



Stow Youth Basketball Association
Recreation Level Coaching Guideline

Stow Youth Basketball Association Coaching Guideline

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SYBA Mission

Stow Youth Basketball Association (SYBA) is a parent led non-profit organization promoting the development of Stow youth in the game of Basketball. Its purpose is to engage, foster, develop, support, and assist in the promotion and development of youth basketball programs for the children of Stow and surrounding areas, and assist in the purchase of materials, supplies and financing the programs to maintain and improve the basketball skill of the residents of the Stow area.

SYBA and Stow Recreation Department

SYBA and the Stow Recreation Department are in cooperation with one another on recreation level basketball activities. We both are striving to provide the youth of Stow the best opportunities possible playing the game of Basketball.

Introduction

The SYBA welcomes you as a youth basketball coach. This guide has been developed and published to provide Stow coaches with information in leading a recreation level team.

Head Coaching Selection

Head Coaches are determined by the Coordinator for each gender. Selection is based on a number of factors including eligibility, tenure, experience, availability, number of teams, and other factors. Assistant coaches are selected by the head coach after player selections have been made. They may be subject to Coordinator approval.

Player Selection

Stow youth recreation basketball is intended to have near equal teams in each level. Players are rated by proficiency in a number of skills and abilities by coaches and evaluators typically by conducting a player evaluation session. The proficiency numbers are averaged to give an overall player rating. The overall player rating may be altered through discussion and agreement of the head coaches and/or Coordinator. This rating is used to select players such that each team at their respective level is close to equal in their overall average rating. Selection may be conducted as a draft by head coaches or created directly by the Coordinators. Adjustments to teams may be made by the Coordinators.

League Format

Players are divided into 3 age categories: 3rd & 4th, 5th & 6th, 7th & 8th. Typically these groups correspond respectively to Levels 1, 2, and 3 referred to later in this manual.

Teams at each level compete with Stow and surrounding towns. Games take place on indoor courts throughout the participating towns typically on weekends.

Practices are scheduled typically on weeknights. Teams may have more than one practice per week depending on gym availability.

Philosophy

Recreation youth basketball in Stow is to provide equal playing opportunity to all children of regardless of race, creed, color, sex or ability. Equal playing time constitutes the coaches best effort to afford even

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in game minutes to each eligible player participating. Some certain exceptions may exist during the season. These will be announced by the league prior to those games start.

Coaches Objectives:

- Foster an environment where players feel safe, can have fun, and learn to be good sports. Do your best to remove the fear of failure.
- Help players learn new skills and develop basketball abilities, knowledge, and teamwork throughout the season
- Encourage all players to give their best effort regardless of skill level.

Meeting the above objectives will enable the players to “win” not only this season but for years to come.

Code of Conduct

Coaches Code of Conduct

- I will place the emotional and physical well being of my players ahead of a personal desire to win.
- I will treat each player as an individual, and expect age appropriate skills from all my players.
- I will direct my players at all times to play by the rules and to show respect for the other players, coaches and the referee.
- I will do my best to provide a safe playing situation for my players.
- I will teach my players in a positive, nurturing manner. I will not berate, intimidate or bully my players into learning.
- I will lead by example in demonstrating fair play and sportsmanship to all my players on and off the court.
- I will exhibit respect for the referees and other coaches. I will speak with the referees and other coaches in a civil, calm manner. I will not openly berate, taunt or otherwise comment negatively on the referees or other coaches.
- I will remember that I am a youth sports coach and that the game is for the children and not the adults.
- I will adhere to the Coaches Code of Conduct while participating in any activity related to this league.

Parents Code of Conduct

- I will not force my child to participate in sports.
- I will remember that children participate to have fun and that the game is for youth, not adults.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I will learn the rules of the game and the policies of the league.
- 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 sporting event.
- I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting, or using profane language or gestures.

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- I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.

Players Code of Conduct

- I will commit to do my best to learn the game of basketball and to play well with others on the team.
- I understand this is a team sport and I will make every effort to attend all practices and all games, on time and prepared to play.
- I will follow the rules, participate in fair play and exhibit good sportsmanship on and off the court.
- I will try my best, try to perform well at all times, to win gracefully and accept defeat in the proper perspective.
- I will treat all the players with respect and good sportsmanship whether on or off the court.
- I understand the referee's decisions are not mine to question. I will not make comments about nor talk to the referees about any calls made on the court.
- I will follow my coach's instructions and will treat him/her and any other coach with respect.
- I will exhibit respect for the referees, coaches, and other players. I will speak with the referees, coaches and other players in a civil, calm manner. I will not openly berate, taunt or otherwise comment negatively on the referees, coaches, or other players.

Unsporting Conduct

Every coach and all spectators shall support the referee. Failure to do so undermines the referee's authority and has the potential to create a hostile environment for players, the referee, and all the other participants and spectators.

SYBA and officials follow NFHS rules regarding unsporting conduct found in Section 10-4 of the NFHS rules book. In summary, the head coach is responsible for his/her conduct as well as all other members of the team. A technical foul will be assessed to coaches and players for committing unsporting actions including but not limited to: disrespecting an official, attempting to influence an official, using profanity or obscene gestures, taunting an opponent, and other egregious actions. If the official judges the act to be severe a flagrant technical may be assessed. Coach consequences for a flagrant or two technicals in a game result in disqualification and ejection. Failure to comply will result in the referee(s) abandoning the game and forfeiture to the offending team. Coaches and players that receive unsporting technical fouls will be investigated by the SYBA board and/or the Stow Recreation Department. Consequences could result in disqualification from the team.

Criminal Offender Record Information (CORI)

A CORI application is required for all coaches, assistant coaches, and others that will have regular contact with the children participating in Stow Youth Basketball programs.

Substance Abuse

Coaches: All coaches and assistants are to be unimpaired while working with youth. Violators will be subjected to dismissal.

Players: If suspected, players may not participate in game or practice. Report to legal guardian immediately and have them remove the player. Refer the incident to the SYBA board where the incident will be investigated.

Season Setup

Equipment

Coaches should receive a bag of age appropriate sized balls, a game ball, first aid kit, and in some levels of play a scorebook.

Ball Sizes:

- Boys Grade 3-6 28.5" ball
- Girls all grades 28.5 ball
- Boy's grades 7-8 29.5" ball

Additional equipment you may find useful:

- Whistle
- Small ball pump
- Dry erase clip board with court outline
- Small cones for marking out drills
- Pinnies for scrimmage or have players bring white and dark shirts
- NFHS Rules book and printout of league rules

Children should be instructed to bring to practices and games:

- A basketball with name and phone number printed on it
- A water bottle
- Change of sneakers in inclement weather

Contacts

At the start of the season, the head coach should first get commitment from your assistant. Be sure they are ready to commit, understand SYBA and your philosophy, and have submitted CORI application. It is also advisable to have an additional backup parent available and a CORI submitted for help if either of you are unavailable.

Once your team roster is known, contact each player's parent/guardian with the following info:

- Your contact info (email, phone – cell & home)
- Name and contact of assistant (if known)
- Names of other players
- Schedule of games and practices (if known)

Also, verify their contact info (phone – cell & home, email) and fill in any missing info

It is a good idea to hold a 10-15 minute meeting with players and parents at the first practice to go over parents and players code of conduct, expectations, and share the coaching philosophy.

Practice

It is advisable to have 2 adults at each practice, especially with younger players. If you or an assistant can not make practice, make arrangements to have a CORI checked parent help.

Planning

Proper preparation is key to running an effective practice. Regardless of player's age, keeping things moving from drill to drill will keep kids attention. Many resources exist to assist in planning on the web, within this document (see appendix), and within the SYBA network.

Courtesy

If you are sharing the court with another team, be courteous. Keep noise reasonable, limiting whistle use. Instruct your players to remain on your side of the gym as much as possible.

Arrival

While players arrive instruct them to utilize the time for individual drills or stretching (older players). Learning to use this time for their own player development will help them learn how they can increase their skills on their own.

Note: With younger players this can be a very difficult and disorganized time. In some cases it may be necessary to allow a simple game such as knock-out.

Warm-up

With younger players, starting with some stretching and running exercises is advisable. This also can be a good time to talk with the players (about the last game, upcoming game, what we'll be working on, etc.) For older players they should warm-up prior to practice, though you could still use the time for discussion.

Maximize Touches

Practices should be designed to maximize ball touches for all skills and ages. This will help move lower skilled players along and help all feel involved.

Scrimmage

Scrimmage is often what players ask for the most. Though scrimmages can serve a valuable purpose they do limit the amount of touches each player gets (1 ball 10 players). Limit scrimmages and emphasize basic skills development. Often the allure of an end of practice scrimmage can be used as an incentive for players to complete drills in a timely manner.

Tip: When possible divide your team into sub-teams of 3 and run 3on3 games. This can better maximize player touches. Rotate teams as needed so everyone gets to play and have a rest.

Fun

A fun practice, especially for younger players, will keep them interested. Incorporating drills into games and involving competitions by splitting team in two or three can help accomplish fun. As players progress in level they will be able to endure drills that are more direct in presentation, though most everyone enjoys competition so involving it can keep players motivated.

Game Preparation and Execution

Pre-game day

Inform players via email of the upcoming game noting location and time (include arrival time – i.e. 15 min prior to start)

Receive any planned absentees

Acquire any needed assistants for clock or scorebook

Create a rotation based on players available

Game day - what to Bring

Cash for the referee

Game ball, ball bag, first aid kit, scorebook

Cell phone and phone number of town emergency services

Player rotation plan

Game arrival

Instruct players to stretch and prepare for competition as they arrive, readying their mind and body

Run 1 or 2 warm-up drills (develop at a practice prior to the games), stop 2 or 3 minutes prior to game start.

Announce starting lineup, positions, and any game strategy to the players 2 or 3 minutes prior to start.

During the game

Observe the SYBA code of conduct

Let the kids play – game time is for the players to show what they have learned in practice and to have fun competing. Reserve extended instruction for when players are on the bench or the next practice.

Be ready to call time-outs, make substitutions, and award praise to players.

Lopsided games – observe league rules and common sense. If your team is up by a significant margin have your team adapt a strategy such as: pass multiple times prior to score, use a sag defense, stop using fast breaks, switch player positions so a less skilled player gets to handle the ball, or other techniques that still promote playing hard but slow the game down somewhat.

Post Game

Line-up the team to shake hands with opponent. Proceed out of the bench area quickly as another team may be waiting. Thanking the referees is a good idea too.

Skills Progression

All players regardless of age should start with level 1 concepts, then level 2 and finally level 3. Older players will typically progress quicker through the levels than younger, but all should start with the basics.

Level 1 (3rd & 4th Grade)

At a young age the focus should be having fun. Include lots of games that allow kids to develop fundamental abilities, skills, and teamwork. In some cases games need not even utilize a basketball, as kids still need to develop fundamental motor skills. For basketball, players should get lots of “touches” so they can handle the ball frequently. 3on3 games are great at this age level.

Basketball Skills to develop:

- ◆ Footwork - Triple threat position, pivoting, jump stop
- ◆ Lay-ups – focus on footwork, looking at the basket
- ◆ Athletic movement – running (backward too), jump and land, skip, stop, move laterally, squat, lunge, change speeds, etc.
- ◆ Dribbling - keep your head up, basic dribbling (speed, basic crossover, protect, backup)
- ◆ Passing – basic chest and bounce
- ◆ Shooting – face the basket, practice form
- ◆ Defense – basic stance (stay low, slide), stop the ball, get back on transition, helping
- ◆ Offense - basic motion – spacing, give-n-go, pick-n-roll, basket cut, V cut
- ◆ Knowledge – basic rules (travel, back court, out of bounds, reach-in foul, etc), court terminology (end line, foul line, elbow, etc.)
- ◆ Teamwork – promote working together for success, cheering for one another, helping each other up, etc.
- ◆ Sportsmanship - Kids need to respect officials, coaches, and other players. Accountability includes time outs

Level 2 (5th & 6th Grade)

Intermediate players, regardless of age, should progress through this level. Older players will typically progress quicker than younger.

5th and 6th graders often make up this level. This age group is ready to absorb more advanced concepts and can typically focus for longer periods of time on drills. Still, having fun should be a frequent part of practice.

Basketball Skills to develop:

- ◆ Footwork – introduce jab steps, basic post moves (drop step, step thru), lifting the pivot for pass and scoring
- ◆ Lay-ups – advanced footwork (both sides of basket, longer strides, jump stop layup), focus on the basket, non-dominant hand proficiency
- ◆ Dribbling – non-dominant hand, strong crossover, inside-out dribble (fake crossover), hesitation move, between legs, keeping your head up
- ◆ Passing – fakes, baseball pass, wrap around pass, passing under pressure, full court press break

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- ◆ Shooting – shoot when you are open and in your shooting range, focus on form including feet and vision. Introduce some movement for shooting drills (shooting off the dribble and off the catch). Introduce shot fakes. Practice foul shots.
- ◆ Defense – stance emphasis, defensive slide and maintaining legal guarding position (LGP). Introduce communication and calling for help. Continue to emphasize getting back to defend.
- ◆ Rebounding – Introduce technique (box out)
- ◆ Offense - spacing, triple threat on pass receipt, screens (toward, away, down), basket cuts, motion offense
- ◆ Transition – Outlet pass and filling the lanes on offense, stop the ball on defense
- ◆ Knowledge – Definitions (court, phases of game), traveling definition (you can lift your pivot on a shot or pass), dribble definition (fumble, interrupted dribble, carry), legal guarding position, player control foul (charge), running the endline, 3ft throw-in area, inbounding to the backcourt, team control, verticality, 3 sec, 10 sec
- ◆ Teamwork - promote working together for success, cheering for one another, helping each other up, encourage one another, etc.
- ◆ Sportsmanship – Kids need to respect officials, coaches, and other players. Accountability includes: additional undesirable drills, not being a starter for the game

Level 3 (7th & 8th Grade)

Advanced players are ready to fully implement all basketball skills and knowledge. These players may be more able than the coaches at playing the game. Still, much can be taught in all areas of the game. Basketball Skills to develop:

- ◆ Footwork - post footwork: drop step (baseline, middle), step back, up and under, jump stop footwork – practice with contact.
- ◆ Lay ups - practice contested lay ups, lateral movement steps, fakes combining drop steps, scoring moves, ball spin, other advanced options.
- ◆ Dribbling - spin move, behind back, power dribble. Incorporate double-moves (crossover followed with a behind-the-back). Vision – dribbling becoming instinctive allowing full vision of the court.
- ◆ Passing - advanced passes (behind-the-back pass, pick and roll pass). Passing under pressure. Look away passes. Having court vision and anticipating player movement.
- ◆ Shooting - shooting form (eyes, footwork, follow thru), jump and set shot. Foul shots under duress. Practice shooting on the move off of the pass, dribble, off a screen. Introduce step back, lateral movement on shots, and other advanced situations.
- ◆ Defense – focus on opponents midsection, force a low percentage shot (baseline), steals, team defense: funneling to help, switches/rotations, communication – calling out screens, help defense.
- ◆ Offense - motion offense expanded (different sets 3-2, 4-1, 5 out, DDM, etc), player roles, some set plays, attacking matchups
- ◆ Transition – Outlet pass, long pass, situational stay on offensive end, stop the ball on defense and know situation
- ◆ Knowledge – review and expand, airborne shooter definition, closely guarded (5 sec), technical fouls, tipping the ball for scoring, displacement – it gets a lot more physical
- ◆ Mental aspects of the game – dealing with pressure, game preparation, visualization

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- ◆ Teamwork - promote working together for success, cheering for one another, helping each other up, encourage one another, community activity, etc.
- ◆ Sportsmanship – Kids need to respect officials, coaches, and other players. Accountability includes: additional undesirable drills, not being a starter for the game, league consequences

Defensive Aspects:

All divisions play man to man. Frontcourt zone is not allowed.

Basic stance and footwork (all levels):

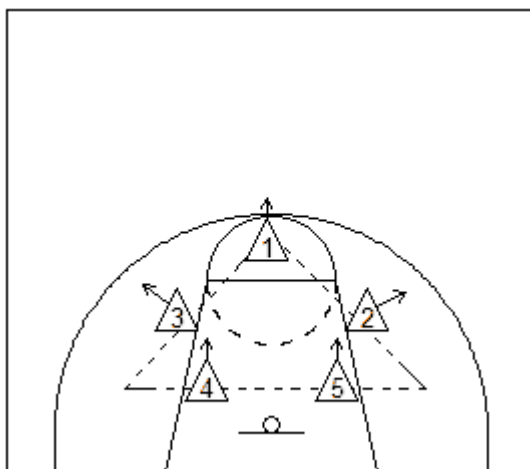
Players should learn to have a wide stance (feet underneath each shoulder), bent knees, and butt low. They should not bend much at the waist. Emphasize playing defense with your feet (slide step, beat the player to a spot) using hands in limited fashion (don't reach in excessively). Help players understand the goal is first to prevent the opponent from scoring, not necessarily getting the ball away from the player.

Transition Defense (all levels):

At all ages players should learn to retreat and defend their own basket when the opposition steals or rebounds the ball. Enforce, at a minimum, running straight to about the top of the key and preparing to stop the ball (even if it's not their assigned opponent). Once the immediate scoring threat is removed players can find their assigned opponent and begin defense.

Defensive Strategy – Level 1:

Defensive Triangle - Players should learn to defend inside the 3 point line (sag D) first, forming a defensive “triangle” when possible. This emphasizes protecting the basket. Teach keeping yourself between opponent and the basket, with back to the basket. This enables vision of your man and the ball. Good form is one hand toward opponent and one hand toward the ball. Instruct Players to be most aggressive during rebounding and loose ball situations, limiting reach-in fouls and getting beat by a good ball handler.



Defensive Triangle 1

Help Defense - Players can learn basics of helping teammates. Any opponent with the ball in the key area is an immediate threat and helping stop him/her is appropriate. Player should learn to stay 2-3 steps away and closer to the basket when the ball is far from their assigned opponent, so they are in position to

help. Teach closing out on your opponent quickly when they receive the ball, slowing to a defensive position using quick short steps

Defensive Strategy – Level 2:

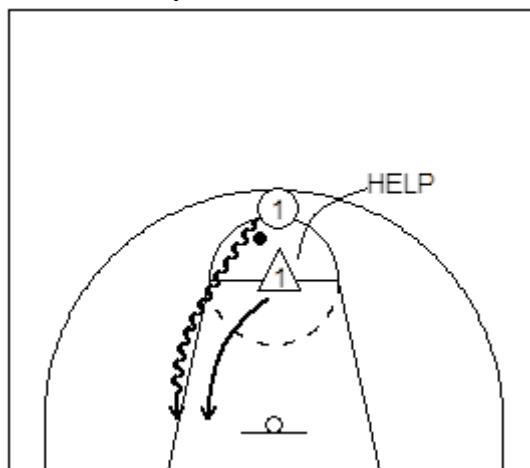
In addition to tactics at previous level...

Press - half court and full court press can be taught as player's progress and should be used when game situations dictate. Zone full court is allowed.

Aggressiveness - As players' progress they can be instructed on more aggressive actions (steals) and taking risks based on game situations. Teach palms up and swiping under the ball for attempts at a steal, this reduces foul calls.

On Ball Defense – Close out quickly on an opponent that receives a pass, slowing to a defensive position with quick short steps. If the opponent still has a dribble, defender should be an arms length away, ready to slide step in either direction with one hand up the other mirroring ball movement. Defender may cheat to the opposition's strong side, forcing them to their weaker side. If the opponent has used their dribble, then move closer making it more difficult to pass or protect the ball.

Defending a Basket Drive – when an opponent attacks the basket off the dribble, force them to one side of the basket, a more difficult shot. Call "help" as needed.

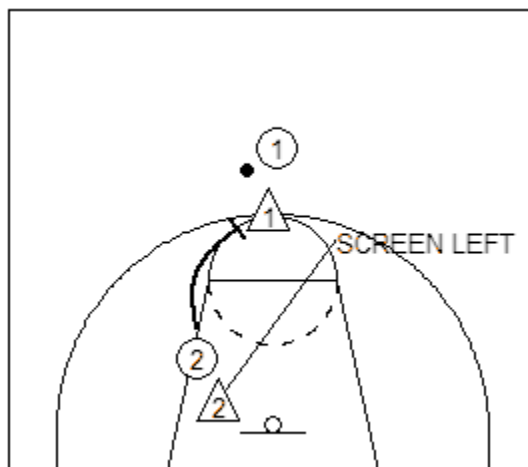


Force to Side 1

Off Ball Defense -

- Defense one pass away – if the defender's opponent is a pass away from receiving the ball, defender should be attempting to deny the ball (generally within 3 pt area)
- Defense two passes away – if the defender's opponent is 2 passes away (weak side), defender should be playing help D to the paint. Be ready to close out if needed.

Defending Against the Screen – Communication becomes important in screen defense. If your opponent is setting an on ball screen you are primarily responsible for informing your teammate. Yell "Screen" and side (left or right) to alert. Be prepared to help. Other teammates can also notify on screens. Players should learn to go under/over screens (fight thru) based on situations and to switch (while communicating) when appropriate



Screen Left 1

Rebounding – Teach proper box out technique. See appendix.

Defensive Strategy – Level 3:

In addition to tactics at previous levels...

Help Defense – Expand to a more planned help defense by funneling a driving opponent to the help

Rebounding – In addition to proper technique, expand to include concepts of team box out

Communication – expand calls on screens, identifying the threat (player(s) to focus on), cutting players, and directing help

Vision – Use of peripheral vision stressed to identify “hidden” screens and developing plays, and other off ball activity

Think – this level can employ many offensive sets and plays. Try to decipher what they are planning and devise a counter to it.

Offense Aspects:

Offensive Strategy - Level 1

Younger players need encouragement to feel comfortable on the court. Encourage players to try skills, to involve teammates, to cheer for one another. Teach spacing, if you’re near your teammate move away to an open area. Players should face the basket when possible and look at the ball when they do not have it. Encourage them to keep moving, cutting from side to side, trading places with teammates and moving to open spaces. Avoid patterned offenses.

Tip - use a few basic cuts and maybe screens in your shooting drills at the beginning of practice, then your players will already know how to move in a motion offense. Then you don't have to waste time teaching offense. Just let them play.

Offensive Strategy – Level 2

Fast Breaks - are often the easiest method of scoring. Spend time teaching players to outlet, fill the lanes, and run to beat their opponent. Convey inbounding the ball quickly (and running the endline) after opponent score to fast break and limit the press. Work on full speed layups and speed dribble.

Press Break – Full court zone pressure is used in this level. Work on breaking the press thru the pass. Player receiving the inbound pass should look to pass down the court or to the middle.

Motion Offense – A simple concept of players keeping good spacing, screening for one another, and not standing still for long will help players use their skills, involve teammates, and have an effective strategy against their opponent. It is best to avoid patterned offenses at this age level. See appendix for additional information.

Inbound Plays – simple plays such as Stack and Box forms work well

Offensive Strategy – Level 3

Matchups – Players should consider matchup advantages and look to exploit as possible.

Fast Breaks – expand to include secondary breaks (trailer, cutter, etc)

Motion Offense – Expanding to use the post and read the defense will challenge players to use their skills, vision, and minds to create good scoring opportunities. Patterned offenses could be utilized at this level, though typically practice time constraints make this difficult to employ. See appendix for additional information.

Plays – some plays, especially inbound, can be utilized. See appendix

Appendix:

Definitions

Footwork and Triple Threat:

All players need good basic footwork to enable success. Pivoting with either foot is essential. “Triple threat” position is a basic body position a player should get in when they receive the ball. “Triple threat” refers to the 3 threats a player presents in the position: pass, shoot, or dribble.

Basic Triple Threat Position:

- ◆ Catch the ball and square to the basket so you can see the basket and your teammates
- ◆ Position hands on the ball in the shooting position
- ◆ Hold the ball in a protective position out of reach of defender

Layup:

A layup is the easiest method of putting the ball thru the basket. So it should be an often practiced skill at all levels.

Basic Layup technique:

- ◆ Gather the ball while both feet are off the floor from a pass or dribble
- ◆ First foot to touch is pivot, step or jump off this foot
- ◆ Second foot touches, jump upward off this foot toward basket
- ◆ Drive first foot's knee upward toward basket
- ◆ Extend/guide ball off the backboard such that it falls into the basket

Notes:

Younger or less experienced players will have difficulty mastering all the steps when first starting. It is best to start with the last part of the footwork and progress. Can even be practiced without a ball or against the wall so the focus is form not scoring.

Good form has the last step use the opposite leg from side of the basket the layup is coming from. Such as: push off left leg for right basket side, right leg for left basket side. Learning to use either hand is important as well, since you never know where the defender may be coming from in a game situation.

Jump Stop:

A jump stop is simply a term for landing simultaneously on both feet. When used while gathering the ball from a pass or dribble when both feet are off the floor, the player can use either foot as the pivot upon landing (NFHS Rules 4-44-2A). It is a fundamental basketball skill that should be taught and utilized at all levels.

Notes:

- ◆ “Simultaneously” refers to the foot that actually landed first can not be determined by observation of the official
- ◆ A player who gathers the ball while standing or landing on one foot may legally jump off that foot and land on two feet simultaneously. Neither foot can be the pivot, but the player could then jump and release the ball for pass or try for goal without violation (NFHS Rules 44-2A, 44-4).

Game Phases:

- ◆ Offense – the time during the game your team has control of the ball in the opponents front court

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- ◆ Defense - the time during the game the opponent has control of the ball in your front court
- ◆ Transition –
 - Offensive – the time during the game your team has control of the ball from a rebound, a steal, or a quick inbound and is advancing toward the opponents basket
 - Defensive – the time during the game the opponent has control of the ball from a rebound, a steal, or a quick inbound and is advancing toward your basket

Rebound:

A rebound is an action performed by a player after a shot is taken. Rebounds can be either offensive or defensive.

Basic Rebounding Technique

- ◆ Yell “shot” if you see the shot so your teammates are aware
- ◆ Locate your man or the nearest threat
- ◆ Gain inside position if you do not already have
- ◆ Make forearm contact (without displacing/fouling) while getting low and wide
- ◆ Reverse pivot making contact on the opponent on your backside
- ◆ Extend arms to the side or slightly back, will enable you to “feel” your opponent
Note: restricting the player with your arms could result in a foul call
- ◆ Keep the player from gaining advantageous position by pushing and sliding your feet
- ◆ Look for the ball, jump and secure if possible

Note: This technique applies even if you believe the ball will not be within your reach. Keeping opponents from “crashing the boards” will give your teammates a better chance to secure the ball.

After the rebound

- ◆ Defensive: Secure the ball firmly in your grasp and “chin” the ball (put under your chin with elbows out). Pivot out of any pressure looking for an outlet. Dribble only if necessary.
- ◆ Offensive: If close to the basket and under single coverage, it is often best to go straight up to attempt a score. You are entitled by rule to the space directly above you, so any contact is going to get you to the line, perhaps for an and one.
If coverage or matchups dictate then pass out to the point to set up the offense.

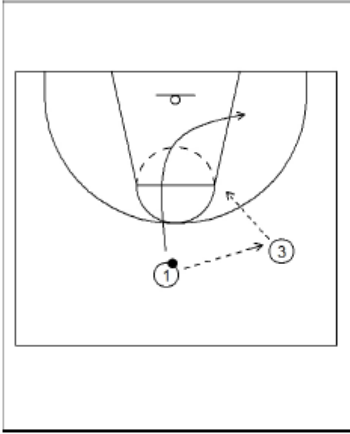
Basket Cuts, V Cuts:

A cut is movement taken by a player on offense without the ball in a direction toward the basket. It is often executed after a pass to a teammate. It can be finished with a return pass for a scoring opportunity. This is referred in many team sports as a “Give-N-Go”.

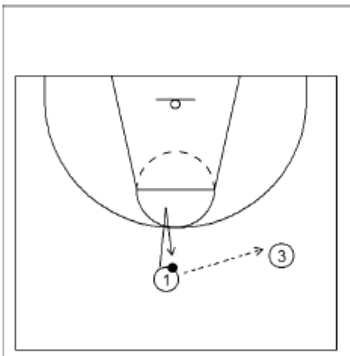
A V cut starts the same as a basket cut, but the player fakes continuing to the basket and quickly returns close to their original position. The player is then often open to receive a pass. Receiving a pass in this fashion is beneficial to enable the player to be in a triple threat position, leaving them the option to pass, shoot, or attack the basket off the dribble.

Stow Youth Basketball Association Coaching Guideline

Basket cuts



Basket Cut:
Player 1 passes to 3 and cuts to the basket. Player 3 could then look to pass back (Give-N-Go)



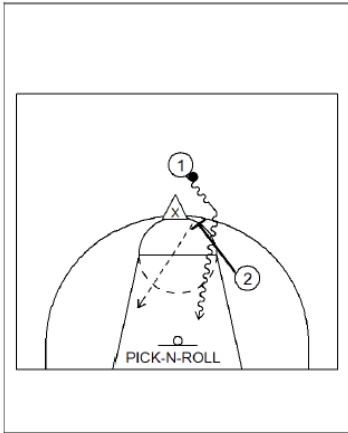
V Cut:
Player 1 passes to player 3 then performs a V cut as shown. This should enable 1 to be open for receipt of a return pass. Vary timing and depth of cut as needed.

Screen:

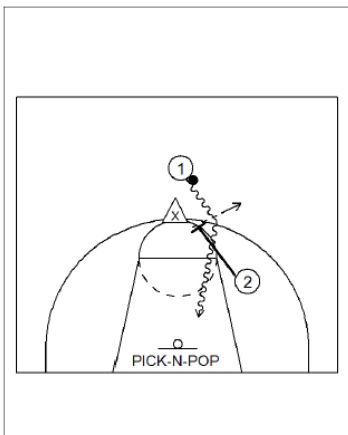
A screen or “pick” is an action taken by a player on offense without the ball (typically). To perform: the player will move to a position, stand stationary near an opponent, and allow their player (with or without the ball) to closely pass by. This forces the player on defense to take a less advantageous route to gain defensive position. Often after the screen the screener will roll to the basket or “pop” to an open position. Off ball screens can also be an effective action to get a teammate free.

Stow Youth Basketball Association Coaching Guideline

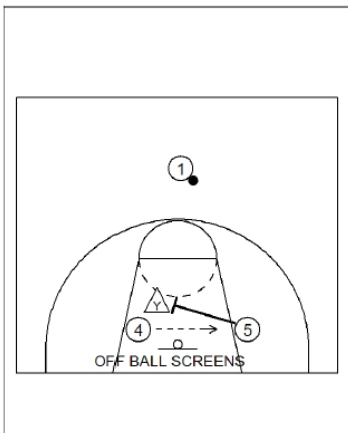
Screens



Player 2 sets a screen for Player 1 and then rolls to the basket.



Player 2 sets a screen for player 1 and then moves to an open area.



Player 5 sets a screen for player 4, both without the ball.

Screen Examples 1

Note:

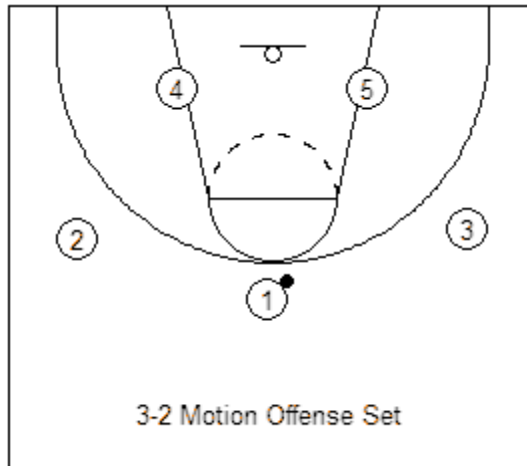
A legal screen is defined in the NFHS rules book under Section 4-40. Basics require screener to be stationary (unless both are moving in the same direction) and to stay within their own vertical plane (keep hands at sides, feet shoulder width apart).

Motion Offense:

Motion offense is simply a half court system that encourages players to pass, cut, screen (away, toward, and down), and move without the ball. It enables players to think for themselves instead of having a patterned offense do the thinking for them.

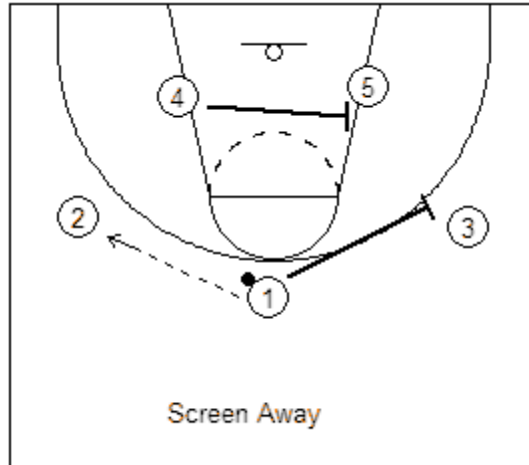
Rules:

1. Maintain good spacing. Typically use a 3-2 or 4-1 set. Stay 12-15ft apart



2. Object is always to score! So if you see an open lane to the basket, attack it! If you're open and within your shooting range shoot! If you see open teammates with a scoring opportunity try to pass it to them. If not, follow the guidelines below.
3. Start the offense with a pass to an open player. Players not open should work to get open using a V cut or other technique. If they can not get open set a screen for a teammate, so they can get open.
4. Be a triple threat. Receive ball in shooting range when possible and go to triple threat position. Wait for 2 count if no scoring opportunity is available, so teammates can screen and move.
5. Dribble the ball only to: Attack the basket, Open up a passing lane, Avoid 5 second closely guarded, Exchange position with another player
Note: once you're dribbling keep your dribble alive
6. Every player moves on a pass doing one of the following: Basket Cut, V cut, Screen toward, Screen away, Screen down
Note: Players can move at other time as well

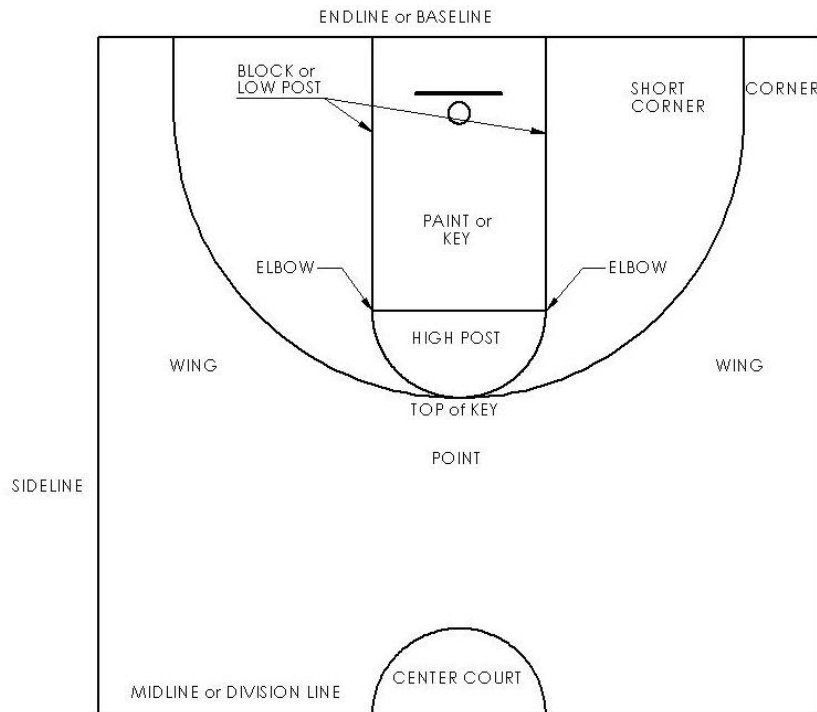
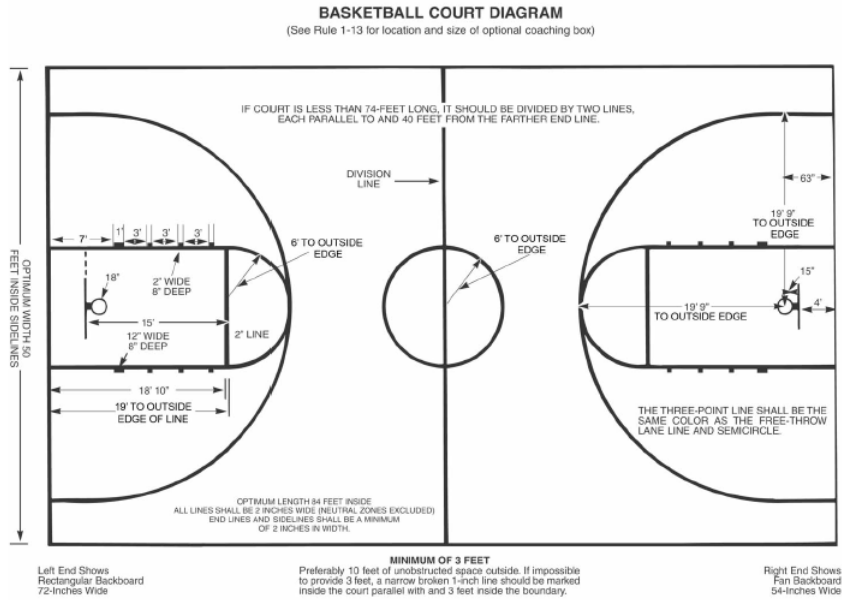
Stow Youth Basketball Association Coaching Guideline



7. Prepare for defense
 - a. Always fill the safety spot (point) position at top of key
- As players advance in skills and knowledge incorporate these final steps:
8. Get the ball into the post
 - a. 1/3rd of passes should go to the post
 9. Read the defense
 - a. Learn to understand what to execute based on defensive pressure

Stow Youth Basketball Association Coaching Guideline

The Court:



Common Court Terms 1

Rules

SYBA and local recreation basketball use the National Federation of State High Schools Association (NFHS) rules. Rule books may be distributed or they can be obtained for a fee at <http://www.nfhs.org/>. Their rule book is copy write protected.

Most Misunderstood Basketball Rules:

Excerpt from basketball official Billy Mac taken from the National Federation of High School's (NFHS) web forum:

The front, top, sides, and bottom of the backboard are all in play. The ball cannot pass over a rectangular backboard from either direction. The back of a backboard is out of bounds as well as the supporting structures.

The traveling rule is one of the most misunderstood rules in basketball. To start a dribble, the ball must be released before the pivot foot is lifted. On a pass or a shot, the pivot foot may be lifted, but may not return to the floor before the ball is released. A player may slide on the floor while trying to secure a loose ball until that player's momentum stops. At that point that player cannot attempt to get up or rollover. A player securing a ball while on the floor cannot attempt to stand up unless that player starts a dribble. A player in this situation may also pass, shoot, or request a timeout. If the player is flat on his or her back, that player may sit up without violating.

During a fumble the player is not in control of the ball, and therefore, cannot be called for a traveling violation. A fumble is the accidental loss of player control when the ball is unintentionally dropped or slips from a player's grasp. After a player has ended a dribble and fumbled the ball, that player may recover the ball without violating. Any steps taken during the recovery of a fumble are not traveling, regardless of how far the ball goes and the amount of advantage that is gained. It is always legal to recover a fumble, even at the end of a dribble, however that player cannot begin a new dribble, which would be an illegal dribble violation. A player who fumbles the ball when receiving a pass may legally start a dribble.

The shooter can retrieve his or her own airball, if the referee considers it to be a shot attempt. The release ends team control. It is not a violation for that player to start another dribble at that point. When an airborne player keeps control of an attempted shot that is blocked and is unable to release the ball and returns to the floor with it, that player has not traveled; it is a held ball. If, in this situation, the shooter releases the ball, then this is simply a blocked shot and play continues. When an airborne player tries for goal, sees that the try will be blocked, purposely drops the ball, and picks up the ball after it hits the floor, that player has traveled by starting a dribble with the pivot foot off the floor, whether, or not, the defensive player touches the ball in the block attempt.

Palming or carrying is when a player gains an advantage when the ball comes to rest in the player's hand, and the player either travels with the ball, or dribbles a second time. There is no restriction as to how high a player may bounce the ball, provided the ball does not come to rest in a player's hand. Steps taken during a dribble are not traveling, including several that are sometimes taken when a high dribble takes place. It is not possible for a player to travel during a dribble.

A player inbounding the ball may step on, but not over the line. During a designated spot throwin, the player inbounding the ball must keep one foot on or over the three-foot wide designated spot. An inbounding player is allowed to jump or move one or both feet. A player inbounding the ball may move backward as far as the five-second time limit or space allows. If player moves outside the three-foot wide designated spot it is a violation, not travelling. In gymnasiums with limited space outside the sidelines and endlines, a defensive player may be asked to step back no more than three feet. A player

Stow Youth Basketball Association Coaching Guideline

inbounding the ball may bounce the ball on the out-of-bounds area prior to making a throw-in. After a goal, or awarded goal, the team not credited with the score shall make the throw-in from any point outside the end line. A team retains this “run the endline” privilege if a timeout is called during the dead ball period after the goal. Any player of the team may make a direct throw-in or may pass the ball along the end line to a teammate outside the boundary line.

The defender may not break the imaginary plane during a throw-in until the ball has been released on a throw-in pass. If the defender breaks the imaginary plane during a throw-in before the ball has been released on a throw-in pass, the defender’s team will receive a team warning, or if the team has already been warned for one of the four delay situations, this action would result in a team technical foul. If the defender contacts the ball after breaking the imaginary plane, it is a player technical foul and a team warning will be recorded. If the defender fouls the inbounder after breaking the imaginary plane, it is an intentional personal foul, and a team warning will be recorded.

The inbounder does not have a plane restriction, but has five seconds to release the ball and it must come directly onto the court. The ball can always be passed into the backcourt during a throw-in. This situation is not a backcourt violation.

If a player's momentum carries him or her off the court, he or she can be the first player to touch the ball after returning inbounds. That player must not have left the court voluntarily and must immediately return inbounds. That player must have something in and nothing out. It is not necessary to have both feet back inbounds. It is a violation for a player to intentionally leave the court for an unauthorized reason.

A moving screen is not in and of itself a foul, contact must occur for a foul to be called. If a blind screen is set on a stationary defender, the defender must be given one normal step to change direction and attempt to avoid contact. If a screen is set on a moving defender, the defender gets a minimum of one step and a maximum of two steps, depending on the speed and distance of the defender.

It is legal use of hands to accidentally hit the hand of the opponent when it is in contact with the ball. This includes holding, dribbling, passing, or even during a shot attempt. Striking a ball handler or a shooter on that player's hand that is incidental to an attempt to play the ball is not a foul, no matter how loud it sounds or how much it hurts.

Reaching in is not a foul. There must be contact to have a foul. The mere act of reaching in, by itself, is nothing. If contact does occur, it’s either a holding foul or an illegal use of hands foul. When a player, in order to stop the clock, does not make a legitimate play for the ball, holds, pushes or grabs away from the ball, or uses undue roughness, the foul is an intentional foul.

Over the back is not a foul. The term is nowhere to be found in any rulebook. There must be contact to have a foul. A taller player may often be able to get a rebound over a shorter player, even if the shorter player has good rebounding position. If the shorter player is displaced, then a pushing foul must be called. A rebounding player, with an inside position, while boxing out, is not allowed to push back or displace an opponent, which is a pushing foul.

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A defensive player does not have to remain stationary to take a charge. A defender may turn away or duck to absorb contact, provided he or she has already established legal guarding position, which is both feet on the playing court and facing the opponent. The defender can always move backwards or sideways to maintain a legal guarding position and may even have one or both feet off the playing court when contact occurs. That player may legally rise vertically. If the defender is moving forward, then the contact is caused by the defender, which is a blocking foul.

The mere fact that contact occurs does not constitute a foul. Incidental contact is contact with an opponent which is permitted and does not constitute a foul. Contact, which occurs unintentionally in an effort by an opponent to reach a loose ball, or contact which may result when opponents are in equally favorable positions to perform normal defensive or offensive moves, should not be considered illegal, even though the contact may be severe. Contact which does not hinder an opponent from participating in normal defensive or offensive movements should be considered incidental.

A ten-second count continues when the defense deflects or bats the ball in the backcourt. When a dribbler is advancing the ball into the frontcourt, the ball maintains backcourt status until both feet and the ball touch entirely in the frontcourt.

During a throwin, even under a team's own basket, if the throwin is deflected, tipped, or batted by an offensive player in the frontcourt to an offensive player in the backcourt; or after a missed field goal attempt or a missed foul shot attempt, if the ball is deflected, tipped, or batted by an offensive player in the frontcourt to an offensive player in the backcourt; these are not a backcourt violations. In both cases team control, a player holding or dribbling the ball, has not yet been established.

During a throwin, or jump ball, any player; or a defensive player, in making a steal; may legally jump from his or her frontcourt, secure control of the ball with both feet off the floor, and return to the floor with one or both feet in the backcourt. The player may make a normal landing and it makes no difference whether the first foot down is in the frontcourt or the backcourt. These three situations are not backcourt violations.

The closely guarded rule is in effect in frontcourt only, when a defender is within six feet of the ball handler. Up to three separate five-second counts may occur on the same ball handler, holding, dribbling, and holding. The count continues even if defenders switch. The five-second count ends when a dribbler gets his or her head and shoulders ahead of the defender.

The intent of the three-second rule is to not allow an offensive player to gain an advantage. There is no three-second count between the release of a shot and the control of a rebound, at which time a new count starts. There is no three-second count during a throwin. There is no three-second count while the ball is in the backcourt. There is a three-second count during an interrupted dribble. Allowance shall be made for a player who, having been in the restricted area for less than three seconds, dribbles in or moves immediately to try for goal.

The head coach may request and be granted a timeout if his or her player is holding or dribbling the ball, or during a dead ball period. A player saving the ball in the air can ask for and be granted a timeout even if that player is going out of bounds. The key is whether or not the player has control of the ball.

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On free throws, there is a maximum of two offensive players and four defensive players in the six marked lane spaces. The defense must be in the first marked lane spaces, above the neutral zone marks, on all free throws. The offense must not occupy the first marked lane spaces, above the neutral zone marks. The shooter and all the players in the designated lane spaces must wait until the ball hits rim or backboard before entering the lane. During a free throw, no opponent, including bench personnel, may disconcert the free thrower. For free throws when there are no rebounders in the marked lane spaces, i.e. technical fouls, the nine nonshooters shall remain behind the free throw line extended and behind the three point arc.

A held ball occurs when opponents have their hands so firmly on the ball that control cannot be obtained without undue roughness. Action of arms and elbows resulting from total body movements as in pivoting or moving to prevent a held ball or loss of control shall not be considered excessive. It is a violation for a player to excessively swing his or her arms or elbows, even without contacting an opponent.

Kicking the ball is intentionally striking it with any part of the leg or foot. An unintentionally kicked ball is never illegal, regardless of how far the ball goes and who recovers it. It is also illegal to hit the ball with a fist.

Games, Drills, Plays:

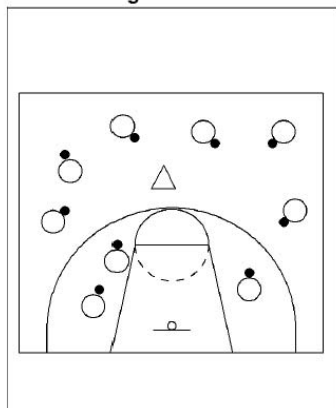
Jedi Challenge

3rd-6th Grade



Syba

Jedi challenge



Jedi Challenge

Promotes ball handling and elusive moves to evade defender

Setup:

A team of players (Jedi) all with a ball except one (Sith)

Half court or smaller marked area

Object:

To be the last player (Jedi) with a ball becoming Jedi Master

Game Play:

Player without the ball (Sith) steals, ties up, or knocks other players balls out of area using legal basketball technique.

When a player loses their ball by the above criteria, that player is now a Sith

If ball is stolen or tied up, Sith may become a Jedi (takes other players ball)

If ball is knocked out, it is lost and both players join the dark side

After one player is left with a ball (s)he is declared Jedi Master

Rules:

All basketball rules apply. Lose your dribble and Sith can tie up ball. Call your

own fouls or have coaches. After foul call player has 5 second safety and can restart dribble.

Variations:

If player loses their dribble they may shoot, any player who rebounds would be eligible to be a Jedi.

Made basket could also signify player is a Jedi.

Allow a pass between two players that lost a dribble to regain dribble rights.

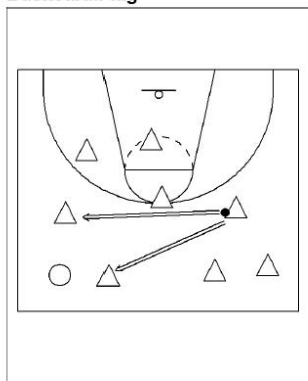
Basketball Tag

3rd-6th Grade



Syba

Basketball tag



Basketball Tag - Spacing Game

Setup:

- 6-10 Players
- 1 player wears a pinni (circle)
- 1 basketball
- Basketball Half Court

Obect:

Tag the pinni wearing player with the ball. Pinni player will need to run away from the ball to keep from being tagged. This demonstrates basketball game situations, you should NOT be close to the ball when you do not have it.

Rules:

- Ball can not be thrown at the pinni player, must tag
- Tagging players can not move their feet except for legal pivoting (no

dribble, must pass)

- All players must stay within half court area, except to retrieve an errant pass. They may then walk back in play
- No pushing or fouls

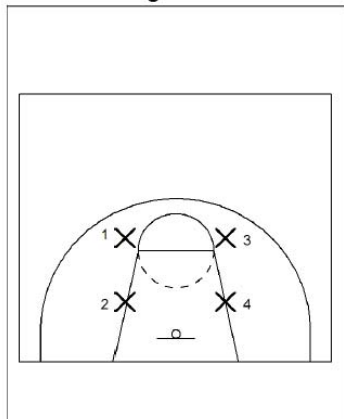
4 Minute Shooting Drill

3rd-8th Grade



Syba

4 min shooting drill



4 Minute Shooting Drill

Object: Team makes as many baskets as possible in 4 minutes

Setup:

Team with 1 (or2) balls

1 basket/half court (2 or more if competing)

Play:

Team lines up on the elbow (position 1). 1st player shoots and follows shot to secure rebound (both after a make or miss). Player than passes to next player in line who repeats. Players go to back of line after pass.

Team keeps score by adding baskets and shouting score.

Coach tracks time and after each minute team rotates to next position (left block, right elbow, right block)

Options:

A pretermned score to beat can be set, awarding a "prize" if accomplished
Split team up and compete, winner gets "prize"

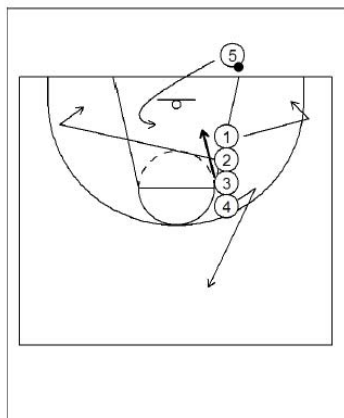
Stack Inbound Play

5th-8th Grade



Syba

Stack1



Stack Inbound Offense

Use: When inbounding the ball on the offensive end on the opponent's endline

Setup: Inbounder should have good strength and size along with being a good passer

Remaining players stack not too close to inbounder

Execution: Upon receipt of ball from official, inbounder slaps ball and shouts "break" within 0-2 seconds of count.

Note: inbounder may move side to side within a 3ft boundary and back as far as feasible

Players break as shown. Player 3 filling the vacated spots from 1 and 2 should be the first look, as often this player has an open shot.

Players 1 or 2 are next looks with player 4 being the safety, even recovering in the backcourt if required. After the pass in, player 5 can move to the basket looking for a pass or rebound.

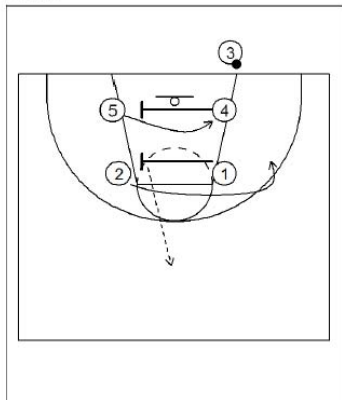
Box Inbound Play

5th-8th Grade



Syba

Box1



Box Inbound Offense

Use: When inbounding the ball on the offensive end on the opponent's endline

Setup: Players form a box formation, two at the low blocks, two at the elbows

Execution: Upon receipt of ball from official, inbounder slaps ball and shouts "break" within 0-2 seconds of count.

Note: inbounder may move side to side within a 3ft boundary and back as far as feasible.

Players break as shown: 4 screens for 5 who moves toward the throwin looking for easy score, 1 screens for 2 who moves ball side looking for open jumper. After screen, 1 moves high as safety catching ball in backcourt if necessary, 4 turns after screen looking for pass in and easy score.

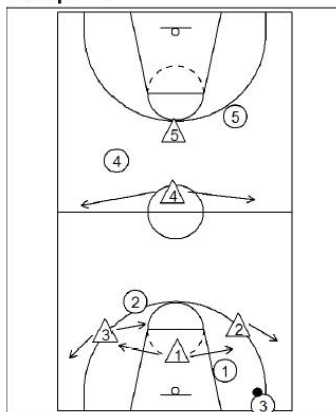
Zone Press

5th-8th Grade (not allowed in 3rd-4th grade)



Syba

Zonepress



Full Court Zone Press

Our team = triangular players

NOTE: This is not man to man coverage. Each player covers an area of the floor!

Use: When opposition is inbounding the ball from our endline

Setup/Execution:

Pos 1 plays the middle guessing which side the ball will inbound to. Do not pressure the inbounder, pressure the ball once it is in.

Pos 2 and 3 play each sideline if the ball comes to their side. If the ball goes to the opposite side, that player tries to cut off any passes.

Pos 4 plays the half court line. If the ball gets thru often this player can surprise and force a backcourt violation or other turnover.

Pos 5 plays the safety, stopping the ball from getting to the hoop allowing defense to get back if the other team gets thru the trap. Stop the ball first!

Notes:

1. Opposition can not go or pass to the back court once they advance past mid

line.

2. Ref should start the 5 second closely guarded count once trapped, so even if the opposition just stands there it will be our ball after 5 seconds. So don't foul just defend!

3. ONLY use this zone press when the other team is inbounding the ball from the endline. DO NOT use when they get a rebound or are inbounding from the sidelines.

References:

<http://www.stowbasketball.org/>

<http://www.nashobabasketball.com/>

<http://www.nfhs.org/>

http://www.stow-ma.gov/pages/StowMA_Recreation/index