



OMGBA

Coach Mentoring Series

October 2017

Coach Mentoring Series

OMGBA

Fall 2017

0-10 minutes - *Introduction and Welcome*

Overview of the session objectives

- Help all coaches in attendance better understand basketball fundamentals, OMGBA basketball philosophies, and various basketball strategies and drills.

Break outs will include:

- Coaching Fundamentals - How to be successful in the youth coaching ranks
- Defense - Sets and drills to accompany teachings
- BREAK
- Offense - Sets and drills to accompany teachings
- Pressing, Press Break, and Out of Bounds
- Wrap up

10–25 minutes - *Coaching Fundamentals*

Positive Coaching Alliance (PCA)

- Trusted Coaches Certification
 - Thanks for completing
 - OMGBA commitments / values
 - Developing winners in sports & life
- Positive Coaching
 - Goal of developing Better Athletes / Better People
 - Everything that happens in sports can be used to achieve the goal of developing Better Athletes / Better People
 - Beyond Sportsmanship / “Honor the Game”
- Development Zone (OMGBA)
 - A place where players can develop as basketball players and improve their basketball skills
 - Opportunity to impact the trajectory of the lives of many youth positively
- Double-Goal Coach
 - Win - Scoreboard is a key ingredient for developing Better Athletes / Better People, but it is not **everything** or the **only thing**
 - Teach life lessons and build character (**most important**)
 - Focus on effort rather than results
 - Elevate player’s emotional state so they can perform at peak level and have more fun
 - Compete hard while Honoring the Game
 - Coaches find ways to get players into games
- Second-Goal Parent
 - Help kids absorb life lessons
 - Leaves the scoreboard to coaches and athletes
 - Honor the Game

- Athletes – working with them to better:
 - Self
 - Teammates
 - Game – Honor the Game
 - Setbacks and mistakes provide a chance for kids to learn to struggle, adapt, and overcome

Exhibit All Star Qualities

- **Sportsmanship** - Remember basic courtesy and good manners? Use your practices and games to reinforce these basic principles. Make sure your players can give a firm handshake with eye contact to officials and opposing coaches, as well as a high five to opposing players.
- **Teamwork** - Teach your players that "we over me" is what most often leads to "us over them," in team sports competition. Encourage your players to be selfless and supportive teammates in both losing and winning efforts. *Teams that rely on one or two players are much easier to defend and defeat – challenge your best players to share the ball and help develop teammates.*
- **Positive Attitude** - Life is not fair and basketball is worse. Help your players get over it and still do what they need to do to succeed. Playing sports is one the best ways to practice overcoming adversity and preparing to handle tough times in life. Humor helps!
- **Respect** - Pay it forward and get it back. How a coach interacts with other adults--coaches, parents and officials--will naturally influence the behavior of your players. Be mindful that you are a role model and are always being watched. Insist that your players respect coaches, officials and opponents--like you do. Have the courage to enforce your rules with every player and parent involved with your team.

Coaching

- **Philosophy** – House and travel league coaches should understand that kids want to play sports and to have FUN! Let your players figure things out. Ask questions, don't always give instruction or answers, and provide your players a chance to learn. Watching them grow will be fun for you too!
- **Communication** - Have a team meeting to start the first practice of the season, or as soon as possible thereafter. Limit your postgame analysis to positive things that occurred in the game and deal with what went wrong by establishing a specific goal to work on starting at the next practice. Ask parents to delay or even eliminate the dreaded postgame interview with their child. When you need to correct a player, use the "compliment sandwich." State something positive the player did well, give a very specific correction, then restate the first positive thing.
- **Parent Coaches** –
 - Be fair to your own child, but do not favor them (perception management)
 - Community-based basketball (OMGBA season) is about developing the team / grade / all players over the development of your own child
 - Great parent – child memories can be made
- **Team Configuration** – OMGBA does not differentiate between Osseo or Maple Grove and our coaches are requested to remain neutral as well in all facets (attire, cheers, play names, etc.)
- **Continuing Education** – All coaches require continuing education. In your efforts to learn, make sure the substance of the material is appropriate for the skill, age and maturity level of the players that you coach.
- **Use Resources** - There are several organizations that offer assistance to youth coaches. Do an online search for youth coaching information sources. Read books, watch videos and attend coaching clinics in-person whenever possible. One hour online could make you a better coach. OMGBA has several such links to good sources of information on the “Coach’s Corner” page of www.omgba.net.

Practices

- Get organized....Write down a game plan for practices and let a parent or assistant coach hold you accountable to that schedule...
 - 5 / 10 / 15 minute allotments of time
 - Moving or active skill-based
 - Defense – individual / small-sided
 - Offense – individual / small-sided
 - Game situations
- “You will Play how you Practice”
- Play to learn, play to practice, and you will win when you play in games. Remember how much fun you had growing up when you used to just go outside and play with your friends? We advocate using the "compete to learn" approach to practice--it lets kids play and have fun while competing. This type of practice, using competitive drills, does a better job of preparing players to compete in real games. What you do in practice carries over into what you do in games.
- **Individual Skills** - Want to improve your team's ball handling? Games like dribble knockout are very popular. Every player must have his or her own basketball. Coach starts the game. Every player must dribble constantly, stay in-bounds and try to knock the ball away from all other players in the game. Lose control of your basketball or go out-of-bounds, and you're eliminated. Boundaries for 10-12 players could start as half the court. After several players are eliminated, the boundary is reduced to only inside the 3-point area. Boundary is reduced again to the free-throw lane. Finally, when there are just two players left, they play the "finals" in the free throw half circle.
- **Team Concepts** - Run half your offense by playing 2-on-2 or 3-on-3 restricted to one side of the floor. For example, make even (by size/ability) teams and conduct a 10-minute tournament using an action like the pick and roll. Allow for 20-second timeouts and allow players teach themselves how to make the play work.

Game Strategy

- **Keep It Simple System (KISS)** - Basketball is a simple game. Keep it simple! If you are a regular reader of instructional material, you might think that you need to have lots of practice drills and a complicated or intricate system to win games. No, you don't. Establish one or two alignments and three or four actions, and that's it. At the youth level or even in the NBA, most successful coaches try to have their team master a few simple things. Try KISS at your next practice and even in your next game, your team will show instant improvement!
- **Simple Transition Offense (Fast break/press break)** - Score a lay-up without dribbling. Attack in open court with odd man advantages, get ball to the middle, have wings ahead of ball, cutting at 45 degree angle to low blocks.
- **10 player OMGBA teams** – strategically should result in OMGBA teams playing more uptempo and aggressive defensively to wear out opponents with smaller-sized rosters
- **Simple Half-Court Offense (Ball movement/teamwork)** - Everyone must catch and make a pass before anyone can shoot is an effective way to help everyone improve.

- **Playing time / Line-ups**

- Playing time requirements of OMGA are in place to not allow competitiveness of coaches to override goals of the program
- Vary starting line-ups game-to-game within a tournament
- Vary who plays with who – adjust to your opponent
 - Protect lesser skilled players confidence against tougher teams
 - Provide opportunities for lesser skilled players vs. lesser teams
 - No need to “blow out” lesser teams – keep the score closer by allowing lesser skilled players opportunities to develop and provide your team additional close game finishing experiences
 - 5 in 5 out and 2 player / 3 player rotations encouraged game to game Not advisable to substitute in the same pattern for multiple games in a row

Make All-Star Memories

- The experience of playing on a youth sports team can affect a child's development as a person. How will you affect your player's communication, cooperation, goal setting and work ethic? How will your players remember this experience 10 years from now? Most won't remember the score.
- If your team employs the ritual of getting together after every game for ice cream or pizza, takes a field trip to a college or pro game, or attends a movie together, your players will remember those good times long after they forget the score of the game. Parents sometimes enjoy these social events more than the kids.

Case Studies for Double-Goal Coaches – please read the attached excerpts from PCA related to handling numerous situations commonly faced by youth sports coaches. They are quite helpful and informative.

25-55 minutes - *Defense*

Important - Best way to stay in every game – commitment to strong defense (focus, effort, and pride)

Man to Man focus

- Footwork – on and off the ball
- Proper positioning – on and off the ball
- Help and Recover

Rebounding – Blocking Out

- Team responsibility to rebound
- One shot and done
- Offensive rebounds ruin good defensive possessions

Fundamentals:

Good drills to make the fundamentals “fun

Help and Recover

On the ball defense

Shell defense

Rebounding

Time for questions

Advanced:

Man to Man defense variations

1/3/1 half court trap

Time for questions

55–65 minutes - ***Take a BREAK***

65–100 minutes - ***Offense***

Important Concepts / Fundamentals

- Ball handling
- Passing
- Setting Screens
- Positioning
- Moving without the ball
- Shooting mechanics

Fundamentals:

Good drills to make the fundamentals “fun”

- Passing drills
- Post-entry drills
- Screening drills
- Shooting drills

Time for questions

Advanced:

Man to Man offensive options

Zone Offense Options

Time for questions

100-115 minutes - ***Press, Press Break, Out of Bounds***

Press Break Options - Attacking and scoring

Press Options - Man to Man or Zone

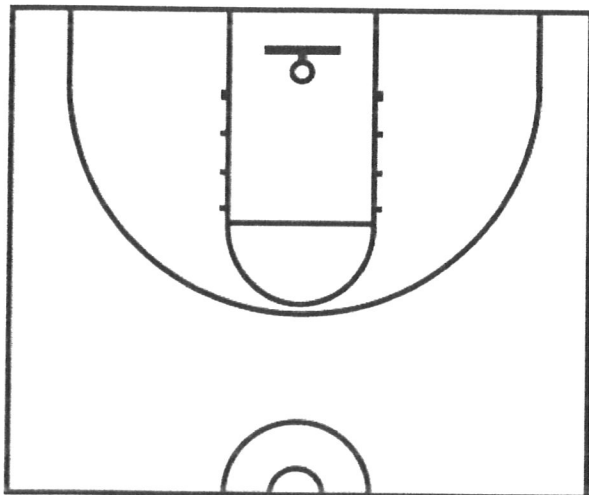
Out of Bounds Plays - Under basket and sideline

Time for questions

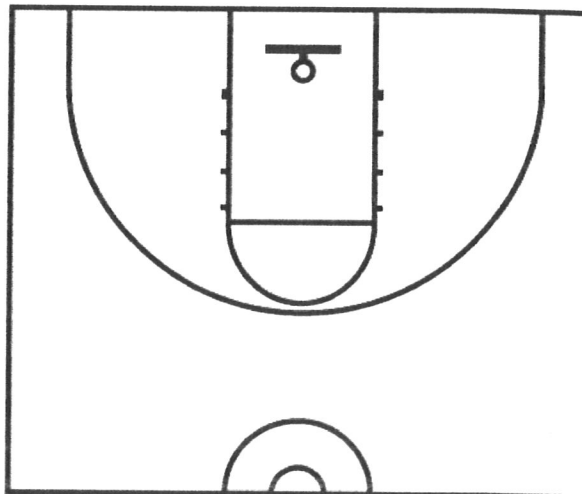
115-120 minutes - ***Session Wrap up and talking about our commitment to Fundamentals***

1. Coaching mentoring is encouraged! If you find that you'd like to shadow one of our experienced coaches for a practice, please let us know. We'd love to arrange this.
2. Help put the “fun” in fundamentals. Work on drills, games, and competitions in practice to encourage practicing these fundamentals.
3. Enjoy the experience. Let's all work together to play competitively and make sure that our kids have a fantastic experience with OMGBA....
4. Thank you to all of you that donate hundreds of hours every season to our youth! Without you, there would be no program...

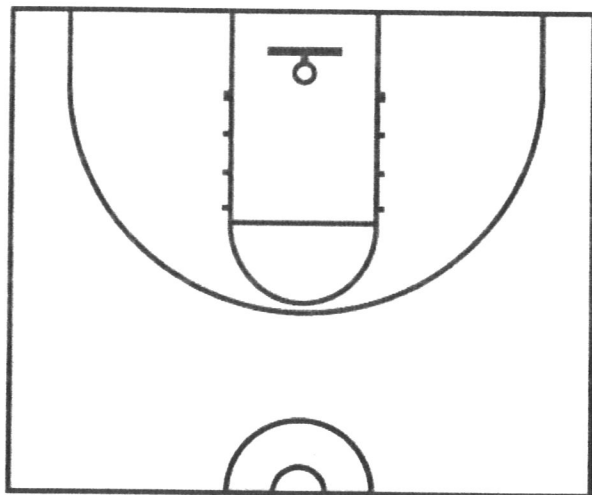
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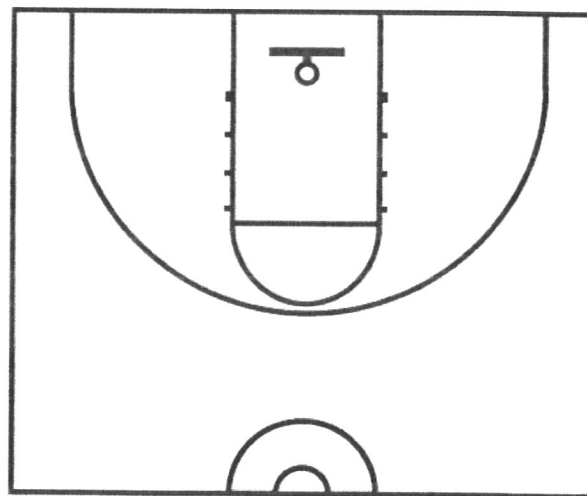
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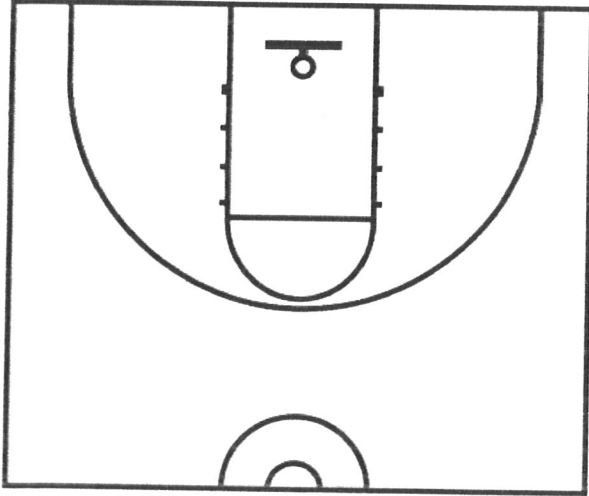
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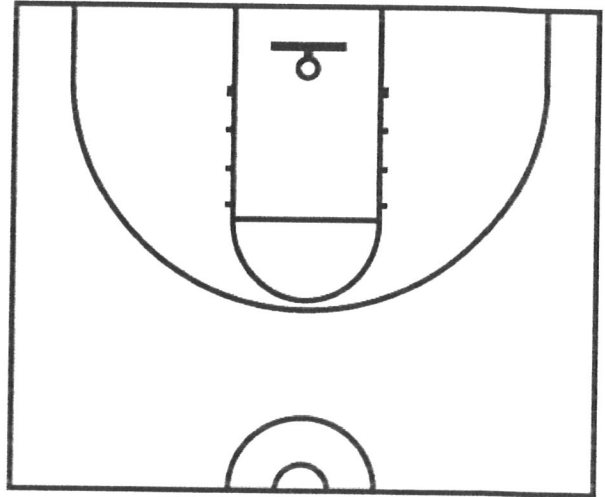
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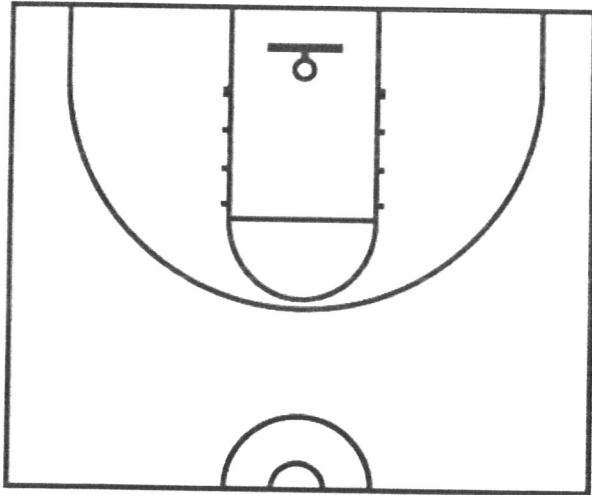
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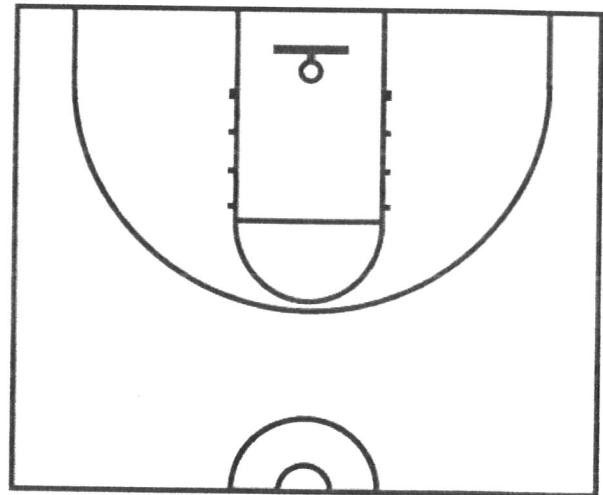
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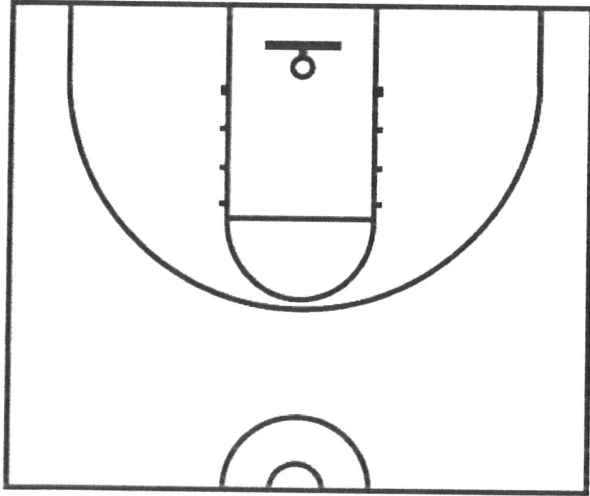
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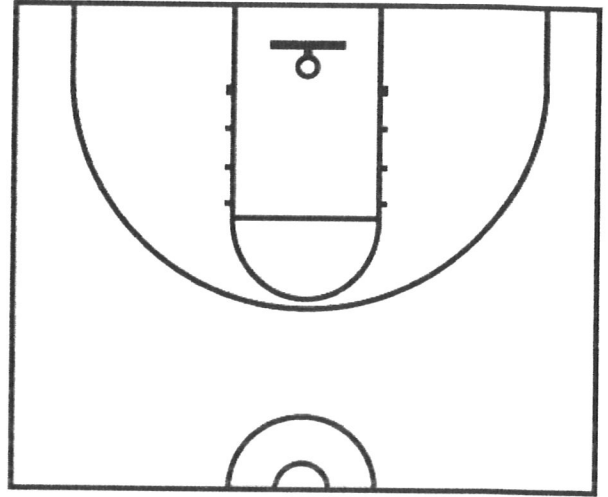
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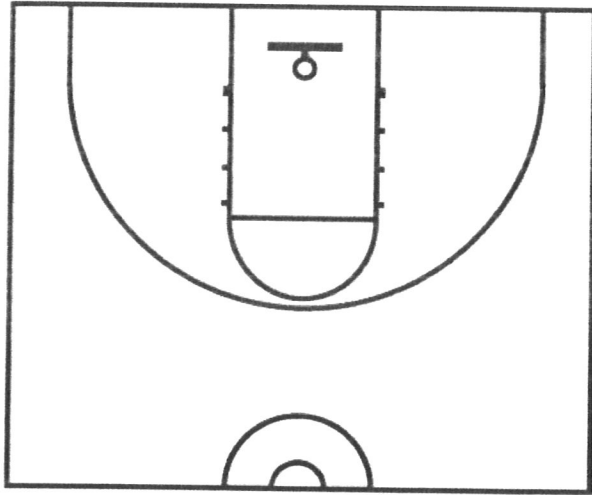
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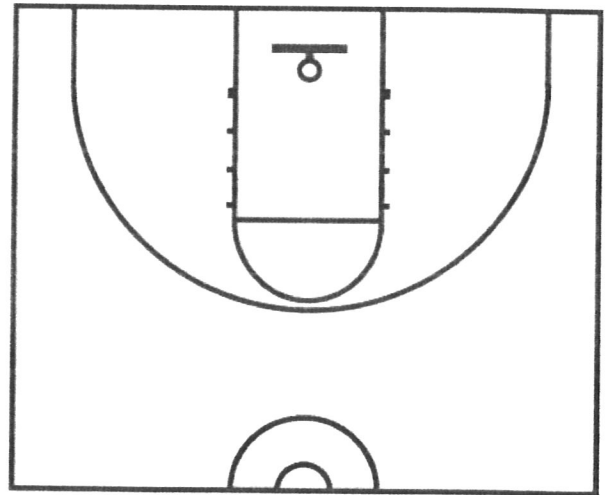
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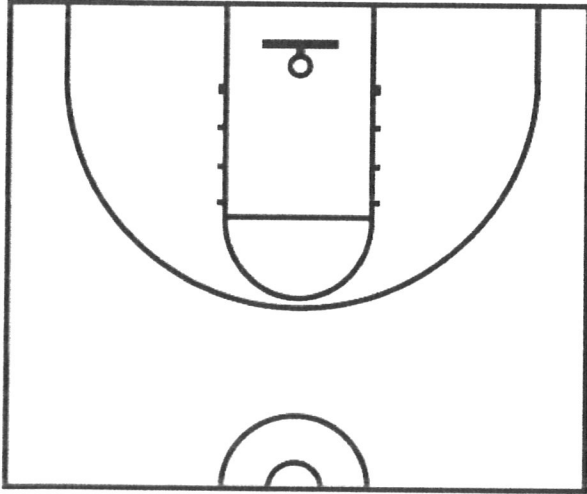
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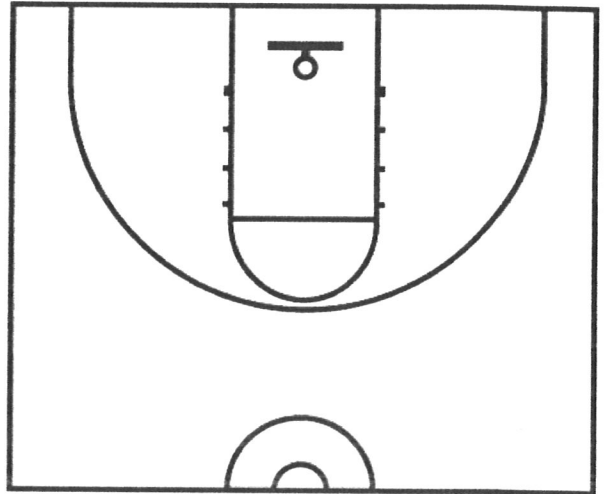
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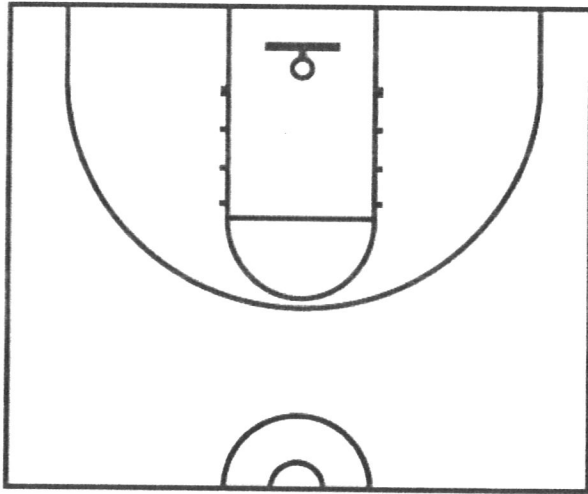
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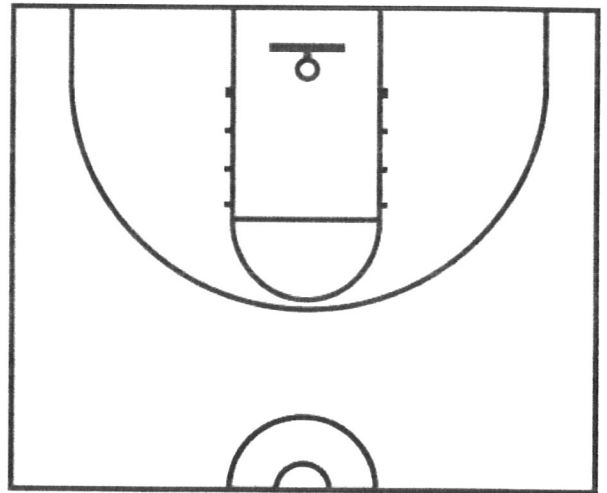
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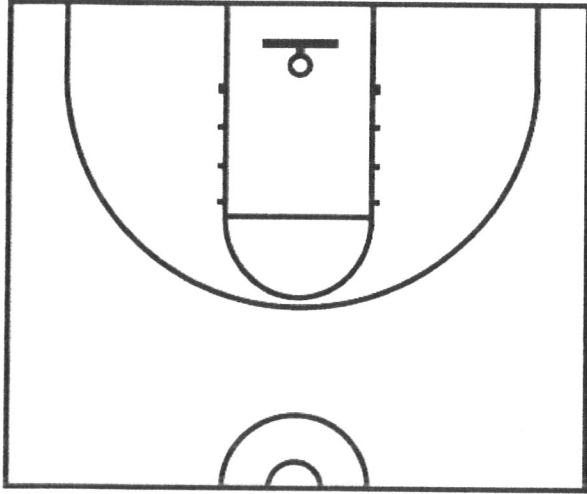
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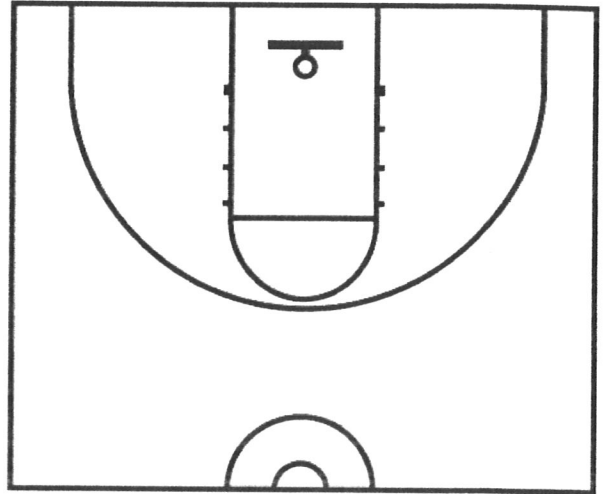
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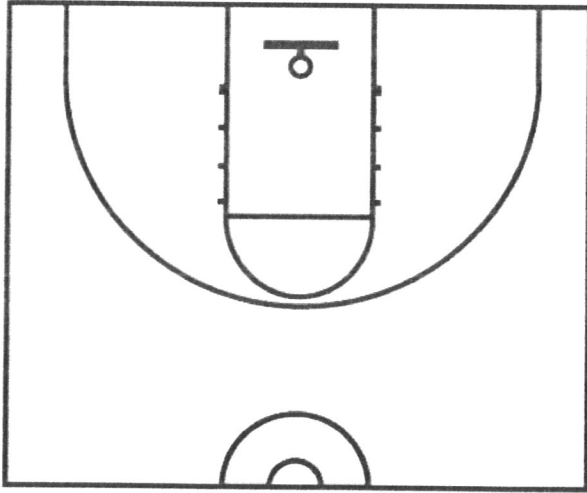
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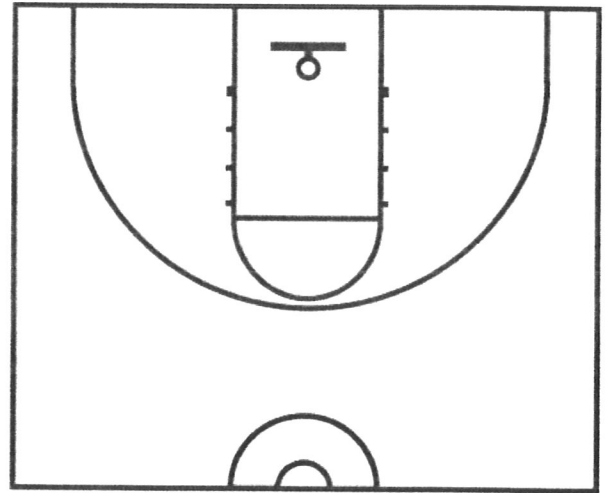
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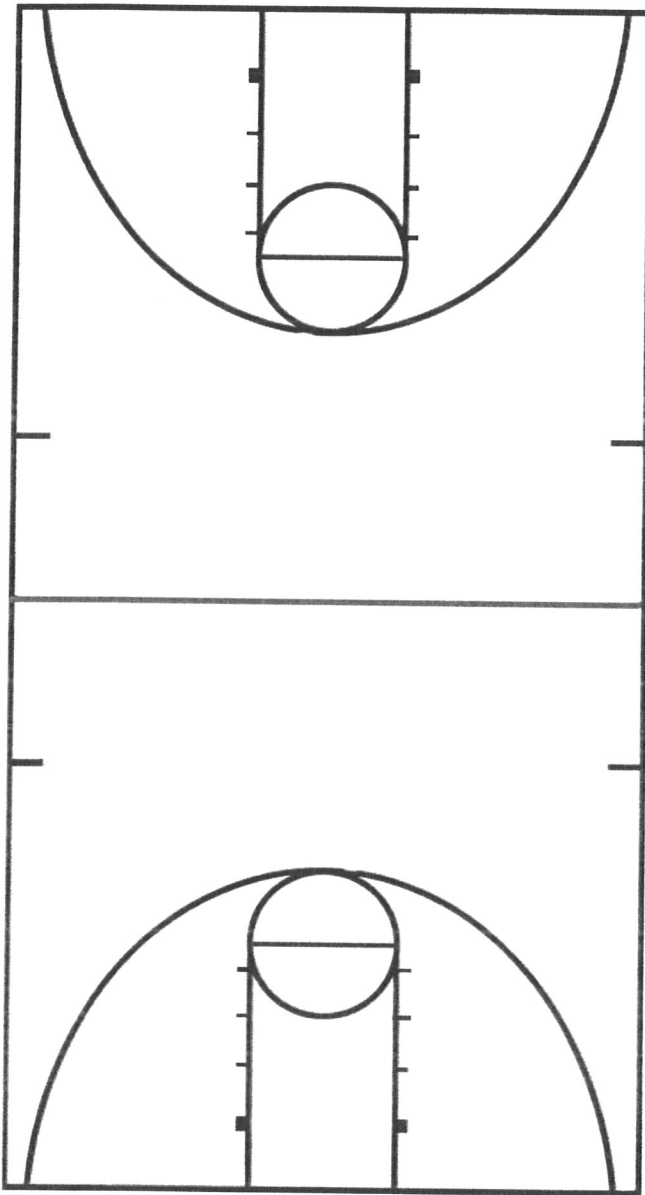
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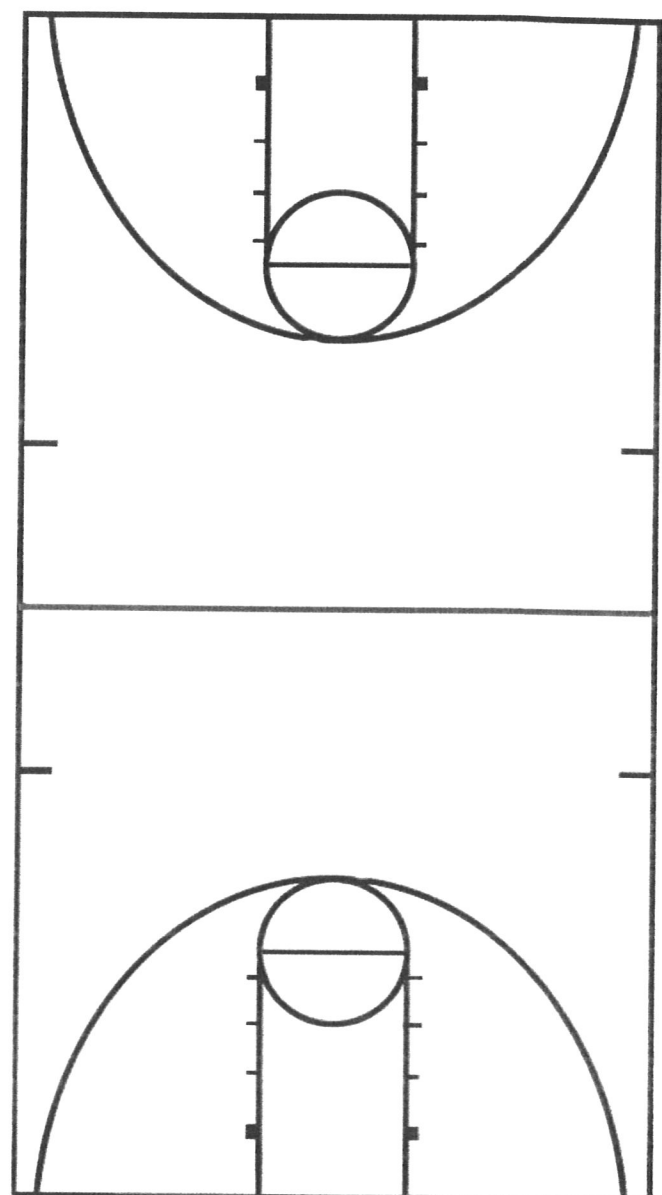
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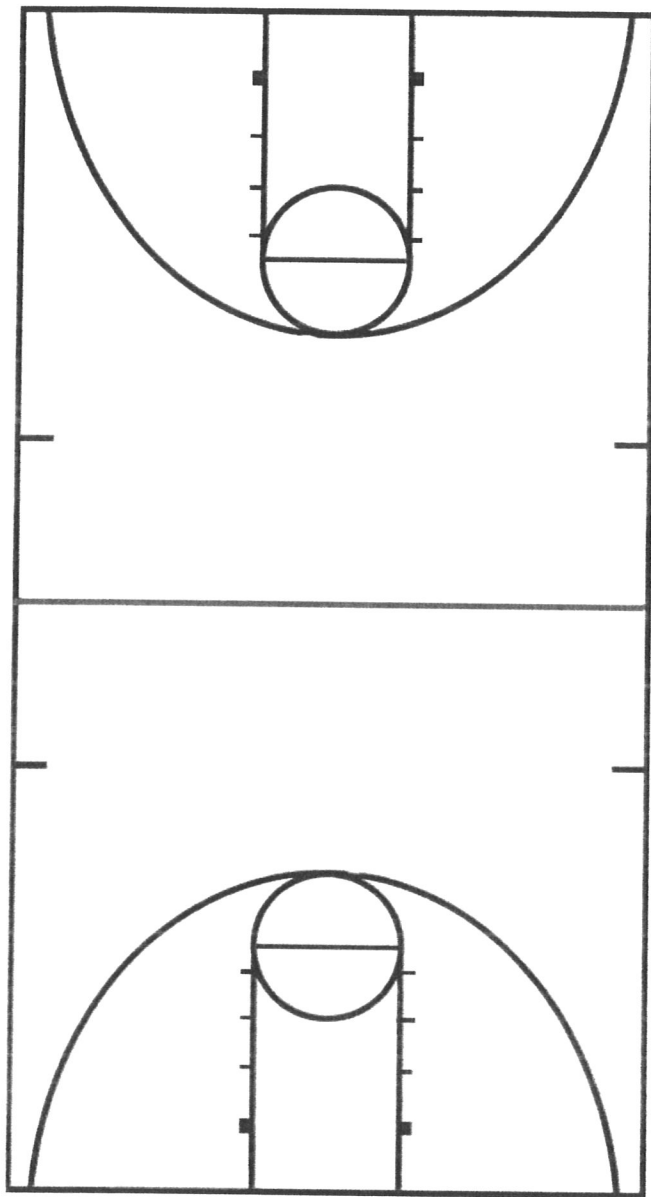
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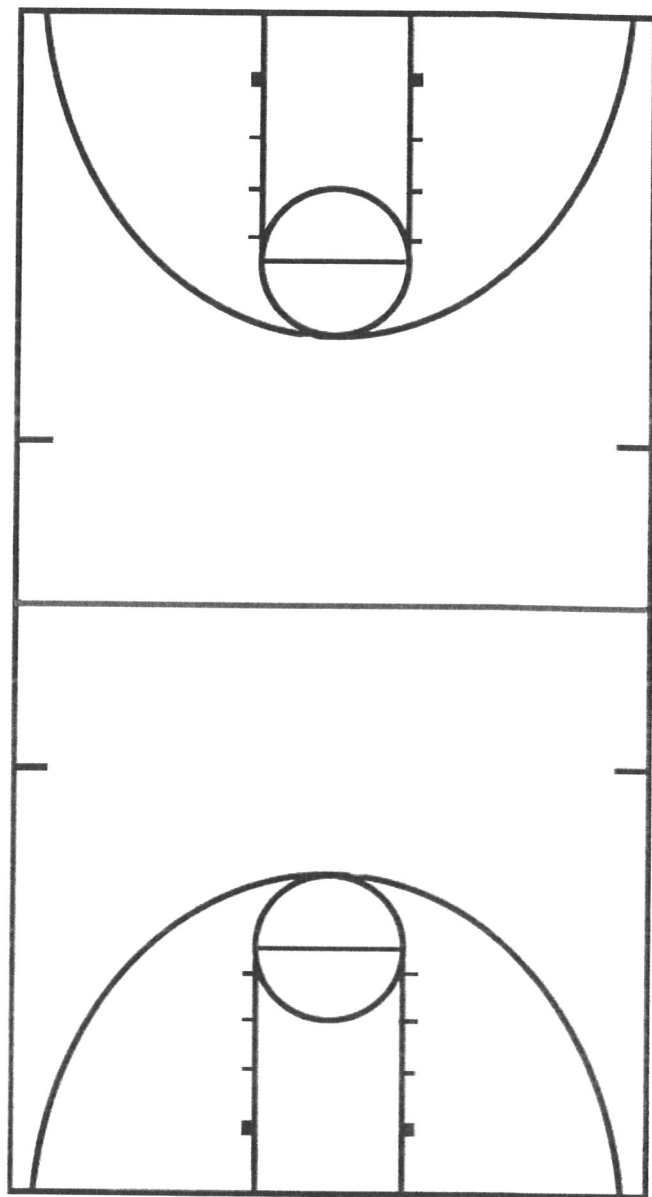
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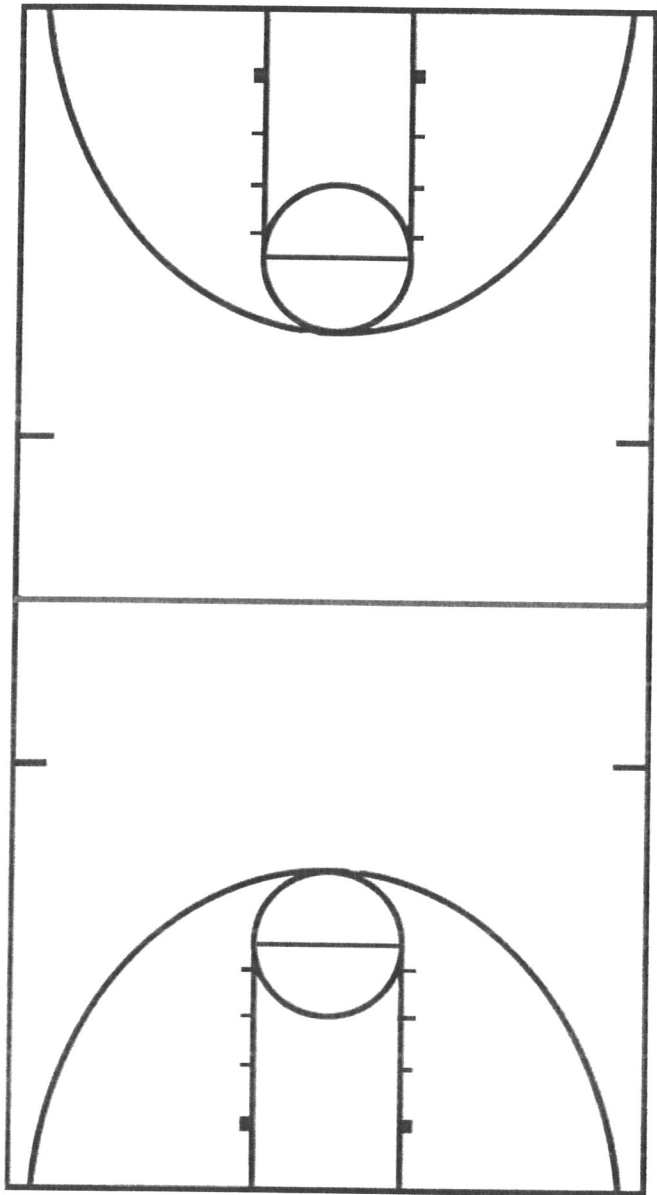
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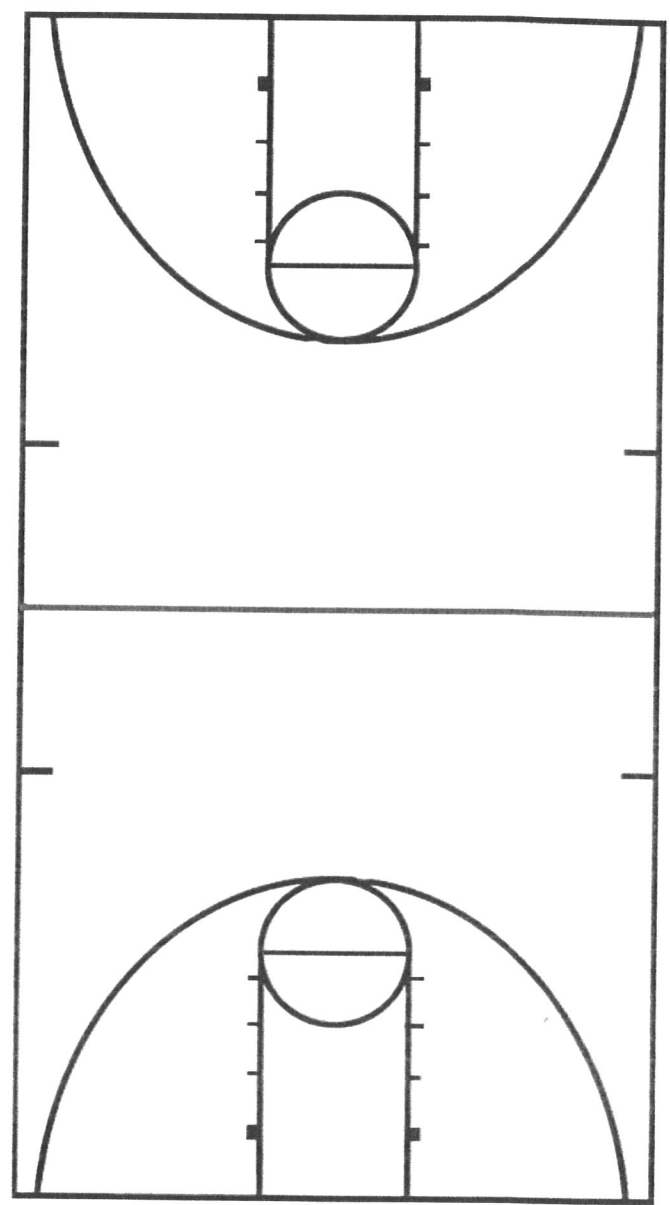
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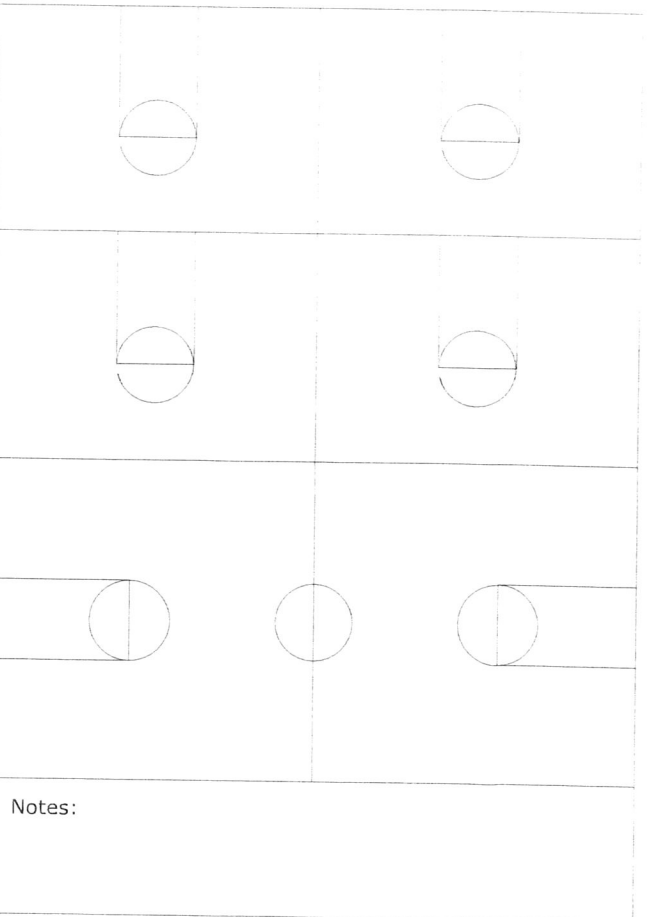
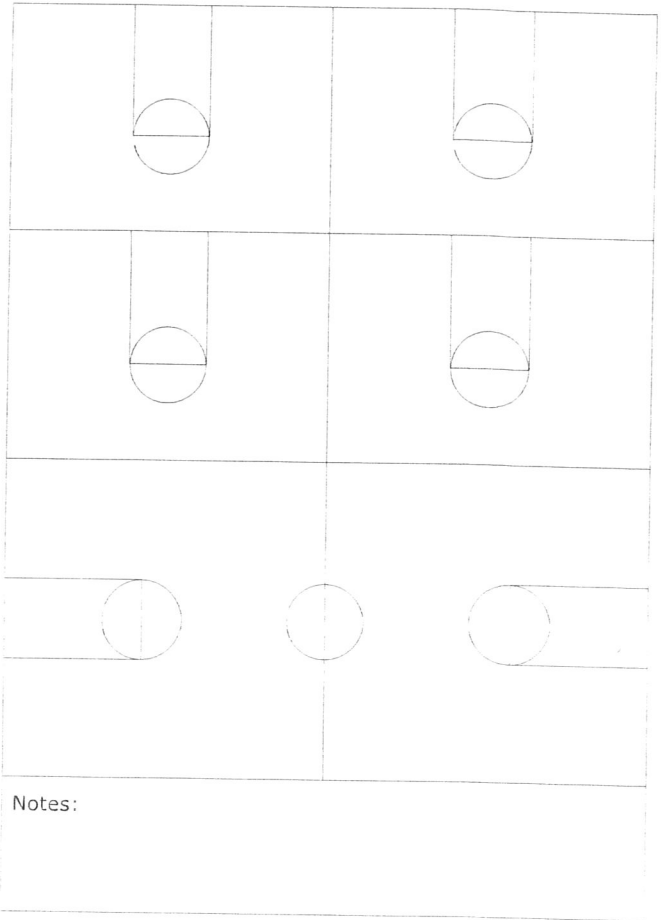


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Practice Card		Date:
Time	Activity/Drill	
Players:		
Absent/Injured:		

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Practice Card		Date:
Time	Activity/Drill	
Players:		
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Notes:

Practice Card

Date:

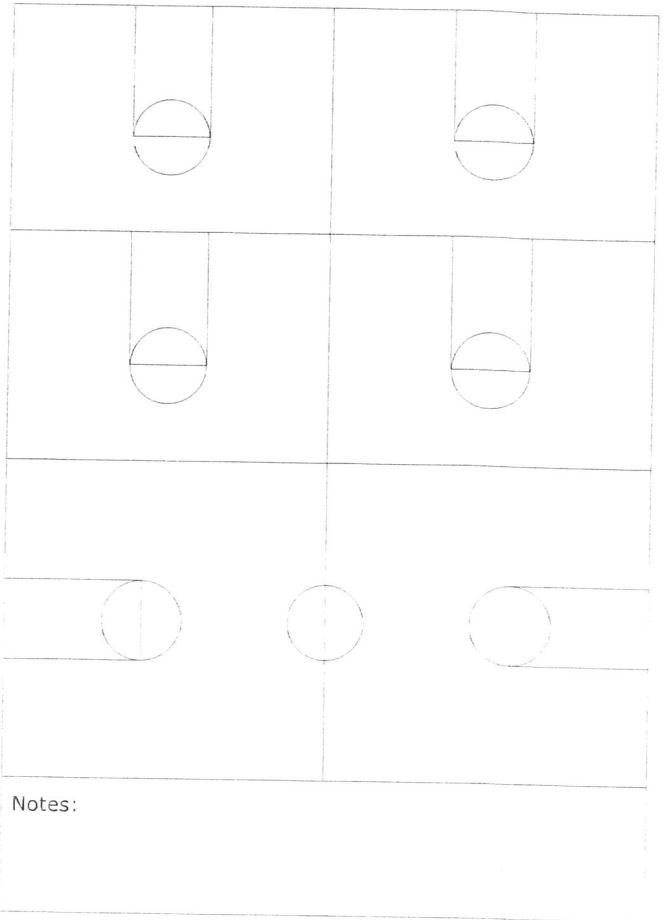
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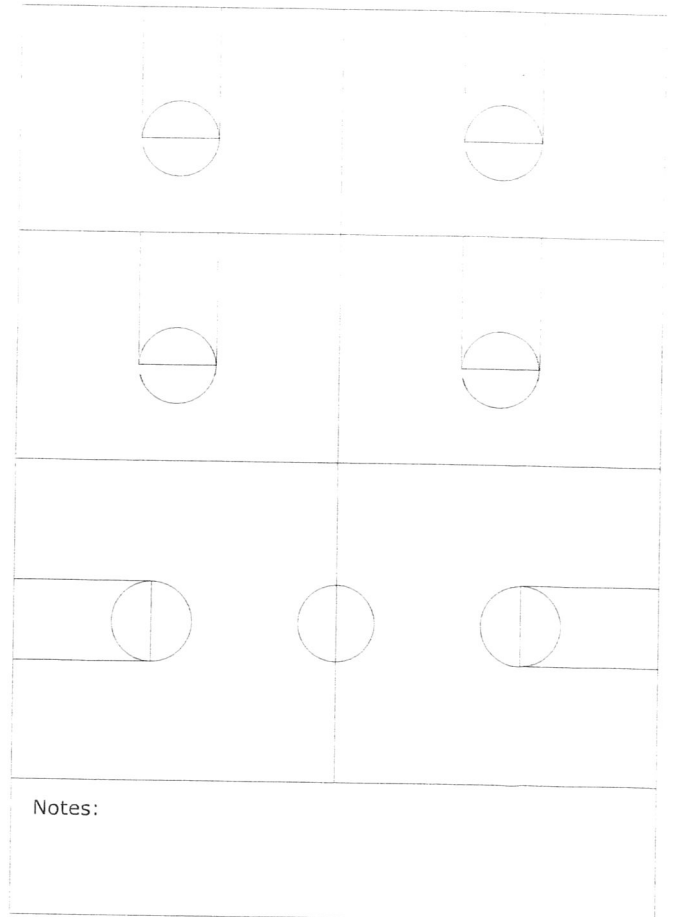
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