

Girls Youth Basketball (GYB) – Coaching Guide

Tips for a Successful Season

- 1) Build a relationship with parents right from the start
 - Share fun facts about oneself
 - Communicate practice and game schedule consistently (i.e. send practice/game reminders same day every week)
 - Answer questions in a timely manner ([click for GYB FAQ's](#))
- 2) Get to know the kids
 - Ask about their individual goals
 - Talk about the meaning of being a student-athlete
- 3) Define what success will be at the end of the season
 - Set team goals
 - Share with kids and parents
- 4) Start each practice with a practice plan
- 5) Start simple when teaching skills and strategies
- 6) Keep it FUN – reward and recognize!

GYB Basketball Game Rules ([attach links for each division](#))

- [Official GYB Playing Rules](#)
- Juniors 3rd/4th
- Open 5th/6th
- Open 7th/8th
- Unified 5th/6th and 7th/8th

Sample Practice Schedule

1) Dynamic Warm Up & Athletic Work – 10 to 15 minutes

This is probably the #1 thing missing from most youth practices. It helps prevent injury, improves performance, and improve athletic ability. What good is a basketball player who is injured or is not athletic enough to utilize the basketball skills developed? The better the player moves, the better the player performs. Why not spend time on it?

There are a lot of players who have tremendous SKILLS, but lacked the ATHLETIC ability to make it to the next level. Because it is the game of basketball, try to include a basketball in the warm up as much as possible. If you are fortunate enough to have enough basketballs for everybody, we have a **basketball-related** warm up. For those of you who do not have very many basketballs, we include a warm up that does not require a basketball.

Warm-up #1 – WITH Basketball

Stationary Ball Handling:

- Around the World - 30 sec
- Figure 8 - 30 sec
- Behind-the-back dribble - 30 sec
- Two Ball Dribble Crossover - 30 sec
- Two Ball Front-to-Back Dribble - 30 sec

Ball handling: (Incorporate Lay Ups if you want)

- 1/2 Speed Dribble
- Backpedal - 1/2 Speed Dribble
- Protect-the-Ball Dribble going backwards & forwards - Switch Hands
- Crab Walk - Figure 8 while walking. Walk down the court forwards. Come back walking backwards
- 3/4 Speed Dribble
- 3/4 Speed Crossover Dribble
- Full Speed Dribble
- Full Speed Crossover Dribble
- Full Speed Behind-the-Back Dribble
- Full Speed Inside Out Dribble
- Partner Passing - Shuffle and Pass - Chest, Bounce, & Overhead

Warm up and Athletic Skill work without ball:

- Full Speed Defensive Shuffle without Ball - 15 to 25 feet - twice each direction
- Butt Kicks - Up the court
- High Knees - Down the court
- Lunge Technique - 2 sets of 10 reps
- Squat Jumps - 2 sets of 10 reps

Warm-up #2 – WITHOUT Basketball

- Jog
- Backpedal
- Carioca
- Defensive Shuffle - 50% to 75%
- Walking Lunge with Hamstring Stretch
- Side Hops
- Skipping with Arm Swings
- Butt Kicks
- Crab Walk
- High Knees
- Bear Crawl

- Squatting Form - 10 Reps
- Jumping and Landing
- 180 & 360 Degree Hops
- Diagonal One Leg Bounds - with 1 second Pause
- Tennis Ball Drops - Start on Belly - Get Up & Sprint

2) Teaching Skills and Using Fun Drills to Improve Skills – 30 to 45 minutes

The #1 reason kids quit sports is because it's not fun anymore. Youth coaches' primary focus should be to teach skills and make it an enjoyable experience! This isn't high school, college, or even PRO basketball, so don't treat practices like it. Try the skill-fun drill technique. This means that you teach a skill, then follow up that skill with a fun game or drill to work on the skill. It helps break up the monotony of practice.

- [Two Ball Dribbling Drills](#) - 5 minutes
- [Form Shooting](#) - 5 minutes
- [Two Ball Shooting](#) - 5 minutes
- Knock Out and Water Break - 5 minutes
- Teaching Motion Situations ([Motion Drills](#) - 2 on 2 & 3 on 3 work) - 10 minutes
- [Wing - 1 on 1](#) - 4 minutes
- [Defense Reaction & Conditioning Drill](#) - 2 minutes
- Free Throws & Quick Water Break - 4 minutes

3) Drills & Games to Practice Offense and Defense – 15 to 25 minutes

- [No Dribble Keep Away](#) - 5 Minutes
- 4 on 3 - [Overload Drill](#) - 5 Minutes
- 4 on 4 - 5 minutes (Emphasize rules and teaching skills - after pass to wing, you must screen away. Similar to Situations Drill below.)
- 5 on 4 - [Overload Drill](#) - 5 minutes
- [Situations Drill](#) - 5 minutes

4) End of Game Drill – 10 to 20 minutes

- Use the [end of game drill](#) to end practice in a fun fashion. It also gets players accustomed to end of game situations.

5) Cool Down and Light Stretching – 5 minutes

- Some teams do this after practice. This is also the best time to recap practice and give out reminders for the upcoming game. End on a fun note with the team or GYB cheer.

Basketball Basics for Coaches and New Players

Source: Breakthrough Basketball – Click on this [link](#) to learn more about the basic rules, concepts, court layout and player positions.

Coaches and new players should focus on learning the basic fundamentals of basketball. To teach fundamental skills, start with this [free eBook](#), which contains 72 free basketball drills that include full diagrams and step by step instructions. Otherwise, click on this [link for over 200 basketball practice drills](#) broken down into the following:

- Offensive Skill Drills
- Team Offense Drills
- Defense and Rebounding Drills
- Athletic Development Drills

BASKETBALL COACHING 101 DRILLS	
PASSING DRILLS	
Drill or Activity Name	Skills
50 Passes	Passing Drill
Monkey in the Middle	Passing
Three Man Weave	Passing
Chair Game	Passing
Speed Passing	Beginner Passing
Bounce Bounce Overhead	Passing/Fitness or Warmup
Pass and Pressure	Beginner Passing
DRIBBLING DRILLS	
Drill or Activity Name	Skills
Red Light Green Light	Dribbling
Dribble Tag	Dribbling
Knock Out	Dribbling
Follow the Leader	Beginner Dribbling
SHOOTING DRILLS	
Drill or Activity Name	Skills
Shooting Basics	Drill to work on fundamentals
V-Cut Pass and Shoot	Passing and Shooting
Bombs Away	Shooting
Pass and Cut	Pass and Lay-up
Two-Line Lay-up	Pass and Lay-up
Lay-up Relay	Lay-ups
Circle Lay-up	Lay-ups

OFFENSE AND DEFENSE DRILLS	
Drill or Activity Name	Skills
3 on 2 / 2 on 1	Offense and Defense
3 on 2 Half Court	Offense and Defense
2 on 2	Offense and Defense
Numbers Game	1 on1 or 2 on 2
No Dribble	Offense and Defense

Other Resources:

1. Jr. NBA - <https://jr.nba.com/>
2. USA Basketball - <https://www.usab.com/>
3. National Association of Basketball Coaches - <https://www.nabc.org/landing/index>
4. Positive Coaching Alliance - <http://www.positivecoach.org/>
5. Coach's Clipboard - <https://www.coachesclipboard.net/index.html>
6. How To Create a Youth Basketball Plan - <https://www.basketballforcoaches.com/basketball-practice-plan/>
7. Changing Your Warm-Up Routine - <https://www.usab.com/youth/news/2010/10/aproductive-change-to-your-warm-up-routine.aspx>
8. Dynamic Warm-Up for Basketball - <https://www.breakthroughbasketball.com/haefner/dynamic-warm-up-for-basketball-strength-athleticism-and-injury-prevention/>
9. Girls Basketball Dynamic Warmup - <https://kbandstraining.com/girls-basketball-dynamic-warm-up/>
10. Benefits of Stretching for Basketball - <https://www.ussportscamps.com/tips/basketball/benefits-of-stretching-basketball>