



Brunswick Dragons Youth Basketball

What we value!

- **Teaching** - Coaches that TEACH the fundamental skills are the most valuable resource in any youth sports program
- **Learning** - Learning the fundamental skills of basketball is the top priority of a successful youth basketball program
- **Keep in Fun** - High energy and lots of enthusiasm are key to keeping young players coming back. Make it exciting for them and teach the "FUN"-damentals
- **Patience** - Having patience with every child athlete, parent, official is a cornerstone to teaching the game of basketball
- **Positive Competition** - Competition should be included in most aspects of drills, contests and games. Teaching our young athletes how to compete in a positive manner is a key ingredient to their youth basketball experience.

Goal: Promote age appropriate fundamental skills in a positive, instructive, and FUN manner.

Grades 3/4 are the most important years in the early development of fundamental basketball skills. A successful coach of athletes in grades 3/4 must be a patient listener, and an enthusiastic participant in the learning process. Young athletes' love of the game should be encouraged and celebrated during these years. Athletes of ALL ability levels should be commended on their participation and given the highest level of instruction possible. Every individual talent level during these years should be encouraged to challenge themselves to learn more and execute skills better.

How We do it:

- Short and sweet & transition often - Never spend more than 5-8 minutes on a drill.
- Always high energy with enthusiasm
- Skill and drill the first half of practice, play/compete the second half of practice
- Stay positive while keeping players accountable - eyes on the coach, stay focused
- Avoid lengthy speeches...keep players busy

Teaching Drills:

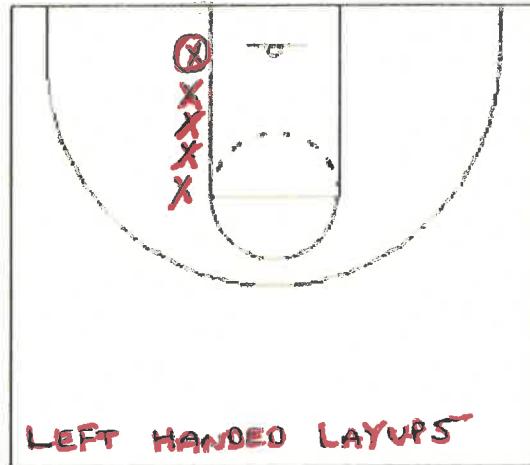
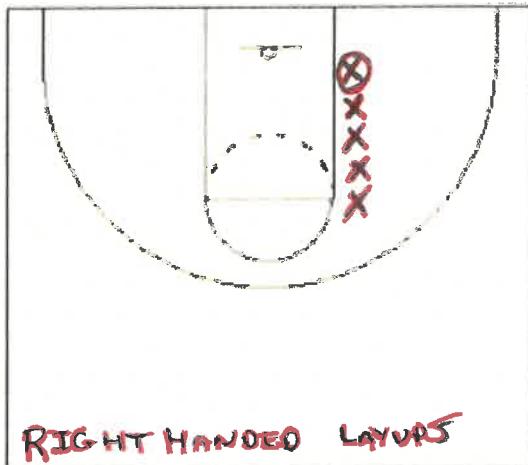
- Progression Layups
- 3 man weave - build up
- Dribble Moves on the Move
- Pine Tree Dribble circuit

Competitive Drills:

- Number Game Scrimmage
- Go, Go, Go
- Pine Tree 1v1
- Circle Passing

Progression Layups:

- Players start with their outside foot on the block, and their inside foot back.
- Take one large step with your inside foot
- Powerskip off your inside foot and shoot the ball
- Aim for the upper corner of the box on the backboard
- Practice both left and right handed layups

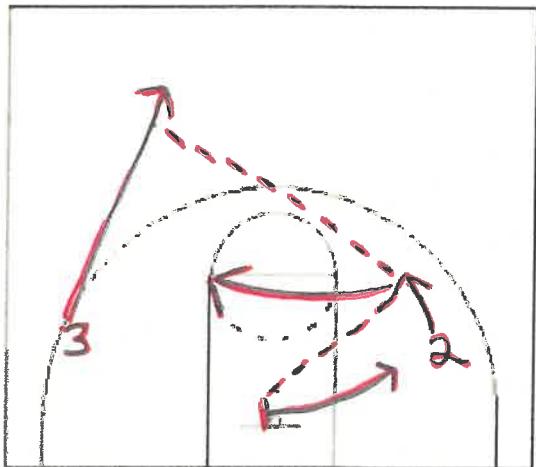
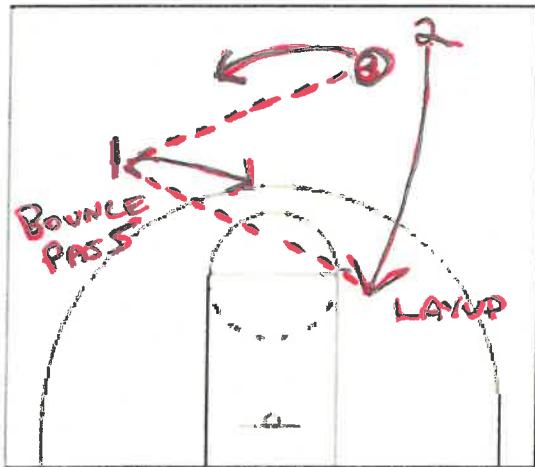
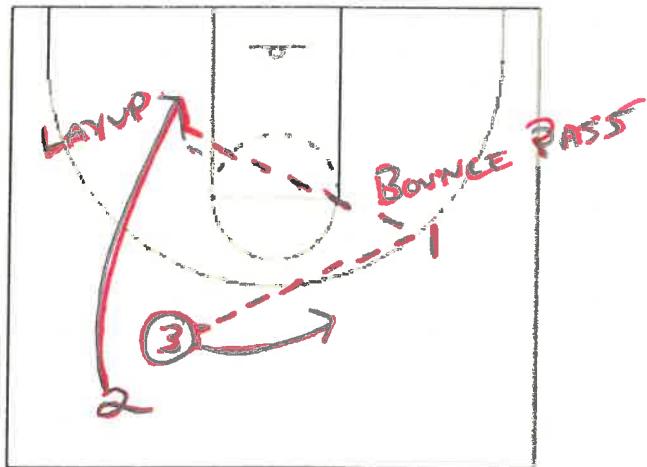
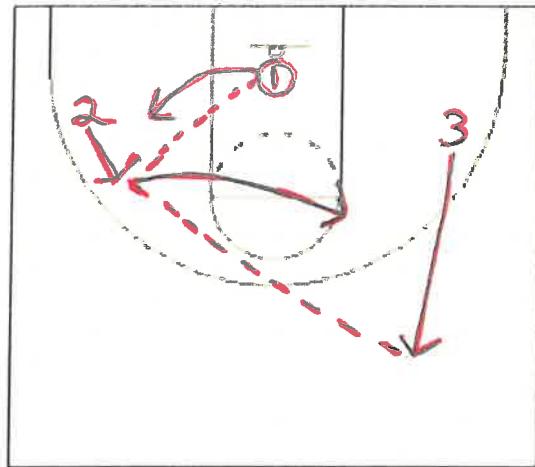


3 Man Weave

- Start with three lines on the baseline with the ball in the middle line
- If you haven't done the drill before, keep the lines closer together...10 feet or so
- The drill is a weave, and players pass and follow their pass.
- As they work their way down the floor the passes should always go forward, so players will have to sprint after they pass in order to get in front of the ball.
- Finish with a layup on the other end

Coaching points

- Don't stop to catch the ball...keep moving
- No backward passes...sprint to get in front of ball
- All passes are chest passes, the scoring pass will be a bounce pass.
- Players communicate by calling the name of the person they are passing to.

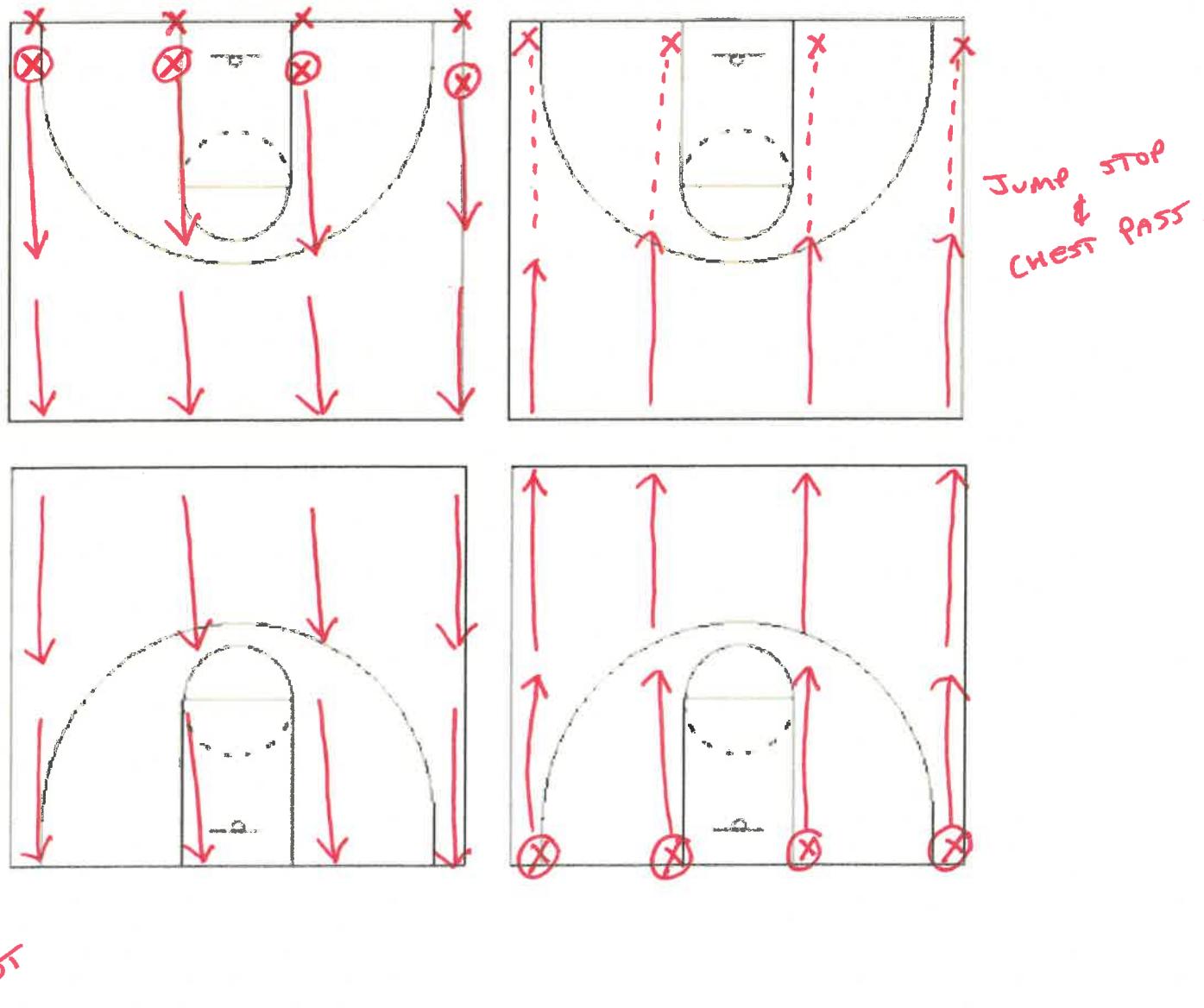


Dribble Moves on the move

- Begin the drill with four lines on the baseline
- The first person in line will speed dribble to the opposite end of the floor and come to a jump stop at the opposite baseline
- Player front pivots and speed dribbles back to the opposite free throw line and comes to a jump stop.
- Make a chest pass to the next player in line.
- Implement different dribble moves, crossover, inside out, stutter step once ready.
- Have players make the move on the free throw line, mid-court, free throw line.

Coaching Points of Emphasis:

- Push the ball out in front.
- No palm...all fingertips
- Keep ball low on dribble moves (below knee)
- Don't forget to have them come to a jump stop...keep them under control.
- Can make it competitive at end by making it a relay race

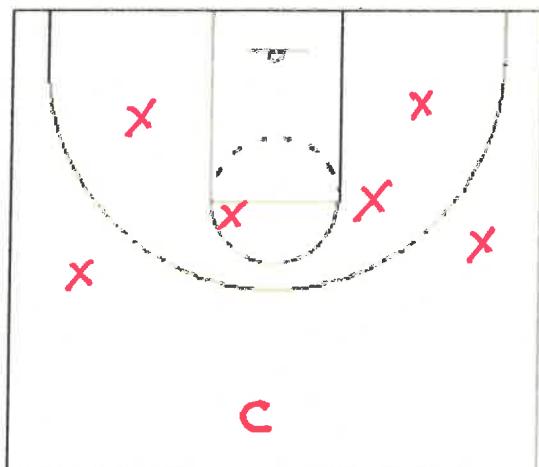


Pine Tree Ball Handling

- Spread players out in the half court and every player has a ball facing coach
- Start the series with hard ball slaps, followed by finger pinches above the head
- Around the waist, ankles, head
- Stationary one ball dribble - pound the ball (both right and left hands)
- Stationary Crossover dribble, windshield wiper
- Dribble figure eights once ready
- Do each one for roughly 30 seconds

Coaching Points of Emphasis:

- Eyes up...see the gym
- No palms...fingertips only
- Pound the ball, but control the ball
- Challenge them with movements you know will be difficult...figure eights, eyes closed, etc.

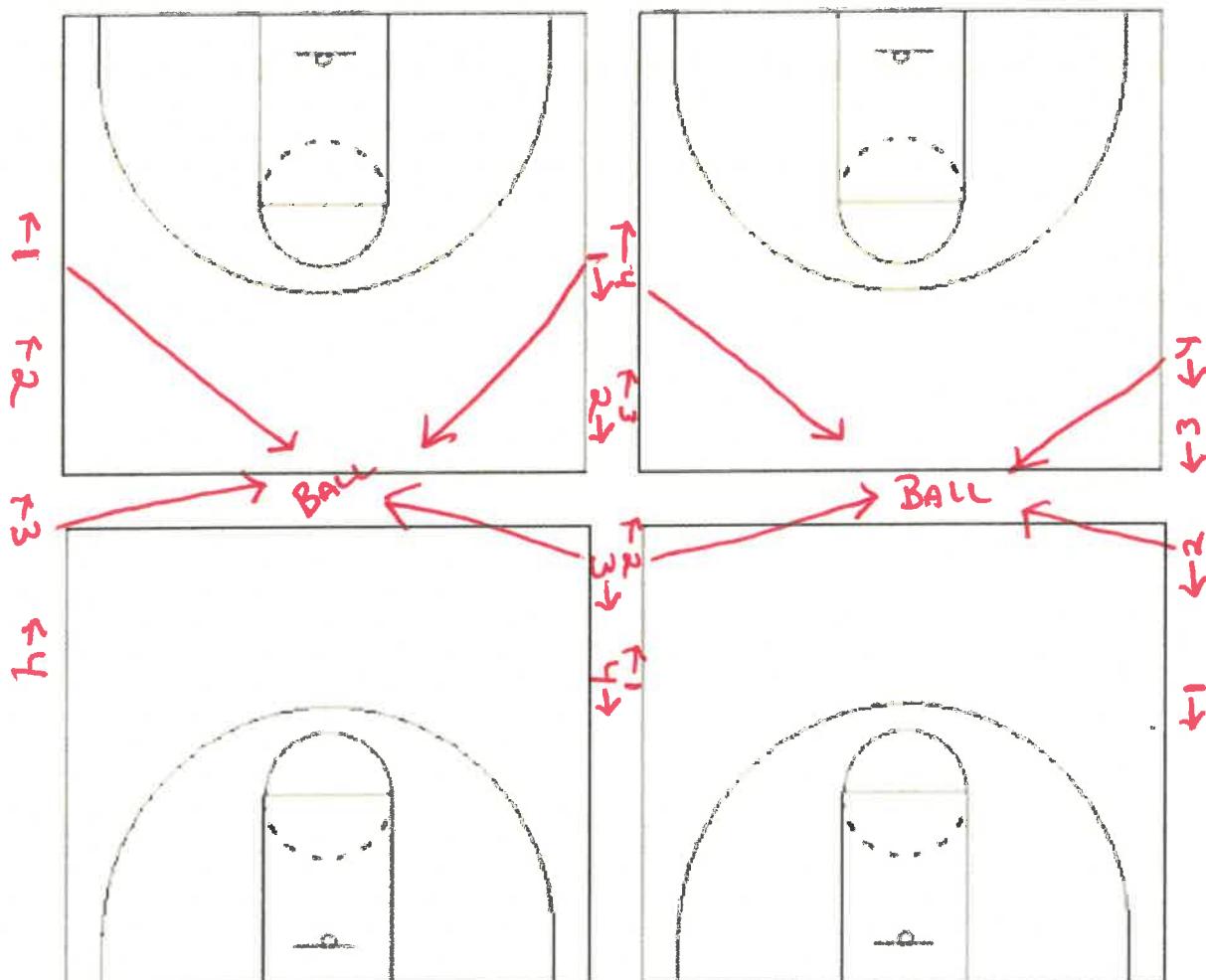


Number Game Scrimmage

- Break up into two teams and put one team on one sideline and the other team on the opposite side
- Number each player on each team...both teams should have the same numbers...1,2,3,4, etc.
- Designate which basket each team is shooting on.
- Coach rolls ball out to center court and calls number...1's & 2's
- 1's and 2's from each team race to get the ball at mid court
- Whichever team gets the ball first is on offense and trying to score at their basket.
- Reset after a basket is scored.
- Can play 1 on 1, 2 on 2, 3 on 3, 4 on 4, etc...just call whatever numbers you want

Coaching points of emphasis:

- Officiate...call travels and fouls
- Emphasize teamwork...can even require x amount of passes before they shoot.

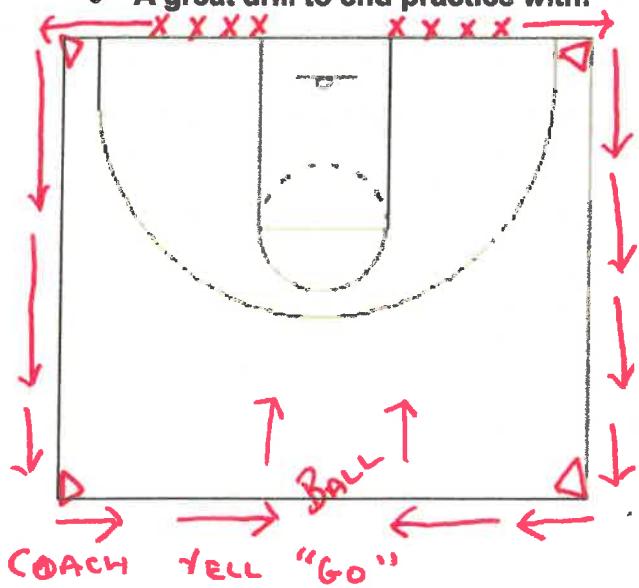


COACH YELLS 1 & 3

COACH YELLS 2 & 4

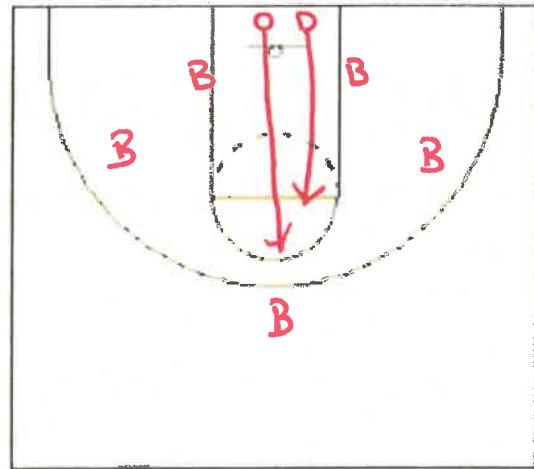
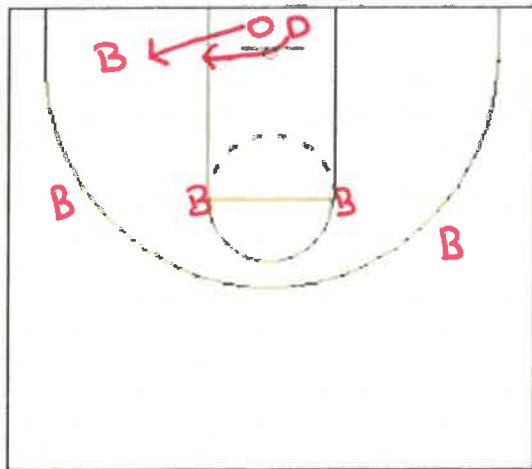
Go, Go, Go

- Break your team into two equal teams
- Put one team on the right lane line and the other on the left lane line and get them in a single file line.
- Coach determines how many players are playing, 1v1, 2v2, 3v3, etc by how many "Go's" they say. (for example..."Go, Go" = 2v2)
- For the players, the first go is the first in line, second "go" is second in line and so on.
- Once coach says "go, go, go" they put the ball in the middle of the circle at mid court and get out of the way.
- Players have to sprint around the court (must stay out of bounds) and sprint for the ball at mid-court
- The team that gets to the ball first is on offense and tries to score and the main basket.
- A great drill to end practice with!



Pine Tree 1v1

- Plays will play 1v1 from 5 designated spots...coach's place balls where they want players to play
- Both players start under the basket...Coach will determine who is on offense and who is on defense
- Players stay on offense and defense for 5 straight one on one games
- As soon as the offensive player shoots the ball, he can sprint to the next ball and start to play offense...the defender has to keep up. Offensive player can go to any ball he wants.
- The Drill is over when they play the last game of one on one at the 5th ball. Switch offense and defense and start over.



Circle Passing Drill

- Partner players up and have them stand opposite each other in the circle
- One set of partners should start with the ball.
- Passes are made clockwise
- As soon as the player makes a pass, he sprints through the middle of the drill and changes places with his partner.
- The challenge is to make it as many times around as you can without the ball hitting the floor.
- Give a goal...three times around without the ball hitting the floor.
- If someone drops the ball, reset and start over.

