat post-game.....	295
How to keep your players hydrated	296
Taking Steps to Avoid Basketball Injuries	297
Stretching to warm up: What to remember	297
Including basic warm-up stretches	299
Incorporating more advanced stretches	303
Properly cooling down.....	305

Addressing Injuries on the Court	306
Treating common basketball injuries	306
Handling emergency/first-aid situations	309
Chapter 19: Challenges Every Coach Faces	311
Dealing with Problematic Parents	311
Why-doesn't-he-play-more parents	312
Perpetually late parents	313
Win-at-all-costs parents	314
Babysitting-service parents	315
Disruptive parents	316
Putting a Muzzle on Problematic Coaches	318
Opposing coaches who encourage unsafe play	319
Opposing coaches who are poor sports	319
Handling your dissenting assistants	320
Taking Care of Discipline Problems on Your Team	321
Disciplining players: Some general advice	322
Employing the three-strike technique	324
Snuffing Out Problematic Spectators	326
Chapter 20: Coaching a Travel Team	327
Defining a Travel Team	327
What age groups are travel teams appropriate for?	328
How much travel is typically involved?	328
Assembling Your Travel Team	329
Holding a tryout (not a beauty pageant)	329
Selecting the most fitting players	332
Breaking the good and bad news	333
Hitting the Road	334
Addressing safety issues off the court	334
Handling other off-court issues	334
Choosing destinations	335
Surviving the Travel Team Season	335
Avoiding burnout	335
Keeping everyone involved	336
 Part VI: The Part of Tens	 337
Chapter 21: Ten (Or So) Things to Say to Your Team before the Game	339
Being Nervous Is a Good Thing	339
Win or Lose, I Support You All the Same	340
Mistakes Are Okay	340

Be a Supportive Teammate340
 Be a Good Sport341
 During One of My Games, I341
 Talk about Your Pals on the Other Team341
 I'm Excited to Watch You in Action.....342
 Tell Me What You're Looking Forward To342

Chapter 22: Ten Ways to Stay Realistic When Coaching Children . . .343

Step Back in Time.....343
 Focus on Fun instead of Wins344
 Put Yourself in Their Small Shoes344
 Keep the Goals Reasonable344
 Ditch the “Star Builder” Mindset.....344
 Don't Arrive with Preconceived Ideas345
 Poll Your Players345
 Don't Copy What You See on Television345
 Understand Your Motivations346
 Realize Kids Begin at Different Levels346

Index347

