

COACHING IN THE OYBL

GETTING STARTED

- 1 TEAM MEETING. At the first practice, call all players AND their parent/s together for a meeting.
 - Introduce yourself and all assistants (recruit if needed); provide a handout with the team roster and schedule.
 - Building use: players must carry “game” sneakers in; restricted to gym or lobby; control siblings; only water in gym; only players on gym floor; clean-up the bleachers and bench areas after each session.
 - Support the Team: be prompt and prepared (team jersey and shorts).
 - Review the OYBL “Code of Ethics”; Parents: don’t “coach” from the stands.
 - Review all unique Division Rules using the “2010-2011 Rules” handout as a guide. (If you can provide this handout to each parent, that’s even better). Explain the “Defensive Tactics” specific to your division, the “Spartan & Eagle” designations and the “Short-Handed Substitution” rule and how important it is for everyone on the team to be present at every game.
 - Questions?

Players: have each player introduce their self; communicate your expectations for them to be attentive, respectful and support your teammates; good sportsmanship from everyone; always hustle; ask questions if you don’t understand; use “TEAM” to get their attention. (When you say “TEAM” everyone should stop whatever they’re doing and pay attention to YOU. Administer a “consequence” (run a lap or push-ups) to the entire team whenever one person doesn’t comply; they will learn to respond properly but you must be consistent. This will be very useful during a game when you need their attention in a timeout.)

Coaching Tips: Always be positive. Never let your players think they can’t do it. Be firm but quick to praise. Always be enthusiastic and organized. Be exact and precise while teaching skills, drills and techniques. Emphasize the fundamentals; they provide the winning edge. Never let a player do anything negative without correcting it. Work with every player, do not allow anyone to go unnoticed. Strive to improve as a team. Never lose your poise or confidence. Prepare a practice schedule for each session. Review the schedule with your assistant/s before each session. Start with basics; don’t assume your players know anything. Include warm-ups and use the same routine each week. Teach the rules and terminology and be consistent with both. Analyze player and team performance after each session. In subsequent sessions, review prior week’s key points. Teaching sportsmanship is your most important objective; it truly doesn’t matter if you win or lose, it’s how you play the game. Make it FUN!

Games: Be prepared and organized. Well before the game starts; enter your roster correctly in the scorebook with all “Spartan” players listed first with an asterisk. Check to make sure you have enough “Eagle” players in case you need to use the “Short-handed Substitution Rule”. Develop a “pre-game routine” and use it consistently. Always be positive and encouraging.

TERMINOLOGY

- 2 COURT MARKINGS.
 - end lines

- division line (half court)
- side lines
- free throw line (for Juniors: four feet in from normal line)
- lane lines and spaces
- three second area
- jump-ball circle
- three point arc/line
- front court
- back court

3 VIOLATIONS

- traveling
- double-dribble
- palming or carrying
- 3 seconds
- kicking the ball
- backcourt
- 5-second throw-in
- free throw over-the-line
- designated spot throw-in

4 PERSONAL FOULS

- illegal use of hands
- holding
- pushing
- charging (player control)
- blocking
- hand check
- in the act of shooting
- non-shooting
- technical foul

1 MISCELLANEOUS TERMS

- field goal (2 & 3 points)
- free throw
- team fouls (seven = 1 & 1 bonus; ten = 2 shot bonus)
- jump ball/alternating possession
- pivot foot
- offense
- defense (man-to-man and zone)

SKILLS

- 2 DEFENSE AND AGILITY
- 3 REBOUNDING
- 4 BALL HANDLING/DRIBBLE
- 5 LAY-UPS
- 6 SHOOTING
- 7 FREE THROW SHOOTING
- 8 KNOWLEDGE OF RULES

DRILLS

1 DEFENSE AND AGILITY

- "STANCE" DRILL. Develop man-to-man technique using proper stance and footwork; players line up in two lines; on command "STANCE" slap the floor with two hands and shuffle left, right, forward, back as directed by the coach. Points of

Emphasis: knees bent; stay on the “balls” of your feet; do not cross your feet or click feet together

- DEFENSIVE SLIDE. See diagram.
- LANE SLIDES. See diagram.
- ONE ON ONE. See diagram.
- FRESNO DRILL. See diagram.
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- THREE ON TWO – TWO ON ONE. Start with three players evenly spaced on one end line with the ball in the middle. Two players are positioned at opposite ends of the division line. On the whistle, the two players meet in the middle, high five each other and retreat to defend the basket as the three players pass the ball and follow behind the receiver simulating a fast break. The three players try to score a lay-up against the two defenders. Whoever takes the shot then retreats to the opposite end to defend the basket against the two original defenders trying to score on their own fast break. The two leftover players from the original three proceed to the division line to run the drill again.

9 REBOUNDING

- 1-ON-1 REBOUNDING. See diagram.
- THE REBOUND GAME. See diagram.
- BE AGGRESSIVE! See diagram.

1 BALL HANDLING/DRIBBLE

- KING OF THE COURT. See diagram.
- DRIBBLE RELAYS. See diagram.
- DRIBBLE DRIVE. See diagram.

2 LAY-UPS

- FOOTWORK WITHOUT THE BALL. Dividing the team into equal groups each at their own basket, teach the footwork used in executing the lay-up by starting at the hoop and “high-jumping” off the proper foot. After mastering this step, simulate the dribble approach without a ball using the proper footwork. Practice on both sides of the basket.
- LAY-UP DRILL. Divide the team into two equal groups and line them up in the traditional lay-up drill formation, one shooting the lay-up and the other rebounding. Walk through the drill and gradually progress to half-speed. Eventually divide the team into two or three groups based on mastering this skill and use the appropriate speed for each group.

3 SHOOTING

- PARTNER SHOOTING. See diagram.
- KNOCKOUT. See diagram.
- HALF MOON. See diagram.

4 FREE THROW SHOOTING

- Divide the team into two or three equal groups. Position each group at the free throw line. First team to make five wins. Other team/s does push-ups.

5 KNOWLEDGE OF RULES

- Divide the team into two groups by skill/knowledge level. Demonstrate various violations or fouls and have the players raise their hand if they know the proper call. Pick one to provide the answer.

6 PRACTICE TIPS

- Teach your players how to set a proper screen and basic man-to-man offensive techniques like “pick & roll” and “give & go”.
- Divide your team into groups of players of equal ability and play half-court two-on-two or three-on-three games. Be sure to enforce violations and fouls. Emphasize opportunities to execute the basic man-to-man offensive techniques.