

WHGBL – Minors Division Sample Coaching Plan

Day 1

SKILL	TERMS AND PHRASES	DRILL	OBJECTIVE
Individual ball handling and cross dribbling	<ul style="list-style-type: none"> • Cross dribble • Change of directions 	<ul style="list-style-type: none"> • Each player with own ball • Eyes up, push ball down, don't hit other players • Hand on side of ball and push in front of body – get as big as possible • Add cross dribble footwork • Use court to take 2-3 cross dribbles between cones 	<ul style="list-style-type: none"> • Cross dribble is first change of direction to learn • Get players to use right and left hand equally
Layups	<ul style="list-style-type: none"> • Correct footwork • Go right-dribble right, go left-dribble left • Cross dribble 	<ul style="list-style-type: none"> • Use dots/tape to help position right/left foot before hoop • Do layup drill first with no ball, then w/ball but no dribble, then w/ball and dribble • Walk first, then jog, then medium speed, then full speed • Put cone at top of key, start player on right sideline at midcourt. Player dribbles to cone moving left and dribbling with left hand, at cone, cross dribbles to change direction to right hand, and dribbles right to make a right handed layup. <p>PLEASE NOTE: Assistant coach should do this on other side with the left-handed players</p>	<ul style="list-style-type: none"> • Be successful – speed not important and scoring the basket is not important • Players must do correct footwork leaping from the correct leg and shooting with the correct hand
Pivoting	<ul style="list-style-type: none"> • Pivot • 1st Pivot • 2nd Pivot • Triple Threat 	<ul style="list-style-type: none"> • With one partner standing at sideline and another partner standing halfway from other sideline, one player performs a bounce pass and partner receives bounce pass in Triple Threat position • Next – partner passes the ball, receiving player catches the ball in Triple Threat, then steps forward and to the right with right foot (called 1st pivot) to bounce pass the ball back 	<ul style="list-style-type: none"> • Teach correct pivoting so players will not travel during games and will not be afraid of tight defenses

		<ul style="list-style-type: none"> Next – partner passes the ball, receiving player catches the ball in Triple Threat, then performs 1st pivot, then brings the ball in an arc over the top of their head keeping left foot on the floor and crossing the right foot over to the other side of the left foot (called 2nd pivot) to bounce pass the ball back 	
Pivot Keep Away	<ul style="list-style-type: none"> Traveling Change of possession 	<ul style="list-style-type: none"> 4v4 in half-court game When team completes 4 passes in a row, they score a point No dribbling, players can only pass If player travels, coach blows whistle, opposing team takes ball from out of bounds under baseline 	<ul style="list-style-type: none"> Players begin to understand fundamentals of man-to-man defense Players “play to the whistle” Players learn how to take the ball from out of bounds with defenders
Shooting	<ul style="list-style-type: none"> Follow through Straight lines Jump stop Power from the legs 	<p>STEP 1</p> <ul style="list-style-type: none"> Each player has a ball and stands on the sideline with their shooting hand foot on the sideline Players bend knees, shoot ball forward in air so it lands 3 – 4 feet in front of them Players must hold their follow through with hand up and wrist bent as if they are reaching into a cookie jar above a stove – holding the position until the ball hits the floor <p>STEP 2</p> <ul style="list-style-type: none"> Using same sideline, player takes two dribbles, performs a “jump stop” then performs the shooting drill <p>STEP 3</p> <ul style="list-style-type: none"> Player goes to the hoop taking two dribbles and making a “jump stop” then makes a shot attempt holding the follow through until the ball hits the floor 	<ul style="list-style-type: none"> Players make correct shooting form Players learn the importance of shooting hand follow-through Players learn how to use the “jump stop”

Day 2

SKILL	TERMS AND PHRASES	DRILL	OBJECTIVE
Individual ball handling and cross dribble		<ul style="list-style-type: none"> Review all steps from Day 1 practice Change the pattern and rhythm of ball handling 	<ul style="list-style-type: none"> Look for player improvement and adjust for individuals based on their progress
Layups	<ul style="list-style-type: none"> Hesitation dribble Change of speed 	<p>STEP 1</p> <ul style="list-style-type: none"> Review layup footwork from Day 1 practice Start at the lowest step so all players are successful Set up the same drill of cone at top of the key and player starts from right sideline at midcourt. As player dribbles left (with left hand) toward the cone, the coach instructs player to go slow, then fast, then slow again before reaching the cone Player then cross dribbles to the right and makes a right-handed layup <p>STEP 2</p> <ul style="list-style-type: none"> Continue with hesitation drill but instead of player completing a layup, the player performs a “jump stop” 6ft – 10 ft from the basket 	<ul style="list-style-type: none"> Stress correct footwork and shooting form Reinforce cross dribble footwork Do not allow players to commit a traveling violation
Terminology		Coaches should go over with players the terminology pages that were provided to coaches at the beginning of the season. You can find the terminology page on the league website under coaching resources.	<ul style="list-style-type: none"> Players should be able to know terminology and spots on floor to help speed up coaching and moving players to different areas of the court
Pivot drill		<ul style="list-style-type: none"> Set up players in groups of three. Two players are on offense and one on defense. Defender tries to prevent offense players from passing the ball to each other. Offense players use pivoting to keep the ball away from defender and make successful passes. Players then rotate so each player plays defense. 	<ul style="list-style-type: none"> Use pivoting to keep defender away from the ball and make successful passes to one’s teammate
Scrimmage	<ul style="list-style-type: none"> Spacing 	<ul style="list-style-type: none"> Scrimmage 5v5 Emphasize spacing and not crowding the ball like bees swarming to a hive. 	<ul style="list-style-type: none"> This is the beginning stages of understanding the “pass and cut” offense.

		<ul style="list-style-type: none">• Teach player to dribble ball up court and over midcourt into the “neutral zone.”• Have player pass to another player in the “neutral zone” and then, immediately cut to the basket after they pass the ball.• If the cutting player does not get a pass back from their teammate, teach player to move to an open spot on the floor.• Coach pays attention and blows whistle for traveling violations.• Coaches promotes correct pivoting to keep defenders away from the ball and create space to pass the ball to teammates.	<ul style="list-style-type: none">• Players should understand the “neutral zone” and the rules around the neutral zone.• Players should know how to properly inbound the ball.• Players should be executing the ability to do a 1st pivot and 2nd pivot.• Players should know to cut to the basket after every time they pass the ball and players should know to pass the ball to the player cutting if they are open for a layup.
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Day 3

SKILL	TERMS AND PHRASES	DRILL	OBJECTIVE
Individual ball handling		<ul style="list-style-type: none"> Review everything covered in Day 1 and Day 2 practices and now, tried to add more difficulty Do not use dots/markers any longer – players must be successful on their own Players can go faster only once they have mastered the footwork. 	
Full court layups with dominant hand and 4 cross dribbles		<ul style="list-style-type: none"> Players start from middle of baseline and dribble right w/right hand to cone placed on right sideline halfway between baseline and midcourt. At cone, player performs a cross dribble to left hand and dribbles left with left hand to cone at center of midcourt. At cone, player performs a cross dribble to right hand and dribbles right to cone at right baseline halfway between midcourt and basket baseline. At cone, player performs a cross dribble to the left hand and dribbles left to cone at top of the key At cone, player performs a cross dribble to the right hand and dribbles right around the paint to make a right handed layup 	<ul style="list-style-type: none"> Players learn to increase and decrease speeds with layups Add a “jump stop” instead of layup for variety
Pivot drill		<ul style="list-style-type: none"> Players perform the pivot drill but now, defensive players may hit the ball out of the player’s hands (without committing a foul) and can attempt to steal passes 	<ul style="list-style-type: none">
Scrimmage	Help side defense	<ul style="list-style-type: none"> Teach players to help with defensive position without illegal double teaming or losing their man to man player defensive position Continue to promote pass and cut on offense encouraging “give and go” passes rewarding players who cut to the hoop after passing the ball. 	<ul style="list-style-type: none">

Day 4

SKILL	TERMS AND PHRASES	DRILL	OBJECTIVE
Mirror ball handling	<ul style="list-style-type: none"> Eyes up 	<ul style="list-style-type: none"> Partners stand at opposite sidelines Partners dribble with their right hand toward each other When they reach each other, they perform a cross dribble to their left hand and pass by each other along their right shoulders Walk first then move to jog and increase and decrease speeds through hesitation dribbling 	<ul style="list-style-type: none"> Players learn confidence in dribbling towards defenders, cross dribbling and hesitation dribbling to move past defenders
Pivot relay		<ul style="list-style-type: none"> Players are divided into teams of 5 -6 players with the same amount of players on each team (if possible) Players are lined up from one baseline to the opposite baseline with equal spacing between their teammates Players at the first baseline starts with the ball Players bounce pass to their next teammate who then pivots around and passes to the teammate behind them. First team to get the ball passed from one baseline, down to the other baseline and back – wins! Coaches keep track of team wins and makes sure no traveling violations occur with the pivoting. 	<ul style="list-style-type: none"> Players learn to spin and pass to players behind them without committing a traveling violation. Players learn passing speed and moving the ball along the floor through passing the ball.

Scrimmage	<ul style="list-style-type: none"> • Free throw lineup • Jump ball lineup • Out of bounds play • Defense coverage lineup 	<ul style="list-style-type: none"> • Perform scrimmage beginning with a “Jump Ball” so players know how and where to stand around the center court circle. • Teach players how to talk with each other and identify players they should cover on defense. • Coaches should blow the whistle and stop play for traveling violations and award ball to the opposite team. • Coaches should enforce the “neutral zone” and give players the freedom to dribble-drive and praise players that use their weak hand. • Coaches should develop just one, very simple, out of bounds play so players know how to inbound the ball against a defense. • Coaches should call a foul a few times and ensure the players know how to lineup for a foul shot, learning not to step into the lane until the ball leaves the shooter’s hand. 	<ul style="list-style-type: none"> •
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Minors Division Coach's Checklist

Before the first game of the season, all Minors Division Coaches should look to ensure most of their players have a good working knowledge of the following checklist of basketball skills and leadership skills (place a check in either knowledgeable, proficient, or mastered for each player on your team):

Player Names	Skill	Knowledgeable	Proficient	Mastered
Player 1 Player 2 Player 3...etc	Ball handling and dribbling: Player can control the ball and dribble with “eyes up.” Player understands “go right-dribble right and go left-dribble left.” Player knows how to dribble against a defender without losing the ball. Player can change speeds executing on “hesitation dribbling.”			
	Cross dribble: Player can easily place hand on the side of the ball and move ball from one hand to the other easily changing directions with the ball			
	Layups (dominant hand): player understands footwork including which foot to take off with and what hand to use to shoot the ball. Players who can walk the exercise are knowledgeable, players who can job are proficient and players who can go full speed have mastered the skill.			
	Layups (weak hand): same as above			
	Triple Threat position: Player can catch a pass and immediately place themselves in Triple Threat position without committing a travel violation			
	Jump Stop: Player can catch a pass and execute a jump stop ending in Triple Threat position			
	Pivoting (1st Pivot): Player knows how to catch a pass in “Triple Threat” position and while keeping their pivot foot planted, can step to the right with their right foot to make a pass around a defender.			
	Pivoting (2nd Pivot): Player can execute 1 st pivot position and then execute 2 nd pivot position when tight defender cuts off 1 st pivot position.			
	Shooting: players are able to execute a shot with appropriate form from the jump stop and Triple Threat position keeping their hand up as part of the follow through. Players should learn to not be afraid and to shoot the ball if they are undefended within a 6ft – 10ft range and they are blocked from performing a layup.			
	Man-to-Man and Help Side Defense: Players should know how to defend without committing fouls. Players should know how to react and help on defense when their teammate loses their player. Players should know how to “box-out” other players when a shot goes up in the air. Players should know how to pass the ball to a teammate and look up-court after making a defensive rebound.			

	Pass and Cut Offense: Players should know to immediately cut to the basket every time they pass the ball and to expect a pass back for a layup. They should know if they don't receive the pass, to then move to an open spot on the floor. Players who receive a pass should look to try and immediately pass the ball back to their teammate cutting to the basket.			
	Spacing: Players should know not to "crowd the ball" and find open spots for receive a pass from teammates.			
	Out of bounds: Players should know how to appropriately inbound the ball, keeping both feet behind the baseline or sideline when inbounding the ball. Players should know one, simple out of bounds play so they can inbound the ball when there are defenders.			
	Free throws: Players should know how to shoot a free throw. More importantly, players should know how to line up for a free throw. They should know not to enter the paint until the ball leaves the shooter's hand.			
	Jump Ball: Players should know how to line up at the beginning of a game for the Jump Ball. They should know how to stand around the circle and cover on defense the player they are standing nearby. They should know that their basket is opposite their bench at the beginning jump ball of the game.			
	Traveling/Double Dribble: Players know what a traveling violation is, and they know how to keep their pivot feet planted and to dribble the ball so they don't commit a traveling violation. Players should also know that after stopping their dribble, they cannot dribble again and must find a teammate to pass the ball or must shoot at the basket if possible.			