

Fort Parks & Recreation



Coach's Handbook Basketball

2024-2025



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PHILOSOPHY/OBJECTIVES

♦ To enrich the quality of life for all participants by providing an enjoyable, wholesome, recreational experience – Fort Atkinson Parks and Recreation Department Philosophy.

♦ To impress upon each participant the value of self-improvement and enjoyment rather than emphasizing winning and losing as the only worthwhile goal-objective when participating in sports.

♦ 10 MOST IMPROTANT REASONS KIDS (Gr.7-12) PLAY THEIR BEST SPORT

1. To have fun
2. To improve my skills
3. To stay in shape
4. To do something I'm good at
5. For the excitement of competition
6. To get exercise
7. To play as part of a team
8. For the challenge of competition
9. To learn new skills
10. To win

♦ 4 MOST IMPORTANT REASONS KIDS (Gr. 7-12) PLAY THEIR BEST SPORT

Boys

1. To have fun
2. To improve skills
3. For the excitement of competition
4. To do something I'm good at
8. To win

Girls

1. To have fun
2. To stay in shape
3. To get exercise
4. To improve skills
12. To win

♦ 11 MOST IMPORTANT REASONS I STOPPED PLAYING A SPORT

1. I lost interest
2. I was not having fun
3. It took too much time
4. Coach was a poor teacher
5. Too much pressure to win
6. I wanted a nonsport activity
7. I was tired of it
8. I needed more study time
9. Coach played favorites
10. Sport was boring
11. Overemphasis on winning

COACHING PRINCIPLES

#1 – BUILD A FOUNDATION FOR FUTURE SUCCESS

Babies – Sit, then crawl, then stand up, then walk, then run.

Math – add, subtract, multiply, divide, (), exponents

Basketball – Dribble (multiple ways), Shooting (short, medium, long), Layups (right hand, left hand)

#2 – ALLOW YOUNG ATHLETES TO HAVE FUN

How can Coaches make the sport experience more fun for the kids?

- ◆ Be happy and enthusiastic. Smile and laugh. Show that coaching and sports are fun for you
- ◆ Show that you understand kids and that you care about them personally and not just athletes.
- ◆ Place an emphasis on skill development. Kids want to learn how to get better.
- ◆ Have lots and lots of activity. Keep everyone involved and avoid having athletes stand around.

#3 – COMMUNICATION

◆ Where communication between coaches and athletes (and parents) is poor, the quality of the experience is diminished at the very least, and potentially threatened and destroyed

◆ Text/Call/Email practice reminders/cancellations

◆ Golden Rule – Talk to the kids how you would like to be talked to. Would you like your boss to come in and yell at you for doing something wrong at work in a public setting? Or would you like them to talk to you in a calm voice about what you did wrong?

◆ Communication in Correcting Errors

#1 -1 Focus – Correct 1 behavior at a time

#2 – Ask before you tell – Do the kids know what they did wrong? Let them tell you first

#3 – Provide constructive instruction – Avoid too much of “what’s not right” and focus on “how to do it right”. Build them up – not tear them down

#4 – Praise before preaching – Begin with a praise of what they are doing well. Now you have their attention and trust. Next provide concise, constructive instructions

You Never Know Who the Great Athletes Will Be

- ◆ Michael Jordan – Played JV Basketball as a Sophomore for his high school basketball team
- ◆ Kenny Lofton – Played only basketball in college at Arizona
- ◆ Scottie Pippen – Was only 5’11” as a senior in high school (now stands 6’7”)
- ◆ Sammy Sosa – Didn’t start playing baseball until fourteen
- ◆ Mark Buehrle – Got cut from his first two years in high school (97-66 career record with 3.83 ERA)
- ◆ John Stockton – Not recruited out of high school

Following information was taken from Parenting Young Athletes the Ripken Way by Cal Ripken Jr.

SHOOTING

We teach the Pro Shot Shooting Method. Brett has 3 e-books that he can email you if you are interested that teach this method and why.

Pro Shot Shooting
Pro Shot Coaches Handbook
Pro Shot 30 tips

FOREST

F- *FINGER* – Index finger should be in the middle of the basketball

O- *OFF HAND* – Should be up (fingers of off hand could touch the wrist of shooting hand)

R-*RHYTHM* - Ball goes down and then up

S-*SWEEP & SWAY* – Jump forward on shot and land on the balls of your feet (Sway part – is shoulders go back – but that is hard for kids to comprehend)

T-*TURN* – Body will be turned to 10 or 11 o'clock during the shot



Notice Off Hand, Notice Turn (his body is not square to where he is shooting it) 90% FT Shooter.
Below 88% 1 time.



Shaquille O'Neil – Notice Off Hand, Notice Turn is not as pronounced. 53% FT Shooter (only >60% 1 time

SHOOTING PROGRESSIONS

Catch & Shoot

Shot Fake - 1 dribble

Shot Fake – 2-3 dribble to the hoop for lay-up

Shot Fake – 2 dribble pull up jumper

Shot Fake – 2 dribble – pass to post player on opposite block

**Can also be done with Rip move

DRIBBLING

♦ 3 types of dribbles

1. Playing off – defender in front
feet/shoulder square to defender
ball – thigh high
2. Defender close to steal the ball
get low/wide = balance/defend the ball
low dribble away from defense
slide step
3. Defender out of position
run at full speed
wrist bend
ball to chest

**DRILL – speed dribble to control dribble to defender close – full court

♦ 5 Reasons to dribble

1. Advance ball up court
2. Create a shot for yourself
3. Create a shot for your teammate
4. Improve passing lane or angle
5. Get out of trouble

♦ Change of direction moves

1. Crossover – push hard off outside foot = defender 1 arm away
2. Between legs
3. Spin move
4. Behind the back

♦ 115 Ball Handling Drills

FINGERTIP CONTROL

1 hand machine gun, 2 hand machine gun on knee (1 ball), finger by finger machine gun on knee, 1 hand tap around leg, figure 8 tap, figure 8 tap on knee, sitting with legs crossed around body, lay down by hip, lay down hand behind head, lay down machine gun 2 hands behind head, lay on side, lay down and roll, lay down pass under feet

CHANGING HANDS

Low V, high V, low V to high V, between staggered legs, 1 dribble & crossover, 2 dribbles & crossover, crossover behind back, 1 dribble & crossover behind back, 2 dribble & crossover behind back, kill crossover (super low), spider walk, spider forward, spider backward

SITTING

1 hand dribble, 1 leg crossover, 2 leg crossover, 1 dribble crossover, 2 dribble crossover, 1 hand machine gun, 2 hand machine gun, dribble & pass (toss over lap), pat around a leg, figure 8, sitting spider

ON THE MOVE

Run & kill, machine gun feet, machine gun dribble (feet tap like defense), machine gun crossover, skip (scissors kick) in place, skip through legs in front, skip through legs behind, walk through legs in front, walk through legs behind, walk through legs in front 1 hand, walk through legs behind 1 hand, walk backwards through legs front, walk backwards through legs behind, walk backwards through legs front 1 hand, walk backwards through legs behind 1 hand

DRIBBLE 2 BALLS STRAIGHT LINE

Walk at same time, walk staggered, jog at same time, jog staggered, walk and machine gun balls, walk both balls fake crossover (inside/out dribble), jog both balls fake crossover, step slide (shuffle) at same time, step slide staggered, step slide change direction you face, dribble and pass (juggle balls)

DRIBBLE 2 BALLS CHANGING DIRECTION

Standard zig zag, step slide, crossover at direction change, between legs at direction change, around back at direction change, spin at direction change

2 BALL STATIONARY

Both up, both up alternate, both low, both low alternate, high to low, 1 high 1 low, alternate high low, switching hands (balls stay in same spot), switching balls, tap 1 circle other, around 1 leg replacement, figure 8 replacement, figure 8 chase, V's in front, double swing the purse, swing the purse alternate, double windmill (behind to front of leg), 1 in front 1 in back

PASSING

♦ Chest Pass – 2 hands from the passer's chest area to the receiver's chest area. Step toward the target, elbows in. Wrists and fingers should be forced through the ball. Passer should follow through with the fingers pointing at the target, palms facing out, thumbs pointing down.

♦ Bounce Pass – Same format as chest pass, but have it bounce 2/3 of the way to the target. Great way to pass the ball when closely guarded.

♦ Step Around – With your non-pivot foot, passer takes a big step so that their foot is beyond the defender.

CUTS

Cuts are used to change directions quickly to get open for a pass or a shot. Player should plant 1 foot then push off that foot to shift their momentum in a different direction. Player should bend the knees to lower their center of gravity which will help provide explosiveness from the legs. Player should get their lead hand up so the passer has a target to pass to. Cuts should be hard, sharp and explosive, not slow, and or arching.

Types of cuts: V Cut, L Cut, Backdoor Cut

RIP/SHOT FAKE/PASS FAKE

- ♦ RIP – Ball should always be on the side of the player. If it is in front of the player, the defense can easily steal the ball (triple threat position). RIP is low (below the knees) or high (above the shoulders) and quick from left to right or right to left.
- ♦ Shot Fake – A good shot fake will make the defender jump trying to block the shot. A good shot fake moves the ball up just a little bit (no higher than the head) in a normal shooting form.
- ♦ Pass Fake – Great way to open up passing lane. Fake high to go low, fake left to pass right

JUMP STOP

The Jump Stop is used to stop quickly from a run. Player will jump and land ON both feet at the same time (preferably on the balls of their feet & shoulder width apart). Either foot can become the pivot foot if they catch and land on both feet

PIVOTING

One foot is kept on the floor, while the other foot is used to turn the body.

“You put good fundamentals on a player, you get a good player. You put great fundamentals on a player, you get a great player” – John Wooden

IMPORTANT DATES TO REMEMBER

- ◆ Week of December 16– Game schedules will be ready.
- ◆ Saturday January 11 - Opening Tip-off
- ◆ Saturday March 1 – Final Day of games

BOOKS & VIDEO LIBRARY

Any of these may be checked out at no cost. Contact Brett to pick up your choice or if you have questions about a certain topic – Brett can get you the right material.

- ◆ The Basketball Coach's Bible
- ◆ The Basketball Player's Bible
- ◆ Youth Basketball – a complete handbook
- ◆ Rookie Coaches Basketball Guide
- ◆ Coaching Youth Basketball
- ◆ Passing & Catching the Basketball “A Lost Art” – Bo Ryan
- ◆ Officiating Youth Basketball
- ◆ Basketball – Knight/Newell
- ◆ A Rebounding Workshop
- ◆ Basketball Fun & Games
- ◆ Survival Guide for Coaching Youth Basketball
- ◆ Youth Basketball – the Team Practice – VHS
- ◆ Teaching Skills – Youth Basketball –VHS
- ◆ Games Approach to Coaching Basketball - VHS
- ◆ Basketball Training Cards
- ◆ Simplified Motion Offense for Youth Basketball – DVD – Jerry Petitgoue
- ◆ Building Your Motion Offense from Scratch – DVD – Don Meyer
- ◆ Getting Better With the Basketball – DVD – Forrest Larson
- ◆ Practice Drills to Make Your Team Better – DVD – Matt Bollant
- ◆ Offensive Fundamentals Vol 1 – DVD – Mike Divilbiss
- ◆ Fun Ways to End Basketball Practice – DVD – Bruce Brown
- ◆ CoachDeck - Basketball

E-Books

- ◆ Pro Shot Shooting System (Coaches Handbook, 30 Tips, and Full Book) – Brett can email you a copy of any of them.

PRACTICE REMINDERS

- ◆ Practices should last between 1 hour and 1 hour 30 minutes. You can get enough drills/contests in and even a little scrimmage in during that time frame. Anything more than that, and you will lose the kids attention.
- ◆ Use a whistle to stop action. This gets the kids used to stopping when they hear a whistle.
- ◆ All leagues may practice twice a week.

Before Practice Checklist

1. Arrive at the site about 15 minutes before practice if possible. Kids will get dropped off around that time.
2. Unlock any doors that may need to be unlocked as long as the school has given you permission to do so.
3. Turn on the gym lights (most elementary gyms have 2-4 switches you have to turn on). These lights usually take 5-10 minutes to become fully lit, which is another good reason to get there early.
4. Sweep the gym floor if needed. Most elementary schools have big mops that you can use to mop up dirt and dust on the floor. These floors are pretty slick anyway, so dry mopping the floor may be a good idea.
5. Get the basketball out for the kids to shoot around before the practice begins.
6. Go over your practice plan once more to see if you need to modify it if the gym has a big mat or any other obstacle at a spot you were going to use.
7. Greet each kid before practice begins. Hold a small conversation with some if possible.
8. If the gym was a total disaster when you arrived, please make a note of what was wrong, and call Brett the next day.

After Practice Checklist

1. MOST IMPORTANT – Shut the lights off and lock the doors if you need to. Check with the secretary to see if you need to do these. When in doubt, shut them off and lock it up.
2. Sweep the floor if it is messy.
3. Put back any of the equipment you may have used. Leave the gym the way you found it if not cleaner!
4. Wait until all kids are picked up. If kids parents are late, don't be afraid to remind them to be on time next time.
5. Go over your practice plans. Make notes on what worked and what didn't. Make notes on any drills that may need to be repeated, or redone, or retaught.

GAME REMINDERS

♦ Try to have a sheet with your substitutions on it. Even if it is through 3 quarters. This way, you will know that every player has had the minimum playing time. You can have your best player on the court to help offset having 2 weaker players on the court at the same time. It is a lot easier to figure this out beforehand than it is during the course of the game. For a sample sheet, contact Brett.

Before Tip-off

1. Arrive at the gym 15 minutes early. If you have the first game, the courts may not be ready to go much before 15 minutes before the game, please let your players know not to show up more than 15 minutes before tip-off
2. Meet your team at a prearranged spot, in the hallway, by the drinking fountain, by the mats...
3. Take a quick attendance to make sure everyone is there.
4. When the game before your game is over, give those teams time to shake hands and clear their stuff off the bench. Meanwhile – your team can start warming up on the basket opposite of your bench.
5. Warm-ups will be 5 minutes starting from the end of the other game.
6. Let the official scorer know if someone is not there and that the numbers are correct. The first week, you will need to write in their numbers. After that, they will already be in the book; you will just need to double-check them.
7. First Horn – 1 minute left in warm-up – Gather your team by your bench. Last minute instructions/encouragement. Send starting five to the floor for defensive match-ups.

During the Game

1. **The only shouting should be of encouragement.**
2. During a time out, keep it simple. Only give them 1 thing to think about. Rebounding, running the offense, defense, shot selection, only 1 item should be talked about. Anything more will be overload and the players won't do any of them.
3. Halftimes will be 3 minutes in length.
4. Right after the final buzzer, have your team line up to shake hands. Coaches should also go through the line to help set the example for the kids.

After the Game

1. Hold a quick team meeting, after the handshake. Try not to do this on your bench since the next team will be looking at settling in. Have the meeting in a corner of the gym or hallway. Keep this meeting short. Bring up the good things the kids did in the game. Any negative thoughts should be kept to yourself, until you have a chance to rethink about those, and then address it at the next practice, if necessary.
2. Final words should be a reminder about next practice day and time. End with a team cheer.

RULES

1. Current Wisconsin High School (National Federation) rules govern play except for certain rules that have been changed to improve play. These modified rules are listed below.
2. Each game will consist of four (4) quarters. Each quarter will consist of ten (10) minutes.
3. The clock will run continuously, stopping only during time outs, unusual delays, and the last two (2) minutes of the second half for all dead ball situations. If a team has a 15 point lead with less than 2 minutes left, the clock will continue to run. **COACH EMPHASIS: If a team has a 20 point lead, the point guard must be someone different then who was the PG before**
4. Each team will receive two (2) time outs per half. Time outs will be no longer than 60 seconds in length. Players in the game or the coach may request time outs.
5. Intentional fouls will result in the opponent receiving two free throws and the ball out of bounds.
6. All common fouls result in the ball being taken out of bounds. There is no bonus situation.
7. **Grade 3/4 will shoot foul shots from a 12-foot line.** They have to start from behind the line, but their shooting momentum may carry them over the line without a penalty. **The shooter can NOT be the 1st person to touch the ball, if they do, it is a turnover. Rebounders can go in the lane as soon as the ball releases from the shooters hand**
8. There will be no overtimes. Games ending in a tie shall remain tied.
9. Any shot made behind the 3-point arc in the third-fourth grade league will result in 2 points.
10. Full court pressing is not permitted. Once the defensive team secures possession of the ball they may not be defensively challenged until they reach **the 3 point line (Grade 3/4 League).** The offense has 10 seconds to get the ball over the mid court line. **If the offense turns the ball over in the backcourt while trying to advance it, it is regarded as a turnover, unless the defense intentionally tries to steal it.** Grade 3/4– Anytime the offense has possession of the ball behind the 3 point line – the defense must be inside the 3 point arc. If the ball is inside the 3 point line and gets knocked away – anyone can get it. If offense gets the ball – defense falls back inside the 3 point line. If defense gets the ball – offense must now fall back behind the other 3 point line.
COACH'S EMPHASIS – DO NOT STALL
11. Man-to-Man defense must be used. **“Help and recover” defense is allowed.** No double-teaming is allowed.
12. **No match-up defenses (Player A can not guard just the Point Guard.) Players are expected to guard the player they are matched up with at the start of a quarter, or timeout.** Zone defenses are not allowed. Any player failing to guard his opponent is in violation. First offense by a team, results in a warning, repeated offenses might result in a technical foul if it is intended to delay the game.
13. A five-second offensive lane violation will be in effect for all grades...emphasized in the Grade 5/6 leagues. The five seconds restarts after every shot attempt.
14. **There will be a jump ball at the beginning of the game.** Alternate possessions will then be used for the remainder of the game for any jump ball and between quarters.
15. Coaches must remain on the bench at all times except to request a time-out, to talk with a substitute, or to cheer for a good play. Coaches are not permitted to stand during action.
16. All players present must play a minimum of one quarter – 10 minutes of action. If there is a discipline, attitudes, or attendance problem with a player, talk to Brett or your community supervisor to see if this rule could be eliminated or modified for the next game. **COACH EMPHASIS – Players should play half the game or around half. 10 minutes is a bare minimum.**
17. There will be a 5 minute warm up period that will start shortly after the game before ends. Each team will have 2 basketballs to warm up with.
18. There will be a 3 minute half-time. Each team will have 2 basketballs to warm up with.

18. Players must report to the scorer's table to report in. They do not need to say who they are going in for.

Discipline / Sportsmanship

1. All players, coaches, and spectators will be required to show good sportsmanship at all times.
2. Two technical fouls (or one flagrant foul) will cause ejection of the player or coach from the ball game.
3. Any player or coach ejected from the game will automatically become ineligible to participate in their team's next game. A second ejection will result in a season long suspension.
4. Profanity of any kind will not be allowed. Violations result in a technical foul
5. Disrespect toward any employees of the department will not be allowed. Suspensions will be issued as cases warrant.

Insurance / Injuries

1. The Fort Atkinson Parks and Recreation Department or other agencies are not responsible for injuries received by participants which are incidental to the activity.
2. All participants should be covered by adequate health insurance before participating in the activity.
3. The official scorer for the game should document any injuries suffered in a game, with the help from the coach.
4. Any injuries suffered in a practice, should be documented by the coach and turned in to the official scorer each Saturday. They will also have extra injury sheets if you need.

GYM CONTACTS

FORT ATKINSON

- ◆ Municipal Building Gym – 397-9910 – Nash Christian or Brett Ketterman

Basketballs are kept in the blue cart located in the kitchen area. We have booked times specifically for the Parks and Rec. teams on Monday, Tuesday & Wednesday nights.

- ◆ Barrie Elementary School – 563-7817 – Secretary Mrs. Michelle Malone
- ◆ Purdy Elementary School – 563-7822 – Secretary Mrs. Judy McDonald
- ◆ Rockwell Elementary School – 563-7818 – Secretary Mrs. Heather Radloff
- ◆ Luther Elementary School – 568-4465 – Secretary Melanie Dunkleberger
- ◆ Middle School – 563-7833

Go to the Main Office to reserve gym. Usually another very busy gym.

Let Brett know which gym you will be using and we will check with them to see about basketballs

Try to get the gym from the school you are coaching for (i.e.: Barrie team = Barrie School).

If you need a key at any of the schools, you will need to put a \$50 or \$75 deposit down. When you turn the key in, you will get the money back. If anyone has a problem with this, contact Brett.

Also, let the secretaries know that you are coaching a Rec team and that it is a Rec team from that school. It usually helps speed the process along.

OTHER COMMUNITIES

- ◆ Check with your community representative for gyms and times.

SKILLS & ABILITIES OF BASKETBALL

	Grade 3-4	Grade 5-6	Middle School	High School
FOOTWORK FUNDAMENTALS				
Triple Threat	X	X	X	X
Jump Stop	X	X	X	X
Forward Pivot	X	X	X	X
Backward Pivot	X	X	X	X
Defensive Slide	X	X	X	X
DRIBBLING				
Dominant Hand	X	X	X	X
Non-Dominant Hand		X	X	X
Control Dribble	X	X	X	X
Speed Dribble	X	X	X	X
Cross Over Dribble	X	X	X	X
Change of Pace Dribble		X	X	X
Reverse Dribble			X	X
Between the Legs Dribble			X	X
Behind the Back Dribble				X
SHOOTING				
Lay-Up				
Dominant Hand	X	X	X	X
Non-Dominant Hand			X	X
Jump Shot	X	X	X	X
Free Throw (12 foot line)	X			
Free Throw (15 foot line)		X	X	X
Shot Fake	X	X	X	X
RIP & Move	X	X	X	X
PASSING				
Chest Pass	X	X	X	X
Bounce Pass	X	X	X	X
Wrap Around Pass		X	X	X
Overhead Pass			X	X
REBOUNDING				
Jump	X	X	X	X
Box Out Positioning		X	X	X
Outlet and Go	X	X	X	X
OFFENSIVE MOVEMENT WITHOUT THE BALL				
V-Cut	X	X	X	X
L-Cut	X	X	X	X
Setting Screens/Picks	X	X	X	X

	Grade 3-4	Grade 5-6	Middle School	High School
DEFENSE				
<u>Stance</u>	X	X	X	X
<u>Defensive Shuffle</u>	X	X	X	X
<u>Retreat and Regroup</u>		X	X	X
<u>Dribble Defense</u>	X	X	X	X
<u>Dead Ball Defense</u>	X	X	X	X
<u>Deny Defense</u>		X	X	X
<u>Helpside Defense</u>			X	X
<u>Man-to-Man Defense</u>	X	X	X	X
<u>Zone Defense</u>			X	X
<u>Defending the Screen/Pick</u>			X	X

TACTICS				
<u>Driving to the Basket</u>	X	X	X	X
<u>Give & Go</u>	X	X	X	X
<u>Pick & Roll</u>	X	X	X	X
<u>Backdoor Cut</u>	X	X	X	X
<u>Pass & Pick Away</u>		X	X	X
<u>Running a Man-Man Offense</u>	X	X	X	X
<u>Running a Zone Offense</u>			X	X
<u>Fastbreak</u>	X	X	X	X
<u>Out of Bounds Plays</u>	X	X	X	X