

Coaching Youth Basketball (Practice/Parents/Players)

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- **Practice (optimize your time)**
 - Have a plan
 - It doesn't have to fancy
 - Where do I get my drills?
 - Clinics/online – 95% of what we use if from others
 - What drills and understand what want to get out of them?
 - Communicate to your players why you are doing this drill – player education
 - What to focus on
 - Fundamentals first – players can't play if they don't know how to do Level 1 skills:
 - Level 1 skills: Dribble/ballhandling, Shoot/Layups, Pass, Defend, Basic Footwork(Pivot)
 - Divide and conquer (use your coaches)
 - Use the entire court
 - Example: 2 player shooting drill at one basket can become a 12 player shooting drill with 6 baskets
 - Maximize time with the ball
 - Make sure drills have players with a ball
 - Maximize time on the court
 - We all love to talk.....
 - Plan talk time before you get on the court
 - Measure how your team performing with Goals
 - Example: Can we make 25 layups in row without missing
 - Keep it Simple
 - No need for lots of sets and inbound plays
 - Practice at Game Speed

- **Some Drill to use in Practice**
 - Z-Dribble
 - Full Court Layups
 - 3 on 3 on 3
- **Parent/Player Communication**
 - Start with a meeting before the season get going
 - Parent/Player Meeting Agenda (attached)
 - Parent Code of Conduct (attached)
- **Other aspects I learned from Coaching Youth Basketball**
 - Coaching your own child
 - Parent(father/mother) first/Coach second
 - Use others to communicate to him/her
 - You are a role model for all
 - “With Great Power Comes Great Responsibility”
 - Know the rules of the game
 - Every coach should ref a game

Thank you!

Without Volunteers like you – There would be Youth Basketball.