

*2013-14*



**BOYS & GIRLS  
CLUB**

*7/8<sup>th</sup> grade Division*

*Team Guide*



## *Letter to Parents*

Dear Parents,

The entire Boys and Girls coaching staff is looking forward to coaching your son during the coming hoops season!

As your son's coach, rest assured that I'm very interested in competing and winning games but more importantly I'm committed to:

- assisting your son to learn "life lessons" thru sports
- your son's continuing development of "positive character traits" that will help him to be successful throughout his life.

**3 coaching principles** which I use to coach your child are:

- *Assisting your son toward making a maximum effort*
- *Assisting your son to continue to learn and improve*
- *Assisting your son to refuse to let mistakes stop them*

I will always use significantly more praise than criticism when coaching your son but mastery of any task is hard work thus there will be times when I will correct and criticize.

**I'll focus in on** the following categories to assist the players to *Respect the Game and exemplify Good Sportsmanship*:

- *Rules*: We don't bend the rules to win.
- *Opponents*: Respect for all. A good opponent forces us to play to our highest potential.
- *Officials*: We treat officials with respect even when we disagree.
- *Teammates*: We never do anything that would embarrass our team on or off the field. We stick together.
- *Self*: We live up to our own standards regardless of what others do.

**My personal goals** for the season are to have:

- every athlete *love the sport at least as much* at the end of the season as at the beginning
- every athlete's skills and tactical knowledge of the sport *improve*
- every athlete get chances to *test* himself/herself in game situations
- every athlete want to *play the sport again* next year
- *all parents enjoy* the season as much as the athletes

Lastly, I/we want to thank you for allowing me the opportunity to coach your child.

We're going to have an enjoyable season!

Sincerely,



**BOYS & GIRLS  
CLUB**

## *Practice Schedule*

| date/day | time | location |
|----------|------|----------|
|          |      |          |
|          |      |          |
|          |      |          |
|          |      |          |
|          |      |          |
|          |      |          |

- *Game schedule will be provided at a later time*

## *Coaches Contact info:*

| Name | Phone | Email |
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## *Roster:*

| Name | Phone | Email |
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## *General information*

- If possible, arrive 15 minutes early
- Basketballs can be brought to practice. No extra basketballs are needed for games.
- Email is the primary way to communicate updates/changes etc.
- In event of last minute changes/cancellations I will reach out by phone.
- Please send a short note to all coaches if your son cannot attend a practice or game.



## *“Players Only” ☺ Section*

### *The History of Basketball...*

- Basketball was invented in December 1891, by James Naismith in Springfield, MA.
- The first basketball was a soccer ball.
- The first baskets were wooden peach baskets hung on the walls!
- The game was originally played with nine players on each team.
- About 1895, a number of U.S. colleges adopted the game.
- The first professional league was formed in 1898.
- And now basketball rocks!!





## *Fun-damentals of Basketball...*

**The Court and terminology**—Below is a picture of a basketball court. Your coaches will be using this picture to help you learn the game. Areas on the court that we'll be teaching you about are:

The "paint" is the area inside the lane lines from the baseline to the free-throw line. If your *offensive* player has a foot on, or inside these lines for 3 seconds or longer, he will be called for the 3-second violation. There is no restriction on the time *defensive* players can occupy the paint.

"Free throw line", ("charity stripe") is the line you must stand behind when shooting a free-throw.

"Low post" area is the area near the "block" on either side of the lane (or "paint" area), to about half way up the lane toward the free throw line.

"High post" is that area along the free throw line, and both "elbows".

The "point" is out front, and the "wings" on either side. The "short corner" is between the corner and the basket, about 12 feet out.

"Ball-side" refers to the side of the floor where the ball is. "Weak-side" is the opposite side away from the ball. Players cutting on the weak-side toward the hoop, are using the "back-door".

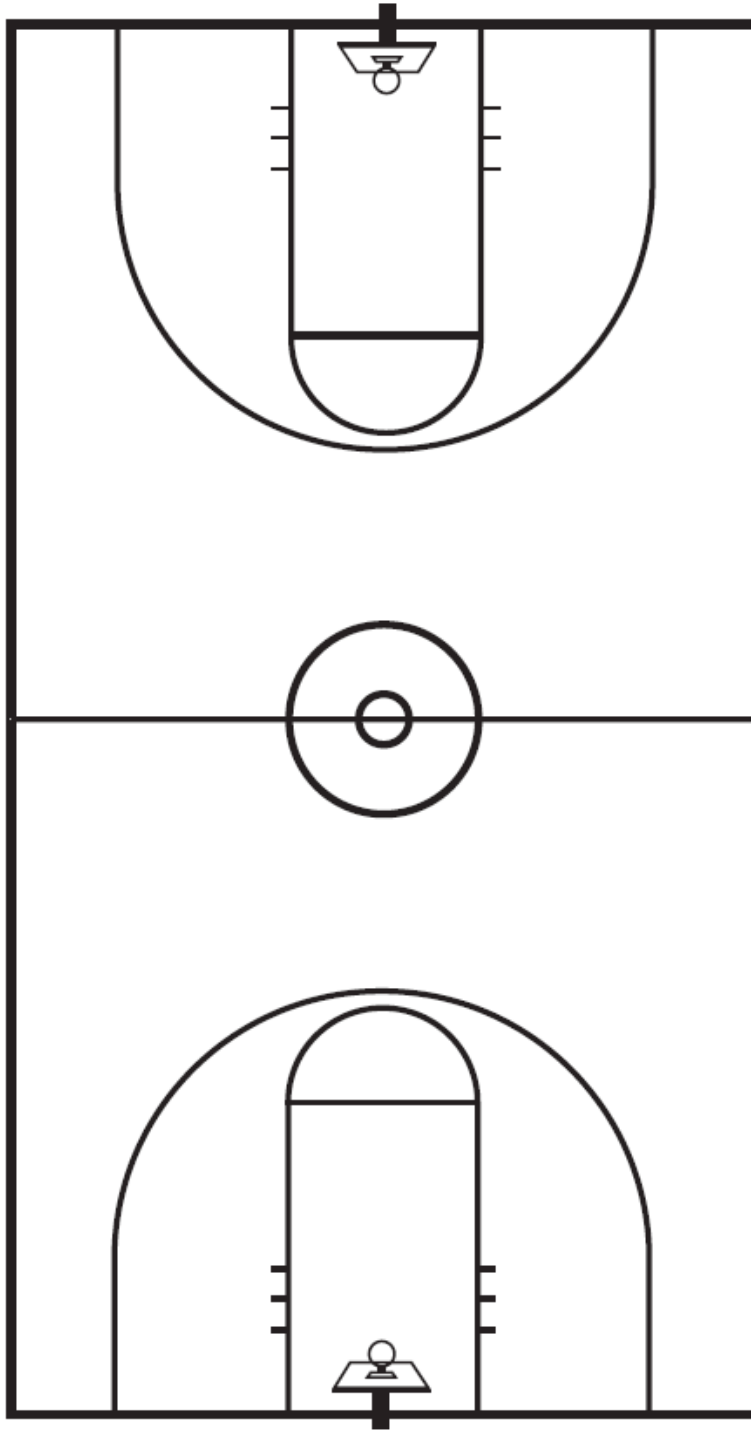
"10 second line", or half-court line, is the line down the center of the floor. It divides the "full-court" (entire playing area) into two "half-courts". Your "front-court" is the half-court with your basket, and the "back-court" is the half-court with the opponent's basket. Once a team gets possession of the ball, it has 10 seconds to get the ball across the half-court line into its fore-court. Once across this line (all three points - the ball and both feet), they may not pass or dribble the ball back across this line, or step on the line (while having possession) or the "over and back" violation occurs. The offense may retrieve the ball without penalty if deflected across by a defensive player.

Other terms we'll use are:

- Full court
- Half court
- Center circle
- Back court
- Front court
- Sideline
- End line (or baseline)
- Foul line
- Elbow
- Blocks
- “Key” and “top of the key”
- other .....



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## *Basketball Tips*

### **GAME KNOWLEDGE**

- Know What's Going On...the score? Fouls?
- *Study Your Opponent:*
  - Right handed or left handed?
  - Do they like to drive?
  - Who is hot (scoring a lot)?
  - What offensive plays are they running?

### **PASSING**

- Eye Contact...see your teammates and defenders
- Head up at all times...pass to the open man closest to hoop
- Crisp two handed passes
- Pass to target - outside shoulder
- Step to receive

### **SHOOTING**

**Lay – Ups: Hint--** *They aren't as easy as they look... ☺*

- Shooting is a fun skill to practice. To be a good shooter, you must have great form. If you have good form, your shooting will become easier and more accurate.
  - You can shoot a lay up off the backboard...also called a “bank shot” (pick a spot and hit the spot at the peak of the ball’s arc).
- Pick a spot on the backboard where the ball will hit and drop into the basket. Aim to hit the spot...gently.
- Jump off the left foot for a right handed lay-up...vice versa for left handed players.
- Concentrate and *believe* that the ball will go in the basket.

**Jump Shot or Set Shot (Strong hand shoots and opposite hand holds and guides the ball)**

- Elbow in
- Release ball ***up*** toward the hoop - *not out*
- Wrist - finger flip with fore finger being last to touch the ball
- Eyes on the spot that is the closest part (the front) of the rim
- Concentrate on shooting the ball just over the front of rim (or spot on backboard for a lay up or longer bank shot). Don't take your eyes off the spot until ball goes through basket.....



*Be ready to rebound and “thank” the passer when you score.*

### **REBOUNDING**

- If a team wants to win, every man on the floor must rebound. If one person does not do their job, the whole team will suffer. Rebounding is all about hard work.
- See the ball and your man at all times ball
- Box-out (or Block-out) between your man & the basket
- Flex or bend your knees, extend your arms up and toward the ball.....**JUMP HIGH** and grab the ball with 2 hands
- Timing...jump at the right time to get the ball
- Most distance shots result in “long rebounds”... *the ball will more likely bounce away from the shooter.*

### **DRIBBLING**

- Push ball with fingers keeping it in front of you
- Head up and be able to see all the players on the court while maintaining control of your dribble
- Lower dribble (waist high) when closely guarded
- Keep your body between defender and ball
- Use both hands (one at a time)
- Keep elbow close to body
- Remember to choose and pivot foot
- To have great ball handling, you should always have total control of the ball. Good ball handling skills are important for every position.

### **OFFENSE**

- Eye on the ball (know where the ball is at all times)
- Don't force shots or passes
- Shoot if open
- Put offensive rebound back up



- Get back on defense *fast* on turnovers

## **DEFENSE**

- **“Man to man” or “zone”**. If you can play defense you will always be able to play the game of basketball.
  - See both--the ball and your man (using your “peripheral vision”)
  - Try to stay between man and basket
  - Never rest on defense
  - Hands ready
  - Watch the hips of the player you are guarding (hint: where his hips go... he goes ☺)
  - Try to make the player you’re guarding change directions
  - Slide, don’t cross legs
  - Be aggressive, go for steals (when player is not dribbling)
  - “Man to man” defense is when you play defense on (or “cover”) another player only.
  - “Zone” defense is when you cover an “area” on the court.
  - “Press” defense is when you cover your man (or your area) “full court” or “half court”.
  - Always hustle.

## **Other Basketball terminology: *Numbering players, offensive terminology.***

Years ago, numbers were not used. You usually had two "guards" who played the "perimeter" and brought the ball up the floor. The "center" usually played around the high-post area, and the two "forwards", started in the short corner to corner areas, extending out to the wings.

Now, most coaches use a numbering system, as the old definitions often do not apply any more, with players playing in multiple offensive formations. Using a numbering system makes it easier for coaches and players to understand plays, sets, and know their roles. Different numbering systems exist and coaches have their own favorite ways of doing this.

The "point guard" is #1. The right "wing" is #2, and the left wing is #3. The right low post is #4, and the left low post is #5.



This is easy for young players----even numbers (2 and 4) are on the right side, and the odd numbers (3 and 5) are on the left.

In this set, you have three guards, or "perimeter players", and two "post players", rather than the old definition of two guards, two forwards and a center

### **Plays:**

"Pick and roll" -- a play where an offensive player sets a "screen" ("pick") on a team-mate's defender, thereby freeing up the team-mate, after which the screener moves, or "rolls" off the screen to the hoop, or an open area for the return pass (see Setting Screens).

"Give and go" -- a very basic play where after passing to a team-mate, the passer quickly cuts toward the basket, and receives the return pass back from his team-mate for the lay-up (see "Play 23").

"Reverse the ball" -- this means to quickly move the ball, by passing, to the opposite side of the fore-court, either by a series of quick passes, or by means of a "skip pass" (a pass directly across court, thereby "skipping" one or more offensive players in the succession around the perimeter).

"Post up" -- offensive move wherein a low post player positions himself, and "seals" his defender off so that he can receive the pass down low on the block, where he can use a "post move" for a score, or quickly pass the ball back outside to an open team-mate for a three-pointer (going "inside-out").

Generally in basketball the taller players play underneath the hoop or along the baseline, at the *center* or *forward* positions, and shorter players fill the *guard* positions, where speed is more important. There are usually one center, two forwards and two guards on the floor. Forwards are sometimes called *power forward* or *shooting forward* depending on whether they are generally called upon, the plays selected by the coach, to play close to the hoop (the former) or to shoot from the outside (the latter).



## *Helpful Websites*

The Boys and Girls Club league is run in conjunction with **Dribble Drive Basketball, LLC**. DDB is directed by Dennis Kelly, a former player and NCAA Division 1 referee and Wes Matthews, Sr., a retired 2 time NBA Champion.

Please visit [dribbledrivebasketball.net](http://dribbledrivebasketball.net) or call Dennis Kelly at 203-926-1365 for more information about DDB player development camps, clinics and workouts.

Below please find a listing of websites that you can visit for additional information for your child's basketball player development.

### **Coaching and player development:**

Betterbasketball.com  
positivecoach.org  
coachjohnwooden.com  
<http://www.competitivedge.com/>  
[CharacterCounts.org](http://CharacterCounts.org)

### **Basketball instruction:**

Dribbledrivebasketball.net  
Swish22.com  
davehopla.com/  
Betterbasketball.com  
Stevenashmvp.com

### **Camps:**

Dribbledrivebasketball.net  
Coachboylecamps.com  
Hoopgroup.com  
five-starbasketball.com  
eteamz.active.com/futurestarssportsacademy/  
\*Most all local colleges (Yale, SHU, Fairfield, UConn and Quinnipiac) have day camps during summer.

### **Basketball workouts on You Tube:**

Conditioning:

<http://www.youtube.com/watch?v=7V83zk3F0UE>

Motion offense:

<http://www.youtube.com/watch?v=YW459oJPSSg&feature=related>

Finishing Dorian Lee:

<http://www.youtube.com/watch?v=IRe3NFzV0rs&NR=1>

60 minute workout:

<http://www.youtube.com/watch?v=4KFJ7xoKXeI&feature=channel>

killer crossover:

<http://www.youtube.com/watch?v=ITfTQeMuzGg&feature=related>

Killer double crossover Jason Otter

<http://www.youtube.com/watch?v=IbWwtMWuWH8&feature=related>

Marbury crossover creating shot off dribble:

<http://www.youtube.com/watch?v=YPr4oe8lZgE&feature=related>

Cross over Jason Williams:

[http://www.youtube.com/watch?v=gKbqw8\\_P-G4&feature=related](http://www.youtube.com/watch?v=gKbqw8_P-G4&feature=related)

<http://www.youtube.com/watch?v=EbxSDLWY9p0&NR=1>

<http://www.youtube.com/watch?v=7-S8P3LGA70&feature=related>

Assist:

<http://www.youtube.com/watch?v=KE9jiX91YtE&feature=related>

<http://www.basketballpeakperformance.net/>

Shooting:

<http://www.youtube.com/watch?v=FzO-vE17mhU>

Shooting:

<http://www.youtube.com/watch?v=6IPuD8bGdts&feature=related>

Moving without the ball:

<http://www.youtube.com/watch?v=mwqzC2sTKzI&feature=related>

Moving without the Ball-using screens:

<http://www.youtube.com/watch?v=aGL-hcla7YA&feature=related>

Layups:

<http://www.youtube.com/watch?v=vMDwHr3CgpM&feature=related>

Rebounding, Outlets, Boxing Out:

[http://www.youtube.com/watch?v=q\\_ozw1PTgC8&feature=related](http://www.youtube.com/watch?v=q_ozw1PTgC8&feature=related)

Post Moves and Moving without ball to get open on post:

<http://www.youtube.com/watch?v=sS5tnGAC2NE&feature=related>

Shot blocking: <http://www.youtube.com/watch?v=eQjY3M-X3h0&feature=related>

Taking a charge: <http://www.youtube.com/watch?v=Lv410KInMNM&feature=related>

Passing: <http://www.youtube.com/watch?v=rshkLT6sDC8&feature=related>

Man Defense, fronting post, denial of ball on wings:

<http://www.youtube.com/watch?v=S2A9iGhatcc&feature=related>

Man Defense:

<http://www.youtube.com/watch?v=DVCRIym8uoQ&feature=Playlist&p=C4AEA076221EA8A0&index=0&playnext=1>

2-3 Zone: <http://www.youtube.com/watch?v=qllMqmTsumY>

Free Throw Shooting:

<http://www.youtube.com/watch?v=uv5r74oGzdQ&feature=related>

Kevin Boyle (4x HS Coach of the Year, Head Coach Montverde Academy;

Shooting:

<http://www.youtube.com/watch?v=ACp-TC8B2eA>

<http://www.youtube.com/watch?v=ACp-TC8B2eA>



## Coach John Wooden's "Pyramid of Success"

- **John Robert Wooden** (born [October 14, 1910](#)) is a retired American [basketball](#) coach. He is a member of the [Basketball Hall of Fame](#) as both a player (class of 1961) and a coach (class of 1973).
- He is widely regarded as the greatest college coach in history and his 10 [NCAA](#) National Championships while at [UCLA](#) are unmatched.

John Wooden

"Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom".

*Coach John Wooden's Official Website*



"SUCCESS is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best that you are capable of becoming."

John R. Wooden,  
Head Basketball Coach, Emeritus,  
UCLA







**To all Boys and Girls Club players,**

*I look forward to coaching each and every one of you.*

*Always....*

- *try your best*
- *listen, learn, work hard to improve each day*
- *don't be afraid to make a mistake*

*Most of all...*

**Have Fun!**

***Coach***