

Riverview
Minor
Basketball
Association

2010

This handbook is designed to be a guide to coaching and developing the skills and enjoyment of the puppy age player.

Coaches
Handbook

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Puppy Division

Dear Coaches and Assistants,

Thank you for volunteering your time to become part of the Riverview Minor Basketball Association. It is the active involvement of people like you that make this organization a success.

This document is meant to complement your previous basketball knowledge to aid you in delivering a fundamentally sound basketball program. It is not intended to be all encompassing but to be used as a resource. It includes skill development guidelines and rules for the puppy age player. The adherence to these rules and guidelines will ensure we provide consistent programming.

I hope you find this manual helpful in getting your program off to a successful start. Good luck and have a great season!

Yours in basketball,

Nancy Squires

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When: Every Saturday morning that schools are open (not on Holidays) for 11/2 hour time slots starting at 9:00 AM.

Who: Ages 5-7 (must be 5 by Dec 31, 2010)

Program: 5 minute warm up
25 minutes - Skills
30 minutes – Game

Part 1 Warm Up

Part 2 Skills and Drills

Part 3 Basketball Game

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Part 1 Warm Up

Run You can have the players circle their half of the gym in a slow run. Once should be enough to take the chill off and not bore them.

Stretches It is very important that you do some stretches and that they be easy. Start them off in a circle so that you can talk with them and explain what you are doing and why. Below is a list of some stretches you could do:

Neck: Side to side, half circle, putting the chin to the chest, never putting the head to the back.

Shoulder: Lift and rotate forwards and backwards.

Arms: Shoulder height, slight bend in elbow, start with small slow circles. Gradually make them bigger then small, reverse direction and start again. Shake them out.

Back: Slow controlled circles, bending at the waist.

Legs: Stretch out the calf; go to the wall, palms flat on the wall, one foot in front of the other, keeping both heels on the ground, press hips forward to the floor, hold 10 seconds, never bounce, switch feet.

Part 2 Skills to be achieved

Teamwork/Fun

It is important that the children learn the basics of basketball, but what is more important is that they learn to work as a team, learn what fair play is, learn to respect their teammates and their coaches and most important, that they have fun!!!!

Ball Handling

Hold the Ball Correctly

The most difficult skills, including shooting, passing, catching, dribbling and rebounding, involve holding the ball. Work on these skills every day.

Here is how to practice holding the ball:

1. Hold the ball with your fingertips. The palms of your hands should not touch the ball.
2. Make sure your fingers are far apart.
3. Hold the ball as much as possible at home while watching TV or listening to the radio.

Do ball handling drills at the start of nearly all practices. Players can really improve their ball handling skills by the end of the season.

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Have the players line up in rows facing the coach. Do each of the following drills for about 30-60 seconds and then move on to the next one. With all of these drills, try to keep your eyes forward without looking at the ball.

Drills

Finger Grips: Hold the ball with the fingertips, squeezing it while rotating it back and forth from hand to hand. The ball should not touch the palms of the hands.

Slaps: Pound or slap the ball hard while passing from hand to hand.

Tipping: Tip the ball back and forth, from one hand to the next starting with your hands straight up over your head. Gradually move the ball down, while continuing to tip it back and forth. Go down to your chest, then your waist, knees and ankles and then back up again. Remember to keep your elbows straight.

Circles: Put your feet together and make circles around both legs, then circle around your waist and then circle around your head. Go down and up remembering to use fingertips. Palms should not touch the ball.

Dribbling

Have the players form a circle. The coach can be in the middle or part of the circle. Do each one for about 1 minute before moving on to the next. With all of these drills, try to keep your eyes forward. Keep your eyes on the coach and do not look at the ball.

Drills

Up and Down:

Start by dribbling the ball in front of you so that the ball reaches your waist. Gradually bounce the ball harder and harder until you are dribbling the ball as high as you can without jumping. Then, gradually dribble the ball lower until you are on one knee, finishing as close to the floor as possible.

Crossover Dribble:

Dribble with your right hand. Bounce the ball once on the right side, then cross the ball over in front of you by bouncing it to the left. The left hand now bounces it on the left once and then crossover back to the right.

Passing

Assign each player a partner with each pair having 1 ball. Have them separate about 7-10 feet apart (comfortable passing distance), and face each other.

Demonstrate the 3 passes: chest pass, bounce pass and 2 handed overhead pass.

Chest: Passer steps into the pass with one foot forward, alternating the lead foot. Snap the pass with hands going through the pass and the fingers ending up pointed at the receiver and the thumbs pointed at the floor. Do not lob the ball. A straight

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line gets there faster and the receiver should be ready. Receiver should show a target with his/her hands extended towards the passer. Feet should be squared and shoulder width apart. Step into the pass.

Bounce: Passer steps into the pass with one foot forward alternating the lead foot. Snap the pass with hands going through the pass and the fingers ending up pointed at the receiver and the thumbs pointed at the floor. The ball should hit the ground about three-quarters of the way to the receiver and bounce right into his chest.

2 handed overhead:

Have the partners move a little further apart. Passer steps into the pass, with one foot forward alternating the lead foot. Snap the pass with hands going through the pass and the whole hand ending up pointed at the receiver.

Shooting

Go over the mechanics of shooting.

B E E E F

B: Balance- stance, balls of your feet, feet shoulder width apart.

E: Eye- focus on basket, eye never leaves target during shot.

E: Elbow- pointed at target.

E: Extension-feet push off floor, knees straighten, hips rise, and elbows lift to shoulder height.

F: Follow Through- push ball forward, extend elbow upward, snap wrist, push ball off fingertips, point fingers at ground.

Rebounds: Remember when taking a shot that once you have released the ball (taken the shot) follow your shot to the basket to get the rebound.

Drills

Self Shooting:

Follow the above, shooting the ball up in the air over your head.

Target Shooting:

Pick a spot on the wall and follow the above steps.

Basket Shooting:

Get within a comfortable range from the basket and follow the above steps.

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Stance/Footwork

Offensive Stance:

You always want to be in a good “basketball position” or stance. Your weight should be on the balls of your feet (front part of the foot near the toes) and feet should be shoulder width apart with knees flexed. The head is centered above the lower body and your hands are about chest high with your elbows bent and your arms close to your sides.

Defensive Stance:

Your weight should be on the balls of your feet and feet should be shoulder width apart with knees flexed, back straight. Keep your head up, eyes forward, arms with your palms up and elbows slightly bent... Watch your opponents’ belly button. They can fake you with their eyes, a head bob, shoulder fake, or a jab step, but the belly button is only going the way they are.

Normally, a defensive player would try to prevent the shot. When the offensive player is about to take their shot and they have used their dribble, step into them (don’t touch), put your arms straight up, fingers pointed to the sky.

In puppy basketball, we want everyone to have the chance to take the shot, what you should stress here for the defense is rebounding.

Defensive Footwork:

You must move your feet quickly to stay in front of the offensive player. When you move sideways, slide your feet using quick, short steps, and don’t get your feet crossed.

Pivoting:

When you are stationary on the court (with the ball) the rules say you can move one foot around as long as the other foot (the pivot foot) remains on the floor. Pivoting is done on the balls of the foot. When you pivot, you actually spin around on the ball of your foot. When you start your dribble, the ball must hit the floor before you move your pivot foot. Remember to protect the ball.

One-Two Step Landing (Stop):

When doing the “one-two” stop, one foot lands first (the back foot) and then the second foot lands.

Jump Stop:

When doing the “jump” stop, both feet land simultaneously. The last step should be a hop and when you land, have your weight leaning backward a little to help slow your momentum.

Using this “stop”, you are now free to use either foot as the pivot foot.

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Games

Quick:

In a circle, with you in the middle. The kids copy you running on the spot, jumping etc. When you say 'quick' they get into the defensive stance. However, if you say 'get down' they continue to do what they were doing before you said anything. If they change what they were doing then they are out.

Players: Whole team

Tips: Try to say 'quick' in the middle of a sentence.

Variations: Besides 'defensive stance' you could use pivot or stops.

Skills: Footwork/Listening

Red Light Green Light:

Everyone starts at the baseline with a ball. The coach says "green light" and everyone starts to dribble and walk. When the coach says "red light", the players stop.

Players: Whole team.

Tips: For the younger kids just learning, tell them that this is not a race. When 'red light' is said, let them pick up their dribble. As the level of play increases, different variations could be things like walking backwards, making it a race, using opposite hands, or any errors in dribbling would have players go back to the start. You can also use a whistle; one blow signifies green light and two means red light.

Skills: Dribbling/Listening

Ball Scramble:

Players start in a confined area, each player has a ball.

Players are dribbling the ball, on command; everyone drops the ball and runs to half court or a designated spot and returns. While the players are running, the coach removes one ball. Player without the ball is out. With fewer players, begin to reduce the area.

Players: Whole team.

Tips: Encourage going after the ball. Hustle. Reward winner if desired.

Variations: Remove more than one ball, players without ball go for a jump ball.

Skills: Reaction time, dribbling, hustle.

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Bean Bag Game:

Players must be able to continue dribbling the ball while picking up and dropping the bean bags (or whatever you want to use).

Divide the team in two. Place half in one corner and the other half in another corner. Each team has one ball. Place bean bags in key in a pile. On coaches' command, one player from each team dribbles into the key. While still dribbling the players must bend down and pick up a bean bag. They must then dribble back to their team. While still dribbling, deposit the bean bag and give the ball to their next team member. This process continues until all bean bags are gone from the key, then they are able to steal from the other team. After two minutes, the team with the most bean bags wins. Note that only one bean bag can be taken at a time.

Players: Two teams.

Tips: Make sure all players keep dribbling all of the time.

Skills: Dribbling/Teamwork

Clap Pass:

You get all the players circles around you. You pass the ball to random players in the group. The player must clap before they catch the ball.

They sit out if:

1. They don't catch the ball.
2. They don't clap.
3. They clap when you fake a pass to them.

Players: Whole team.

Variations: Bring a second person in the center to pass a second ball.

Skills: Passing/Awareness

Dribble Tag:

Every player has a ball and is restricted to a half court area. All players must be dribbling the entire time.

Start the game with one player as 'it' (can be the coach). Maintaining the dribble, each player must try to tag another player who is then 'it'. They must stay within the half court area and must continue dribbling. If a player leaves the area, or double dribbles, stops dribbling or gets tagged then they are 'it'.

Players: Whole team.

Variations: Could be split into two groups if you have good ball handlers.

Skills: Dribbling/Ball handling

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Follow:

Basic 'Follow the leader'

Review some of the skills that the players can do. Work in two groups. Pick a player, doesn't matter which one, maybe start with one of the older kids that has played basketball before. Have them do a skill and the others must follow. Change the leader every so often. Those not following the leader lose a point. The coach will keep track of the points and the team with the most points at the end wins.

Players: Two groups

Variations: As seasons goes by, the coach may want to pick the kids that seem to 'not be the leaders'.

Skills: Teamwork

Heads up Direction Change:

Teaches player to keep their heads up

Along the center court line, space out 4-5 players facing you. You should be off the court at center court. Instruct your players to move while dribbling in whichever direction you move- side to side, forwards and backwards. Change direction without saying a word so they have to keep their eyes on you. As they progress, change direction more quickly and move faster.

Players: Whole team

Variations: Can be with or without the ball. If playing without the ball, concentrate on stance and footwork.

Skills: Footwork/Dribbling

Hot Hands:

This is a fun and easy way to teach children what travelling is and how to avoid it.

You cannot dribble the ball in this game. The player who receives a pass pivots twice and then has to pass the ball to someone else. As soon as the player receives a pass, he/she is required to count out loud the pivots that they take. If the player exceeds the two pivots then the player is out.

Players: Two teams

Tips: This game is sometimes difficult to get going. Start it very slowly and review the different stops and what a pivot is.

Skills: Passing/Footwork

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Monkey in the Middle:

Line up the passers about 15 feet apart (comfortable passing distance). The third man in each group is the 'monkey in the middle' and tries to steal or deflect the ball, while the two outside players try and pass to each other. No dribbling is allowed, no easy lob passes over the defender is permitted. The passers can work on pivoting and ball fakes to clear the passing lane. Try and use all three types of passes covered earlier.

Players: Groups of Three

Variations: Player in the middle can be changed when the ball is deflected or stolen or the player can be changed every few minutes when the coach blows the whistle.

Skills: Passing/Footwork

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Part 3 Basketball Game Set Up

- Score is not kept
- 3 minute shifts
- 4-5 players per shift (depending on team size)
- Out of bounds (black line all around the gym)
- Cannot block shots
- Begin each shift with jump ball
- 4 dribbles then you must pass or shoot
- Half court defense after a basket

Rules

- Fouls:** **Defense-**Explain what the infraction is, resume play with no change of possession.
- Offense-** Explain what the infraction is, resume play with change of possession (after several chances).
- Travel:** Explain what the infraction is; resume play with change of possession (after several chances).
- Double Dribble:**
- Explain what the infraction is; resume play with change of possession (after several chances).
- Note:** Show them what the signals are for each infraction.

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Fair Play Rotation Form

Players	Position	1	2	3	4	5	6	7	8	9	10

Players	Position	1	2	3	4	5	6	7	8	9	10

Players	Position	1	2	3	4	5	6	7	8	9	10

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10.00 DISCIPLINE POLICY (taken from RMBA policies book)

10.01 All parents/guardians of registered players are required to sign the Parent's Code of Conduct (Appendix B) before the first day of house league.

10.02 All RMBA athletes are required to sign the Athlete's Code of Conduct (Appendix C) before the first day of house league.

10.03 Players and parent/guardians must demonstrate respect for others, for the RMBA, school staff and for school property at all times. Everyone is expected to respect and abide by school gym rules at all times.

10.04 A collaborative approach to discipline is important, engaging the player, the parent/guardian and the coach to solve any potential issues. However, significant incidents* that are contrary to the Code of Conduct must be documented by the coach. The following 3 Strike Protocol will be used at all levels:

- 1st Incident: The Coach will speak to the player identifying the inappropriate behaviour. The Coach will also speak to the player's parent/guardian and document the incident using the appropriate form. A copy of the form will be given to the Division Coordinator, who will in turn report the incident to the House League Coordinator and the RMBA Executive.. (see Appendix D for form)
- 2nd Incident: The Coach will speak to the player, identifying the inappropriate behaviour and that this is a 2nd incident. The Coach will also speak to the player's parent/guardian and notify the Division Coordinator in writing of the incident. The Division Coordinator will inform the House League Coordinator, and the RMBA executive.

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- 3rd Incident: The Coach will speak to the player, and the parent/guardian, identifying the inappropriate behaviour and that this is the 3rd incident. The Coach will notify the Division Coordinator of this third incident.
- Depending on the severity of the incidents, the RMBA may take disciplinary action up to and including suspension.
- The Player may only return to play once an agreed upon plan is in place that will ensure that the behaviour will not be repeated.
- Parents who wish to appeal the disciplinary action may do so by contacting the RMBA executive in writing.
- Registration fees will not be refunded for players who have been suspended or removed from teams as a result of poor conduct.

* Significant incidents examples: damage to school property, physical violence, etc.

10.05 The RMBA reserves the right to immediately suspend a player from league activities when the breach of conduct is severe. (I.e. physical abuse of another player, theft, etc.)

10.06 The same 3-Strike Protocol is applicable to parents who do not respect the Code of Conduct. The Coach may speak to the parent after the incident OR report it to the House League Coordinator for follow up.

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APPENDIX D

INCIDENT REPORT FORM

Date: _____

Name of Player: _____

Team/Division: _____

Description of Incident:

Witnessed by:

1st Incident ____ 2nd Incident ____ 3rd Incident ____

Consequence for the behaviour:

Signatures:

Player

Parent/Guardian

Coach

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RMBA Contacts List 2010-2011

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