

Westside Family YMCA

Rules and Guidelines Practice Outline Book

3 / 4 Year-old Basketball League



YMCA

We build strong kids,
strong families, strong communities.

Westside Family YMCA

Youth Sports Leagues

Coach's Information

The most important rule in YMCA Basketball is to have FUN! Our rules are designed to teach the basic fundamentals of basketball like dribbling, passing, shooting and rebounding. YMCA leagues do NOT keep score, stats or season standings. We encourage our coaches to focus on good sportsmanship and the importance of being a team player. Everyone plays, Everyone wins!

YMCA Core Values

The YMCA proudly integrates the following five Core Values into all of our programs: Love, Honesty, Respect, Responsibility and Service. These Core Values are what sets the YMCA leagues apart from all the other leagues offered in our community. We expect our coaches, participants and families to embrace these values and encourage good sportsmanship.

Use of School Facilities

The Westside Family YMCA uses elementary school gyms in the Beaverton Public School District for our Youth Basketball Leagues. **Use of these facilities is contingent upon good conduct and cooperation by our basketball teams.** The following regulations are a composite of the standards we must follow in order to ensure a successful season as well as a positive future:

1. **There must be adult supervision at all times.** Coaches are responsible for supervising the activity of their players. Children should be dropped off on time, not early, and they should be picked up on time. Do not leave a child alone if no one has come to pick them up. The YMCA Child Abuse Prevention standards specify that a YMCA volunteer coach should never be alone one-on-one with a player (of either sex) ~ there should always be two adults waiting with a child. By no means should you ever drive one of your players home if it's only the two of you in the car.
2. **Coaches must insure that athletes remain in the gym.** Children will not be permitted, under any circumstances, to wander around, run or dribble through hallways, bathrooms, corridors and/ or classrooms.
3. There will be a **Gym Monitor** at each school whenever YMCA teams are present. The Gym Monitors are YMCA employees and should be treated with respect. The Gym Monitors will be stationed in a visible location, either right outside the gym or right inside the gym. It is their job to ensure the schools and people are safe. Gym Monitors are NOT responsible for the behavior of the players or their siblings; they are not babysitters. Please listen to them when they ask you to remember a rule; it's their job!
4. **First Aid kits** will be carried by the Gym Monitors for the entire season. The kits will be stocked with band-aids, ice, gauze, and rubber gloves.

5. **Facilities will be left in the same or better condition than which they were found before the activity.** Please clean up spills, replace equipment, etc. Last game of day, please help pick up chairs and take down basket adapters. No running or bouncing balls outside the gym area.
6. **Any damage to the facility must be reported to the YMCA office immediately.** Coaches may leave a voice mail message at 503-644-3900. Please leave a detailed message as to when the damage occurred. (i.e. before your practice, on what day, time, what you saw occur, etc.)
7. All participants must wear laced-up gym shoes. Make sure that black-soled shoes are non-marking.
8. **No food or drink is allowed inside the school building. This includes coffee and water bottles!!** (Baby bottles are ok). Players may line their water bottles outside the gym door for easy access. After-game snacks are to be served outside the gym.
9. **Use of any type of alcoholic beverages or smoking is prohibited on school grounds. This includes parking lots, play grounds and fields.**
10. Please **park in designated parking areas.** Parking in the yellow painted fire-lane may result in a ticket.
11. If the fire alarm goes off, the coaches will stop practice or the game and exit to the parking lot. The practice or game will not resume until the Fire Marshall has arrived and given approval. Individuals remaining in the gym will be fined \$1,000 each.
12. **Remember, games are for fun! No official scores, stats or standings!**

THANK YOU FOR YOUR COOPERATION!

***Did you know that the YMCA
invented the game of basketball in 1891?***



YMCA
We build strong kids,
strong families, strong communities.

Westside Family YMCA

3 / 4 Year-old League Rules and Guidelines

Equipment and Uniforms

- ?? Players will be supplied with an official size YMCA basketball (size 3) at the start of the season. Coaches will pick up the balls for their team prior to the first practice (TBA). The basketball balls are for the players to keep.
- ?? Players must wear flat-sole, non-marking, laced-up basketball or tennis shoes.
- ?? Game shirts will be provided for all players and the head coach. This is the official uniform and must be worn during games. Game shirts for the assistant coaches are available for \$6.00. Please no advertising on game shirts.
- ?? Players must not wear anything that is dangerous to another player or themselves (rings, watches, earrings, friendship bracelets, etc.) The coaches will inspect players before the game starts.

Game Rules

- ?? Direction of Play: The team that is listed as the home team on the schedule will start with the ball. They will shoot at the basket they warmed up at throughout the whole game, NO changing ends at halftime.
- ?? Referees: There will not be referees at the 3 / 4 year-old games. Instead, each coach will be out on the floor with their team during the game, directing / encouraging players from both teams.
- ?? Bench Monitor: Each team is required to have a “bench monitor” / assistant coach at each game to assist with subbing and to keep order on the bench.
- ?? Matching up Players: At the start of each game and to begin each quarter, five players from each team line up at half-court and get “matched up” by the coaches according to height. Each team turns around to show their numbers to the other team. Play begins with a jump ball to start the game and an inbound pass to start each quarter.
- ?? Game Time: Each quarter is 5 minutes long. Halftime is also 5 minutes.
- ?? Fair Play: Each child must play at least one half of the game. Coaches may do this as they see fit.
- ?? Violations: Players are allowed to double dribble. Traveling is allowed. However, please encourage the children to use the skills they’re learning. Contact does occur; most of the time it’s accidental so constantly remind the players not to touch anyone.

- ?? Defense: All players must play man-to-man defense. Encourage the children not to steal the ball, but to work on sliding their feet with their hands up. There is NOT backcourt press.
- ?? Offense: Once the point guard crosses the half court line they must pass to one of their teammates. The goal is to activate the offense play and to teach teamwork. Rotate your players so each child has an opportunity to be the point guard and bring the ball up to the half court line. For some kids this is the hi-light of their game!
- ?? Shots: After each shot, take the ball out at the end line regardless of whether the basket has been made or not. This keeps the game in control and allows for the eight other players to run down and set themselves up on offense and defense.
- ?? Turn-over: If a ball goes out of bounds while being dribbled or is passed out of bounds, the team committing the “turnover” still retains possession of the ball. Possession only changes after a player shoots a basket.
- ?? Clock: Designate someone from either team to keep time. A running clock is kept for the game. Each team is scheduled to be in the gym for 1 hour, so please adhere to the schedule so that each team gets their allotted time.
- ?? Celebrate: Don’t forget to do a team cheer after each game! Walk in a single file line and give each player a high-five!

Example of a “practice / game”:

12:00 Practice / warm-up: shooting, dribbling, passing drills, etc. Two teams will be in the gym at the same time. Don’t be late to your own practice! Parents judge the value of their child’s experience and the authenticity of you as a coach by your efforts to run a solid practice each week.

12:30 Game time!

1st 5-minute quarter
 1-minute break
 2nd 5-minute quarter
 3-minute half time
 3rd 5-minute quarter
 1-minute break
 4th 5-minute quarter

Great Game! Have fun with the team cheer and high-fives!

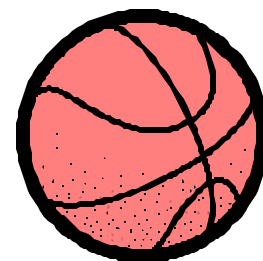
Exit the gym. Snack time in the hallway. Talk about being a good sport. Compliment your players on their efforts, applaud the things you liked about the game. Let each player know one good thing you saw them doing.



IDEA:
I= Introduce
D= Demonstrate
E= Explain
A= Attend to
each player

Westside Family YMCA Basketball League

Day 1 Practice Outline



Develop, and use, a practice agenda each week! A well-organized coach is able to teach more and have more fun than a coach who is stressed out from “trying to think on the spot”. Children need and appreciate structure. Provide it for them.

Children have short attention spans! Watch your players; they will tell you when they’re bored. If they’re “not getting it”, then you need to figure out a new way to teach it!

Do NOT spend your practices scrimmaging! Our players are here to learn, and they won’t learn from running up and down the court. Teach the basics! Teach the skills! Have fun!

I. Introduction

5 mins.

A. Introduce yourself

1. Share with your parents a little bit about yourself. Explain your coaching philosophies. Let them know how you’ll communicate with them (phone or email). Ask a parent to collect phone numbers / email address.
2. Hand out appropriate documents to your parents. Two of the purple forms (‘Medical Authorization Form’ and ‘Parent Pledge of Conduct’) need to be returned to you ASAP for you to hold onto all season.

B. Know your player’s names!

1. It’s a good idea to write their names onto sticky name badges for the first and second practice. Place a name badge on the front and back of each player. YOU write their names so you can read them from afar. Parents will appreciate this, too.

C. Establish a “control system” from day one. This will work wonders on days when there are two teams practicing in the gym on the same day. Raising your voice to compete with bouncing balls isn’t the best option.

1. IE: When my arm goes into the air, your ball stops bouncing
2. IE: When I blow my whistle two times, everyone comes running to me
3. IE: If I shout “freeze”, everyone freezes and the balls stop bouncing

D. Break ice with players. Pick the best way for you.

1. IE: Sit in a circle with your team and ask a question, like “What is your favorite kind of ice cream?” Pass the ball around the circle, and whoever is holding the ball gets to speak.

E. Give quick outline of what you are going to do today.

II. Stretch Out

5 mins.

III. Court Dynamics (show and explain the following)

10 mins.

A. Boundaries and lines

1. IE: Show the following areas by playing follow-the-leader, (coach should be the leader), stopping on each line. For review each week, call out the name of a line and have the kids run over and stand on it. For emphasis, have them do 5 jumping jacks on each line.

Boundaries and lines

- A. Sidelines and Baselines
- B. Half court line
- C. Key
- D. Free Throw Line

IV. OFFENSE

20 mins.

A. KEYS TO A GOOD OFFENSE

1. Talk about everyone needing to “share” (pass) the ball.
2. Stress importance of taking turns shooting and dribbling.

B. Ball handling drill

C. Passing drill

D. Shooting drill. Focus on BEEF.

V. DEFENSE

20 mins.

A. KEYS TO A GOOD DEFENSE

1. Stay between Man and Basket
2. Hands Up
3. Shuffle feet, keep knees bent, stay low

B. Run 2 Defensive drills of your choice

VI. Wrap it up- Whatever time left.

5 mins.

A. Talk about what you learned today

B. Suggest some home practice ideas

C. Encourage, Encourage, Encourage

Remember, you only have 1 hour in the gym. Please finish up practice on time and keep in mind that there will be another team waiting to practice.

Thank you.



YMCA

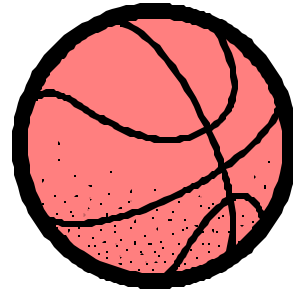
We build strong kids,
strong families, strong communities.

Westside Family YMCA

Basic Offensive Drills for Young Players

IDEA:

- I= Introduce
- D= Demonstrate
- E= Explain
- A= Attend to each player



Dribbling and Ball Handling Drills

1. **Proper Dribbling-** Avoid ball-slapping! The wrist shouldn't be tight and rigid or loose and floppy; some flex is key. The ball is dribbled by pushing down the forearm from the elbow; the down stroke pushing the ball towards the floor and on the up stroke, keeping the forearm parallel to the floor 90 degrees. The ball should not meet the palm, but be dribbled only by the fingers; the thumb and pinkie are extended wide on each side. The ball bounce should always stay below the belly button.
2. **Red Light/ Green Light-** Players start on one baseline and stop and go to your command or whistle. Have experienced players switch dribbling hands on way back. When players stop, have them go to the triple threat position.
3. **Triple Threat Position-** This stance is a key element to the offensive game. Catch the ball low with strong foot a little in front of the other foot. Both feet and shoulders should be squared to the basket. The strong hand's wrist is cocked and ready to fire. From this stance, you can teach your players to **pivot**.
4. **Dribble Tag-** See Diagram and instructions.
5. **Four Corner Dribbling-** See Diagram and instructions
6. **Finger Grabs-** Hold the ball with the fingertips squeezing it while rotating it back and forth from hand to hand. The ball shouldn't touch palms.
7. Younger and less skilled kids can simply **throw ball up and catch it**.
8. **Dribble on a line.** (Younger kids) have kids try dribbling while walking along a line.



YMCA
We build strong kids,
strong families, strong communities.

Passing Drills

1. **Basic-** Divide the team into two facing lines. Players partner up with player facing them. Pass the ball back and forth with chest passes and bounce passes. Focus on technique. The 3 – 4 year-olds like to call the bounce pass “Smash the Spider”.
2. **Circle Passing-** Have players make a circle (use jump ball circle) and have them pass to someone on opposite side as them. First with bounce passes then chest passes. Add a defender to the middle of the circle (age appropriate). Have them say the person’s name they’re passing to.
3. **Triangle Passing Drill**

Shooting Dills

1. **BEEF:**
 - a. **B= Balance.** Feet shoulder width apart in a solid, athletic stance.
 - b. **E= Eyes.** Shooter’s eyes should be focused on a spot on the rim or backboard, not on the ball!
 - c. **E= Elbow.** The elbow should be at a 90-degree angle and slightly off to one side of the body so the shooter can see the basket and the ball. The elbow should be in line with the predominant foot.
 - d. **F= Follow-through.** The shooting hand should extend up toward the basket and the hand should look like it’s taking a cookie from the cookie jar.
2. Have players first try shooting using their legs up against a wall with no basket. Work on developing form using legs to help get the ball high enough.
3. Dribble length of court and jump stop inside key and shoot. Have player work on balance and squaring up to the basket before they shoot.
4. Have players work on shooting after receiving a pass. Line them up just inside the free throw line and pass the ball to them from the baseline. Players should shoot the ball without taking a dribble.
5. **Stationary Shooting**
6. **Lay-ups**

Westside Family YMCA

Basic Defensive Dills for Young Players

IDEA:

I= Introduce

D= Demonstrate

E= Explain

A= Attend to each player



1. **“DEFENSE!”** Kids learn by repeating things over and over. When you holler “DEFENSE!” the kids should automatically drop into the defensive stance (legs apart, bottom down, arms spread out and palms up). To make a game of it, yell “DEFENSE!” when they’re not expecting it, like during a water break or while you’re talking about something unrelated. Once the habit is formed, it will make it easier during games for the players to drop into position when you call out a reminder.
2. **Side-to-side slide** - Have players spread out facing coach. Have them get in defensive stance (legs apart, bottom down, arms spread out and palms up). Coach will blow whistle and point left, right, forward and back. Players will slide their feet maintaining balance and good position. Make sure that when they shuffle their legs don’t touch or cross over.
3. **Defensive rule**- If your dribbler is going to the right, the right foot should be the back foot in your stance. Dribbler going to the left, your left foot is back.
4. **Basic 1-on-1 defensive drill**- Coach will dribble the ball at the top of the key moving around while a player will demonstrate good positioning and sliding their feet between you and the basket (make sure that when they shuffle their legs don’t touch or cross over). When you stop your dribble player can put their hands up in your face. Then you can add shooting and player can turn around to block you out. This is an all around great drill for teaching fundamentals and all ages catch on quick.
5. **Defensive positioning drill**- Have players pair up. One player is Offense and the other Defense. Coach will have ball on top of the key. Start with two players first and add groups as they get the hang of the drill. The offensive player will run around trying to get open and the defender will guard him or her. If they get open the coach will pass the ball to them. This drill teaches offensive player how to work to get open and defensive player how to guard them while maintaining between them and the basket.
6. **Block out drill**- Have players pair up and practice blocking out when coach shoots the ball. You can easily incorporate this drill to the one above.
7. **Zigzag**- Have players pair up on the baseline. One player dribbles the length of the court in a zigzag pattern while the partner tries to pressure the dribbler. Have players switch on the way back. Great defensive and ball handling drill!

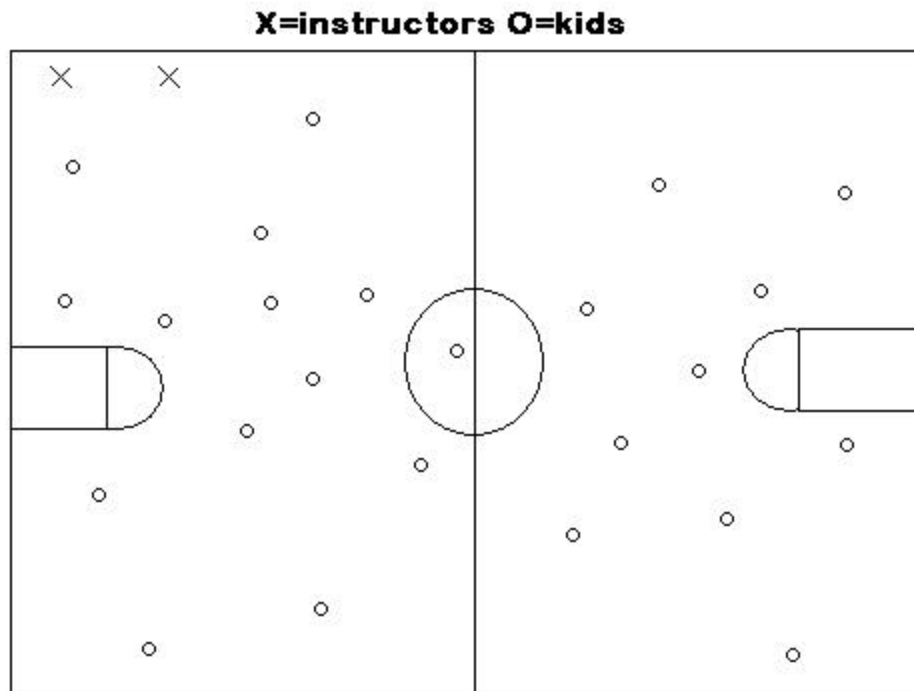
Drill #1 Dribble Tag

Skills: Dribbling, control, vision, awareness, agility.

Equipment needed: 1 ball for each child.

Coaching Cues: Eyes up on Tagger
Control the ball
Ball on fingertips and kept at waist level
Not a race

Directions : Have the players find their own spot in the gym. All players including the coach have a ball. Pick a person to be the “tagger” or have a coach take that roll. When you say go all the kids dribble freely though out the gym. After being tagged they are out until the game is finished. Have another coach work with those kids passing, ball handling, etc. on the sideline. Coach and teach as you play with the verbal cues above.



Drill #2

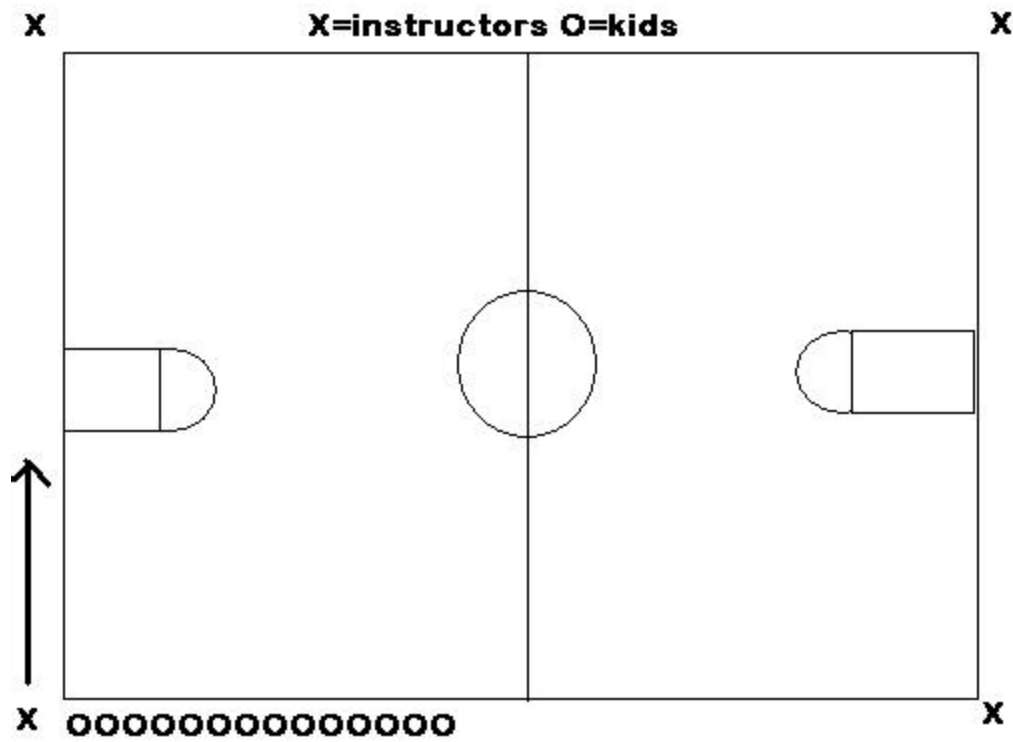
Skills- dribbling, control, vision, movement.

Equipment needed- Basketball and 3 volunteers

Coaching Cues: Eyes up
Control the ball with your fingertips
Keep ball at waist level
Not a race

Variations: Dribble with opposite hand
Dribble while alternating hands
Change the other direction

Directions : Have all the kids at a baseline sideline intersection. Have a volunteer on the other three corners. Kids dribble around the perimeter on your command one at a time. Allow the first child to get past the first corner before releasing the next. Coaches on corners give positive feedback and remain eye contact with the players as they dribble. This ensures control and that they will be looking up the court. After finishing, they get back in line for the next round or variation.



Triangle Passing Drill

Skills: Proper chest and bounce passes, how to step to the ball when receiving a catch. How to quickly cut or move after making a pass, timing and awareness.

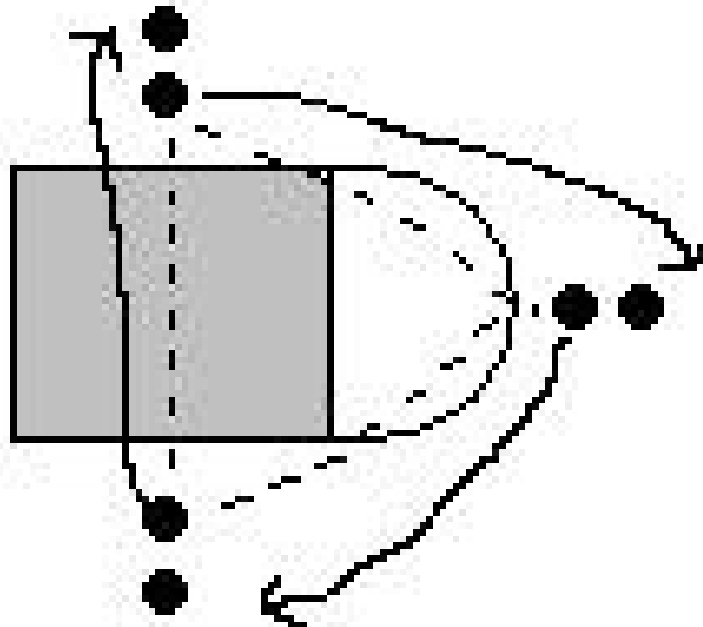
Coaching Cues:

- Thumbs down on the pass
- Step to the ball and into your pass
- Keep your eye on the ball
- Move quickly after making the pass

Directions: Create 3 passing lanes 12 to 15 feet apart. Have players make 3 lines facing in toward the key. Using only 1 ball and start by having the top player make a bounce or chest pass in a clockwise direction. Immediately after making the pass the player should run to the end of the line that they made the pass to. This continues in a clockwise direction until the coach stops the drill.

Variations:

- Chest vs. Bounce Passes
- Change Directions
- Player can get in the center and play monkey in the middle
- Move players out or in as needed based of skill level



Stationary Shooting Drill

Skills: Cutting to the basket, making sharp cuts, footwork, balance, receiving a pass, squaring up and proper shooting technique.

Equipment: 1 ball and 1 basket

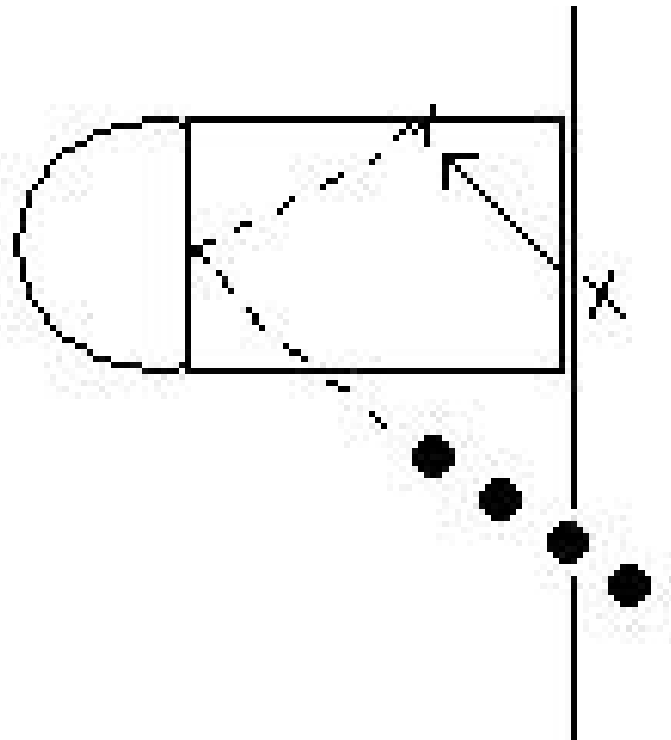
Teaching Cues:

- Make Sharp cuts to the basket
- Square up and get your balance before you shoot
- Use your legs during your shot
- Follow through

Directions : Have players get in a line as seen below and one at a time run up to the free throw line and make a sharp cut to the basket. Coach will make a bounce or chest pass to the player. Once they receive the ball they square up and shoot a lay up or jump shot.

Variations :

- Change the shooting spot further out for jump shots
- Change the pass from bounce pass to chest pass



Suggested Websites for Basketball Drills



GuideToCoachingBasketball.com

Tips on offense, defense, the fundamentals,
and teaching the game of basketball for the player or coach

www.guidetocoachingbasketball.com

Tommy`s Basketball Playbook ©

www.angelfire.com/nc/ezyduzits12steptools/bball_playbook.html

**Golden Aura's
Nitty-Gritty Basketball Where Results Count**

www.mrbasketball.net

coachesclipboard.com

All the best resources on the net

www.coachesclipboard.com



www.infosports.net



YMCA

We build strong kids,
strong families, strong communities.