

SHYBA Coaches Clinic/Information

WWW.SHYBA.ORG

ORGANIZATION

- Confirm the roster phone number and e-mail address is correct for each player/parent – provide changes to the commissioner asap
- Remember: when in doubt or for a short notice item, follow-up with a phone call
- Have a brief parent meeting after the first practice
- Provide a handout:
 - player names, parent names and phone numbers
 - give directions to the gyms or tell them where they are on the website
 - consider telling them to go to the web site and printing the rules or giving them a copy of the rules before the last practice
 - make sure they know they **must call** you if they are going to miss a practice or a game
 - ask for help with clock and scorebook
 - let them know about the website for any league cancellations
- Points of emphasis: have fun, teamwork, hustle, respect (sportsmanship), fun

PRACTICES

- Always come with a practice plan and expected number of minutes – keep it moving – expect to start 5 minutes late
- Pay attention to the bad habits early: reality is that the improvement may take all season
- Focus most of time on team play in the half court – watch defense also
- Dribbling
 - Ball is low
 - Head up – stare up drill
 - Left hand when going left – zig zag drill
- Shooting
 - Three man drill - side to side, or shoot and box out
- Always end with free throws (make them shoot two – one to tie, two to win)
- Scrimmage?
- Mid Season – think back on the games and focus on weakest area
- Websites:
 - www.degerstrom.com/basketball
 - www.basketball-drills-and-plays.com
 - www.bbhighway.com (Coaches Playbook)
 - www.eteamz.active.com/basketball (tips and drills)
 - www.campofchamps.com (X's and O's - Coaches - Program Development (From A to Z))

SUBSTITUTION SHEET

- MUST be used and Visible Acknowledgment with other head coach
- Fill out sheet in advance for known attendance
- 9 man
 - Balance players 1 and 4, 2 and 6, 3 and 7, 9 is your weakest
 - Players 4 and 5 are always together
 - Watch the 7th period
- 8 man
 - 3 best players play 6 periods
 - watch out in 3rd and 5th periods
- 7 man
 - All play 5, 5 best play 6
- Late players
 - Go to bottom of sheet – copy it directly
 - If you know that the player will be there by the end of the first, you can set your subs up that way

OFFENSE

- Get the ball across half court
 - Screen for dribbler
 - Down screen
 - Come out higher to help
 - Don't telegraph
- In bounds play
 - Don't waste a lot of time, keep it simple
 - Stack – straight or back screen
 - Box – straight or delayed second screen
 - Remember the press – quick or designed (post-up)
- Against the zone
 - Even man front, odd number of guards and vice versa
 - Ball movement, not dribbling – don't dribble unless you need to
 - Screens? Key is movement without the ball, find the hole
 - High post (in motion)
 - Triangles
- Against man to man
 - Pick and ROLL (belly to the ball)
 - Give and Go
 - Pass and screen away / Motion
 - Overplay? Go back door
- Fast Break
 - Outlet pass (one or two)
 - Fill the lanes - spacing
 - Always assume a miss
- Shooting Three-Pointers – see it in practice, remember long rebounds

DEFENSE

- Get back quickly, turn and play defense soon
- Zone
 - Play the player in your area not the spot on the floor
 - See around you
 - SLIDE quickly
 - 2-1-2 : shut down the lane, get out on the shooters
 - 1-3-1: pressure ball handler, need to rebound
 - 2-3: pack it in against big man
 - 1-2-2 or Box and One
- Man to Man
 - See the man and the ball
 - Cover the right hand
- Weak Side Help

PRESS

- Setting the press
 - Yell it out if you have to
 - Zone: 2-2-1 or 1-2-2, trap in the corner or on the sideline
 - Drop back into zone
 - Man Press
- Breaking the press
 - Get it in quickly or run down screen or side screen (screener is open) or post up
 - Get the ball to the middle (work the foul line to mid court with a bigger player)
 - Slow down and set up
 - Eat it, don't throw it blindly

GAMES

- It is all about this girls having fun and competing at their level not ours.
- Be a role model all the time, before, during and after the game.
- Always have a warm up drill that they can run without your help
 - Two line shooting drill to elbows of the key
 - Two line lay-up drill
 - Rebound - dribble to corner – bounce pass to lay up
- Use your instructional time-outs
- Coach the kids, not the ref or the other coach
- Stay positive, most kids do not do well under pressure
- It is not about you or your opposing coach; it really is about the girls!