

Jr. Kaws Basketball  
Volunteer-Coach Guide

Dear Coach,

Welcome! THANK YOU for volunteering to coach a team this season. You are making a major impact on our kids and their love for basketball. As an organization, the goal is to grow and develop our young players for their health and love of the game.

As a volunteer coach for multiple sports myself, I can tell you that just showing up is the first step. It can be a bit uneasy to first start out not knowing what to do, or if you're even doing the right thing once you do get going. I put this guide together to not only help give you the confidence to coach, tips on what to do at practice, but also as an assurance that you ARE doing the right things.

All the information I compiled here is from either experience as a student athlete, my previous adventures in coaching or web references. This is a time-saver! If you have been volunteer-coaching for a while or in the past, you are more than welcome to keep doing what you've been doing. This is here to help anyone willing to step up.

The most helpful resource when it comes to what to do for practice is [www.breakthroughbasketball.com](http://www.breakthroughbasketball.com). It's free and has tons to do for all ages and skill levels. If your drill needs 2 adults, don't be afraid to ask a parent to help.

Share your feedback. We can only get better together. I look forward to working with you and your kiddos. Don't hesitate to reach out with any questions.

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# Sportsmanship and Behavior Expectations

## The Sportsmanship “High Five” For Administration

1. Develop a plan to teach good sportsmanship within your school.
2. Provide appropriate supervision for each activity event.
3. Be sure parents thoroughly understand school expectations.
4. Recognize exemplary behavior and discourage undesirable conduct.
5. Develop a positive sportsmanship plan for all activities and coaches to follow.

## The Sportsmanship “High Five” For Coaches

1. Always set a good example for your team and your fans to follow.
2. Teach good sportsmanship.
3. Develop and enforce penalties for participants who do not show good sportsmanship.
4. Treat opposing coaches, teams and their fans with respect.
5. Teach honest effort and playing by the rules.

## THE “HIGH FIVE”

### The Sportsmanship “High Five” For Everyone

1. Show respect for the opponents at all times.
2. Show respect for the officials.
3. Know, understand and appreciate the rules of the contest.
4. Maintain self control at all times.
5. Recognize and appreciate skill in performance regardless of the affiliation.



## OF SPORTSMANSHIP

## The Sportsmanship “High Five” For Participants

1. Accept the responsibility and privilege of playing for your school and community.
2. Treat opponents with respect as they are your guests.
3. Exercise self-control at all times.
4. Accept both victory and defeat with pride and compassion, never being boastful or bitter.
5. Live up to the high standards of sportsmanship established by your coach.

## The Sportsmanship “High Five” For Fans

1. Help develop a community reputation for good sportsmanship.
2. Give encouragement to athletic teams and recognition of good plays by everyone.
3. Be a role model by being positive in every manner possible.
4. Support those playing, coaching and officiating.
5. Respect the judgment and strategy of the coach.

# All-Ages: Starting Practice

Each practice should have a general plan, but always start out the same. Dynamic stretches are highly recommended at every sports level. Not only do they prepare the body for a workout by warming up muscles and increasing blood flow, but they reduce the risk of injuries. Lead by example. Do the stretches with the kids. Be their expert. Pick 2-3 from the list that are your staples and start adding more in as you go through the season. Get a routine going so the kids know what to expect.

If you need a visual for what these look like, many of them are listed here → [Dynamic Basketball Warm Up Guide \(20 Drills and Exercises\) \(basketballforcoaches.com\)](#).

1. Dynamic stretches (examples)
  - a. Walking high knees
  - b. Knee hugs
  - c. Side Slides
  - d. Jumping jacks
  - e. Backpedaling
  - f. Butt kicks
  - g. Inchworm
  - h. Frankenstein March/Toy Soldier
  - i. Arm circles
  - j. Neck & Shoulder rolls

After stretching, continue getting your kids warmed up with some cardio. You can run laps or shuttle runs, but playing games can do the same thing usually more willing participation.

2. Cardio Games
  - a. Freeze Tag
  - b. Sharks and Minnows
  - c. One-Legged tag
  - d. Mr. Fox (aka What is the time, Mr. Wolf)
    - i. Can be played with basketballs as well to develop ball control.
  - e. Band-aid Tag

# Kindergarten – 2<sup>nd</sup> Grade

Kindergarten is co-ed. Boys and girls will begin with learning the court, what the lines mean, where to go and when to go there. Walk with the kids, explain each location on the court and then give them a quick quiz on it to test their knowledge. This might have to be done a couple times, especially to get participation.

The rules should be discussed often:

- **No Press.** AKA pressure defense. This means that when the other team brings the ball down the court without guarding. Half-court defense is ok.
- **No Stealing.** Passes are allowed to be intercepted.
- **Man to Man Defense.** Stay with your opponent, and whoever subs in for them. (Tip: have kids identify who they want to guard at the beginning of the quarter before checking the ball).

Physical development should focus on coordination, dribbling one-handed, shooting, passing and catching. Start at the beginning here with 1-3 and work up to include all 6 skills.

1. Dribbling
  - a. Lines
    - i. Start slow, work up through the season to racing
    - ii. L, R, Alt
  - b. Dribble Journey
    - i. Plan out a path with obstacles for them to walk and dribble around maintaining ball control
  - c. Speed dribble
2. Passing
  - a. Bounce pass
  - b. Chest pass (can be harder at this age)
  - c. Catching
    - i. Eyes on the ball!
    - ii. Monkey in the middle
    - iii. Step into the pass/Meet the ball
3. Shooting
  - a. Form
    - i. How to hold the shoot the ball is foundational and should be reviewed regularly to enforce muscle memory.

- b. Around the world
  - c. Free throws (Set a goal of made shots)
  - d. Knock out
4. Rebounding
  - a. Figuring out where to be to get the rebound
  - b. Box out
5. Offense
  - a. Setting a pick
  - b. Control the pace of the game
  - c. Get players to move – ball handler can't move!
6. Defense
  - a. Hands up!
  - b. Stay with your opponent even when the ball is passed

When getting ready for games, scrimmaging is a great tool. The main things to remember for games:

- Passing the ball in from out of bounds
- The clock does not stop
- Substitute kids about every 2 min (I usually do 2 at a time)

# Grades 3<sup>rd</sup> – 6<sup>th</sup>

At this age, the rules are more important than in previous years. Games will be refereed by our local highschoolers. The only difference in 3rd-4th game play is the location of the free-throw line at 8ft. Refs will be calling fouls during games.

Kids are beginning to get more competitive at this age level. Aggressive play is necessary for the nature of the game, but unnecessary roughness will not be tolerated. Any action that could result in injury of a player is prohibited.

Physical development should focus on coordination, dribbling one-handed, passing and catching, ball handling, shooting, layups.

1. Dribbling
  - a. Lines
    - i. Relays
    - ii. L, R, Alt
  - b. Dribble Journey
    - i. Add defenders to get around
    - ii. Speed it up!
  - c. Speed dribble
2. Passing
  - a. Bounce pass
  - b. Chest pass
  - c. Catching
    - i. Step into the pass/Meet the ball
  - d. Overhead passes
  - e. Quick passes
3. Shooting
  - a. Form
    - i. How to hold the shoot the ball is foundational and should be reviewed regularly to enforce muscle memory.
  - b. Around the world/Around the horn
  - c. Free throws (Set a goal of made shots)
  - d. HORSE
  - e. Knockout
4. Rebounding
  - a. Figuring out where to be for the ball
  - b. Box out

5. Offense
  - a. Get players to move
    - i. ball handler can't move!
  - b. Setting a pick
6. Defending
  - a. Hands up
  - b. Intercept a pass

When getting ready for games, scrimmaging is a great tool. The main things to remember for games:

- Passing the ball in from out of bounds
- The clock does not stop, even for free throws
- Substitute kids about every 2 min (I usually do 2 at a time)