

COACHES CORNER – 3rd Grade League
Town and Country Optimist Club
Greg Dettman, T&C Basketball Association

- I. Introduction
- II. Objectives/Philosophy (attached)
- III. Practice/Drills*
 - a. Make them active and fast moving. Create competitive drills.
 - b. Make them run and make it fun.
 - c. Don't emphasize too many plays. It slows the game down too much and causes too much standing around in practice.
 - d. Work on developing skills through drills. Repetition is the key. (Sample practice schedule for this age is on the next page.)
 - e. Teaching good defense will lead to developing good offense.
- IV. Games
 - a. Prepare you lineup in advance.
 - b. Put every player in a position to handle the ball Let different players advanced the ball up the court to gain experience.
 - c. Focus on a facet of the game for each player to achieve...rebounding, steals, passing, shooting, etc.
 - d. Focus on the short shots and the free throws. Keep statistics.
 - e. Teams in this age group can push the ball up the court and pass the ball to the open player and be very successful.
 - f. Develop creative ways to make your kids excited about playing.
 - g. Take time after each game to meet and praise your players.

Website locations to help you be a better coach:

www.breakthroughbasketball.com/coaching/youthbasketball.html

<http://assets.ngin.com/attachments/document/0042/2111/36068.pdf>

<https://www.youtube.com/watch?v=Ef1N4vXMINQ>

The League's philosophy on developmental basketball is as follows:

It must be fun. In order to keep kids playing basketball they must enjoy their experience and experience some successful moments. Success is not defined by winning. At this level, success for kids is feeling good about themselves and enjoying your team. Achievement comes from effort. So let's put into perspective what you can expect your child to achieve and always expect, and acknowledge, their good effort:

- 1. **Scoring** –I will do everything I can to put each player in a position to score during the games. Remember though, without sufficient practice at home, shooting and scoring skills are very hard to develop. We will only be able to spend about 10-15 minutes per practice on this part of the game. So I don't like to emphasize scoring baskets as the team's main objective.
- 2. **Passing** – I prefer to encourage the pass that creates the shot at this age. It emphasizes the team aspect of the game and makes the player attempt to look up while dribbling. At this age, a very low

percentage of shots will be successful. By praising the pass that made the shot possible, we will have more opportunities to give positive reinforcement.

3. **One-on-One Play** – Because of limited skills, there is a tendency at this level for players to dribble from end to end, without passing the ball, until they get a shot, travel, fall down or lose the ball. Sometimes this is an OK strategy to develop an individual player's confidence, or put to action a move they have been working on in practice, but I will always encourage team play throughout the season.
4. **Defense** – *The best offense is always a good defense.* I will emphasize defense very strongly from the beginning. If they play good on the ball defense they will probably get a chance to steal the ball and score. This should give every player a chance at making some lay-ups or getting off some shots.
5. **Rebounding** – Pursuing and claiming the ball will be emphasized every day at practice. Rebounding techniques are hard for them to comprehend at this age, so we will focus on just developing some good aggressive instincts by the end of the season.

By the end of the season I hope to see each player be able to perform the following skills:

1. Dribble the basketball proficiently with their dominant hand, perform a cross over dribble and dribble with their opposite hand while in a game;
2. Learn how to pivot and protect the ball;
3. Execute a two hand chest pass and bounce pass;
4. Rebound the basketball above their head and know some basic blocking out techniques;
5. Have the correct shooting form to practice on their own;
6. Make a running lay-up from all three directions of the basket;
7. Know the correct defensive stance and footwork;

SUMMARY:

We have very limited practice time. If you will help your child practice these things at home, it will help them advance their skill levels and help the team. Just ask to see what they learned at practice and let them show you. Remember, you never really learn something until you teach it.

Look at the above aspects of the game and applaud a success when you see one. This will make it fun for everyone regardless of skill level. Also, there are only 10 players on the team. This makes it imperative that each player be at every practice possible.

If you cannot be a practice or a game, please call me in advance, so I can plan.