



Youth Recreational Basketball Parent/Coach Handbook



**Parent Information
Volunteer Coach Information
Player Information**

**HELENA FAMILY YMCA
1200 N Last Chance Gulch • 442-9622**

Welcome To the Helena Family YMCA Youth Recreational Basketball Season!

Welcome Parents and Coaches!

Your Parent/Coach Handbook Includes:

- Parent information
- YMCA Youth Recreation League basketball rules
- Volunteer coach information
- Description of developmentally appropriate basketball skills and drills

YOUTH SPORTS PHILOSOPHY

The Youth Sports program at the Helena Family YMCA gives elementary-aged boys and girls the opportunity to learn sports skills in a supervised low-competitive environment. We believe that participating in sports should be *FUN* and that every player should have an *EQUAL OPPORTUNITY* to play. The emphasis of our practices is on the *DEVELOPMENT OF SKILLS*. We want to take the pressure off the kids and let them enjoy youth sports. This is done by de-emphasizing winning at all costs and ensuring equal playing time for all players. Parent *SUPPORT* is encouraged as opposed to parent *PRESSURE* on the kids to be perfect.

If you have any comments or concerns, we would like to hear them. Please email Shane, Sports Coordinator at Shane.Hoerber@helenaymca.org.

CARING, HONESTY, RESPECT, RESPONSIBILITY

The YMCA has made a national commitment to help young people learn the values of Caring, Honesty, Respect and Responsibility, all necessary to hold us together as a people. We seek to incorporate these values in all that we do and to partner with families in teaching these essential values to our young people. By teaching these values during the practices of this youth sports program, we hope to give participating children the opportunity to become better sports on and off the court. We have incorporated basic activities to be used by the volunteer coaches during practice time and before games that will assist in introducing the four values to the children.



YMCA Coaching Responsibilities

Supervise a group of kids in a safe and well-maintained environment.

Develop a lesson plan for practices and the season teaching the fundamentals of the sport.

Contact all the families on your roster as soon after the coaches meeting as possible. Inform them of your practice time and location.

Distribute schedules and all necessary information at the first practice. You may want to distribute a roster to all families. It is a good idea to give out your contact information at this time.

Inform the YMCA about when and where your team will practice each week.

Attend all games & practices. If you cannot make a practice or game, ask another parent to cover for you. If possible, provide the substitute coach with a practice plan or game plan. Only cancel practice if it's an emergency.

Designate a team parent to assist with a snack schedule.

Know the rules at each level of play. The YMCA modifies the rules for most sports to create a positive experience for the children.

Maintain good relationships with parents and keep them informed of the Y's philosophy and goals that you are teaching their kiddos.

Serve as a role model for all participants, staff, and families conducting your self properly while participating in all required activities with an enthusiastic attitude.

Emphasize skill development and fun, while de-emphasizing the importance of winning and losing.

Be well-versed in the YMCA principles of Youth Sports and participate in the YUSA on-line coaching program.

Heads Up, Free Concussion Training: Currently all 50 states have passed concussion legislation and many states are reexamining their law to fill any gaps in coverage. Most legislation includes three components:

To mandate educational outreach to coaches, parents and athletes

To mandate immediate removal from play to any athlete who sustains a concussion

To require parents to sign an acknowledgment form prior to their child playing contact sports.

To help provide educational training, the Center for Disease Control (CDC) created an [online training](#) for your coaches and youth sports staff. We recommend that everyone involved in youth sports complete this training, regardless of your state laws. You can help children stay active and healthy by knowing the signs of a concussion and when it's safe to return to play.

Parents - Recreational Basketball League Information

Games: Games are typically played on Saturdays, but could include some weekday games during the season, as needed. Games could be up to one hour long and will be played at various schools across the Helena area.

Practices: Practice day & time is determined by the coach. You will be contacted by your coach prior to the first practice. Many teams may only get in one practice before the first scheduled game. This is normal and not a reason to worry.

Game Schedules: You will receive game schedules and information before the first practice. Once you know your team's name, you should be able to find your team's info on YGametime.com.

Snack Schedule: Although not necessary, many kids "live" for the after-game snack! If you cannot be a coach or assistant coach perhaps you can help the coach by creating a snack schedule for the team.

Jerseys: Coaches will hand out the team jerseys at the first GAME. Your child gets to keep his/her jersey!

Pictures: pictures are usually scheduled around the first week of practice. You may receive information that NO PICTURES will be taken, which is the case some seasons. If this occurs, we apologize for the inconvenience.

Participant Award: Every child receives a participant award at the last scheduled game. Participant awards are given to coaches who will hand them out to the participants following the game. If you cannot make the last game, give us a call and make arrangements to pick up your participant award.

Equipment: Players must wear sneakers or a good athletic shoe that fits, as well as their team's YMCA jersey for games. Comfortable shorts or sweats are to be worn. It is helpful to bring gym shoes and change from boots to sneakers especially during the snowy months ahead. Wet sneakers make for slippery game shoes!

Weather: It is our policy to cancel games only in extreme conditions. If games must be cancelled a text blast will go out as soon as a decision is made. If you are unsure, it is best to contact your coach first.

Cancellations and make-up games: The YMCA will make the decision to cancel games. If possible, make-up games will most likely be scheduled during a practice time. Coaches will make the decision to cancel a practice during periods of inclement weather.

Helena Family YMCA Youth Sports Program Parent Agreement

As a parent in the Helena Family YMCA's Youth Sports Program...

- 1.** I will remember that children participate to have fun and that the game is for the kids, not adults.
- 2.** I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- 3.** I will learn the rules of the game and the policies of the program.
- 4.** I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent including booing and taunting, refusing to shake hands, or using profane language or gestures, etc.
- 5.** I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice, or other sporting event.
- 6.** I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- 7.** I will teach my child to treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex, or ability.
- 8.** I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
- 9.** I will emphasize skill development and practice and will focus on how they benefit my child over winning.
- 10.** I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
- 11.** I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.

Kindergarten Co-ed Rules

1. Participation

Equal participation for all players is a key element in YMCA Youth Sports.

- a) Each player will play a minimum of two complete quarters per game (if numbers allow).
- b) Each player will sit out a minimum of one entire quarter (if numbers allow).

2. Substitution

Substitutions are at the discretion of the Coach. Substitutions can be made at any time, as long as the Participation Rule is being met.

3. Number of Players

Each team will play no more than five (5) and no less than three (3) on the court at one single time. Teams must play at equal strength.

4. Uniforms

Players must wear their team's YMCA jersey, sneakers (no black soles) and shorts. Players may wear sweats.

5. Length of Game

Games will consist of four (4) eight-minute quarters, with a one (1) minute rest period in between each quarter and a five-minute halftime. Time will continuously run, except in the case of a time-out or injury.

6. Time Outs

Each team will be given two time-outs per half. Unused time-outs do not carry over to the next half or game.

7. Equipment

Games will be played on a shorter court (sideways on a full-court) on eight-foot baskets or lower if possible. A Junior Size Ball (27") will be used.

8. Play

- a) Play begins with a coin flip or any other means agreed upon by the coaches at the beginning of the game to determine first possession. The Alternate Possession rule will apply on all held balls and at the start of each successive quarter.
- b) Player-to-player defense starting at three-point arc will be the only defense allowed. NO ZONES OR FULL-COURT PRESSES. Players must wear wristbands to determine which opponent to defend.
- c) No double-teaming. In the case of a double-team, an infraction will be called with the ball being taken out-of-bounds by the offensive team.
- d) Screens or switches will NOT be allowed.
- e) No lane violations will be called.
- f) No free throws will be taken even in the case of a shooting foul. Ball will be taken out-of-bounds on every call.
- g) Coaches or parents will act as referees. Two coaches should be on the court at all times. The intent of this rule is to put coaches on the floor to take advantage of coaching moments when they arise.
- h) Score will not be kept during the game. Emphasis is on fun and learning. Time will be kept either by use of the YMCA's scoreboard or by the YMCA Gym Coordinator for all games. A YMCA staff member will inform both coaches of the start time, end of each quarter and the end of the game.
- i) Players will have ten (10) seconds to advance the ball past the halfway point. Violation of this rule will result in forfeiture of the ball to the other team.
- j) Players on defense may not strip the ball from the ball handler*
- k) Rules of a traditional basketball game should be taught and enforced (double dribble, traveling, etc.)

*The younger the basketball players the more the defense has the advantage. The skills required to dribble, pass, & control the ball as a team require years of practice to acquire with proficiency; & these skills might never be mastered if defenders are constantly stripping the ball or playing full court press.

9. Coaches Behavior

Coaches will be held accountable for their teams, their parents' and their own behavior. The YMCA encourages fair-play, sportsmanship, teamwork, and fun. At the YMCA, we build strong kids, strong families, and strong communities. Our values are what come first.

1st Grade RULES

1. Participation

Equal participation for all players is a key element in YMCA Youth Sports.

- a) Each player will play a minimum of two complete quarters per game (if numbers allow).
- b) Each player will sit out a minimum of one entire quarter (if numbers allow).

2. Substitution

Substitutions are at the discretion of the Coach. Substitutions can be made at any time, as long as the Participation Rule is being met.

3. Number of Players

Each team will play no more than five (5) and no less than three (3) on the court at one single time. Teams play at equal strength.

4. Uniforms

Players must wear their team's YMCA jersey, sneakers (no black soles), and shorts. Players may wear sweats.

5. Length of Game

Games will consist of four (4) eight-minute quarters, with a one (1) minute rest period in between each quarter and a five-minute halftime. Time will continuously run, except in the case of a time-out or injury. NO OVERTIME!

6. Time Outs

Each team will be given two time-outs per half. Unused time-outs do not carry over to the next half or game.

7. Equipment

Games will be played on a full-court with eight (8) foot baskets. A Junior Sized Ball (27") will be used.

8. Play

- a) Play begins with a jump ball. The Alternate Possession rule will apply on all held balls and at the start of each successive quarter.
- b) Player-to-player defense starting at three-point arc will be the only defense allowed. NO ZONES OR FULL-COURT PRESSES. Players must wear wristbands to determine which opponent to defend.
- c) No double-teaming. In the case of a double-team, an infraction will be called with the ball being taken out-of-bounds by the offensive team.
- d) Screens or switches will **not** be allowed.
- e) No lane violations will be called.
- f) No free throws will be taken even in the case of a shooting foul. Ball will be taken out-of-bounds on every call.
- g) Players cannot foul out. A player can accrue an unlimited amount of fouls. However, it is highly recommended that coaches monitor this and do not use it to their advantage.
- h) Coaches will act as referees on the court. Two coaches should be on the court at all times. The intent of this rule is to put coaches on the floor to take advantage of coaching moments when they arise.
- i) Score will not be kept during the game. Emphasis is on fun and learning. Time will be kept either by use of the YMCA's scoreboard or by the YMCA Gym Coordinator for all games. A YMCA staff member will inform both coaches of the start time, end of each quarter and the end of the game.
- j) Players on defense may **not** strip the ball from the ball handler*
- k) Players will have ten (10) seconds to advance the ball past the halfway point. Violation of this rule will result in forfeiture of the ball to the other team.
- l) To encourage ball movement, a seven (7) second rule will be called when an offensive player holds or dribbles the ball without forward movement for 7 seconds. The ball will then be awarded to the defensive team.
- m) Rules of a traditional basketball game should be taught and enforced (double dribble, traveling, etc.). Coaches will be instructed to call all infractions, but inform and teach a player why.

*The younger the basketball players the more the defense has the advantage. The skills required to dribble, pass, & control the ball as a team require years of practice to acquire with proficiency; & these skills might never be mastered if defenders are constantly stripping the ball or playing full court press.

9. Coaches Behavior

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2nd Grade Boys & 2nd Grade Girls RULES

1. Participation

Equal participation for all players is a key element in YMCA Youth Sports;

- a) Each player will play a minimum of two complete quarters per game (if numbers allow).
- b) Each player will sit out a minimum of one entire quarter (if numbers allow).

2. Substitution

Substitutions are at the discretion of the Coach. Substitutions can be made at any time, as long as the Participation Rule is being met.

3. Number of Players

Each team will field no more than five (5) and no less than three (3) on the court at one single time. Teams play at equal strength.

4. Uniforms

Players must wear their team's YMCA jersey, sneakers (no black soles) and shorts. Players may wear sweats.

5. Length of Game

Games will consist of four (4) eight-minute quarters, with a one (1) minute rest period in between each quarter and a five-minute halftime. Time will continuously run, except in the case of a time-out or injury. NO OVERTIME!

6. Time Outs

Each team will be given two time-outs per half. Unused time-outs do not carry over to the next half or game.

7. Equipment

Games will be played on a full-court with nine (9) foot baskets. A Junior Sized Ball (27") will be used.

8. Play

- n) Play begins with a jump ball. The Alternate Possession rule will apply on all held balls and at the start of each successive quarter.
- o) Player-to-player defense starting at three-point arc will be the only defense allowed. NO ZONES OR FULL-COURT PRESSES. Players must wear wristbands to determine which opponent to defend.
- p) No double-teaming. In the case of a double-team, an infraction will be called with the ball being taken out-of-bounds by the offensive team.
- q) Screens or switches will **not** be allowed.
- r) No lane violations will be called.
- s) No free throws will be taken even in the case of a shooting foul. Ball will be taken out-of-bounds on every call.
- t) Players cannot foul out. A player can accrue an unlimited amount of fouls. However, it is highly recommended that coaches monitor this and do not use it to their advantage.
- u) Coaches will act as referees on the court. Two coaches should be on the court at all times. The intent of this rule is to put coaches on the floor to take advantage of coaching moments when they arise.
- v) Score will not be kept during the game. Emphasis is on fun and learning. Time will be kept either by use of the YMCA's scoreboard or by the YMCA Gym Coordinator for all games. A YMCA staff member will inform both coaches of the start time, end of each quarter and the end of the game.
- w) Players on defense may **not** strip the ball from the ball handler*
- x) Players will have ten (10) seconds to advance the ball past the halfway point. Violation of this rule will result in forfeiture of the ball to the other team.
- y) To encourage ball movement, a seven (7) second rule will be called when an offensive player holds or dribbles the ball without forward movement for 7 seconds. The ball will then be awarded to the defensive team.
- z) Rules of a traditional basketball game should be taught and enforced (double dribble, traveling, etc.). Coaches will be instructed to call all infractions, but inform and teach a player why.

*The younger the basketball players the more the defense has the advantage. The skills required to dribble, pass, & control the ball as a team require years of practice to acquire with proficiency; & these skills might never be mastered if defenders are constantly stripping the ball or playing full court press.

9. Coaches Behavior

Coaches will be held accountable for their teams, their parents' and their own behavior. The YMCA encourages fair play, sportsmanship, teamwork, and fun. At the YMCA, we build strong kids, strong families, and strong communities. Our values are what come first.

3rd Grade Boys & 3rd Grade Girls RULES

1. Participation

Equal participation for all players is a key element in YMCA Youth Sports.

- a) Each player will play a minimum of two complete quarters per game (if numbers allow).
- b) Each player will sit out a minimum of one entire quarter (if numbers allow).
- c) Players must check in with the scorer's table upon entering the game.

2. Substitution

Substitutions are at the discretion of the Coach. Substitutions can be made at any dead ball, as long as the Participation Rule is being met.

3. Number of Players

Each team will field no more than five (5) and no less than four (4) on the court at one single time. Teams play at equal strength.

4. Uniforms

Players must wear their team's YMCA jersey, sneakers (no black soles) and shorts. Players may wear sweats.

5. Length of Game

Games will consist of four (4) eight-minute quarters, with a one (1) minute rest period in between each quarter and a five-minute halftime. Time will continuously run, except on free throws and the last minute of each quarter. NO OVERTIME!

6. Time Outs

Each team will be given two time-outs per half. Unused time-outs do not carry over to the next half or game.

7. Equipment

Games will be played on a full-court with 9-foot baskets for Boys & Girls. An Intermediate size Ball (28.5") will be used.

8. Play

- a) Play begins with a jump ball. The Alternate Possession rule will apply on all held balls and at the start of each successive quarter.
- b) Player-to-player defense starting at three-point arc will be the only defense allowed. NO ZONES OR FULL-COURT PRESSES.
- c) No double-teaming, except in the key. In the case of a double-team, an infraction will be called with the ball being taken out-of-bounds by the offensive team.
- d) Screens away from the ball will be allowed. Switching in this instance will also be allowed.
- e) A 5-second lane violation will be called.
- f) For shooting fouls, free-throws will be shot from an adjusted foul line or at the regulation 15 feet. Two shots for shooting foul; 1 shot if basket is made.
- g) There will be no one-on-one bonus for fouls.
- h) Players can foul out. A player can accrue a maximum of 6 fouls.
- i) There will be a referee on the court.
- j) Time will be kept during the game. However, emphasis is on fun and learning. All points made are counted as 2 points except those made behind the three point arc and free throws. If a shot is made beyond the three-point arc, it is counted as three points. A made free throw only counts for one point. **Score will not be kept.**
- k) Players will have ten (10) seconds to advance the ball past the halfway point. Violation of this rule will result in forfeiture of the ball to the other team.
- l) To encourage ball movement, a seven (7) second rule will be called when an offensive player holds or dribbles the ball without forward movement for 7 seconds. The ball will then be awarded to the defensive team.
- m) Rules of a traditional basketball game should be taught and enforced (double dribble, traveling, etc.). Coaches will be instructed to call all infractions, but inform and teach a player why.

9. Coaches Behavior

Coaches will be held accountable for their teams, their parents' and their own behavior. The YMCA encourages fair play, sportsmanship, teamwork, and fun. At the YMCA, we build strong kids, strong families, and strong communities. Our values are what come first.

4th/5th Grade Boys/Girls RULES

1. Participation

Equal participation for all players is a key element in YMCA Youth Sports.

- a) Each player will play a minimum of two complete quarters per game (if numbers allow).
- b) Players must check in with the scorer's table upon entering the game.

2. Substitution

Substitutions are at the discretion of the Coach. Substitutions can be made at any time, as long as the Participation Rule is being met.

3. Number of Players

Each team will field no more than five (5) and no less than four (4) on the court at one single time. Teams play at equal strength.

4. Uniforms

Players must wear their team's YMCA jersey, sneakers (no black soles) and shorts. Players may wear sweats.

5. Length of Game

Games will consist of four (4) eight-minute quarters, with a one (1) minute rest period in between each quarter and a five-minute halftime. Time will continuously run, except on free throws and the last two minutes of the 2nd and 4th quarters. Overtime will be played in the case of a tie after regulation. Overtime will be 3 minutes long. Game will be declared a tie if teams are still tied after one (1) overtime.

6. Time Outs

Each team will be given two time-outs per half. Unused time-outs do not carry over to the next half or game.

7. Equipment & Play

- a) Games will be played on a full-court with ten (10) foot baskets. A 28.5" sized ball will be used.
- b) Play begins with a jump ball. The Alternate Possession rule will apply on all held balls and at the start of each successive quarter.
- c) Player-to-player defense starting at half-court line will be the only defense acceptable except during the last two minutes of the 2nd and 4th quarters (see rule d). NO ZONES. Full-court Presses are ONLY allowed by both teams in the last two minutes of the 2nd and 4th quarters, except when a difference of 12 points exists on the scoreboard. Only the team that is behind by more than 12 may press in the last two minutes of the 2nd and 4th quarters.
- d) Whenever a defensive player gains full possession of the ball in his/her backcourt, the team losing the ball must go to their half of the court before starting defensive play except when (see rule d).
- e) No double-teaming, except in the key. In the case of a double-team, an infraction will be called with the ball being taken out-of-bounds by the offensive team.
- f) Screens or switches will be allowed.
- g) A five (5) second Lane Violation will be called.
- h) Free throws will be taken in the case of a shooting foul from an adjusted foul line or at the regulation 15-foot line depending on the skill level and/or time of the season. **There will be no one-an-one bonus for fouls.****
- i) Players can accrue up to five fouls, at which point that player must be removed from play for the remainder of the game.
- j) One referee will be on the court at all times.
- k) All points made are counted as 2 points except free throws and shots made from behind the three point arc. If a shot is made beyond the three-point arc, it will be counted as three points.
- l) Score and time will be kept during the game. However, emphasis is on fun and learning.
- m) Players will have ten (10) seconds to advance the ball past the halfway point. Violation of this rule will result in forfeiture of the ball to the other team.
- n) To encourage ball movement, a five (5) second rule will be called when an offensive player holds or dribbles the ball without forward movement for 5 seconds. The ball will then be awarded to the defensive team.
- o) Rules of a traditional basketball game should be taught and enforced (double dribble, traveling, etc.). Referees will be instructed to call all infractions, but inform and teach a player why.

8. Coaches Behavior

Coaches will be held accountable for their teams, their parents' and their own behavior. The YMCA encourages fair play, sportsmanship, teamwork, and fun. At the YMCA, we build strong kids, strong families, and strong communities.

Refereeing Games

For our Kindergarten Co-ed, 1st – 2nd grade boys & 1st – 2nd grade girls divisions, each team is to provide one coach or assistant to officiate the game. For our 3rd -5th grade all boys and girls divisions, the YMCA will attempt to provide the referees. In the event there is no referee coaches will act as the referee. Each team in the 2nd-5th grade divisions will be responsible for having a parent volunteer to keep score and maintain the clock. All coaches, volunteers, parents and referees should be familiar with the philosophy of the YMCA Basketball program and assist in its implementation during games.

The philosophy of our officials during games is to lean towards allowing the kids to learn during play. Some latitude should be extended regarding traveling, dribbling violations, lane violations and accidental contact.

Fouls occurring while the offensive player is handling or shooting the ball should be called more closely.

During the game, officials can help to create a learning environment by explaining rules to the players. If players make mistakes, officials should show them how to play correctly. Occasionally, it may be useful to stop the game and explain a rule or a call. When the ball is not in play, officials are encouraged to give players of both teams tips on passing, shooting, dribbling and other basic skills.

Game Time Reminders

- Please remember to start your games on time. Stop watches will be provided per court for the ref, gym coordinator or scorekeeper to keep track of time.
- Games are self officiated. If you need additional help, please ask a parent to assist you or contact the program director for additional staff.
- Continue to focus on skill and technique development such as dribbling, passing, shooting, rebounding, spacing, and so on. Overemphasis on set plays and game tactics often take away from overall player development.
- Always remember to implement the YMCA Character Development values into practices and games. These 4 core values are: Caring, Honesty, Respect and Responsibility.
- To all parents and coaches that are bringing snacks for your team after games, please remember to keep these snacks on the “healthy” side and avoid very high sugary snacks or drinks.

- **PARKING:** Since there are a lot of activities on practice nights and game days we recommend that you arrive at least 15 minutes early to allow enough time to park and check in.

Basketball Basics

READY POSITION

When you play basketball, you need to be ready to throw or catch a pass, dribble the ball, or shoot. In the ready position, you're alert and ready to move in any direction. Every time you pass, dribble, or shoot, you do so from the ready position.

To start in the ready position, you hold the ball with your fingertips instead of grabbing it with your whole hand. Your thumbs keep the ball from slipping back through your hands.

It's easy to throw and catch the ball this way. Play catch with a teammate and use all your fingertips on both hands when you throw and catch the ball. Your fingertips cup the ball every time you hold it.

PASSING

Passing involves throwing the ball to a teammate. You throw and catch passes all the time when you play basketball.

Types of Passes

- **Chest Pass**

The four key points about the chest pass:

1. Start in the ready position.
2. Look at the player to whom you are going to pass.
3. Bring the ball up in front of your chest.
4. Step forward and snap the ball to the other player.
Your arms will go straight in front of you.

- **Overhead Pass**

You throw this pass from over your head. Use the overhead pass to throw the ball over a player on the other team.

- **Bounce Pass**

A third kind of pass is called the bounce pass. You do the bounce pass just like you do the chest pass. Instead of snapping the ball to your teammate's chest, throw it so the ball bounces on the floor and into your teammates' hands!

DRIBBLING

Dribbling is equally as important as passing. In order to move the ball down the court, you want to be able to dribble to your teammates. Here are four key points to dribbling.

1. Dribble from your ready position.
2. Push the ball down with your fingers and wrist. When the ball comes back, let it push your hand up. Then push it down again.
3. Get the "five-finger feel". Dribble the ball with your five fingertips instead of using your whole hand.

DRIBBLING DO'S AND DON'TS

Dribbling Do's

- Do #1 Maintain the dribble until a pass or shot opportunity is created.
- Do #2 Vary the speed and direction of the dribble so defenders cannot anticipate steal opportunities.
- Do #3 Keep a ball-body-defender relationship when dribbling the ball near an opponent.
- Do #4 Cross-over or switch dribbling hands, after dribbling past an opponent to protect the ball.
- Do #5 Stay in the middle areas of the court and away from the corners when dribbling, to avoid getting trapped.

Dribbling Don'ts

- Don't #1 Don't automatically put the ball on the floor and begin dribbling after receiving the ball.
- Don't #2 Don't pick up or stop the dribble with no apparent option (shoot or pass) available.
- Don't #3 Don't dribble into a crowd because the ball is likely to be stolen by a defender.
- Don't #4 Don't try to get fancy, when the basics of dribbling are difficult enough.
- Don't #5 Don't be a ball-hog, nobody likes watching one person and this is not good sportsmanship.

SHOOTING

Shooting a basket is like making a pass to the basket. But every shot doesn't go in. That's what makes basketball an exciting game. Players in high school, college and professional games miss shots all the time. Practice and more practice will make for better shooters.

Types of Shots

Set Shot

Bring the ball up near your face with one hand slightly behind the ball. Be sure you're still in the ready position. Now, look up at the basket and

shoot the ball up toward the hoop. Shoot the ball right off your fingertips. When you shoot, your shooting arm goes straight out, just like when you pass. You snap the ball with your wrist and fingertips, just like when you pass. Your whole body straightens as you make your shot.

Jump Shot

The jump shot is great for when you're being guarded. To do the jump shot you quickly jump straight up and shoot. You can use the jump shot when you're set or by suddenly stopping when you're moving. The jump shot works best when you shoot right as you get to the top of your jump.

The jump shot is effective because it surprises players on the other team. They don't have time to try to block the shot. So practice shooting as quickly as you can. When you're not being guarded closely, you'll usually do better shooting a set shot.

Free Throw Shot

Here are some tips for shooting free throws:

1. Use the shot your coach recommends for shooting free throws. This will normally be the set shot
2. Rise up on your toes as you shoot but don't jump off the floor.
3. Practice shooting free throws each day of practice.
4. When you come to the line to take your free throw walk up to the line from the back of the free throw circle. This will help you get centered to the basket.
5. Look up at the basket briefly, bounce the ball a set number of times (3 is good), then glance again at the basket and shoot.

Lay-Up Shot

A shot you use close to the basket is the lay-up shot. You lay the ball up against the backboard instead of shooting right at the basket. A lay-up is like making a bounce pass to the basket. You bounce the ball off the backboard instead of the floor. You push the ball with your shooting hand, like in a set shot. Your whole body straightens out as you jump up toward the backboard.

PUTTING IT ALL TOGETHER

Now it's time to take these skills and put them all together to play the game of basketball. When your team has the ball and you're trying to score, you're playing offense. When the other team has the ball and you're trying to keep them from scoring, you're playing defense.

In basketball, everyone plays offense and everyone plays defense. You switch back and forth all the time. Some players only want to shoot the basketball. But good basketball players work on playing defense just as hard as playing offense. This is good teamwork. Be a "team" player - play both offense and defense.

Be a Triple Threat

The most important part of playing a good offense is to use a good stance. This means playing from the ready position that you use for passing,

dribbling and shooting. Using the ready position makes you a “triple threat”. That means you can choose to pass, dribble, or shoot. You’re also a threat because the players on the other team don’t know which one you’ll do.

Move with the Ball & Move without the Ball

When you’ve got the ball, keep the ball moving. Dribble it or pass it. Remember: A good pass is the best way to move the ball and keep moving when you don’t have the ball. As soon as you pass the ball, move toward the basket and away from players on the other team.

This puts you in a good position to receive a pass. Keep your eyes on the ball as you are moving so you’re ready to catch it if a teammate passes to you.

Pivoting

You can’t walk with the ball, but you can pivot while you’re holding the ball. Pivoting is moving only one foot.

The foot that stays planted on the floor is called your pivot foot. You can’t pick up your pivot foot once it is set. The other foot can be moved forward or backward. Pivoting is an important part of offense. It will help you look for teammates when you’re going to pass the ball or dribble around the player guarding you.

Rebounding

When your team makes a basket, the other team gets the ball. If you shoot and miss, either team can get the ball. It all depends on who gets the rebound.

As soon as you shoot, move toward the basket to get the rebound. Don’t wait to see if you made the shot. If you do wait, the other team already will be there! Do the same thing if a teammate takes a shot when you’re near the basket. As soon as your teammate shoots, move toward the basket to get the rebound.

When the other team has the ball, you’re playing defense. You’re trying to get the ball from the other team and trying to keep them from scoring. As you know, when you play defense, you cannot hit or grab other players. You play good defense in other ways.

Stance

A good stance is just important for defense as for offense. Always play defense in your ready position. You’ll be ready to go for the ball. A good defensive stance is one where you have good balance and can quickly move forward, backward, or the other side.

Feet

When you’re on defense, you’ll be moving backwards and sideways a lot. The best way to do this is to shuffle. The shuffle helps you move around quickly. To do the shuffle you slide your feet along the floor without one

foot crossing over the other.

Position

In YMCA Basketball, every team plays **one-to-one** (or) **man-to-man** defense. You guard one other player on the other team. This player is “your player” to guard. Whenever your team is on defense, you guard your player all the time.

Most of the time, you want to stay between your player and the basket. This makes it harder for the player to take a shot or pass toward the basket. When the player you are guarding doesn't have the ball, make sure you can see the ball and your player at the same time.

Screens

Screens may be set for a player with or without the ball; they help players get open for passes and shots. First, screens must be done properly (with feet planted and arms down at the sides or crossed over the chest). Do not allow any pushing or movement. Second, allow the switch as long as players go back to their color band as soon as possible after the play. This ensures that we don't have mismatched players in terms of size and/or ability. Finally, screens are not allowed in the Kindergarten – 3rd grade divisions. Only in the 4th - 5th grade division.

Hands

Using your hands and arms is important on defense. Putting your hands up makes it harder for the player you are guarding to throw or receive a pass, or make a shot. Think of holding your arms in a “V”. Remember, you can use your arms and hands to block the ball, but you can't touch the other player. You can use only your arms and hands, you can't kick the ball.

If the player you're guarding holds the ball high, have your hands up. If he or she holds the ball low, have your hands low at your sides.

Tips On Guarding

1. Keep about an arm's length away from the player you are guarding. Force the player to go around you.
2. Don't reach at the player and don't jump off the floor unless the ball is in the air. Doing these things makes it easier for the player you are guarding to get the ball past you.
3. Always keep your arms in a “V”, ready to block the ball. If your arms aren't up in the air, especially if you are moving fast, have them ready in a “V” at your sides.
4. Stay between “your player” and the basket as much as you can.

VOLUNTEER COACHES

WELCOME to what we hope will be a very rewarding experience for you, as well as the boys and girls with whom you will be coaching!

Our Helena Family YMCA youth sports and character values programs are much more than just another youth sports league. We hope the opportunity to help youngsters develop their full potential, clarify their values, and develop lasting friendships will be a great challenge to you.

The boys and girls you will coach will appreciate the time and effort you put forth in this program. They will remember you and the things they learned from you as they grow into adulthood.

We hope that you will be patient and understanding of the children and always keep in mind the ultimate values and philosophy that we are trying to teach. Remember, sports are not the end result, but a tool to reach and teach the youngsters. Please work with every player on the team, using the skills that each child has. Teach fair play. Focus on the development of skills rather than on winning. Teach respect for oneself, team members, opposing team, volunteer coaches and officials.

Thank you for taking the time in your busy schedule to help a youngster in this important program!

DESCRIPTION OF DEVELOPMENTALLY APPROPRIATE PRACTICES

Children develop and learn at their own individual pace. The developmental information below is a guide only. Use your judgment when it comes to getting through to your players. Every team will have children that overlap into both developmental levels.

Kindergarten Level

- Rules are not important to this age group. They will not remember the rules you give them.

Be sure to:

- Remind them which way they are to go. They will not know the meaning of some words such as "run hard."
- Tell them, show them, draw pictures, demonstrate - each child learns in a different way. If you can do all these, you'll be sure to get to each child.
- Take it slow, easy and have fun!
- Usually, the first two weeks of play look like chaos. Let most of that go and concentrate on the skills.

First and Second Grade Levels

- At this age they love rules. They like to know what is going on and what they are supposed to be doing.
- Explain some of the rules. Do not overwhelm them. Each week add a few more tips.
- Hold back somewhat. Allow players to make their own choices.
- It is a good idea to think of yourself as a facilitator rather than controlling each child's every move.
- Above all, have fun!

Third Through Fifth Grade Levels

- Basically, follow the above practices.
- Emphasize the rules and fundamentals of the game.
- Educate the players about penalties.
- Give tips on strategy but allow the players to make their own choices.
- Guide the players to develop a team playing strategy.
- Above all, have fun!

All Grade Levels

- Make sure all team members are kept active as much as possible.
- Avoid long lines with one player going at a time.
- Use assistant coaches or parents to split up the team, allowing you to have more kids active at one time.

Potential Weekly Drill Sequence for Practice

WARM-UP (5 MINUTES)

Tell your players that every practice will begin with a WARM-UP time, a brief and fun session to prepare them to practice and play their best. Discuss with them the importance of warming up. A good illustration is that of how on a cold morning a car needs to warm-up before it runs properly. A cold car runs rough and stalls. Our bodies are somewhat the same way. Have your team form a circle and do repetitions of a few of the stretching and conditioning exercises listed later in this manual.

SKILL FOCUS (25 Minutes)

Explain to your players that the first part of your practices will be spent on developing the fundamental skills of basketball: passing, catching, shooting, dribbling, team play, etc. While many skills will overlap during a single practice, each week you will make sure to concentrate on a particular skill. Review previously taught skills each week. With very young players, try to be creative, make drills short and fun.

Team Talk - Values Discussion (10 Minutes)

Sit your team down in a circle and let them know that some time is set aside in every practice for discussion of important things.

SCRIMMAGE (20 Minutes)

The end of each session will be some type of scrimmage using different types of games concentrating on the skills they've been working on during the practice.

WARM UP EXERCISES

STRETCHING EXERCISES

- **Arm circles:** Rotate arms forward and backward, big and small circles.
- **Jumping jacks:** From a standing position, swing arms over head while moving feet sideward in a single jumping motion.
- **Trunk twister:** Stretch lateral trunk muscles. May be done standing or walking.
- **Bending forward or backward:** Place hands on hips. Stretches the back muscles.
- **Bent-knee sit-up:** Bend knees to almost 90 degrees. Clasp hands behind head, touch the opposite knee with each elbow.
- **Push-ups:** Strengthens arms and shoulders. Do appropriate repetitions for your team.
- **Windmill:** With arms stretched out to the side, touch the opposite foot in a rhythmic count.
- **Leg lift:** Lying on stomach, hands behind back, raise alternate leg to stretch lower back muscles.
- **Forward crawl stroke:** For general loosening of shoulder joints.
- **Side-to-side stretch:** For stretching trunk muscles.
- **Neck rotation:** Loosens the muscles of the neck and spine.
- **Alternate knee hug:** Lie on the back, lift knee to chest and press close with moderate force. Stretches the back muscles.
- **Alternate toe touch:** Bend at the waist and touch the opposite foot. Stretches trunk and thighs.
- **Thigh and leg stretches:** Take position of sprinter on toes. Lower rear knee to ground without moving feet. Repeat for each side.

CONDITIONING EXERCISES

After players are loose, lead them in two conditioning drills. Include one or two short conditioning drills in each practice session. Point out that such drills help players improve reaction time, agility, and endurance.

- **Wind sprints:** Have players line up and at your signal run ten-yard sprints. After each sprint, line up and repeat.
- **Wave drill:** Players move left, right forward, backward, reacting to hand signal of coach. Players react quickly by watching signal.
- **Running drill:** At the signal, all players run forward. At the next signal, players cut and run to the right, than at the signal players run forward, then left. Repeat for length of field.
- **Snake drill:** Five players line up about three yards from each other. Player at the back of the line takes the ball and runs forward around players and back to his position. He then hands the ball to the player in front of him who repeats the drill.
- **Back flutter kick:** Lying on their backs, players support back area by placing hands, palms down, under the seat. With head lifted off the ground, alternately flex and extend the legs from the hip. Do not let feet or legs touch the ground.
- **Running drill:** Players line up on goal line. At the signal all players race to the first zone line, jog back to the goal line. Entire field may be covered, depending on age of players.

Be enthusiastic and loose so that your team will accept the warmup time as a fun part of your practice. Share the leadership too; your players can take turns leading exercises.

SKILLS & DRILLS

This section of the manual includes a selection of drills and games to develop the basic skills of basketball. The drills are arranged under major skill headings in ascending order of difficulty with the easiest at the beginning. Many of the drills have variations which increase their difficulty. Coaches working with older players may want to change the names of the drills to something more appropriate for that grade level.

Using Drills

Here are some guidelines to help you use drills effectively:

1. Use individual and partner drills frequently. These give each player more of an opportunity to practice and handle the ball than group drills do.
2. Use group drills (a) when there are only one or two basketballs for an entire team, (b) for shooting drills when there are only one or two baskets, (c) to practice teamwork, (d) to slow down the pace. Group drills tend to leave players standing around.
3. Arrange your players so that everyone has room to practice at the same time. This ensures plenty of activity. It also allows a youngster to practice and make mistakes without fear of being ridiculed in front of teammates.
4. Don't feel that drills need to have winners and losers. Players will know whether or not they did the drill successfully by whether they made the shot or completed the pass. It's not necessary (or helpful) to rank players by who did best and worst.

Drills to Improve Passing Skills

Circle Passing

ORGANIZATION: Players form a circle and pass crisply to each other. Pass to any player in the circle except to players on either side of the player with the ball.

COACHING POINTS: Emphasize quick, accurate passes, proper receiving techniques, and fast changes of position.

VARIATIONS:

- a. Specify chest, overhead or bounce passes.
- b. Let players vary types of pass.
- c. Vary distance between players depending on ability.
- d. Player now follows pass and takes the place in the circle of the player receiving the ball. The receiver passes and follows the ball. Play first with 1 ball then with 2 balls.

Pressure Passing

ORGANIZATION: Circle of players but with one player in the middle. Players on outside always pass to player in the middle.

COACHING POINTS; Pressure player in the middle to pass with speed and accuracy. Keep ball at chest height.

VARIATIONS:

- a. Pass in order around players in circle.
- b. Player decides who to pass to, but must call player's name.
- c. Specify type of pass.
- d. Play with 2 balls (emphasize calling names).
- e. Time how many passes player can make in 30 seconds.

Player in the Ring

ORGANIZATION: Defender stands in circle of three players and must try to intercept pass. Players in circle pass quickly and crisply to each other. Passes cannot be thrown to player standing next to you or over defender's head. Player who "loses" ball or passes over defender's head becomes the defender. Change defenders after 30 seconds or 15 completed passes.

COACHING POINTS: Stress disguise and fakes. Encourage defender to work hard but don't let player stay too long in middle of ring. Players tire quickly and become frustrated. Be sure everyone in ring gets to be defender. Tell defender to keep rear low!

VARIATIONS:

- a. Specify type of pass (chest, bounce or overhead).
- b. Players also switch positions if defender can tag player holding ball.
- c. Play 2 vs 1.

Line Passing

ORGANIZATION: Player in front of one line passes to player in front of other line, and then runs to back of line.

COACHING POINTS: Excellent drill to practice passing, receiving and pivoting skills. Vary distance between lines depending on player's ability. Use small groups to increase ball time.

VARIATIONS:

- a. Have passing player establish pivot foot, then fake either before or after passing.
- b. Have receiving player establish pivot foot, then front pivot or rear pivot with or without dribbling before pass in.
- c. Have players run to end of other line after passing.

Three Player Line Passing

ORGANIZATION: Three players line up across baseline. Side player has ball, passes to middle player, who in turn passes to other side player. Object is to move ball to other end of court by passing.

COACHING POINTS: Encourage players to pass forward and for players receiving pass to move in front of passer. When passing and receiving skills are good, try to increase speed and permit a lay-up. Then progress to Pass and Weave drill.

VARIATIONS:

- a. Specify either chest or bounce passes.
- b. Specify different types of shot and have non-shooters rebound.

Pass and Weave

ORGANIZATION: Three players line up across baseline. Middle player has ball, passes to a side player who is moving in toward center, then goes behind that player. Player on opposite side moves toward middle to receive pass, then passes off. Object is to move to other end of court by passing.

COACHING POINTS: Walk through this drill slowly when you introduce it. Emphasize passing, receiving and movement. Constantly repeat, "Go behind the player you pass to". As the players improve, encourage more speed and permit a lay-up.

VARIATIONS: As for previous drill. Bring the outside passer in closer to the center and make the weave tighter.

Completed Passes

ORGANIZATION: Divide players into two even teams. Use half-court and give ball to one team to bring inbounds. Team with ball must complete five passes to score a point. Any player can take only two steps while dribbling the ball before passing. If defenders intercept the ball, they immediately go on offense and try to score.

COACHING POINTS: Encourage intelligent movement of the ball. Uses of pivots and fakes. Referee carefully for out-of-bounds, traveling violations and fouls.

VARIATIONS:

- a. Vary number of passes necessary to score a point.
- b. Permit baskets to be scored as well as passes.
- c. Don't permit receiver to return ball to last passer.
- d. Specify permitted type of shots, e.g. lay-ups only.

Drills to Improve Dribbling Skills

Copy the Coach

ORGANIZATION: Players spread out in front of coach with a ball each. Coach dribbles from side to side or forward and backward and players must copy.

COACHING POINTS: Challenge the ability of your players. Give them new dribbling skills to learn.

Circle Dribbling Drills

ORGANIZATION: Players form large circle. Player with ball dribbles across circle, hands off ball to another player, then resumes that player's position in the circle.

COACHING POINTS: Stress good dribbling and passing techniques. Player receiving ball should be ready to move off quickly. Many variations can be introduced depending on ability of players.

VARIATIONS:

- a. Specify a dribbling skill to be done in circle before handing off ball (e.g. behind back or through legs dribble).
- b. Add second ball. Tell players to avoid collisions by staying alert and keeping eyes up.

Duck, Duck, Goose

ORGANIZATION: Players form large circle and sit down. Coach selects one player to dribble ball around outside of circle. Player walks dribbling ball and must lightly touch head of each seated player and say the word "duck" or "goose". Seated player remains in position if called duck, but if called goose, must get up fast and chase the dribbler. In the meantime the dribbler must dribble ball as fast as possible around circle and sit down with ball in "goose's" position before being tagged. "Goose" takes dribblers role if tag is not made.

COACHING POINTS: Fun drill for young players. Useful for developing change of speed when dribbling. Make sure everyone gets a chance to be the goose.

Red Light, Green Light

ORGANIZATION: Every player has a ball and lines up along wall under one basket. Coach stands with back to players at other end of gym and calls commands, "Red light" or "Green light". Players can dribble toward coach on "Green light" but must stop quickly on "Red light" because coach spins around to spot any moving players. Players seen moving are sent back to start again at the wall. Players try to get to far wall without being spotted.

COACHING POINTS: Good with younger players. The variation puts players in position of making fair calls. To ensure honesty, it may be necessary for an assistant coach or a player to watch the moving players.

VARIATIONS:

- a. Players take turns at being "it" and see how many players they can tag in a specified time period (30-60 seconds).

Space Raiders

ORGANIZATION: Divide players into three groups in half court area. Players in only two groups have a ball each. On coach's signal, players without ball (the "raiders") must try to steal a ball away from those with a ball. Player who loses ball becomes a raider.

COACHING POINTS: "No contact". Players must try to steal ball without fouling. Emphasize ways of protecting the ball. Closely supervise drill to prevent fouling.

VARIATIONS:

- a. Specify hand for dribbling.
- b. Play in three teams. See how many balls each team can steal in 30 seconds.

Drills to Improve Shooting Skills

Around the World

ORGANIZATION: Groups of 2-3. First player takes a shot from position #1. If ball scores, player shoots from position #2 and continues until a miss. Following a miss, second player tries to score from position #1 and continues until basket is missed. Game continues until first player successfully shoots from all positions around basket.

COACHING POINTS: Vary distance depending on ages of players. Good drill to give players of all standards a break between vigorous activity.

VARIATIONS:

- a. Allow first player to pick any floor position and challenge the others to score from there. Players score 1 point for a basket and get to choose the new shooting position. Play up to 10 points.
- b. Play Champ. Similar to "a" above but players score one letter for each basket until one player scores C-H-A-M-P.

Shoot, Rebound and Pass

ORGANIZATION: Players work in groups of 2 or 3 around the basket. Each player shoots, follows shot, rebounds, passes out to next designated shooter, and then moves to a new position.

COACHING POINTS: Designate the type of shots for players to practice. Give individual help with shooting technique. With advanced players (a) coach proper rebounding and pivoting skills and (b) have player receiving ball face, cut, and meet pass.

Line Shooting Drills

ORGANIZATION: Two lines facing basket. First player in shooting line dribbles to basket, shoots a lay-up, then goes to the end of the other line. First player in other line rebounds shot, passes to next player in shooting line and runs to end of this line. Many variations possible depending on the abilities of your players.

COACHING POINTS: Drill involves many game skills. Try to be selective and concentrate on improving one or two aspects of play. Keep it simple with beginning players. Stress proper dribbles and take off on one foot.

VARIATIONS

- a. Vary types of shots (lay-up, set shot, reverse lay-up, etc.)
- b. As skills increase have dribblers fake, drive harder, and approach from all sides of the basket.
- c. Introduce two balls into the drill.
- d. Coach proper rebounding. Rebounders can be asked to rebound, pivot and pass, or rebound, dribble to side, pivot and pass.

“Inclusion of Character Values in Practices”

Weekly Character Values

Team Talk Week #1

In this first session spend some time getting to know each other. Make sure that each child has a chance to talk and be listened to. The coach’s role is to ask questions and let each player share an answer. Cover such things as name, family, favorite sports, hobbies, etc. This is a good time this first practice to go over some basic terms:

Ready position • Passing • Dribbling
Shooting • Pivoting • Offense • Defense

Team Talk - Values Discussion Week #2

*Introduction to the Four YMCA Character Values
(Caring, Honesty, Respect, Responsibility)*

Ask the players to describe a good athlete (perhaps LeBron James, Tamika Catchings or Kevin Durant). They may reply with words like “fast” or “knows the rules”. After a few responses, explain that these are qualities of an athlete and that all people have caring, honesty, respect, and responsibility. Explain that these are also the qualities of a good athlete and someone you would like to have on your team. Next, say “You should notice most of the things we said about a good athlete are things everyone can improve on. We can all get faster with practice and learn more about the rules. We’ll work on these things during practice. The same is true of the four qualities of a good person. We can all be more caring, honest, respectful, and responsible.

Each week, we will spend time talking about these qualities and how they can help us be better athletes, team members and people.”

Team Talk - Values Discussion Week #3

Caring Week

Activity: Random Acts of Kindness

Tell the players that one way of showing that you care is to do kind things for people. If someone from the other team is running, but they trip and fall down, what would be the kind thing to do? Should you laugh or would it be better to help them up and make sure they are not hurt? Ask the players to think of ideas they could do to be kind to members of their family.

(Examples: wash dishes, take out garbage, clean their rooms, help brothers or sisters with homework, etc,) Encourage each player to do one kind thing for each member of his or her family during the following week. During next week’s practice time, ask the players to talk about their acts of kindness.

Team Talk - Values Discussion Week #4

Honesty Week

Activity: *Honesty is the Best Policy*

Ask the players what sort of kind things they did for their families last week as a follow up on last week's discussion. Say, "Today we are going to discuss honesty. Honesty means to tell the truth and not to mislead or lie. In sports, honesty also means to play fair and not to cheat. Why is it important to be honest in sports? Do you think it would be fair if you cheated and, because of that, another team did not have fun? Explain to the kids that the worst thing that could come out of telling the truth is that the other team gets the ball or scores a point but what would happen if you coach or parents found out you did not tell the truth? Let them know that everyone on your team will always play fair and, because of that, you are better players.

Team Talk - Values Discussion Week #5

Respect Week

Activity: *Cheer for the Other Team*

Discuss, with your players, the idea of cooperation versus competition. Point out that the other team makes the game possible. Ask the players to brainstorm ways in which they might show respect to the other team. (Examples include making positive comments to the other players, congratulating them for outstanding plays and shaking hands at the end of the game). Encourage the players to implement these ideas during the game. Conclude by explaining that players who show respect to others during the game are better players and more fun to play with.

Team Talk - Values Discussion Week #6

Responsibility Week

Activity: *Describing Responsibility*

Tell the players you are going to discuss responsibility today. Tell them a responsible player is something they should be. Ask the team what different players are responsible for. If someone comes close to the right answer, say "That's right. This person is responsible for passing in the basketball. Every player has a responsibility on the court, and this is what we will practice so you can do a good job with your responsibilities." Say "But, we have responsibilities besides what we do in a game. To be sure you understand what you are responsible for here, I will go over what they are. It is important for everyone to play fair, be kind to each other, listen to the official, your coach, and your parents at all times, to shake hands at the end of the game with the other team, to try your best and to have fun. Explain that by doing all these things, they will become great players and have a good time.

Team Talk - Values Discussion Week #7

Winning and Losing

Activity: *Discussing Winning and Losing*

Let your discussion center around winning and losing. They mean different things to different people. Let the kids discuss their ideas, remember there are no right or wrong answers. Some questions that might help set the mood for discussion:

- What makes someone a winner?
- Can you lose a game and still be a winner?
- Who makes you a winner?

Team Talk - Values Discussion Week #8

What We Have Learned

Activity: *Discussing Team and Individual Progress*

Lead the group in a sharing experience that will help them identify how much progress they have made over the last 7 weeks. (Remember it's always OK to pass).

- Have each player say the skill he/she is proudest of.
- Ask each player to say something about the game he/she knows now that they didn't when the season started.
- Ask each player to say what he or she liked most about Y Basketball.
- Stand in a close, tight circle (including coaches and parents present) at a given signal (all at once) everyone pats the team member to his/her right on the back and say in a loud shout **"YOU'RE A WINNER!"**