

TCYBA Spring Coaches Clinic – 2012

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OVERVIEW: Children like to play, it is in their nature to play, try new things, explore, test out new ways to do things. Unfortunately, coaching often stifles these instincts and directs players to one way of doing things. Coaches and parents offer a structured environment which “sterilizes” the athletes.

With young players, details are not important. Instead, keep practices and games active and continue challenging players to learn new things and try new skills. Ignite their passion for the game rather than dampening their enthusiasm. Create a playful environment rather than eliminating play in favor of drills and instruction. – *Brian McCormick*

Play is the way kids grow, learn and live. Healthy play is an extremely powerful tool in producing quality kids: co-operative, open, optimistic, loving.

How to Play With Kids. (1992) Jim Therrell

“Your athletes won’t always be players, but they will always be people.”

The Coaches Guide to Dealing With Parents and Problem Athletes. Peter Pierro

“To win the game and lose the child is totally an unworthy sacrifice.”

Every Kid Can Win (1975) Dr. Terry Orlick, Dr. Cal Botterill

Using Words to Challenge Children – Children Love to be Challenged.

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| What are two ways.... | Now let me see you... |
| Show me a different way to.... | How would you.... |
| Create, invent, discover ways to.... | Find a way to.... |
| What ways can you..... | How else can you.. |
| See what you can do with.. | Who can..... |
| See how many times you can.... | Now try.... |
| What would happen if.... | Show me how... |
| Find three different ways to... | Make believe you can... |

REMEMBER CHILDREN LEARN BEST WHEN:

- They are having fun.
- Activities are well organized to maximize **action**.
- They feel safe physically and psychologically.
- Activities are modified to match their ability level so they are successful.
- Basic skills are stressed to make the activity less complicated and stressful.
- They get a lot of repetitions in “child-like” activities. Too many rules often stifle a child’s creativity, physical and social development, resulting in less enjoyment.
- Self-esteem is enhanced.

From: “Positive Play” - a Resource Manual for Sport Leaders.

PLANNING A GOOD YOUTH PRACTICE:

1. Choose age appropriate games and drills
2. “No lines, no laps, no lectures”
3. Goals and objectives for the day and for the season
4. How many hoops, balls, kids etc. do you have?
5. What needs to be trained?
 - a. ABC’S of Physical Literacy
 - b. Energy System – anaerobic
6. Must be written down – a guideline to keep you on track
7. Every youth practice should include:
 - a. Athletic Development (5-10 minutes)
 - i. Warm-up – using fundamental movement skills and dynamic flexibility
 - ii. ABC’S – Agility, Balance, Co-ordination and Speed (with or without a basketball)
 - b. Ball-handling and Dribbling – dribbling is the first skill that kids can do (5-10 minutes)
 - c. Shooting and Lay-ups (5-10 minutes)
 - d. Footwork – stop, start, pivot, land... footwork is the foundation of the game. (5-10 minutes)
 - e. Decision-making games (30 minutes)
 - i. Use numerical advantage games (2 vs. 1; 3 vs. 1; 3 vs. 2; 4 vs. 3 etc.)
 - ii. Include games in the half-court and the full-court
8. Establish Routines:
 - a. Everything has it’s place – Bags; boots; water bottles etc.
 - b. Start your practice the same way every time – Kids like routines and they need routines. Meet at the center circle with everyone sitting down, quiet and listening.
9. Never speak over the kids – wait until they are quiet
10. Use proper teaching formations – semi-circle; sitting down – all eyes on you!
11. Getting your athletes attention
 - a. “Ready” – athletes get into “triple threat” and yell “ready” back to you.
12. Be very brief in your instructions – kids have short attention spans
13. Use language that challenges the athletes
 - a. Show me your best...
 - b. Can you do this 5 times?
 - c. Show me a different way to ...
14. The majority of practice should be spent doing – not listening!
 - a. What you hear, you forget
 - b. What you see, you remember
 - c. What you do, you understand
15. Technique before speed! Do not start going game speed if the athletes do not have the technique.
16. Bob Bigelow’s definition of a great youth practice – “Kids are sweaty, red-faced, smiling and wanting to come back!

PHYSICAL LITERACY: is the development of fundamental movement skills and fundamental sports skills that permit a child to move confidently and with a wide range of physical activity, rhythmic (dance) and sport situations.

***** Physical Literacy is most trainable between the ages of 5-12. *****

The ABC'S of Physical Literacy:

Agility – the ability to change direction of movement quickly while staying in control of your body

Balance – The ability to maintain body equilibrium in different movements or not to fall.

Coordination – The ability to combine, at the same time, movements of various body parts.

Speed – the time it takes you to move a certain distance.

There are two windows of opportunity to train speed:

- **Females – 6-8 and 11-13**
- **Males – 7-9 and 13-16**

Speed is 3-7 seconds and all out efforts. Train speed early in practice. Train lateral, straight ahead speed and combined movement pattern.

Running Warm-up with a basketball:

1. March and dribble
2. Run and dribble
3. Skip and dribble
4. Run while putting the ball around your waist
5. Run tapping the ball back and forth on your fingers
6. Wobbly run tapping ball back and forth on your fingers
7. Toss the ball in the air while running
8. "Walk and Roll" – walk while rolling the ball through your legs

THE ABC'S - and fun ways to train them:

Agility

1. Box Tag
2. Knee tag
3. Chase the Tail

Balance

1. Queen of the Mountain/King of the Hill
2. Jumping and landing on 1 leg
3. Knock down

Coordination:

1. Maravich Drills
2. Hand slap to high five

Speed:

1. Cone relays
2. Rabbit Run
3. Red – Blue – 1 – 2
4. Rock-Paper-Scissors Tag

TEACHING GAMES FOR UNDERSTANDING (TGFU):

Traditional Model:

Teach the skill

Teach the tactics

Play the game

TGFU Model:

Play the game

Teach the tactics

Learn the skill

SKILL – DRILL – KILL (the enthusiasm for the game!)

Modified Games (Decision-making games):

- 3 vs. 1
- 3 vs. 2
- Toss Games
 - 3 in a line toss to 2 on 1
 - 5 in a line toss to 3 on 2
- 2 vs. 1 sideline
- 3 on 3 or 4 on 4 with a coach
- 3 on 3 or 4 on 4 with no dribble
- 3 on 3 Serbian Closeout

Shooting Game:

- Buckets
- 1-2-3
- Around the World
- Curly shots

Full-court Games (Decision-making games):

- 2 on 2 on 2
- 4 on 3 Full-Court Advantage
- 3 player rush to 2 on 1

SHOOTING: The 3 key components in the teaching SHOOTING are:

Shot Ready:

- Feet spread, knees bent, shooting foot slightly forward. Good *“Athletic Stance”*
- Start the shot looking over the ball, sighting the rim. *“Over-Under”*
- Create a straight *“shot line”* to the basket with the lead foot, knee, elbow, ball.
- Shooting hand behind the ball, fingers spread & back towards the shoulder with forearm parallel to the floor.
- The ball sits in the hand with contact on the fingertips, and the pads of the hand.

Shoot the ball in “One Smooth Motion”

- Shoot the ball on the way up in one smooth action along the shot line. *“One Smooth Motion”*
- Use more power from the legs than from the arms.
- Shooting arm finishes straight, elbow locked. No tension in wrist or fingers. *“Finish with high hands”*.
- Finish the shot looking under the ball. *“Over-Under”*

“Let it Fly”

- Shoot the ball with arc.
- Hold the follow through on the shot line. *“Pose”*
- Drop it on top of the rim.
- Land in the same spot, with feet still pointing to hoop.

Instructional Reminders:

- Have patience. A few steps at a time. Children learn best by doing.
- Use easy phrases children can understand and remember. This way they can be empowered through self-direction and self-correction, and learn more because the instruction requires their focus and concentration.
- Praise children first for their form then if the shot was made.
- Inspire children with praise. Positive feedback builds confidence, improves listening capacity, helps develop emotional maturity, and enables a child's ability to find value in self-improvement.

Five important points:

- *“Over-Under”* – look at the hoop over the ball to start, and then look at the hoop under the ball upon release.
- *“One Smooth Motion”* – shoot the ball on the way up in one motion along the shot line.
- Follow through – *“Pose”*
- Use the legs – *“Athletic Stance”* – *“Quick with the legs”*
- Finish with *“High hands”*

“Guided Discovery” for the young athlete:

- Give some minor direction and let them figure it out by shooting!