



Coaches Manual
Grades 1-3

In-House Basketball Program Philosophy

1) Grades 1-2

The philosophy adopted for the RAAA In-House Basketball program, grades 1 and 2, is to focus primarily on introducing the game of basketball by emphasizing and developing fundamental basketball skills.

2) Grade 3

The philosophy adopted for the RAAA In-House Basketball program, grade 3, is to continue reinforcing fundamental skills learned during grades 1 and 2 and adding the concept of team play.

In-House Basketball Program Format

1) Grades 1 - 2

a) Practice: One practice during the week

□ First 40 minutes: Fundamental Skills

The first 40 minutes of the grade 1 and 2 weekday practice will be a clinic-style format. Two teams will be assigned per gym space. Because gym space is limited, both teams (along with coaches) will combine into one group to better utilize gym space and to allow ample space for the players to work on drills.

□ Last 20 Minutes: Team Work (Half Court)

In order to apply fundamental skills in a team environment, the last 20 minutes of each practice will be devoted to the concept of team play. It should be limited to half court 3-on-3/4-on-4 (one team working on defense while the other team works on offense). Coaches of both teams should feel free to have two half-court team sessions. The coaches should rotate teams and players from offense to defense every 5 minutes to allow players and teams equal opportunity to work on defensive and offensive team play.

□ Practice scripts are provided as a guide for coaches. Coaches should emphasize fundamental skills over scrimmages.

b) Games: No Games for Grades 1 and 2

As previously stated, the philosophy for grades 1 and 2 is to emphasize the development of fundamental basketball skills of ball handling/dribbling, passing, defense and shooting.

c) Clinics: Saturday Clinics are run by Rosemount High School Basketball Coaches and Players. Grade 1 and 2 coaches need to be present to work on drills for their respective teams.

2) Grade 3

a) **Practice:** One practice during the week

□ First 30 Minutes: Fundamental Skills

The first 30 minutes of the grade 3 weekday practice will be a clinic-style format in order to utilize the entire gym space for fundamental skill development. Because gym space is limited, both teams (along with coaches) will combine into one group to better utilize gym space and to allow ample space for the players to work on drills.

□ Second 30 Minutes: Team Skills

The second 30 minutes of each practice is intended to allow each team to work on team development activities (team offense/team defense). No scrimmaging. This 30-minute period is intended to work on team activities in preparation for Saturday games.

b) **Games:** Games on Saturday following the Clinic.

c) **Clinics:** Saturday Clinics are run by Rosemount High School Basketball Coaches and Players. Grade 3 coaches need to be present to work on drills for their respective teams.

KEY POINTS FOR COACHES

- 1) It is important for coaches to follow a practice script. Practices are only scheduled for one hour and there are a lot of drills to get through in that time.
- 2) It is the coach's responsibility to keep track of time and ensure that all players are participating and getting instruction as needed. There should be very little standing around. The players will start the year with various talent levels, but the idea is for everyone to improve with each practice.
- 3) The Head Coach of the Home team will lead the entire group through fundamental skill portion of practice. All other coaches will assist players and provide instruction.

RAAA In-House Basketball Coaches Information

Welcome and thank you! Coaches are the heart of our program. Without your involvement and support, there would be no RAAA basketball program at all. You are the single most important resource we have, and your contributions to these kid's lives will be remembered for many years to come.

Four Goals for RAAA In-House Basketball Participants (kids, parents, and coaches)

Goal #1: Have fun.

Goal #2: Try your hardest.

Goal #3: Be a good sport.

Goal #4: Learn a lot about basketball.

The Number One Rule - It is OK to make a mistake.

Coaching Expectations:

- Take charge. Create a safe atmosphere where kids and adults have fun with basketball. Be encouraging, and show by your behavior and words that each player is an important member of the team *whether* or not they perform well. Remain patient. Deal with "situations" when they present themselves. Stress being on time. Keep things moving, using time well.
- Teach basketball skills, rules and strategies to our players. Rely on positive reinforcement. Minimize emphasis on mistakes, which are necessary for learning to take place. Players learn more and try harder if praised often. However, make sure your praise is justified. Kids know phony, meaningless praise when they hear it. Also, do not overlook the rules, but appropriately correct fouls.
- Model and teach competitiveness with an emphasis on good sportsmanship. Teach players to be aggressive and good sports at the same time. Obey the rules and respect the referee even when you disagree with them. Compliment opposing teams when they make a good play. Keep winning from becoming too important. *Do not yell at any player or official, or use ANY inappropriate tone of voice.*
- Promote the well being of each child on your team. Show by words and actions that you like and accept them regardless of how well they perform. Spend comparable instructional time with all players, regardless of ability. Encourage and reinforce parents for being involved with RAAA basketball. Spend time talking with each player individually and in small groups.

Practice Expectations:

- Get everyone involved at the same time whenever possible. Try to avoid behavior problems by keeping the kids active. They have been cooped up all day and now want to *do* something. Keep them active and involved. Anytime you have the kids stand in line you should question whether you could have done the drill in a different way so as to avoid the line. Lines should only be used to give a rest.
- Know how to stop a drill. Get the kids attention in a positive way. Use a key phrase such as “hold the ball” or “stop and listen.”
- Reinforce the positive. When the kids do what you ask, thank them. Find things that they are doing right and loudly praise them. It tells the whole team the way to go.
- Pace your practices. Follow an intense, active drill with a “breather.” Use this time to praise what went well, and reinforce the positives you see. This variation in the pace will help the kids focus in and process your instruction.
- Make your talking brief and to the point. Punctuate it with drills, competitions, water breaks, and scrimmages.
- **Please start and end your practices on time.**
- Coaches will need to buy a ball pump to keep with them. If you cannot do this, the In-House Basketball Director will provide a pump for you.

*(Almost all of this information was adapted from Positive Coaching, by Jim Thompson. It is an outstanding youth coaching book.)

Rosemount Area Athletic Association

Tips for Working with Kids

Coaching kids can be a great experience for you and for the kids you are coaching. It is also a great responsibility. What happens with you and the kids can create a lifetime love of the game you are coaching or can make a child choose not to play the game again. Here are a few tips to help you help our kids.

1. Focus on what the kids want out of their experience.

- Kids want to have fun
- Kids want to learn about the sport
- Kids want to feel good about themselves

2. Build a Team Rapport

- Use a lot of positive reinforcement
- Cheer each other
- Cooperative play (i.e. everyone touches the ball before anyone takes a shot)
- Correct in private
- Self-correct

3. Be Prepared

- Kids know if you are winging it.
- They know you are taking it seriously when you prepare.
- If you are taking it seriously, so will they.
- Plan a practice format that works for you.
- It helps kids when they can predict what will happen.

4. Alternate between running activities and skill building activities

- Kids listen and focus their attention more easily if they have had a chance to run.
- Kids listen and focus their attention more easily if they aren't tired.

5. Have no more than three rules that are important to you

- Pick a couple of rules that are important to making your practices run smoothly.
- Ask kids to tell you what those rules are before each practice.
- Remind them of the rule when necessary.

6. Have fun!

RAAA In-House Basketball League Rules for Grades 1-3

1) League Organization:

- a) 1st Grade Boys/Girls
- b) 2nd Grade Boys/Girls
- c) 3rd Grade Boys/Girls

NOTE: Grade levels will not be combined, unless low registration numbers dictate otherwise.

2) 3rd grade games (Saturday):

- a) Game Day: Games will be played on Saturdays for 3rd grade teams.
- b) Timekeeper: Coaches will establish a reliable timekeeper to keep track of quarters.
- c) Referees: Coaches will referee games.
- d) Game Length/Time: Eight 5-minute running time periods with two periods per quarter (10 minutes per quarter).
- e) Quarter Break: One minute intermission after 2nd and 6th periods
- f) Halftime: Three minutes after 4th period
- g) Timeouts: Each team is allowed two 1-minute timeouts per game
- h) Scoring: Score will be kept for 3rd grade games.
- i) Player Substitution: Coaches shall ensure equal play for all players according to the Playing Time Rules given below.
- j) Players: Games are 4 on 4. If there are not enough players to run a game, work on fundamentals.
- k) Running Time: Clocks shall be continuous run time and shall only be stopped for timeouts, the last 2 minutes of the 8th period or for injury.

3) Playing Time Rules – Applies to 3rd Grade Only

- a) Substitution shall be made at every 1/2 quarter. Coaches will need to determine this prior to the start of their Saturday games.
- b) Each team member must play a minimum of 2 full quarters.
- c) In the event of injury, substitutions can be made immediately.

4) Basketball Size:

All leagues will use an official women's league basketball provided by RAAA

5) Size of Court and Height of Baskets

- a) Grade 1 will play cross-court using 8-foot baskets.
- b) Grade 2 will play cross-court using 9 foot baskets
- c) Grade 3 will play cross-court using 10-foot baskets.

6) Starting Game – Applies to 3rd Grade Only

- a) Visiting team will have their choice of baskets.
- b) In 2nd half, baskets will be switched.
- c) Games will start with a jump ball.

7) Tie ups – Applies to 3rd Grade Only

Tie up of a ball will result in the ball being awarded out of bounds alternately between the two teams.

8) Stealing, Pressing and Blocked Shots:

- a) No stealing is allowed for 1st and 2nd grade
- b) 3rd grade – stealing the ball is not allowed when an offensive player is dribbling. When an offensive player stops dribbling, the ball can be stolen or tied up. A ball cannot be stolen off of a defensive rebound.
- c) For a change of possession due to a defensive rebound or made shot by the shooting team, the shooting team must retreat to their half of the court.
- d) No blocked shots.

9) Defenses

- a) Person to person defense will be used.
- b) No zone defense.
- c) Double and triple teaming is not allowed.

10) Picks and Screens

- a) Picks/screens are allowed.
- b) No multiple screens or picks allowed.

11) Free Throws

- a) No free throws will be shot.
- b) No lane violations will be called.

12) Time Limit on Dribble

- a) Player needs to be advancing the ball.
- b) Once a player passes mid-court they may not dribble for more than 5 seconds without passing, shooting, or stopping than making a pass to a teammate. (Coaches please interpret this rule loosely – encourage passing).

13) Fouls

No fouls should be called. However, when warranted in 3rd grade play should be stopped and the rules explained. Flagrant fouls are not to be tolerated. Coaches are responsible for controlling the tempo of the game.

Practice Schedule

A scripted practice schedule has been provided as a guide for coaches that defines specific drills for the players. The drills were chosen to provide the players an opportunity to develop the following fundamental skills:

1. Dribbling/Ball Handling
2. Passing
3. Defensive posture and positioning
4. Shooting technique
5. General concepts of Team Play (half court for grades 1 and 2)

Practice Script

1) Warm-Up/Stretching (:05)

- a) ~5 laps jogging around court
- b) Form the group into neat lines for stretching

2) Ball Handling/Dribbling (:15)

a) Around the world (:03)

- i) Pass ball in a circle CW (clockwise) 10 times around
 - (1) Knees
 - (2) Waist
- ii) Repeat but this time go opposite direction (CCW)

b) High/Low Dribble (:03)

Quick changes in dribbling high (just below waist) to dribbling low (just a few inches above floor)

- i) Right Hand
- ii) Left Hand

c) Dribble circles around legs (:03)

- i) Low dribble circles around right leg ~10 time CW
- ii) Low dribble circles around right leg ~10 time CCW
- iii) Low dribble circles around left leg ~10 time CW
- iv) Low dribble circles around left leg ~10 time CCW

d) Straight Dribble/Full Court Layups (:03)

- i) Dribble down length of court with right hand and do a layup
- ii) Dribble back down other side of court with left hand and do a layup.

e) Crossover Dribble (:03)

- i) While jogging down court, take a few dribbles with right hand, then quick crossover to left. Dribble with left for a few dribbles, then crossover back to right.
- ii) Repeat ~5 times

3) Passing Drills (:10)

a) Hand Technique Skills (:01)

Lie on floor on your back. Using proper technique for a chest pass, throw ball up in the air and then catch (pass & catch with fingertips)

b) Two person passing drill moving/sliding down the court (:03)

i) ~ 5 times with regular chest pass

ii) ~ 5 times with bounce pass

c) Two person/Two ball stationary Pass (:03)

Each person has a ball, facing each other leaving about 10 – 12 ft apart from each other.

i) Each partner performs chest pass at same time. Repeat for 10 passes each.

ii) Each partner performs bounce pass at same time. Repeat for 10 passes each.

d) Monkey in the middle passing game (:03)

i) This game requires three people.

ii) 2 people ~15 ft apart with third person in the middle

iii) The two people pass the ball back and forth using chest pass or bounce pass to get successfully past the person in the middle. The middle person attempts to deflect/intercept pass. If the middle person successfully deflects/intercepts pass, he/she replaces the person who originated the pass.

4) Defense Drills (:05)

a) Wave Drill (:02)

i) Slide side to side in proper defense position according to direction pointed by coach running the drill

b) Zig-Zag (:03)

i) Player stands at 45-degree angle slides for 3 steps, drop step with inside foot and changes directions for 3 steps. This pattern is repeated creating a "zig-zag" pattern down the length of the court.

5) Team Drills

a) Shooting Drills – Examples here would include "Around the World" or shooting off of a pass.

b) Team work (remaining time) – Break up into teams

i) Work on team offense/team defense

ii) Work on in-bounding the ball