



Wright Basketball Camps



***YOUTH PROGRAM HANDBOOK
FOR COACHES***

FOUR ASPECTS OF GREAT YOUTH COACHING

1. Practices are stage appropriate & age appropriate

Tailor your practices to the level of the ability of your players, not just their age group. Additionally, make drills mentally and physically appropriate for both their age and ability. For example, youth coaches should emphasize playing 2 on 2 & 3 on 3 in practice to allow more 'touches' and teaching opportunities.

2. Practices are FUN

We are all happiest when we are growing and improving in something. Use drills that emphasize fundamentals and engage the players as much as possible through competition and fun. As youth coaches, our main focus should be on igniting the passion the kids' having for playing basketball!

3. Practices are purposeful

Teach skills; don't manage drills! FOCUS on one or two things for the entire practice (i.e. – ball handling, passing, rebounding, and footwork). Even if other aspects of basketball are done incorrectly during practice, only address the one or two things you're focusing on for that particular practice. Communicate to your players the emphasis for the practice and talk with them about their progress at the end of practice

4. Winning is not the most important thing.

Great youth coaching includes teaching kids how to play; not how to 'run plays.' Instead of running plays that may help you win; teach concepts that can be used no matter what team they play for. Use basketball as a platform to help kids understand the components that make up a successful team in any sport they play! "4 Biggest Mistakes Youth Coaches Make" – Alan Stein

PRACTICE PHILOSOPHIES FOR YOUTH COACHES

1. HAVE PLAYERS BRING THEIR OWN BASKETBALLS

- The more young players are handling the basketball, the better it is for their development

2. INCORPORATE DRILLS WITH AS MANY PLAYERS AS POSSIBLE PARTICIPATING

- Ways to keep players engaged while in line: Ball handling drills (i.e. dribbling with weak hand), plyo - metrics like jumping/change of direction

3. LIMIT THE AMOUNT OF 5 ON 5 PLAY AS MUCH AS POSSIBLE FOR GRAMMAR SCHOOL AGED PLAYERS

- Competing 2 on 2/3 on 3/ 4 on 4 gives players a better chance to handle the ball and spacing is a tough concept for young players to grasp. Limiting the number of players on the court naturally improves spacing.

4. TEACH AND PLAY MAN TO MAN DEFENSE

- Teaching man to man defense teaches basic skills that will help players later in their playing experience.

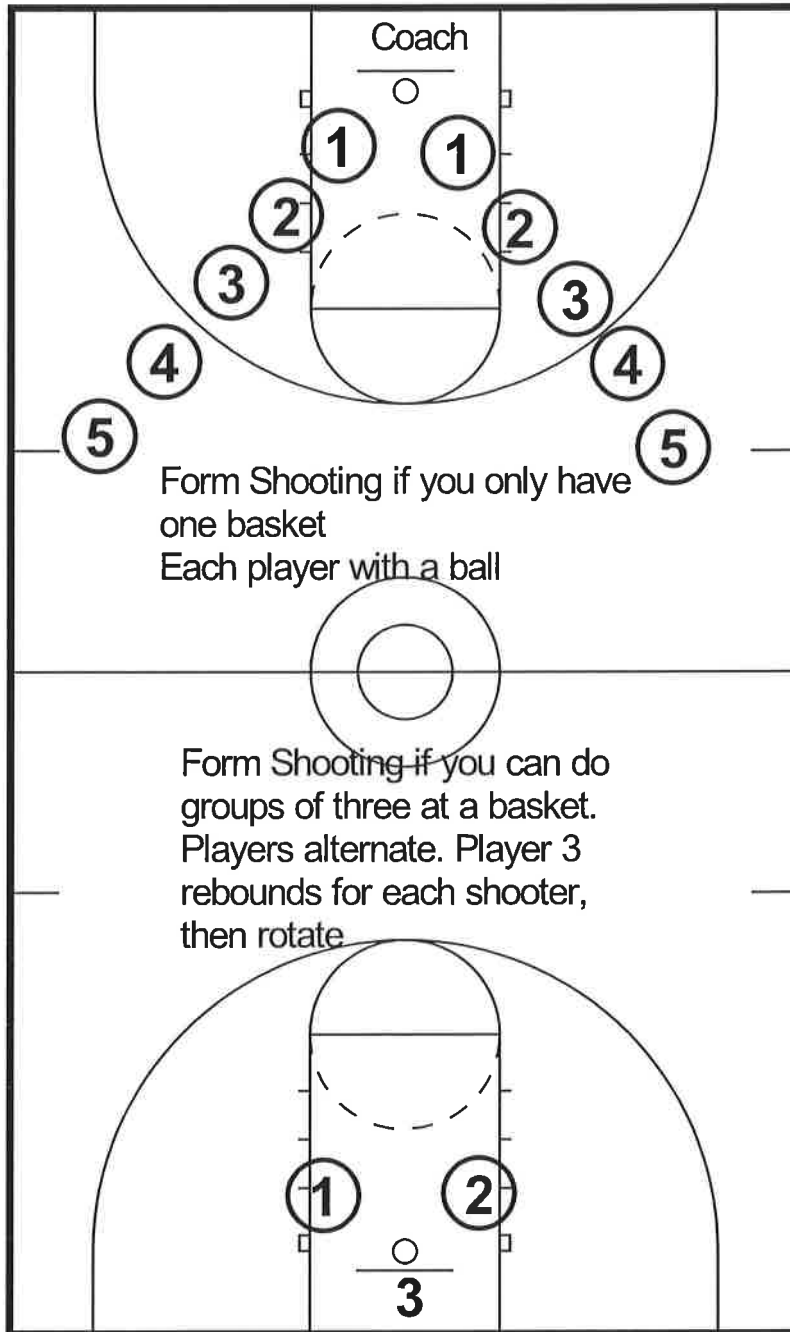
BASIC SKILLS TO BE TAUGHT AND/OR DRILLED FOR PLAYERS AT ALL LEVELS

- 1. Shooting** – form shooting, set lifts, 1-2 step jumper, inside foot, off dribble
- 2. Passing** – chest pass, bounce pass, ball fakes
- 3. Ball Handling** – Maravich Drills, Stationary dribbling, two ball drills, Dribble moves
- 4. Footwork** – Front pivot, reverse pivot, 1-2 step, jump stop, v-cut, face cut, back cut
- 5. Team Play Concepts** – spacing, screening (intro middle school), guarding the ball, help defense (intro middle school)

SHOOTING

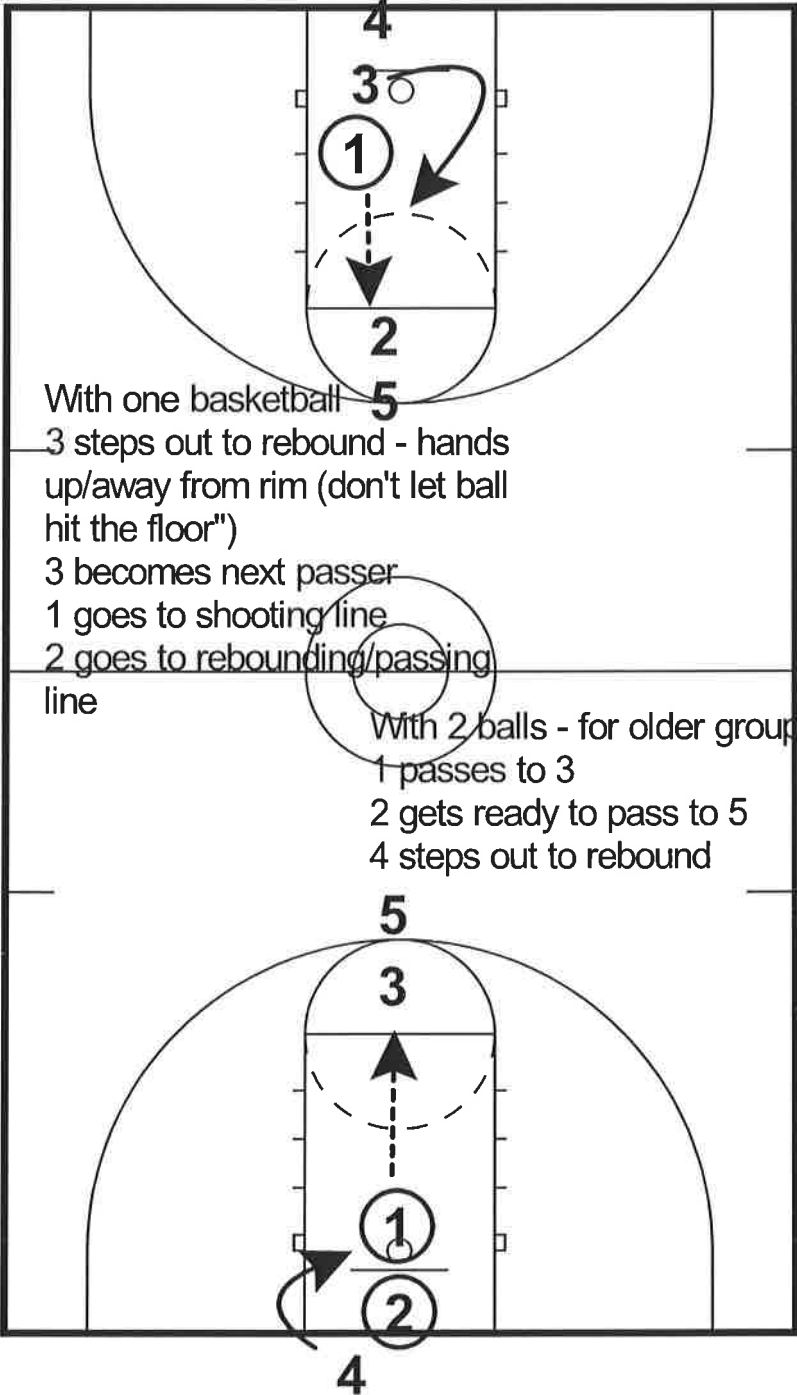
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Form Shooting Drill Practice Drills



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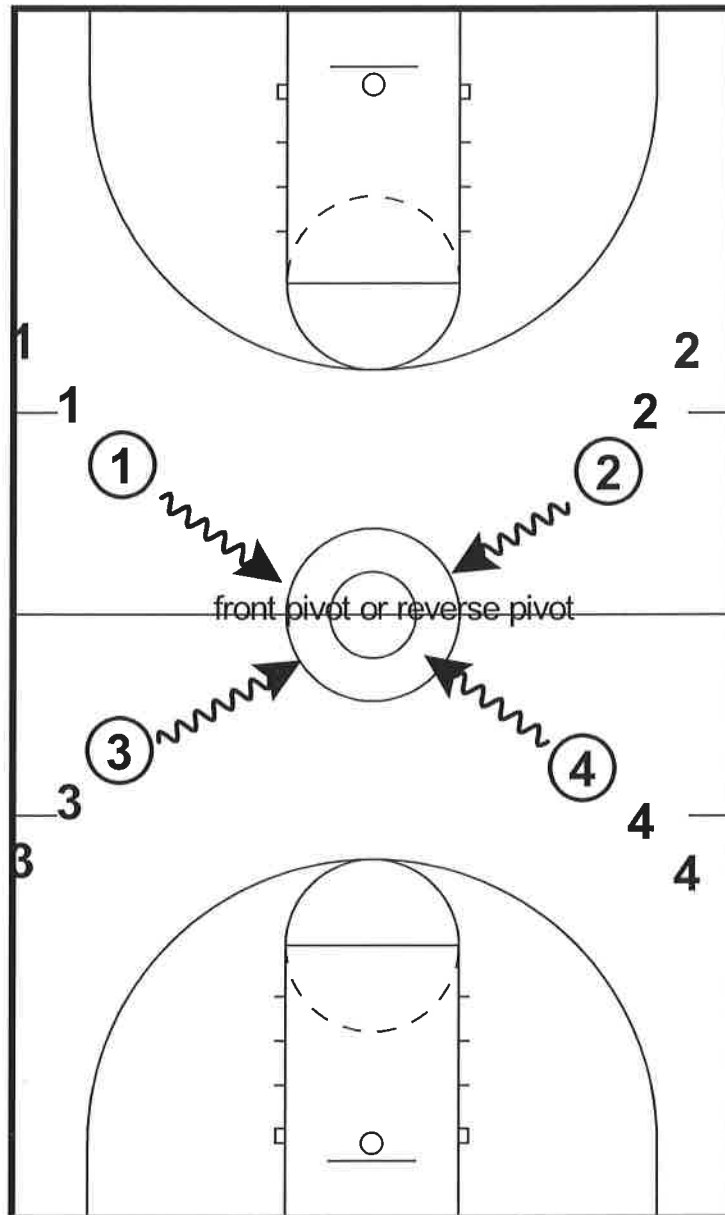
1-2 Step Jumpers Practice Drills



PASSING

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4 line passing Practice Drills



This drill emphasizes dribbling, passing, footwork, and catching

Players with the ball dribble to the center, perform a jump stop, and pivot to turn and face their line.

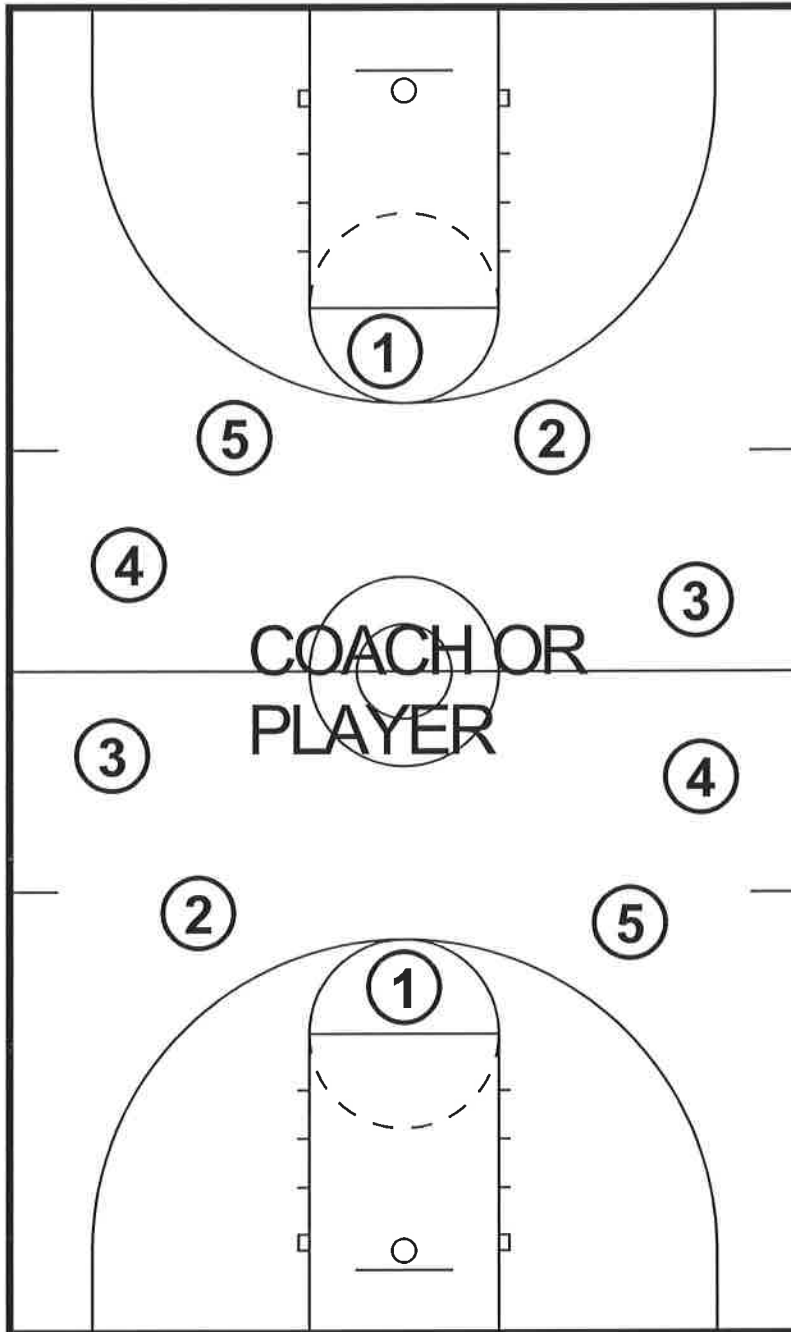
Each player passes (chest or bounce, ball fake - whatever you're teaching) back to the next player in line

The next player in line catches 1-2 step, triple threat and the performs the same action as player before

***BALL -
HANDLING***

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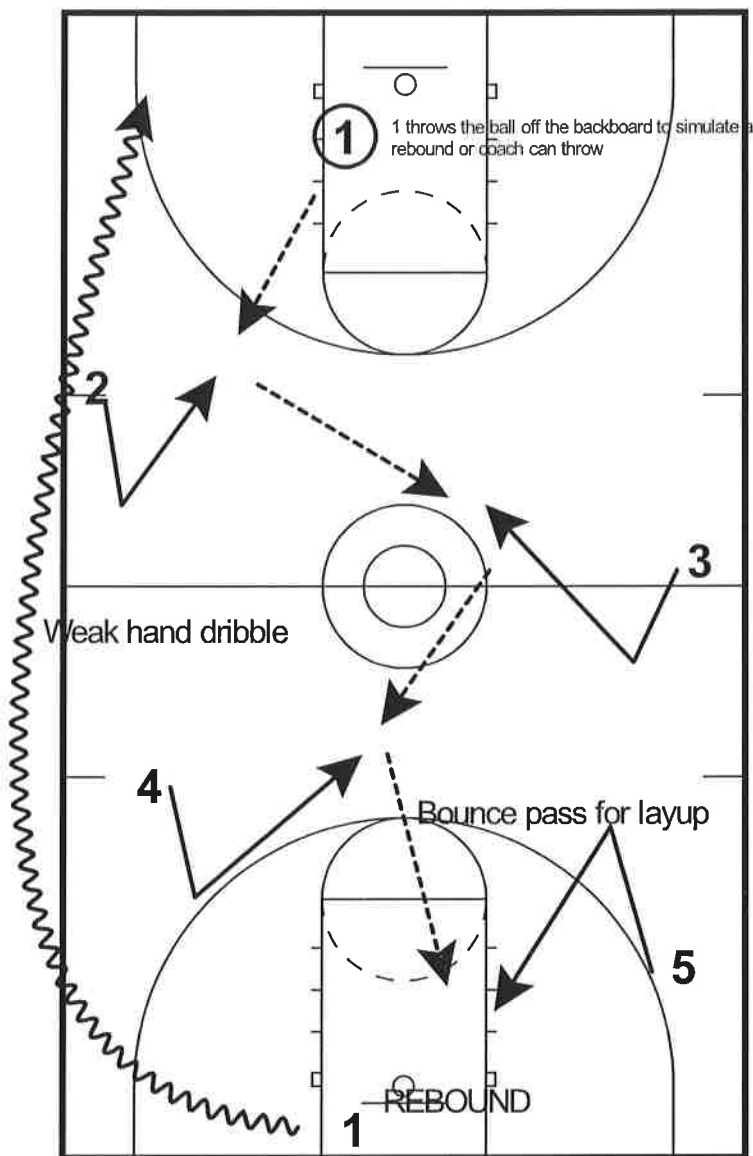
Ball Handling Warm Up Practice Drills



FOOTWORK

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V-cut Drill Practice Drills



This continuous drill emphasizes cutting, passing, ball handling, and shooting.

Each player v-cuts at their spot (emphasize the idea of going 'away', first, from where you want to catch the ball) and receives a pass from the previous line

After you pass, follow your pass to the next line

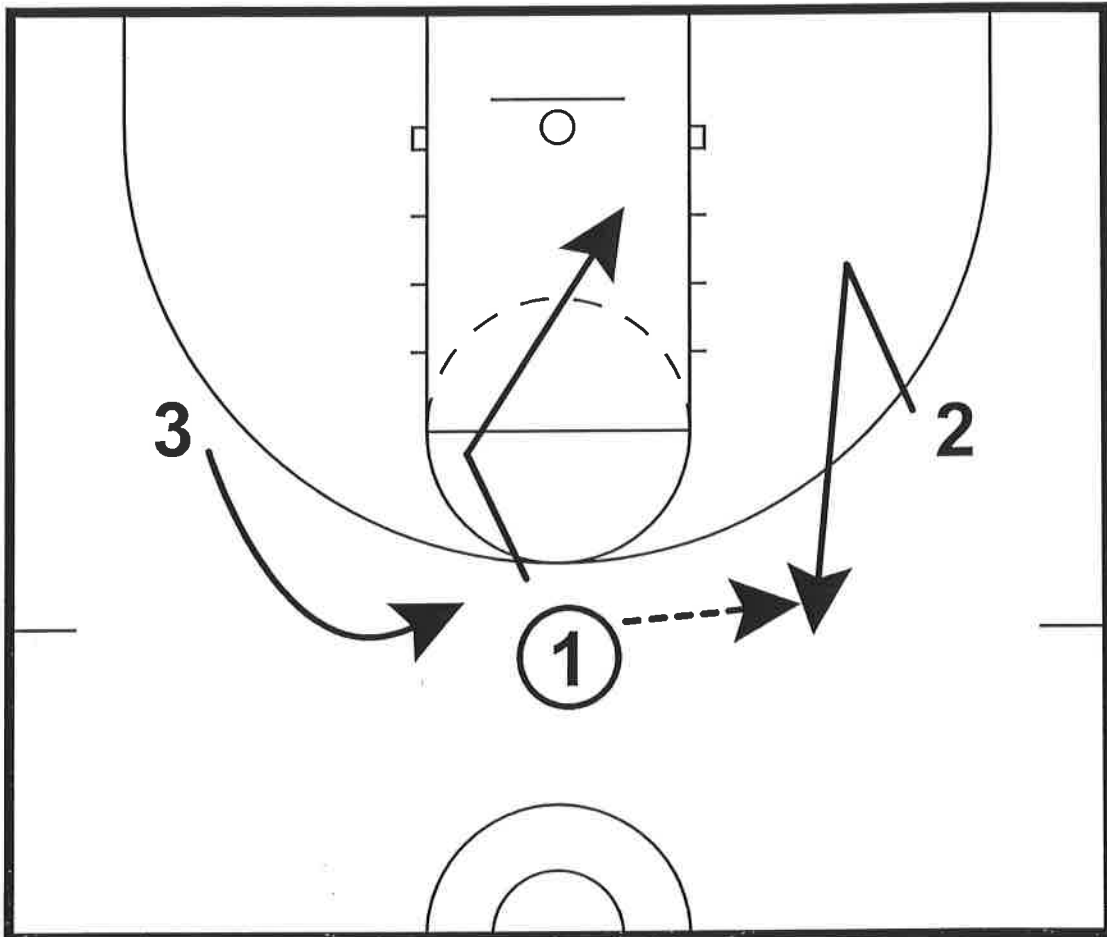
At the other end, 4 bounce passes to 5 for a layup

The next person in line under the basket rebounds the ball and dribbles hard to the other end

TEAM PLAY
CONCEPTS

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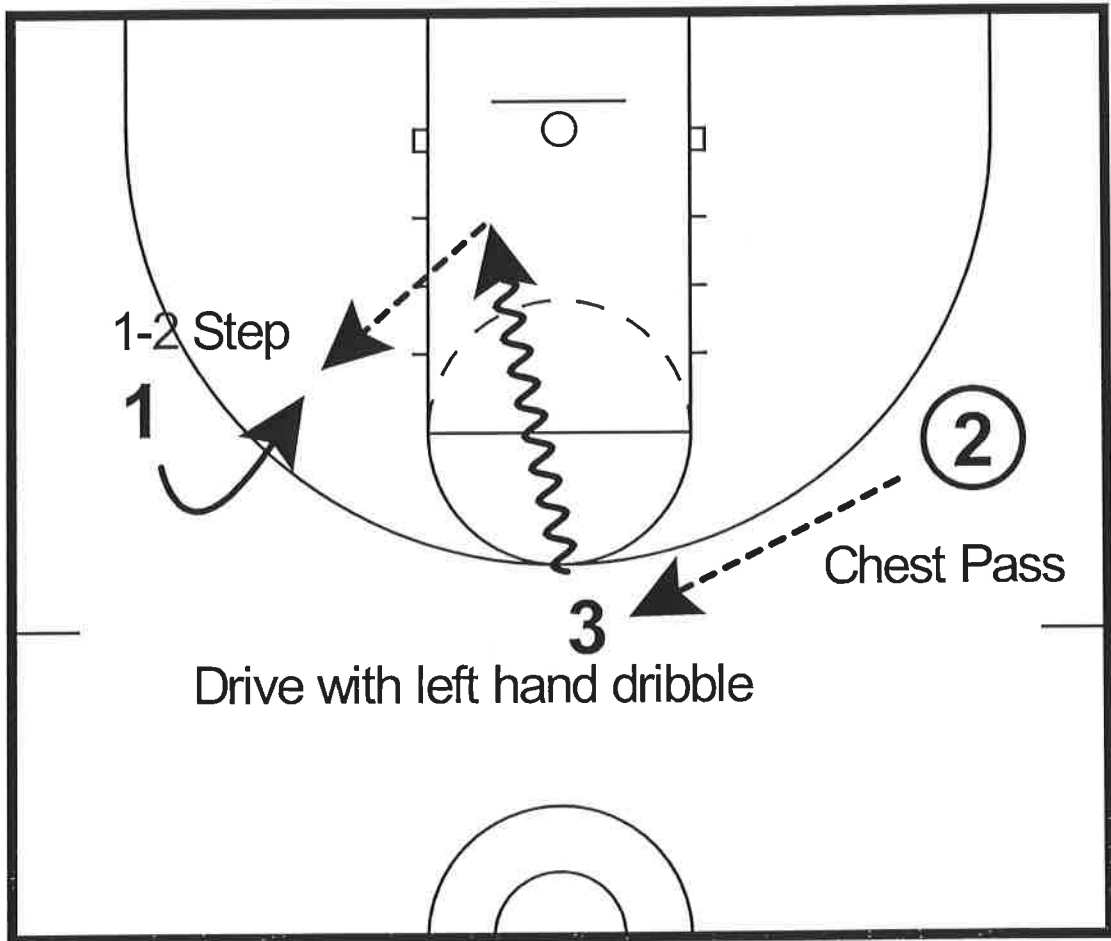
2 vs. 0
Practice Drills



- 1 is in triple threat
- 2 v-cuts
- 1 passes to 2
- 2 "catches to shoot"
- 1 makes a face cut
- 3 "fills" 1's spot

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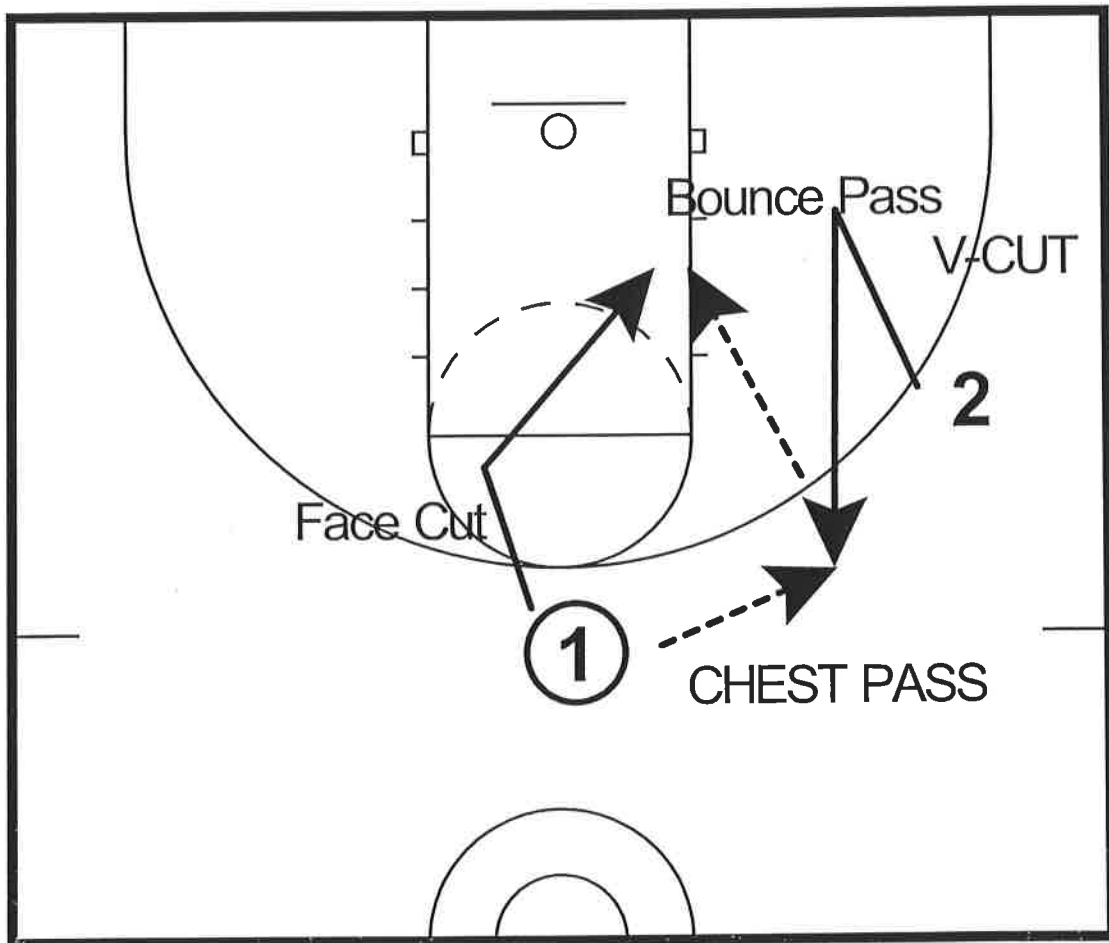
2 vs. 0
Practice Drills



- 2 passes to 3
- 3 "catches to shoot", drives left, and jump stops
- 1 "fills" a spot
- 3 passes to 1

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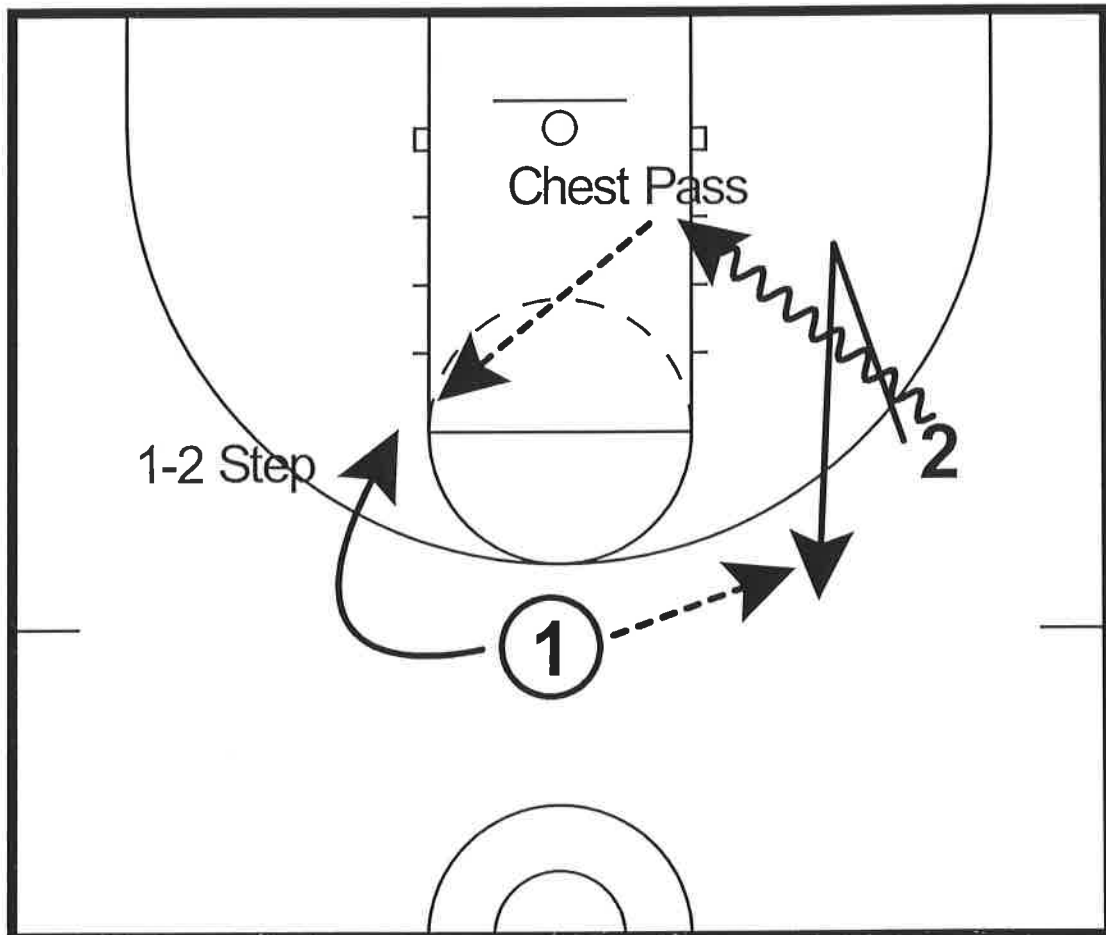
2 vs. 0
Practice Drills



- 1 is in triple threat
- 2 makes v-cut
- 1 passes 2
- 1 makes a face cut
- 2 passes to 1
- 1 shoots a lay up

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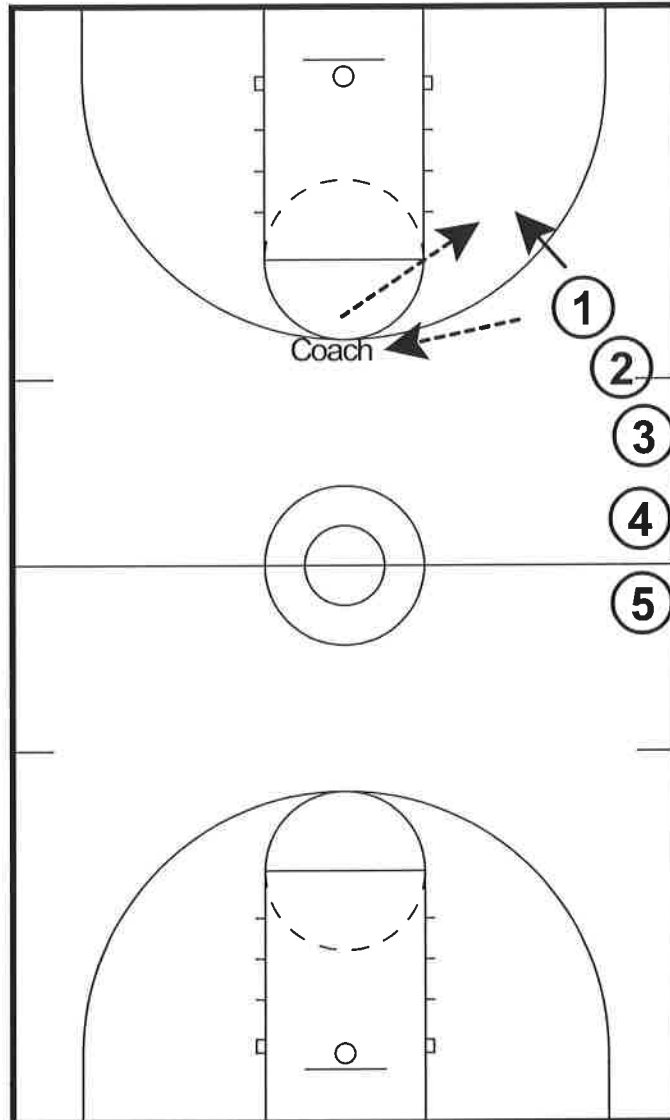
2 vs. 0
Practice Drills



- 1 is in triple threat
- 2 v-cuts
- 1 passes to 2
- 2 "catches to shoot", drives baseline, and jump stops
- 1 "fills" a spot to the elbow
- 2 passes to 1

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Offense Breakdown Drills Practice Drills



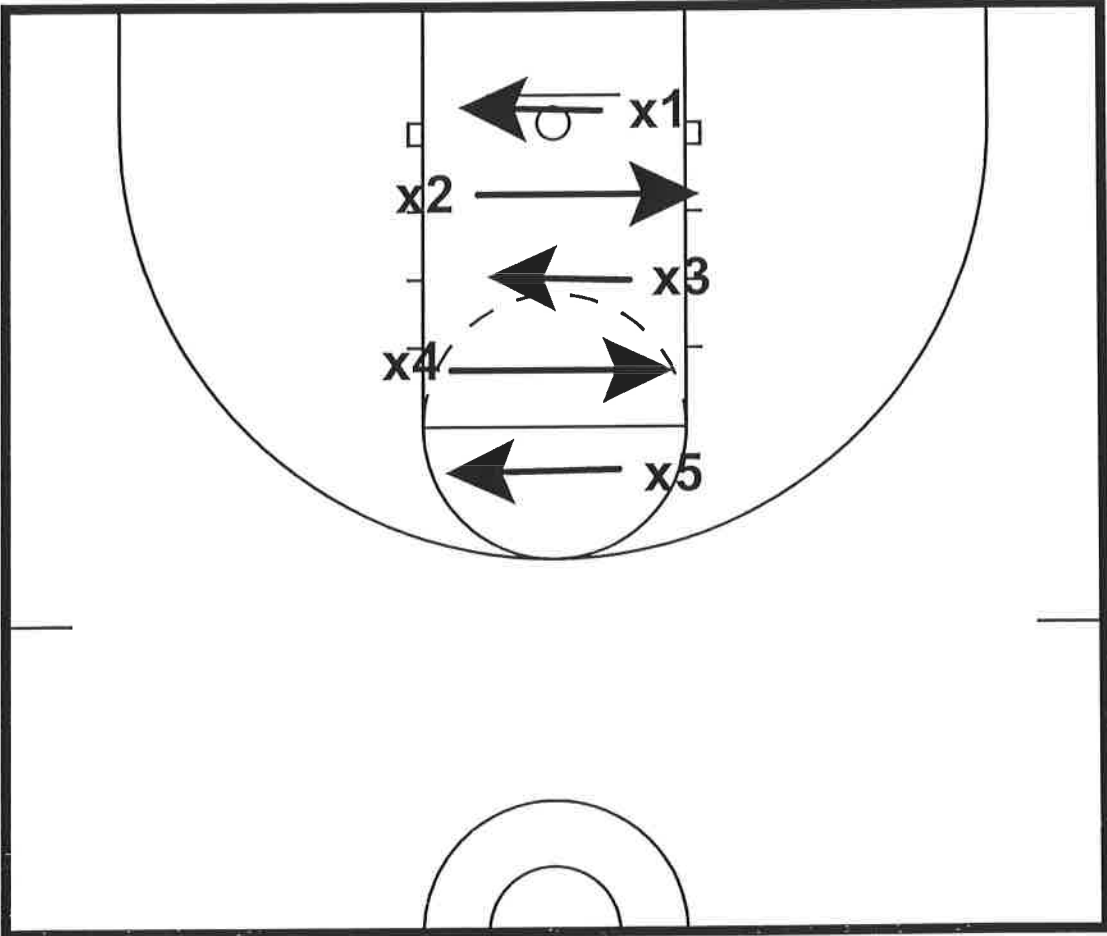
If every player has a ball, Player 1 passes to Coach
Coach passes back to player to work on "1-2 step", "Catch to shoot", "eyes rim"/ "triple threat" (you can add shooting, go/rip moves, dribble moves, lay-ups)

Other option is to have each player spin the ball to themselves

Players 2-5 dribble with their weak hand in line

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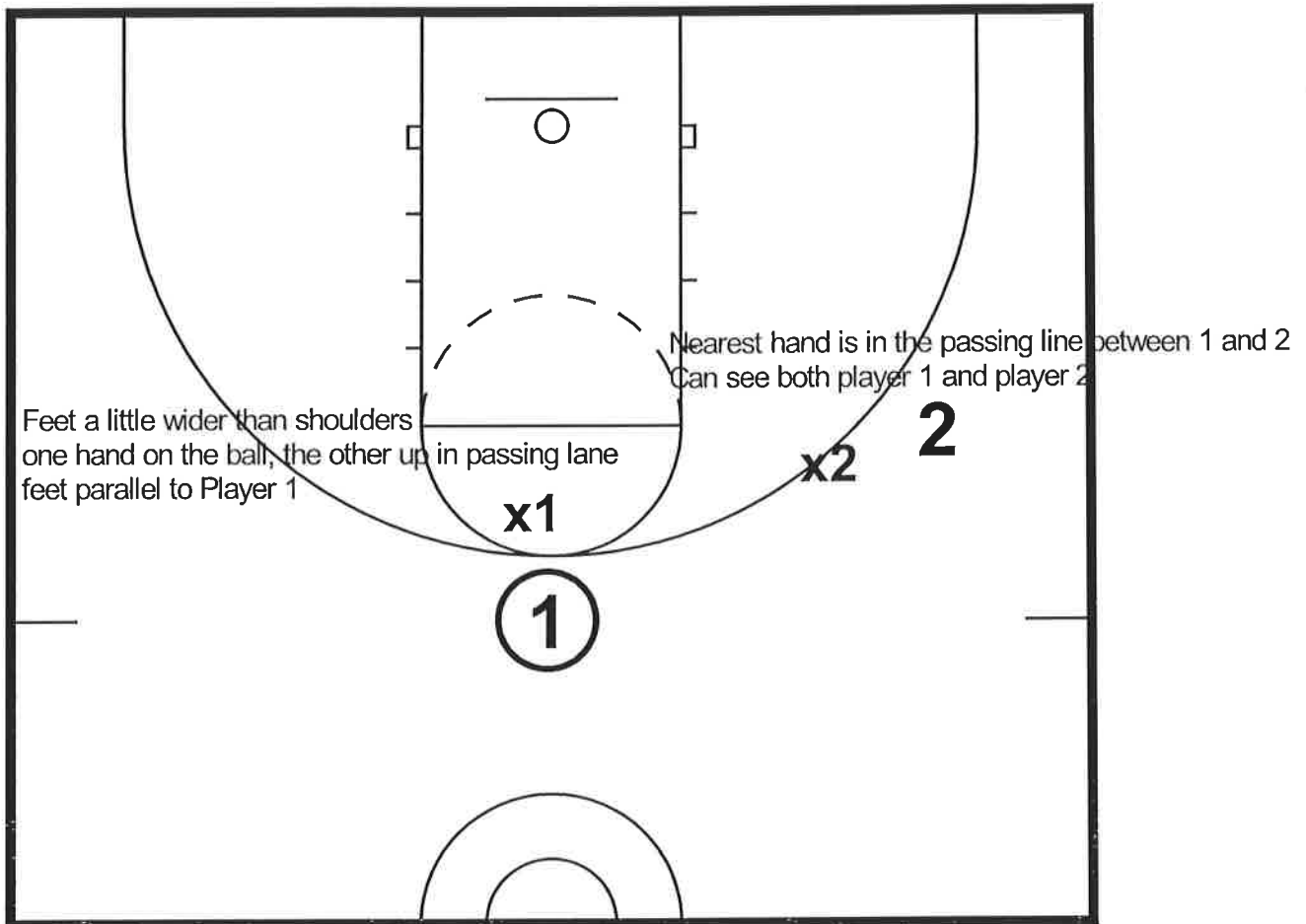
Defense Breakdown Practice Drills



LANE SLIDES

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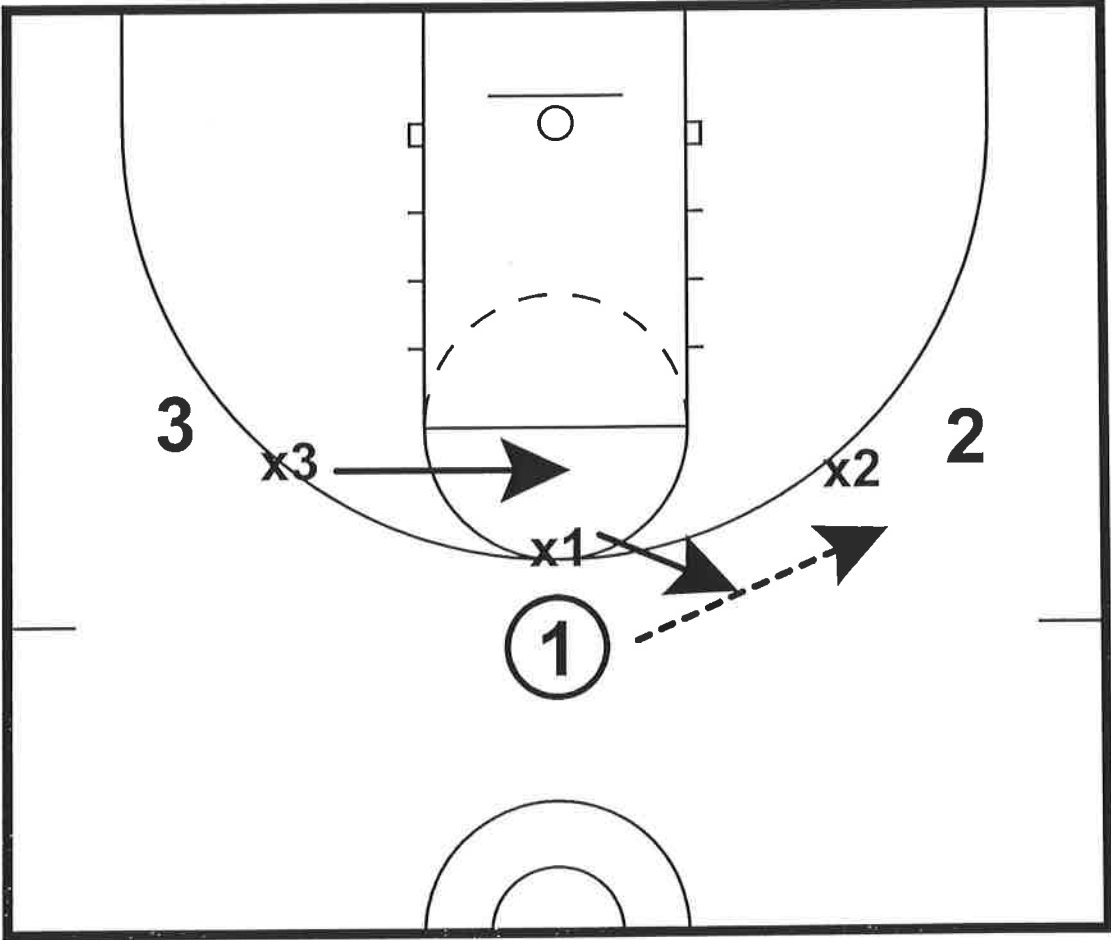
Defense Breakdown Practice Drills



Players 1 and 2 ARE NOT LIVE!
On coach's direction, 1 passes to 2
x1 & x2 alternate defending the ball & passing lane

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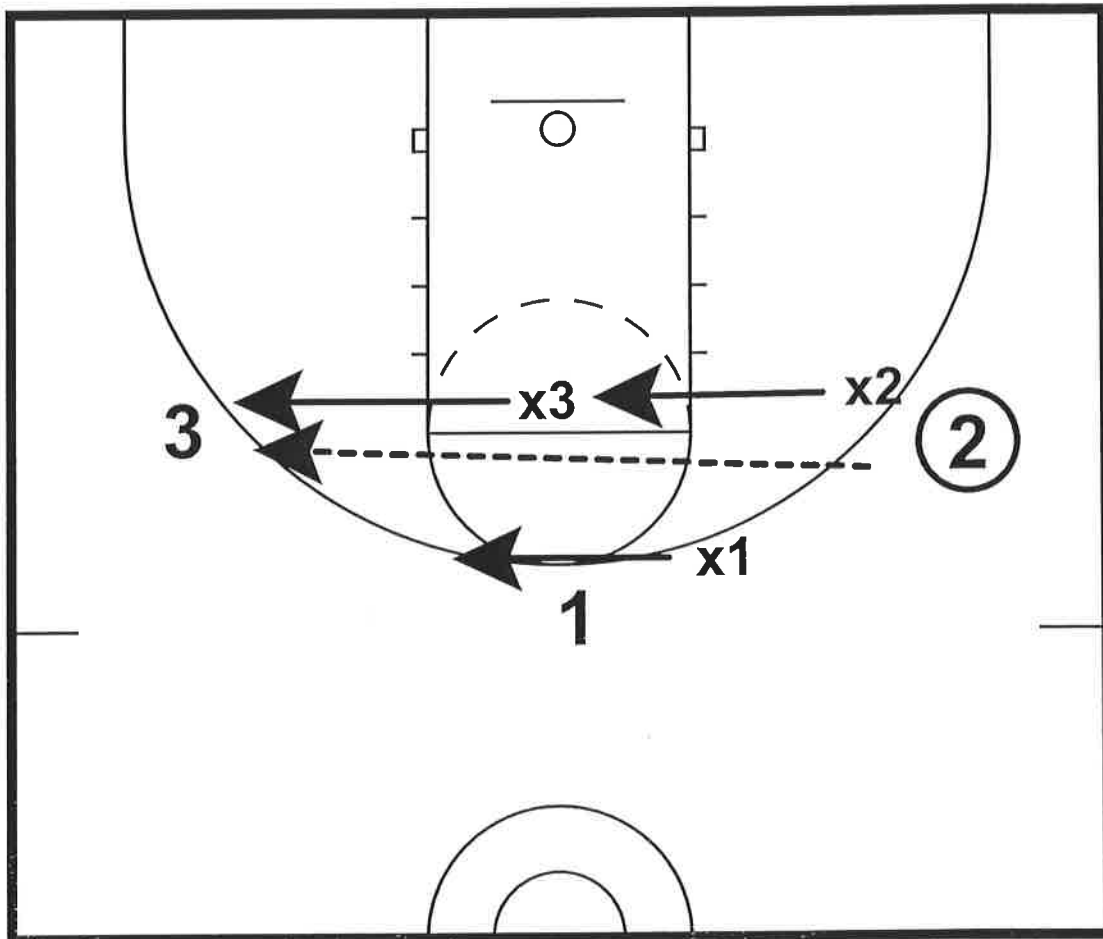
Defense Breakdown Practice Drills



BALL YOU MAN PRINCIPLE
x1 and x3 should be between the ball and their man

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Defense Breakdown Practice Drills



BALL YOU MAN PRINCIPLE

PRACTICE IDEAS

Purpose

Practice templates help coaches organize their practice plan and effectively implement what they want to emphasize. Effective teaching during practice, however, should supersede 'sticking to the schedule.' Sometimes, things might not go as planned; and that's OK! As long as what you want to emphasize is being addressed.

THE TEMPLATE TIMES ARE FOR A ONE HOUR PRACTICE

Warm Up (15 minutes)

Team Meeting (goal/thought for the day, practice focus/emphasis, etc.)

Dynamic Stretch (5 minutes) (some basketball focused plyometric ideas)

Jog to end of court and back, Skip with opposite heel slaps, Broad jumps/Hopping, Hopping 1 foot to half court then switch legs to finish, Lateral slides/Athletic slides, standing in place: feet together jump side to side/jump forward backward 2 feet, Back pedal down court and back: long strides / shoulders over knees over toes, not standing straight up, standing pull knee up to chest, walking Frankensteins - kick foot up keeping straight and touching opposite extended hand, standing basket stretch stand on 1 foot and pull other foot up to cross body

Ball handling (5 minutes) MAKE A BIG CIRCLE ON THE COURT (Maybe choose one or two players in the middle or coach can demonstrate in the middle)

Ball Slaps – Spread your hands out, hold the ball with one hand, and slap the ball as hard as you can with the other. Alternate hands as quick and hard as you can.

Ball Tips – Place the ball on your fingertips/pads and put your arms over your head. Tap the ball back and forth from one hand to the other on your fingertips/pads. More advanced players – try to straighten your arms out as much as possible. You can do ball tips in front of your waist, in front of your knees, ankles, etc.

“Around the World” – “Pass the ball from one hand to the other around your waist as quick and hard as you can. You can also do this around your knees, ankles, head, etc. More advance players – change directions on the whistle.

Figure 8 – Spread your legs, dribble the ball in the direction of an “8” through your legs and around each ankle. The more dribbles in the figure “8” the better. More advanced players – lower the dribble the more challenging.

Pounders – athletic position & dribble as hard as you can using body and opposite hand to protect from the defense / Do with 2 balls as well (with a partner – one player uses 2 balls, the other completes a separate activity, then switch)

Shooting (5 minutes) – Form Shooting – shooting the ball with one hand from 2-3 feet from the basket, working on form, touch, and confidence / Set Lifts – allow players to bring their guide

hand to the ball and continue working on the correct form to shoot / 1-2 Step Jumpers – if each player has a ball, have them spin the ball to themselves, and attack the ball by stepping “1-2” into their shot

Individual Improvement (15 minutes) (CHOOSE AN EMPHASIS FOR THE PRACTICE)

OFFENSE (See Diagrams)

1 v. 0 – catch to shoot or triple threat, eyes on rim, pivot foot

2 v. 0 – spacing 10-15 ft, bounce vs. chest pass, pass and cut, dribble penetration, jump stop, spacing during dribble penetration (5th grade and up)

3 v. 0 – 3 types of cuts, replacing cutters, add screening (6th grade and up)

DEFENSE (See Diagrams)

1 v. 0 – Defensive Stance, Defensive Slides

2 v. 0 – Guarding the ball vs. seeing the ball & Guarding your Man

3 v. 0 – (6th grade and up) – Ball – You – Man Principle (pointing to the ball, being in help side position, and pointing to your man)

Live Breakdown (15 minutes)

2nd-4th grade – 2 on 2 / 3 on 3

5th and Up – 3 on 3 / 4 on 4 / if full court – let the players ‘break out’ once, then stop the game and re-set

Incorporate what you focused on in individual improvement when you LIVE. As much as you may want to correct ‘everything’ you see, just focus on identifying what players are doing well or need to work on as it applies to your practice’s FOCUS for the day!

Competition/Fun

Shooting or ball handling competitions, Team Competitions, Relays

USE YOUR NAME – THAT’S THE WORKOUT!

- | | | | |
|---|--|---|-------------------------------------|
| A | 25 2 BALL POUNDERS | U | 50 POUNDERS W/ WEAK HAND |
| B | MAKE 5 1-2 STEP JUMPERS | V | MAKE 5 1-2 STEP JUMPERS |
| C | Sprint Half court & back pedal back 2x’ | W | Make a FRONT PIVOT & MAKE 3 SHOTS |
| D | MAKE 5 layups | X | 20 2 BALL ALTERNATE POUNDERS |
| E | PICK A SPOT - MAKE 3 1-2 STEP JUMPERS | Y | MAKE 5 LAYUPS |
| F | Make a Front Pivot & Shoot a Layup – 5xs | Z | PICK A SPOT MAKE 3 1-2 STEP JUMPERS |
| G | Take 3 Weak Hand Layups | | |
| H | MAKE 3 GO MOVES | | REPEAT IF NECESSARY |
| I | 25 2 BALL LOW DRIBBLE POUNDERS | | |
| J | PICK A SPOT – 3 1-2 STEP JUMPERS | | |
| K | SPEED DRIBBLE THE LENGTH OF FLOOR 2X’s | | |
| L | DRIBBLE LENGTH OF THE FLOOR & CROSS OVER AT HALF COURT 3XS | | |
| M | MAKE a Reverse Pivot and Shoot a LAYUP 5XS | | |
| N | MAKE 12 B TO B – JUMPERS | | |
| O | 50 WEAK HAND POUNDERS | | |
| P | Take 3 Weak Hand Layups | | |
| Q | MAKE 5 1-2 STEP JUMPERS | | |
| R | DRIBBLE FROM HALF COURT TO THE BLOCK, JUMP STOP AND SHOOT 3X’s | | |
| S | Dribble the length of the floor and make 2 layups | | |
| T | MAKE 3 RIP MOVES | | |

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