

EGFYBA Coaches Planning / Responsibilities

First of all, we as an EGFYBA board would like to thank you for coaching. As volunteers, we are all here for the kids but know that the planning and decision-making can be stressful at times. Please do not hesitate to contact a board member with any questions or concerns.

1. Communication – communicate practice and game schedules with players and parents as well as hoopsters and varsity halftime schedules. Most of the time parents can find answers to their questions on EGFYBA.com but if you cancel a practice or have other information to share, utilize the Sports Engine messaging portion of the website or set up a remind app account.
2. Saturdays
 - a. Depending on your time slot, open school/lock up school.
 - b. Set up clock and find a parent/other to work it.
 - c. Put out chairs and put them away.
 - d. Pick up trash – the school district lets us use the gyms for free. To keep the peace, we need to pick up after ourselves.
 - e. Mop floors if necessary.
 - f. Crank hoops to the correct height. 8 ft for 1st and 2nd. 9 ft for 3rd and 4th. 10 ft for 5th and 6th.
3. Season 2 planning. For grades 3-6, use the season 2 tracking sheet to help choose kids to invite. For any kids that are not invited, talk to parents prior to handing out letters so they can help alleviate any disappointments. Let any non-invite kids know that we want them to continue playing basketball and hope they take advantage of off-season opportunities.
4. Practice planning
 - a. At the 1st and 2nd grade level, we believe 2 on 2 and 3 on 3 are best in terms of game play. Reasons why are outlined on the last attached page. At the other age levels it is not that simple. Kids range in readiness level so beginning each year with basics and building from there is suggested. Focus on offensive skills (dribbling, passing, shooting). 5 on 5 preparations can be as simple as one BLOB and floor spacing. Rules like basket cut and space after each pass. One second to shoot, pass, or attack in another good rule.
 - b. jr.nba.com
5. Playing time. Season 1 is equal playing time. Season 2 is not but make sure your parents know before they commit. It is easy to forget to sub a kid in when you are in the middle of a close game. Consider using a sub chart so you have a plan before emotion takes over in the game. See sample sub chart.
6. Set game goals. Youth teams are not going to be great at everything. Try picking 3 things each game that are keys to success or that you want as a focus. For example, 1) Box out and rebound 2) Floor spacing on offense 3) Shot selection.
7. Keep Perspective
 - a. Too much of a focus on winning and losing can be counter productive. Our purpose is to help kids develop skill, gain experience, and have fun.
8. Parent meeting. Schedule a parent meeting prior (15 minutes) to the first practice. Discuss sportsmanship. If you would like a board member to conduct this meeting, contact Travis.
9. Other - Refing/be open to learning. Background check - contact Jesse Langerud.

Our mission statement is as follows: The mission of East Grand Forks Youth Basketball Association is to help develop character and confidence as well as basketball skills for the youth of East Grand Forks while focusing on preparing young people for the future within a structured, positive, fun, and athletically challenging environment.

In our youth policy manual, there is an item on player and coach conduct. It states, a code of conduct for EGFYBA players and coaches is important for aiding the development of good sportsmanship, respect for rules and authority, team discipline, and the elimination of disruptive influences. Profanity is never allowed. Players and coaches are responsible for knowing the rules of basketball and conducting themselves accordingly. Winning and losing are part of the game, and players and coaches should be modest in victory and gracious in defeat.

Finally, the section on player conduct reads as follows: After 1 technical foul, player sits the remainder of that half plus next two full halves. After 2 technical fouls, player sits the rest of that game, in addition to next two full games. After 3 technical fouls, player will miss remainder of EGFYBA season. We do not have a section related to coaches receiving technical fouls but we will need to have a conversation if one is given. If we hold players to this standard, coaches should hold themselves to similar standards.

Sportsmanship is a big piece of this. Complaining to officials has a number of negative consequences. For one, players and parents see this and many times react as the coach reacts. After a loss for one of our EGFYBA teams, I overheard a parent telling their child, "It wasn't your fault, the ref didn't know what he was doing." There is no shame in losing to a better team. When this happens, kids should learn that they need to make improvement to get to the next level of performance. If they blame losing on the officials, they learn to spend time complaining rather than working on getting better.

Know the difference between when a call can be changed and when it cannot. Arms up begging for a call or in protest of a call does not accomplish anything. Also, if there is a rule related to zone defense in a tournament, understand that this is difficult for an official to determine. A good man defense should look like a zone if kids are in the correct help position.

It is the players job to play, coaches job to coach, refs job to ref. When they get to the high school level, it takes effort to get some athletes to take responsibility for their mistakes rather than pointing blame. We need to set this example at a young age for them to focus on the right things to be successful later.

The best compliment we can get from a neighboring community is that our teams have demonstrated good sportsmanship. We want to teach our kids basketball, but more importantly we want them to become good citizens. Your influence as a coach is crucial in this process.

Good luck with the season! Feel free to contact anyone on the board with questions or concerns.

Offense:

Basic Stance – triple threat position (ball at hip, feet shoulders width, shooting foot ahead)

Footwork – cuts, jump stops, pivots (front and reverse), and jab steps

Cuts and Stops – use to change speed and direction

-V cut, L cut, Backdoor Cut

Dribbling - only use to go somewhere

Passing - team work, maintains possession, leads to the assist, promote right pass at the right time

-Catching – give a target away from defender (hands from a W with thumbs together)

Rebounding – rely as much on intensity and aggressiveness as they do on natural ability

-best place to be is opposite side of where shot is taken

-use outside in move, spin, or swim

Fast Breaks – starts with outlet

-pass can start a FB or a dribble if covered – ball handler get to middle - wings run about 12 ft from ball

Screening

-Screener start with a jump stop with feet wide and hands down – back to where the player should go – screen receiver – tough shoulder to shoulder

Offensive plays – do not make complicated

-work as a team – set screens – balance and spacing

-basic youth plays: pick and roll, give and go,

Shooting – learn to shoot above the waist, learn to score below the waist –

1. position the ball with thumbs one length apart and would form a T if connected – make a U with shooting hand thumb and index finger, not L

2. Shooting pocket – position of hands and arms as you raise to shoot – shooting hand under the ball – elbow pointed towards the rim – wrist and hand should form U – both eyes of shooter should see rim through both forearms

3. Follow through – give ball proper back spin – on release, elbow is extended above the eye – thumb of shooting hand is pointed down – thumb of off hand points towards shooters ear (thumbing the ball causes side spin)

4. Stance/footwork – shooting foot forward - 10 toes to the rim – power for shot comes from the legs, not upper body

Defense:

Basic Stance – feet slightly wider than shoulder width – arms up and out to limit vision of offense

-head centered over body

Defensive Slides – point toe in slide direction – step and push with rear leg creating power

Guard the Dribbler – steer away from middle – utilize drop step to change directions - force to tape (non-scoring spots on court) / beat to spot and turn the ball handler – eyes on waist to avoid foot/ball fakes – inside hand down to guard crossover, outside hand up to anticipate a pass – defenders shoulders should be lower than ball handlers

Help-side Defense – know where the ball is – ball side hand up to deny pass – eyes looking forward

in-between ball and man (use peripheral vision) – create a ball-you-man triangle – 1 pass away: up the line, 2 passes away: one foot in lane, 3 passes away: 2 feet in lane(on mid-line)

Team Defense – result of all defenders in position – helper should never be beat – move with the ball – ball side to help side continuous work – better to help early than late – weak side sink to the basket on drive

Rebounding – step toward offensive player to make contact, pivot, keep hands high, go get the ball

-4 T's (Touch, Turn, Tough, Take off)

Post Defense – can defend behind, on top, or $\frac{3}{4}$ side – if behind wall up (get hands high and straight)

Defending Screens – stress communication and rotation – defender guarding on ball screener communicates where screen is coming from - step up to help person getting screened – make turn back or can switch – for down screens leave room for person getting screened to get by – switch post to post screen

Could 3 on 3 Basketball Be the Best for Youth Players?

By [Joe Haefner](#)

Back in college, I came back to my hometown for a Christmas break. I ran into one of my old high school coaches by the name of Casey Ditch and we were talking about [youth basketball](#) stuff. Then he said, “Man, I wish all they did with youth players was play 3-on-3. That’s all I did when I was younger.” This really caught my attention, because Casey had developed into quite a player back in his day. He led the state in scoring, beating out former Chicago Bull Bobby Hansen (for those of you who remember him). He did unbelievable stuff with the ball and still could. If it wasn’t for two bad ankles, who knows what Casey would’ve done. We had a particular coach in the area who bragged about [holding him](#) to 15 points.

If Casey became such a good player by mostly playing 3 on 3 HALF-COURT as a youth, don’t you think your players could benefit from this as well?

When I thought a little more about the conversation I had with Casey, I realized that I played a lot of 3 on 3 when I was younger, too. I started playing in 3 on 3 tournaments when I was in 4th grade. I didn’t start playing organized 5 on 5 until 6th grade, and I handled myself quite well against players who had been playing since they were 8 years old.

If you think about it, 3 on 3 HALF-COURT basketball makes a lot of sense. It will improve a youth player’s long-term development for a number of reasons.

1. Players touch the ball more often. In the 5 on 5 game, players can go almost the whole game without touching the ball. In 3 on 3, you could touch the ball EVERY possession. When the player gets more experience handling the ball during game situations, the player is going to improve much more than the players who hardly touch the ball in 5 on 5. It doesn’t matter if you are the point guard or the star post player, you’re still going to get more touches in 3 on 3.

2. More room to operate. A lot of younger players, especially under the age of 12 don’t have the skill, strength, or experience to utilize their basketball skills with 10 players on the court. 3 on 3 gives them more room to operate and practice their skills.

3. Players learn the game! When there are only six (3 on 3) players on the court, players are more inclined to run the pick-and-roll, screen away, and screen the ball without a coach even telling them to do so, because there are fewer options out there. After awhile, they will start to figure things out for themselves which is FANTASTIC and exactly what you want the players to do. With ten (5 on 5) players on the court, a lot of those options aren’t there, because they lack the skill, strength, and experience. Now, with fewer players on the court, it gives them a split second longer to recognize a situation.

4. No pressing & zones. Now, instead of spending time on breaking full court pressure, breaking half-court pressure, playing against a 1-3-1, playing against 3-2, playing against a 2-3, playing against a triangle-and-two, playing against a box-and-one, you can focus on the FUNDAMENTALS. Youth coaches waste so much of their precious time working on things that they shouldn’t worry about at an early age.

99% of the presses that are ran by youth coaches wouldn’t work in high school or college, anyways. Most of the presses I’ve seen, just run 2 to 3 players at the ball and hope he throws the ball high enough, so somebody else can pick it off. It’s just a tactic that takes advantage of a flaw in our basketball development system, because players lack the skill, strength, and experience to react correctly to these situations. Spending that extra time on [basketball skills](#) and concepts, will benefit them much more for the future. Not to mention, if taught incorrectly (which most of the time they are), the zones and presses can ingrain some terrible habits in your players that don’t work at the higher levels.