

SHYBA Coaches Clinic/Information

WWW.SHYBA.ORG – Coaches Corner Page

ORGANIZATION

- Confirm the roster phone number and e-mail address – changes to the commissioner
- 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
 - point them to the SHYBA Web Site for all league and team info
 - signup for changes to the team page
 - **must call/e-mail** you if they are going to miss a practice or a game
 - ask for help with clock, scorebook, gym monitor
- Points of emphasis: have fun, teamwork, hustle, respect (sportsmanship), fun

PRACTICES

- Always come with a written practice plan (allocate minutes) – keep it moving
- Be sure to include at all practices:
 - Dribbling
 - Shooting – from floor and layups
 - free throws
 - Scrimmage
- Cover all aspects of fundamentals at least once during 4 practices
- Coaches Corner and a few Websites:
 - www.degerstrom.com/basketball
 - www.basketball-drills-and-plays.com
 - www.bbhighway.com
 - www.eteamz.active.com/basketball
 - www.campofchamps.com

OFFENSE

- Get the ball across half court – screens, come to the ball if needed
- Balance on the court
- In bounds play
 - Don't waste a lot of time, keep it simple
 - Stack – straight or back screen
 - Box – straight or delayed second screen
- Fast Break
 - Outlet pass (one or two)
 - Fill the lanes - spacing
 - Always assume a miss

DEFENSE

- Get back quickly, turn and play defense soon
- 7-8 thru 9-10 – m2m only
- 11 and up – also can play zone

PRESS

- Older leagues – 4-7-8, 11-13G – 8th only
- Breaking the press

SUBSTITUTION SHEET

- MUST be used and Visible Acknowledgment with other head coach
- Fill out sheet in advance for known attendance
- Review the pitfalls of each rotation and understand the balance
- Late players
 - Go to bottom of sheet – copy it directly

GAMES

- Jewelry – earrings/casts/Livestrong bracelets/hear beads
- It is all about this players having fun and competing at their level not the coaches.
- Be a role model all the time, before, during and after the game.
- Have players arrive 5-10 minutes before published game time.
- Have extra substitution sheets with you
- Print the rules off the website, read them before the season, bring them to game
- Pre-game Code of Conduct announcement
- Respect the game schedule – take team off court for post-game talk
- 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 players!