

---

# *Coaching Basketball* FOR DUMMIES®

**by National Alliance For Youth Sports**  
with Greg Bach



Wiley Publishing, Inc.



---

# *Coaching Basketball* FOR DUMMIES®

**by National Alliance For Youth Sports**  
with Greg Bach



Wiley Publishing, Inc.

## Coaching Basketball For Dummies®

Published by  
**Wiley Publishing, Inc.**  
111 River St.  
Hoboken, NJ 07030-5774  
[www.wiley.com](http://www.wiley.com)

Copyright © 2007 by Wiley Publishing, Inc., Indianapolis, Indiana

Published by Wiley Publishing, Inc., Indianapolis, Indiana  
Published simultaneously in Canada

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Sections 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the Publisher, or authorization through payment of the appropriate per-copy fee to the Copyright Clearance Center, 222 Rosewood Drive, Danvers, MA 01923, 978-750-8400, fax 978-646-8600. Requests to the Publisher for permission should be addressed to the Legal Department, Wiley Publishing, Inc., 10475 Crosspoint Blvd., Indianapolis, IN 46256, 317-572-3447, fax 317-572-4355, or online at <http://www.wiley.com/go/permissions>.

Trademarks: Wiley, the Wiley Publishing logo, For Dummies, the Dummies Man logo, A Reference for the Rest of Us!, The Dummies Way, Dummies Daily, The Fun and Easy Way, Dummies.com and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc. and/or its affiliates in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. Wiley Publishing, Inc., is not associated with any product or vendor mentioned in this book.

**LIMIT OF LIABILITY/DISCLAIMER OF WARRANTY: THE PUBLISHER AND THE AUTHOR MAKE NO REPRESENTATIONS OR WARRANTIES WITH RESPECT TO THE ACCURACY OR COMPLETENESS OF THE CONTENTS OF THIS WORK AND SPECIFICALLY DISCLAIM ALL WARRANTIES, INCLUDING WITHOUT LIMITATION WARRANTIES OF FITNESS FOR A PARTICULAR PURPOSE. NO WARRANTY MAY BE CREATED OR EXTENDED BY SALES OR PROMOTIONAL MATERIALS. THE ADVICE AND STRATEGIES CONTAINED HEREIN MAY NOT BE SUITABLE FOR EVERY SITUATION. THIS WORK IS SOLD WITH THE UNDERSTANDING THAT THE PUBLISHER IS NOT ENGAGED IN RENDERING LEGAL, ACCOUNTING, OR OTHER PROFESSIONAL SERVICES. IF PROFESSIONAL ASSISTANCE IS REQUIRED, THE SERVICES OF A COMPETENT PROFESSIONAL PERSON SHOULD BE SOUGHT. NEITHER THE PUBLISHER NOR THE AUTHOR SHALL BE LIABLE FOR DAMAGES ARISING HEREFROM. THE FACT THAT AN ORGANIZATION OR WEBSITE IS REFERRED TO IN THIS WORK AS A CITATION AND/OR A POTENTIAL SOURCE OF FURTHER INFORMATION DOES NOT MEAN THAT THE AUTHOR OR THE PUBLISHER ENDORSES THE INFORMATION THE ORGANIZATION OR WEBSITE MAY PROVIDE OR RECOMMENDATIONS IT MAY MAKE. FURTHER, READERS SHOULD BE AWARE THAT INTERNET WEBSITES LISTED IN THIS WORK MAY HAVE CHANGED OR DISAPPEARED BETWEEN WHEN THIS WORK WAS WRITTEN AND WHEN IT IS READ. SOME OF THE EXERCISES AND DIETARY SUGGESTIONS CONTAINED IN THIS WORK MAY NOT BE APPROPRIATE FOR ALL INDIVIDUALS, AND READERS SHOULD CONSULT WITH A PHYSICIAN BEFORE COMMENCING ANY EXERCISE OR DIETARY PROGRAM.**

For general information on our other products and services, please contact our Customer Care Department within the U.S. at 800-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

For technical support, please visit [www.wiley.com/techsupport](http://www.wiley.com/techsupport).

Wiley also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books.

Library of Congress Catalog Number: 2007935018

ISBN: 978-0-470-14976-8

Manufactured in the United States of America

10 9 8 7 6 5 4 3 2 1



---

## 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](http://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.

---

## **Publisher's Acknowledgments**

We're proud of this book; please send us your comments through our Dummies online registration form located at [www.dummies.com/register/](http://www.dummies.com/register/).

Some of the people who helped bring this book to market include the following:

### ***Acquisitions, Editorial, and Media Development***

**Project Editor:** Chad R. Sievers

**Acquisitions Editor:** Stacy Kennedy

**Copy Editor:** Josh Dials

**Technical Editor:** Curt Bell

**Editorial Manager:** Michelle Hacker

**Editorial Assistants:** Erin Calligan Mooney, Joe Niesen, Leann Harney

**Cover Photos:** © Tom and Dee Ann McCarthy/  
CORBIS

**Cartoons:** Rich Tennant  
([www.the5thwave.com](http://www.the5thwave.com))

### ***Composition Services***

**Project Coordinator:** Adrienne Martinez

**Layout and Graphics:** Shane Johnson,  
Stephanie D. Jumper, Jake Mansfield,  
Rashell Smith, Alicia B. South, Ronald Terry

**Anniversary Logo Design:** Richard Pacifico

**Proofreaders:** John Greenough,  
Sossity R. Smith

**Indexer:** Glassman Indexing Services

**Special Help:** Pam Ruble

---

### ***Publishing and Editorial for Consumer Dummies***

**Diane Graves Steele**, Vice President and Publisher, Consumer Dummies

**Joyce Pepple**, Acquisitions Director, Consumer Dummies

**Kristin A. Cocks**, Product Development Director, Consumer Dummies

**Michael Spring**, Vice President and Publisher, Travel

**Kelly Regan**, Editorial Director, Travel

### ***Publishing for Technology Dummies***

**Andy Cummings**, Vice President and Publisher, Dummies Technology/General User

### ***Composition Services***

**Gerry Fahey**, Vice President of Production Services

**Debbie Stailey**, Director of Composition Services



---

# Contents at a Glance

.....

<b><i>Introduction</i></b> .....	<b>1</b>
<b><i>Part I: Getting Started Coaching Youth Basketball</i></b> .....	<b>7</b>
Chapter 1: Teaching Basketball to Children .....	9
Chapter 2: Preparing for a Successful Season .....	17
Chapter 3: Covering the Basketball Basics .....	31
Chapter 4: Getting to Know the Parents .....	51
<b><i>Part II: Building Your Basketball Coaching Skills</i></b> .....	<b>67</b>
Chapter 5: Evaluating Your Team .....	69
Chapter 6: Running a Great Practice.....	85
Chapter 7: Game Day .....	103
Chapter 8: Refining Your Coaching Strategies .....	121
<b><i>Part III: Working with Beginning and Intermediate Players</i></b> .....	<b>131</b>
Chapter 9: Teaching the Offensive Fundamentals.....	133
Chapter 10: Teaching the Defensive Fundamentals .....	155
Chapter 11: Fundamental Drills for Beginners.....	177
Chapter 12: Coaching Offense 101 .....	195
Chapter 13: Coaching Defense 101 .....	213
Chapter 14: Taking Your Drills to the Next Level .....	231
<b><i>Part IV: Moving On to Advanced Basketball Strategies</i></b> ...	<b>247</b>
Chapter 15: Coaching Offense 201 .....	249
Chapter 16: Coaching Defense 201 .....	265
Chapter 17: Zoning In on Advanced Drills.....	281
<b><i>Part V: Shooting for the Extra Points</i></b> .....	<b>291</b>
Chapter 18: Keeping Your Kids Healthy and Injury Free .....	293
Chapter 19: Challenges Every Coach Faces .....	311
Chapter 20: Coaching a Travel Team .....	327
<b><i>Part VI: The Part of Tens</i></b> .....	<b>337</b>
Chapter 21; Ten (Or So) Things to Say to Your Team before the Game .....	339
Chapter 22: Ten Ways to Stay Realistic When Coaching Children .....	343
<b><i>Index</i></b> .....	<b>347</b>



---

# Drills at a Glance

.....

## ***Offensive Drills***

Bounce passes on the run .....	286
Breaking the trap.....	241
Bull in the ring .....	235
Drive and pop .....	236
Dueling dribblers.....	233
Finding and feeding the post .....	238
Free-throw frenzy .....	183
Half-court weave .....	282
Hand in the face.....	236
Knockout .....	232
Lay-up mania .....	182
No dribbling.....	245
Obstacle course.....	178

## ***Defensive Drills***

Challenging the inbounds pass ....	186
Deny the dribbler .....	185
Denying the dish .....	185
Knock 'em down .....	287
Lateral slides .....	184

## ***Rebounding Drills***

Box and grab .....	190
One-on-one box out.....	191
Rebound and outlet pass .....	193

## ***Miscellaneous Drills***

3 on 3 .....	245
Chasing loose balls .....	239

Over-the-top drill.....	281
Partner bounce .....	180
Pillow pushes.....	285
Pressure passes.....	234
Relay race.....	179
Receiving and running .....	244
Reverse scoring.....	245
Running the fast break .....	242
Screening and switching .....	240
Soft hands .....	181
Spot shots .....	182
Target chest passes .....	180

Monitoring the motion .....	188
Name the shooter .....	245
Nondominant hand .....	245
Slide and stop .....	187

Rebounding relays .....	243
Three-on-three box out.....	191
Tips and taps .....	284

Coach-player challenges .....	246
Elimination games.....	246



---

# Table of Contents

.....  
**Introduction** ..... 1

**Part 1: Getting Started Coaching Youth Basketball** ..... 7

**Chapter 1: Teaching Basketball to Children** ..... 9

    Before You Grab the Clipboard: Preparing for Your Season ..... 10  
        Gaining mom and dad's support ..... 10  
        Getting a handle on the rules and terms ..... 11  
    Hitting the Court ..... 12  
        Mapping out your practices ..... 12  
        Focusing on fundamentals first ..... 13  
        Surviving game day ..... 14  
    Juggling Your Parenting and Coaching Responsibilities ..... 14  
        Making the decision and navigating the season  
            from the sidelines ..... 15  
        Sidestepping problems with your child ..... 16

**Chapter 2: Preparing for a Successful Season** ..... 17

    Crafting Your Coaching Philosophy ..... 17  
        Setting your philosophy: Where to start ..... 18  
        Gearing your philosophy to a specific age group ..... 18  
        Promoting teamwork ..... 20  
        Motivating players ..... 21  
        Opening the lines of communication ..... 22  
        Making every kid count ..... 22  
        Emphasizing fun and skill development ..... 23  
        Modeling good sportsmanship ..... 24  
    Understanding the Rules and Purpose of Your League ..... 25  
        What are my league's rules? ..... 26  
        Do we play makeup games? ..... 26  
        What are the scheduling policies for practice time? ..... 27  
        Is the league for fun or first place? ..... 27  
    Covering Equipment Responsibilities ..... 29  
        What the league is responsible for ..... 29  
        What the child is responsible for ..... 30

**Chapter 3: Covering the Basketball Basics** ..... 31

    Measuring the Court ..... 31  
        The markings of a true basketball court ..... 32  
        Sweeping the court's dimensions ..... 34

Grasping the Rules of the Game .....	34
The basics of how to play basketball .....	35
Digesting the important terms .....	35
Identifying common fouls .....	40
Knowing the referee's responsibilities and common hand signals ..	41
Considering special league rules .....	43
Preparing Your Kids to Step on the Court .....	45
Reviewing responsibilities of the positions .....	46
Specific skills required to play .....	47

#### **Chapter 4: Getting to Know the Parents . . . . . 51**

Setting the Tone with Mom and Dad .....	52
More John Wooden than Plato: Explaining Your Coaching Philosophy ..	54
Relaying your stance on wins and losses .....	54
Emphasizing good sportsmanship .....	55
Stressing the importance of model behavior in the stands .....	56
Determining playing time and positions .....	57
Putting Together the Paperwork .....	59
Doing your duty with league paperwork .....	59
Distributing info with personal packets .....	60
Assembling Your Assisting Posse .....	61
Recruiting assistant coaches .....	62
Filling supporting roles .....	63
Meeting Your Players' Special Needs .....	65
Concluding the Meeting with Q & A .....	65

### ***Part II: Building Your Basketball Coaching Skills . . . . . 67***

#### **Chapter 5: Evaluating Your Team . . . . . 69**

Putting Your Players (And Team) Under Your Microscope .....	69
Assessing your players' skills .....	70
IDing the team's strengths and weaknesses .....	72
Give Me Five: Choosing Your Lineup .....	73
Assigning individual positions .....	73
Finding roles so all kids can excel .....	74
From Shy to Showboat: Understanding and Interacting	
with All Kinds of Kids .....	75
The shy child .....	75
The uncoordinated child .....	76
The reluctant child .....	77
The child with a short attention span .....	77
The athletically gifted child .....	78
The uninterested child .....	79
The disruptive child .....	79
The child with special needs .....	80

The bullying child.....	81
The inexperienced child.....	82
The ball hogging child.....	83
The average child.....	84
<b>Chapter 6: Running a Great Practice .....</b>	<b>.85</b>
First Practice: Tipping Off the Season.....	85
Making a good first impression.....	86
Introducing the coaches and players.....	87
Covering the appropriate skills during the first practice.....	88
All the Balls and Whistles: Coming to Practice Prepared.....	88
Bring balls and other necessary tools.....	89
Pack your first-aid kit.....	89
Practice Principles to Live By.....	90
Set the proper tone.....	91
Warm up before you start.....	92
Keep the practice age appropriate.....	92
Determine how long and how often to practice.....	93
Establish a flexible schedule.....	94
Maintain some consistency.....	94
Let the kids help select practice drills.....	95
Include mom and dad in your practices.....	95
Maximizing Your Practice Time.....	97
Building skills.....	97
Helping players who need it.....	98
What to Do if a Kid Just Doesn't Get It.....	98
Mix up practice routines.....	99
Modify your interactions with the child.....	100
Ending Practice on a High Note.....	101
<b>Chapter 7: Game Day .....</b>	<b>.103</b>
Putting the Press on Your Pre-Game Responsibilities.....	103
Arriving early.....	104
Meeting the opposing coaches and officials.....	104
Holding a pre-game team meeting.....	105
Warming up.....	106
Inspiring your team with a pep talk.....	107
Tip-Off! Time to Play.....	108
Motivating your players.....	108
Substituting players.....	110
Using timeouts.....	112
Working with the Refs.....	113
Communicate with respect.....	113
Know the rules before you question a call.....	114
Remind yourself that refs make mistakes.....	114

Halftime: Delivering an Effective Speech and Adjusting Your Strategy.....	115
Addressing kids of all ages.....	115
Making adjustments with experienced teams.....	117
Winning and Losing Gracefully.....	117
How to win with grace.....	118
How to lose with grace.....	119
Wrapping Up with a Post-Game Talk.....	119

## **Chapter 8: Refining Your Coaching Strategies . . . . . 121**

Dealing with Shifting Team Dynamics.....	121
Recognizing team/player improvements.....	122
Revising your early plans.....	123
Conducting a Midseason Review.....	124
Pointing out progress and areas for improvement.....	125
Redefining your team goals.....	125
Adjusting your players' individual goals.....	127
Holding Parent-Coach Conferences.....	128
Determining if Junior is having fun.....	129
Finding a different position for Junior.....	130
Helping Junior conquer his fears.....	130

## ***Part III: Working with Beginning and Intermediate Players . . . . . 131***

### **Chapter 9: Teaching the Offensive Fundamentals . . . . . 133**

Working and Protecting the Ball.....	133
Build on the Basics: Dribbling Skills.....	134
The controlled dribble.....	135
The speed dribble.....	136
Addressing Passing and Catching Skills.....	137
Delivering a chest pass.....	137
Executing a bounce pass.....	138
Making an overhead pass.....	139
Catching a chest pass.....	140
Handling a bounce pass.....	141
Look to Score: Shooting Skills.....	142
Demonstrating the basic shooting position.....	143
Converting a lay-up.....	144
Taking a set shot.....	145
Firing a jump shot.....	146
Sinking free throws.....	148
Take It to the Hole: Driving to the Basket.....	149
Driving (to the hole) with confidence.....	149
Using the crossover drive.....	150



Hitting the Boards: Offensive Rebounding Skills .....	151
Getting in position.....	151
Boxing out .....	153
<b>Chapter 10: Teaching the Defensive Fundamentals .....</b>	<b>155</b>
Emphasizing the Importance of Defense.....	155
Break Down! Teaching the Basic Stances.....	156
Battling with a ball handler .....	157
Defending a drive toward the basket.....	159
Making a shot more difficult .....	160
Obstructing passes .....	162
Guarding post players.....	163
All wood, no plastic: Taking the charge.....	166
Rebounding the Ball after a Missed Shot .....	168
Boxing out opposing players .....	169
Boxing out on free throws .....	171
Protecting the ball after a rebound .....	172
Teaching On-Court Thievery: Steals.....	174
<b>Chapter 11: Fundamental Drills for Beginners .....</b>	<b>177</b>
Incorporating Offensive Drills to Bolster Scoring Chances .....	177
Becoming dribbling demons .....	178
Practicing proficient passing .....	180
Putting the ball in the basket.....	182
Becoming Shut-Down Defenders with Defensive Drills .....	184
Defending dribblers .....	184
Guarding passers.....	185
Suffocating shooters .....	187
Introducing Effective Rebounding Drills .....	189
Free-throw positioning.....	189
Box and grab.....	190
One-on-one box out.....	191
Three-on-three box out.....	191
Rebound and outlet pass.....	193
<b>Chapter 12: Coaching Offense 101 .....</b>	<b>195</b>
Upgrading Your Players' Offensive Skills .....	195
Deadly dribbling techniques.....	196
Potent passing outlets .....	197
Sharp shooting options .....	200
Forming a Cohesive Unit with Basic Offensive Team Plays.....	204
Moving without the ball.....	204
Setting screens.....	206
Picking and rolling.....	207
Giving and going.....	208
Inbounding the ball.....	209

<b>Chapter 13: Coaching Defense 101</b> .....	<b>213</b>
Identifying the Types of Defenses .....	213
Man-to-man defense: Stick to him like glue.....	214
Zone defense: Protect your area .....	216
Combining zone and man-to-man defenses .....	221
Teaching Good Team Defense .....	223
Oozing effort on the defensive end .....	223
Communicating with teammates.....	225
Dealing with screens .....	225
Guarding on and off the ball .....	226
Diving for loose balls .....	227
Deflecting passes.....	227
Swatting shots.....	228
Double teaming.....	228
Taking charges .....	229
Defending cutters .....	229
<b>Chapter 14: Taking Your Drills to the Next Level</b> .....	<b>231</b>
Working on Individual Drills .....	231
Dribbling drills .....	232
Passing drills .....	234
Shooting drills .....	235
Peppering the Court with Team Drills .....	238
Finding and feeding the post .....	238
Chasing loose balls.....	239
Screening and switching.....	240
Breaking the trap.....	241
Running the fast break.....	242
Rebounding relays.....	243
Receiving and running.....	244
Implementing Innovative Scrimmages .....	245
 <b>Part IV: Moving On to Advanced Basketball Strategies</b> .....	 <b>247</b>
<b>Chapter 15: Coaching Offense 201</b> .....	<b>249</b>
Communicating Plays during the Game.....	249
Changing Your Offensive Approach.....	250
The single low-post offense.....	250
The single high-post offense .....	252
The double-post offense .....	253
Scoring off the fast break.....	254
Attacking Opposing Defenses.....	255
Busting man-to-man defenses .....	256
Finding holes in zone defenses .....	256
Breaking full-court pressure.....	259

Breaking half-court pressure.....	261
Dealing with double teams.....	261
Adding Flair and Fanciness with Fakes .....	262
Faking jump shots .....	262
Faking passes .....	262
<b>Chapter 16: Coaching Defense 201 .....</b>	<b>265</b>
Positioning Your Players for the Main Zone Defenses .....	265
2-3 zone defense .....	266
1-2-2 zone defense .....	268
2-1-2 zone defense .....	271
Applying Pressure with Your Whole Defensive Arsenal.....	273
Suffocating with full-court pressure.....	273
Trapping at halfcourt.....	275
Hoarding the inbounds pass.....	277
Defending Fast Breaks .....	278
Going against the 2-on-1 .....	278
Surviving against the 3-on-1 .....	279
Facing the 3-on-2.....	279
<b>Chapter 17: Zoning In on Advanced Drills .....</b>	<b>281</b>
Upgrading Offensive and Defensive Drills .....	281
Passing: The over-the-top drill .....	281
Ball handling: The half-court weave .....	282
Rebounding: Tips and taps .....	284
Shooting: Pillow pushes .....	285
Fast breaks: Bounce passes on the run .....	286
Taking charges: Knock 'em down.....	287
Managing the Game Clock.....	288
Working the clock with a lead.....	288
Defending with the lead.....	289
Racing against time when trailing .....	289
Fouling late in games .....	290
<b><i>Part V: Shooting for the Extra Points.....</i></b>	<b>291</b>
<b>Chapter 18: Keeping Your Kids Healthy and Injury Free .....</b>	<b>293</b>
Hoop Fuel: Eating Healthful .....	293
What to eat pre-game.....	294
What to eat post-game.....	295
How to keep your players hydrated .....	296
Taking Steps to Avoid Basketball Injuries.....	297
Stretching to warm up: What to remember .....	297
Including basic warm-up stretches .....	299
Incorporating more advanced stretches.....	303
Properly cooling down.....	305

Addressing Injuries on the Court .....	306
Treating common basketball injuries .....	306
Handling emergency/first-aid situations .....	309
<b>Chapter 19: Challenges Every Coach Faces .....</b>	<b>311</b>
Dealing with Problematic Parents .....	311
Why-doesn't-he-play-more parents .....	312
Perpetually late parents .....	313
Win-at-all-costs parents .....	314
Babysitting-service parents .....	315
Disruptive parents .....	316
Putting a Muzzle on Problematic Coaches .....	318
Opposing coaches who encourage unsafe play .....	319
Opposing coaches who are poor sports .....	319
Handling your dissenting assistants .....	320
Taking Care of Discipline Problems on Your Team .....	321
Disciplining players: Some general advice .....	322
Employing the three-strike technique .....	324
Snuffing Out Problematic Spectators .....	326
<b>Chapter 20: Coaching a Travel Team .....</b>	<b>327</b>
Defining a Travel Team .....	327
What age groups are travel teams appropriate for? .....	328
How much travel is typically involved? .....	328
Assembling Your Travel Team .....	329
Holding a tryout (not a beauty pageant) .....	329
Selecting the most fitting players .....	332
Breaking the good and bad news .....	333
Hitting the Road .....	334
Addressing safety issues off the court .....	334
Handling other off-court issues .....	334
Choosing destinations .....	335
Surviving the Travel Team Season .....	335
Avoiding burnout .....	335
Keeping everyone involved .....	336
 <b>Part VI: The Part of Tens .....</b>	 <b>337</b>
<b>Chapter 21: Ten (Or So) Things to Say to Your Team before the Game .....</b>	<b>339</b>
Being Nervous Is a Good Thing .....	339
Win or Lose, I Support You All the Same .....	340
Mistakes Are Okay .....	340

Be a Supportive Teammate .....340  
Be a Good Sport .....341  
During One of My Games, I . . . .....341  
Talk about Your Pals on the Other Team .....341  
I'm Excited to Watch You in Action.....342  
Tell Me What You're Looking Forward To.....342

**Chapter 22: Ten Ways to Stay Realistic When Coaching Children . . .343**

Step Back in Time.....343  
Focus on Fun instead of Wins .....344  
Put Yourself in Their Small Shoes .....344  
Keep the Goals Reasonable .....344  
Ditch the “Star Builder” Mindset.....344  
Don't Arrive with Preconceived Ideas .....345  
Poll Your Players .....345  
Don't Copy What You See on Television .....345  
Understand Your Motivations .....346  
Realize Kids Begin at Different Levels .....346

*Index*.....347



---

# Introduction

.....

**W**elcome 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!

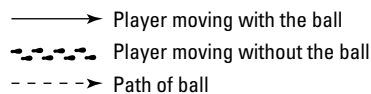
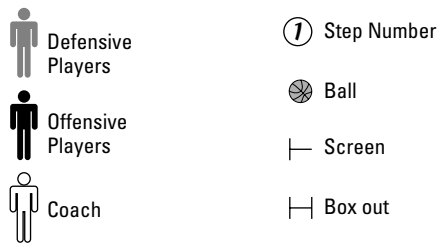
Each chapter is packed with useful and straightforward info. The more chapters you read, the more knowledgeable you'll become about coaching this great game. The smiles on the kids' faces — and all the learning and skill development that will take place — will be a nice payoff. We cover everything from 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.



---

## sample content of Coaching Basketball For Dummies

- [read \*The Dissertation Journey: A Practical and Comprehensive Guide to Planning, Writing, and Defending Your Dissertation\* \(2nd Edition\) pdf, azw \(kindle\), epub](#)
- [read \*Don't Sing at the Table: Life Lessons from My Grandmothers\* pdf, azw \(kindle\), epub](#)
- [Mastering jQuery Mobile for free](#)
- [Copp in Shock \(Joe Copp, Book 6\) pdf, azw \(kindle\), epub, doc, mobi](#)
- [CBT Techmanual \(Classic Battletech\) for free](#)
- [Print Is Dead: Books in our Digital Age pdf](#)
  
- <http://jaythebody.com/freebooks/No-Shame-in-My-Game--The-Working-Poor-in-the-Inner-City.pdf>
- <http://academialanguagebar.com/?ebooks/SQL-For-Dummies.pdf>
- <http://test.markblaustein.com/library/Mastering-jQuery-Mobile.pdf>
- <http://rodrigocaporal.com/library/Copp-in-Shock--Joe-Copp--Book-6-.pdf>
- <http://transtrade.cz/?ebooks/Echo-Round-His-Bones.pdf>
- <http://nexson.arzamaszev.com/library/Either-Or--Part-II--Kierkegaard-s-Writings--Volume-4-.pdf>