

AMENITY

ATHLETICS

THE LEAGUE THAT YOU CAN WALK TO



Youth Basketball Coaches Guide



@AmenityAthletics



@AmenityAthleticsJax



AmenityAthletics.com

Coaches Guide

We appreciate you joining us as a coach or assistant coach for our inaugural season of 3 V 3 Youth Basketball. As this is our first season, please feel free to provide us with feedback throughout the season. We will be adjusting accordingly if needed.

Within this guide you will find materials that we hope you will find useful for the upcoming season. If there is anything you would like to see in guides like this in the future, please let us know as we will continue to build on this for seasons to come.

Thank you so much for volunteering to coach this season! You are a HUGE part of our success and we couldn't do what we do without your help and contribution to our program. By volunteering to coach, you help keep the registration cost down for everyone and add to the great memories that kids will have of sports for years to come!

Inside this guide you will find the following:

- Coaches Conduct
- League Rules
- Overview
- Development
- Stretching and Warming Up
- Drills
- COVID-19 Protocols

Have a safe and fun season!

Regards:

Amenity Athletics Management

Coaches Guide

With regard to my players: I believe that my role as a coach is to contribute to the overall success, physical, and athletic growth of the player through participation in soccer.

- I will endeavor to be a good instructor and a positive role model for my players.
- I believe that the score of a game comes second to the safety and welfare of all my players.
- I will endeavor to put winning in its proper perspective.
- I am responsible for understanding and competing within the letter and the spirit of the Laws of the Game.
- I will teach my players to understand and play within the letter and spirit of the Laws, as well.

With regard to opposing teams:

- I believe that the way my team conducts itself can also have an influence, for better or worse, on those we compete against.
- I will endeavor to make my team a positive role model.
- I will not coach, nor allow my players to play, with intent to cause injury to opposing players.
- Neither I nor my players and spectators will display hostile behavior towards opposing players.
- I will emphasize winning without boasting and losing without bitterness.

With regard to Referees:

- I believe that Referees, just as coaches and players, are attempting to do their best.
- I will instill in my players and spectators a respect for that fact.
- I understand that my attitude can influence my players and spectators.
- I will display a controlled and undemonstrative attitude toward Referees at all times.
- Neither I nor my players and spectators will address a Referee before, during or after the game in a demeaning fashion.

Coaches are responsible for the conduct of their players and the spectators on their side of the field, specifically as it relates to the referee, coaches, players and spectators on the other team. Verbal and/or physical abuse will not be tolerated. If players conduct is not in the spirit of recreational soccer the referee can have the player leave the game for a cooling off period (length-determined by the referee). The same conduct rule applies to spectators. If the cooling off period does not resolve the problem, the spectator may be asked to leave the field. If a coach approaches a referee or steps on to the field to challenge a call, they will be asked to leave the game and the incident will be reviewed.

Coaches Guide

League Rules

Court and ball

- The game of 3x3 is played on a half court with one basket. A regular 3x3 court playing surface in official competitions is approximately 49' wide x 36' deep (15 meters x 11 meters), with regular basketball court markings, including a 19-foot (5.8 meters) free throw line, a 22-foot (6.75 meters) 2-point line, and a "no-charge semi-circle" area underneath the one basket. Half of a traditional basketball court may be used.
- A size 6 ball is used

Teams

- Each team shall consist of 6 players (3 players on the court and 3 substitutes).

Game Officials

- The game shall consist of 1 or 2 referees and time/score keepers.

Beginning of the Game

- Both teams shall warm-up simultaneously prior to the game.
- A coin flip shall determine which team gets the first possession. The team that wins the coin flip can either choose to benefit from the ball possession at the beginning of the game or at the beginning of a potential overtime.
- The game must start with three players on the court.

Scoring

- Every successful shot inside the arc shall be awarded 1 point.
- Every successful shot behind the arc shall be awarded 2 points.
- Every successful free throw shall be awarded 1 point.

Playing time/Winner of a game

- The regular playing time shall be as follows: 2 periods of 10 minutes playing time each. The clock shall be stopped during dead ball situations and free throws. The clock shall be restarted after the exchange of the ball is completed (as soon as it is in the offensive team's hands).
- If the score is tied at the end of playing time, an extra period of time of 5 minutes will be played. There shall be a break of 1 minute before the overtime starts. The first team to score 2 points in the overtime wins the game.
- A team shall lose the game by forfeit if at the scheduled starting time the team is not present on the playing court with 3 players ready to play. In case of a forfeit, the game score is marked with w-0 or 0-w ("w" standing for win).
- A team shall lose by default if it leaves the court before the end of the game or all the players of the team are injured and/or disqualified. In case of a default situation, the winning team can choose to keep its score or have the game forfeited, while in either case the defaulting team's score is set to 0.
- A team losing by default or a forfeit will be disqualified from the competition.

Gameplay

- A team is in a penalty situation after it has committed 6 fouls. After a team has reached 9 team fouls, any subsequent foul will be considered technical. For the avoidance of doubt, players are not excluded based on the number of personal fouls subject to art.
- Fouls during the act of shooting inside the arc shall be awarded 1 free throw, whilst fouls during the act of shooting behind the arc shall be awarded 2 free throws.
- Fouls during the act of shooting followed by a successful field goal shall be awarded 1 additional free throw.
- Team fouls 7, 8 and 9 shall always be awarded with 2 free throws. The 10th and any subsequent team foul as well as technical and unsportsmanlike fouls will be always awarded with 2 free throws and ball possession.
- Possession is kept after the last free throw derived from an unsportsmanlike or technical foul and the game shall continue with an exchange of the ball behind the arc at the top of the court.

Coaches Guide

How the ball is played

- Following each successful field goal or last free throw (ex article 7.5): A player from a non-scoring team will resume the game by dribbling or passing the ball from inside the court directly underneath the basket (not from behind the end line) to a place on the court behind the arc. The defensive team is not allowed to play for the ball in the “no-charge semi-circle area” underneath the basket.
- Following each unsuccessful field goal or last free throw (ex article 7.5): If the offensive team rebounds the ball, it may continue to attempt to score without returning the ball behind the arc. If the defensive team rebounds or steals the ball, it must return the ball behind the arc (by passing or dribbling).
- Possession of the ball given to either team following any dead ball situation shall start with an exchange of the ball (between the defensive and the offensive player) behind the arc at the top of the court.
- A player is considered to be “behind the arc” when neither of his feet are inside nor stepping on the arc.
- In the event of a jump ball situation, the defensive team shall be awarded the ball.
- Stalling or failing to play actively (i.e. not attempting to score) shall be a violation.
- If the court is equipped with a shot clock, a team must attempt a shot within 12 seconds. The clock shall start as soon as the ball is in the offensive players’ hands (following the exchange with the defensive player or after a successful field goal underneath the basket). Note: If the court is not equipped with a shot clock and a team is not sufficiently trying to attack the basket, the referee shall give them a warning by counting the last 5 seconds.
- Substitutions can be done by any team when the ball becomes dead, prior to the check-ball. The substitute can enter the game after his teammate steps off the court and establishes a physical contact with him. Substitutions can only take place behind the end line opposite the basket and substitutions require no action from the referees or table officials.
- One 30-second time-out is granted to each team. A player can call the time-out in a dead ball situation.

Disqualification

A player committing two unsportsmanlike fouls will be disqualified from the game by the referees and from the event by the organizer. Independent thereof, the organizer will disqualify the player(s) concerned from the event for acts of violence, verbal or physical aggression, tortuous interference in game results.

Equipment List

EMERGENCY CONTACT INFORMATION: Make sure you have a list of emergency contact information for all your players
MEDICAL KITS - A simple kit for games and practices is a good idea for every coach. A kit could include, but not limited to:

- Ice (and ‘zip-lock’ bags) – Band aids – Vaseline
- Sterile pads – Adhesive tape – Elastic wraps
- Antibiotic ointment & Bee sting relief ointment

PUMP and inflating needle: Sometimes the game ball is over inflated or too soft and may need adjusting. The same goes for the balls players bring to practice.

SNEAKERS

WATER BOTTLE (with player's name on it)

SHIRTS, SOCKS, SHORTS: Amenity Athletics provides a jersey and shorts. You will be required to purchase socks.

BALLS: If possible, have a good quality ball available for the games. This can be used as a game ball if none is provided.

CONES or PYLONS (about a dozen): Use these to set up small areas for practice activities.

Coaching 101 - Overview

Basketball can be a challenging sport to teach the young player. This guide is designed to give you some tools and information that will help you organize your season and practices in a way so that your players will be successful. Coaches of players in this age range need to focus on teaching the fundamental movement skills in addition to basic fundamental basketball skills.

Physical skills:

Developing fundamental movement skills; pushing, pulling, lunging, squatting, bending, twisting, throwing, catching, jumping, jogging, running; needs to be the primary focus at this age. All of those movements need to be combined to develop; agility, balance, coordination and speed. Making sure that each child gains proficiency in these basic athletic skills will enable them to develop to their full physical potential in later years.

Basketball skills:

Focus needs to be on developing fundamental basketball skills; stance, footwork, dribbling, passing and shooting. In addition as a coach you also want to help the young player develop a love and passion for the game. Motivation to master the game of basketball is a fundamental skill that all coaches need to focus on developing in their players. Enjoyment is the most

Technical skills:

In addition to fundamental basketball skills the young player needs to be introduced to the beginnings of technical basketball skills. These skills involve decision making or problem solving. For this age the problems that they must learn to solve are simple: Shoot or pass? Dribble to the right or the left?

Developmental considerations:

Psychological/Cognitive

- *Individually oriented (egocentric)
- *Short attention span
- *Easily bruised psychologically
- *Perform tasks one at a time
- *Influence of peers is very strong
- *Limited tactical abilities
- *Biggest concern is which way to go when they have ball.

Physical/Motor:

- *No sense of pace...will often run until they drop
- *Running, jumping, skipping, hopping and maintaining balance are not fully developed at this age.
- *Large muscle groups are more developed than smaller ones.
- *Needs to develop speed/fast twitch abilities.
- *Will often fall when changing direction because of high center of gravity.
- *Need multiple breaks during practice and games.

Psycho- social:

- *Typically this is first exposure to team sport.
- *Need to feel secure in practice and games
- *Social development is limited

Coaching Consideration:

- *Coach needs to guarantee success for all players through proper structure of practices
- *Coach needs to provide appropriate positive reinforcement often.
- *Work on speed when players are fresh
- *Use several short activities
- *Lots of water breaks
- *Short training session (45min- 1hour)
- *Emphasize confidence and familiarity with the ball (every child needs To have access to a ball for entire session)
- *Give plenty of encouragement and very little criticism or correction.
- *Primary focus is making basketball so enjoyable that when the child has choices in activities, they choose to play basketball.

Fundamental Basketball Skills include:

Movement: Agility, balance, coordination (throwing and catching), proper running technique, change of speed and direction, jumping and landing, starting and stopping (stride stop and 2 foot drop stop), pivoting

Positioning: Ready position, triple threat, play with eyes up.

Ball handling: Ball control, stationary dribbling (low, high, and wide), movement while dribbling (running, sliding, walking, change of direction, starts, stops, low, high).

Passing skills: Stationary passing, moving and passing, passing to a teammate, receiving the ball (absorbing) catching on the move, catching the ball with 2 hands..2 eyes..and 2 feet.

Shooting skills: Squaring the feet and shoulders to the target, pushing with both legs, proper hand and arm placement (hand under/behind ball, fingers spread, elbow under ball/over knee), follow through (release). Learn first without the ball then with the ball. Close range shots, lay-up progression.

Playing Principles: Basic offensive concepts, advancing the ball toward your offensive end, shooting the ball into the basket to score, spacing of players (away from ball towards basket)

Basic Defensive concepts: Recognition of when you are on defense, recognition of the person you are defending, when defending the ball staying between the person you are guarding and the basket, when you are defending away from the ball staying between the person you are guarding and the basket.

Coaching in the FUNdametnal Stage

It cannot be emphasized enough that the goal for this level is “Not to win, but rather have fun while playing sports and ensuring success.” The players need to learn fundamental movement skills through basketball in a fun and positive way. This not just because we want the kids to have fun, which of course we do, but also because learning those fundamental movements will allow each child to reach their fullest potential. If they are having fun they will be more likely to continue participating. This does not mean that each child will be a great dribbler or shoot the ball well. What this does mean is that as a coach you have give challenging, yet achievable goals for your players. If a player starts the season not being able to dribble the ball or make a 2 footed jump-stop and then during the season is able to dribble more effectively and makes a jump-stop in a game, that is success! If the only way a player can be successful on your team is to make a layup or be the best player on the team, then a good percentage of your players will never feel successful.

Sample Practice structure:

- 60 minutes
- Warm-up: including speed work and agility: 5-10 mins
- Technical skills and drills: 35-40 mins
- Scrimmage and simple tactics: 10-15 mins
- Cool down

How to make your practices fun:

Make your practices fast paced

- Plan ahead. Planning is the number one key to a successful, fun practice.
- Move from drills and games quickly
- Limit time standing in lines
- Planning and organization are key to being able to run your practice effectively.

Set rules and expectations:

- Your practice will be more fun if everyone knows what is expected from them in terms of behavior and effort
- Rules help keep the practice organized and running smoothly. They also help keep the kids safe
- Communicate rules both verbally and in writing. Make sure parents are aware of the rules.

Get your players attention:

- Establish a quick signal or technique to get your players attention quickly.
- Long whistle, verbal cue from coach, clap cue.
- Keep talking and instructions short! You will lose them if you talk or instruct too much. Remember they will learn by doing!

Make sure your players are successful:

- Run a mix of drills of varying difficulty so that every player has the chance to succeed.
- Verbally praise and reward success. Praise progress! Remind players of how much they have learned so far.
- Praise effort! Players who work hard and give maximum effort need to be rewarded.

Be positive and upbeat:

- Your attitude is key. Your players will feed off your attitude, if you are down they will be down but if you are energized and positive they will be too.
- Keep goals clear for yourself. Remind yourself often that winning all your games is not the goal. Measure your success by the progress of your players and their enjoyment of the game and you will stay positive.

Plan and structure your practices properly:

- Again planning out your practices is the most important part. Have a written plan so that you know exactly what comes next in your practice.
- Plan in breaks
- If you have a new skill or drill to teach the team, do that at the beginning of practice when the players will be most attentive.
- Each drill should be between 3 -5 minutes.
- Plan fun games in between more challenging, difficult drills.
- Plan drills that take a lot of time to set up after breaks so you can have time to set up without making the team wait.
- Have your players help set up drills. This will keep them engaged and also make the set up quicker.
- Be creative! You can make up games and competitions out of almost anything.
- Also if a drill only requires 4-5 players, you can give the other players ball handling or movement drills to keep them busy while they wait. That way no time is wasted.
- Always end your practice on a positive note.

How do make your drills fun:

- Be creative
- Turn any drill into a game:
- Track missed shots, give points for achieving something: ie passes layup, jump-stops, etc.
- Use tag, Red-rover, sharks and minnows and other childhood games to incorporate basketball skills in a fun way in your practices.
- Add props like cones (to dribble through), chairs (to teach proper defensive stance), or other items to add fun into the practice. Again your imagination is key...be creative

Communication

All Coaches are encouraged to establish effective lines of communication with the team parents. Whatever the format, the time you invest will pay dividends for all concerned throughout the season.

The email should provide an introduction of yourself and any background you may like to provide. Give them your philosophy on teaching soccer (hopefully using material from this guide).

- Discuss the value of the sport and the health benefits to the children.
- Discuss the philosophy of age-appropriate activities.
- State the importance you assign to having fun and developing technique.
- State how you evaluate player development through skills and not winning.
- Discuss any team rules and guidelines (e.g., must be there 15 min. before kickoff).
- Let them know that all players will receive equal playing time.

If possible, ask parents to advise you if there is a night your child cannot practice. Sometimes your schedule will dictate when practices have to take place, but hopefully you have some flexibility to work out a day/time that works for the entire team. 1 of the main pain points joining a youth recreational sport is if the team can only practice on a day that your child cannot. Determining this early on will permit potential roster changes so schedules work for all.

Define player Responsibilities

- Attend practices/games regularly and arrive on time.
- Bring proper equipment to each practice and game.
- Have your own ball and make sure that it is properly inflated.
- Inform the coach in advance if it is necessary to miss a practice or game.
- Try your best at each practice.
- Work toward good sportsmanship and teamwork.
- Respect the referees.
- Be supportive of teammates all the time.
- Answer questions from the parents.

Parent Responsibilities

- Do not coach your child during games.
- Transport your child to and from practices and games on time.
- Be supportive of all the players (Criticism does not improve performance).
- Help your child understand that he/she is contributing to a team effort.
- Focus on mastering skills and having fun, not winning.
- Attend games and cheer the team.
- Refrain from criticizing the opponents; be positive with all players.
- Refrain from criticizing others on various social media sites.
- Respect the referees (There will be mistakes, but they are doing their best).
- Do not communicate any grievances with a coach after a game. Follow the 24 hour rule. After 24 hours if a parent has any concerns, they can reach out to you to discuss.

Behavior

Coaches and assistant coaches are expected to maintain higher level of sportsmanship, professionalism, and integrity both off and on the field. A coach's primary responsibility is for his/her players to have fun, to develop their players, and to instill a passion for the game. The performance of coaches is not measured in wins and losses, but rather in what is taught to players in terms of technique, sportsmanship, and fair play.

Coaches must maintain respect for the game as well as the referees. Coaches are charged with the responsibility of controlling their players and parents at all times during a match. Coaches lead and teach by example; players will be a reflection upon each individual coach.

Coaches and assistant coaches are expected to:

- Have a basic knowledge of the game and to pursue coaching education allowing you to better develop your players.
- Use positive reinforcement when dealing with players, never use foul or abusive language, and never abuse a player mentally, verbally, or physically.
- Have respect for the authority of the referee and his/her assistants. You should not harass, abuse, or berate the referee during or after the match. You should not enter the field of play without the referee's permission.

Exhibit good sportsmanship both off and on the field. You should teach your players the rules of the game, fair play, and proper game behavior.

Your actions as a coach will teach your players as well as the parents and spectators how to become a true fan of the game.

Solo Warm Ups for All Ages

- Simply performing static stretches prior to exercise doesn't help you one bit. In fact, it can hurt your athletic performance. So if you or your young athlete are still doing static stretching before your workout, practice or game--change it up.
- What's the difference between static and dynamic stretching?
- Static stretching involves holding a position for 30 seconds or more to elongate the muscle while a dynamic warm up involves stretching through a range of motion.
- Your body needs to warm up by slowly increasing your heart rate and breathing rate. In doing so, you are lubricating your joints, which will give you better range of motion and better elasticity in tendons and ligaments.
- These 10 simple exercises work as a dynamic warm up for kids of any age or sport. Do each exercise for 20 to 30 seconds. Repeat as necessary. All stretching exercises should be done for at least 20 to 30 seconds on each side.

1. Jumping Jacks
2. Walking Knee Hugs – With each step, raise the knee up to hip height or higher and “hug” it with both arms, pulling toward your belly and chest
3. Arm Circles – Make sure you go in both directions to fully warm up the shoulder joints
4. Side Shuffles – Warm up your whole lower body and don't forget to stay low
5. Backpedaling – Focus on your balance and feet
7. Lunges Squats
8. Leg Swings – Start off with forward and backward swings, then move on to lateral swings
9. Inchworms – A total body exercise that will warm you up from head to toe. From standing, bend forward so your hands can slowly walk out to a push up position on the floor. Slowly begin to walk your feet towards your hands as much as you can while keeping legs straight. Stand up and repeat.
10. Full Body Twists – With your arms either straight out or bent, twist your upper body back and forth in a slow controlled motion

*Another fun way to incorporate a FUN full body warm up is to play a quick game of freeze dance. Pull up a song or two on your phone appropriate for children. When the music starts, the kids start dancing and moving around. Encourage them use their whole body. When you pause the music, they freeze. This is a great way to incorporate a warm up without them knowing it☺

Warm-up & Movement drills/games:

Follow the Leader:

Basic game of follow the leader. You start off as the leader and get them moving. Jogging, sliding, jumping, lunging, skipping, the options are limitless. After they get the idea of the drill let the players take turns being the leader.

Run to the Spot:

Designate several areas around the court such as 3 point line, free throw line, low block, elbow, you can mark these with cones to make it easier. The players start close to you and on your command they run to the spot you call out as quickly as possible and back. Emphasis is on starting in an athletic stance, a quick first step, and speed.

Coach Says:

Like Simon says. Coach says things like: jump on one foot, do 5 defensive slides to the left, show me Triple Threat position, etc. Use your imagination. When a player reacts when a command is given without coach says in the command, that player is out until the game is over.

Throw and Catch:

On coaches command all the player throw their ball up into the air and catch it. Start only throwing is a foot or 2 in the air and increase as they master it.

Throw-Clap-Catch:

Variation of previous drill. Add clapping in between throwing the ball in the air and catching it. Increase the height they throw the ball and increase the number of claps. This can progress to Throw-spin-clap-catch to make it more difficult.

Circle the Basketball:

Have all the players stand with their ball facing you. On your command have them start to circle their ball around their waist. Have them go around several times and then change directions. Have them circle around their heads for several times and then around their knees. At the end have them start at their head and circle the ball all the way down to their knees and then back up.

Box Run Relay:

Divide team up into 2 teams. Mark off 2 sections of the half court from one side of the key to the sidelines and up to the half court line. Have each team line up on the base line on opposite sides of the key. On the coaches command the first player from each team will shuffle down the baseline. As they reach the corner of the court the players back pedal to the half court mark. At half court they will shuffle to the ball jump area. At the ball jump area the players will sprint to the starting line, tag the next player who then continues the relay.

Tag:

Simple game that can be modified and used in many different ways. Everybody is it, Freeze tag, flag tag (use flag football belts with flags), etc. Use without a ball and with a ball. Be creative!

Run and Jump:

All players spread out across base line. Have them run towards other baseline, on your whistle the players jump or leap from one foot and land on both feet. Focus should be on landing low and balanced. Give points to players who don't fall forward and who land balanced and low. Do several rounds.

Frogs in a Pond:

Place cones a couple of feet apart all the way across the court from sideline to sideline. Instruct players that they are now frogs who must jump across the pond (court) Start with having players jump with two feet from cone to cone. Then have them try jumping from one foot and land on the other foot from cone to cone.

Square Sprint:

Pair up players. Make a small square with cones for no more than 10 ft across. Have one cone in the center. Have the pair number the cones. One player starts by the center cone. The other player calls out a number and the player in the center must run and touch that cone as quickly as possible. Progress to calling out 2 numbers at a time and then 3...etc. Focus is on staying low, not crossing the feet, quickness, agility. Do rounds of 1 minute and then switch.

Mirror Shuffle:

Pair up players. Have players face each other along the baseline. No ball is needed. Have one player start as the defensive player. They get into the defensive stance. The offensive player simply jogs in a zig zag manner down to the opposite baseline. The defensive player shuffles/slides to keep in front of the offensive player. When they get to the baseline players switch roles and proceed back to the start line. You can progress and add the ball into the drill. The offensive player dribbles zig zag down the court.

Technical Drills and Games:

Stationary Dribble:

All players on the baseline with a ball. Have players start in ready position (feet apart, toes pointed forward, knees bent) and with ball in Triple Threat position. Have them dribble with the right hand. Vary between low/high/hard/ soft/ wide. Have them dribble with left hand. Add more options as they develop. Front Crossover in front, pull back and forward.

Staring Dribble Drill:

Pair up players according to skill and size. Have players face each other and hold the ball in whatever hand they wish. On your whistle the players must begin dribbling and staring into each other's eyes. If a player blinks, looks away or looks down at their ball the other player earns a point. They begin a new game. The first player to 5 points wins. You can use many variations of this drill; use their weak hand only, allow them to move around, switch up partners; add a second ball for more advanced players.

SPLAT:

All players have a ball and stand with the coach in the center circle in the middle of the gym. The coach has a soft ball (nerf or other soft skin ball). The coach calls out a player's name and throws the soft ball into the air. The player whose name was called puts down their basketball and runs to get the soft ball. All other players dribble as fast as they can away from the player with the soft ball. When the player catches the ball and yells stop, all players must stop and put the ball down besides them. The player with the soft ball can take 3 steps towards the closest player and try to throw the ball at them. If the target is hit they have to give their ball to the player who got them out and return to the center circle. If the target catches the soft ball or the player throwing the ball misses, the original person stays in the middle. Everyone returns to the middle and the ball is thrown into the air again....the coach calls a new name each time.

Sharks and Minnows:

All players stand on one end of the gym with a ball. All of these players are Minnows. Pick a couple of players to be Sharks. The Sharks have a ball too. On your command the Minnows try to dribble their ball across the SEA without being tagged by the Sharks, who also must dribble their ball while trying to tag the Minnows. If the Minnow is tagged they become an Octopus and must freeze and put their ball between their feet. The Octopus can tag players but cannot move. Repeat until you have a winner or everyone is eaten. You can make this game more difficult by having the players use their non dominate hand or increasing the number of Sharks. You can make it easier by allowing them to use both hands to dribble or decreasing the number of Sharks or increasing the size of the SEA.

Musical Cones or Hula Hoops:

This is a fun dribbling drill that is a twist on musical chairs. Hula Hoops make the game really fun but you can substitute cones if you don't have access to 10 Hula Hoops. Each player gets a hula hoop or a cone and a ball. The players spread out around the court. On your whistle (or if you have music in your gym...when the music starts) the players start dribbling around the court. The coach removes one to the hula hoops or cones. On the next whistle (or when the music stops) the players must speed dribble and get one foot inside the hula hoop, or one foot on the cone. The player without a hula hoop or cone is out of the game. Continue until only one player remains.

Righty – Lefty Drill

All the players can do this drill at the same time (if you have enough basketballs). For this drill, have the entire team line up at one end of the court. On the coach's command the players are to dribble to half court with their Right Hands. Once the players pass half court they should switch hands and dribble the rest of the way with their Left Hand.

Dribbling Around Cones

This is a simple drill that helps develop ball control and coordination. Divide your team into 2-3 groups. Each group lines up in a straight line. Setup cones every 5 yards (3-4 cones per group should be fine for this age group). Then on the coach's command, have the players dribble around the cones. Variations of this drill: have the player shoot at the basket when they pass the last cone, or make the game into a relay race, the first team to finish dribbling through the cones, shoots and then sits in a straight line wins the game.

Dribble Around Defenders Drill

For this drill, have a number of players (depending on your area and the spacing you want between the defenders) line up straight down the middle of the court. These players will be the defenders. The defenders can not move their feet, but can move their hands and lean for the ball. The defenders should have their hands up at all times. The ball handlers will dribble the ball between the defenders in a weaving like pattern. The goal is for the ball handler to successfully get to the other side of the court without losing control of the ball or having the ball touched by the defense.

One on One Dribbling

For this drill, have the players pair up. Each pair has 1 basketball. One player from each group starts on the base line with the ball (this group is on offense). The other group lines up approximately 3 feet away and they are on defense. The object of the game is for the offense to dribble the ball to the half court line. The goal for the defense should be to steal the ball or stop the dribble of the player on offense.

Half Court Lay up Relay

For this drill, divide your team into 2 groups. Each group lines up in a straight line at half court and the first person in each group has a ball. At the coach's command, the first person in each group dribbles down court towards the basket and shoots a layup. After making the shot (or after 2 attempts at making a shot) the players rebound their basketball and dribble back to half court, passing the ball to the next person in line. The next players in line then repeat the drill, until all have had a turn.

Follow the Leader

This drill can be done with or without the basketball. In this game, have your entire team line-up in a straight line behind the coach. The players are to do exactly what the coach or designated "leader" is doing. Without the basketball the coach can: Hop, Jump, Skip, Run with legs high, etc. With the basketball the coach can: Dribble the ball with their right hand, with their left hand, dribble while walking backwards, cross-over dribble, etc.

Head Up Dribbling

This drill works on the player's ability to dribble with their head up. Each player has their own ball. The players are to dribble the ball while keeping their head up and looking at the coach. The coach will make hand motions (no talking) signaling what the players should do next.

- 1 Finger can stand for dribble with Right Hand
- 2 Fingers mean dribble with Left Hand
- Coach pointing to Right means dribble to the Right
- Coach pointing to Left means dribble to Left
- Coach pointing Forward means dribble Forward
- Coach pointing Backwards means dribble backwards

Triangle Pass & Receive

Divide your team into groups of 3 players. Have each group form a triangle. Start by having your players pass the ball to each other in a clockwise rotation. Then have the players switch directions and pass to each other in a counter-clockwise direction. Once again, emphasize proper passing.

Fast Break Pass Drill

For this drill, have all your players line up around the perimeter of the court in an oval. The 2 players located under the baskets start the drill and both have basketballs. On the coaches command the players with the ball outlet a pass to the next player and the passing chain continues until it reaches the 2 players at the opposite basket just outside the key. Those 2 players then shot a layup into the basket. The players under both baskets (the original starters) then rebound the ball and start the passing again.

Touch Down Pass Drill

The object of this drill is for players to develop their long passing skills. The long pass can be essential for fast breaks. In this drill, one player is designated the rebounder/passer. The other players line up towards the baseline, outside the 3 point arc. The rebounder gets the rebound (either a real rebound from another player/coach or an imagined rebound), and then throws a long outlet pass to the player running down court. The pass should be thrown over hand like that of a football throw and should reach over the half court line (depending on the age and strength of your players). The player receiving the pass should catch it and then continue to dribble towards the far basket and perform a layup.

Dribble Down and Shoot Drill (Jump Shot)

For this drill, divide your team into 2 groups. Each group lines up in a straight line at half court and the first person in each group has a ball. At the coach's command, the first person in each group dribbles down court towards the basket stops at the cone and shoots a jump shot. After making the shot (or after 2 attempts at making a shot) the players rebound their basketball and dribble back to half court, passing the ball to the next person in line. The next players in line then repeat the drill, until all have had a turn.

Around the World

For this drill, each player must make a number of shots at various locations around the key (the skill level of your players will determine the distance the players are from the key). Players start from location #1 and when they make the shot go to location # 2. Players continue around the key (or Around the World) until they finish at location #11.

PIG, HORSE, ELEPHANT (or any other animal)

For this drill, break your team into a number of groups (so that each group has its own basket). One player from the group starts the game. That player calls out a shot they will be attempting (i.e. foul shot). If that player makes the shot, all the other players in the group must attempt that same shot. If a player misses the shot, that player receives a letter (P if playing PIG, H if playing HORSE). A player is out of the game if they receive all the letters of the animal. If the player calling the shot misses the original shot, it becomes the next player in the group's turn to call out a shot.

2 on 1 Shooting Drill

This drill works on shooting as well as the player's ability to find the open man. For this drill, 2 players are on offense while 1 player is on defense. Starting at half court, the two offensive players must dribble the ball up the court, pass to the open player and shoot at the basket. The offense is awarded a point if they score. The defender is awarded a point if they steal the ball, get the rebound off a missed shot, or prevent the offense from scoring for a certain period of time (usually 20-30 seconds).

3 on 3 Shooting Drill

This is like a mini game. 3 players are on offense, 3 players are on defense. Starting at half court, the offensive players must dribble the ball up the court, pass to the open player and shoot at the basket. The offense is awarded a point if they score. The defense is awarded a point if they steal the ball, get the rebound off a missed shot, or prevent the offense from scoring for a certain period of time (usually 20-30 seconds).

Head Fake & Go (or Shoot)

Drill For this drill, players will be practicing a good head and shoulders fake and then either shoot or drive to the basket. A head and shoulders fake consists of the player rapidly moving up as if they are going to shoot (but not jump). This move should cause the defense to jump to block the shot. Once the defender is in the air, the offensive player can either shoot (the defender in the air is out of position to block the shot) or dribble past the defender to score. First have your team practice good head and shoulders fakes without a defender. Have them line up in the low post facing the basket. Execute the fake and then the corresponding next move (shoot or drive to the basket). After your players are comfortable with the moves, add a defender.

Coaches Guide

Amenity Athletics will continue to monitor Local, State and Federal communications, guidelines, recommendations and advisories regarding the Coronavirus Disease 2019 (COVID-19).

*The below are recommended for any parent, guardian, or player participating in Amenity Athletics Recreational programs.

For Parents

- Please check your child's temperature before bringing them to a practice or to a game.
- Please adhere to social distancing during practices and games. If you feel like you cannot do so, please stay in your car.
- Sanitize or clean all of your child's clothes and equipment before and after each game and practices (cleats, ball, shin guards, etc.);
- Please wear a mask during practices or game days if social distancing is not possible.
- Please let Amenity Athletics know immediately if your child becomes ill for any reason. Please reach out to TCallahanAmenity@gmail.com
- Please provide personal sanitizer to your child for practices and games.

For Players:

- Please wash your hands before and after practices and games.
- We would like to encourage all players to wear a mask before and after practices and games.
- Please do not touch anyone else's equipment, water, snack, or bag. *Bring your own water bottle to all practices and games.
- We would like everyone to please practice social distancing when not playing or off the fields and place bags or equipment at least 6 feet apart.
- Please no group celebrations, high fives, shaking hands, hugs, etc.

For Coaches:

- Please help Amenity Athletics to ensure health and safety of the athletes.
- Please ask players how they are feeling. If someone does not look healthy please speak to their parents and see if sending them home might be the best decision.
- Please continue to follow all state and local health protocols.
- Please make sure all players have their own equipment, water bottle, shoes, etc.
- Coaches or Assistant Coaches should be the only one handling team equipment during practices and games.
- Please maintain social distance during practices and game days. If you feel you can not maintain social distancing, we suggest wearing a mask.
- Please sanitize team equipment after practices and/or game days.

COVID-19

Amenity Athletics will continue to monitor Local, State and Federal communications, guidelines, recommendations and advisories regarding the Coronavirus Disease 2019 (COVID-19).

*The below are recommended for any parent, guardian, or player participating in Amenity Athletics Recreational programs.

For Parents

- Please check your child's temperature before bringing them to a practice or to a game.
- Please adhere to social distancing during practices and games. If you feel like you cannot do so, please stay in your car.
- Sanitize or clean all of your child's clothes and equipment before and after each game and practices (cleats, ball, shin guards, etc.);
- Please wear a mask during practices or game days if social distancing is not possible.
- Please let Amenity Athletics know immediately if your child becomes ill for any reason. Please reach out to TCallahanAmenity@gmail.com
- Please provide personal sanitizer to your child for practices and games.

For Players:

- Please wash your hands before and after practices and games.
- We would like to encourage all players to wear a mask before and after practices and games.
- Please do not touch anyone else's equipment, water, snack, or bag. *Bring your own water bottle to all practices and games.
- We would like everyone to please practice social distancing when not playing or off the fields and place bags or equipment at least 6 feet apart.
- Please no group celebrations, high fives, shaking hands, hugs, etc.

For Coaches:

- Please help Amenity Athletics to ensure health and safety of the athletes.
- Please ask players how they are feeling. If someone does not look healthy please speak to their parents and see if sending them home might be the best decision.
- Please continue to follow all state and local health protocols.
- Please make sure all players have their own equipment, water bottle, shoes, etc.
- Coaches or Assistant Coaches should be the only one handling team equipment during practices and games.
- Please maintain social distance during practices and game days. If you feel you can not maintain social distancing, we suggest wearing a mask.
- Please sanitize team equipment after practices and/or game days.

Coaches Guide

For Spectators:

- Limit the number of spectators for your child to 2.
- Upon arrival, watch games only from the sidelines.
- Wear a mask if unable to adhere to social distancing guidelines.
- Maintain social distancing guidelines while spectating games, staying 6ft away from other spectators.
- Leave the field area as soon as the game concludes.
- We also recommend that parents or guardians bring their own seating when spectating games and avoid bleachers or public seating when possible.
- Please arrive no sooner than 15 minutes before game time and please do not remain on the field after the game.

For Referees:

- Wear a mask while at the fields, except while refereeing games.
- Ensure that no more than 2 coaches/managers are present in each team's bench area.

Player Protocols Following Confirmed or Suspected Case of Covid-19

- Inform your coach and email Tim Callahan at TCallahanAmenity@gmail.com immediately.
- Person cannot attend Amenity Athletics games or practices until:
 - 14 days have passed since symptoms first appeared OR Negative results of an FDA authorized COVID-19 test from at least two consecutive respiratory specimens collected 24 hours apart (two negative specimens).

Player / staff with confirmed COVID-19 who have not had any symptoms:

- Inform Tim Callahan at TCallahanAmenity@gmail.com immediately
- Person cannot attend games or practices until:
 - 14 days after date of their first positive COVID-19 test, assuming no symptoms since that time OR negative results of an FDA authorized COVID-19 test from at least two consecutive respiratory specimens collected 24 hours apart (two negative specimens).

Protocols Following Exposure to a Suspected or Diagnosed Case of COVID-19

- Take your temperature if symptoms develop.
- Practice social distancing. Maintain 6ft of distance from others and stay out of crowded places.
- Follow CDC guidance if symptoms develop.
- Stay at home until 14 days after your last exposure; monitor for any symptoms consistent with infection during this timeframe.
- Check temperature twice a day and stay away from people who are at higher-risk.
- If asymptomatic after 14 days since last exposure, they can return to participation.

Amenity Athletics will continue to:

- Keep up to date with Local, State, and Federal Regulations and distribute protocols accordingly.
- Communicate regularly with all coaches throughout the season in order to implement plans to notify teams of any situations where someone may have been exposed to someone who has tested positive for COVID-19.
- Educate all staff on protocols and requirements, including state and local regulations, CDC recommendations, and other necessary information.
- Ensure adequate field space for social distancing.

**MAKE SURE
YOU HAVE
FUN**

Good luck this season!