

COACHES HANDBOOK

2015

Myers Park Presbyterian Church

Our Role as a Coach

- SHARE YOURSELF

- IT'S OK TO GET PERSONAL AND OPEN UP

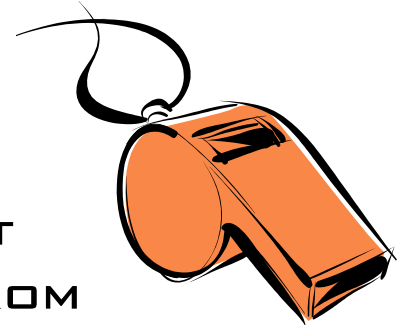
- 1ST PRACTICE TAKE SOME EXTRA TIME TO LET YOUR KIDS KNOW WHERE YOU HAVE COME FROM AND A FEW THINGS YOU HAVE LEARNED ALONG THE WAY

- CREATE TRUST AND A FEELING THAT THIS IS A “SAFE PLACE”

- ALLOW KIDS TO SPEAK OUT – SAY WHAT THEY ARE FEELING
- ASK QUESTIONS, GET THEM INVOLVED AND NOT FEELING THREATENED TO SPEAK UP

- INCLUDE DEVOTIONS AT EVERY PRACTICE

- ASK QUESTIONS. INTERACT WITH YOUR KIDS!
- HAVE ONE OF THE KIDS END THE DEVOTION AND PRACTICE WITH PRAYER, BUT ONLY IF THEY FEEL COMFORTABLE



- **BE CONSISTENT!**
 - **WITH YOUR COACHING STYLE**
 - **HAVE A ROUTINE AND DO IT AT EVERY PRACTICE**

- **LEADING BY EXAMPLE**
 - **TEACH GOOD SPORTSMANSHIP**
 - **BE A POSITIVE EXAMPLE!**
 - **DON'T YELL AT THE REFEREES**
 - **DON'T DEMEAN THE OTHER TEAMS OR PLAYERS**

Our Role as a Coach

Teaching the Game of Basketball

- **IT IS OUR JOB TO SHOW OUR KIDS HOW TO PLAY THE GAME**
 - **WE NEED TO KNOW OUR STUFF!**
- **FUNDAMENTALS – DRILLS**
 - **QUICK HANDS**
 - **BALL HANDLING**
 - **SHOOTING**
 - **DEFENSE**



Offense

- FIND OUT WHAT WORKS BEST FOR YOUR TEAM
 - SETS, TRANSITION, OUT OF BOUNDS
 - KEEP IT SIMPLE!
- STRATEGY OF THE GAME
 - WHEN AND HOW TO IMPLEMENT CERTAIN THINGS
 - MOTION – WHEN YOU HAVE A SMALLER TEAM
 - KEEP THE FLOOR SPREAD
 - PLAYERS SHOULD ALWAYS BE MOVING
 - LOOK FOR BACK DOORS, GETTING BUCKETS OFF CUTS
 - FAST BREAK – IF YOU HAVE A SMALL TEAM IT ALLOWS YOU TO TIRE OUT THE OTHER TEAM AND GET EASY BUCKETS
 - DOESN'T ALLOW FOR THE DEFENSE TO SET UP

Running an Effective Practice

- **MOVE QUICKLY FROM ONE DRILL TO ANOTHER**
 - **THE KIDS WILL GET BORED AND NOT LEARN MUCH AFTER THE FIRST 5-10 MINUTES**
 - **BUDGET YOUR TIME FOR EACH DRILL**
 - **IF IT IS A NEW DRILL YOU WILL NEED TO ALLOW FOR MORE TIME THE FIRST TIME YOU RUN IT**
 - **BREAK DOWN POST/PERIMETER DRILLS**
 - **SPLIT KIDS IN TO TWO GROUPS**
- **FOLLOW AN UP TEMPO EXHAUSTING DRILL WITH A LESS AEROBIC DRILL**
 - **SHOOT FREE THROWS AFTER A TIRING DRILL SO THE KIDS GET USED TO SHOOTING WHILE TIRED**
- **ALWAYS END PRACTICE ON AN UPBEAT, POSITIVE NOTE!**
 - **END WITH A DRILL THAT BUILDS TEAM SPIRIT**
 - **EX. EVERY KIDS SHOOTS A SHOT FROM HALF COURT, IF NO ONE MAKES IT THEN EVERYONE RUNS**

“Hey coach, one teaching style does not fit all!”

- **HOW TO EFFECTIVELY COACH**

- **DON'T YELL NEGATIVE COMMENTS AT THEM – IT EMBARRASSES THEM. IT LOWERS CONFIDENCE. IT MAKES YOU THE BULLY.**

- **LET THEM KNOW IT IS OK TO MAKE MISTAKES**

- **NO ONE IS PERFECT!**
- **IF YOU ARE NOT MAKING MISTAKES DURING THE DRILLS YOU ARE NOT GOING HARD ENOUGH**

- **CREATE A “TEAM” ATMOSPHERE**

- **DEVELOP A SENSE OF BELONGING, CAMARADERIE, AND COMMITMENT AMONG THE PLAYERS**
- **THIS WILL CREATE A GREATER TRUST AND SENSE OF TOGETHERNESS COME GAME TIME**

- **MAKE IT FUN!**

- **HAVE FUN! MAKE DRILLS A COMPETITION TO GET THEM EXCITED**
- **LET THEM PLAY FUN GAMES SUCH AS KNOCK OUT, DRIBBLE TAG, ETC.**
- **USE THE GAMES AS AN OPPORTUNITY TO TEACH FUNDAMENTALS!**
- **BE INTENSE BUT DON'T BE TOO SERIOUS**