



# *Coaches' E-Binder*

Hoops Club Guidelines

&

'16-'17 Season Expectations

# Important Information

---

## School Usage – It's a Privilege to Use and We Don't Want to Lose It!

### Coach = Role Model

- You are a key influence in your player's lives, please take this role very seriously in how you conduct yourself on and off the court
- Often I hear adults reference their youth experiences with coaches
- Be a positive role model that your players look up to!

### Practices

- Start and end practices on-time
- Keep players quiet while waiting to start practice, and no dribbling or shooting baskets...this is a distraction for the team having practice
- Practice can't start until coach is present...it isn't OK to have a player start practice
- Don't leave players unattended
- Players must be picked up before coach leaves
- If school is canceled (half-day or full-day), practices must be canceled as well (School Rule)
- Teams with students as assistants – Head Coach must be present and providing leadership for practices (and any tournaments).

### Practice Scheduling (Mandy Ebben, veruca1976@aol.com)

- Practice is scheduled around school functions and athletics
- If something comes up for school, they have the ability to take over the gym even if we have the time reserved on the calendar
  - May be frustrating, but don't be reactive. Turn over the gym promptly and determine next steps as appropriate on what to do with your team
- Practices are scheduled for ½ of the gym. Two teams will be playing at the same time.
- If you need to cancel a practice, contact the Practice Scheduler to have canceled on the calendar to allow usage for someone else
- Rescheduling a practice, look for an available time on the facilities calendar prior to contacting the Practice Scheduler
- Practice Time Availability is limited – Keep this in mind when requesting practices...understand it isn't easy to coordinate practices for so many teams and around the school functions
- Consider morning or weekend practices

### Equipment and Uniforms

- Contact the Equipment Manager (Dale Maki) for replacement/additional equipment and medical supplies
- Approximate Cost of Equipment Bag and Contents – Approximately \$350.00
  - Keep it in good shape
  - **Turn Equipment Bag (in good condition) and Binders into the Equipment Manager at the end of the season**
- **See Shiocton Hoops Handbook for Uniform Care and Return Policies**

## Tournament Team Selection Guidelines & Practice Expectations

There will be one tournament team per grade level. Coaches will identify players to participate on the tournament team by assessing the skills and abilities of the player during the “League Season”. Coaches will talk with the parents and players selected to determine interest and commitment to participate on the tournament team.

Those not participating on the active Tournament Team roster will be provided an opportunity to practice with the Tournament Team to continue skill development. All players will be able to practice the first 30-45 minutes during the Tournament Season to allow continued skills development.

### Tournament Team Size

Grade	Club League Team Size		
	< or = 10	11-12 Players	> 12 Players
3 <sup>rd</sup> – 6 <sup>th</sup>	All play if player & parent agree to commitment*	Coach’s Discretion	Must cut to 12 max

\* Under 10 players – Board approval is required

Grade	School League Team Size		
	< or = 8	9-12 Players	> 12 Players
7 <sup>th</sup> – 8 <sup>th</sup>	All play if player & parent agree to commitment	Coach’s Discretion	Must cut to 12 max

### Tournament Team Substitution Needs

No late player substitutions/additions will be allowed unless a team falls below 8 players. In the event that a situation arises and a team will be left with less than 8 players, the coach will: Determine if the need exists to bring in substitutes.

- Contact players from the same grade that didn’t make the tournament team.
- Contact tournament team players from the tournament team of 1 grade younger.
- Any player that is to be considered to “play up” for a tournament must not have a scheduling conflict with his/her regular team. If this situation arises, the coach must make the Shiocton Hoops Club President aware of the situation with 24 hours.

### Tournaments

- Tournaments (and other away games) can **NOT** be scheduled on the following dates as these are our home tournaments and we need parents available to volunteer:
  - 3rd – 6th Grade Girls      January 7-8<sup>th</sup>
  - 3rd – 6th Grade Boys      January 14-15<sup>th</sup>
  - 2nd Grade Boys & Girls      January 29
  - 2nd - 6th Grade Boys      February 18-19<sup>th</sup> (except for 6th grade girls at State)
- Refer to the Shiocton Hoops Club Handbook for number of tournaments per grade level
- Shiocton tournament is included in number of tournaments you are provided per grade, but if the team is invited to the State Invitational Tournament this is a bonus
- Team can choose to participate in additional tournaments with full agreement of coaches and parents necessary, but cost will have to be covered by parents and/or through fundraising as specified above

### **Home “Events” (HOV, CWC and Tournaments)**

- Reinforce parent “volunteer” needs at events
- Help keep Shiocton Hoops Club Players “controlled” – No running around, balls dribbling and thrown outside of game play
- Help those looking in need – visitors needing to know where to go, score tables (these are volunteer students and they may need assistance/support), etc.

### **Team Pictures**

- A photographer will be taking pictures this season and will contact the Team Liaisons to make arrangements

### **Team Specific Apparel**

- Full team agreement is necessary
- Coach or Liaison contacts player parents individually for agreement (parents shouldn't feel pressured)
- All or none – We don't want anyone to feel left out

### **Specific Team Fundraising**

- Must be done outside of Shiocton School District (location and families)
- Purpose Clarity – Be sure to identify what and who your raising funds for
- Option – New London Festival Foods Brat Fry

# School Access and Lock Boxes

---

**High School Gym Location** – Left of the Back High School Entrance Doors (by the gym)

**Elementary School Gym Location** – By the Steel Door on the Side of the School

Having access to the Shiocton School Facilities is both a RESPONSIBILITY and a PRIVILEGE for our program. All Coaches must handle this responsibility with the highest degree of discretion to ensure there is no risk of building security being compromised.

**Access to facilities approved for use by the Hoops Club follows:**

## **EXTERIOR ENTRANCES:**

- Head Coaches will be provided a Security Swipe Card to access the building using the digital swipe pad located on the exterior door entrances.
- Head coaches ONLY will be provided a Security Swipe Card to access the building.

## **GYMNASIUMS**

- To access the gymnasiums and equipment rooms, a discreet lock box has been installed near the HS gym.
- Head Coaches will be provided an Access Code to the interior lock box.
- Key A6 provides access to the:
  - HS Gymnasium and Storage Room right of the stage
  - Elementary Gymnasium and Storage Room located in the Elementary Girls Locker Room or Office in Locker Room
- Put the keys back in the lock box prior to practice starting, so there isn't a risk of the keys being left somewhere in the gym or going home in your pockets/purses.
- After your practice is over, if there isn't another practice starting right after your practice...obtain the keys from the lock box and...
  1. Put all the balls in the cages, put them back in the storage room and lock up the storage room
  2. Lock up the gym
  3. YOU ... the Coach ... should be the last person leaving your practice. Double check all doors to ensure they are locked when you depart.

# General Comments

---

## YOUTH COACHING GUIDELINES

### 1. COACH = TEACHER + ROLE MODEL

- "Today, the game of basketball is often over-coached and under-taught" (Pete Newell)
- There is a difference between teaching and coaching
- Teach your players how to play offense, not how to run offenses
- Teach your players how to play defense, not how to run defenses
- Role Model: Represent our program in a first-class manner. You do not have to be a yeller and a screamer in order to be a successful coach.

Examples: Tony Dungy, Dean Smith

### 2. FOCUS ON THE FUNDAMENTALS

- Fundamentals are the foundation of the motion offense
- It doesn't matter what offense you run if you cannot shoot, dribble, or pass
- "To win championships you have to be obsessed about the fundamentals" (Joe Gibbs)
- "Teach, teach, teach. You better have good practices." (Al Maguire)

### 3. K.I.S.S. - KEEP IT SIMPLE STUPID!

- The more your players have to think, the slower their feet are
- Make the game simple & easy to learn
- All the greats know how to keep it simple (Lombardi vs. Landry)

### 4. MAKE THE GAME FUN

- The reason why kids play basketball is because they think the game is **fun**
- Remember you are teaching/coaching 8-14 year old kids
- Allow for fun in practices
- 3:1 ratio of positive to negative comments in practices (Rick Pitino)

# Practice Organization

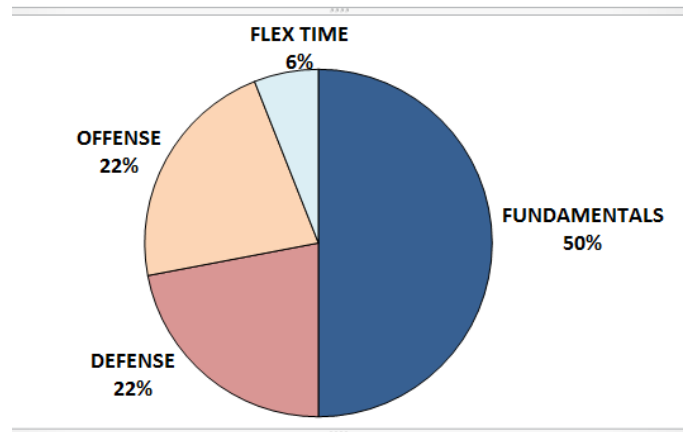
---

**NOTE: Shiocton Hoops Club Practices – 90 Minutes 1 to 2 Times per Week**

## **3<sup>rd</sup>-5<sup>th</sup> Grade Teams (90 min. practices)**

Fundamentals (45 minutes)  
Defense (20 minutes)  
Offense (20 minutes)  
Flex Time (5 minutes)

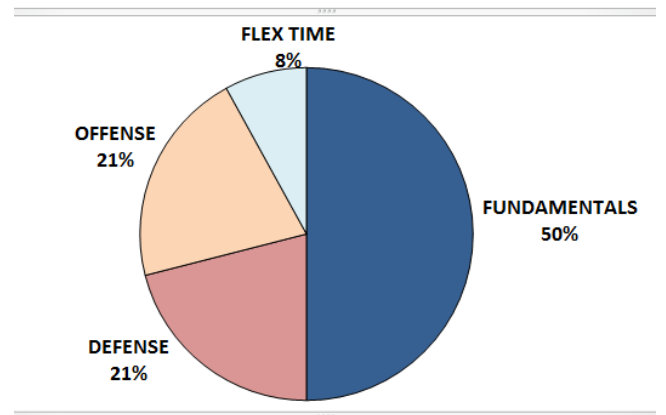
### Practice Time



## **6<sup>th</sup>-8<sup>th</sup> Grade Teams School Practices - (120 min. Practices)**

Fundamentals (60 minutes)  
Defense (20 minutes)  
Offense (20 minutes)  
Flex Time (10 minutes)

### Practice Time



# Teaching Fundamentals

---

## **Ball Handling Routine (30 seconds each)**

- Ball around legs and body
- Figure 8 Dribble (2 directions)
- Spider Dribble (2 touches front and back)
- 1 or 2 Ball Stationary Dribble
  - o high hard
  - o low
  - o front back, side to side with each and hand
  - o cross overs, behind the back
- Chair Dribbling/Finish Drills dribble moves on the move (3-4 chairs)
  - o attack chair from side (3 times)  
cross-over / fake cross-over / between legs / behind back / spin
  - o attack chairs length of floor and finish off two feet (catch on a hop)  
cross-over / fake cross-over
- Change of pace should be a players go-to ball-handling move to keep the defenders of balance.

## **(Optional/Advanced Drills)**

- 2 ball dribble full-court (3 trips)
  - o speed dribble (push ball in front)
  - o hesitation: back 2 steps and go 2 dribbles
  - o something different: cross overs, behind the back
- Dribble V
  - o attack forward with 2 dribbles
  - o protect ball sticking butt out going backward
- 2 dribbles (chin on shoulder, arm out)

## **One on One Moves Routine (3 times each)**

- fake right go left
- fake left go right
- shot fake and go
- drive fake, reload and shoot
- "sneak" dribble to basket (defense comes hard)
- "sweet spot" middle of lane
  - o knife hips across, baby hook, vicious pivot

## **MAKE IT TAKE IT! (no more than 4 dribbles)**

### **Shooting Routine**

- form shooting (3 shots)
- shot builder (3 shots)
- shooting progression
  - o 5 shots @ 5 feet away
  - o 5 shots @ 10 feet away
  - o 5 shots @ 15 feet away
  - o 5 shots @ 3pt range
- free throws (5)
- Back to the Basket Moves (station)
  - o drop steps: 2 moves each side
  - o face up: 2 moves each side
  - o dribble moves (regular / counter): 2 moves each side
- Finish Laker Drill (open layup, reverse layup, power just stop)

## **3 Player Passing Drills**

- Stationary, clock the dribbler, dribble, jump stop, pivot & pass, monkey in middle  
*Emphasize the "flick" pass and "skip" pass, not chest and bounce pass*



# Building Your Man-to-Man Defense

---

*"The fastest way to improve your team in a short amount of time is on the defensive end." (Dick Bennett)*

*"As a coach, you should be the most intense during practice when teaching defense"*

## Defensive Goals

Each defensive possession we are looking to:

1. Force a turnover: Our best offense should be our defense forcing turnovers for easy scores  
OR
2. Force a jump shot off the dribble: We try not to give up lay-ups, rhythm jumpers, or post shots in the lane AND
3. Limit our opponent to one shot: We need to block out. Usually it is not the first shot that hurts us, it is the second or third.

## Defensive Rules

1. Ball Pressure: Probably the most important part of our defense pressure. We look to apply immediate pressure on the ball by picking up at the half-court line if we are not pressing. We teach our players to be one arms-length away from the dribbler with their hands up. We look to steer the ball to the outside of the floor.
2. Ball-Side Position: We teach our players to be on the line and up the line. They are in a denial stance with A) Their butt to the ball B) Their hand and foot closest to the ball in the passing lane C) Their chin on their shoulder and D) About 2/3 of their attention on the ball and 1/3 of their attention on their player.
3. Help-Side Position: The player should have both feet in the lane with their back to the baseline. We have two rules when a player is help-side:
  - a. If the ball is above the free throw line extended - we are **one step man side** of the basket
  - b. If the ball is below the free throw line extended - we are **one step ball side** of the basket
4. Jump to the ball: Any time the ball is passed all 5 defenders must jump to the ball. *"Move on the pass, not on the catch."*
5. Dead Front the Post: When the ball is at the free throw line extended or below we will front the post. This allows us to keep the ball out of the post and give quick help on a baseline drive.
6. Stop the Swing: We want to force the ball to one side of the floor and keep it there. Make it a struggle for them to take it to the other side. We want to be able to reduce the amount of the floor we need to play defense on and play 5X3.
7. Help-Side Sink to the Level of the Ball: If the ball is dribbled to the baseline or passed into the post, any help-side defenders should sink to the level of the ball to force a kick-out.
8. Blockout, Chin, & Outlet

9. Communication: Our defense should be loud and constantly talking. Some examples: yelling "Dead" on a picked-up dribble, calling out screens, calling out switches. During drills yelling "ball", "help", and "deny".

## **ON-THE-BALL DEFENSE**

- One arms-length away
  - o Follow-the-leader Drill (Bo Ryan)
  - o Full-Court Zig-Zag Drill (Geno Auriemma)
- Force the ball to the outside
  - o Foot position
  - o 1X1 from half court
  - o 1X1 from the wing
  - o Deny the Top Drill

## **5X5 POSITIONING**

- Demonstrate the defensive rules above by walking-through 5X5 shell drill

## **TEAM DEFENSIVE DRILLS**

- 5X5 Front the Post Drill
- 4X4 Shell Drills
  - o Stationary
  - o Penetrate & Kick
  - o 4X6 Help & Rotate
  - o 4X4 Moving Shell
- 5X5 Perfect Possession

# Building Motion Offense

---

***"Motion offense teaches your players how to play offense, not how to run plays."***

## **CONCEPTS OF MOTION OFFENSE**

1. Spacing
  - a. "Spacing is offense & offense is spacing." (Chuck Daily)
  - b. 3X3 Demo
2. Move the Ball Hard!!
  - a. Put pressure on the defense
  - b. Swing the ball side-top-side. Center the basketball
  - c. Use the dribble as a pass
3. Cut to Score
  - a. Beat defenders with basket cuts
  - b. Keep opening up the basket (clear wide, fill up)
4. Beat Defenders off the Dribble
  - a. Your players need to be good at putting the basketball on the floor
  - b. "Try to draw a defender and a half"
5. Tailor Offense to Your Players' Abilities
  - a. Some players may set screens and cut less (Kelli Kosnar)
  - b. Some players will just cut and look to come off of screens (Lindsey Schwoerer)
  - c. Your non-shooters can be screeners

## **MOTION OFFENSE FORMATIONS**

- 5-Out:
  - Great spacing & opportunities for driving to the basket, good for teams without a lot of size.
  - Only disadvantage is your post game suffers if you have a true center on the floor.
- 4-Out/1-In:
  - Great spacing, allows a strong post player to play around the basket.
  - Only disadvantage is the basket is not as open for cuts because a post player is down low.
- 4-Out/1-High 4-High:
  - Great spacing, keeps the basket open for cutters, offense has a built-in screener.
  - Disadvantage is your post game suffers if you have a true center.

## **HOW TO TEACH MOTION**

- Half-court 2X2/3X3/ Breakdowns
- Half-court 5X0/5X5
- Use restrictions
  - o No dribble
  - o Only a certain player can score
  - o A certain player has to touch the ball a certain number of times
  - o Must swing the ball a certain number of times

## **ZONE OFFENSE**

- "The way you beat a zone is to get the ball to the high post & short corner (Jim Calhoun, UCONN)

# FINAL THOUGHTS

---

- **Coach = TEACHER + ROLE MODEL**
- **FOCUS ON THE FUNDAMENTALS**
- **K.I.S.S. = KEEP IT SIMPLE STUPID**
- **MAKE THE GAME FUN**
- **GOOD LUCK THIS YEAR!!!!**