



**Chelmsford Youth  
Basketball League**



**Mini-Mites, Mites, and Cadet  
Divisions  
COACHING CLINIC**

**Tuesday, November 17, 7:00pm to 9:00pm**

Mike Linnehan, CYBL Program Development

# CYBL Coaches Clinic Goals

- Guidance for new coaches
- Refresher for experienced coaches
- Sample drills for appropriate ages/facilities
  - Reference site for additional drills to keep practices fresh and engaging for 10 weeks
  - Feedback & suggestions additional drills
- Effective practice techniques and plans
- Cooperation between coaches

# Coaching Information on CYBL Web site

For all coaching information:

<http://www.cybl.net/reference-material.html>

For practice drills:

<http://www.cybl.net/drills/drill-sets.html>

**Questions? Contact Mike Linnehan at [mlinneha@progress.com](mailto:mlinneha@progress.com)**

# COACH'S ROLE

 Foster Teamwork

 Teach fundamental  
basketball techniques

 Have fun

# Foster Teamwork

- **Talk TEAM:** talk about what it means to be a team. For this entire season, they are all friends, and they have a special bond. Encourage them to say hello in school hallways and help each other off the court.
- **Good Teammates:** Emphasize cheering on your teammates at all times; giving high fives; make posters for games, picking each other up if they make a mistake. NEVER allow kids to criticize each other.
- **Promote Team Unity and Togetherness:**
  - Each segment – talk about the segment, huddle & yell out your team name or a key phrase such as “TEAM”. Have kids make up a team cheer.
  - End of game – talk about the game, emphasize the positives (super effort and hustle, great team play – cite examples) ALWAYS ask the kids whether they had fun. This is key.
- **Emphasize good sportsmanship** - make sure everybody shakes hands after each game, ending with the coach. Win or lose, emphasize the positives; the kids will follow your lead.

# Practice Plan (75 minutes)

- 0-5 Warm-up; stretch, defensive shuffle (no need for running/suicides)
- 5-10 Layups (left, right, middle)
- 10-20 Shooting drills
- 20-22 Water break
- 22-27 Rebounding
- 27-32 Defensive drill, zigzag
- 32-40 Offensive plays or Out-of-Bounds Plays
- 40-50 Shooting Drill 2
- 50-52 Water break, prep for scrimmage
- 52-75 Scrimmage

# Teamwork - Player Roles

- **Describe Roles** - emphasize the importance of each role. Some kids are good defenders, some are good ball handlers, rebounders, etc. Scoring is not the measure of a players' contribution to the team or to his or her value to the team.
- **Pick co-captains** for each game, and rotate the honor so everybody gets the chance to be captain.
- **Rotate lines:** give different combinations of players a chance to play together.
- **Focus on passing** – encourage five-pass rule, especially during practice
- **De-emphasize scoring** - Instead, stress the importance of solid defense, rebounding, and passing and how these aspects of the game are just as important as scoring. Reward and praise players who excel at these aspects of the game. After each practice or game, nominate a top rebounder, a top scorer, a top passer, a top defender, and a “Charlie Hustle” award. Reward each role equally.

# Practice Guidelines

- **Be on time** (early if possible) and **be organized**.
  - Always prepare practice plan in advance (use CYBL Practice Plan template)
- **Set the proper tone: get kids to respond to you immediately**
  - Set the ground rules and promote good practice habits beginning with first practice (e.g., nobody talks or bounces balls when coach is talking).
  - Have each player say his or her name.
- **Learn your players' names**
  - Makes them feel at ease and to help create immediate bond.
- **Engage fellow coaches prior to practice**
  - Discuss how you can share the court to teach fundamentals and run drills.
- **Remember your age group**
  - Don't try to cover too many things; use humor to keep players' focus
  - Keep talking to minimum when introducing new drill– demonstrate drill and get kids involved right away.
- **Have captains each week lead warm ups**; stretching, defensive slide, etc.

# Practice Guidelines (cont.)

- **When teaching new skills:**

- Use “discovery method”– players discover the answer for themselves
  - Demonstrate proper technique you want them to use (for example, dribbling)
  - Have different players demo the technique and let the other players tell you what they are doing right or wrong

- Incorporate **stations** for specific skill development drills (5-10 minutes a piece, but no more than 3 per practice). Do not overload them. See attached information for **techniques** and **checklists** for the following:

- Ball handling
- Passing
- Shooting
- Lay-ups
- Defense
- Rebounding

2 baskets  
20 kids  
4 coaches = 4 stations


- **When running drills:**

- Make drills fun and competitive (keep score)
- Have kids run drills at “game speed”
- Keep players moving: explain drill, demo it, have them try it
- Consider drills that focus on both offensive and defense skills development (for example, zigzag defensive slide drill)

# Your First Practice

- **The Positions (10 minutes)**
  - Define standard players' positions on court and describe role of each position
  - Demonstrate standard offensive alignment: **point guard, two wings, two post players**
  - Align players in positions and have them pass ball around to get them used to where they need to be on court (no defenders)
    - Forwards always start out on the blocks on offense to space the floor
    - Alternate players at different positions
  - Teach importance of “**spacing**” the court, giving players' room to dribble, pass, and cut. Do not let kids bunch up or swarm to ball on offense.

# Techniques & Drills

-  Ball handling
-  Passing
-  Shooting
-  Lay-ups
-  Defense
-  Rebounding

# Ball Handling Techniques

- **Dribble with finger tips**, particularly the thumb and three middle fingers. Discourage use of palm, if possible.
- Move with **rhythm**—entire arm and shoulder move in a pumping action (stutter step is a good drill for developing rhythm)
- Develop **both hands** (practice dribbling a ball with each hand) Have righties practice dribbling with left hand and lefties practice dribbling with right hand. Praise the first sign of improvement.
- **Head up, eyes front**—emphasize the importance of keeping head up so player can see entire court and make pass to open players
- Keep **dribble low**, preferably at or below knee (prevents ball from being stolen)
- **Shield** the ball from defender. Keep the body between the ball and the defender
- **Do not pick up or “kill”** dribble unnecessarily. Anticipate defensive pressure and look to pass to open man.

# Ball handling Drills

- **Dribbling (10 minutes)**
  - **Stationary dribble**: alternate left and right hand. Focus on finger tip control, keeping dribble low (at knees)
  - **Heads-up**: while dribbling, players have to call out number of fingers you hold up.
  - **Crossover move**: players' use both hands (head up)
  - **Stop-and-Go**: dribbling and stopping on whistle, changing speeds and direction
  - **Cone dribbling**: set up in figure eight fashion
  - **Protecting ball**: shielding ball with your body and protecting your dribble with your free hand
  - **Dribble tag drill**: tag player and he/she is "It"

# Passing Techniques

- Look for the **open teammate**
- Use **two hands** (practice bounce pass and chest pass—stress quick and snappy passes. No “lazy” passes or passes into traffic)
- Use **proper hand position**: spread finger and rotate up toward chest area
- **Step toward** the target, pushing thumbs down, and follow through to the target
- **Pass to open space**: pass to the space where receiver is moving
- **Don't telegraph** the pass
- **Lead** the receiver
- Aim to **hit** receiver **in the chest**
- Throw pass **away from the defender**

# Passing Drills

- Passing (10 minutes)

- Partner passing:

- Two-handed chest pass and bounce pass (stationary and moving down a line)
- Overhead/soccer pass

- Ring passing:

- Form ring with one player in middle passes out to player in ring; alternate until each player goes in middle once, for later in the year use 2 balls

- Catching (5 minutes)

- “Soft hands”:

- See ball come into their hands, catch it, bring it to body, and get into balanced position

- Meet the pass

- Keep knees bent, show hands, jump forward to meet pass

# Shooting Techniques

- Stress “**Triple threat position**”—a position that allows player to dribble, shoot, or pass in any direction
- **BEEF** – Balance, Eyes, Elbow, Follow-through
- Shooting techniques:
  - **Shoulders square** to the basket. Probably the most noticeable flaw in most young players.
  - **Spread fingers out on the ball** and grip ball with seams
  - **Point elbow to the hoop** and in direct line with front foot
  - **Site the basket** and ignore defender and focus on **clearing** the front of the rim
  - **Follow through using “goose neck” wrist flick**, and hold the pose until ball hits rim
  - Always **follow the shot** (shooter is often the best judge of where the ball will come off rim)
  - **Shoot within your range** and shoot confidently within this range. Show them examples of high% shots versus low% shots.

# Shooting Drills

- Shooting (10 minutes)
  - Lay up fundamentals (right and left)
    - Two-line lay up drill: one line shoots lay up while other line rebounds
  - Teach proper shooting techniques: have kids start shooting from 3 feet, then 5 feet, then 10 feet (no three-pointers)
    - Each player has a rebounding partner who they trade off with when done. Team with the most baskets wins. Not a race.
  - Mikan Drill
  - Shooting around the world: shoot at markers spaced out 3-5 feet around the key area
    - Each player has a rebounding partner who they trade off with when done. Team with the most baskets wins. Not a race.
  - Free throw shooting (knock out)
  - Shooting in place; lay on floor catch & shoot. Standing shoot with ball coming down on line

# Lay-up Techniques

- Nothing is more beneficial to a team than making its layups. Made layups win games!
- Lift **entire right side** – leg and arm – and jump straight up, driving off left foot (opposite for lefties)
- Keep **dribble low** – knees bent, head up, elbow in. This helps quickness, increased ball control, and protects ball
- Get **proper footwork**. Do not go too far under basket.
- **Slow down** and focus on footwork as you approach basket
- Place ball **soft and high** off back board. Lay ball up against lines of square on backboard.

# Rebounding Techniques

- **Positioning** and desire for the ball are the key not necessarily height
- **Box out.** Create and maintain contact – seal player.
- Don't get caught too far away from the hoop.
- Be aggressive – **want the ball**
- Grab ball with **two hands**
- **Keep ball overhead** – Forwards and Centers look for Guards to outlet ball

# Rebounding Drills

## Rebounding (5 to 10 minutes)

### – “Boxing out”

- Put ball on floor, have one player box out for 5 seconds. Can do multiple players at once.
- With coach shooting & 10 players on the floor, locate man, make contact with man (**butt in the gut**), jump for rebound, pivot, look for outlet

### – Mirror drill

- Player puts hand up to contest shot, turns, stays low, and pretends to box out man

### – Toss off backboard: teach grabbing ball at its highest peak and keeping ball high over head with elbows extended

- 1-on-1 toss off backboard (offensive player boxes defensive player)
- 2-on-2 toss off backboard
- Teach players to power up to basket (go strong)

# Defensive Techniques

- Matter of **desire**, hustle, energy, and endurance
- Stress “**ball-you-man**” concept
- Good defenders always **know where the ball is** – they **WANT** the ball
- Find the player you are assigned to guard and **stick with them** (have player point to the person they are guarding at beginning of each segment)
- **Stay low**, back straight, palms up – “see the ball”
- **Track ball** with hand closest to it
  - Most young defenders tend to reach across their body with their strong hand which is always a foul on the ball carrier, while using their off hand is actually closer to the ball
- Slide with your assigned player – **DO NOT reach**. Try to beat player to spot, forcing player to weak hand.
- **Do not turn your back** on player you are guarding.

# Defensive Drills

- **Defense (10 minutes)**
  - **Defensive stance-** have players' hold stance for 30 second intervals
  - **Defensive slide**
    - Players' slide their feet in direction coach indicates [great drill for Captains of the week to lead]
  - **Introduce “Ball-you-man” concept**
    - Always see ball– ball is the most important thing
    - Always be between your man and the basket
  - **Zigzag drill**
    - Players' move across court in zagzag pattern using defensive slide
    - Progress during year; no knocking ball away (hands behind back)
    - Doubles as an excellent dribbling drill emphasizing crossovers, and both hands
  - **Mirror drill**
    - Players' mirror hand movements of their opponents
  - **No hands defense**
    - Hands behind back, reinforces sliding, head on ball, and quick feet

# Offensive Drills

- **Offensive Drills (versus zone or man-to-man)**
  - Player receives pass, assumes “triple threat” position, holds ball for 3 seconds, then passes
  - Must pass 5 times before shooting
  - No dribbling
  - If you have an offensive play run it 3 times before shooting is allowed
  - Simple “**pass and cut**” (e.g., point guard passes to wing and cuts to basket looking for return pass)
  - Simple “**pick-and-roll**”
    - Pick must be stationary and positioned to side of defender
    - Picker must keep hands close to body, folding hands to protect private area
    - Player drives off shoulder of picker, picker opens up to the ball with hands above head looking for pass

# Scrimmaging

- **Scrimmage (10-15 minutes)**
  - Work on skills taught during practice sessions
  - Stay on schedule
  - Work with the other coach
    - Agree on what you want to work on, skills you want to develop, etc.
  - Stop scrimmage as needed to point out mistakes and errors, offering suggested improvements
  - Try kids at different positions
  - Work on out-of-bounds plays (you only need 2)
    - **Stack**– align players in stack formation and have them tap the player in front of them to indicate direction to move
    - **Box**- position 1 player on left block and the other on the right block, and position two players at the left and right elbow of the key. Players on blocks pick for the players at the elbows, and players at elbow drive off pick looking for inbound pass.
    - Substitute evenly

# Game Day

- Have Captains lead the lay-up drill for warm ups
- Rotate positions, give every kid a chance to play guard & forward (who knows who will grow and who won't)
- Have forwards “start on the blocks” for spacing
- Regular season does not matter, no standings are kept
  - Develop kids
  - Learn their strengths
  - Play to strengths in playoffs

# Coach's Checklists

-  Ball handling
-  Passing
-  Shooting
-  Lay-ups
-  Defense
-  Rebounding

# Ball Handling - Checklist

- Try to keep ball on the fingers (not palms)
- Arm and body move with rhythm of the ball
- Develop both hands
- Head up, eyes front
- Don't kill your dribble unnecessarily (will attract traps and double teams)
- Keep ball and body low while dribbling in traffic
- Shield ball with body (keep body between ball and defender, and protect ball with free arm).
- Use the pivot freely
- Practice head, body, shoulder, ball, pass, and shot fakes

# Passing - Checklist

- Quick, snappy passes—make sure receiver is ready to receive pass
- Know where teammates are on the court
- Use two hands
- Step toward receiver
- Snap wrists and fingers outward
- Don't "telegraph" or "broadcast" the pass
- Lead the receiver. Pass to open space
- Pass to the receivers chest or outstretched hand
- Use pivot to buy time
- Pass to side of receiver opposite defender
- Overhead pass from a rebound, or to get ball over defender
- Baseball-style for long passes

# Receiving Passes - Checklist

- Always know where the ball is
- Don't turn your back to the ball handler
- Always want and anticipate a pass
- Move to the pass
- Give a target hand
- "Soft" hands
- Keep eyes on the ball

# Shooting - Checklist

- Learn to shoot high-percentage shots. Teach difference between high and low percentage shots
- Shoot within your range.
- Always follow your shot. Shooter is generally the best judge of where the shot will come off the rim. About 1 out of 6 shots will bound back to the shooter.
- Jump straight, off both feet
- Shots starts in and comes from legs
- Keep shoulders and head square
- Point shooting elbow to the hoop
- Shoot with only one hand; other hand cradles the ball (only)
- If ball consistently hits the back of the rim, use more wrist and less forearm
- Flick wrist, 30 degree reverse spin, gooseneck finish

# Lay-ups - Checklist

- Lift entire right side
- Keep dribble low – knee bent, head up, elbow in.
- Proper footwork. Do not go too far under basket.
- Slow down, and focus on footwork as you approach basket
- Place ball soft and high off board. Lay ball up against lines of square on backboard.

# Defense - Checklist

- Emphasize that defense is a state of mind. Have kids play as though their opponent has no right to the ball.
- Get back on defense quickly
- Rebound, box out, and catch ball with two hands
- Pressure the ball
- Know where your man is at all times. Point to man during each line shift and stoppage of play.
- Avoid reaching and grabbing, especially underneath the hoop. If you get beat off the dribble, ask for help. Teach weak side defense and support defense.

# Rebounding - Checklist

- Establish good position
- Box out (find man with free hand and seal them)
- Stay close to the hoop
- Want the ball
- Grab the ball with two hands
- Keep ball overhead – Forwards and Centers look for Guards

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