



Basketball Handbook



www.funteamalberta.com

WHAT IS FUNTEAM?

FunTeam Alberta is a non-profit recreational sport organization that assists individuals and families in the participation of less competitive and low cost sports and recreation. Children, youth and adults can participate in physical activities in an atmosphere of fun, co-operation and fair play. FunTeam is designed to guide volunteers in the organization and implementation of sport in their own neighborhood or community.

FUNTEAM'S MISSION

FunTeam aims to foster, through active leadership, the participation in sport for children, youth and adults interested in sport and recreation, in an atmosphere where enjoyment is maximized for all and the costs associated with participation are minimized.

PATIENCE
FAMILY ORIENTATED
FUN
PLANNED
LEARNING
COMPLEMENTARY TO ORGANIZED SPORTS
FAIR
RESPECT
DEVELOP SKILLS
POSITIVE
SAFE
MANAGEABLE TIME COMMITMENT
LOW COST
LESS COMPETITIVE

FUNTEAM BASKETBALL

SETTING UP A FUNTEAM BASKETBALL GROUP:

ESTABLISH A LOCATION

Select a court to play on.

It doesn't have to be an official basketball court in a gym. If you don't have a gym, try to find an outdoor hoop at a local community or school. Remember to always first do a safety check and walk around the court to check for hazards like glass, etc.

EQUIPMENT

Balls

EVERY PLAYER SHOULD HAVE A BASKETBALL. For younger children a smaller basketball will work best. If you cannot secure basketballs for each player contact FunTeam and we can arrange basketballs for your group.

Hoops

For hoops, you can use the local community league or schools outdoor basketball court (hoops may be high for young ages. Players could work on other

skills besides shooting). If you play in a gym you may be able to adjust the height of the hoops.

Players

Players can wear running shoes/basketball shoes. Players should wear shorts and a t-shirt.

NUMBER OF PLAYERS

FunTeam basketball sessions can be run with any number of players. Play 2 vs. 2, or up to 5 vs. 5. There's no wrong way to play. If you have different age groups you can divide them into groups based on age or ability and run more than one game at a time. A smaller group allows for more involvement and more touches on the ball.

RECOMMENDED TIME COMMITMENT

Run one or two sessions of 45-60 minutes a week. Focus the session on keeping the players moving and changing up the activities in a reasonable time frame throughout the session to keep the players' interest as well as have them try a variety of skills.

GENERAL STRUCTURE OF A FUNTEAM BASKETBALL SESSION

The main reason that kids quit sport is because it isn't fun anymore. It is our job as FunTeam coaches to make sure that the drills and skills are taught in an enjoyable way!

Tips to running a practice:

- PLAN AHEAD!
- Plan more than the time allotted. Sometimes drills end up taking less time than anticipated.
- Switch up the drill often. Kids get bored easily. You want them to stay engaged and have fun!
- Provide the players with lots of positive feedback and support!

Below is a suggestion for organizing your weekly basketball sessions:

1. "Dynamic Warm-Up" (5 minutes)

Helps prevent injury, improve performance, and improve athletic ability. Have each person on the team lead a different dynamic stretch. (Ex. High knees, butt kicks, arm swings, lunges)

2. "Partner Passing Warm-up" (5-10 minutes)

Each player gets into pairs and lines up across from each other. On the coaches command they will either bounce pass, chest pass, or overhead pass. As the passes are consistently successful you can get them to take a step back (away from each other).

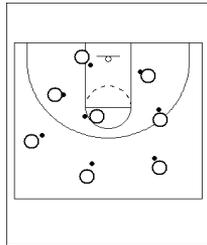
3. "Free Time skill builder" (5 minutes)

You need a ball for each player to practice dribbling skills. Show them a few skills and allow them to create/experiment on their own. This gives players the opportunity to get more comfortable with the ball.

3. "Mirror the Coach" (5 minutes)

Have all players' line up on the baseline facing you. Everyone needs a ball. Players copy everything you do with the ball. Ex. Switch from a low dribble, waist high dribble, soft dribble, hard dribble, crossover to the other hand. This forces the players to have their heads up while dribbling.

4. "Dribble Tag" (10 minutes)



Create a playing space with pylons (about a quarter of the gym) or use the 3 point line. Everyone dribbles around and tries to hit other player's balls outside of the area without losing control of their ball. When a player gets out, they wait outside with their ball until the next game. As the more players

get knocked out, you make the playing space smaller. The Last dribbler in the space wins the game.

**Short water break- explain/demo next activity.

5. "Dribbling Race" (10 minutes)

Extension of skills worked on in previous drill. Set out 2 lines of pylons evenly spread out from baseline to baseline. Have a lineup behind each line of the pylons with one ball. Players will take turns dribbling through the pylons and back and passing it to the next player in line. (For more experienced groups, add in a different move that needs to be made at each pylon. Ex. Crossover, through the legs, behind the back, two ball dribbling together, two ball dribbling alternating)

**Short water break. Quickly set up next activity

6. "THEIR GAME TIME" (10-15-minutes)

"Let them play". Run more than one game at a time if you have a lot of participants. Apply general rules: No contact, no double dribbling, no travelling and have Fun! (Be lenient on the double dribbling/travelling with younger groups)

REMEMBER THE 3 P's:

BE POSITIVE

BE PLANNED

BE PATIENT

Fundamentals

A) Dribbling

1. Use your fingertips not your palm
2. Low stance (bend your legs) and keep the ball low
3. Keep your hand on top of the ball
4. Protect the ball with your opposite hand
5. Head up

Dribbling Violations

Traveling: Holding the ball and moving your feet in an illegal manner without bouncing the ball or pivoting. Changing your pivot foot will also result in a travel violation.

Double dribble: Dribbling the ball with both hands at the same time. It also includes picking up your dribble and dribbling again.

Carrying: When a player is dribbling and brings their hand under the ball and brings it on the top again.

B) Passing

1. **Chest Pass:** Use 2 hands and pass the ball from chest height to chest height to your teammate. Finish with your thumbs facing down.
2. **Bounce Pass:** Use the same motion as a chest pass but aim the ball about $\frac{3}{4}$ of the distance between you and your teammate at the ground.
3. **Overhead Pass:** Bring the ball over your head with both hands and follow through.

C) Shooting

1. Hold the ball on your fingertips
2. Have the ball resting on your shooting hand while your other hand is on the side of the ball for guidance
3. Make sure your elbow is tucked in and facing the middle of the rim
4. Bend your knees
5. Straighten your body as you go through the motion
6. Snap your elbow
7. Follow through: arm extended straight up "hand in the cookie jar"



D) Layups

Right hand layup:

1. Dribble close to the basket with your right hand.
2. Step toward the basket with your right foot.
3. Jump off your left foot
4. Shoot with your right arm as you lift your right leg
5. Aim for the sweet spot on the backboard

(Left handed layups have the opposite footwork)

Other basketball fundamentals:

Rebounding

- Grabbing a missed shot that bounces off the backboard or rim.
- Explosively jump up to the ball before it hits the ground.
- "Boxing out" or putting your body in an inside position between your opponent and the ball is key in being successful when rebounding.

Defending

- Trying to keep the opponents from scoring.
- Putting yourself between your opponent and the basket
- Players should be facing the opponent, knees slightly bent, on the balls of their feet, with their hands up.
- If you are guarding a player who does not have the ball, you should be able to see your man, the ball and the net all with just a quick turn of the head.



Resource #1



Sample Practice Plan

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Basketball Canada/Basketball Alberta



<http://www.basketball.ca/en/page/coaching>

<http://www.basketballalberta.ca>



CONTACT INFORMATION

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SESSION #1

5 min	Welcome	Introductions a) Get to know everyone's name b) Introduce the Three Values 1. Treat others the way you want to be treated 2. Do what is right 3. Do your best	
15 min	Fundamental Movement Skills		
Warm-Up (4 min) Moving around the lines of the court, the players execute different types of movements as called out by the coach. NOTE: Using the badminton courts is a good way to divide the children up into manageable groups. <ul style="list-style-type: none"> Walking – Use this to familiarize the players with the lines of the court. Call “Stop” – Get in a ‘grizzly bear’ stance. Bend and show your claws. This is a ready position. <ul style="list-style-type: none"> Jog Run backward Change speed on different lines Skip Double-legged hop Hops side-to-side over the line 			
Pac man (2 min) The players spread out around the gym, but must stand on a line. One player is chosen as "the Pac man". He/she moves along the lines trying to tag another player. Once a player is tagged, he/she is now the Pac man. You cannot retag the old Pac man. Variations <ol style="list-style-type: none"> If you have a large group, use the lines of a badminton court to divide the group into smaller groups. Vary the type of movement the children use: walking, sliding, skipping, high knees, running, hopping, dribbling. 			
Bending and Twisting (2 min) These can be done with or without a ball. We want the athletes to pound the ball hard on the floor, as this will prepare their hands for catching. Side Bends Facing forward, bend to the side and bounce the ball with a hard two-hand dribble. Catch the ball and repeat on the other side. NOTE: The ball should be pulled through with the entire body, not just with the arms. Front Bends The above action is repeated only bending forward and backward.		Twist and Swing (2 min) The ball is held with the arms straight and swung in a pendulum action. It can be kept at the same height, from low to high, or high to low. (Like a golf swing.) Moving the Ball Around the Body The player moves the ball around various parts of the body; neck, waist, legs, etc.	
Tracking Skills (2 min) It is very important that the players learn to track the ball with the eyes and coordinate this movement with the hands to catch the ball. Start by pouring the ball from one hand to the other while standing straight. NOTE: With young children, catching with two hands is enough of a challenge. Use the progression below Loading the skill: <ul style="list-style-type: none"> Toss it faster Toss it higher Toss it behind the neck Add an action (clap hands, spin 180) before catching 			
Ball Toss (3 min) The player stands behind the line with the ball. Start in a grizzly bear stance with the ball. Begin by tossing the ball in the air and catching it. Next, have the players clap and catch the ball. Make it a personal challenge. “How many claps can you make and still catch the ball.” “See if you can make one more clap.” Make these individual challenges, not group challenges. Finally, have the child toss the ball so it goes up in the air and bounces once before it reaches the next line (about 3m away). After tossing the ball, the child runs and catches the ball. Assume a grizzly bear stance once you catch the ball.			

15 min	Basketball Skills	
<p>Frog shooting (7 min) Perform a squat. It is important that the player "sit in the chair." Place ten fingers on the ball. Raise the ball to the forehead at the same time pushing with the legs. The player should be able to look under the ball to see the target at release. This is to teach the proper activation of the shooting muscles. NOTE: This should happen in a continuous motion. The children may sight the target by looking over the ball, but at the release you should encourage them to be looking under it. Power comes from the legs, finesse from the upper body.</p> <p>The next step is to place the ball at different spots on the floor. Have the athlete get behind the ball and perform the shooting action.</p> <p>The third progression is to roll the ball to pick it up before shooting.</p> <p>The target does not always have to be a basket. Give the players different objects to shoot at varying heights. We want the players to discover that "finesse, not power" is needed to shoot a basketball. Power comes from the legs. Having a partner or a coach (parent) holding a hula hoop makes a good target.</p>		<p>ten fingers on the ball</p> <p>look under the ball to see the target</p>
<p>Around the World Shooting (8 min) The coach marks out spots from which the players will shoot. Use spot markers or pylons. The players take turns shooting from each spot. The basket or target should be at an appropriate height. The distance should also reflect their abilities.</p> <p>One way is to hang a hula hoop from the rim. This way the children have two targets to shoot at; a higher target and a lower target.</p>		
20 min	Games Progression	
<p>In the first part of the game, the bean bags are all in the center. You can have up to three players per team go at a time. The child scores a basket and runs to half to retrieve a bean bag. The child places the bean bag in the team's hula hoop. The next child in line then goes. The children keep scoring baskets until all of the bean bags are depleted from the middle. The coach can determine how many children can go at a time. It is best to allow only two or three children from each group to go at any given time.</p> <p>Record which teams have the greatest number of bean bags.</p> <p>In the diagram, player #4 for the triangles shoots a basket and then runs to center to collect a bean bag. The player runs back to the end line and places the bean bag inside the hula hoop. Player #2 does the same task for the circles.</p>		
<p>In the second part of the game, the players must now run to the far end and shoot a basket. After making the basket, the players take a bean bag from the opposing team's hula hoop, return to their own end, and place the captured bean bag in their team's hula hoop. Restrict the number of players who go at any one time. Time the length of the game. Count which team has the most bean bags in order to determine the winner.</p> <p>If time permits, repeat the second phase. This time, though, add a restricted area from which the ball must be shot behind. A skipping rope is a good way to mark this space.</p>		
5 min	Debrief	
<p>Have the children assist in putting the equipment away. Practice slow, deep breathing to help relax them and prepare them to leave - have them model your breathing pattern.</p> <p>Ask debriefing questions: What activities did you enjoy? What can you do on your own before our next session? Task for the week - Practice a) some of the fun activities you used b) using your three values you learned. Have Mom, Dad, or another family member help you.</p>		