
Minnesota Youth Basketball Alliance Coaches' Clinic

October 14th, 2023

Presented by:



Welcome to the 2023-2024 community-based youth basketball season!

Thank you for your time and dedication to youth basketball and your commitment and dedication to youth athletes.



Thank you for your attendance today!



- This clinic is designed as a resource for youth in-house and travel basketball coaches, who are interested in enhancing their skills and techniques.
- learn from some top high school coaches about basic skills and mental aspects of the game of basketball.
- learn challenging new training and development ideas and discussions about styles and techniques involved in coaching.

Today's Coaches Clinic is intended to create; a safe, positive and productive playing environment for your players, better educated coaches, and confidence in your approach to practices and games.

We are convinced that our expert speakers and practitioners will provide you with the knowledge and tools necessary to help you as you are about to embark on your important role as a youth coach during the upcoming community-based youth basketball season.

Your presence is a true indication of your commitment to the value of youth sports, and specifically to the development of youth through the game of basketball.

MYAS Team Members Present



- Ashlie Anzel, Basketball Managing Director
- Dawson Blanck, Executive Director
- Joe Ruhland, Contributor and Clinic Facilitator

- Akua Kennedy, Program & Community Engagement Director
- Kevin Wilson, Program Director
- Dara Northfield, Director of Finance
- Bobby Strickland, Director of Rising Stars Sports Academy
- Idalis Riley, Marketing Manager
- Tony Schrepfer, Director of Officiating Services





JOEPRO



MINNESOTA YOUTH ATHLETIC SERVICES

MISSION – VISION - GOALS



ATHLETICS HELP YOUNG PEOPLE

- set worthy goals
- achieve a sense of accomplishment
- learn valuable leadership skills
- understand group goals and common commitment
- build skills in empathy, humility, generosity and compassion
- learn life lessons on and off the field of play

GOALS

- To provide a safe, positive and productive experience for Minnesota's youth athlete.
- To promote sportsmanship, teamwork and cultural interaction through sporting competition
- To provide the highest quality athletic programs for Minnesota's young people
- To link regional volunteer youth sports programs with others statewide



MISSION

To improve the delivery of youth sports services to athletes, coaches, parents, officials, and the associations that serve them.

DID YOU KNOW

- Est. 1991
- We are a 501(c)(3) nonprofit organization
- We have over 150,000 annual participants
- We are the largest multi-sport organization in Minnesota

VISION

Youth Sports Done Right
by putting Youth 1st

To Protect and Serve
community-based,
parent-volunteer youth
sports organizations
throughout the state of
Minnesota



WHO WE ARE



LARGEST

Multi-Sport Organization
In the State of Minnesota



ESTABLISHED

In 1991



OVER 150,000

Participants Annually



200+ YEARS

Combined Staff Experience

WHAT WE DO



EVENT & LEAGUE ADMINISTRATION

Over 300 events in multiple
sports while providing support
and administration services to
groups outside the scope of the
MYAS.



FUNDRAISING

Every MYAS event is utilized as
a fundraiser for local youth
sports organizations. Over 2.5
million raised every year.



LEADERSHIP

Our own "Best Practices" allow
the MYAS to support and guide
the future of youth sports in
Minnesota.

Agenda

- 9:15am The Powerful Impact of Coaching our Young Athletes - Lea B. Olsen
- 10:00am Invest in You and Your Team - Omar McMillan
- 10:35am Building Relationships with Parents, Players & Community -
Ashley Ellis-Milan
- 11:10am Practice Plan Preparation - Trent Davis
- 11:45am Emphasis on Fun, Teamwork and Hard Work - Jim MacDonald
- 12:05pm Lunch - Raising Canes
- 12:40pm Proper Warm-Up and Conditioning Techniques - Josh Feeney
- 1:00 pm Official-Coach Collaboration - Tony Schrepfer
- 1:30pm Making your Team more Competitive by using Advantages-
Mike McDonald, Rhett McDonald and Kyle McDonald







TOURNEYS-EVENTS



Powered by



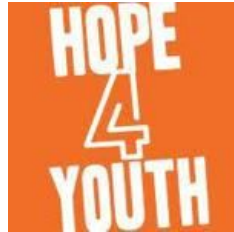
MYBA Kick-off Jamboree

- Saturday, October 28th
- Registration closes October 16th
- 2 games
- Free individual player bag tags
- St. Michael-Albertville HS



MYAS Winter Tournament Series

- Supplemental tournaments that run from early December - February
- Various locations throughout the Metro Area
- No admissions - gate fee included in the registration fee



MYAS Grade State Championships & Rising Stars Showcase

1,543 Teams Participated in 2023, which ranks #1 all time!

Grade State 2024!

- Girls - February 24th-25th
- Boys (3rd-6th) - March 2nd-3rd
- Boys (7th-8th) - March 9th-10th
- Amplified & Elevated Experience



Rising Stars Showcase

- Year-end celebration of community based youth basketball
- showcase players from teams around the state of Minnesota
- March 16, 2024
- Coaches nominate up to 3 players from their team
- Enhancements announced soon
- 864 participants in 2023





MYAS has launched a Digital Live Stream & TV Platform called MYAS.TV, which will elevate the experience for youth athletes and bring the journey of sport together year-round.



The MYAS.TV Network will include:

- Live streaming and recording of Youth Tournament Games.
- Tournament Shows.
- Community Spotlight Episodes.
- Lifestyle Shows.
- State Championship Recap Shows.
- Training & Skill Development.
- Educational Programming.
- Health & Wellness Segments.



ROAD 2 STATE begins Nov 4th!

GRADE STATE

EXCITEMENT

ALL

SEASON LONG!



Road 2 State is our initial campaign launch for the Network. It's a 5-month campaign filled with:

- 1,000+ Live-Streamed & Recorded Games from 7 Community Invitationals & 3 Weekends of Grade State.
- 6 *Road 2 State Tournament Shows*.
- 6 *Community Spotlight Episodes*.
- 3 Selection Sunday Shows.
- 12 Grade State Recap Shows.



Lea B. Olsen

Former Golden Gopher, NBA & WNBA Sports Broadcaster, Professional Speaker



The Powerful Impact of Coaching our Young Athletes





THE POWERFUL IMPACT OF COACHING YOUNG ATHLETES

LEA *B.* OLSEN

Rethink *the* Win







A photograph of Pat Summitt, a woman with short blonde hair, wearing a dark blazer over an orange top. She is shown from the chest up, looking to her right with an expressive, open-mouthed expression, as if speaking or shouting. Her hands are visible, adorned with several rings and bracelets. The background is a blurred crowd of people.

People don't care
how much you know
until they know how
much you care.

PAT SUMMITT

ESPN *W*

**“Coaching is
95% relationship
building, 5% strategy”**

Cheryl Reeve





Rethink *the* Win

THANK YOU

Rethink *the* Win

Omar McMillan

Richfield Boys Basketball Coach & 1st VP of MBBCA



Invest in You and Your Team



Invest in You and Your Team



#WeOverMe and #MeOverWe:

You have to understand both

You can't help WE



...if ME isn't right!

Get someone to believe in YOU

When you know and understand who you are and your purpose, you are better able to help the next person that doesn't.

-Ms. Iris Nichols(My Mom)

Someone on your support team needs to be willing to you the TRUTH.



Investing in yourself: You should come back better



Put in the time

Money

Put in the money



Put in the Energy



To get better results

Put in the time



- Put in just as much time off the court as on the court. (Build Relationships)
- Find ways and opportunities to understand your purpose. (What's your "why?")
- Know your limitations; are you a risk taker?(small investor, medium investor and high risk investor)
- Find a balance; your faith, your family and everything else (they effect one another)



Put in the money

- What resources do you need?
- What kind of support team do you have?
- Is what you are doing affordable?



2021-22
**ALL-CITY
TEAM
BASKETBALL**

**CADY
DAVIS**



E
N
E
R
G
Y




2021-22
**ALL-CITY
TEAM
BASKETBALL**

**OLIVIA
WREN**




E
N
E
R
G
Y



2021-22
**ALL-CITY
TEAM
BASKETBALL**

**JAIDA
WALKER**



Some people will look at your extras as expectations and some will look at your expectations as extras.





There has to be...



GROWTH

The Results:



More Results



And More Results



Ashley Ellis-Milan

Former Golden Gopher, East Ridge Girls Basketball Coach



Building Relationships with Parents,
Players & Community





Ashley Ellis-Milan

East Ridge Girls Basketball



Building Relationships with Players, Parents & Community



Coach & Parents Relationship

Parent Meeting at the beginning of the season

Open practice 1 or 2 a month

Embracing Collaboration

Transparency on coaching philosophy



Remember
your why!





Coach & Player Relationship

- Transactional vs. Transformational
- Role model
- Motivate
- Show up **ALL THE TIME**

Team & Community

- ATTEND HIGH SCHOOL PRACTICES, GAMES AND CLINICS
- SUPPORT OTHER ACTIVITIES WITHIN THE COMMUNITY





Questions?



Trent Davis

Irondale HS Boys Basketball Coach, Played Collegiately at The University of Wisconsin-Superior



Practice Plan Preparation



Creating Practice Plans

**P5: proper, preparation,
prevents, poor, performance**

Coach Trent Davis - Irondale Boys Basketball

Overview

- Know Your Personnel
 - What do you want to accomplish?
 - Time - Stick to the plan? - Adapt
Improvise Overcome
 - Talking Points - Terminology -
Eco Calls!
 - Benefits of the Practice Plan:
consistency, efficiency, skills
development w/ purpose, team
goals
-

Know Your Personnel - KYP

Understand Skill Level & Natural Ability

- Small group work - don't be afraid to split groups up
- Athletic does not mean: Good basketball player
- Teaching Concepts on the game - positioning - Do's & Don'ts

Get to know your Assistants Abilities

- Offensive Coach or Defensive Coach
 - Good Cop - Bad Cop
 - Give your assistants jobs - conditioning, stats, look for specifics
-

What Do We Want to Accomplish Today!

Season Goals

- Keep your goals basic and not too complexed
- Defensive & Offensive Goals: 2-3 Zone, Motion Curl Offense, L/R Hand layups, Free throw percentage
- Wins & Loses?

Practice Goals

- Get in shape! Plan for conditioning. No surprises
 - Defensive or Offensive practice: 4v4 Shell, Closeouts, Circle Movement/Motion Offense
 - Full Court Press + Press Break
-

Timed Drills - Stick to the Plan? Adapt - Improvise - Overcome

5 min vs 10-15 min Drills

- Warm up drills like: 3 man weave, Full Court Layups, Competition Shooting Drills (Roseville)
- Longer Drills: cognitive thinking: Shell drills, Closeouts, Read & React.
- Coach em' Up! Stop Try Again!

Adapt - Improvise - Overcome

- Adapt to your players abilities. Make the necessary changes.
 - Improvise. It won't be perfect but don't be afraid to try new things
 - Overcome. Win the day!
-

Talking Points

Have your talking points ready

Plan to tell em, teach em, and perform!

Example: closeouts- force baseline, one hand closeouts, spacing

Terminology

DHO, Rim Run, Circle Movement, KYP, No Buddy Runs, Milwaukee

Eco Calls

Everyone needs to be on the same page. Demand this from coaches and players.

Overall Benefits of the Practice Plan

1. Time Management and Focused Objectives
 2. Player and Team Development
 3. Repetition and Goal Setting
-

Jim MacDonald (Coach Mac)

Former Fridley Boys Basketball Coach (1988-2020)

MBCA Hall of Fame



Emphasis on Fun, Teamwork and
Hard Work



PLATINUM PARTNERS



Lunch



Next speaker will begin at 12:40pm



Tony Schrepfer

MYAS Director of Officiating Services



Official-Coach Collaboration



Official-Coach Collaboration

- **Good communication between officials and coaches is a key component to the game of basketball.**
- **Point of Emphasis: Rough play. Officials are to call a safe and fair game.**
- **MYAS administered tournaments will have a pregame meeting between the officials and coaches. This is strongly encouraged at all tournaments.**



Josh Feeney

Summit Orthopedics



Proper Warm-Up and Conditioning Techniques



Warm-Up & Conditioning Suggestions



Josh Feeney, DPT, OCS, CGFI
Summit Orthopedics
Physical Therapist, Professional Dev Lead &
SCCE
Board Certified in Orthopedics
Site Coordinator for Clinic Education



SUMMIT
ORTHOPEDICS

4 Phases of Practice

1. Walking warm up: Walking lunges, walking quad stretch (grab heel pull it to glute), bending over to grab toe for calf/hamstring stretch. This is all done while walking so each position is held for 1-2sec. This phase is especially good for older athletes. Your younger athletes may skip this phase and move right to Dynamic Warm Up.

2. Dynamic warm up (Goal is to increase heart rate): High knees, butt kicks, side shuffles. Perform w/out the ball and w/ the ball. Can perform defensive slides w/ two players. One is dribbling the basketball and the other is performing defensive slide. 3 or 5-person weave.

3. Conduct your actual Practice.

4. Cool down: This is the time you could have them perform static (hold) stretching for 30 sec holds.

Static stretching should not be done prior to competition or practices. If an athlete tends to be more stiff or lacking flexibility, static stretching can be beneficial, but is to be done 6-7 days/week.



**SUMMIT
ORTHOPEDICS**



Josh's Final Words of Wisdom:

Listen to your athlete regarding injury. We see a lot of overuse injuries in our clinics. Be sure to give them days off from practice and follow R.I.C.E. if you suspect an injury. Also, don't be afraid to walk-in to Orthopedic Urgent Care open daily 8 am to 8 pm.

Rest

Ice

Compression

Elevation

Summit Orthopedic Urgent Care Locations

Eagan
Lakeville
Plymouth
Vadnais Heights
Woodbury
Eden Prairie - Opening in January

Visit [summitortho.com](https://www.summitortho.com) for more information or to schedule an appointment online.



**SUMMIT
ORTHOPEDICS**

<https://wheelofnames.com/c7q-wdh>

Rhett McDonald, Mike McDonald & Kyle McDonald

Duluth East HS, Cambridge-Isanti HS, Forest Lake HS



★ Congrats Coach Mike on your selection into the MBCA Hall of Fame!

Making your Team more Competitive by using Advantages On-Court Instruction -Sports Expo Center



Thank you for participating!

