

DIVISIONAL PLAY

ONE-HOUR PRACTICE PLAN

Pre-Practice - Stretching
Warm-Up Time
Skills Drills
Shooting Drills

Team Offense
Team Defense
Special Situations
Team Scrimmage / Post-Practice Comments

THINGS THAT SHOULD BE DONE DURING PRACTICE

1. Warm-Up and Stretching: Set up a routine. (Let players do this). Change leaders every practice.
2. Skills Drills: This can change each practice. Advance in relationship to the ability of each player.
3. Shooting Drills: Work on accuracy. Contests are fun. Free throw shooting is a must. Work on self-improvement.
4. Team Offense: Teach team offense (Zone and Man). Break it down (2 on 2, 3 on 3, etc.).
5. Team Defense: Teach team defense (Man and Zone). Break it down (2 on 2, 3 on 3, etc.).
6. Special Situations: Out-of-bounds plays, last second shot, delay game, jump ball.

ONE-HOUR PRACTICE PLAN BREAKDOWN

Teach players to stretch on their own before practice begins (you only have an hour).

WARM-UP TIME - 5 MINUTES

Body balance and control drills:

1. Change pace/direction
2. **Two-foot jump stop - With or Without Ball**
3. **Two-foot and reverse pivot - Without Ball**
4. **Defensive stance**
5. Defensive slides
6. Silent run - high knees

SKILLS DRILLS WITH BALL - 10 MINUTES

1. 2 Lines - Equal amount of players in each line
 - A. **Dribble, two-foot jump stop, reverse pivot, crossover, pull back, change of pace, and behind the back.**
 - B. Pass, receive, jump stop, full court.
2. 3 Lines
 - A. **Dribble down the court - crossover, pull back, change of pace.**
 - B. **Pass/Weave - Pass and go behind the player.**
 - C. Opposite Lane, power dribble. Dribble to middle.
 - D. **Add defense, 3 on 2, and 2 on 1.**
 - E. No defense, Add trailer (4 man), add safety (5 man), add defense.

FREE THROWS

1. **Five and rotate. Two players in each group - 1 shooter and 1 rebounder.**
2. **One plus one bonus (miss 1st shot - no bonus, sprint full-court).**
3. Free-throws in a row.
 - A. **One sprint if shooter misses first attempt.**
 - B. Three straight successful shots = Bonus point.

SHOOTING DRILLS CONTESTS - 10 MINUTES

1. **SPOT** - 2 players with one ball
2. **GROUP SHOOTING** - games/make it fun. Baseline, Wing, Free Throw - 2 balls per group.
3. **INDIVIDUAL SHOOTING** - 30 Second Drills

OFFENSE - 10 MINUTES

1. **Zone**

A. **1-3-1 (Wheel)**

1. **Wing Entry/Overload**
2. **High Post Entry**

B. **1-4**

1. **Wing Entry**
2. **Post Entry**
3. **Dribble Entry**

Notes: Basic Principles for zone offense:

A. Don't line up near an opponent.

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

C. Every time you receive the ball, do the following: Triple Threat

1. Look to shoot.

2. Drive (get by the defender who guards you).

3. Pass and move to a new spot.

D. Fake a Pass - Make a Pass.

E. Offensive Rebounding. Anticipate the missed shot.

2. Man Offense

A. Passing game.

1. Pass and Screen Away.

B. Shuffle.

C. High-Low Post.

DEFENSE - 10 MINUTES

1. **2-1-2 - Sides and coverage**

2. **1-2-2**

A. Wing Slides

B. Corner Slides

3. **1-3-1**

A. **Point to Wing Slide**

B. **Wing to Corner Slide**

4. Half-court man

SPECIAL SITUATIONS - 5 MINUTES

1. Defend out-of-bounds (under basket).

2. **Out-of-bounds plays (offense)**

A. **Box Set - Screen Across, Screen Up**

3. Free-throw blockouts.

4. Attack the press (zone or man)

TEAM SCRIMMAGE - 10 MINUTES Teach while they play.

FINAL COMMENT - POST PRACTICE

Remember that this is the greatest game to play. We all wish we could still play like we could when we were our players' age. That is because it is fun. Practices are fun. Whenever I had moral problems, it was because the game was no longer fun. When kids stop playing, it is because the pressures of winning, playing, time, and outside influences outweigh the fun they are having. Also, send them to camps. For more information on NJB Day camps, check our website;

WWW.NJBL.ORG



POSITIVE COACHING

1. YOUTH SPORTS BUILD SELF ESTEEM: Research shows that:
 - A) Kids who play youth sports have a good chance of improving their **self-esteem**. Team sports build a sense of belonging. Learning and improving athletic skills builds self confidence; "Everybody plays" give each kid a sense of feeling worthwhile.
 - B) Kids who continue to play sports are more likely to:
 - Stay in school
 - Earn better grades
 - Have less behavior problems.
2. GOAL OF COACHING: KEEP KIDS IN SPORTS: A Coach is successful if the kids come back to play the next year.
3. MOTIVATIONAL KEYS FOR KIDS IN SPORTS:
 - A) **Having Fun is the #1 reason why kids play sports.**
 - B) Learning Skills is the #2 reason why kids continue to play sports... Kids who concentrate on mastering tasks and improving their techniques stay in sports longer than kids who concentrate simply on winning.
 - C) Positive Coach Support is the #1 reason why kids continue to play sports.
4. SEVEN STEPS TOWARD POSITIVE COACHING:
 - A) LOOK FOR POSITIVES
 - B) **KEEP A 4-TO-1 RATIO OF POSITIVES TO NEGATIVES.** (Give four compliments for every one critical remark).
 - C) USE ANIMATED PRAISE. Kids respond to, and hear enthusiastic praise with lots of action, commotion, and emotion.
 - D) 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 be afraid of them. Use the "sandwich" method when criticizing. ("Sandwich" a critical remark in between two compliments.)
 - E) **PRAISE SPECIFICS.** Kids hear, visualize, and remember specific praise (i.e. "good outlet pass" rather than "good game").
 - F) NOTICE PROGRESS. Kids who feel that they are progressing are less likely to drop out of the sport.
 - Frequency: They're doing something more or less often (more free throws, less turnovers).
 - Duration: They're doing something for a longer period of time (more consecutive free throws; less turnovers per period.)
 - Intensity: They're showing energy, concentration, enthusiasm, (hustling down court, diving for loose balls, etc.)
 - G) Playing time is a reward. Many times, the most effective punishment is the bench. If a player is being defiant of not following directions, simply sit him down and calmly tee him why he is not playing.

Vanguard University
Champions of Character Program Center

The Role of the Youth Coach

What it means to be called "Coach"

- You are apart of the greatest profession in the world!
- You truly care about people
- You are a giver and not a getter
- You are a Role Model
- You lead by influencing others

Alarming current issues in athletics today:

- 70% of kids quit by the age of 13
 - They are bored
 - They have had a negative experience with a coach
 - Issues with parents
 - It's not FUN anymore
- Increase in violent situations
 - Arguing
 - Retaliation
 - Fighting
 - Out of control behaviors
- Lack of teaching positive values
 - Win at all cost mentality
 - Only being taught the X's and O's
 - Sports doesn't teach character, Coaches do!

Roles of a youth coach

- Be a leader
- Be a teacher
- Be a role model
- Develop the complete player
- Develop a team
- Be a parent / Be a coach
- Have FUN!

Remember... The might not remember what you said, but they will always remember how you made them feel!

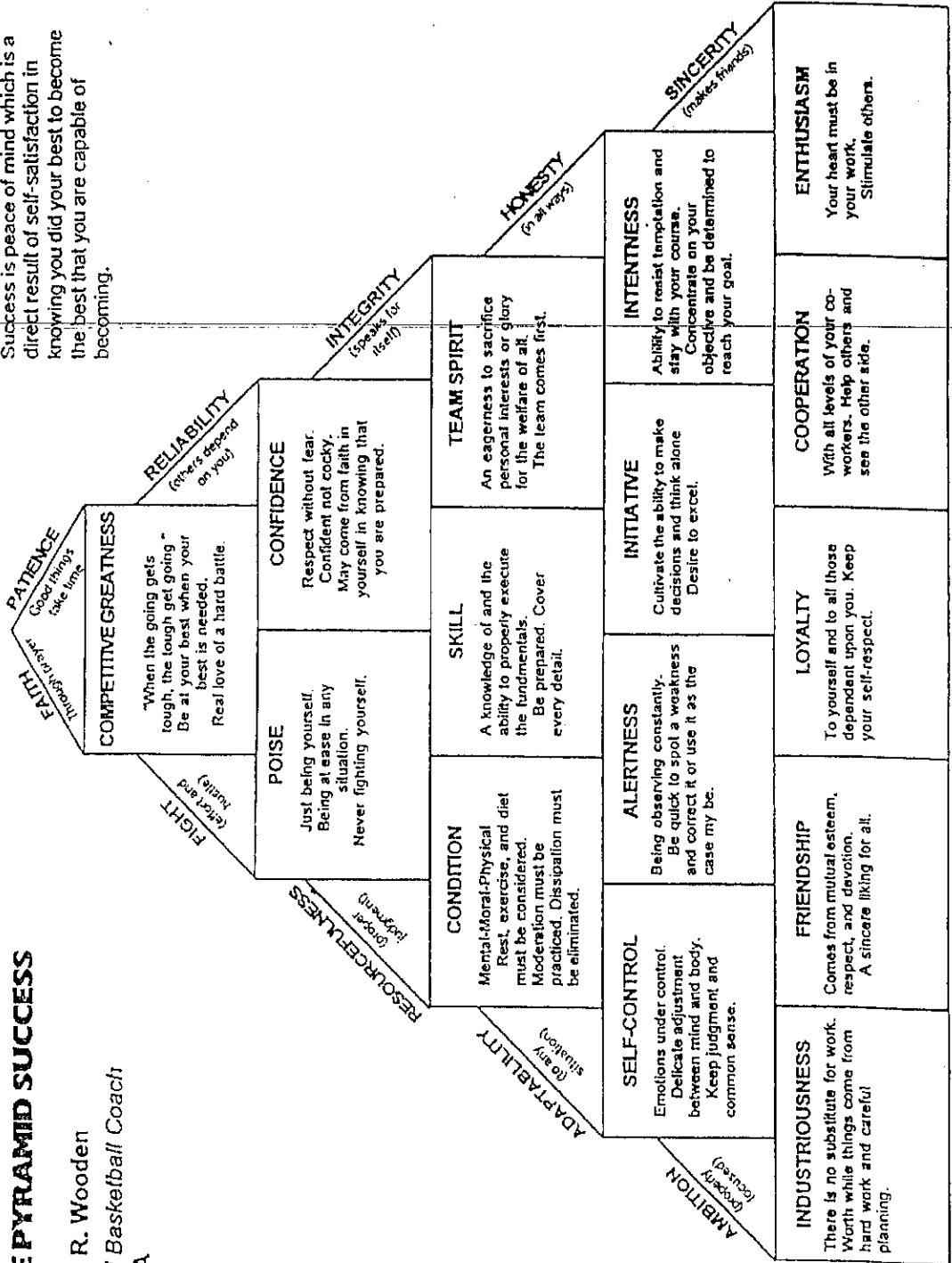
*"One athlete of character can improve a team,
One team of character can improve an organization, and
One organization of character can impact an entire community."*

THE PYRAMID SUCCESS

John R. Wooden
 Head Basketball Coach
 UCLA

SUCCESS

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.



PATIENCE
 Good things take time

FIGHT THROUGH TROUBLE

COMPETITIVE GREATNESS
 "When the going gets tough, the tough get going."
 Be at your best when your best is needed.
 Real love of a hard battle.

POISE
 Just being yourself.
 Being at ease in any situation.
 Never fighting yourself.

CONFIDENCE
 Respect without fear.
 Confident not cocky.
 May come from faith in yourself in knowing that you are prepared.

SKILL
 A knowledge of and the ability to properly execute the fundamentals.
 Be prepared. Cover every detail.

TEAM SPIRIT
 An eagerness to sacrifice personal interests or glory for the welfare of all.
 The team comes first.

CONDITION
 Mental-Moral-Physical. Rest, exercise, and diet must be considered. Moderation must be practiced. Disobedience must be eliminated.

INITIATIVE
 Cultivate the ability to make decisions and think alone.
 Desire to excel.

LOYALTY
 To yourself and to all those dependent upon you. Keep your self-respect.

FRIENDSHIP
 Comes from mutual esteem, respect, and devotion.
 A sincere liking for all.

SELF-CONTROL
 Emotions under control. Delicate adjustment between mind and body. Keep judgment and common sense.

ALERTNESS
 Being observing constantly. Be quick to spot a weakness and correct it or use it as the case may be.

AMBITION
 There is no substitute for work. Worth while things come from hard work and careful planning.

ENTHUSIASM
 Your heart must be in your work. Stimulate others.

RELIABILITY
 (Others depend on you)

INTEGRITY
 (Speaks for itself)

HONESTY
 (In all ways)

ADAPTABILITY
 (To any situation)

AMBITION
 (Growth factors)

SINCERITY
 (Makes friends)

