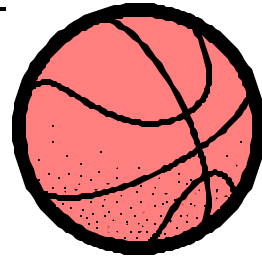


Westside YMCA Basketball League

Day 1 Practice Outline



IDEA:

I= Introduce

D= Demonstrate

E= Explain

A= Attend to each player

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 4 documents to your parents. Two of the purple forms need to be returned to you ASAP.

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. You 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)

10mins.

A. Boundaries and lines

1. IE: Show the following areas by playing follow-the-leader, (coach should be the leader), stopping one 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.

B. Boundaries and lines

1. Sidelines and Baselines
2. Half court line- Explain over and back
3. Key- Explain 3 second rule (on offense only)
4. Free Throw Line

- IV. OFFENSE** *20 mins.*
- A. KEYS TO A GOOD OFFENSE
 - 1. *Spread Out and Keep the Ball Moving*
 - a. Demonstrate how easy it is for a defense to guard when not.
 - B. Ball handling drill
 - C. Passing drill
 - D. Shooting drill. Focus on BEEF.
- V. DEFENSE** *20 mins.*
- A. KEYS TO A GOOD DEFENSE
 - 1. *Between Man and Basket*
 - 2. *Hands Up*
 - 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 remember that there will be another team waiting to practice. Thank you.



YMCA

We build strong kids,
strong families, strong communities.