COACHING TAMARIKI

Exploring Basketball 2.0

(Often Years 5 & 6)

DELIVERINGA POSTITIVE EXPERIENCE FOR EVERYONE INVOLVED

BASKETBALL New Zealand

BASKETBALL NEW ZEALANDS APPROACH FOR TAMARIKI

- Keep a Climate of Development vs a Climate of Performance (Good Sports)
- Give all players equal game time and play positionless
- Allow tamariki the space to become problem solvers and work through challenges
- Use game and constraints based learning and decision making activities
- Encourage ALL tamariki to experience all aspects of the game on the court and on the bench
- Encourage tamariki to be involved in a range of sports and activities
- Tamariki should not be doing more hours of organized sport than their age, a maximum of 10 hours per week.
- Tamariki should have a minimum of one full day of rest from organized activities.

3 KEY AREAS FOR YEARS 5&6

WHY

- Why do you coach?
- What outcome do you want for you and the tamariki ?
- Kids at this age play for a variety of reasons. Fun, friends, competition...Why do these kids play?

HOW

- Mini games that involve multiple skills and decisions
- 1v1 , 2v2 and 3x3
- Live game play
- Ask questions for understanding and for players to create solutions
- Be positive and engaging

WHAT

- Movement- being strong , moving quickly in many directions, and being able to stop on 1 and 2 feet with and without the ball
- Basic Decisions and Ball skills: shoot, pass, drive
- Positive competitive behaviours
- Being in a team

A ONE PAGER FOR COACHES

COACHING KIDS NEW TO BASKETBALL?

Check out the resources for Yr 3 and 4's
They may be more appropriate for your team!

AT PRACTICE

- Connect with the kids before you coach them
- Play lots of games and use activities with multiple skills and decisions
- The kids should be moving more than listening
- Use the Coachmate app

COACHMATE
A BBNZ FREE APP

Scan this code with your phone or click here to download this free app that has session plans, activities, and can be used as a communication device with your team

IN GAME

- Keep it fun
- Give all players equal time
- Play positionless
- Focus on advancing the ball, shooting when open, and guarding 1 person on defence
- Keep your messages simple
- The ball should be a 5 for girls and a 6 for boys

CHECK YOURSELF

1. Are the kids having fun?
2. Are they smiling?
3. Do they keep coming back?
4. Are they learning?

Ka Pai!

COACHING GIRLS?

Scan this QR Code or click on this link to learn more

WHEN COACHING TAMARIKI WHO MAY HAVE PLAYED BEFORE

THINGS TO FOCUS ON

- Explore the love of sport and have fun while participating
- Explore being part of a team
- Develop the ability to guard one player on defence and stay between their player and the hoop
- Explore shooting at the hoop when they are not defended
- Explore spacing on offence by playing wide and passing and cutting

KIDS HAVE FUN WHEN

- They are with their friends
- They feel safe
- They feel included
- They are engaged and active
- They are learning and improving

TIPS FOR COACHES

- Good coaches develop trust and care with their players to help them improve and enjoy the experience
- Connect with them before you coach them
- The less time you have with your team, the more like a game the activities at training should be
- Include multiple skills and decision making in your activities
- Break up your team into smaller groups with multiple balls to allow for high repetitions and touches of the ball
- Ask players questions and allow them the space and time to problem solve
- Players should be moving more than listening

AGE AND STAGE APPROPRIATE DELIVERY

Skills

- Movement- running, jumping, stopping, landing,(on 1 and 2 feet)changing direction, changing speed, pivoting
- Layups and/or shooting close to the hoop off 1 and 2 feet
- Passing (around a defender)
- Catching- use of verbal and visual targets
- Dribbling- to advance the ball or beat a defender
- Athletic stance – be able to move quickly and feel strong and balanced

Decisions

- When to pass, shoot or drive
- If not guarded, shoot if in your range or drive to the hoop
- If guarded, look to pass to a teammate
- If no pass is available, drive to create space or attack the hoop
- On defence, keep your chest and feet between your player and their hoop
- On defence, after a shot, secure the ball and advance it towards your hoop

TEACHING POINTS

- **Dribbling:** Finger tips, eyes Up, hip height, keep your hand over the ball
- **Passing:** Around the defence, find the window,
- **Catching:** Give a target, hands up, meet the ball
- **Shooting/Lay ups:** Push the ball up high, finish like a giraffes neck, shoot straight, feel balanced
- **1v1 On Ball Defence:** Chest to chest, back to the hoop, hands up
- **Movement:** Feel strong, keep your chest up, control your body
- **Spacing:** Social distance on offence,

RESOURCE LINKS

- Coachmate The BBNZ Coaching App with activities, practice plans and a team communication tool
- Start Coaching Helpful Resources from FIBA (the international basketball federation)
- Balance is Better Sport New Zealand website with information about youth sport
- WABC World Association of Basketball Coaches

AT PRACTICE

- Ensure that everyone is included and encouraged to develop
- Use small sided games (1v1, 2v2, 3v3) and game play to facilitate learning and development of skills and concepts for all players
- The players should be active more than watching or listening
- The activities should have high repetitions and represent the game of basketball
- Encourage tamariki to become problem solvers by presenting them with challenges and allowing them time to find solutions
- Encourage bigger, faster, stronger tamariki to use their non-dominant hand for passing, dribbling, and lay ups
- Praise effort in the process over outcomes
- Practices would not run longer than 1 hour

IN THE GAME

- Development ,enjoyment, and process are the primary focuses at this age
- All players should be taking the court with equal time
- Encourage bigger, stronger, or faster tamariki to use their non-dominant hand to pass, dribble, and layup
- Encourage all tamariki on the bench to stay engaged in the game and be supportive teammates
- Offence should focus on moving the ball to shoot when someone is not defended- particularly in transition
- Man to man defence only (this is a nationwide rule and helps development)
- Coaches should be guiding not directing
- Players and managers should not question referees
- Coaches should have limited engagement with officials at this age, any engagement should be respectful

PRACTICE PLANNING FRAMEWORK

Focus Points/What

Have 3 to 4 main things the session will concentrate on and plan the session to get positive outcomes in those areas.
These focus points should be appropriate for the ability of your team

Coaches

It is important to understand the rules of the competition your team is registered for. Many youth leagues adapt traditional rules to increase the benefit for children

Connection Time

- Use a quick, fun question to engage with the children before the session starts. E.g "what was the most enjoyable thing you did at school today?

Ice Breaker

- Get the children the laughing and engaged
- Allow the children to interact with one another and build relationships

E.g Paper, Rock, Scissors battles in pairs

5 Mins

Movement

How children move their bodies is really important at this age, so we want to use "warm up" as a time to get the kids moving in different ways:

- running (fwd and bwd)
- jumping
- skipping
- two feet landing
- 1 foot landing
- side to side
- changing their speed
- awareness of what is around them

5-10 min

Skills Activities

This is the time in your practice where you can work on 1 or 2 "skill based" activities.
At this age it is beneficial to use a **games based approach** to help the kids grow their skills (put the skill in to an activity that encourages a decision).
We also do not want to be overly technical with our direction.
E.g for layups and shooting we might say " push the ball up nice and high" instead of "square up, bend your knees, snap your wrist and follow through"

10-15 mins

Game Play

It makes sense to use game play in their practices so they become more confident in the "real" game.
This can reflect the format of the competition they are in (3x3, 4v4, 5v5)
To encourage learning during game play at practice you can add "points" for things you may be working on, or modify the rules. **E.g** If a team makes 3 passes before shooting they get the ball back to play offence again

10-15 min

Recap Time

- Highlight what went well that day
- What time the game is that week
- What the focus will be for the game
- If the practice has not gone smoothly, maybe finish with a fun non basketball game so the kids leave "feeling good"

5-10 min

BIG PICTURE

- Learn to guard one person on defence and stay between their player and the hoop (Chest to Chest)
- Learn to shoot at the hoop when they are not defended
- Learn to advance the ball towards their hoop on offence by passing and dribbling around defence
- Learn to be part of a team
- Learn to love sport

Practice Plan 1

What

- Fun
- Movement
- Develop an understanding of what the games will look like
- Develop problem solvers

Coach Tip

- Do you know the game format and adjusted rules of your competition?
- Let the children be problem solvers and learn through play
- Technique is not important at this age

1 Connection Time

5 mins

- What is your favourite song?

Ice Breaker - Simon Says

- Get the children in partners with a ball or cone between them
- Follow coach instructions: Hands on your Head, shoulders, toes, knees- GO!
- On "Go" try to grab the ball or cone. Switch partners every 2 or 3 times

Activity # 2 : Movement

5 mins

Find the line

Purpose: Learning the court lines and moving their bodies in a variety of ways

- Start the group spread out on the court
- Coach says "hop to the baseline"
- Repeat with varied movements and lines on the basketball court

Be creative with the movements!
Let the children dribble or carry a ball
Use any type of ball- volley, netball, soccer, basketball, tennis ball

Activity # 3

Chaos Layups

Purpose: Allow children to get up a large number of shots while navigating the "chaos" of others around them
Cues: eyes up, push the ball up high
Set up:

- In pairs with a ball spread out on the 3pt line

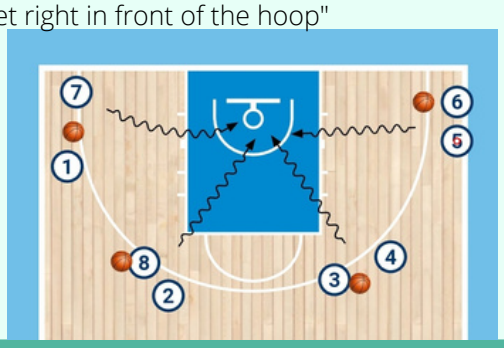
*to create more chaos give everyone a ball

- Coach says 'go', players drive to the hoop and take a shot. Get their own rebound and pass or dribble out to their partner

To progress or regress:

- Add a hula hoop or cone where you want the kids to shoot from. If someone is in the hoop you have to keep your dribble alive and wait for the space to clear
- Coach can say what kind of layup or shot e.g "jump stop on 2 feet right in front of the hoop"

10 mins



Activity # 4

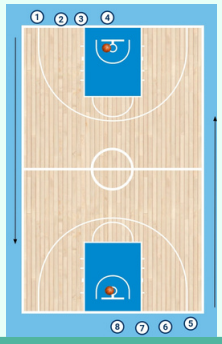
10 mins

End to End Ball Movement

Purpose: Enhance the understanding of moving the ball "forward" towards their hoop on offence using dribbling, passing and teamwork
Cues: "down the court", "eyes up"
Set Up: split your team in half on each baseline with a ball
Present the task to them. E.g- "get the ball to our hoop and everyone must touch the ball before you shoot".
Let them problem solve

To progress or regress:

- Add or remove constraints to the task such as: time, passing or dribbling, add defenders at half court gradually



5 Game play

15 mins

- If this session is to be used as one of the first practices, simulate an actual game to familiarize them with the format they will be playing in and any modified rules
- You can add "bonus points" to encourage behaviours you want to see from your group e.g shooting when they are open, including other teammates, making "good" decisions

6 Recap Time

5 mins

- What was fun today?
- How will this help us in our game?
- What do we want to do in our game/what will good look like for us?