



This is REC basketball



EJRP Rec Basketball is a place where:

Everyone is welcome,

Everyone plays, and

Everyone has the opportunity
to enjoy the game of basketball.

- Who are we coaching?
- What are we trying to accomplish?
- How, then, should we spend our time?
- What do they need to know?
 - Rules
 - Concepts
- What skills do they need to build?

Essex Youth Basketball Concepts and Skills

General Basketball Concepts

Communication (verbal and non-verbal)
 Movement (with and without the ball)
 Spacing
 Low, athletic body position
 Basketball is fun

Defensive alignment
 Knees bent
 Hands in the passing lane
 Arms length away
 Jump to the ball
 Mirror the ball
 Deny
 Ball-u-man
 See both
 Shade away from the hoop
 Drop step
 Ball/help side
 "Screen right/left"
 "Switch / Stay"
 "Shot"
 "Help"
 "Dead"
 Trapping correctly (locked legs)
 Funnel and shut off
 Taking the charge

Skills and Important Aspects

Triple Threat

Catch & Rip & Rim
 Low
 Balls of feet
 See the floor
 Assess the defense
 Protect the ball
 Jab step
 Head/shot/pass fake
 Cross-over dribble

Lay-ups

Dribble on outside
 Do not bring the ball across your body
 Go up strong

Shooting Technique

Feet shoulder width
 Square to the hoop
 Set yourself
 Elbow in
 Hand/guide hand
 Fingertips
 Follow-through/rotation
 Eyes on the front of the rim
 Follow your shot

Offense

Hard Cuts
 Good angles
 Move without the ball
 Move to open space
 Don't clog it up!
 Give & Go
 Cut & replace
 V-cuts
 Curl-cuts
 Swing-out
 High Post - Back door
 Post-up
 Ball reversals
 Skip passes
 Penetrate the gaps

Boxing Out

Getting inside body position
 Initiate contact
 Maintain contact
 On rebound: "Ball"
 Pivot to the outside
 Protect the ball - keep the ball up

Passing

Step towards
 Thumbs end pointed down
 Receiver shows a target
 Go to the ball
 Pass & cut
 Entry pass best from the wing
 Chest
 Bounce
 Overhead
 Baseball
 Lob
 Off-the-dribble

Screens

On & Off the Ball
 Hands down - communicate
 "Use Me"
 1-step on back screens
 Pick away
 Pick and roll
 Set firm
 Wait for man to go through
 Shoulder to hip
 Read the defense reaction
 Set-up the defense (jab step in opposite direction)

Dribbling

Eyes up
 Stay low
 Keep the ball below waist height
 Finger tips
 Protect with opposite arm
 Jump Stop - get to pick pivot foot
 Crossover
 Between the legs
 Behind the back
 Spin
 Hesitation
 Backup

Other Things to Know

The Court
 Lines/areas
 5-seconds
 3-seconds
 10-seconds
 Front/Back court
 Warm Ups
 How to line up at the tap
 Foul Shots/Foul shot rebounding
 Inbounding
 Press
 Press Break

Non-Basketball Related Concepts

During Games
 Refs = coaches responsibility
 Watch game on bench
 Check-in - communicate with replacement
 No trash talking, antics, reactions, faces
 Words & body language matters
 Good sportsmanship - what does that look like?
 Play hard
 Play until the end - up or down
 If we are up, no last second shots
 Out there our heads are up, we are strong and composed

GRADE 2/3

(1) 45-minute practice per week

(1) Coach managed scrimmage per week (45-mins allotted for warm-up and play)

For the Scrimmages:

No scores/records

No fast breaks, advancing the ball quickly utilizing passing allowed
(discretion of coaches)

Man to man defense only allowed

No press; half court defense

Important Rules: traveling, double dribble, out of bounds, fouls, and special league rules

Use 3-second rule (with discretion)

Shoot fouls on shooting fouls only

Foul shots can be started from behind the free throw line and go over the line after the attempt.

Use 8 ½ / 9 foot baskets

Use "Biddie" size ball

Games will be composed of two 15-minute halves running time

ALL players play an equal amount of time

NO set offensive plays

GRADES 4/5

- (1) 60-minute practice per week
- (1) Game per week managed by officials

No scores/records

Man-to-man defense only

(4) Eight-minute quarters running time

Use 3-second and 10 second rules (with discretion)

Use women-sized basketballs

10 – foot basket will be utilized

ALL players play an equal amount of time.

No press; half court defense.

Once a player has possession of the ball in defensive half (i.e. after a defensive rebound) all opponents must retreat. No slapping at the ball in an attempt to make a steal.

Each team is allowed two timeouts per half. Each timeout will last for one minute.

Shoot free throws on shooting fouls only.

Foul shots can be started from behind the free throw line and go over the line after the attempt.

NO set offensive plays

Can do up to 2 inbounding plays

Grades 6-8

Regular I.A.A.B.O. Basketball rules except for:

Score keeping allowed

Fast breaks allowed

Man-to-man and zone defense allowed (zone only allowed for half of the game)

10-foot baskets

(4) Six-minute stop time quarters

Boys use regulation sized-ball

Girls use size 28.5 ball

Keep track of personal fouls

Pressing allowed during the 4th quarter if a team is behind by 10 points or more.
(pressing allowed only if team is losing)

Defense must be picked up at half-court unless within pressing situation.

2 one minute times outs per half

NO set offensive plays

Can do up to 2 inbounding plays



Coaching Rec Basketball

2010-2011

The 10 most important reasons I play my best sport: (In order of importance)

- 1. To have fun
- 2. To improve my skills
- 3. To stay in shape
- 4. To do something I'm good at
- 5. For the excitement of competition
- 6. To get exercise
- 7. To play as part of a team
- 8. For the challenge of competition
- 9. To learn new skills
- 10. To win

Philosophy

This is REC basketball

EJRP Rec Basketball is a place where:
Everyone is welcome,
Everyone plays, and
Everyone has the opportunity
to enjoy the game of basketball.

The 11 Most Important Reasons I Stopped Playing a Sport: (In order of importance)

- 1. I lost interest
- 2. I was not having fun
- 3. It took too much time
- 4. Coach was a poor teacher
- 5. Too much pressure (worry)
- 6. Wanted non-sport activity
- 7. I was tired of it
- 8. Needed more time for study
- 9. Coach played favorites
- 10. Sport was boring
- 11. Over-emphasis on winning

“Double-Goal Coach”

- Winning (important)
- Teaching life lessons (more important)
- We are trying to develop players who are:
 - More Confident
 - More Coachable



Redefining “Winner”

NO

- Scoreboard Definition
 - Results
 - Comparison with others
 - Mistakes not OK

YES

- Mastery Definition
 - Effort
 - Learning
 - Mistakes are OK

Every Kid

Cannot

- Make 100% of their shots
- Be bigger, faster, stronger, a better shooter/dribbler/passer than the other kid
- Be mistake free

Can

- Give 100% effort all the time
- Continually learn & improve
- Not let mistakes (or fear of them) stop them

Why?

Players don't fear making mistakes.....

because their coach sees mistakes as teachable moments

and shows them that what is more important is how players respond to mistakes

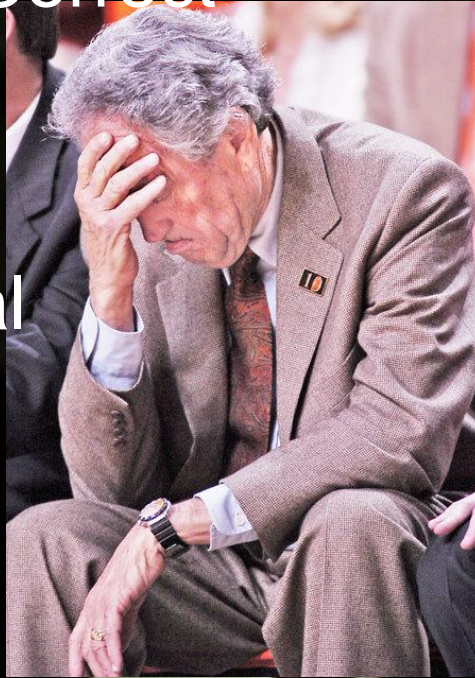
How do we redefine the winner?

- Effort Goals – team & individual
- Reward/Recognize “unsuccessful” effort
- Targeted Awards/Recognition
- Mistake Ritual

Fill 'Er Up

- Drain (less coachable)

- Criticize/Correct
- Sarcasm
- Ignore
- Nonverbal



- Fill (more coachable)

- Praise (truthful & specific)
- Express Appreciation
- Listen
- Nonverbal



Parents

- Parent meeting
- Expectations handout
 - We EXPECT our PARENTS to:
 - be positive or quiet when they are at a game or practice.
 - NOT coach or give suggestions as a spectator, and let the coaches coach and the officials officiate.
 - be an appropriate role model.
 - support and encourage their child to do their best and have fun.

A close-up photograph of a person's hand holding a basketball. The person is wearing a dark, possibly black, long-sleeved shirt. The basketball is a standard orange color with black lines. The background is dark, making the hand and the basketball stand out. The text "Have Fun!" is overlaid in the center of the image.

Have Fun!

Positive Youth Sports Alliance of Essex

Mission:

- **To promote a positive sports experience that will teach lifelong lessons through personal growth and healthy competition.**

By:

Guiding Principles:

COMMUNITY:

- **Unifying youth sports and community partners across Essex to create a consistent, positive experience through common goals, messages, expectations, and actions.**

ATHLETES:

- **Educating athletes in a culture that expects positive sportsmanship, attitudes, effort, and commitment.**

COACHES:

- **Providing coaches with opportunities to improve their coaching skills and**
- **Creating clear expectations of coaching behavior and philosophy, monitoring their efforts through evaluation, and recognizing their contributions.**

PARENTS:

- **Encouraging positive parent involvement and support of athletes, coaches, and officials through clear communication of the goals and expectations of the program.**

OFFICIALS:

- **Establishing a partnership that supports officials and recognizes their role in managing a positive sports experience.**



Positive Youth Sports Alliance of Essex

This is an important document about the upcoming season.

Please take the time to read it carefully.

Thank you.

Our organization is committed to the mission of the Positive Youth Sports Alliance of Essex:

- **To promote a positive sports experience that will teach lifelong lessons through personal growth and healthy competition.**

We EXPECT our COACHES, PLAYERS, and PARENTS to:

- show **RESPECT** for the rules, opponents, officials, teammates, and one's self.
- acknowledge that making mistakes and losing are a part of life and these times are **opportunities** for learning.
- represent **our community** in a positive manner.

We EXPECT our COACHES to:

- place the needs of the players first.
- be a positive role model.
- respect each player as an individual.
- provide a safe, fun, and healthy environment.
- prepare organized practices that are skill enhancing.

We EXPECT our PLAYERS to:

- always give their best effort in all aspects of the sport.
- Honor the Game with good sportsmanship and a positive attitude.
- make healthy choices.
- attend and be on time for practices and games, and notify the coach if they cannot.

We EXPECT our PARENTS to:

- be positive or quiet when they are at a game or practice.
- **NOT** coach or give suggestions as a spectator, and let the coaches coach and the officials officiate.
- be an appropriate role model.
- support and encourage their child to do their best and have fun.



"FREE Basketball Coaching eBooks That Will Help You Win More Games!"

Get Two Free eBooks that include 72 of Our Favorite Basketball Drills, 32 Plays, and Dozens of Coaching Tips and Tricks (for Youth and Advanced Coaches)...

Wednesday, November 17, 2010
From: Jeff & Joe Haefner

Dear Basketball Coach,

We're excited to announce that we're giving away two great coaching eBooks that will help you win more games. And best of all they're free!!

Here's what you'll get...

Ebook #1 - *Winning Basketball Drills*: This is a 152 page eBook with 72 of our favorite basketball drills. Each drill includes complete step-by-step illustrations, easy-to-follow instructions, motivation tips, and coaching tips.

The drills are divided into the following categories: shooting, passing, ball handling / dribbling, offense / footwork, big man / post play, transition, defensive & agility, and rebounding. They're also neatly labeled for youth, middle school, and advanced coaches so everything is easy to find.

Ebook #2 - *Winning Basketball Plays*: This is an 85 page eBook with 32 of our favorite basketball plays. It includes man-to-man plays, zone plays, out of bounds plays, and end of game plays. The book includes a good mix of simple and advanced plays that can be used by both youth and advanced coaches.

You'll also find some great coaching tips that teach you the secrets to running set plays and scoring more points.

Why are we giving the eBooks away for free?

We're giving away the eBooks for free because we want to motivate people to sign up for our Free Basketball Newsletter (which is completely optional for you). In any case, you win no matter what because...

You get an extremely valuable eBooks for FREE (without any obligation to buy or sign up for anything)! In fact, if you don't want us to, we will **never** bother you again.

So if you'd like to receive both basketball coaching eBooks, enter your name and email address -- and we'll email you the download instructions!

Your First Name:

Your Email:

Which category applies to you?

Age level:

We **guarantee** that we will **never** send you spam or share your email address. We **HATE**



Basketball Basics for New Players and Coaches -- Learn the Basic Rules, Concepts, Court Layout, and Player Positions

FREE! Get 72 of our [favorite basketball drills](#) and 32 of our [favorite basketball plays](#).

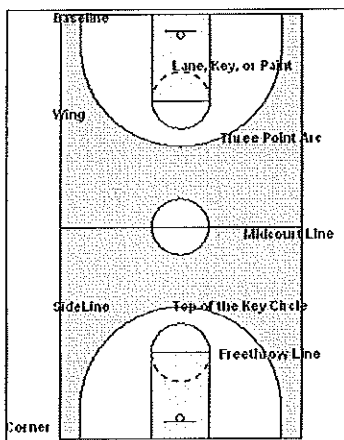
The rules of basketball, thankfully, are fairly straightforward. However, for the younger players, some rules can be easily forgotten. The three-second rule addressing how long an offensive player can be in the key before clearing out is a good example.

Once you have taught the rules of the game to your team, there is a simple way to make sure that they don't forget them. Have them tell you the rules. Spend a few minutes during each practice quizzing them. Make it fun. Additionally, you can teach and reinforce the rules of the game during drills.

Before you can teach the rules to your team, you must know them yourself...

The Rules

Basketball is a team sport. Two teams of five players each try to score by shooting a ball through a hoop elevated 10 feet above the ground. The game is played on a rectangular floor called the court, and there is a hoop at each end. The court is divided into two main sections by the mid-court line. If the offensive team puts the ball into play behind the mid-court line, it has ten seconds to get the ball over the mid-court line. If it doesn't, then the defense gets the ball. Once the offensive team gets the ball over the mid-court line, it can no longer have possession of the ball in the area in back of the line. If it does, the defense is awarded the ball.



The ball is moved down the court toward the basket by passing or dribbling. The team with the ball is called the offense. The team without the ball is called the defense. They try to steal the ball, contest shots, steal and deflect passes, and garner rebounds.

When a team makes a basket, they score two points and the ball goes to the other team. If a basket, or field goal, is made outside of the three-point arc, then that basket is worth three points. A free throw is worth one point. Free throws are awarded to a team according to some formats involving the number of fouls committed in a half and/or the type of foul committed. Fouling a shooter always results in two or three free throws being awarded the shooter, depending upon where he was when he shot. If he was beyond the three-point line, then he gets three shots. Other types of fouls do not result in free throws being awarded until a certain number have accumulated during a half. Once that number is reached, then the player who was fouled is awarded a '1-and-1' opportunity. If he makes his first free throw, he gets to attempt a second. If he misses the first shot, the ball is live on the rebound.

Each game is divided into sections. All levels have two halves. In college, each half is twenty minutes long. In high school and below, the halves are divided into eight (and sometimes, six) minute quarters. In the pros, quarters are twelve minutes long. There is a gap of several minutes between halves. Gaps between quarters are relatively short. If the score is tied at the end of regulation, then overtime periods of various lengths are played until a winner emerges.

Each team is assigned a basket or goal to defend. This means that the other basket is their scoring basket. At halftime, the teams switch goals. The game begins with one player from either team at center court. A referee will toss the ball up between the two. The player that gets his hands on the ball will tip it to a teammate. This is called a tip-off. In addition to

stealing the ball from an opposing player, there are other ways for a team to get the ball.

One such way is if the other team commits a foul or violation.

Fouls and Violations

FOULS

Recommended Resources for Youth Coaches

- [Coaching Youth Basketball Successfully](#)
- [60 Fun Youth Basketball Drills](#)
- [Simple Offense for Youth Basketball](#)

Personal fouls: Personal fouls include any type of illegal physical contact.

- **Hitting**
- **Pushing**
- **Slapping**
- **Holding**
- **Illegal pick/screen** -- when an offensive player is moving. When an offensive player sticks out a limb and makes physical contact with a defender in an attempt to block the path of the defender.

Personal foul penalties: If a player is shooting while being fouled, then he gets two free throws if his shot doesn't go in, but only one free throw if his shot does go in.

- **Three free throws** are awarded if the player is fouled while shooting for a three-point goal and they miss their shot. If a player is fouled while shooting a three-point shot and makes it anyway, he is awarded one free throw. Thus, he could score four points on the play.
- **Inbounds.** If fouled while not shooting, the ball is given to the team the foul was committed upon. They get the ball at the nearest side or baseline, out of bounds, and have 5 seconds to pass the ball onto the court.
- **One & one.** If the team committing the foul has seven or more fouls in the game, then the player who was fouled is awarded one free throw. If he makes his first shot, then he is awarded another free throw.
- **Ten or more fouls.** If the team committing the foul has ten or more fouls, then the fouled player receives two free throws.

Charging. An offensive foul that is committed when a player pushes or runs over a defensive player. The ball is given to the team that the foul was committed upon.

Blocking. Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.

Flagrant foul. Violent contact with an opponent. This includes hitting, kicking, and punching. This type of foul results in free throws plus the offense retaining possession of the ball after the free throws.

Intentional foul. When a player makes physical contact with another player with no reasonable effort to steal the ball. It is a judgment call for the officials.

Technical foul. Technical foul. A player or a coach can commit this type of foul. It does not involve player contact or the ball but is instead about the 'manners' of the game. Foul language, obscenity, obscene gestures, and even arguing can be considered a technical foul, as can technical details regarding filling in the scorebook improperly or dunking during warm-ups.

VIOLATIONS

Walking/Traveling. Taking more than 'a step and a half' without dribbling the ball is traveling. Moving your pivot foot once you've stopped dribbling is traveling.

Carrying/palming. When a player dribbles the ball with his hand too far to the side of or, sometimes, even under the ball.

Double Dribble. Dribbling the ball with both hands on the ball at the same time or picking up the dribble and then dribbling again is a double dribble.

Held ball. Occasionally, two or more opposing players will gain possession of the ball at the same time. In order to avoid a prolonged and/or violent tussle, the referee stops the action and awards the ball to one team or the other on a rotating basis.

Goaltending. If a defensive player interferes with a shot while it's on the way down toward the basket, while it's on the way up toward the basket after having touched the backboard, or while it's in the cylinder above the rim, it's goaltending and the shot counts. If committed by an offensive player, it's a violation and the ball is awarded to the opposing team for a throw-in.

Backcourt violation. Once the offense has brought the ball across the mid-court line, they cannot go back across the line during possession. If they do, the ball is awarded to the other team to pass inbounds.

Time restrictions. A player passing the ball inbounds has five seconds to pass the ball. If

he does not, then the ball is awarded to the other team. Other time restrictions include the rule that a player cannot have the ball for more than five seconds when being closely guarded and, in some states and levels, shot-clock restrictions requiring a team to attempt a shot within a given time frame.

Player Positions

Center. Centers are generally your tallest players. They generally are positioned near the basket.

Offensive -- The center's goal is to get open for a pass and to shoot. They are also responsible for blocking defenders, known as picking or screening, to open other players up for driving to the basket for a goal. Centers are expected to get some offensive rebounds and put-backs.

Defensive -- On defense, the center's main responsibility is to keep opponents from shooting by blocking shots and passes in the key area. They also are expected to get a lot of rebounds because they're taller.

Forward. Your next tallest players will most likely be your forwards. While a forward may be called upon to play under the hoop, they may also be required to operate in the wings and corner areas.

Offensive -- Forwards are responsible to get free for a pass, take outside shots, drive for goals, and rebound.

Defensive -- Responsibilities include preventing drives to the goal and rebounding.

Guard. These are potentially your shortest players and they should be really good at dribbling fast, seeing the court, and passing. It is their job to bring the ball down the court and set up offensive plays.

Offensive -- Dribbling, passing, and setting up offensive plays are a guard's main responsibilities. They also need to be able to drive to the basket and to shoot from the perimeter.

Defensive -- On defense, a guard is responsible for stealing passes, contesting shots, preventing drives to the hoop, and for boxing out.

Where Should New Players and Coaches Start?

First, we suggest that you focus on learning the basic fundamentals of basketball.

To teach fundamental skills, start with these [72 free basketball drills](#) that include full diagrams and step by step instructions. They will help you develop strong fundamentals and basketball skills.

Like any sport, no matter what your age -- whether you're a professional athlete or a youth player just getting started -- you need strong fundamentals to be successful.

Unfortunately, most people don't really understand what that means.

The fundamentals include working on the little things that make you better -- no matter what team or coach you play for -- or what offense or defense you are running.

For example, by working on the fundamentals of shooting, you will get better no matter what team you play for. The fundamentals of shooting include proper foot alignment, leg bend, hand position, arm angle, follow through, and so on. These are some of the little things that make a difference. Learn them!

The same goes for lay ups, foot work, post play, passing, jab steps, jump stops, pivoting, blocking out, and so on.

We suggest that you start by learning the proper technique and fundamentals for:

- [Shooting](#)
- [Passing](#)
- [Dribbling](#)
- [Lay ups](#)
- [Jump stops](#)
- [Pivoting and footwork](#)
- [Jab steps](#)
- [Screening](#)
- [Cutting](#)
- [Defense](#)
- [Rebounding](#)

These are all critical fundamentals to master because they'll make you and your team better, no matter what age level or situation you might be in.



5 Tips to Help Basketball Coach's Run Their Drills More Effectively

- By Jeff Haefner

Tip #1 - Add a competitive aspect to the drill.

Adding a competitive flavor to a basketball drill can make it much more effective because kids will generally work harder and get more focused to master the drill.

Without the competitive aspect, players will quickly get bored and simply go through the motions. We all know you need to be focused and work on the little things to get better.

Use your imagination when adding competition. The possibilities are endless...

- If the drill requires shooting, you can keep track of made baskets and award the winner.
- You can add special rules like: 2 points for charges, 1 point for ball deflections, and 2 points for steals.
- You can award "permissions" every time you notice a kid really doing a good job with the drill. Award the 3 kids with the most "permissions" at the end of practice.
- You can award teams that don't drop a single pass during the entire drill.

These are just a few examples but I'm sure you can come up with more.

Tip #2 - Developing good habits.

It's common for coaches to make the mistake of showing a drill and then walking away trying to get ready for the next drill. Or coaches just aren't watching close enough to notice some bad habits forming.

You need to watch your players very closely and make sure they do the little things.

For example, when running a shooting drill, make sure each player has their knees bent when they catch the ball, pivots correctly, squares their feet to the basket, holds their follow through, and so on.

For a defensive drill you need to make sure they always see man and ball, keep their hands out, keep a wide base, and so on.

Your players will no doubt slide if you don't watch them closely and correct their slippage at all times.

You run drills to develop good basketball habits. And it's impossible to develop good habits unless you watch closely.

Tip #3 - Write down your "points of emphasis".

To avoid forgetting important points, you should have a cheat sheet for everyone single drill that you run. I personally have a "points of emphasis" section on every practice plan.

These are the things you want to watch closely during the drill to make sure your players are performing this aspect properly.

For example, on a rebounding drill you might put something like:

- Keep elbows out after grabbing the ball.
- Always grab the ball with two hands.
- Use your feet to get under the ball and then go get it.
- Block out.
- Anticipate the rebound and get good position. It's all about positioning.

If you don't write down the important points, it's just too easy to forget them.

Tip #4 - Break things up.

Split drills up through out practice to break up the monotony. Players generally lose focus after working on the same thing.

The more variety the better.

For example, you could do 10 minutes of defensive drills and then change things up to a competitive shooting drill that they enjoy.

Tip #5 - Don't overlook the simple drills.

Often times the simple drills that have been around forever are the best ones.

Don't forget those drills or overlook them just because they are simple. They are often the most effective.