
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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Contents at a Glance

.....

<i>Introduction</i>	1
<i>Part I: Getting Started Coaching Youth Basketball</i>	7
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
<i>Part II: Building Your Basketball Coaching Skills</i>	67
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
<i>Part III: Working with Beginning and Intermediate Players</i>	131
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
<i>Part IV: Moving On to Advanced Basketball Strategies</i> ...	247
Chapter 15: Coaching Offense 201	249
Chapter 16: Coaching Defense 201	265
Chapter 17: Zoning In on Advanced Drills.....	281
<i>Part V: Shooting for the Extra Points</i>	291
Chapter 18: Keeping Your Kids Healthy and Injury Free	293
Chapter 19: Challenges Every Coach Faces	311
Chapter 20: Coaching a Travel Team	327
<i>Part VI: The Part of Tens</i>	337
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
<i>Index</i>	347

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
Identifying 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
Chapter 6: Running a Great Practice85
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
Chapter 7: Game Day103
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
Chapter 10: Teaching the Defensive Fundamentals	155
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
Chapter 11: Fundamental Drills for Beginners	177
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
Chapter 12: Coaching Offense 101	195
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

Chapter 13: Coaching Defense 101	213
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
Chapter 14: Taking Your Drills to the Next Level	231
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
 Part IV: Moving On to Advanced Basketball Strategies	 247
Chapter 15: Coaching Offense 201	249
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
Chapter 16: Coaching Defense 201	265
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
Chapter 17: Zoning In on Advanced Drills	281
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
<i>Part V: Shooting for the Extra Points.....</i>	291
Chapter 18: Keeping Your Kids Healthy and Injury Free	293
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 Court306
 Treating common basketball injuries306
 Handling emergency/first-aid situations309

Chapter 19: Challenges Every Coach Faces311

Dealing with Problematic Parents311
 Why-doesn't-he-play-more parents312
 Perpetually late parents313
 Win-at-all-costs parents314
 Babysitting-service parents315
 Disruptive parents316
Putting a Muzzle on Problematic Coaches318
 Opposing coaches who encourage unsafe play319
 Opposing coaches who are poor sports319
 Handling your dissenting assistants320
Taking Care of Discipline Problems on Your Team321
 Disciplining players: Some general advice322
 Employing the three-strike technique324
Snuffing Out Problematic Spectators326

Chapter 20: Coaching a Travel Team327

Defining a Travel Team327
 What age groups are travel teams appropriate for?328
 How much travel is typically involved?328
Assembling Your Travel Team329
 Holding a tryout (not a beauty pageant)329
 Selecting the most fitting players332
 Breaking the good and bad news333
Hitting the Road334
 Addressing safety issues off the court334
 Handling other off-court issues334
 Choosing destinations335
Surviving the Travel Team Season335
 Avoiding burnout335
 Keeping everyone involved336

Part VI: The Part of Tens337

**Chapter 21: Ten (Or So) Things to Say to Your Team
before the Game339**

Being Nervous Is a Good Thing339
Win or Lose, I Support You All the Same340
Mistakes Are Okay340

Be a Supportive Teammate340
Be a Good Sport341
During One of My Games, I341
Talk about Your Pals on the Other Team341
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 Wins344
Put Yourself in Their Small Shoes344
Keep the Goals Reasonable344
Ditch the "Star Builder" Mindset.....344
Don't Arrive with Preconceived Ideas345
Poll Your Players345
Don't Copy What You See on Television345
Understand Your Motivations346
Realize Kids Begin at Different Levels346

Index.....347

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!

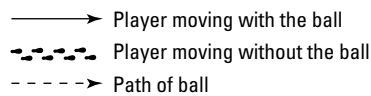
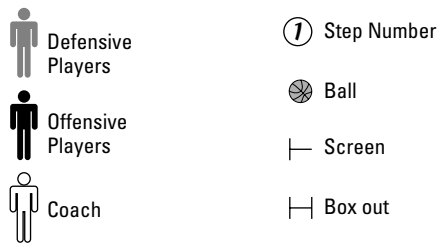
Each chapter is packed with useful and straightforward info. The more chapters you read, the more knowledgeable you'll become about coaching this great game. The smiles on the kids' faces — and all the learning and skill development that will take place — will be a nice payoff. We cover everything from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