

Coaches,

This packet and mesh bag will include the following (you will get your game-time schedule and roster in the next week):

1. Coach's Application Form
2. Rules of the Game
3. Mock Practices
4. Different Drills to run
5. Coaching Tips
6. One basketball

Feel free to use whatever you like from this packet. You can do your own thing, but we just wanted to equip you with some tools. If you have any suggestions or things you need from us, please let us know. Thanks again and we really appreciate your efforts!

With much respect,

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8-9 Year Old Mock Practice



3:00pm-4:00pm—1 Day a week. Most practices shouldn't go longer than 1 hour.

First Practice

Start with team Cheer

3:00pm-3:10pm—Bump-out game and stretching

3:10pm-3:15pm---Lay-Up assessment—Right Hand

Lay-Up assessment-Left Hand

3:15pm-3:20pm—Assassin lay-up Game---league director will show you fun game!

3:20pm-3:25pm---Chest Pass Assessment

3:25pm-3:30pm---Target Shooting. Miss pole or spot on wall and you do jumping-jacks and make noises. League director will show you fun game.

3:30pm-3:35pm—Bounce Pass assessment

3:35pm-3:40pm---Keep away game

3:40pm-3:45pm—Right hand dribble half court and back

3:40pm-3:50pm—Left hand dribble half court and back

3:50pm-3:55pm---Ring of fire game.—league director can show you fun game.

3:55pm-4:00pm—Free Throws

LOUD GROUP CHEER AT END OF PRACTICE

1st practice is to give you idea about what type of players you have

Second Practice

Start with team cheer

3:00pm-3:10pm—Bump-out game and stretching

3:10pm-3:15pm—Elbow Shots right side

3:15pm-3:20pm—Elbow Shots left side

3:20pm-3:25pm—Elbow shot competition

3:25pm-3:30pm—Free Throws

3:30pm-3:35pm—Defensive slide drills in key for 30 seconds.

3:30pm-3:30pm—Defense tag game. Ex: Line up players all around the court. Have one guy try to tag them. Have players focus on not putting feet together or stand up. Everyone on court must slide away from attacker.

3:30pm-4:00pm—Scrimmage. Work on one concept, like pass and pick away. Just one concept. Maybe play 2 on 2 until everyone gets it. Use the fifth guy as the guy that is getting screened.

END WITH LOUD CHEER

Other fun drills:

popcorn drill. Coach yells defense and everyone starts moving feet like they are popping popcorn. Tell them to slide back and forth without moving feet together.

Box out Drill. Coaches shoot from outside and players try to hustle for the rebound¹ Whoever gets the rebound tries to make the shot.

2 on 2 pick and roll: just play the game and teach the kids how to pick and roll.

Parents versus kids scrimmage: Kids love this. Who doesn't??



Blindfold Dribble Game: One kid tries to dribble to the basket as his teammates guide him. He must keep head up while blindfolded

10-13 year old Mock Practice

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3:25pm-3:30pm—Free Throws

3:30pm-3:35pm—Defensive slide drills in key for 30 seconds.

3:30pm-3:30pm—One on one on one. This is fun game where you play one on one, but the defense man slides out to the offensive man. The person who scores stays and the other person go off the floor.

3:30pm-4:00pm—Scrimmage. Work on one concept, like pass and pick away. Just one concept. Maybe play 2 on 2 until everyone gets it. Use the fifth guy as the guy that is getting screened.

END WITH LOUD CHEER

Other Fun Drills:

2 on 2, 2 on 3: You have two offensive men trying to score on two defensive men. Once the person passes half court, another man runs down to make it three on two for the offense or defense. You could run it either way. It's just like 3 on 2, but without the extra player.

Box out King: The coach shoots from the opposite side and the other player tries to box out the other player and get the rebound.

popcorn drill. Coach yells defense and everyone starts moving feet like they are popping popcorn. Tell them to slide back and forth without moving feet together

Coaching Tips

1. Mix hard drills with fun drills throughout practice
2. Encourage the strengths of your players
3. Go see basketball games or watch basketball games and observe the coaches
4. Always clap or cheer after a drill.

If you need any other drills or coaching strategies, please let us know. Some of the coaches in the valley that have already offered assistance on our league are Rick Roth from Southwestern Bible College, Tim Butler at Verrado High School, Jason Wall at Verrado Elementary, and Howard Brown at Yavapai College. We will continue to grow this family of coaches and they are looking forward to seeing your players grow as athletes with character!

We are also partnering with Arizona Far West Speed Training here in Verrado and look forward to the future of that. May our partnerships continue to grow.

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