

Massena Basketball Association

Supplemental Coaching Guide



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Practice plan template, example practice plan, and court diagrams at end of guide.

MEMO FROM MBA BOARD

To all coaches,

We would like to thank you for your participation in the MBA. As a volunteer coach in our organization, you help us provide basketball to around 200 children in grades K-8. Your service to this organization is valuable, and without it we could not provide this service for our players.

The focus for the MBA is on the development of fundamental basketball skills, with an emphasis on sportsmanship and fun. This coaching manual has been provided to assist you in your duties as a coach in fulfilling those goals.

On behalf of the players and the entire MBA organization, we thank you for taking time out of your schedule for this important responsibility. We wish you luck this season and are here to assist when needed.

Sincerely,

MBA Board of Directors

MBA MISSION STATEMENT

The purpose of the Massena Basketball Association is to provide an organized and nurturing instructional basketball program for the youth of the Massena area. The objectives of this organization will be achieved with an emphasis on sportsmanship and fun.

The objective of the House League is to teach the fundamentals of basketball through well-designed drills and practice sessions. As skills develop, competition will increase to further challenge all participants.

K/1st Instructional Division

The objective of this division is instructional in nature. Basic motor skills and a general understanding of the game will be taught through designed practice drills and competition group activities.

2nd/3rd Grade Division

The objective of this division is of instructional and game nature. Basic motor skills and a general understanding of the game will continue to be taught through designed practice drills followed by organized games.

4th/5th/6th Grade Division

The objective of this division is to provide an instructional and competitive basketball environment which promotes good sportsmanship, skill development, clean competition, and fun.

SPORTSMANSHIP & THE INFLUENCE OF THE COACH

The coach is in a better position to have a positive influence on the youth of the community than any other member.

The coach has an obligation to develop personality and character. The example set by a coach is of the utmost importance. The character-building potential of athletics is closely related to the character of the coach. It takes self-discipline on the part of the coach to always allow reason, rather than emotions, guide conduct.

To set an example for your athletes, give the following points your attention:

- Use appropriate language. Profanity has no place in a team setting.
- Stay composed and keep a cool temper.
- Treat the referees/officials with respect and avoid challenging their calls. Let them do their job.
- Follow the rules of the game to avoid unfair advantages.
- Insist that all conversations with and around your team are positive. Although criticism is necessary at times when teaching, it must be constructive and positive.
- You can explain defeat but avoid making excuses for it.
- Be humble in victory.
- Teach your players to give credit to others success. Congratulating others when they have achieved something will gain their respect.

NOTES ON COACHING

A basketball coach is more than just a teacher of the game...

Coaches serve as mentors, motivators, and leaders. They shape the attitudes and behaviors of their players, both on and off the court. A coach's role involves teaching technical skills, fostering teamwork, and instilling values such as discipline, respect, and sportsmanship.

Coaching is creating a supportive environment for your players.

Coaching is bringing positive energy.

Coaching is celebrating achievements, no matter how small.

Coaching is leading by example.

Coaching is a chance to be a part of something bigger than yourself.

Above all...

Coaching is helping.

THINGS PLAYERS NEED TO HEAR

Sometimes only a few words can make a world of difference...

I believe
in you

You can
do this

I trust you

Do your
best

I'm proud
of you

I'm here
for you

Next play

You are
improving

I love
watching
you play

RUNNING PRACTICE

KEYS

- Have a practice plan. This helps you stay on time and on task.
- Long lines during drills takes away from time that could be used developing skills. Use multiple baskets to allow for more reps.
- Explain the “why” of what you are doing. Players are more motivated when they know why they are doing something.
- Give players a few points to focus on for that day and reinforce those points throughout practice.

WARMUP

Begin with a dynamic stretch that will get players ready for practice. This should only take about 5 minutes. An example of this might look like:

- [Quick Feet](#) to the free throw line, then [Quick Feet](#) backwards to the baseline
- [The Walking Quad Stretch](#) to half court, then [Knee Hugs](#) back to the baseline
- [Forward Walking Lunge](#) to half court, then [The Walking Hamstring Stretch](#) back to the baseline
- [Walking Kicks](#) to half court, then [High Knees](#) back to the baseline
- [Carioca](#) to half court, then [Carioca](#) back to the baseline facing the same direction
- Backpedal to the opposite baseline, then sprint back to the starting point

SCRIMMAGE

I suggest taking time during your practice to scrimmage. Kids enjoy playing and this helps to teach them the rules of the game. While scrimmaging, you can use constraints to help shift the focus of your team. Some examples of this:

- Every player on offense must touch the ball before you can score.
- Players must cut to the basket after a pass.

The possibilities are endless. Get creative!

SKILL DEVELOPMENT

Build on skills you have worked on previously. Develop a baseline before moving on to more complex tasks. A good rule of thumb is to spend about 60% of your practice time on skill development, but with these age groups I would suggest even more.

The two areas I would put the most emphasis on:

- Dribbling
- Footwork

Unlike shooting and passing, these skills work with gravity, and every player should be able to see improvement regardless of coordination and strength. Dribbling and footwork open up the game for players, making it easier to move around the court and ultimately get to the basket and score. The game is then more fun, and players who have more fun will have an increased desire to improve and continue playing.

PUT UPS

Part of basketball is learning how to be a good teammate. End your practice with a [Compliment Session](#) (we call them “Put Ups”), where you ask for volunteers to point out something they saw one of their teammates doing well that day. After a few practices, your players will begin to pick up on this and come ready with compliments.

COACHING IN GAMES

PREPARING FOR GAMEDAY

- Have a pregame warmup routine ready.
- Have a couple baseline-out-of-bounds (BLOB) plays that your team can use throughout the game. This is when your team is taking the ball out-of-bounds from underneath your own basket. Make sure to review these with your team during practice.

DURING THE GAME

- Try to avoid assigning positions. Every player needs to work on every skill. A good way to ensure this is by allowing a different player to bring the ball up every couple of minutes.
- Treat the referee with respect, and make sure your players do the same.
- Stay composed and be supportive, regardless of the outcome.
- Postgame discussions should focus on learning experiences and areas for improvement.

DEFENSE

The primary goal of defense is to not let the other team score. The highest percentage shots in basketball are layups, so if you can keep the other team away from the basket you will make it harder for them to score. This means staying in front of the ball handler and having defenders ready to help if the on-ball defender gets beat. Your team will spend roughly half of the game on defense making it worth your while to spend practice time on.

KEYS

- Defensive Stance
 - On balance, ready to move in either direction
 - Feet outside of your knees
 - On the balls of your feet
 - Hands out to deflect passes
 - [10 Keys To A Great Defensive Stance - Jim Huber](#)
- When guarding the ball, use the cue “Ball-You-Basket” to remind players they should be between their player and the basket.
- When guarding a player without the ball (help defense), use the cue “Ball-You-Man” to remind players they should be between their player and the ball. The farther a player is from the ball, the farther they should be from the person they are guarding.
- If the defender guarding the ball gets beat off the dribble, there should be another defender ready to step up and help.

CLOSEOUTS

A closeout happens when the player you are guarding catches the ball and you must run out to stop them.

- [Fundamentals Of The Closeout](#)
- [Closeout, Slide, & Backpedal Drill - YouTube](#)
- [2-Person Closeout Drill](#)
- [Closeout 1-On-1 Drill](#)

SHELL DRILL

Teaches team defense principles. Can be modified to 4-on-4. A coaching point for this drill is to make sure players are in a defensive stance at all times.

- [Shell Drill 5-on-5 with Post](#)

MISCELLANEOUS

- [Follow The Leader Slides Drill](#)
- [Side/Lateral Push Drill](#)
- [The Backpedal, Slide, & Sprint Drill](#) (can be used as a warmup)
- [Fundamentals Of Denying The Pass](#)
- [Defense, I Love It Drill](#)

DRIBBLING

As mentioned previously, I would put a big emphasis on ball handling. Add dribbling to every practice plan.

KEYS

- Use your finger pads, not the palms of your hands.
- Keep your eyes up so you can see where you are going and where your teammates are for a pass.
- [Fundamentals of Dribbling](#)

WORKING ON TOUCH

- [Smacks Drill](#)
- [Waist Wrap Drill \(head & legs too\)](#)
- [Tap Drill \(multiple levels\)](#)
- [Toss And Catch Drill \(adds a clap, 2, 3, turn\)](#)
- [Ball Slams Drill](#)

STATIONARY DRIBBLING

This helps to build ball control and the ability to dribble the ball quickly.

- [Low Dribble Drill \(add numbers\)](#)
- [High Dribble Drill \(add number\)](#)
- [3-3-3 Dribble Drill](#)
- [Stationary Crossover \(Low/Middle/High\)](#)
- [Front To Back Dribble Drill](#)
- [Over The Line Dribble Drill](#)
- [Figure 8 Fingertips Drill](#)
- [Dribble Balance Drill](#)
- [Stationary 2-Ball Dribble Drill \(Alternate\) -\(adds low/middle/high\)](#)
- [Stationary 2-Ball Dribble Drill \(Same Time\) -\(adds low/middle/high\)](#)

DRIBBLING ON THE MOVE

- [Walking Dribble Drill \(does R/L/Crossover\)](#)
- [Walk To Jog Dribble Drill](#)
- [Running Dribble Drill \(does R/L/Crossover\)](#)
- [The Zig Zag Drill](#)
- [On The Whistle Jump Stop Drill](#)
- [Dribble Relay Drill](#)

GAMES

- [Dribble Knockout](#) (modify this by having players tag a coach when they get knocked out before returning to the game)
- [The Red Light Game](#)
- [Dribble Freeze Tag](#)

FINISHING AT THE BASKET

KEYS

- On layups, have players focus on getting their eyes to the rim early. The better they are at dribbling, the easier it will be to keep their eyes up.
- Teach players to aim for the top corner of the square on the backboard.

LAYUPS

- Right hand and right knee on right side.
- Left hand and left knee on left side.
- Begin by practicing a layup without dribbling. By removing the dribble, there is no reason to look down.
- [Fundamentals of Lay-Ups - YouTube](#)
- [Layup Hi-Five Drill](#)
- [Team Drill: Layup Lines](#)
- [Layup Drills for Youth Basketball | Pass-Pass Layups by Tara VanDerveer](#)

POWER LAYUPS

- Dribble to the basket and perform a two-foot jump stop before a layup.
- [Power Layup](#)

MISCELLANEOUS

- [Loop Shooting Drill](#)
- [Block To Block Shooting Drill](#)
- [Chase Layup Drill](#)
- [The Pass Fake & Drive Drill - YouTube](#)
- [Back 1-On-1 Drill](#)
- [Elbows Finish Drill](#)

FOOTWORK

When a player has the ball, they are allowed to move one foot while the other foot stays on the ground. The foot on the ground is called the “pivot foot”. Travelling is when a player moves their pivot foot before they have dropped the ball for their dribble. When a player comes to a jump stop, landing both feet at the same time, they are allowed to use either foot as their pivot foot.

KEYS

- Teach players to face the basket when they catch the ball by using their pivot foot. Use the cue “face up”.
- Teach players to get into “Triple Threat” position when they catch the ball.
 - [Getting Into Triple Threat Position For Beginner Basketball Players](#)

PIVOTS

- [Forward Pivot Drill](#)
- [Reverse Pivot Drill](#)

JUMP STOPS

A two-foot landing off a dribble.

- [The Fundamentals of the Basketball Jump Stop](#)
- [Jump Stop, Pivot, & Pass Drill - YouTube](#)
- [Dribble, Jump Stop, & Pass Drill](#)

JAB STEPS

A deceptive step to get the defense to move.

- [Fundamentals Of The Jab Step](#)
- [The Jab Step Breakdown Drill](#)

MISCELLANEOUS

- [Basketball Footwork and Dribbling Drill - How To Develop Body Control With Bob Bigelow](#)
- [7 Youth Drill Progressions For Footwork and Passing - YouTube](#) (this is more advanced, but if you can get your players to learn these pivots you will be ahead of the game!)

OFFENSE

KEYS

- Remind players to keep space between one another. If players clump together, they bring their defenders closer to the ball.
- Teach players to face the basket when they catch the ball by using their pivot foot. Use the cue “face up”.
- After a player passes, remind them to move. Do not pass and stand in place, this makes you easier to guard.

SPACING

This creates driving lanes for the ball handler and keeps the defense spread out.

- [Pass & Cut Drill - YouTube](#)
- [3-Person Pass, Cut, & Replace](#)

V-CUT

Players use this cut to create space from their defender and get open for a pass.

- [Fundamentals Of The V-Cut](#)
- [V-Cut Layup Drill](#)

BACKDOOR CUT

Players use this cut to counter tight defense and get behind their defender. You can teach your players to cut backdoor to the basket whenever the ball handler dribbles at them, this creates space for the ball handler a layup opportunity for the cutter.

- [Backdoor Cut Layup Drill](#)
- [Backdoor Pass Layup Drill - YouTube](#)

SCREENS

Effective screens place the defense at a disadvantage. Players can either screen for the ball handler (ball screen) or screen for a player without the ball (away screen). Teach players to have their feet set, to cross their arms or protect themselves, and roll off the screen like a door hinge. The ball handler should go shoulder-to-shoulder with the screener.

- [Fundamentals Of Setting Up A Screen](#)

PASSING

KEYS

- Show a target using your hands, make eye contact, and call for the ball.
- Step towards your target when passing to generate more power.
- Teach pass fakes to help move the defense – “fake a pass to make a pass”.
- Teach a chest pass, bounce pass, and overhead pass. Players need to have multiple ways to get their teammates the ball in a game.

FOR BEGINNERS

- [Stationary Partner Passing Drill](#)
- [Overhead Pass Drill](#)
- [Pass & Follow Drill](#)
- [Partner Running Pass Drill](#)

MORE ADVANCED

- [4 Corner Passing Drill](#)
- [Stationary 2-Ball Passing Drill](#)
- [Great Youth Basketball Passing and Ball Handling Drill](#)
- [Pound & Pass Drill](#)
- [3 on 3 Trap Drill – Improves Passing and Defense](#)

REBOUNDING

Collecting the ball off a missed shot is called a rebound. Teams that win the rebounding game, that get more rebounds than the other team, are often the teams that win games. Rebounds lead to more shot opportunities for your team, and more shots usually means more points.

KEYS

- Teach your players to “box out” when a shot goes up. This means finding the player you are guarding, contacting them with your side or your back, and then going after the basketball. Use the cue “find – hit – go”.
- On offense, teach players to get the inside position on their defender. If they are stuck on their defender’s back, they can try to spin off them to get in front.
- Rebounding is about the desire to get the basketball. Be aggressive and assume that every shot will be missed.

DRILLS

- [Self-Toss Rebounding Drill – YouTube](#)
- [The Wall Box Out Drill](#)
- [3-Second Box Out Drill](#)
- [Drills -2 on 2 Box Out](#)

SHOOTING

Teaching shooting is more of an art form than a science. To become a good shooter, players will need to put up a lot of reps. Use guided self-exploration to allow players to find what is comfortable for them, while not letting them stray too far from proper mechanics when possible.

SHOOTING FORM

- Feet shoulder width apart for balance.
- Stand tall, don't lean too far forward.
- Load your wrist, like a catcher's mitt in softball or baseball.
- Knees bent and hips loaded.
- Shooting hand in the center of the ball.
- Balance hand on the side of the ball.
- Ball moves up before your body moves up – use the cue “ball before body”.
- On the release, flick your wrist and follow through to create backspin – use the cue “hand in the cookie jar”.
- Try not to allow two-handed shots when possible.

SHOOTING FORM VIDEOS

- [Fundamentals Of Shooting](#)
- [Rick Carlisle of the Dallas Mavericks talks Proper Shooting Form](#)
- [Rick Carlisle of the Dallas Mavericks on Shooting Off the Catch](#)
- [Rick Carlisle of the Dallas Mavericks talks Shooting Off the Dribble](#)

FORM SHOOTING DRILLS

Use these to help players develop proper shooting technique.

- Across From Partner
 - Line players up across from each other and have them practice shooting to each other.
- Side of Backboard
 - Players will use proper shooting technique and “shoot” the ball off the side of the backboard. It may be easier to start against a wall while they are developing coordination.
- Ghost Guide Hand
 - Players will shoot at a basket while keeping their balance/guide hand off the ball. The balance hand will go up with the ball, a few inches away but not touching. This helps to develop correct hand positioning.
- [Form Shooting-2 Hands - YouTube](#)
- ["Ladder" Form Shooting Drill](#)

SHOOTING DRILLS

Shooting and footwork go hand-and-hand. You will see pivots and jump stops being used in the following drills.

- [Spin Step-In Drill](#)
- [Catch, Turn, & Shoot Drill](#)
- [Jump Stop Shooting Drill](#)
- [Shooting Line Game](#)
- [Drive & Kick Competition](#)

SHOT FAKES

Players can use this to get their defender to jump, giving them a lane to the basket.

- [Fundamentals Of The Shot Fake](#)

LEARN ABOUT COACHING & BASKETBALL

There are countless online resources to help you grow your knowledge about coaching and the game of basketball. A couple of my personal favorites:

- [PGC Coaching – Better Basketball Coaching](#)
- [Breakthrough Basketball - Hundreds of FREE Basketball Coaching Drills, Plays, Tips, Offenses, Defenses & Resources](#)
- [Basketball Coaching - Coach's Clipboard](#)
- [Basketball Coaching | The Coaching Toolbox](#)

I encourage you to be creative and find things you think will work for your team. Allow yourself to make mistakes. One of the fun things about coaching is trying out new things and seeing your players improve from the work you do.

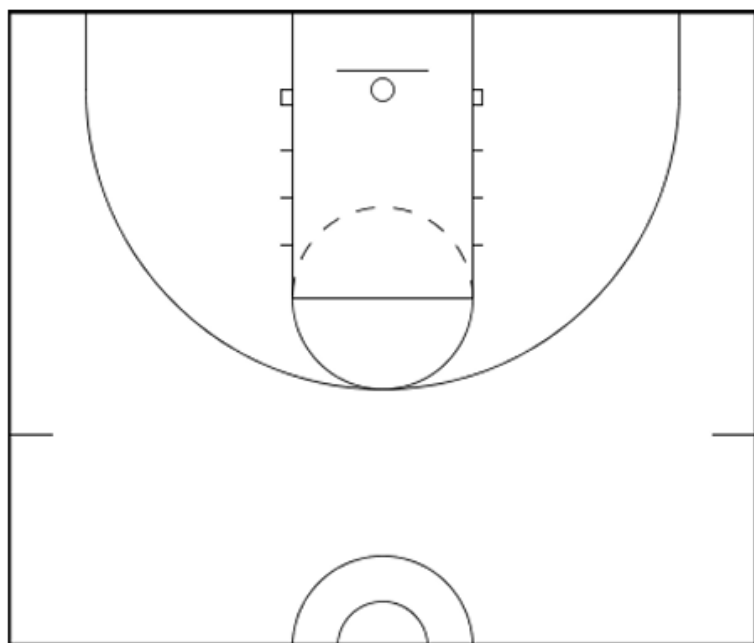
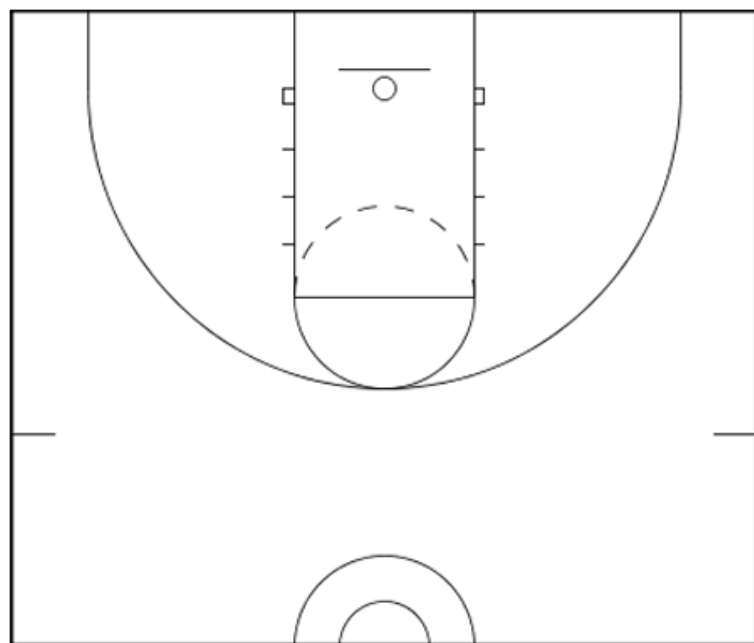
Don't be afraid to ask questions or ask for help. There is probably a coach that has tried out what you are looking to do and has insight. My email is listed below for any coaching or basketball questions you might have.

Rob Cameron, Massena Girls JV Basketball Head Coach

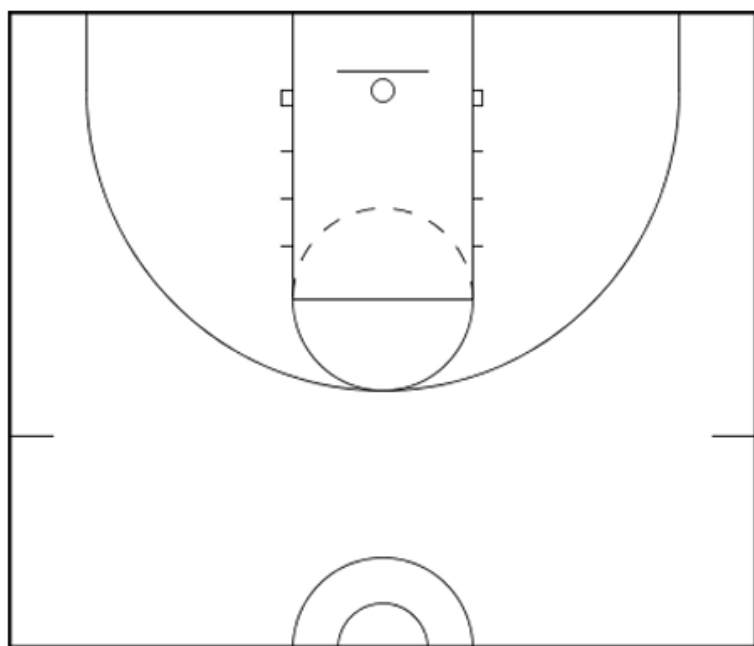
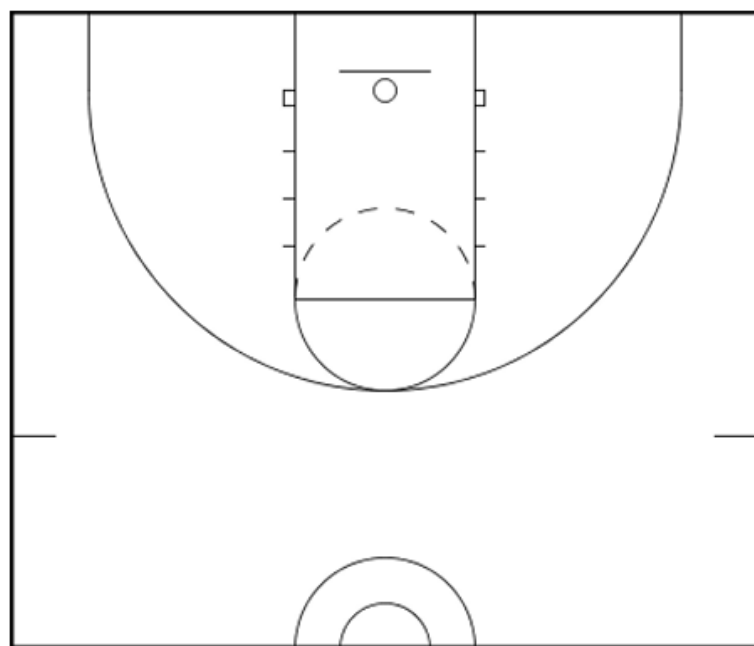
robcameron.617@gmail.com

PRACTICE PLAN TEMPLATE		
TIME	DRILL OR SKILL	NOTES - INSTRUCTION

EXAMPLE PRACTICE PLAN		
TIME	DRILL OR SKILL	NOTES - INSTRUCTION
5:00-5:10	Pre-Practice Talk & Dynamic Warmup	First practice of the season Go over expectations
5:10-5:20	Pass & Follow Drill	Allow extra time when teaching drills for the first time
5:20-5:30	Stationary Dribbling	Low Dribble Drill (add numbers) High Dribble Drill (add number) 3-3-3 Dribble Drill Stationary Crossover (Low/Middle/High)
5:30-5:35	Drink Break	
5:35-5:45	Know Your Team Game	Get to know your team on the first day
5:45-6:00	Form Shooting	Teach proper shooting form Across From Partner Side of Backboard (or against a wall)
6:00-6:05	Forward Pivot Drill	Teach pivot foot
6:05-6:15	Dribble, Jump Stop, & Pass Drill	Teach jump stop Reinforce pivot foot learned in previous drill
6:15-6:20	Drink Break	
6:20-6:30	Scrimmage	Break up into two teams Go over rules as needed Put Ups to end practice



Notes:



Notes:

