**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](https://www.gyblv.com/faq))
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](https://docs.wixstatic.com/ugd/19f805_3fd049d69c5948059edd3283e07e5276.pdf)
* 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 at Half Court
* 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

1. **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](https://www.breakthroughbasketball.com/drills/twoballdribblingmoves.html) - 5 minutes
* [Form Shooting](https://www.breakthroughbasketball.com/drills/formshooting.html) - 5 minutes
* [Two Ball Shooting](https://www.breakthroughbasketball.com/drills/twoballshootingdrill.html) - 5 minutes
* Knock Out and Water Break - 5 minutes
* Teaching Motion Situations ([Motion Drills](https://www.breakthroughbasketball.com/pr/kelbick-motion-dvds.html) - 2 on 2 & 3 on 3 work) - 10 minutes
* [Wing - 1 on 1](https://www.breakthroughbasketball.com/drills/wing1on1.html) - 4 minutes
* [Defense Reaction & Conditioning Drill](https://www.breakthroughbasketball.com/drills/defensivereaction.html) - 2 minutes
* Free Throws & Quick Water Break - 4 minutes

1. **Drills & Games to Practice Offense and Defense – 15 to 25 minutes**

* [No Dribble Keep Away](https://www.breakthroughbasketball.com/drills/nodribblekeepaway.html) - 5 Minutes
* 4 on 3 - [Overload Drill](https://www.breakthroughbasketball.com/drills/basketball-overload-defense-drill.html) - 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](https://www.breakthroughbasketball.com/drills/basketball-overload-defense-drill.html) - 5 minutes
* [Situations Drill](https://www.breakthroughbasketball.com/drills/situationsshelldrill.html) - 5 minutes

1. **End of Game Drill – 10 to 20 minutes**

* Use the [end of game drill](https://www.breakthroughbasketball.com/drills/endofgamedrill.html) to end practice in a fun fashion. It also gets players accustomed to end of game situations.

1. **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](https://www.breakthroughbasketball.com/basics/basics.html) 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](https://www.breakthroughbasketball.com/lg/drills.html), 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](https://www.breakthroughbasketball.com/drills/basketballdrills.html) broken down into the following:

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

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| **BASKETBALL COACHING 101 DRILLS** | |
| **PASSING DRILLS** | |
| **Drill or Activity Name** | **Skills** |
| [50 Passes](http://www.basketballcoaching101.com/drills/50passes.htm) | Passing Drill |
| [Monkey in the Middle](http://www.basketballcoaching101.com/drills/monkeyinthemiddle.htm) | Passing |
| [Three Man Weave](http://www.basketballcoaching101.com/drills/threemanweave.htm) | Passing |
| [Chair Game](http://www.basketballcoaching101.com/drills/chairgame.htm) | Passing |
| [Speed Passing](http://www.basketballcoaching101.com/drills/speedpassing.htm) | Beginner Passing |
| [Bounce Bounce Overhead](http://www.basketballcoaching101.com/drills/bouncebounceoverhead.htm) | Passing/Fitness or Warmup |
| [Pass and Pressure](http://www.basketballcoaching101.com/drills/passandpressure.htm) | Beginner Passing |
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| **DRIBBLING DRILLS** | |
| **Drill or Activity Name** | **Skills** |
| [Red Light Green Light](https://www.basketballcoach.com/cgi-bin/basketball/basketball-drills/dc/Red-Light-Green-Light-827.html) | Dribbling |
| [Dribble Tag](http://www.basketballcoaching101.com/drills/dribbletag.htm) | Dribbling |
| [Knock Out](https://snybblog.basketball.ca/2016/09/27/game-dribble-knockout/) | Dribbling |
| [Follow the Leader](http://www.basketballcoaching101.com/drills/followtheleader.htm) | Beginner Dribbling |
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| **SHOOTING DRILLS** | |
| **Drill or Activity Name** | **Skills** |
| [Shooting Basics](http://www.basketballcoaching101.com/drills/shootingbasics.htm) | Drill to work on fundamentals |
| [V-Cut Pass and Shoot](http://www.basketballcoaching101.com/drills/vcutpassandshoot.htm) | Passing and Shooting |
| [Bombs Away](http://www.basketballcoaching101.com/drills/bombsaway.htm) | Shooting |
| [Pass and Cut](http://www.basketballcoaching101.com/drills/passandcut.htm) | Pass and Lay-up |
| [Two-Line Lay-up](http://www.basketballcoaching101.com/drills/twolinelayup.htm) | Pass and Lay-up |
| [Lay-up Relay](http://www.basketballcoaching101.com/drills/layup_relay.htm) | Lay-ups |
| [Circle Lay-up](http://www.basketballcoaching101.com/drills/circlelayupdrill.htm) | Lay-ups |
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| **OFFENSE AND DEFENSE DRILLS** | |
| **Drill or Activity Name** | **Skills** |
| [3 on 2 / 2 on 1](http://www.basketballcoaching101.com/drills/3v22v1.htm) | Offense and Defense |
| [3 on 2 Half Court](http://www.basketballcoaching101.com/drills/3on2halfcourt.htm) | Offense and Defense |
| [2 on 2](http://www.basketballcoaching101.com/drills/2on2.htm) | Offense and Defense |
| [Numbers Game](http://www.basketballcoaching101.com/drills/numbersgame.htm) | 1 on1 or 2 on 2 |
| [No Dribble](http://www.basketballcoaching101.com/drills/nodribble.htm) | 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>