
Coaching Basketball FOR DUMMIES®

by National Alliance For Youth Sports
with Greg Bach



Wiley Publishing, Inc.

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About the Author

Greg Bach is the communications director for the National Alliance For Youth Sports (NAYS), a position he has held since 1993. Before joining NAYS, he worked as the sports editor of the *Huron Daily Tribune* in Bad Axe, Michigan, where he captured numerous writing awards from the Associated Press, Michigan Press Association, and the Hearst Corporation. He has a journalism degree from Michigan State University, which he earned in 1989. He's an avid sports fan — particularly of his beloved Spartan basketball team — and has coached a variety of youth sports. He's also the author of *Coaching Soccer For Dummies*, *Coaching Football For Dummies*, and *Coaching Baseball For Dummies*.

The National Alliance For Youth Sports has been America's leading advocate for positive and safe sports for children for the past 25 years. It serves volunteer coaches, parents with children involved in organized sports, game officials, youth sports administrators, league directors, and the youngsters who participate in organized sports. The Alliance's programs are utilized in more than 3,000 communities nationwide by parks and recreation departments, Boys & Girls Clubs, Police Athletic Leagues, YMCAs/YWCAs, and various independent youth service groups, as well as on military installations worldwide. For more information on the Alliance's programs, which appear in the following list, visit www.nays.org.

National Youth Sports Coaches Association — More than 2 million volunteer coaches have been trained through NYSCA, which provides training, support, and continuing education.

Parents Association for Youth Sports — Parents gain a clear understanding of their roles and responsibilities in youth sports through this sportsmanship training program, which is utilized in more than 500 communities nationwide.

Academy for Youth Sports Administrators — More than 2,000 administrators worldwide have gone through the Academy, which is a 20-hour certification program that raises the professionalism of those delivering youth sport services. A professional faculty presents the information, and participants earn Continuing Education Units (CEUs).

National Youth Sports Administrators Association — This program provides training, information, and resources for volunteer administrators responsible for the planning and implementation of out-of-school sports programs.

National Youth Sports Officials Association — Officials who go through this certification program gain valuable knowledge on skills, fundamentals, and the characteristics that every good official must possess.

Start Smart Sports Development Program — This proven instructional program prepares children for the world of organized sports (without the threat of competition or the fear of getting hurt) through an innovative approach that promotes parent-child bonding.

Hook A Kid On Golf — Thousands of children of all ages and skill levels tee it up every year in the nation's most comprehensive junior golf development program, which features an array of instructional clinics and tournaments.

Game On! Youth Sports — This worldwide effort introduces children to actual game experience by giving them the freedom to create and play on their own.

Dedication

From the National Alliance For Youth Sports: This book is dedicated to all the volunteer basketball coaches who devote countless hours of their free time to work with children and ensure that they have positive, safe, and rewarding experiences. We applaud your efforts and commend you for making a difference in the lives of youngsters everywhere.

From Greg Bach: This one's for Sandra, with all my love, for all the special times we've shared.

Author's Acknowledgments

A successful youth basketball program doesn't just happen. It takes a real commitment not only from dedicated volunteer coaches, but also from parents who understand their roles and responsibilities and league directors and administrators who know what it takes to ensure that all children who step on the basketball courts in their communities have safe, fun, and rewarding experiences. Basketball plays an important role in the lives of millions of children and provides them with the opportunity to learn the skills of the game and the chance to develop both emotionally and physically as individuals. The National Alliance For Youth Sports extends a heartfelt thank-you to every person who makes a positive difference through basketball in the life of a child.

This book is the result of a lot of hours of hard work from a lot of talented people at Wiley. Thanks to Stacy Kennedy, the acquisitions editor, whose efforts behind the scenes in working with the National Alliance For Youth Sports have resulted in this being the fourth book in a series for youth coaches, with more to come; to Chad Sievers, the project editor, and Josh Dials, the copy editor, whose insight on the sport, eye for detail, and never-ending reservoir of great ideas made a tremendous difference in every chapter of this book; to the wonderful illustrations put together by Rashell Smith and Jake Mansfield to supplement many of the techniques covered; and to Curt Bell, varsity girls' basketball coach in New Castle, Indiana, who was a terrific asset with all of his in-depth knowledge about every aspect of the game.

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Introduction

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Welcome to *Coaching Basketball For Dummies*, a book dedicated to helping all the volunteer coaches everywhere enrich the lives of young men and women and grow the sport of basketball. These people — and hopefully you — dedicate their valuable time and energy in order to teach and encourage children in this sport. Youth basketball is enormously popular, as millions of children annually flock to facilities throughout the United States and Canada to loft jump shots, grab rebounds, and run up and down courts. The game features so many qualities — from the thrill of having a shot drop through the net to the pure enjoyment of dribbling a ball — that grab kids' interest.

We hope you find this book informative, entertaining, and — most important of all — useful in your quest to ensure that every child on your team has a fun, safe, and rewarding experience. After all, that's what coaching youth basketball is all about.

About This Book

We wrote this book for many types of youth volunteer coaches. For first-time coaches looking for some guidance before they step on the court to conduct practices and oversee games. For coaches who've been on the sidelines for a season or two and want to gain some more insight on specific areas of the game. For coaches looking to transition from working with younger kids to coaching older, more advanced kids. For veterans of the postseason pizza parties who have spent countless hours at the local basketball courts. And even for coaches who want to manage all star or travel teams.

No matter your situation, it's perfectly understandable if you're somewhat nervous about what you've gotten yourself into. Don't reach for the antacid tablets, though. You can take comfort in knowing that this book will be at your side as you prepare for the season. It will be your handy companion as you guide the kids to a fun-filled season. And it will be there when your season ends and you prepare to coach another team next season!

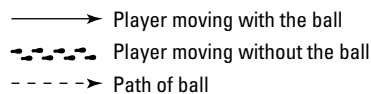
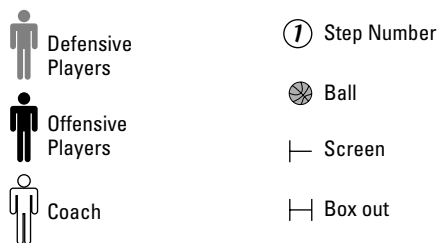
Each chapter is packed with useful and straightforward info. The more chapters you read, the more knowledgeable you'll become about coaching this great game. The smiles on the kids' faces — and all the learning and skill development that will take place — will be a nice payoff. We cover everything from drills you can use to raise your players' skills to details on different offensive and defensive strategies you can employ, among many other topics.

Conventions Used in This Book

To help you navigate this book, we use the following conventions:

- ✓ *Italics* emphasize certain words and highlight new words and terms that we define in the text.
- ✓ **Boldface** text indicates keywords in bulleted lists or the action parts of numbered steps.
- ✓ `Monofont` sets apart Web addresses. If you find that a specific address in this book has changed (and they seem to evolve all the time), try scaling it back by going to the main site — the part of the address that ends in .com, .org, or .edu.

We also pack this book full of diagrams of practice drills that you can work on with your team. The following chart is the key to understanding all the squiggly lines, arrows, and dashes in these diagrams:



What You're Not to Read

Hey, if we were in your position, we'd read this book from cover to cover. That's how good — and informative — we think it is. If you're short on time, though, we'll let you in on a little secret: You don't have to read every single word, because this is a reference book.

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