



**NAPERVILLE PARK DISTRICT**  
**RECREATIONAL**  
**YOUTH BASKETBALL LEAGUE**

Parent, Player and Coach Manual  
FALL 2024 & WINTER 2025

*Please Remember that Good Sportsmanship Depends  
on All of Us!*

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## General Information

Each player may choose wear the league uniform, which consists of a blue and white reversible jersey. For basketball, the home team will always be listed first on the schedule and will wear the WHITE Jersey. Jerseys may be purchased at the Fort Hill Activity Center.

## Codes of Conduct

The purpose of the Code of Conduct is to establish common expectations of players, parents and coaches so that youth sports programs provide a constructive learning experience for players in a positive sports environment.

### Expectations of COACHES:

1. Coaches should remember the purpose of the **NYB Recreational Basketball** program is for players to have a constructive learning experience within an enjoyable team activity.
  - a. Help players develop an appreciation for the sport.
  - b. Keep winning and losing in the proper perspective.
2. Coaches will demonstrate good sportsmanship by being positive role models.
  - a. Be on time for meetings, practices.
  - b. Show respect in language and behavior toward players, coaches, officials and parents.
  - c. Be approachable for players and parents.
3. Coaches will promote a healthy and safe environment for players.
  - a. Monitor the condition of the court and all equipment for safety considerations.
  - b. Refrain from the use of substances that are illegal to players in the presence of players in the sports environment (tobacco, alcohol, drugs).
4. Coaches will teach and reinforce the fundamentals and basic skills of the sport.
5. Coaches should possess knowledge of game/league rules specific to the NYB Recreational League Program. Rules and other resources are available from the Park District.  
Link: <https://napervilleparks.org/napervilleyouthbasketball>
6. Coaches will accept responsibility for the conduct of all players, assistant coaches, parents and fans connected with their teams.
7. Coaches will use the designated communication process when they have an issue with the program. This communication process can be found at [www.napervilleparks.org](http://www.napervilleparks.org).
8. Coaches will know and support the consequences to players and parents if there are violations of the Code of Conduct and be consistent and fair in the application of the Code. Consequences can be found in league rules.
9. Coaches will communicate with players and parents regarding:
  - a. Player and parent expectations.
  - b. Practices/ Games /League rules.
  - c. Communication process.
  - d. Consequences for players and parents if there are violations of the Code of Conduct.
  - e. Volunteer assistance with the program.

### **Expectations of PLAYERS:**

1. Players should remember the purpose of the **NYB Recreational Basketball** program is for them to have a positive learning experience within an enjoyable team activity.
  - a. Develop an appreciation of the sport.
2. Players will demonstrate good sportsmanship.
  - a. Be on time for meetings, practices and scrimmages.
  - b. Show respect in language and behavior toward players, coaches, officials and parents.
3. Players will personally strive to promote a healthy and safe environment for themselves and other players.
  - a. Check condition of all equipment for safety considerations.
  - b. Monitor their own health to know the physical conditions required for playing safely.
  - c. Refrain from the use of illegal substances (tobacco, alcohol, drugs).
4. Players will learn the fundamentals and develop and practice the basic skills of the sport.
5. Players will build their knowledge of the game/league rules.
6. Players will accept responsibility for their own behavior.
7. Players will know and support the Code of Conduct and understand the consequences of Code violations. Consequences can be found below.

### **Expectations of PARENTS:**

1. Parents should remember the purpose of the **NYB Recreational Basketball** program is for players to have a positive learning experience within an enjoyable team activity.
2. Parents will demonstrate good sportsmanship by being positive role models.
  - a. Ensure that players show up on time to practices.
  - b. Ensure that players are wearing the proper clothing and have proper equipment for their sport.
  - c. **Show respect in language and behavior toward players, coaches, officials and other parents.**
  - d. Know basic game rules and reinforce them with children.
3. Parents will promote a healthy and safe environment for players.
  - a. Refrain from the use of substances that are illegal to minors in the presence of minors in the sports environment (tobacco, alcohol, drugs).
  - b. Check the health of players to ensure their ability to play.
4. Parents will provide volunteer assistance as specific needs are identified.
5. Parents will use the designated communication process when there is an issue with the program.
6. Parents will know and support the Code of Conduct and understand the consequences of Code violations. Consequences can be found below.

**The Naperville Park District has adopted a Zero Tolerance Policy for violators of the Code of Conduct. The grounds for disciplinary action include, but shall not be limited to the following:**

## **Sanctions for Coaches:**

### **Ejection/Suspension:**

- 1) Not following mandated playing time rules for all players
- 2) Failure to develop knowledge of, or follow the league rules
- 3) Failure to treat coaches, players, officials, staff and others with respect
- 4) Leaving a field or facility before a parent has picked up all players
- 5) Failure to coach in accordance with the Coaches Code of Conduct
- 6) Foul or abusive language
- 7) Repeat offenses
- 8) Threatening a coach, parent, player officials, staff and others
- 9) Continued use of abusive language and/or threatening behavior
- 10) Allowing foul language or threatening behavior by players
- 11) Use of alcohol, tobacco or drugs during a practice or game
- 12) Sexual behavior or use of sexual language
- 13) Theft or destruction of property
- 14) Negative references to the sex, age, color, religion, national origin or any disability
- 15) Inappropriate attire
- 16) Interference with game play except for instances of medical emergency

Each action has a consequence (based on severity); however, an ejection from the game will lead to **at minimum** an automatic one game suspension.

### **Dismissal:**

- 1) Striking or bodily assault on another person
- 2) Continuing actions that originally led to the Ejection/Suspension level

The Park District reserves the right to suspend violators of the code of conduct from participation in other Park District programs through the duration of their suspension or term of dismissal.

## **Sanctions for Players:**

### **Ejection/Suspension:**

- 1) Interference with the conduct of the practice or games
- 2) Failure to treat coaches, players, officials, staff and others with respect
- 3) Use of alcohol, tobacco or drugs during a practice or game
- 4) Foul or abusive language/threatening behavior

### **Dismissal:**

- 1) Striking or bodily assault on another person
- 2) **Continuing actions that originally led to the Ejection/Suspension level**

## Practice Information

School sites for practices are to be determined by the Park District. Because not every District school is available for practices, some teams may practice at a neighboring school rather than the school attended by team members. Please note a weekly practice will be scheduled for each team but is not always guaranteed and is dependent on facility availability and school cancellations. Maps and directions to each of the sites can be found at the Naperville Youth Basketball page at [www.napervilleparks.org](http://www.napervilleparks.org).

### Gym Use Rules:

1. Please only enter the door designated for entry by the school.
2. Doors will remain locked at all times and under no circumstance should be unlocked or propped open. A custodian will be present to open the door for teams **5 minutes** prior to practice, please do not bang on the doors. From that point forward, an adult must be present at the door to let any latecomers into the building. Once all players have entered the building the door should be closed behind them. Do not contact the school district if you cannot get in the building; call the Park District at 630-848-5000.
3. An adult (18 years of age or older) must be present at all times during school use.
4. All areas used by teams (including bathrooms) should be checked by coaches. Any mess, spills, etc. need to be cleaned prior to leaving the building.
5. Any accidental damage should be reported to the custodian and Park District immediately.
6. No smoking or alcoholic beverages are allowed in school buildings or on school property.
7. Proper gym shoes must be worn at all times by players and participants.
8. Anyone not participating in practice must Drop off and Pick up only. **We have been asked by the schools as non-participant children have been left to wander by parents.**
9. There should be no dunking or hanging on the rims.

# Rules

## SECTION ONE: GENERAL PLAYING RULES

1. **GENERAL RULES**
  - 1.1. Basketball will follow Illinois High School Association (IHSA) rules.
  - 1.2. Exceptions and additions contained in the Naperville Park District playing rules will supersede or clarify IHSA rules.
  - 1.3. **SPORTSMANSHIP, TOBACCO, ALCOHOL, PROFANITY, JEWELRY**
    - 1.3.1. The actions of the players, managers, coaches, referees, and league officials must be above reproach. Managers and coaches must make sure their conduct is proper in every respect and must make sure that their players and spectators do the same.
    - 1.3.2. The use of tobacco is strictly prohibited in the program facilities, on the court, and by any player or coach. Alcoholic beverages and any substance abuse in any form are strictly prohibited within the confines of the facility.
    - 1.3.3. The use of profanity and/or obscene gestures by any player, manager, coach, official, spectator, family member or parent/guardian is prohibited.
    - 1.3.4. Players will be prohibited from wearing jewelry during gameplay. Players found to be wearing jewelry will be told to remove it by the official.
      - 1.3.4.1. Jewelry includes but is not limited to earrings, bracelets, and necklaces.
      - 1.3.4.2. Players with newly pierced ears who cannot remove their earrings may cover them with bandages; however it is recommended they are removed.
      - 1.3.4.3. Medical alert bracelets or necklaces are not considered to be jewelry, but must be secured to the body.
      - 1.3.4.4. If the official feels a player is wearing an item which may cause a safety issue, the official can instruct the player remove the item or the player will not be allowed to play.
    - 1.3.5. The NPD disapproves of any form of taunting that is intended or designed to embarrass, ridicule, or demean others under any circumstances including but not limited to race, religion, gender, or national origin.
    - 1.3.6. All coaches will be required to sign a Code of Conduct.
  - 1.4. **PARENTAL RESPONSIBILITY**
    - 1.4.1. Parents **must** shoulder responsibility and take initiative to make the **NYB Recreational Basketball** program successful. Each parent should join in the total effort of honoring the program philosophies and expectations. There is opportunity for all to participate.
      - 1.4.2. Parents, spectators and family members must make sure their conduct is proper in every respect, demonstrate **GOOD SPORTSMANSHIP** and make sure their children and players follow the same conduct.
  - 1.5. **SPORTSMANSHIP RULE**
    - 1.5.1. If either team is ahead by more than 15 points, the electronic scoreboard will be turned off. The scorekeeper will continue to track the game's points on paper. If the losing team pulls within 10 points, the electronic scoreboard may be turned back on.

- 1.5.2. The sportsmanship rule dictates that if a team is leading by a score of 15+ points, the coach in the lead should begin to use coaching tactics that allow the game to become closer in competition and score. The following are examples:
  - 1.5.2.1. Defense should guard players only within the 3 point line.
  - 1.5.2.2. Defense should not press.
  - 1.5.2.3. Offense will not be allowed fast breaks.
  - 1.5.2.4. Offense should make more passes.
    - 1.5.2.4.1. i.e. pass the ball to each player before taking a shot.
  - 1.5.2.5. Offense should not shoot 3 pointers.
- 1.6. Starting a Game or Intra-Squad Scrimmage
  - 1.6.1. Home team
    - 1.6.1.1. The team wearing WHITE shall be the designated HOME team.**
  - 1.6.2. Maximum/Minimum number of players
    - 1.6.2.1. The maximum number of players on the court at one time is five (5).
    - 1.6.2.2. The minimum number of players on the court at one time is four (4).
    - 1.6.2.3. All games will begin with a jump ball.
      - 1.6.2.3.1. The possession of the ball for the remainder of the game shall alternate each quarter and be kept track of by the scorekeeper.
- 1.7. OFFICIATING
  - 1.7.1.1. All Games will be officiated by Certified Officials and all Intra-Squad Scrimmages will be self-officiated by the coaches.



## SECTION TWO: SPECIFIC LEAGUE RULES

### 2. KINDERGARTEN-2<sup>ND</sup> GRADE

- 2.1. Basket height is 8 feet.
- 2.2. Ball size is 25 inches for kindergarten and 27.5 inches for 1<sup>st</sup>-2<sup>nd</sup> grade.
- 2.3. If both teams have 10 players or less present, each game will consist of 4 seven minute quarters. One minute will be allowed between quarters, two minutes at half time. If either team has 11 or more players present, a fifth period will be played and each player must play at least 2 periods.
- 2.4. The clock will not stop throughout the game with the exception of the last minute of the game. During that time, the clock will stop each time the referee blows the whistle.
- 2.5. Four time-outs will be allowed each team during the game and may be called by the coach. All time-outs will be 45 seconds in length.
- 2.6. Substitutions can only be made at the 3:30 minute mark of each period, except for injury situations. The scorekeeper will stop play as close to 3:30 mark as possible and give both teams the opportunity to substitute. Substitution time is not a time out. Players must enter the court so play can continue.
- 2.7. No Overtime will be played, games can end in a Tie.
- 2.8. In the kindergarten league, one coach is allowed to be on the court to help instruct players throughout the entire season. In the 1<sup>st</sup>/2<sup>nd</sup> grade league, one coach is allowed on the court during the first **THREE** Weeks of play. After that point, players are expected to play independently.
- 2.9. Man-to-man defense must be played. **The defensive team must return behind the three-point line before guarding their man.**
  - 2.9.1. Prior to the start each quarter, players will match up with their man at half-court. Each player will wear a different colored wristband and guard the player on the other team with same colored band. Please return wristbands to score table after games.
  - 2.9.2. Wristbands can only be switched at substitutions, timeouts, and quarters.**
- 2.10. Games will start with a jump ball and then will alternate possession.
- 2.11. **Steals can only be made off a pass.** Players are not allowed to steal from a player holding or dribbling the basketball.
- 2.12. Picks **will not** be allowed.
- 2.13. No lane violations will be enforced, except when players are abusing the liberty (“camping out”).
- 2.14. A ten (10) second half-court rule will be enforced. The ball must pass the centerline or possession will be lost. No backcourt violation will be enforced unless a team is attempting to run out the clock.

- 2.15. No foul shooting.
- 2.16. No fast breaks will be allowed. **THE Referee with blow whistle to stop play and reset the offense to start at Half Court**
- 2.17. No standings or records will be kept. No awards or trophies of any type are awarded.

### **3. 3<sup>RD</sup> AND 4<sup>TH</sup> GRADE**

- 3.1. Basket height is 9 feet.
- 3.2. Ball size is 27.5 – junior size
- 3.3. If both teams have 10 players or less present, each game will consist of 4 eight minute quarters. One minute will be allowed between periods and two after the second period. If one team has 11 or more players present, each game will consist of 5 eight minute periods and each player must play at least 2 periods.
- 3.4. The clock will be a running clock with the exception of the last two minute of the game. During that time, the clock will stop on all referee whistles.
- 3.5. Four time-outs will be given to both teams each game. All time-outs will be 45 seconds in length.
- 3.6. Substitutions can only be made at the 4:00 minute mark of each period, except for injury situations. The scorekeeper will stop play as close to 4:00 mark as possible and give both teams the opportunity to substitute. Substitution time is not a time out. Players must enter the court so play can continue.
- 3.7. No Overtime will be played, games can end in a Tie.
- 3.8. Man-to-man defense must be played.
  - 3.8.1. **For 3<sup>rd</sup> Grade:** Prior to the start each quarter, players will match up with their man at half-court. Each player will wear a different colored wristband and guard the player on the other team with same colored band.
  - 3.8.2. \*Wristbands can only be switched at substitutions, timeouts, and quarters.
  - 3.8.3. **For 4<sup>th</sup> Grade:** For the first 3 weeks of the season, Prior to the start each quarter, players will match up with their man at half-court. Each player will wear a different colored wristband and guard the player on the other team with same colored band. (\* see above 3.8.2) **Starting week #4** of the season there will be NO Wristbands and Both man-to-man and zone defense can be played.
- 3.9. Games will start with a jump ball, and then alternate possession.

- 3.10. On-ball picks **only** will be allowed. Defensive players are allowed to make defensive switches on On-ball picks, but defensive players must switch back to the original offensive player they were defending at next opportunity. (See 3<sup>rd</sup> and 4<sup>th</sup> grade defense rules above)
- 3.11. No press will be allowed. Pressure cannot be applied until the ball is over the half court stripe.
- 3.12. Steals can only be made off a pass attempt. Defensive players are not allowed to steal the ball from an offensive player holding or dribbling the ball while they are in control of the basketball, but only can attempt a steal on a pass attempt. However, if the basketball is not in control by the offensive player, for example offensive player dribbles ball off their foot or just loses control of the dribble, then the basketball can be stolen from by the defensive player.
- 3.13. In 3<sup>rd</sup> Grade: No lane violation will be enforced, except where players are abusing the liberty.
- 3.14. In 4<sup>th</sup> Grade: A three second lane violation will be called starting week #4.
- 3.15. A ten second half-court rule will be enforced. The ball must pass the centerline or possession will be lost. **No backcourt violation will be enforced unless a team is attempting to run out the clock.**
- 3.16. The five-second rule involving holding the ball will apply and result in a loss of possession.
- 3.17. Fast breaks will be allowed. If a team is winning by 15 points, the winning team cannot fast break.
- 3.18. No free-throws will occur.
- 3.19. Players cannot foul out of games but may be given a “timeout” by the official for excessive fouling.

#### 4. **5<sup>TH</sup> / 6<sup>TH</sup> GRADE & 7<sup>TH</sup> / 8<sup>TH</sup> GRADE**

- 4.1. Basket height will be 10 feet.
- 4.2. Ball size is 28.5 – women’s official size or intermediate size for 5<sup>th</sup>& 6<sup>th</sup> Grade Boys and Girls and 7<sup>th</sup>& 8<sup>th</sup> Grade Girls. A regulation ball will be used for 7<sup>th</sup> & 8<sup>th</sup> grade Boys.
- 4.3. Each game will consist of 2 sixteen-minute halves. There will be a two minute half time.
- 4.4. The clock will be a running clock with the exception of the last minute of the first half, last 2 minutes of the game, and during free throws attempts. The clock will stop on all referee whistles during these times.
- 4.5. Two time-outs will be allowed each team during each half. All time-outs will be 45 seconds in length.

- 4.6. Substitutions must report to the scorer's table. Only the referee will call for substitutions to enter the game. Substitutions may be made on any dead ball situation.
- 4.7. In case of a tie, a two-minute overtime period will be played. A jump ball will start the overtime. If score is still even after two-minute, game will be considered a tie.
- 4.8. Games will start with a jump ball, and then alternate possessions.
- 4.9. Both man-to-man and zone defense can be played.
- 4.10. Full court pressure will be allowed only in the last 4 minutes of the game.
- 4.11. A three second lane violation will be called.
- 4.12. Picks will be allowed.
- 4.13. A ten-second half-court rule will be enforced. The ball must pass the centerline or possession will be lost. Backcourt violation will be enforced.
- 4.14. The five-second rule involving holding the ball will apply with the penalty being loss of possession.
- 4.15. Shooting fouls will automatically result in free-throws. When a team commits the 7<sup>th</sup> team foul, the opposing team will shoot one-and-one bonus free-throws; when the 10<sup>th</sup> team foul is committed, the opposing team will shoot double bonus free-throws.
- 4.16. Players cannot foul out of recreational games, but may be given a "timeout" by the official for excessive fouling. Players in the competitive league will foul out after the sixth personal foul.
- 4.17. If a team is winning by 15 points, the winning team cannot fast break or press. At that point, all defensive players must play behind the 3 point line.

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on All of Us!*

## Practice Ideas

ALL Grades (1<sup>st</sup> – 8<sup>th</sup>) & Ages (6-14)

### Circles

- Instructions - Put your feet together and make circles around both legs. Then circle around the back. And then circle around the head. Then combine them and move the ball in circles around your head, then down your body, down around your knees, and then around your ankles. Then come back up again. Be sure to use your fingertips, not the palms.
  - Put your right foot out and make circles around just the right leg. Then do it around the left leg. After doing each then try a figure 8 motion.
- Circles Dribbles
  - This drill is similar to “Circles” except now the ball is dribbled. Extend the left leg forward and dribble the ball low around the leg in a circular fashion. Then do it around the right leg.
  - After doing each leg, dribble the ball between legs in a figure 8 motion.

### King of the Court

- Instructions – Every player must have a ball. Place all the players in the three-point arc area. Players dribble inside the three point arc. If someone’s ball gets knocked out of the arc that player is out. Reduce the size of the playing area once player’s start getting knocked out.
- If a player loses control, another player touches their ball, double dribbles, travels, or stops dribbling, that player is out. Monitor proper dribbling techniques. Protect the ball. Be aware of surrounding players. Eliminated players work on ball handling exercises. Last player left wins.

### Sideline Dribbling

- Instructions - Players pair up along the sideline, and spread out. The first player in each pair dribbles from sideline to sideline right-handed, and then back left-handed. The coach will call out which move he/she wants them to execute at the half way point going across (right-handed), and then again coming back (left-handed). The ball is then passed to the partner, who goes next. Have each player do each of the moves down and back twice before moving onto the next move.
- Moves can include changing speed of dribble or changing speed of player, crossover dribble, fake crossover, hesitation move, behind the back, through the legs, or a spin move.
- Concentrate on keeping control of the ball at all times, especially during the move.

### 2 v. 1 Fast Break

- Instructions – Two players start spread out on the baseline with one ball. One defender stands at the top of the key. When the coach yells “Go!” the two offensive players begin a

fast break down the court and try to score. The one defender must try and avoid the offense from scoring.

- The two offensive players must have good spacing, make good passes and communicate well in order to score. The defender must try to be in a good defensive position to try and block either a pass, shot, or layup by the two offensive players.
- The drill can also be done as a 3 v. 2 or a 4 v. 3 fast break. Promote good ball-handling, passing, defensive positioning, and most importantly good communication with teammates.

### 1<sup>st</sup> – 3<sup>rd</sup> Grade (Ages 6-9)

#### **Lay-up Lines**

- Instructions - Team is divided into two lines, rebounders and shooters. Each line is at the top of the key, one on the left the other on the right.
- The drill starts with the first shooter in line dribbling in and shooting the lay-up, while the first rebounder rebounds and passes to the next shooter in line cutting toward the basket. The shooter goes to the rebounding line and the rebounder goes to the shooting line.
- Switch sides so that now the left line is the shooting line (for shooting left-handed lay-ups).

#### **Pass It Down the Line**

- Instructions – In this drill, line up a number of players (4-8) on the sideline facing into the court. One player should have 1 basketball and be approximately 5-7 feet away from the players on the sideline and should also be facing those players. On coach's command, the player with the ball will run in a straight-line down the court, passing and receiving a return pass from each player. After they receive the last pass, the player should continue towards the basket for a layup.
- Make sure everyone is making a good pass and making sure to lead the runner so he can get up the floor as fast as possible. The floor runner should be sprinting down the court. The players on the sideline need to make sure to lead the runner so he can get up the floor as fast as possible. Try the drill with both bounce passes as well as chest passes. Once the player makes the layup, switch who is the one runner. Also try the drill having the runner shuffle instead of run.

#### **Partner Passing / Monkey in the Middle**

- Instructions – Have players partner up and stand facing each other far apart. Each pairing has one ball.
- The players simply pass the ball to each other, making strong clean passes to their teammate. The players should do chest passes, bounce passes, and overhead passes.
- Make sure the players are aiming their passes at the right spot and make sure the passes are the appropriate speed. Put a player in the middle of the two partners and make it into a "Monkey in the Middle" game.

#### **Red Light / Green Light**

- Instructions – Players each have a ball and line up down the baseline. Coach is standing at either half-court or opposite baseline. Similar to the physical education activity, players attempt to reach the other end of the court while running/walking on green lights and stopping on red lights.
- Coach will whistle or yell “Green Light!” and players will have to dribble forward. When coach yells “Red Light!” players must stop and pick up their dribble immediately. Players who do not do so or are too slow must go back to the baseline and start over. The first player to reach the end wins.
- Be sure players are controlling their dribble and stopping quickly.

### **Sharks & Minnows**

- Instructions - Line up team on baseline. Every player needs a ball. Select one or two players to be the defensive players (sharks) at half court. Offensive players (minnows) must dribble to the other baseline and the sharks must attempt to steal the ball. If sharks steal the ball, knock balls away, or the minnow loses control, the minnow becomes a new shark.
- Be sure to teach to keep your head up and always maintain your dribble. Use moves such as crossovers or spins in order to avoid defenders. Defenders must shuffle feet to get in front of their opponent, keep their arms out and only hit the ball, not the player.

### **Steal the Bacon**

- Instructions - Partner players up and give them the same number. Have everyone line up on the baseline a couple steps back from the basket.
- Coach calls out a number and rolls the ball out. The two players with that number hustle for the ball and play one on one at the basket they ran from. If you get the ball first you try and score, if you don't you play defense and try to get the rebound and put it back up.
- Once everyone has gone 1 v 1 call out two numbers and the player you previously played 1 v 1 against is now your teammate to play 2 v 2 against the other pair of numbers.

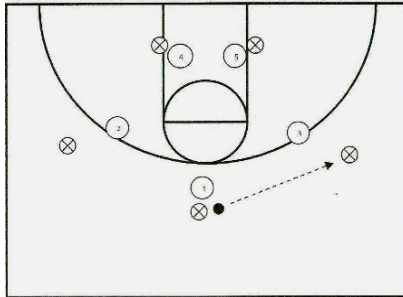
## 3<sup>rd</sup> – 4<sup>th</sup> Grade (Ages 8-10)

### **Chase and Shoot**

- Instructions - Create 2 lines on the baseline, one under the basket and one in the corner. Coach should stand behind the players on the baseline.
- Coach throws the ball down the court and both players sprint down the court toward the ball. The player that started in the corner retrieves the ball. The player that now has the ball dribbles down the middle of the court. Once both players are down the floor the player with the ball passes it back to the player who started under the basket and who makes a layup. The player receiving the pass must make sure they get in the middle of the court to create good spacing and the other player must make a nice bounce pass to his teammate.

### **Defensive Positioning – Man-to-Man**

- Instructions - Five players are positioned and stationary, placed in different places on the court. Coach is at the baseline and five defenders stand in the paint. The coach passes to



one of the five offensive players who stay put. (See Diagram)

- When the ball is passed, one defender goes to the ball, while the other four go out and defend the four other offensive players. The defender against the ball must defend closely and make sure the offensive player would have trouble shooting or passing. The other four defensive players must position themselves correctly, not too close to their offensive player, but close enough to steal a bad pass or gain possession on a missed shot.
- The coach makes any corrections in the players' alignment, and then the ball is passed back to the coach for the next five defenders in line. The current defenders become offense and the offensive players go to the back of the defensive lines. There is no scoring, passing, attacking in this drill. This drill simply emphasizes how the defenders should position themselves in a man-to-man defense.

### Inbound Plays

- Instructions - Two teams are created, one on offense, one on defense. One offensive player is standing out of bounds at the baseline under one of the corners of the basket ready to make an inbounds pass.
- The goal of the offensive team is to create a play, run it, and score a basket after the inbounds pass. The defensive team will play man defense and try not to let the offense score.
- Be creative with the inbounds plays. Try and run some pick-and-rolls, screens, and spread out the offensive players to improve your scoring chances and make it difficult for the defense. After a few plays, switch the offensive and defensive teams.

### Knockout

- Instructions – Line up players at free throw line. Give balls to the first two players in line. First player shoots, if made they retrieve ball, if missed they keep shooting until they make it. After making a basket you pass it to the next person in line. If a shot is made before the first shooter scores the first shooter is out. Process repeats.
- Make sure players stay relaxed and shoot properly. Do not panic under pressure and throw the ball up without a purpose.

### Loose Ball

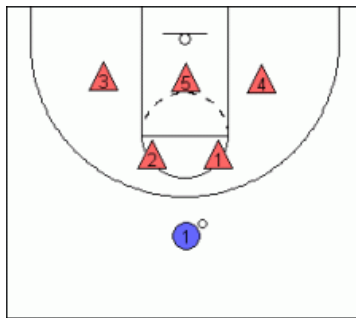


- Instructions – Create 2 teams. Line up each team in a single file line at the baseline. Entire court will be used. Use one ball. Coach stands in between both teams with the ball. Coach tosses the ball down the court in the middle of the two players. Players will go after the ball. The player who gains possession must try to score on the opposite basket they started at while the other player plays defense. Players can recover the ball to score. Players must hustle to the loose ball and be prepared to play either offense or defense. Encourage each player to gain possession quickly and to score quickly. Encourage defensive players to recover, steal the ball, and regain possession to score. Make sure players are not fouling.

### 5<sup>th</sup> – 8<sup>th</sup> Grade (Ages 11-12)

#### **Defensive Positioning – 2-3 Zone Defense**

- Instructions - Defensive players line up in a 2-3 zone defense (Two players at each elbow, one player in center in paint, and two players on either side lined up with the center player – See diagram). Offensive players line up around 3-point line.



- The ball starts at the top of the key and is passed to any offensive player along the 3-point line. Depending on where the ball is passed, the defensive players must quickly shift toward the ball and be in a ready defensive position. The player closest to the ball tightly defends the offensive player, while the other four players position themselves correctly to block easy passes and shot attempts.
- The coach makes any corrections in the players' alignment, and then the ball is passed back to the coach for the next five defenders. The current defenders become offense and the offensive players go to the defensive zone positions.

#### **Foul Shot Box Out**

- Instructions - Choose one player to be the shooter and position the rest of the team in the proper spots for a foul shot. One ball will be used. Have the shooter take a shot. Whoever gets the rebound becomes the next shooter.
- Make sure players are not pushing each other or fouling each other in order to get the ball. Show them the proper positioning of boxing out. Make sure they get their hands up and go up for the ball. Encourage hustle and confidence to gain possession of the ball.

#### **Inbound Plays**

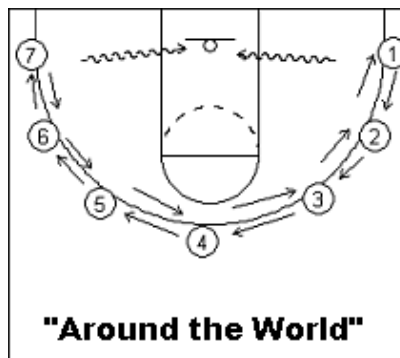
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- Be creative with the inbounds plays. Try and run some pick-and-rolls, screens, and spread out the offensive players to improve your scoring chances and make it difficult for the defense. After a few plays, switch the offensive and defensive teams.

### Loose Ball

- Instructions – Create 2 teams. Line up each team in a single file line at the baseline. Entire court will be used. Use one ball. Coach stands in between both teams with the ball. Coach tosses the ball down the court in the middle of the two players. Players will go after the ball. The player who gains possession must try to score on the opposite basket they started at while the other player plays defense. Players can recover the ball to score. Players must hustle to the loose ball and be prepared to play either offense or defense. Encourage each player to gain possession quickly and to score quickly. Encourage defensive players to recover, steal the ball, and regain possession to score. Make sure players are not fouling.

### Around the World

- Instructions - One player begins with the ball at one of the corners of the court at the three point line (or closer to basket depending on age). One rebounder is placed underneath basket.



- When the coach says "Go!" the shooter must shoot from the corner. Whether or not the shot goes in, the player moves to the next position on the court (down the 3-point line). The rebounder must quickly retrieve the rebound and pass the ball to the shooter in the new position. The shooter immediately shoots the ball and continues this process until he reaches the other corner of the court. The shooter then goes the opposite direction back to where he began.
- After the shooter goes around and back, the total number of shots made is recorded. Each player does the drill and the player with the most made shots is the winner. Be sure to switch rebounders as well.

### **Three Man Weave**

- Instructions– Divide class into teams of three. Place the groups at the baseline. Entire court will be used. The player in the middle starts with the ball (Player 1). The three Players will begin to run down the court toward the basket. While on the run, Player 1 passes the ball to Player 2. Player 1 runs in the direction they just passed the ball and runs around Player 2. Player 2 passes to Player 3 and then runs in the direction they passed the ball and around Player 3. Player 3 will then pass it to Player 1 who makes a lay-up at the basket.