



## Junior Coaching Document

Welcome junior basketball enthusiasts!

This document outlines some basic steps to successful coaching of junior players starting with 5-9 year olds and ending with 10-13 year olds. As with any junior sport, the overall goal is to produce kids who love the game and continue to participate at a variety of levels well into the future.

### Points to consider before taking the court for all juniors:

- age/skill of kids
- school/parent support- behavioral issues, expectation document
- number and length of practices
- goal for the season- fun,development, win, compete, combination
- skill development is crucial at this age

### Keys to a successful practice:

- organized/structured- have a practice plan
- Goals for the session- e.g improve on passing around D because in the games we struggled with that.
- Why are you doing the drills? Are the drills actually helpful?
- Drills should be repetitious and progressive- touch the ball often as possible
- FUN - kids need to enjoy themselves

### KEY POINT- give good,clear,loud instructions

1. Don't start giving instructions until you have everyone's attention. Use a catch phrase to get attention. E.g "Freeze and squeeze", "1,2,3,eyes on me", 2 blows of the whistle means freeze.
2. Always have a start and end point; "when I say go", "stop when you have made 10"
3. Layer instructions one or two at a time; "When I say go, grab a partner and sprint to the baseline.....on my whistle one person in your pair run and get a ball and don't dribble it."
4. KEEP IT SIMPLE

### What should kids age 5-9 years old be working on?

Here is a breakdown of areas to focus on and general length of time to spend on them:

- \*Fun chat and establishing goals for the session 5%
- \*Warm up 5%
- dynamic movements(running,hopping,skipping,zig zags,backpedals)
- \*Skill work 70%
- passing
- shooting
- ballhandling
- footwork- jump stops, defensive slides, pivots,
- defensive movement (stay between your player and hoop, see your player and the ball)
- \*Team concepts 10 %
- offensive movement, rebound/outlet, pass and cut, how to inbound the ball,
- \*Competition 10%
- 1v1,2v2,small sided games
- A few minutes at the end to review goals and focus points

### What should kids age 10-13 years old be working on?

Kids in this age bracket should also be following the plan above with a slight adjustment to increasing team and competition and slightly decreasing individual skill work as seen below:

- \*Skill work 50%
- \*Team Concepts 25%- offensive spacing, passing and cutting, defensive awareness, boxing out, fast break and lane running, penetrate and kick
- \*Competition 15%-1v1, small sided games 2v2 and 3v3,4v4
- A few minutes at the end to review goals and focus points

### Game Coaching for juniors

- Keep it simple
- Give feedback when players come off the court
- Have 1 offensive and 1 defensive focus point
- Have clarity with players of what you expect from them and what they can expect from you
- Be supportive and positive, this is not the olympics!

### What should kids looking to play in high school be working on?

- being coachable and willing to play and train hard
- ability to dribble and layup with right and left hand
- consistent shooting form
- watching basketball
- communication

Please feel free to contact our community coach Lori McDaniel for any further coaching information at [lori@canterburybasketball.co.nz](mailto:lori@canterburybasketball.co.nz)

Here are some links to some fantastic coaching resources:

<http://jr.nba.com/> They have premade practice plans for all age groups and abilities

<http://www.basketballforcoaches.com/basketball-drills-and-games-for-kids/>

<http://www.basketballforcoaches.com/basketball-practice-plan/>