

COACHING TAMARIKI



Exploring

Basketball 1.0

(Often Years 3 & 4)



CREATING A POSITIVE 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 3 & 4

WHY

- Ask yourself why you coach and what outcome you want for you and the tamariki
- Kids play to have fun, be with friends, and try new things
- What does your club or school expect from you

HOW

- Lots of activities that involve shooting passing and catching
- Lots of 1v1 and 2v2 pass, shoot or drive
- Lots of game play
- Using questions
- Being positive and engaging

WHAT

- Movement- being strong and fast in multiple directions
- Basic Decisions: shoot, pass, drive
- Defending 1v1
- Ball skills
- Being in a team
- Problem solving



A ONE PAGER FOR COACHES

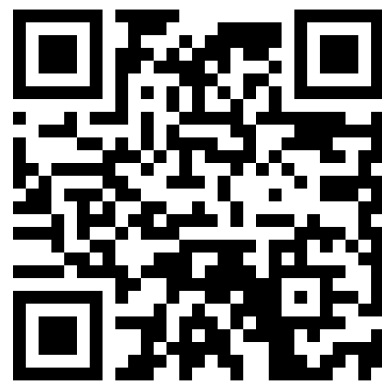


AT PRACTICE

- 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 communication device with your team

IN GAME

- Keep it fun
- Give all players equal time
- Play positionless
- Don't worry about tactics or technique
- Keep your messages simple
- The game should be modified for smaller humans (3x3 or 4x4)

CHECK YOURSELF

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

COACHING GIRLS?

Scan this QR Code or Click on this [link](#) learn more



Kohe Poi!

EXPLORING COACHING 1.0

THINGS TO FOCUS ON

- Explore the love of sport and have fun while participating
- Explore being part of a team
- Explore guarding one player on defence :stay between their player and the hoop (defence butt to the baseline)
- Explore shooting at the hoop when they are not defended
- Explore advancing the ball towards their hoop on offence by passing and/or dribbling around defence

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

FUN

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
- The players should be active more than watching or listening
- The activities should have high repetitions
- Encourage them to become problem solvers by presenting them with challenges and allowing them time to fail and find solutions
- Praise effort in the process over outcomes
- Practices would not run longer than 1 hour

IN GAMES

- Development ,enjoyment, and process are the primary focuses at this age
- All players should be taking the court with equal time and have the opportunity to try their skills
- Offence should focus on moving the ball to towards their hoop and shooting if not guarded: passing if guarded, or driving/dribbling if guarded and can't pass
- Encourage tamariki to try and guard one person on defence
- Encourage bigger, faster, stronger children to use their non-dominant hand to pass, dribble and lay up
- Players and coaches should not be engaging with referees

SKILLS AND DECISIONS FOR EXPLORING 1.0

Skills

- Movement- Running, jumping, stopping, landing, changing direction, changing speed,
- Layups and/or shooting close to the hoop off one and both 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 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 body and feet between your player and their hoop
- On defence, after a shot, secure the ball and advance it towards your hoop

TEACHING CUES

- **Dribbling:** Finger tips, eyes Up, hip height, keep your hand over the ball
- **Passing:** Around the defence, push the ball hard
- **Catching:** Give a target, hands up, meet the ball
- **Shooting/Lay ups:** Push the ball up high, finish like a giraffes neck
- **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, towards our hoop

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
- [Good Sports](#) is a youth sport initiative by Aktive

PRACTICE PLANNING FRAMEWORK

Focus Points/What

Have 3-4 main points the session will concentrate on and plan the session to achieve 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 laughing and engaged
- Allow the children to interact with one another and build relationships

E.g Paper, Scissors, Rock 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 (forwards and backwards)
- Jumping
- Skipping
- One & two feet landing
- Side to side
- Changing their speed
- Awareness of what is around them

5 min

Skills Activities

This is the time in your practice where you can work on 1-2 "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 into an activity that encourages a decision).

10-15 mins

Avoid being overly technical with your instructions.

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"

Game Play

It makes sense to use game play in practices so that they become more confident in the "real" game.

This can reflect the format of the competition they play 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 session
- 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



Example Practice Plan

What

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

Things to note

- 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 - Coach 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 # 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 # 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 # 4

End to End Ball Movement

10 mins

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 limit, dribbling, use certain types of passing, can't be closer than 3 metres to a team mate, add a few defenders at half court

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?

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