

**FARMINGTON**

**YOUTH BASKETBALL**

**COACHING HANDBOOK**

**BY**  
**FHS VARSITY BOYS COACH**  
**SHANE WYANDT**

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**MAIN OBJECTIVE:** To develop individual and team fundamentals and skills while making the game fun and enjoyable for the players.

**INDIVIDUAL SKILLS:**

**Offensive** – ballhandling and dribbling emphasizing weak hand

- footwork including jump stops and pivots
- one on one footwork and moves (jab & go, jab & shoot, crossover, and rocker)
- post moves (dropstep, turn around jumper, up & under/step through)
- shooting with proper form (all shots: lay-ups weak and strong hands, set shots, & jump shots off the pass & dribble)
- free throw shooting (developing a routine at the line, concentration, confidence, and proper practice habits)
- passing and catching (chest pass, bounce pass, overhead, baseball, flip air & bounce pass with either hand; feeding a teammate & passing on the move)
- setting picks/screens
- setting up picks/screens
- moving without the ball (L cuts, V cuts, back cuts)
- offensive rebounding (stepping around to get position)

**Defensive-** proper stance (feet wide, butt down, back straight)

- shuffle (step & slide and keep the feet wide, stay low with weight back)
- dropstep
- getting into proper helpside position, always seeing your man as well as the ball (triangle position – ball, you, man)
- helping out or covering down on the backside and recovering back
- getting through all screens (on ball and off ball)
- defensive rebounding (blocking out) and starting the fastbreak

**TEAM SKILLS:**

**Offensive-** fast break, up tempo basketball (rebound, outlet or bust out with dribble, fill the lanes with the wings wide and the ball in the middle)

- keeping floor balance (don't get bunched up)
- moving without the ball (cutting and screening away from the ball)
- basic 2 man games (give & go, backdoor, pick & roll, post-ups)
- passing game/motion 3 out, 2 in (perimeter rules: pass & pick away, pass & basket cut, or pass & replace yourself; post rules: stay in paint area, post up strong when ball is on your side of the floor)

- Stress ball movement vs. both man and zone defense
- 1-3-1 vs. 2-3 zone, 2-1-2 vs. odd front zones (work to overload the zone)

**Defensive**- pressure man-to-man principles (pressure on the ball and deny on the wings)  
full and/or half court

- TEAM defense (stopping the ball from going into the hoop vs. just stopping my man)
- proper help side position when your man is on weak side of the floor
- 1 pass away denial, 2 passes away help side position
- weak side players must be ready to help out on ball at all times
- rotate properly to cover down to the next man
- always hustle back on defense in transition
- finish every possession with all five players blocking out on every shot and fighting hard for every rebound

Best of luck to all of you this season! If you have any questions or concerns feel free to call me at school at 651-460-1400 ext1921. You are also welcome to come and watch varsity practice at any time. If you would like to watch please give me a call and I'll let you know our practice schedule. We also hope that you and your teams can make it to some of our games this season. Thanks for all you do for Farmington Basketball!

# Coaching: It's Not About Winning or Loosing!

By: Gary Smith  
Oak Harbor

So you're thinking of becoming a volunteer coach. Good for you! Still reluctant, think you're not qualified. Excellent! This tells me you may be the one. Through your willingness to question your own knowledge you have shown that you possess one of the key elements for success. You care enough about others to honestly evaluate yourself. This sign of good character combined with the right resources of knowledge will drive you in providing your team with a great experience.

Hopefully, now that your interests in becoming a coach are growing, it's time to pause and set your priorities. Most people place the gathering of the mechanical knowledge about a specific sport as the highest priority but for now lets focus on a more important element of coaching, (philosophy). Your philosophy will guide you through all of the aspect of becoming a coach.

You must have a philosophy that you can apply and communicate to others. You must commit to it and be ready to define and defend it. Remember that it is the foundation on which you will build the team. Good or bad, it will define you as a person and leave a profound impression on all others. I imagine the question that you are now asking yourself is this: How can I know what my philosophy is if I haven't coached before? The answer is right there inside of you. Your philosophy should be based on what kind of a person you are or aspire to be. To rely on anything else will be seen as false and will fail.

Now, we come to the most important aspect in becoming a coach. It's time to find out what kind of person you truly are. In order to determine this, one question must be asked. Are you a person of good character or of poor character? The following are examples of each and they are not exclusive to youth athletics. They appear in coaches at all levels. These traits are what you will need to be aware of in order to determine your ability to become a good coach.

If you are a person of good character and place all others before yourself, you will do well. If you show each team member that you value him or her with equally high regard and respect, you will succeed. A good coach will always reach for the positive in all situations. They will not attempt to turn their team members into what they think they should be, but rather, to help them in realizing their full value to themselves and the team for what they already are. A good coach will have an unwavering belief in every member of the team. They will have no excuses and no fear. This will show through as a result of their complete confidence in knowing that they are doing things for all of the right reasons. Their philosophy will be based on full inclusion and equal participation for all team members regardless of circumstances, skill level or age. This in turn will give rise to a mutual respect and appreciation amongst all members of the team. It will produce the most powerful force that can exist within team athletics, the team's absolute belief in one another.

If you are a person of poor character, your main motive for coaching will be for the purpose of serving or protecting your own self-interests. A poor coach will view their team as nothing more than subjects to dictate to. Through their own actions and words they will create divisiveness amongst the team members and in general have little respect for them as people. They will have their "chosen ones" and God help the rest. A poor coach will have difficulty in communicating with the team and all

others. They will be sarcastic and negative. Their lack of confidence within certain members of the team will be clearly demonstrated through their willingness to take actions that serve only to demean or exclude. A poor coach will rationalize to themselves that certain team members will be willing to accept a role of lesser importance due to their perceived lower skill level and therefore settle for little or no playing time. Unfortunately this difference in skill is more often a result of poor or biased coaching than it is of the player's true ability.

A poor coach will inevitably adopt the "win at all costs" mentality. This is when certain team members are excluded while others are elevated through increased opportunity, all of which only leads to the weakening or destruction of the team. This process will always result in failure, for it ignores the essence of what team truly means. Team means all, not just some, and no one understands or expects this more than the team itself.

So, there you are. Which type of person and therefore coach will you be? For the right person, becoming a good coach is quite simple. It requires only one thing, a good character. Most certainly mistakes will be made along the way but as long as people can recognize your genuineness to learn and to be fair to all team members, you will not fail.

In general a coach's first priority should be in determining how they are going to interact with their team and how they wish for the team to interact with them, but most importantly, each other.

**For each team that you coach, the team will take a part of you with them. The question then becomes this: What part of you do you wish for them to take? Your character and philosophy will determine this.**

**Winners make the choice: Please stress the following with your players**

- To get something out of all situations, rather than complain about them.
- To hustle, rather than dog it.
- To be prepared, rather than just show up.
- To be consistent, rather than occasional.
- To be early, rather than just on time or late.
- To want to learn, rather than want to explain or excuse.
- To do more, rather than just enough or less.
- To think about solutions, rather than worry about problems.
- To share with and help others, rather than be selfish.
- To accept adversity as part of the game and life, rather than seek sympathy.
- To think and act positively, rather than negatively.
- To be responsible for more than their position or job, rather than only worry about their position or job.
- To go through a problem, rather than around it.
- To make a commitment, rather than a promise
- To explain, rather than explain away.
- To think - I can, I want to, I will, we will, rather than I can't, I have to, I hope, I want to avoid failure.

## Shooting the Basketball

- ❖ One of the most important things you can work on as a youth coach.
- ❖ Kids that learn, practice, and use proper shooting fundamentals have a much better chance of becoming great high school basketball players. It is the most difficult part of the game to re-teach (for kids with mechanic problems) for high school coaches.

Teaching Fundamentals (Acronym) B.E.E.F.:

### Balance :

1. Feet shoulder width or slightly inside
2. Weight on the balls of your feet
3. Shooting side foot **slightly** forward
4. Knees bent, chest out, back straight
5. Triple threat position (pass, dribble, shoot)

### Eyes :

1. Eyes fixed on small part of rim (aim small, miss small)
2. Do Not look at the entire rim (aim big, miss big)
3. Pick a net rung on front of the rim and focus on shooting the ball up and over that spot

### Elbow :

1. Elbow in (no chicken wings)
2. Elbow should be inline with your shooting side knee, shoulder, and eye
3. Elbow should be bent along with wrist creating a pedestal that the ball can sit upon

## Follow Through :

1. Strength in your shot starts with your leg and hip drive
2. As you drive with the legs and hips you should always fully extend the elbow (if you don't fully extend the elbow you'll never have the exact same motion because every time you shoot you'll stop your elbow in a different spot, which affects your shot accuracy)
3. Flop your wrist through at the target allowing the ball to role off the fingers
4. Spread your fingers and allow the ball to primarily roll off of your pointer and middle fingers. Don't shoot the ball with the thumb or pinky.
5. The entire follow through motion should be up and over instead of directly at the target.



## ORGANIZING YOUR PRACTICE TIME

### Prepare for Success

Time on the floor with your players is very valuable. Much time and thought should be put into each practice session. The quality of your practices will eventually determine how many games you win or lose during the season. Talent level of players, number of players, time, facilities, and equipment are all things to consider when putting your practice schedule together.

The following is a collection of ideas that will contribute to more organized and productive practice sessions.

### PRACTICE CONSIDERATIONS

1. Each day ask this question: What do I want to accomplish this practice session?
2. Certain aspects of the game should be performed every day; (i.e. - ball handling, shooting, defense, rebounding, passing, setting picks, etc.)
3. Be a teacher on the floor and assume nothing when teaching. These four points are important when teaching: explain, demonstrate, perform, critique. Use positive comments.
4. Teach new concepts early in practice sessions when players are most alert.
5. Once new ideas have been taught, repetition is the key.
6. When showing a new concept to the team, walk through it first so players can see what is expected. (Whole-part-whole concept.)
7. Follow demanding drills with free throws or less demanding drills. Shoot free throws when tired.
8. Simulate game conditions in practice so players are accustomed to these conditions. Use the game and shot clock to simulate various game situations.
9. Practice what you stress and believe in. Work on those things you will use in games.
10. Build conditioning into your drills to avoid excessive running after practice. Don't make players dread the end of practice.
11. Limit drills to 5-6 minutes. Half and full court team situations will take longer.
12. Explain the purpose of drills. Let them in on the "why" of what you're doing.

13. Organize drills so that players aren't standing around. Keep them constantly involved.
14. Stretching and warm-up drills should get players ready to practice and help avoid injury.
15. Meet with certain players before practice for needed individual or small group work.
16. Meet with your coaches before practice so that all teaching points and practice goals are understood.
17. Meet as a staff following practice to discuss how the practice went and things that need to be worked on the next day.
18. Construct a master practice plan of everything that need to be covered throughout the course of the season. Break the master plan down into weekly and daily practice plans.
19. Consider number of players, balls, and baskets in order to utilize your facility to its fullest.
20. Use managers or student assistants as "helpers" in practice. Managers make great passers in practice.
21. Incorporate jump ropes, toss-backs and blocking dummies into your practice.
22. Managers should sweep the floor before practice and have towels and water at courtside.
23. Use videotape equipment to tape practice so coaches and players can evaluate the previous day's practice or scrimmage.
24. Include a saying or emphasis of the day on each daily practice plan.
25. Try to end each practice on a positive "up" note. Team oriented drills give them a feeling of togetherness as they leave the floor.

Sample practice plans are shown on the next three pages. Each is different yet practical. Use a practice plan that fits you and your staff's needs best. Each of these samples has a space for time. Organize your practice to the minute and try to stay with your original time allotments. Use the back of your practice plan to jot down ideas, changes, or observations about that particular practice that day. You can then refer to those notes as you prepare the following day's practice plan.

Please write or call if you have any questions regarding this material. I'd be glad to help you out.

Warrior Basketball

**MU** Marquette  
University

1212 W. Wisconsin Ave.  
Milwaukee, WI 53233  
(414) 288-7130



# Practice Plan



**Date:** Monday, 1/4/2010

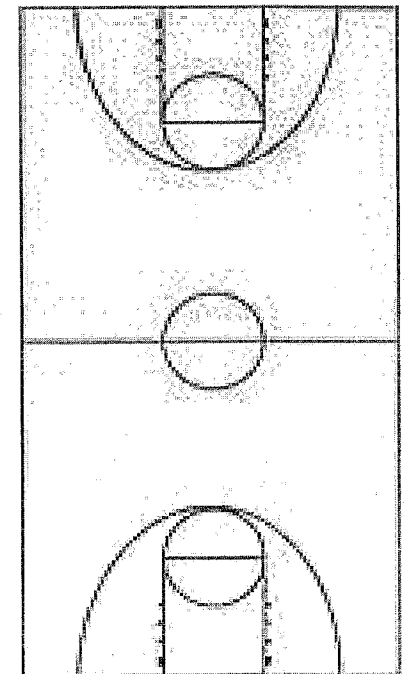
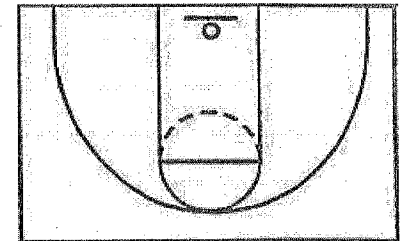
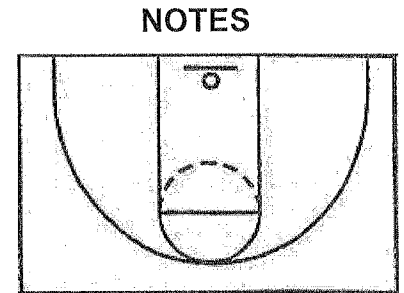
**Preparing For:** STA

**Emphasis:** Defense

**Thought for the Day:**

*"Pride is a personal commitment. It is an attitude which separates excellence from mediocrity."*

TIME	DRILL
3:20 to 3:25	Free Throws (25) Free Shoot ( <u>Game Shots!</u> )
3:25 to 3:30	Dynamic Warm Up
3:30 to 3:45	Transition Drills
3:45 to 3:50	Water
3:50 to 4:10	Shell Drills
4:10 to 4:15	Water
4:15 to 4:30	1on 1 Box-out Drills
4:30 to 4:35	Water
4:35 to 4:55	½ Court Cut Throat
4:55 to 5:00	Water
5:00 to 5:10	Partner Shooting
5:10 to 5:40	Film/Scouting Report



**Teams: Cut Throat:**

Black	White	Skins	½ Shirts
Lavey	Beenken	Chadwick	
Jolliff	Ruthenbeck	Wallace	
Michels	Baer	Matos	
Winkelman	Hinrichsen	Born	
Duffy	Fenske	Hanson	

**Reminders:**

\*Dress Code tomorrow. Hopefully we'll have travel suites for Friday's game.

\*Let's get back to playing like last time we were at home!

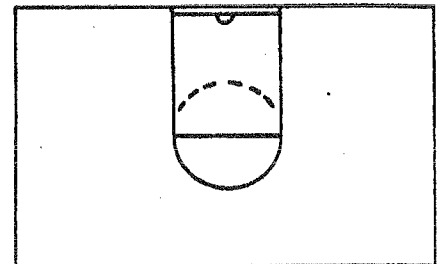
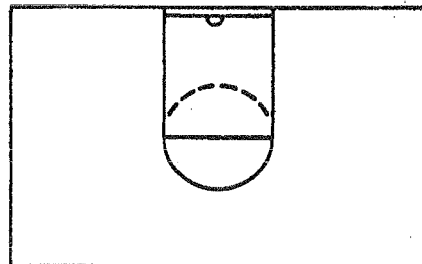
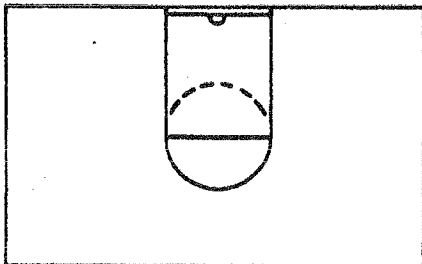
BASKETBALL

PRACTICE

DATE:

PRACTICE NO.

TIME	SUBJECT - DRILL - TEACHING POINTS



COMMENTS:

## GROUP FUNDAMENTALS

### A physical and mental approach to better basketball

This booklet will introduce a way for coaches to cover fundamentals and correctly teach them to each member of the team.

Group fundamentals are a great way to teach the many important facets of the game. This teaching method has been successful in both a team practice situation and in summer camps. This booklet will explain 25 offensive and defensive skills that you can use everyday in practice.

When teaching group fundamentals, the following points are important:

- 1) Divide players into four lines, as you would for stretching before practice. Make sure all players have plenty of room to move in all directions. Use the whole floor if you need to. The coach is in front of the group. (See Diagram, p. 2)
- 2) It is important that each player can see you as you demonstrate and give instructions.
- 3) Imagination is an essential part of solid group fundamentals. If teaching an offensive move, players must "pretend" they are being guarded. i.e.-players cannot throw passes "through" the chest of the "defender".
- 4) All player movement is based on the coaches instructions. Players must always stay in a bent knee position, unless coach indicates otherwise.
- 5) Use this setting to teach skill progression. i.e.-teach catching the ball, passing, shot fake, pass fake, pivots, etc., before moving into combination moves.
- 6) Stress correct technique. Discourage players from doing fundamentals quickly, unless the skill has definitely been mastered. Make them walk through skills if needed. Stress the correct technique first.
- 7) No basketball is needed. Players use feet, hands, eyes, body and imagination to execute these skills.

#### 15 OFFENSIVE GROUP FUNDAMENTALS

1. Pivots, stress balance
2. Catching the basketball
3. Passing-chest, bounce, overhead "no D, here"
4. Triple threat position
5. Form shooting, no ball
6. Jab step
7. Jab and go
8. Jab and crossover
9. Pass fake
10. Catch and shoot
11. Shot fake
12. Catch, shot fake, shoot
13. Catch, 1 or 2 dribbles, shoot
14. Catch, shot fake, 1 or 2 dribbles, shoot
15. Catch, shot fake, pass, receive pass, shoot

#### 10 DEFENSIVE GROUP FUNDAMENTALS

16. Lift and push technique
17. Defensive slide technique, with hand on "push" knee. Lift and push
18. Mirror the ball with hands
19. Guard the dribbler. Use lift and push, belly up & Jump back
20. Take the charge
21. Defend the shooter. Opposite hand up, call "shot."
22. Defend shooter and block out
23. Block out and outlet pass
24. Foot fires
25. Foot fire, left & push, foot fire, lift and push

## EXPLANATION OF OFFENSIVE GROUP FUNDAMENTALS

1. Pivots - Stress balance. Teach front and reverse pivot off of right and left foot. Give command, "reverse pivot left foot," and see if they can react and complete pivot. Change up your command using each of the four different pivots. Players must maintain balance before, during and after each pivot.
2. Catching the basketball - Coach pretends to throw a pass to the group. Player should step to the pass, catch with two hands, and bring it into their chest with two hands. Talk about having "soft hands," and "looking" the ball into your chest.
3. Passing - Teach the technique of the chest, bounce, and overhead pass. Stress technique. Don't use defense here.
4. Triple threat position - Have players assume a bent knee position from which they are ready to pass, dribble, and shoot. Have them hold this position as you talk and walk around.
5. Form Shooting - Without ball. Start in triple threat position and slowly lift ball to forehead and release shot on balance. Player should finish on tips of toes. Stress follow through to the target.
6. Jab step - Quick 12 to 16 inch step to the outside of the imaginary defender, then return foot quickly to original position. Work with right and left jab step.
7. Jab & Go - Same as the jab step except after the initial step, the player continues his movement in the same direction towards the basket. If defense doesn't react to jab step, then jab and go around the defender.
8. Jab & Crossover - Same jab step, but adding a crossover in the opposite direction. Example - jab step right, defense reacts, cross over from right to left and continue move to the basket.
9. Pass fake - Teach sharp, quick, short pass fakes before each pass. Pass fakes should be made in the opposite direction of the eventual pass. Example - fake high, pass low or fake low, pass high.
10. Catch & Shoot - Coach simulates a pass to the group. Players step to pass, catch ball in squared up, bent knee position, and shoot. After a few tries, this should be done in a fluid manner. Example - step, catch, shoot without pausing between each.
11. Shot fake - From a triple threat position, lift ball quickly from chest to just above the forehead and back to chest. It is a quick action that should simulate a shot attempt to the defense.
12. Catch, shot fake, shoot - Put these three previously taught skills together into one. Always teach players to step into passes. Tell them to "go get the ball."

