

Wilson Family Y Basketball Coach Syllabus (2014-2015)

(Iddy Bitty Basketball)

(Ages 3 and 4)

Pre-Season Coaching Check List:

Attend Coaching meeting, (if possible), call parents of children on your roster and let them know about the first practice day, time, team color, and team name. Also ensure that you have the correct email address of the parents and let Rina **White/Trevor Welcher** know if we need to make changes on our end regarding emails. Tell parents to have child bring their own water bottle/Gatorade or any other essential item to your particular child. (We do have water fountains available here at the Wilson YMCA).

******Use this Syllabus as a platform to progress your players. Go at your own pace based on your team. ******

Week 1

Overview

You will meet your team for your first time at your assigned practice time. Remember to come at least 15 minutes early so we are able to start on time. This week will consist of two practices and uniforms will be handed out for pictures the following week. Week 1 will be used as an Introduction period. This Introduction phase will consist of: 1.Meet/greet between players, coaches, and parents. 2. Basic Drills 3. Defense

Objective

The objective is to get the children comfortable with the basketball, their teammates, and the basic fundamentals of the game. We also would need to find at least 2 team parents to organize a snack schedule for the kids after each week's practice.

********Remember, during this 1st week your kids will show you what they know and do not know, and what all you will need to work on. ********

Drills for Week 1:

1. **Lay Ups** - You should practice lots of lay ups with both hands. Your goal should be to get all players to make lay ups with their left and right hands equally well!! Teach them to jump off the proper foot. They should jump off the left leg when shooting a right hand lay up. They should shoot off their right leg when shooting a left hand lay up. It will be difficult but work on it. You'll probably need to start really close to the basket, with no dribble, and take just one step to practice the footwork. Once you add the dribble, they should dribble with their left hand when shooting left hand lay ups. And vice versa.
2. **Ball Handling** - You should teach your players to dribble with left and right hands equally. Basic dribble moves such as the speed dribble, crossover, protect-the-ball dribble, and back-up dribble.
3. **Basic Passing**- Teach and practice the basic chest, bounce, and overhead passes.
4. **Defense**- Defense can simply be taught throughout any drill of any week. Just make sure the kids know that in the game of basketball you will have a defender on you trying to get the ball. Show them how to simply slide their feet and keep their hands up.

Week 2 and Week 3

Dribbling and Passing

Objectives for dribbling/passing

The objective is for players to be able to handle the ball and dribble under control. Players will attack the basket (target) to score in basketball. To keep possession of the ball, focus on passing and receiving. The objective is for players to be able to pass and receive the basketball.

Dribbling Drills

- **Introduce, demonstrate, and explain how to dribble without losing control.**
 - Players should stand apart from each other (allow 15 seconds for them to move to their own space); on a signal, they begin dribbling around the court without losing control. Players stop and catch the ball quickly on a signal. Repeat three

times using short intervals (20, 30, and 45 seconds). Remember to mention these tips: “Keep your eyes over the ball.” “Keep the ball low.” “Keep the ball at your side.”

To simplify: Keep the interval short (10, 12, or 15 seconds).

To challenge: Lengthen the interval.

- Dribbling with left and right hand
 - Dribbling and moving with the ball. Dribbling in different places around the body while stationary. Dribbling continuously while switching hands. Dribbling at different heights.
 - Make sure size and weight are comparable to the skill level of the individual.

Passing Drills

- Introduce, demonstrate, and explain how to pass and receive
 - Individual or pairs—demonstrate throwing and catching, and then have players practice some of the following throwing and catching activities: Tossing to self and catching. Catching from a skilled thrower. Bouncing a ball to self and catching it. Passing or throwing to a target. Catching the ball in different places around the body. Passing the ball against the wall and catching it.
 - For receiving:
 - “Target the hands.”
 - “Keep your eyes on the ball.”
 - “Reach for it.”
 - “Pull it in.”
 - For passing:
 - “Put your hands on the sides of the ball, with your thumbs pointing to each other.”
 - “Step forward with your preferred foot.”
 - “Push the ball forward at chest level, elbows out, and snap it.”
 - After the pass:
 - “Move your thumbs down, backs of your hands facing each other, and move your weight forward.”

- Introduce, demonstrate, and explain how to dribble and pass to a partner. Have your player's practice dribbling and passing to a partner.
 - Partner 1 dribbles the ball 8 to 10 times and then passes it to partner 2. Partner 2 starts dribbling forward and then passes back to partner 1. The partners continue to dribble and pass to each other from one end of the gym to the other. The goal is to make four successful passes in a row (adjust number as necessary).
 - For chest pass
 - "Keep your chest high."
 - "Keep your thumbs down and together."
 - "Step forward."
 - For bounce pass
 - "Snap your thumbs down and together."
 - "Bounce the ball so your partner catches it waist high."
 - "Step forward."
 - "If you have the ball, you must dribble to move."
 - "Pass on the move."
 - "Control the ball."
 - "Lead your partner."

Week 4, 5, and 6

Lay Ups and Shooting/Shooting Form

Objectives for lay ups and shooting

The objective of the basic lay up is to teach the kids how to use their dribble to attempt an easy score. The lay up is basically the first thing you should learn when shooting the basketball. Teach them the proper way to shoot a basketball. (They may struggle because of strength issues, but this is ok. Work with them)

- In regards to shooting, you as the coach/instructor should introduce, demonstrate, and explain how to shoot baskets with a set shot. Have your players practice shooting baskets with a set shot.
 - Players can practice shooting individually or in pairs in a game of Around the Key. For this game, mark shooting spots with tape in an arc around the basket (inside the key). All shots should be close to the basket. Each player moves from spot to spot in order, shooting at each spot. If pairs are playing, player 2 gets the rebound and passes the ball back to player 1. The keys to success will be the size

and weight of the ball the player uses as well as the height and size of the basket or target. Players should “high five” their partners when those partners score a basket.

- Remember these key skills when shooting:
 - “Keep hands apart on the ball.”
 - “Only fingers touch the ball.”
 - “Keep palms up.”
 - “Point elbows toward the basket.”
 - “Flip the wrist and wave good-bye.” (The hand follows through after the shot.)
- With layups you can evenly split them up into a lay up line and a rebound line.
 - Make sure you have them dribble in for a lay up on both sides.
 - The rebounding line individual will simultaneously move in for the rebound as the lay up line individual goes in for the lay up.

You want to spend WEEK 7 AND 8 incorporating all of these aspects. (Dribbling, Passing, Shooting, Lay Ups, Defense) These are the essential ingredients of basketball. For them to know what position they are at this point is irrelevant. At this age level it is difficult to maintain their attention already, so you don’t want to bore the kids. I have games listed below to help you as needed. (Definitely modify if you need to.)

Links

(Use the links below for assistance. If you need more please feel free to contact me and I will send more.)

Lay Up Drills

- <https://www.youtube.com/watch?v=CDQNxsWgDpY>
- https://www.youtube.com/watch?v=tB_ARIBFisY
- <https://www.youtube.com/watch?v=RrNQrfzOspI>
- <https://www.youtube.com/watch?v=8jll3oncC6w>

Shooting

- <https://www.youtube.com/watch?v=fCH-KH3PuOc>
- <http://www.coachesclipboard.net/2ManShootingDrills.html>
- https://www.youtube.com/watch?v=9OHoYyAdH_A
- <http://www.sportplan.net/drills/Basketball/Shooting/Team-Shooting-Drill-bb300042.jsp>

Ball Handling

- <https://www.youtube.com/watch?v=Ef1N4vXMINQ>
- <https://www.youtube.com/watch?v=Vvo0QlteJ4M>
- <https://www.youtube.com/watch?v=PV8oCxY9a-s>
- <http://www.breakthroughbasketball.com/fundamentals/ballhandling.html>

Passing

- <https://www.youtube.com/watch?v=PyKPt0ApTMc>
- <https://www.youtube.com/watch?v=1B3M920t1Fg>
- <https://www.youtube.com/watch?v=qt6Q2DRY8Po>
- <https://www.youtube.com/watch?v=SbOxamKyzY>

Defensive Drills

- <https://www.youtube.com/watch?v=ERH0rPqVKZQ>
- <https://www.youtube.com/watch?v=LuCTph5wl6s>
- <https://www.youtube.com/watch?v=Ox1AfESk6Jo>
- <https://www.youtube.com/watch?v=jbEx0Tp21m0>

Basic Pass and Cut Offense (very simple, my suggestion to all teams)

- <https://www.youtube.com/watch?v=qNhe0MoXiro>