



WAA TRAVELING BASKETBALL

Boys Coaching Guidelines

Last Updated: October 1, 2018

Thank you for your interest in coaching for WAA Boys Traveling Basketball. This coaching guide is meant to help new and returning coaches understand their role in our program and provide assistance in finding resources to answer your questions.

Please review the [WAA Traveling Basketball – Boys Program Summary](#), which can be found on the WAA web site on the Boys Traveling Basketball page. This document provides a comprehensive summary of the program for program participants. In particular, as a coach we expect that you are familiar and supportive of the Mission Statement, Program Values, and Program Philosophy.

Should you have any questions or needs please contact John Rodemeyer, Boys Traveling Basketball Director.

Mission Statement

WAA Boys Traveling Basketball is dedicated to growing the player's enjoyment of basketball by developing their skills in practice and applying them at an appropriate level of competition based on their age and ability. Our primary goals are that players improve, have fun, and want to play basketball again next season.

Program Values

Our mission statement is achieved through our program values. These include:

- Fun - traveling basketball is meant to be fun, which is why kids play
- Development - focus on individual and team development, both on offense and defense
- Respect - sportsmanship and how we treat others is a reflection of our priorities
- Positive - encourage and support players & teams in their successes and failures
- Hard Work - effort shows mental toughness and leadership, regardless of outcome
- Teamwork - we would rather lose as a team than win with an individual
- Competition - competitive games make us better, whether we win or lose

** Remember, as a coach you are the face of our program. In addition, you play an important role in helping players and parents/fans maintain the integrity and spirit of youth sports.

WAA & WHS COOPERATION

WAA Boys Traveling Basketball is distinct from WHS basketball. However, we operate with an understanding that supporting each other provides mutual benefit.

WAA leverages offerings from the WHS coaching staff in the following areas:

- Summer oversight and guidance at WHS open gym
- Skills development guidance and recommendations
- Assistance, when possible, at WAA boys traveling tryouts
- Coaching clinics and guidance, including an open invitation to watch practices

WAA Traveling Basketball – Boys Coaching Guide (Cont'd)

- WAA night at a WHS boys basketball game, plus other team nights available
- WHS Basketball drills included in coaching packet

In return, WAA Boys Traveling Basketball provides opportunities for the WHS teams to work the Woodbury Classic as a fundraiser for their booster program and may support other opportunities and initiatives that broadly benefit both WAA and WHS basketball.

While our mission statement and program values remain consistent across all ages and levels of WAA Boys Traveling Basketball, we believe that there is mutual benefit at the higher grades and levels to have some WHS basketball influence.

Coaches at the 7th and 8th grade levels have the following incremental expectations:

- Attend additional coaching clinics offered by the WHS coaching staff
- Promote certain player expectations (offensive and defensive non-negotiable items)
- Integrate certain agreed upon drills, plays, presses, defenses, etc. requested by the WHS coaching staff
- Encourage players to attend WHS basketball games, when possible

** Coaches at 4th, 5th, and 6th grade should be focused on core skill development, which includes:

- Man-to-man defense (positioning, weak side, help & recover)
- Partial/Full use of motion or flex offense
 - Allows for all players touch ball at all positions on the court
 - Teaches moving without the ball, picks, etc.
- Develop both hands (dribbling and lay-ups)
- Pick & roll fundamentals (on offense and defense)
- Free throws and 10-15 perimeter shooting (all players)
- Basic low post moves (all players)
- Ball fakes and pump fakes
- Shooting form and triple threat on offense

RECOMMENDATIONS & INSIGHTS

The following are practical ideas that have proven valuable to many of our coaches throughout the years.

Communication & Organization

- Send an introductory email within 1-2 days of the teams being announced
- Hold a parent meeting the first week of the season to share your expectations and goals.
 - Cover the practice schedule, tournament schedule, and issue resolution process.
 - Include a short handout that can be emailed to those parents not in attendance.
- Send parents an email with the full practice schedule once it is available; TeamSnap is a great resource to communicate schedules to parents.
- Follow-up with weekly emails that include practice reminders & tournament details.

WAA Traveling Basketball – Boys Coaching Guide (Cont'd)

Practices

- Try to divide practices into three portions:
 - Warm-up, then age appropriate skills and drills
 - Offense (sets, plays, press break) / Defense (man-to-man, zones, presses)
 - Scrimmage and games
- Try to use a season-long practice outline:
 - Start with the fundamentals (even at the older ages)
 - Reuse drills for familiarity and for more efficient use of your practice time
 - Gradually layer in plays, defenses, etc. throughout the season
- Limit the number of plays you use (especially for the younger grades) and instead focus on triple threat offense, pick & roll, back cuts, etc.
- Regardless of grade and level, please focus on basketball fundamentals
 - Man-to-man defense and associated skills/drills
 - Dribbling with eyes up and using both hands (control dribble)
 - Shooting with both hands in practice and games (lay-ups)

Games / Tournaments

- Vary your starting line-up and let kids play with a variety of teammates.
- Tournament schedules usually come out 1-2 weeks prior to a tournament and can be found on that association's web site. MYAS.org has a link to most basketball associations. Tournament schedules are rarely emailed or sent out to coaches.
- Understand how WAA and tournament rules vary by grade and how that impacts play
 - 4th grade – generally man-to-man defense only, with no/limited pressing
 - 5th grade – pressing allowed; much less organized offense as a result
 - 6th grade plus – no longer equal playing time; much more game management

COACHING CLINICS & RESOURCES

- WHS Boys Basketball Head Coach – hosts early season WAA coaching clinic
- WAA web site – see the “Coaches Corner” page under Boys Traveling Basketball for age appropriate development with skills/drills, links, etc.
- Basketball web sites on the internet
- Coaches – use other WAA coaches as a resource and “steal” plays from opponents

SEASON OVERVIEW

- Mid-October – practices begin; pick up equipment bag; finalize tournament schedule
- November – tournaments begin
- January – confirm if your team will participate in any state tournament (MYAS or MSF)
 - Coaches complete registration information and rosters for state
 - End of January – Woodbury hosts tournament; parent volunteer requirements
- March – season ends
 - Complete Coaches Survey and Player History spreadsheet
 - Return equipment bag

EXPECTATIONS

The expectations for everyone associated with Woodbury Boys Traveling Basketball are consistent with our mission statement, program values, and program philosophy.

- Coaches
 - Remember that the kids will remember the fun they had more than their record
 - Attitude reflects leadership – be positive and encouraging
 - Observe the playing time rules and embody the program values
 - Communicate practice and game information timely to parents
 - Utilize the WAA Basketball Board, other coaches, and the internet to enhance your coaching abilities and knowledge of the game
 - Complete the coaches survey and player history forms after the season

ISSUE RESOLUTION

It is our hope that parents have read the Program Summary and understand the expectations we have of them. Please follow the Issue Resolution section of the Program Summary document and support parent's use of the Issue Resolution Form to escalate issues, if needed.