



**YMCA of Greater Spartanburg
Coach's Manual and Practice Planning Workbook**

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Overview of YMCA Youth Sports Coaching

Dear Coaches,

Welcome to the YMCA of Greater Spartanburg's Youth Sports Program. Whether you are a returning coach or brand new this year, we appreciate your commitment to your YMCA and hope you enjoy being a part of our league.

This will be one of the most rewarding and fun experiences you will have! As a coach, you will have the opportunity to make a positive difference in a child's life and your community – a difference that will last a lifetime.

At the YMCA of Greater Spartanburg, we are committed to building healthy spirit, mind and body in all of our programs. As a Youth Sports Coach, we are entrusting this awesome responsibility to you. The YMCA is a volunteer-led organization dedicated to building relationships and enhancing the lives of our community members – you are at the heart of our organization.

Our goal is to provide you with all the resources you will need to effectively lead a team of young athletes through a successful sports season. A successful season, however, is not a winning season. Success for youth athletes consists of far more than having the highest score at the end of the game. At the end of a successful sports season, your athletes should have learned the following:

- The value of hard work
- The importance of teamwork
- New skills to enhance their game play
- Strong sportsmanship
- The importance of the YMCA's 4 Character Traits – Caring, Honesty, Respect and Responsibility

The goal of the YMCA Youth Sports is to develop OUR children and we will only be successful if we are focused more on their development than on winning or losing games.

Our sports staff at the YMCA has the responsibility of making sure you have all the tools you need to have a successful season. Please communicate openly and frequently with our staff if you should need additional information or resources.

Have a great season! Thanks for all you do!

THE YMCA SPORTS PHILOSOPHY

Everyone Plays

We do not use tryouts to select the best player, nor do we cut kids from YMCA Youth Sports. Everyone who registers to play is assigned to a team. Remember, we are more interested in developing children's character through sports than in developing a few highly skilled players.



As a coach, you must ensure that all players receive equal playing time and every player plays at least half of every game.

Fair Play

Fair play is about more than playing by the rules. It's about you, your players and your player's parents showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players and their parents to do the same.



As a coach, set the example of good sportsmanship and reward players and parents for showing respect to all involved in YMCA Youth Sports. Do not tolerate disrespect by your players or parents.

Positive Competition

We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective means adults make decisions that put the best interest of the children above winning the contest. Learning to compete is important for children and learning to cooperate in a competitive world is an essential lesson in life. Learning to win is just as important as learning to lose.



As a coach, help your players set goals that are not about winning or losing. This way, no matter what the score of the game, your players learn that no matter what the score is, there is value in playing the game.

Family Involvement

We encourage parents to be involved appropriately along with their child's participation in sports. In addition to parents being helpful as volunteer coaches, officials and timekeepers, we encourage them to be present at practices and games to support their player.



As a coach, give parents responsibilities that will benefit the team – like leading devotions, making banners and signs for games or bringing healthy snacks and water.

Sport for All.

YMCA Youth Sports an inclusive program, meaning that children who differ in various characteristics, including physical ability, race, gender, religion or ability are included in participation.



As a coach, support and appreciate the diversity of children in your community and encourage your players and parents to do the same.

Sport for Fun

Sport is naturally fun for most children. They love the challenge of mastering skills, playing with their friends and competing with their peers. Sometimes, when adults become involved in children's sports, they over-organize and dominate the activity to the point of spoiling the children's enjoyment of the sport. If we take the fun out of sports, we are in danger of our children taking themselves out of sports.



As a coach, emphasize the importance of having fun to both players and parents, reminding them that the benefits of physical activity in childhood are long-lasting.

Safety First

Although some children may get hurt playing sports, we do all we can to prevent injuries. We have modified each sport to make it safer and more enjoyable to play.



As a coach, teach the sports as we've prescribed so that skills are taught as appropriate for children's developmental levels; develop your player's fitness levels gradually so they are conditioned for the sport; constantly supervise your young players so that you can stop unsafe activities.

YMCA of Greater Spartanburg's Role of a Coach

YMCA Youth Sports Coaches have the potential to influence a great number of people. We want you to be a positive role model for youth by maintaining an attitude of **RESPECT, RESPONSIBILITY, HONESTY, CARING & FAITH.**

Please Remember;

1. Your **attitude** and actions are on display for your team, your team's parents, plus opposing teams. You are a **role model**—volunteer coaches should appear clean, neat, and appropriately attired.
2. You should treat all children equally—regardless of sex, race, religion, or culture.
3. Coaches must use **positive techniques** of guidance, including redirection, positive reinforcement, and encouragement—rather than competition, comparison, and criticism.
4. **YMCA Coaches should be involved for the kids:**
 1. To teach skills & knowledge about the game
 2. To teach sportsmanship, teamwork, and character
 3. To provide a fun, low-key environment for all
 4. To promote friendships and family togetherness
5. Coaches should give high priority to the **objectives** above—focusing on winning & recognition can destroy positive outcomes.
6. Y Leagues **focus on skill development, team building, and personal growth.** The YMCA of Greater Spartanburg encourages children to participate in sports at the highest level their ability will allow. Higher competitive leagues are available in the area and the YMCA will be happy to make recommendations based on players ability.

**Thank YOU for
Coaching Youth Sports
at the YMCA of Greater
Spartanburg!**

Specific Guidelines;

1. Harassment & verbal criticism of officials is not allowed. Site supervisors are available for constructive comments during or at the end of games.
2. In order to protect YMCA volunteers and participants, at NO time during a YMCA program should a volunteer leave a child unsupervised or be alone with a single child where they cannot be observed by others.
3. Never touch a child in a manner that could be interpreted as abusive or would make them feel uncomfortable.
4. Accepting and adhering to all league rules and policies related to the participation of adults & youth. Please refer all disputes at halftime and/or timeouts.
5. Treat each child on your team and opposing teams as individuals and be sensitive to their own personal feelings. Profanity, inappropriate jokes, sharing intimate details of ones personal life, and any kind of harassment in the presence of children or parents is inappropriate.
6. Effective coaching experts agree that instructions should be given at practice. An over-abundance of instruction at game time only serves to confuse players.
7. Mannerisms can be just as offensive as foul language, i.e. throwing things, flailing movements, foot stomping, and tone of voice. This behavior is not allowed.



Policy Enforcement:

1. Individual may be given a warning for inappropriate behavior.
2. Individual may be asked to leave the game(s). Game(s) may be terminated and/or individual may be asked not to return for other Youth Sports activities.
3. Other sanctions as deemed necessary may be enforced.

8. Smoking or use of tobacco, as well as possessing or being under the influence of alcohol or illegal drugs on YMCA property or during YMCA sponsored programs or events are prohibited.
9. Volunteers shall not abuse children including:
 - Physical abuse—strike, spank, shake, slap
 - Verbal abuse—humiliate, degrade, threaten
 - Sexual abuse—inappropriate touch or verbal exchange
 - Mental abuse—shaming, withholding praise, cruelty
10. Volunteers should not transport children in their personal vehicles
11. Under no circumstances should volunteers release children to anyone other than the authorized parent, guardian, or other adult authorized by the parent or guardian.

Coach's Signature

Date

Coach's Printed Name

The 7 Components of a Practice

Take the time each week to plan out your practices!

Opening Circle

Take a few minutes to welcome your players to practice. Be sure to do the following:

- Devotion or Thought for the day
- Review of last game – what we learned and how we can grow
- Goal for today's practice – what skills will we be working on
- Overview of the flow of today's practice – roadmap of the next hour

Warm-up and Stretch

Spend at least 5 minutes exercising to raise your players' heart rates and warm their muscles. Warm-up can be anything from a quick game of tag to running a few laps to conditioning exercises. Never skip the warm-up and stretch section of practice!

Individual Skill Drills

This is a time for players to work on a skill and develop it as an individual player. You will find individual skill drills to incorporate into your practices in the next section. Allow your players adequate time in learning any new skill before asking them to apply it as a team.

Team Skill Games

This is a time for your players to learn to come together and develop their skills as a functioning group of players. The team skill drills should build on the individual skill drills, providing natural progression from individually mastering a new skill to applying it as a team. You will find team skill drills to incorporate into your practices in the next section.

Scrimmage

There is no better way to prepare for a game and to apply the skills learned throughout practice than to put them to action in a game-type situation. Always include a scrimmage in every practice – it gives your players a chance to develop their teamwork and will enhance their comfort in game situations.

Closing Huddle

Take just a few minutes at the end of practice to review the skills you worked on and to evaluate the goals set at the beginning of practice. Encourage your players to continue to practice throughout the week with their friends and parents. Review all the necessary information for the upcoming game, including:

- Location
- What time to arrive
- Who is bringing snack

Water Breaks

Whether it is hot or cold, be sure to allow your players to get water at any point during practice. Staying hydrated helps your players focus on the skills they're learning.

Blank Practice Plans

PRACTICE PLAN

Practice Date

| Time | Activity | The Plan for Today |
|-------------|---|---|
| :00 | Opening Circle -overview of practice -set goals for practice -devotion | |
| :05 | Warm-Up and Stretch | |
| :10 | Individual Skill Drill | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| :20 | Water Break | |
| :25 | Team Skill Games | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| :40 | Water Break | |
| :45 | Scrimmage | |
| :60 | Closing Huddle -review of practice -prepare for game | Next Game Date: _____ Location: _____ Snack: _____ |

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Individual Skill Drill Activities

INDIVIDUAL SKILL DRILLS

On the following pages, you will find individual skill drills to help your players learn the key skills of the sport.

Here is your key to understanding how to read and use the individual skill drills in this section:

| Skill | Ages |
|---|---|
| This box will tell you exactly which skill you will be working on | Age groups that are best for this drill |

Difficulty

Beginner Intermediate Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

Time Needed

How much of practice do you need to set aside for this drill?

Materials Needed

What equipment will you need to run this drill?

Field/Court Set-up

If there is a specific way the playing area needs to be set up in order to run this drill, you will find instructions and diagrams in this section

Instructions

Step-by-step how to run this drill

Modifications

Ideas for how to make this drill easier or harder or adjust it for different age groups or practice locations.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork Sportsmanship
 Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill

Team Skill Building Drill

| Skill | Ages |
|----------------------|-------------|
| Offense – Five On It | 5 and older |

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

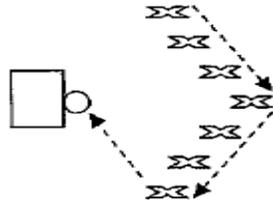
10 minutes

Materials Needed

1 Basketball

Whistle

Court Set-up



Instructions

Have five players form an arch around the lane. The players pass the ball to one another around the horn. The last player shoots the ball. Rotate the player's one position right and repeat the process.

Modifications

To increase the speed of passing, treat the basketball like a "hot potato"

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill Team Skill Building Drill

| Skill | Ages |
|---------------------------|------|
| Defense –Loose ball drill | 9-12 |

Difficulty

Beginner Intermediate Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

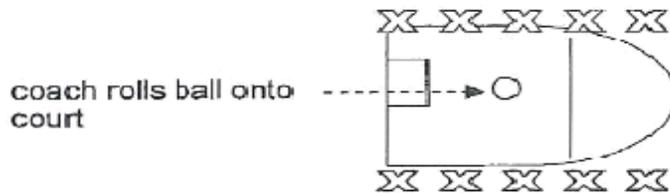
Time Needed

20 minutes

Materials Needed

1 Basketball
Whistle

Court Set-up



Instructions

Line up players in two lines under the basket on each side of the backboard. The coach is in the middle with the ball and rolls or bounces anywhere in the half-court. The first player in each line goes after the ball and the player who gains control of the ball attempts to score while the other player defends.

Modifications

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith
 Teamwork Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

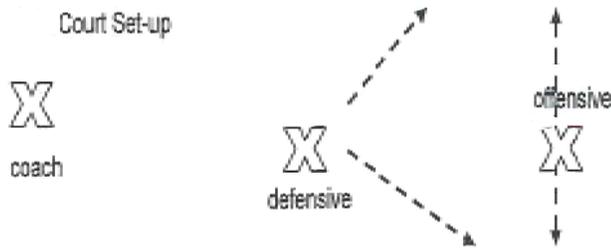
Individual Skill Building Drill Team Skill Building Drill

| Skill | Ages |
|---------|------|
| Defense | 9-12 |

Difficulty
 Beginner Intermediate Advanced

Physical Intensity
 1 2 3 4 5 6 7 8 9 10

| Time Needed | Materials Needed |
|-------------|-------------------------|
| 20 minutes | 1 Basketball Whistle |



Instructions

This drill requires a passer (coach), a defender and an offensive player. The defender tries to deny the inside pass from coach to offensive player. The coach attempts an inside pass to the offender and defender tries to block. If the pass is successful, the defender should attempt to defend against the offensive player's attempts to score. This drill is great for inbound plays or post moves.

Modifications

This activity emphasizes the following character value:

- Caring Honesty Respect Responsibility Faith
 Teamwork Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill Team Skill Building Drill

| Skill | Ages |
|--------------------------|------|
| Defense- Steal the Bacon | 4-12 |

Difficulty

Beginner Intermediate Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

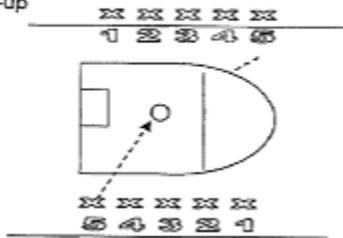
Time Needed

20 minutes

Materials Needed

1 Basketball
Whistle

Court Set-up



Instructions

Divide the team into 2 groups. Give each person on each team a number starting with 1 (you will need an even number of players on each team or one player will need to have two numbers). Line the groups facing each other on opposite sidelines. Put the ball in the middle of the court. Call one of the numbers given to the players and have them run for the ball. The player that gets to the ball first should pick it up and try to score a basketball while the other player attempts to defend. Keep score and if needed, call in another number to help the offense or defense make the play.

Modifications

Coach can choose to call more than one number at a time to create 2 on 2 situations.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith
 Teamwork Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill Team Skill Building Drill

| Skill | Ages |
|-------------------------------|------|
| Defense- Defending the Cutter | 9-12 |

Difficulty

Beginner Intermediate Advanced

Physical Intensity

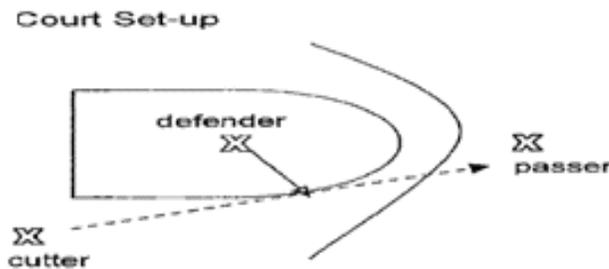
1 2 3 4 5 6 7 8 9 10

Time Needed

20 minutes

Materials Needed

1 Basketball
Whistle



Instructions

One offensive player lines up outside the three point area with ball, one offensive player lines up in the opposite corner of the court. The defender is positioned in the lane. The offense player without the ball attempts to cut to the ball and while the offensive player with the ball attempts to make a pass in the key. The defender is told to meet the cutter in the lane, bump the cutter and try to deny the pass. If the offense gets the ball then they have no more than 2 dribbles to shoot the ball.

Modifications

Keep score for the defender and the offensive player. Keep track and the drill will be more competitive as players learn to gain position. You can position the offensive and defensive player at different areas on the court to practice.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith
 Teamwork Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill Team Skill Building Drill

| Skill | Ages |
|-----------------|------|
| Defensive Slide | 4-12 |

Difficulty

Beginner Intermediate Advanced

Physical Intensity

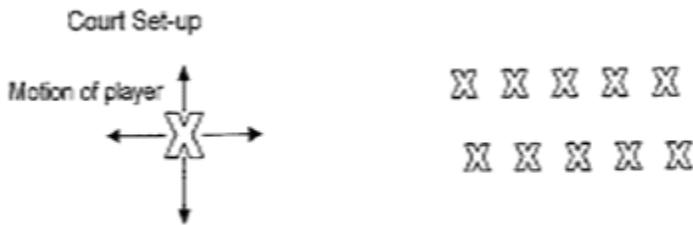
1 2 3 4 5 6 7 8 9 10

Time Needed

10 minutes

Materials Needed

Whistle



Instructions

Defensive slides is a defensive body position and in movement. The player will have his/her hands out and his/her body in a low sitting position. Players will move side to side and front to back by sliding their feet, making sure not to cross their feet over one another. Have your team line up facing you and get them in staggered position in two lines. Direct them to move side to side or front to back.

Modifications

Use this drill as a warm-up drill to teach your players defensive positioning in a one-on-one situation.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith
 Teamwork Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill Team Skill Building Drill

| Skill | Ages |
|-----------------------|-------------|
| Rebounding Wall Drill | 5 and older |

Difficulty

Beginner Intermediate Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

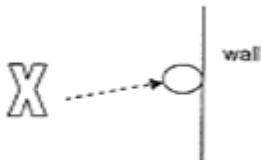
Time Needed

10 minutes

Materials Needed

1 Basketball
Whistle

Court Set-up



Instructions

Have a player tip the basketball against the wall repeatedly. The player may only use his/her fingertips to bounce the ball against the wall.

Modifications

Turn it into a challenge by timing who can tip the ball against the wall longest without hitting the floor.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith
 Teamwork Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill Team Skill Building Drill

| Skill | Ages |
|-----------------------------|------|
| Rebounding – 3 on 3 Rebound | 9-12 |

Difficulty

Beginner Intermediate Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

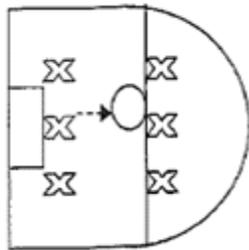
Time Needed

20 minutes

Materials Needed

1 Basketball
Whistle

Court Set-up



Instructions

Line up three players on top of the free throw line. Then line up another three players just inside the free throw line. The three players closest to the goal need to block out the other three players. Coach will then shoot the basketball with the intent to miss. Each team of three receives one point each time they rebound the missed shot. The first team to five points wins. The winning team of three continues to play and move up and another three players challenge them.

Modifications

You can also use this drill to work on 1 on 1 rebounding and 2 on 2 rebounding.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith
 Teamwork Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill Team Skill Building Drill

| Skill | Ages |
|-----------------------------|------|
| Rebounding – 3 on 3 Rebound | 9-12 |

Difficulty

Beginner Intermediate Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

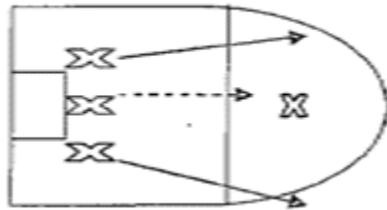
Time Needed

20 minutes

Materials Needed

1 Basketball
Whistle

Court Set-up



Instructions

Have three defensive players in the paint. Have one offensive player shoot the ball and miss on purpose. The three defensive players rebound the ball and then get out in transition. Have the player who rebound the ball look up court and pass it to one of the two players who have moved up court. The player who shot the ball gets back on defense, creating a 3 on 1 break.

Modifications

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith
 Teamwork Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill Team Skill Building Drill

| Skill | Ages |
|------------|------|
| Rebounding | 4-8 |

Difficulty

Beginner Intermediate Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

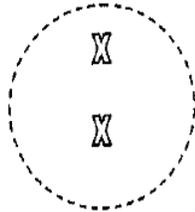
Time Needed

15 minutes

Materials Needed

Whistle

Field/Court Set-up



Instructions

Create an 8x8 circle (may vary by age). Put two players back to back inside the circle. On the whistle each player tries to back the other player out of the circle while remaining back to back.

Modifications

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith
 Teamwork Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill Team Skill Building Drill

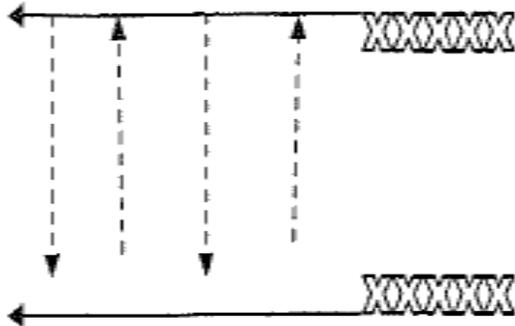
| | |
|---------|------|
| Skill | Ages |
| Passing | 7-12 |

Difficulty
 Beginner Intermediate Advanced

Physical Intensity
 1 2 3 4 5 6 7 8 9 10

| | |
|-------------|----------------------|
| Time Needed | Materials Needed |
| 15 minutes | Basketballs, Whistle |

Court Set-up



Instructions

This is a full court drill. Line the players up in 2 lines on the baseline. Players progress the ball down the court by passing and moving in their line only. As players get to the free throw line, the player on the right will dribble and shoot the ball, while the other player will defend him/her.

Modifications

Coach can play around this drill and add defenders waiting for the 2 players to defend them.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith
 Teamwork Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill Team Skill Building Drill

| Skill | Ages |
|---------|------|
| Passing | 7-12 |

Difficulty

Beginner Intermediate Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

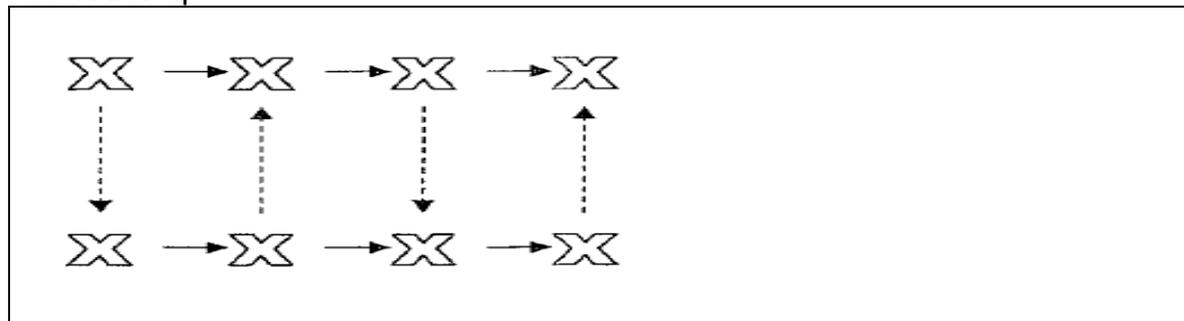
Time Needed

10 minutes

Materials Needed

Basketballs, Whistle

Court Set-up



Instructions

Begin with a line in the middle of the foul line and another line on the out-of-bounds line. Start with the ball at the foul line face each other then start to side step down the court giving each other a chest pass every 2 or 3 steps. Do not let the ball hit the ground!

Modifications

The length between passes can be controlled by the coach. You can do chest passes, but try a bounce pass and an overhead pass as well.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith
 Teamwork Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill Team Skill Building Drill

| Skill | Ages |
|--------------------------------|------|
| Passing – Monkey in the Middle | 5-6 |

Difficulty

Beginner Intermediate Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

Time Needed

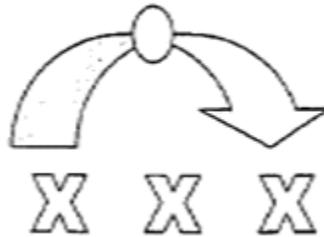
10 minutes

Materials Needed

Basketballs, Whistle

Court Set-up

- *chest pass
- *bounce pass
- *overhead pass



Instructions

Have three players. Have one of the players in the middle and try to defend and get the ball from the other two who are passing the ball with a chest pass, bounce pass or overhead pass.

Modifications

This activity emphasizes the following character value:

- Caring Honesty Respect Responsibility Faith
- Teamwork Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill Team Skill Building Drill

| Skill | Ages |
|-------------------|------|
| Shooting/Knockout | 4-12 |

Difficulty

Beginner Intermediate Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

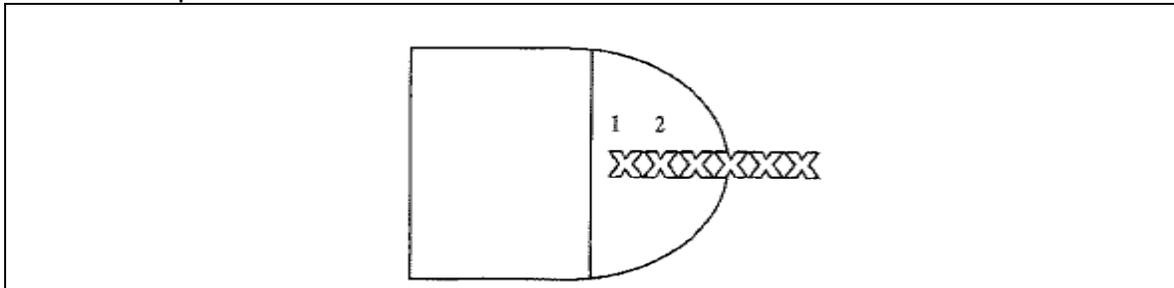
Time Needed

15 minutes

Materials Needed

2 balls

Court Set-up



Instructions

Line entire team up in a single at the free throw line. The first two players in line have a ball. The first player in line shoots a free throw, the second player in line shoots immediately after the first player. If the first player misses their free throw, they must rebound the missed free throw and make a shot or layup before the second player makes their shot. If the first player makes their shot before the second player then the first player passes the ball to the next player in line, and goes to the back of the line. The next player in line then tries to make their shot before the second player. This continues until there is only one player left. Players who get knocked out must work on passing (chest pass, overhead pass, bounce pass).

Modifications

For older kids, you can do knockout from the three point line. If you want to work on a specific area, you can make it a jump shot only or layup only game.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith
 Teamwork Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill Team Skill Building Drill

| Skill | Ages |
|------------------------|------|
| Shooting – Elbow drill | 7-12 |

Difficulty

Beginner Intermediate Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

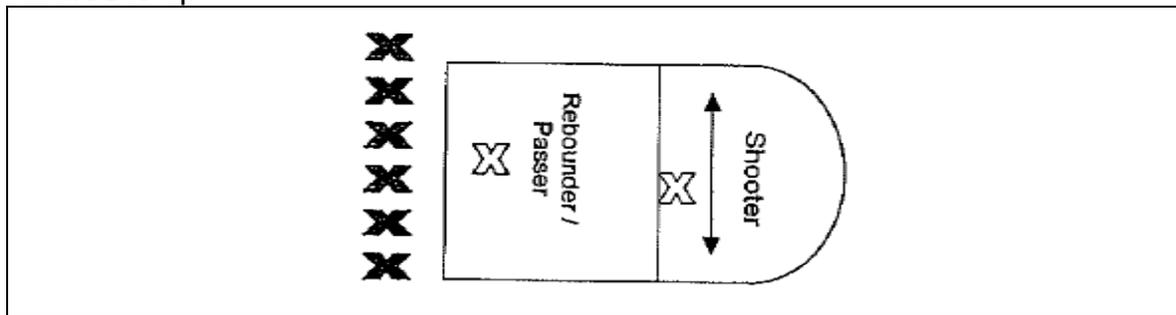
Time Needed

10 minutes

Materials Needed

Whistle, basketball, cones if needed

Court Set-up



Instructions

A player will set up at the right elbow and then shoot. The rebounder will get the rebound and pass it back to the shooter (who will have gone to the left elbow), the player shoots. They will continue this for 10 shots and then switch.

Modifications

This makes for a good side exercise in shooting. You can make this as competitive as you want by keeping score.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith
 Teamwork Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill Team Skill Building Drill

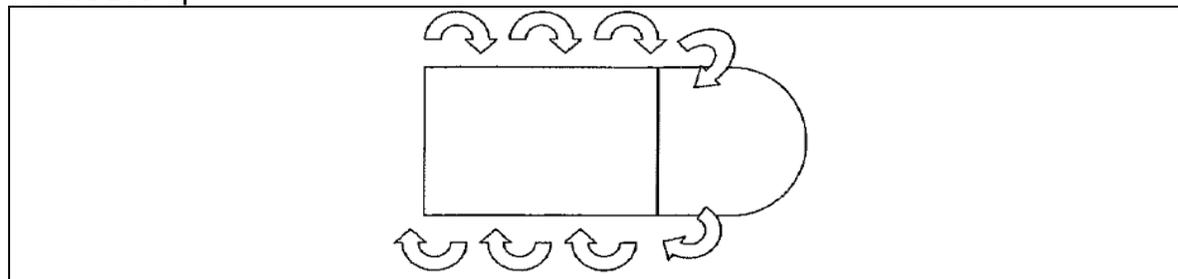
| Skill | Ages |
|-----------------------------|------|
| Shooting – Around the World | 4-12 |

Difficulty
 Beginner Intermediate Advanced

Physical Intensity
 1 2 3 4 5 6 7 8 9 10

| Time Needed | Materials Needed |
|-------------|--------------------------------------|
| 10 minutes | Whistle, basketball, cones if needed |

Court Set-up



Instructions

As a warm-up activity, have the player's line up underneath the basket. Pick one player to start on bottom right side of the lane. That player will then shoot from that starting spot. The player continues to move up the lane and around the other side of the lane if he/she successfully makes the shot. If he/she misses, they have to stay at that spot and another player begins at the starting spot. First player to go around the lane is the winner, hence around the world.

Modifications

Advanced players can use the three point line.

This activity emphasizes the following character value:

- Caring Honesty Respect Responsibility Faith
 Teamwork Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill

Team Skill Building Drill

| Skill | Ages |
|----------|------|
| Shooting | 4-12 |

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

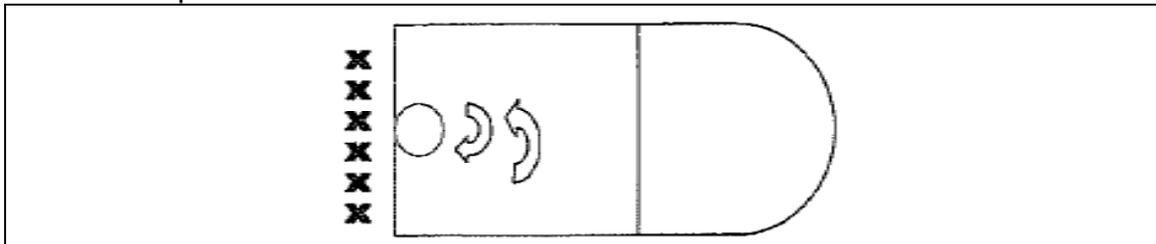
Time Needed

10 minutes

Materials Needed

Whistle, basketball

Court Set-up



Instructions

A player with a basketball stands to the right of the basket. The player shoots a layup using the backboard from the right side. Then a miss or make gets the rebound and goes to the left side and shoots a layup using the backboard. The player must use the backboard in this drill. The coach can time this drill for 30 seconds or a minute.

Modifications

Make it a game where you keep scores on the baskets made.

This activity emphasizes the following character value:

- Caring Honesty Responsibility Faith Teamwork
- Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill

Team Skill Building Drill

| | |
|---------|------|
| Skill | Ages |
| Offense | 4-12 |

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

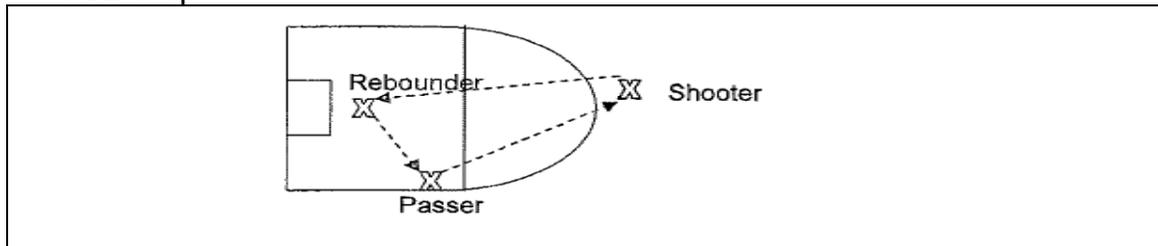
Time Needed

15 minutes

Materials Needed

1 Basketball
 Cones/Coaches Preference

Court Set-up



Instructions

Divide players into teams of three. One player starts as the passer, one as the shooter and one as the rebounder. The rebounder starts with the ball to begin the drill. The rebounder passes to the passer, the passer passes to the shooter, and the shooter shoots. The rebounder gets the rebound and the sequence continues. Run the drill for a set amount of time and then rotate players. Keep going with the drill until all players have played each position. Eventually, make the shooter relocate after every shot and make the passer find the shooter for the pass.

Modifications

Ask the shooter to make different types of shots—layups, jump shot, etc...

This activity emphasizes the following character value:

- Caring Honesty Responsibility Faith Teamwork
- Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill

Team Skill Building Drill

| Skill | Ages |
|---------|------|
| Offense | 4-12 |

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

Time Needed

15 minutes

Materials Needed

1 Basketball
Cones/Coaches Preference

Court Set-up

Players can spread the court and find their own spaces. Depending on the number of basketballs available, you may need to set up stations.

Instructions

Each player has two balls. Start off with stationary dribbling about waist high. As one ball goes down, the other comes up. The players should then try to "quick dribble" the same way 4-5 inches off the floor. Finally, have the players move up and down the court slowing at their own pace.

Modifications

Time each player to make it more difficult.

This activity emphasizes the following character value:

Caring Honesty Responsibility Faith

Teamwork Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill

Team Skill Building Drill

| Skill | Ages |
|---------------------|----------|
| Offense and Defense | 7 and up |

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

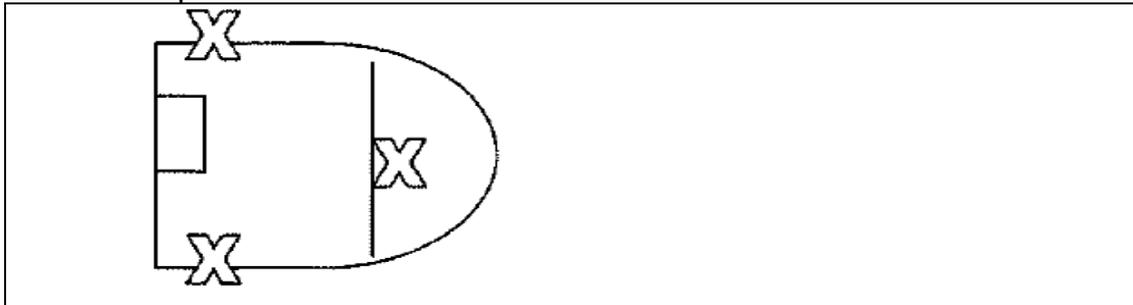
Time Needed

15 minutes

Materials Needed

Whistle
1 Basketball

Court Set-up



Instructions

A player shoots a free throw. If he/she makes it, he/she scores one point. Have two players on the bottom blocks ready to rebound if the shot is missed. Follow all free throw rules. If the free throw is missed and the shooter gets their own rebound, the shooter may attempt to make an offensive shot and score. The two players originally on the blocks become defensive players. If the shooter scores an offensive shot, he/she earns two points. If the shot is successfully defended, set the drill up and play again.

Modifications

| |
|--|
| |
|--|

This activity emphasizes the following character value:

- Caring Honesty Responsibility Faith Teamwork
 Sportsmanship Fair Play Healthy Habits Hard Work

Team Skill Drill Activities

TEAM SKILL GAMES

On the following pages, you will find team skill games to help your players apply the skills they worked on during the individual skill drills as a team.

Here is your key to understanding how to read and use the team skill games in this section:

Skill

This box will tell you exactly which skill you will be working on

Ages

Age groups that are best for this game

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

How much of practice do you need to set aside for this game?

Materials Needed

What equipment will you need to run this game?

Court Set-up

If there is a specific way the playing area needs to be set up in order to run this game, you will find instructions and diagrams in this section

Instructions

Step-by-step how to run this game.

Modifications

Ideas for how to make this game easier or harder or adjust it for different age groups or practice locations.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill

Team Skill Building Drill

| Skill | Ages |
|---------|------|
| Passing | 6+ |

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

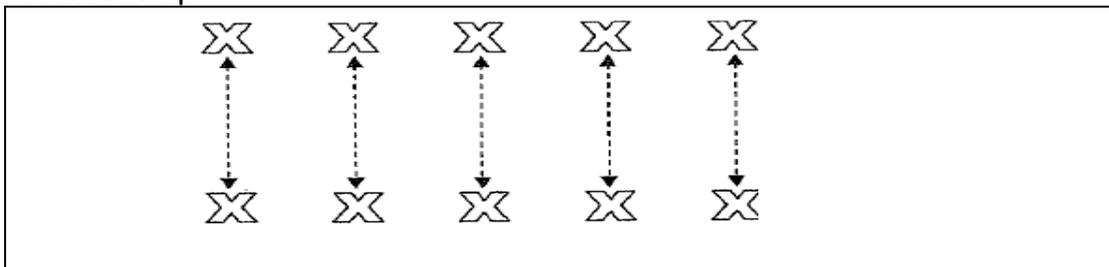
Time Needed

10 minutes

Materials Needed

4 cones, basketballs

Court Set-up



Instructions

First coach should demonstrate proper technique to the team, bounce pass, chest pass and over head pass. Then partner the kids up and have them face each other about 10 steps away. Have them concentrate on one pass for 3 minutes. Coach should be walking around giving praise and coaching the players.

Modifications

Coach could eventually make this a relay or have the kids move back further as their skill gets better.

This activity emphasizes the following character value:

- Caring Honesty Responsibility Faith Teamwork
 Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill

Team Skill Building Drill

| Skill | Ages |
|------------------------|------|
| Shooting—Warm-up Lines | 4-12 |

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

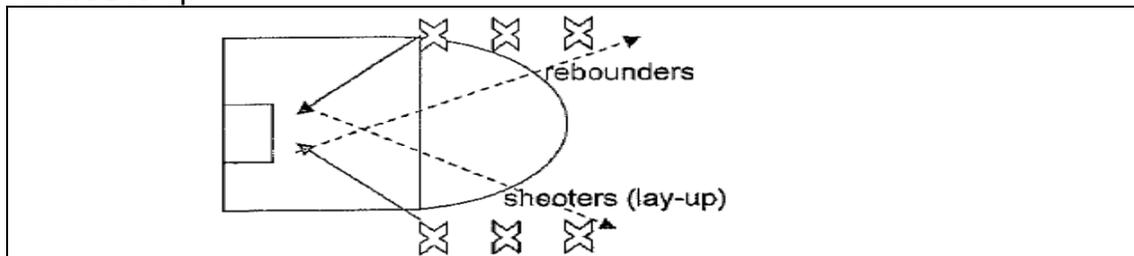
Time Needed

10 minutes

Materials Needed

1 Basketball
Whistle

Court Set-up



Instructions

Have two lines near the arch of the three point line. One line is the shooting line and the other line is the rebounding line. The ball begins with the shooting line. The first player in the shooting line attempts to make a lay-up. The player from the rebounder line will rebound the ball and pass it to the next player in the shooting line. The shooter goes to the back of the rebounding line and the rebounder goes to the back of the shooter line.

Modifications

As your players advance their defensive skills, the rebounders can defend against the lay-up instead of simply waiting for the rebound. Coaches can choose whether to have shooters work on lay-ups or jump shots.

This activity emphasizes the following character value:

- Caring Honesty Responsibility Faith Teamwork
 Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill

Team Skill Building Drill

| Skill | Ages |
|---------|------|
| Offense | 4-8 |

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

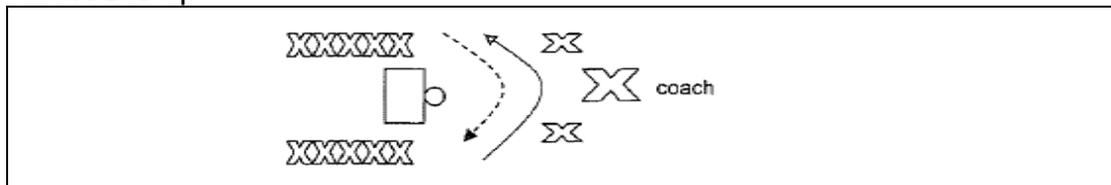
Time Needed

20 minutes

Materials Needed

Whistle
2 Basketballs

Court Set-up



Instructions

This drill starts with two lines underneath the basket just outside the lane; a coach positioned three feet in front of the basket, and one player on each side of the coach. The first two players in each line have a basketball. On the whistle, the players on each side of the coach move toward the basket and the first person in their closest line passes the ball to them and the player attempts a layup. Make or miss, the shooter gets his/her own rebound and gets the ball to the next person in the line. As soon as the player who makes the pass to the shooter passes the ball, he/she should run around to the other side of the coach and prepare to receive the pass from the next person in line. No dribbling is allowed in this drill.

Modifications

After all players are comfortable with the coach being three feet back, the coach can move further back in small increments.

This activity emphasizes the following character value:

- Caring Honesty Responsibility Faith Teamwork
 Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
BASKETBALL

Individual Skill Building Drill

Team Skill Building Drill

| Skill | Ages |
|------------------------|------|
| Rebounding and Tipping | 7-12 |

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

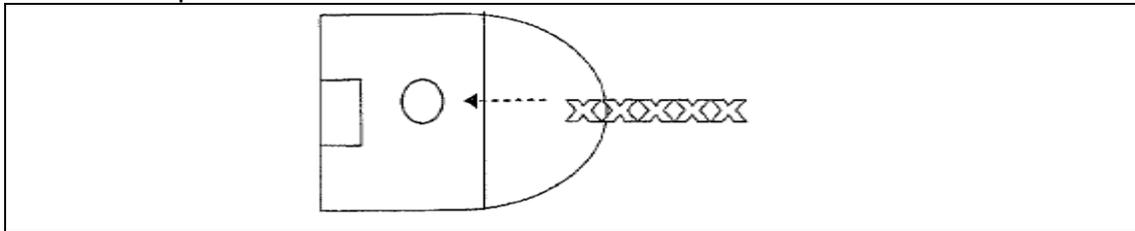
Time Needed

15 minutes

Materials Needed

1 Basketball

Court Set-up



Instructions

Line up players at the free throw line in single file. First person in line throws the ball against the backboard and goes to the end of the line. The second man in line follows with arms fully extended, and using his/her wrist strength, tips the ball back against the backboard. Each player continues to follow and tip the ball against the backboard with arms extended and then goes to the end of the line to repeat.

Modifications

Change up the type of movement players must do to go to the end of the line after their turn (jumps, running backwards, side running, etc...)

This activity emphasizes the following character value:

- Caring Honesty Responsibility Faith Teamwork
 Sportsmanship Fair Play Healthy Habits Hard Work

YMCA Rules of the Game

Check the Rules Section on the Website