
Steve Nash Coaches Clinic Notes
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TCYBA Coaches Clinic
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Welcome - thanks for what you are doing for kids!
Passion for youth sports.

"Just let the kids Play" - Book by Bob Bigelow

Parents needs/ Kids needs

The number one reasons kids quit sports:

- 1) It ceases to be fun
- 2) too competitive/pressure too young

- In the US 70% of kids drop out of sports by age 13 and never go back!
- The biggest influences in my life were my parents and my High School Coach; you can have a huge effect on kids' lives and futures.
- Make everything into a game - FUN!
- Teach ALL the skills to ALL of the kids - do not get them into positions too early.
- Coaches must constantly correct and reinforce - positively.
- What's a good practice (accordingly to Bob Bigelow):
 - "Kids are sweaty, red faced, smiling and wanting to come back!"
- EAP - Emergency Action Plan - if someone gets hurt; phone; medical numbers; parent phone numbers.

What should you be teaching?

- LTAD - FUNdamentals - ages 6-9 M and 6-8 F
- Physical Literacy - ABC'S - Agility; Balance; Co-ordination; Speed.
- Physical Literacy is most trainable from ages 5 - 12 years. A lack of Physical Literacy will inhibit training and performance at all levels - especially at the elite level
- Proper running technique - forwards and backwards. Change of speed and direction.
- Jumping and landing. Starting and stopping. Pivoting - front and reverse.
- 5 S's - Stamina; Strength; Speed; Skill; Suppleness
- With the elementary Physical Education Specialist a thing of the past - it has fallen on community sport to teach young children Physical Literacy.

Lee Taft Information

- 2 windows of opportunity to train speed:
 - Females 6 - 8 and 11 - 13
 - Males 7 - 9 and 13 - 16
- Training speed - train it in spurts. 3 - 7 seconds is speed - speed runs out in about 7 seconds. Do it hard, do it well and get out of it! Train lateral speed, straight ahead speed and combined movement patterns. Train speed early in practice.
- Training strength - single leg squats and double leg squats. Body weight exercises.
- These can be done with young kids.
- Single leg squat - sit in a chair. Put weight on one foot. Stand up on one leg - go back down and touch butt to chair.
- Double leg squat - feet a little more than shoulder width apart. Press out - drive hips back and squat.
- Athletic stance - shoulders over knees and knees over toes.
- Work on 2 foot landings. Start on the balls of the feet and drop. Then jump and land. Land stationary - forward and then lateral.
- Drills:
 1. Single leg hop and stick - the goal is to get under control in 1 second or less.
 2. Lateral hops and stick
- Build the Athletic House - develop the athlete's overall movement skills.
- Athletic warm-up:
 - Jogging
 - Low Skipping
 - Carioca
 - High Knees
 - Butt Kicks
 - Forward lunge
 - Backward lunge
- Agility/Footwork:
 - Use the badminton doubles alley
 - 2 in 2 out
 - In-in-out stick
 - In-in-out quick
 - Hopscotch
 - Do all these backwards too!

- Footwork and Athletic Movement:
 - Change of Pace (Deek Drill; Stay with the dribbler - no ball/ball)
 - 2 Foot Stops (Go, Go, Go, Stop to Triple threat; Curly shots; fundamental lines; toss ball out - run after it and 2 foot stop)
 - Jumping (Rebound rips; Partner jumps; slap the net; High 5 lay-ups)
 - Hand Quickness (Gun Slingers; Knee Slaps; Maravich Drills)
 - Lateral Movement/Agility (Mirror Drill; partner roll the pass; bounce and duck under the ball; Agility ball roll; Power shuffle - go up 2 cones and back 1)
 - Balance (passing on 1 foot; lateral bound to stick; KOB - push; push with ball; butt to butt)
 - Pivoting (5 second drill; Fundamental lines; Chair Drills; 4 player pivot and pass; Ball toss around the 3 and pivot to square up)

Shooting

- 1) Form (right under the hoop)/wall lift; line shooting; shooting lying down
 - Sight the hoop under the ball and then sight the hoop under the ball when you release. Over - Under! Get a "quiet eye" by locking on to one of the hooks just below the rim. Elbow lift and wrist follow-through. Get good back spin by rolling the ball off the fingers - off the index and middle finger last. (the shooting fork). Fingers should be spread upon release of the ball. Wrist should be loose and should bounce. Guide arm should go up with the shot and then just come off the ball. Get full extension.
 - Use legs - not a big bend - just a dip!
- 2) Footwork (2 foot stops or 1-2 stops)
- 3) Curly shots (2 foot stops/1-2 stops)
- 4) Canada Shooting
- 5) Kiwi Shooting - cut across the lane - shoot - rebound go to other line.

Ball-Handling/Dribbling

"Big hand" - fingers spread on the ball. "Rhythm" is important. Elbow next to hip and wrist out to the side. Do not dribble right in front of the body. Open stance and closed stance. Good athletic stance - shoulders over knees and knees over toes.

- 1) Speed Dribble/Control dribble/Crossover/Change of Pace/Inside-out
- 2) Maravich Drills
- 3) Dribble through a line (keep ball away from the D)
- 4) Guided D - move to the side of the cones - cross-over or direct drive

Passing: (Push pass; chest pass; overhead pass; bounce pass)

- 1) Partner passing (1 and 2 balls)
- 2) Name passing (Partner has her back to the passer. When partner calls her name she turns with target hands up and finds the ball with your eyes - partner has passed the ball)
- 3) Rapid Fire passing (2 balls - 5 players)
- 4) 3 player weave
- 5) 2 on 1 vs. coach (the kids make a read on the coach)
- 6) Pass past pressure and cut - create a passing lane

There are only five places you can pass by a defender:

- 1) Over the head
- 2) By the ear (left and right)
- 3) By the hip (left and right)
Pass fakes are crucial - "fake high - pass low" "Fake low - pass high"
- 4) Pass and move around a circle (1 and 2 balls)
Communicate - eye contact/call the name of the person you are passing to.
- 5) 4 corner passing

Fun Drills:

Lee Taft - "Tag is the greatest teacher of athletic movement"

- 1) Dribble knock - away team; 1 on 1 dribble knock out
- 2) Line tag - with a dribble
- 3) Frozen Tag - make a couple of kids "it" and they tag kids. When they are tagged they must freeze and dribble the ball. To get "unfrozen" someone else must dribble the ball and go under your arm
- 4) British Bulldog (everyone dribbles/tagger does not dribble)
- 5) Crows and Cranes
- 6) Rabbit Run
- 7) Rock, Paper Scissors to chase - making a decision - handling confusion
- 7) Box Tag - use volleyball court
- 8) Knee tag - all athletes in the Volleyball court. You must hit someone's knee - athletes can deflect hits. If you get hit you must step out of the court and do "something" and then you are back in. You can also do this using a "shuffle" instead of running. To increase intensity and competition - time them for 10+ seconds - see how many people you can tag - you get points for tagging.
- 9) Cone stacking drill

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- 10) Number Game - kids divided into 2 teams. Match up #'s so the kids play against someone their skill level. One team lies on their stomachs on the baseline and the other team on the other baseline. Call numbers and those kids run out and play. Coach throws the ball out to the kids.
 - 11) Pass to the coach. Kids play 4 on 4 and the coach is in the game. The coach can then make sure that every child gets a pass. When the coach has the ball the kids move and cut..... and are not dribbling. Coach can direct the kids when to pass the ball to the coach.

Questions?

- If kids are not smiling, they are not having fun!
- Kids always just want to play - find other ways to have fun with learning and skill development. Use a "games" approach.
- "TEACH" - don't let the drills do the teaching - you do the teaching. Give feedback. Smile and have fun!