YOUTH SPORTS

2019-20

CAVS YOUTH SPORTS COACHING MANUAL
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Jr. Cavs
The Jr. Cavs program represents a united community of dedicated teams, coaches, parents and players who share a common goal – supporting the positive benefits attained through the game of basketball. To learn more about our Jr. Cavs programming,
visit: CavsYouth.com

Cavs Academy
The Cleveland Cavaliers proudly offer a variety of instructional youth basketball programs for players of all skill levels. Academy programs include Summer camps, clinics, and small group training packages. To learn more about our Cavs Academy Camp & Clinic offerings,
visit: CavsYouth.com

Cavs Elite
Our Cavs Elite program celebrates the spirit of competition amongst talented young athletes through 3-on-3 tournaments, 5 on 5 tournaments and our signature “High School Hoops” series in which high schools across Northeast Ohio play OHSAA-sanctioned games at Quicken Loans Arena in front of family and friends.
To learn more, visit: CavsYouth.com
First, thank you for your time and dedication to coaching youth basketball. The simple fact that you’ve picked up this coaching manual and opened to Page 1 shows your enthusiasm and willingness to teach young people to make championship choices on and off the court.

Coaching and developing young players is not an easy task. There are many intangibles involved, such as cultivating emotions, learning how to win and making improvements when you lose. Most importantly, they want to play well in front of their family and have FUN.

That’s where you come in. Kids who are having fun while learning to play a sport will continue to want to play the sport. Winning is important, but the “fun” has to come first. Your team might not always be the best team, but they can be the classiest team; the kindest team; the most respectful team. These types of “wins” are often more important than the result at the end of the game.

Whether you’re a new coach or a seasoned rec center legend, we hope that you find this coaching manual helpful throughout your season. Our Cleveland Cavaliers Youth Sports staff is among the top in the NBA and will be happy to assist you with any questions or coaching challenges that you may run into. Thank you for all that you’re doing to foster fair play, encourage teamwork and continue to grow the game of basketball! Go Cavs!

**Good luck this Season!**

Best,

Coach Kendall Chones
Head Coach, Cavs Academy
Welcome to the World of Coaching Youth Basketball!

Whether you are in your first year of coaching or you have a decorated career as a high-level coach, it is always important to remember that your success depends on how well you prepare. Assistant Coaches that are energetic and familiar with the fundamentals of the game are your best asset as you kick off your season. Be sure that everyone involved from coaches to parents and athletes are aware of both organizational rules, as well as your own unique set of team rules and principles. Preparation for practice goes far beyond making sure you have basketballs. Working knowledge of any athlete with medical issues on the team, and how to handle first aid issues are a must as well.

Let’s Get Started!

Strong Staff - No matter what age you’re coaching, players always look to up to their coaches and will generally look to them for guidance. Your coaching staff should also be on the same page, teaching the same principles and values. To accomplish this, the coaching staff should meet as often as schedules allow to plan/prepare and discuss any shared concerns or challenges in order to have an efficient practice for your team.

Assistant Coaches & Team Manager - Assistant Coaches will be incredibly important throughout the season. In addition to helping you orchestrate practice sessions and plot out game strategies, they can serve as a sounding board for both you and the players. Many times, kids – and occasionally their parents – will approach an Assistant Coach first with a problem or a concern. That’s fine, just be sure you and your assistants have an open line of communication. As the Head Coach, you never want to be the last one to know about a problem with one of your players. Your team may have a parent who volunteers to go above and beyond and make phone calls about things like schedule changes, directions to games, snacks, etc. Embrace this! A volunteer like this, who essentially is a “Team Manager,” will save you countless hours of additional work and allow you the ability to focus on the true coaching aspect of the game.

Understand the Rules - Learn the rules and policies of your league. While that may sound simple, you must understand that for many youth leagues the rules are tailored to the age of the player. There might be specific rules regarding playing time and the kinds of defenses that can be played. As the Head Coach, it is essential that you attend the preseason organizational meetings, and that you read and understand all league rules. It’s important to make sure that your Assistant Coaches understand the rules, as well, if they need to step into your role in case of absence or emergency.
Establish Unique Team Rules - It doesn’t make sense to have a long list of rules. Rather, the best coaches make a few important rules that stand out. For example, be on time for all games and practices. If a player can’t be there, they must call several days prior to the game or practice. Let the team know you expect them to behave in a sportsmanlike manner at all times. Let them know that if they don’t hustle, you will assume that they are tired and substitute for them. If a player misbehaves during a practice or game, come up with a consequence that allows the player to learn from their mistake. Let players know they will not play again until they understand and adhere to your rules. It is important to make a connection with life lessons such as accountability, responsibility and structure.

Safety First - When medical situations arise on the basketball court you need to be prepared, whether it’s during a practice or at a game. Becoming certified in CPR is highly recommended. You should know prior to the first practice if a child has a special medical condition that you need to be aware of. Being aware of details such as this will allow you to properly handle a crisis during a practice or a game.

Team Meetings - The most important team meeting of the season should take place before the very first practice, and all parents should be invited. Make sure you let the parents know that this meeting is mandatory. If a parent cannot attend the meeting, you should reach out and spend time on the phone together prior to the first practice. Use this time to introduce yourself, the coaching staff and any parent volunteers/team managers to the rest of the parents. Distribute handouts including the schedule, team roster (complete with parents’ names and phone numbers), team rules and your coaching philosophy along with any details that are unique to your league. Let parents know what time you expect players to arrive for games and practices. This meeting can also be where the athletes pick up their uniforms for the season. The entire meeting, should last no more than 20-30 minutes. Keep it quick, and to the point.

Equipment Checklist

- **Dry Erase (clipboard)** - can be used as a visual to draw things up if a player doesn’t understand a certain concept that you are teaching. This can also be used in-game for players to be reminded of certain concepts or learn things on the “fly.”

- **Basketballs** - essential to the game you are coaching. Pretty self-explanatory!

- **Practice Plan** - allows the coach to be organized and keep up with their thoughts throughout practice. Once you are in practice there will be a lot going on, so this just allows the coach to stay on task. Having a practice plan is surely the coach’s preference. Be sure to check out the age-specific practice plans and suggested drills in this *Coaches Manual* for additional information. Emphasize the fundamentals and details listed on the practice plan.
As a coach, you must be able to teach the fundamentals of the game, that are very important and lacking in our game today. If you cannot demonstrate it, do not teach it. Don’t take the joy away from your players. Coach them in a way that is interactive, competitive, fun and challenging.

- **Whistle** – is also a coach’s preference, but can allow you to save your voice in certain situations by having the players stop/go on the recognition of the whistle.

- **Stopwatch/Clock** – allows the coach to stay “on-time” with the practice plan schedule. Coaches also use this for timing conditioning drills.

- **Pinnies/Reversible Jerseys** – distinguishes, in most cases, the offense/defense in a scrimmage. The pinnies make it easier on the coach’s eyes when they are looking for certain things in drills.

- **Cones/Agility Ladder** – Having cones will allow the player to know where exactly they need to be in certain drills and times during practice. The agility ladder may be used to work on the players footwork, but not mandatory.

- **Energy – BRING IT!** Lots of time players will feed off the coach’s energy, so it’s important that you set the tone up front.

**Coaching Tips**

- **Respect the “Golden Rule”** - Treat your players, their parents and officials in the same manner you want to be treated. That means no yelling, no sarcasm and no embarrassing anyone in front of others. To gain respect, you must give respect.

- **Be Everyone’s Coach!** - As the saying goes, “There is no I in TEAM.” Let every one contribute. That goes for your own kids, too. If you coach your own child, be sure not to shine the light too bright or too low on them. Treat everyone the same.

- **Focus on the fundamentals** - Help your players master the basketball basics. Wins and losses come and go, but you may only get one chance to coach a player. Don’t waste that opportunity. And remind your players that hard work is also a fundamental skill.

- **Team and Enforce Good Sportsmanship** - Spend time at practice and before games explaining to your team how to behave after a win or loss. Good sportsmanship means no trash talking or taunting. Teach your players to develop a positive relationship with the officials as well.
• **Understand the Rules of the Game** - Read the *Rulebook*. Identify any special policies your league has adopted. You can’t expect your players to know the rules if you do not.

• **Have a Positive Rapport with Game Officials** - Officials will not respond positively if you continuously yell or intimidate them. Ask questions if necessary. Seek clarification if it’s warranted. Set the right tone for your team by never arguing a call or disparaging an official.

• **Promote Fun** - Avoid getting too serious. Don’t get crazy about winning, and make sure you smile. Above all else, make sure kids are having fun. If they aren’t having fun, then you are doing something wrong.

• **Be Patient** - Young players are going to miss shots. They’re going to make crucial turnovers. They’re going to commit unnecessary fouls. They need the freedom to make mistakes. It’s your job to help them learn from those mistakes. That takes time and patience.

• **Talk to Parents and Understand Their Goals** - From the first practice, talk with the parents. Explain your coaching philosophy. If a parent has a concern, give them the opportunity to discuss it with you in the first meeting.

**Handling Common Coaching Challenges**

• **The “Ball Hog”** - Especially on younger teams, there is occasionally one player who likes to control the ball and take all the shots. If you sense this happening, have a chat with the youngster. Explain to the player: “You know, John, you’re a terrific ball handler on this team and you have a really good shot, but as good as you are at dribbling and shooting, if you could master the art of finding – and passing – to an open teammate, we would be a better team. Do you think you could do that?” This approach recognizes and acknowledges the player’s talent, but it also suggests the fact that the team comes first.

• **Running Up the Score** - Occasionally, your team may be having such a great day that the other team just can’t keep up. It’s clear that your team is going to win – and win big. Do you allow your kids to keep running up the score? No, that’s not good sportsmanship. Imagine how you would feel if you were coaching the opposing team, or if your son or daughter were on that team? Instead, call a time out and tell your team to pass the ball at least 5-6 times before a shot is taken. You still want them to work hard, but you want them to work hard on their passing skills.
• **Vacations/Previous Commitments** - Ask parents for a list of days in which their son or daughter will not be able to attend games because of family vacation plans or other prior commitments. This will help immensely as you put together a schedule. Even better, you won’t get caught short of players before a game because you didn’t know who was going to be absent.

• **Tardiness** - You have the right to expect players to be on time for practices and games. If one of your players has a consistent problem with tardiness, ask why he or she is always late. If the player doesn’t have a good reason, then call the parents. Explain to the parents that unless they can get their son or daughter to practices and games on time, then you’ll have no choice but to diminish their playing time. After all, it’s not fair to the other kids who show up on time. This may sound harsh, but it’s a basic lesson of team responsibility.

• **Aggressive Parents** - What do you do when a parent wants to give you a piece of his or her mind? Parents must understand that every player is an important piece of the team’s development and success. First, let them have their say. Give them 10 minutes of uninterrupted time to speak. Don’t say anything, just let them get it out of their system. After 10 minutes, or when they are done speaking, look them in the eye and thank them for their feedback. Tell them you will think about their suggestions and comments. Here’s another thought: if you have a parent who thinks that he or she could coach better than you, that’s easy. Just ask them to become an assistant coach. The invitation will surprise them – and probably get them to back off. Who knows? Maybe they will have something to offer as your assistant!

**Sportsmanship is a MUST!**

Coping with winning and losing is, of course, an essential part of playing sports and basketball is no exception. Ideally, kids learn first about how to deal with victories and defeats from their parents even before the youngsters lace up their first pair of sneakers. But as the Head Coach, it’s up to you to reinforce the appropriate behavior for winning and losing. Always shake hands with the other team, both, before and after the game as a sign of respect, goodwill for healthy competition, and overall general good sportsmanship.

• **How to Celebrate a Win** – Every player will tell you that it’s more fun to win than it is to lose. But as the coach, you should strongly remind your team that “winning with class” is how you expect them to play. As such, if you spot one of your players taunting or humiliating an opponent when your team is way ahead in the game, simply call time out and have the player sit next to you on the bench. Explain to him or her that such behavior will not be tolerated and unless he or she can learn to control himself or herself they will...
not be allowed back into the game. Don’t worry, because the ultimate fun is in playing the game. The player will quickly modify his or her ways to get back into the action. If he or she does happen to repeat the offensive actions again, then repeatedly put him or her on the bench until he or she learns his or her lesson.

• **How to Handle a Loss** - Many times, especially with younger kids, a loss will be accompanied by tears of disappointment. As the Head Coach, understand that losing in basketball is, for many players, a new – and painful – experience. Console them and praise them for their efforts, but never embarrass them, as in, “C’mon, what are you crying about? The players on my team don’t cry,” or “Stop your crying – that’s for babies!” Tears are a normal reaction for children who have just felt the sting of a defeat. Your job is to reassure them that, “Today just wasn’t our day,” and that, “We played well, but the other team played just a little better.” Those are the kinds of thoughts you want your team to hear. Finally, bear in mind that for most youngsters, the bitterness of a loss and the tears that go with it often disappear quickly. In most cases, kids tend to be very resilient about the defeat. Within a few minutes of their tears drying up, they bounce back quickly by asking what their next activity will be. Once they start asking questions like that, you know that they have moved past the loss – and by the way, Coach, you should, too!
**BASKETBALL NUTRITION 101**

Kylene Bogden, Cleveland Cavaliers Performance Nutritionist  
fwdxfuel.com

### Pre-Game Fueling
- Meal 3-4 hours prior to competing
- Lean protein, small number of veggies, half the plate should be carbohydrates

### Fat = Brain Health & Feeling Full
- Avocado
- Salmon, tuna, mackerel
- Cod, sardines
- Olives/olive oil
- Coconut oil
- Nuts
- Peanut or almond butter (any nut butter!)

### Pre-Game/Workout Snacks
You want to eat an easily digestible snack that is rich in carbohydrate 45-60 minutes prior to the event:
- Graham crackers
- Dry whole grain cereal
- Rice crackers
- Pretzels
- Banana
- Orange Slices
- Granola Bar

### Carbohydrates = Energy
- Sweet or purple potato
- Fruit
- Quinoa
- Brown rice
- Organic low-fat dairy
- Millet
- Amaranth
- Oats

### Protein = Muscle
- Chicken
- Eggs
- Beef
- Lamb
- Fish
- Tofu/Tempeh
- Beans

### Hydration
Try to drink half of your body weight in oz each day in fluid, mostly water!

### Things to AVOID Before Games
- Avoid high fat
- Avoid high fiber
- Avoid beverages with high concentrations of sugar
- No fruit juices!

### Too Nervous to Eat Before a Game or Practice?
- Drink something!
- Enjoy a carbohydrate rich beverage like a sports drink or smoothie
- Example: Pre-Game liquid energy:
  Blend 1 frozen banana + 1 teaspoon of honey + 1 cup of vanilla almond milk + 1 TBSP peanut butter
Intense Practice Dinner Plate

HARD TRAINING / RACE DAY:

- **Grains**
  - Pasta
  - Rice
  - Potatoes
  - Cereals
  - Breads
- **Fats**
  - 2 Tablespoons
  - Avocado
  - Oils
  - Nuts
  - Seeds
  - Cheese
  - Butter
- **Lean Protein**
  - Poultry
  - Beef/Lamb/Loin
  - Fish
  - Eggs
  - Low-Fat Dairy
  - Soy (e.g., Tofu, Tempeh)
  - Legumes/Nuts
- **Cooked Veggies**
  - Veggie Soups
  - Raw Veggies
- **Vegetables**
  - Fresh Fruit
  - Stewed Fruit
  - Dried Fruit
  - Water
  - Dairy/Nondairy Beverages
  - Diluted Juice
  - Flavored Beverages
  - Coffee
  - Tea
- **Flavors**
  - Salt/Pepper
  - Herbs
  - Spices
  - Vinegar
  - Salsa
  - Mustard
  - Ketchup

Low Intensity/Injury Dinner Plate

EASY TRAINING / WEIGHT MANAGEMENT:

- **Grains**
  - Whole Grains
  - Pasta
  - Rice
  - Potatoes
  - Cereals
  - Breads
  - Legumes
- **Fats**
  - 1 Teaspoon
  - Avocado
  - Oils
  - Nuts
  - Seeds
  - Cheese
  - Butter
- **Lean Protein**
  - Poultry
  - Beef/Lamb/Loin
  - Fish
  - Eggs
  - Low-Fat Dairy
  - Soy (e.g., Tofu, Tempeh)
  - Legumes/Nuts
- **Vegetables & Fruits**
  - Raw Veggies
  - Cooked Veggies
  - Veggie Soup
  - Fresh Fruit
- **Water**
  - Dairy/Nondairy Beverages
  - Diluted Juice
  - Flavored Beverages
- **Flavors**
  - Salt/Pepper
  - Herbs
  - Spices
  - Vinegar
  - Salsa
  - Mustard
  - Ketchup
Recovery Nutrition

- Biggest tool for success
- Must be consumed within 30-60 min of exercise
- Liquid is always more readily absorbed than a solid
- Must contain protein and carbohydrate

Best Sources for Recovery

- Low-Fat Chocolate Milk
- Greek Yogurt
- Tart Cherry Juice mixed with your favorite protein powder
- Soy, rice, and pea protein powder work great for athletes who cannot tolerate dairy
  - Prefer not to have a shake? Get home to a balanced meal as soon as possible!
A. The 3 Most Common Injuries in Basketball

1. Foot/Ankle Injuries
2. Hip/Thigh Injuries
3. Hand/Finger/Wrist Injuries

Basketball Injury Prevention Tips

• Work on conditioning and cardiovascular endurance well before the season starts.
• Work on lower extremity flexibility program consistently. Stretching before and after practice are highly recommended and should be a part of the player’s daily routine.
• Have players evaluated for persistent pain by a physician or sports medicine specialist.
• Baseline testing is a pre-season exam conducted by a trained health care professional used to assess an athlete’s balance and brain functions, as well as the presence of any concussion symptoms.

B. Recovering from an Injury

The R.I.C.E. approach is best.

R-for Rest
I-for Ice
C-for compression (wrap the injury with an elastic bandage to reduce swelling)
E-for elevation (lift the limb higher than your heart)

When an injury occurs, ice it for 15 minutes and if necessary keep using R.I.C.E occasionally over the next few days. After 48 hours of R.I.C.E., many sprains, strains or other injuries will begin to heal. If the pain or swelling continues to persist, make an appointment to see a doctor.

C. What should be in your First Aid Kit

• Up-to-date first-aid manual
• List of emergency phone numbers as well as emergency contacts for each athlete
• Sterile gauze pads of different sizes
• Adhesive tape
• Adhesive bandages (Band-Aids) in several sizes
• Elastic bandage
• Antiseptic wipes
• Antibacterial spray/cream
• Antibiotic ointment
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HEALTH & SAFETY

• Antiseptic solution (like hydrogen peroxide)
• Hydrocortisone cream (1%)
• Acetaminophen and ibuprofen (do not administer without parental consent!)
• Tweezers
• Sharp scissors
• Safety pins
• Disposable instant cold packs
• Alcohol wipes or ethyl alcohol
• Thermometer
• Plastic non-latex gloves (at least 2 pair)
• Flashlight and extra batteries
• Mouthpiece for giving CPR (available at your local Red Cross)

D. Coaching Athletes with Medical Conditions

You may have players who need specific medical attention due to unique medical conditions they possess. Prior to the start of the Season, check with the player’s parents as to how any medical condition should be addressed. For example, if a player suffers from asthma, you want to know where he or she carries their inhaler and if they know how to use it. Another example would be a player with diabetes; if they exhibit signs of distress do they need insulin, can they administer on their own, etc. The best way to be prepared for these types of situations is to learn as much as possible about the Athletes on your team prior to the start of the Season.

• Coaching Kids with Asthma

• Have you noticed any of your young players having difficulty breathing on the court? Your player may have asthma. The great news all around is that he or she can still work toward being a basketball star by learning how to control their symptoms:
  • Be aware of common triggers; exercise, along with allergens, irritants, weather, colds and flu can affect the airways of your young athletes and may trigger their symptoms.
  • Keep an eye out for common asthma symptoms, such as coughing, wheezing, shortness of breath and chest tightness. Parents and health care professionals also can help you recognize symptoms.
  • Keep an eye out for common asthma symptoms, such as coughing, wheezing, shortness of breath and chest tightness. Parents and health care professionals also can help you recognize symptoms.
• Request an Asthma Action Plan from the child’s Parent or Guardian.
• Make sure players with asthma always carry their fast-acting inhaler for sudden emergencies
• Call 911 if a player’s asthma symptoms become severe. You play an important role in helping to keep player’s healthy.

• Concussions
  • A concussion is a type of traumatic brain injury or TBI caused from a bump, blow or jolt to the head. This fast movement can cause the brain to move around, creating a chemical change which further damage brain cells.
  • Symptoms include headache or “pressure” in head, nausea, vomiting, dizziness and balance problems, sensitivity to light, double or blurry vision, memory loss and confusion

• Concussion Protocol
  1. Remove the athlete from play- When in doubt, sit them out!
  2. Seek Medical Attention- Only a healthcare provider should assess a young athlete for a possible concussion and decide when they can return to competition.
  3. Inform the parent(s) of the possible concussion and provide information and material to educate them about concussions.
  4. Get written concussion care instructions- Request written instructions from the young athlete’s health care provider. These instructions should include steps parents can take to ensure their child safely returns to play.
## Guidelines & Practice Plans

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>PRACTICE LENGTH</th>
<th>PRACTICES PER WEEK</th>
<th>GAME LENGTH</th>
<th>GAMES PER WEEK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner (5-6 years old)</td>
<td>30-60 minutes</td>
<td>2</td>
<td>20-28 minutes</td>
<td>1</td>
</tr>
<tr>
<td>Intermediate (7-10 years old)</td>
<td>45-75 minutes</td>
<td>2</td>
<td>24-28 minutes</td>
<td>2</td>
</tr>
<tr>
<td>Advanced (11-13 years old)</td>
<td>60-90 minutes</td>
<td>2-4</td>
<td>28-32 minutes</td>
<td>2-3</td>
</tr>
<tr>
<td>Elite (14-17 years old)</td>
<td>90-120 minutes</td>
<td>3-4</td>
<td>32-40 minutes</td>
<td>3-4</td>
</tr>
</tbody>
</table>

### Age Specific Equipment & Court Specifications

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>BALL SIZE</th>
<th>BASKET HEIGHT</th>
<th>3-POINT LINE DISTANCE</th>
<th>FREE-THROW LINE DISTANCE</th>
<th>COURT SIZE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner (5-6 years old)</td>
<td>27.5&quot; - 28.5&quot;</td>
<td>7’ - 8’</td>
<td>N/A</td>
<td>10’ - 12’</td>
<td>50’ x 42’</td>
</tr>
<tr>
<td>Intermediate (7-10 years old)</td>
<td>28.5&quot;</td>
<td>8’ - 9’</td>
<td>N/A</td>
<td>14’</td>
<td>74’ x 50’</td>
</tr>
<tr>
<td>Advanced (11-13 years old)</td>
<td>Girls: 28.5”</td>
<td>10’</td>
<td>20’</td>
<td>15’</td>
<td>94’ x 50’</td>
</tr>
<tr>
<td></td>
<td>Boys: 29.5”</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elite (14-17 years old)</td>
<td>Girls: 28.5”</td>
<td>10’</td>
<td>22’2”</td>
<td>15’</td>
<td>94’ x 50’</td>
</tr>
<tr>
<td></td>
<td>Boys: 29.5”</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Practice Plan:
This practice plan should focus on learning basketball terminology and developing basic athletic skills (coordination, balance, running, jumping, etc.). Emphasize and breakdown the importance of building the core fundamentals. Introduce basic team principles/concepts ONLY until their fundamentals are further developed. Full games (3v3, 5v5, etc.) should be introduced after the team has shown the ability to comprehend terminology and court-awareness. The practice should conclude with various group competitions, excluding 1v1, 2v2, 3v3, and 5v5. It is important to keep the players active and ensure a fun and safe physical environment.

Sessions:
2 x per week for 30-60 mins (Participation in other sports is encouraged)

Focus:
Terminology, Fundamentals, Form & Balance. The practice should incorporate fundamental movement skills to help improve and maximize the player’s physical potential. Devote minimum 40% of practice time to fun skill development drills and the remaining time should be spent playing team games (depending on age and skill level).

Terminology:
- TRIPLE THREAT
- BACKBOARD
- DRIBBLE
- KEY/PAINT
- HALFCOURT/FULLCOURT
- FOUL
- LAY-UP/JUMPSHOT
- PAINT
- WING
- OUT OF BOUNDS

To download the Beginner Level Practice Plan and Drills, visit: CavsYouth.com and select Coach & Parent Resources from the Youth Basketball dropdown menu.
**Practice Plan:**
This practice plan should focus on expanding basketball terminology, creating competitive games & drills and introduction to basic basketball-specific skills (e.g. triple threat, jab step, crossover, pro hop, up and under, pick & roll, etc.). Limit 5v5 games unless teaching spacing & movement concepts and/or fundamentals are developed (Instead opt to play 3v3 game towards the end of practice). Look to teach every position regardless of size. At this age, all players should learn the core fundamentals at a moderate level. DO NOT assign specific positions at this age.

**Sessions:**
2 x per week for 45-75 mins. (Participation in other sports is encouraged)

**Focus:**
Terminology, Developing Proper Technique & Balance. Continue to improve fundamental movement skills. Special game competitions recommended throughout the practice. Emphasize players learning all core fundamentals. Devote minimum 50% of practice time to skill development drills and the remaining time to competitive games.

**Terminology:**
- **DOUBLE DRIBBLE**
- **BEEF (BALANCE, EYES, ELBOW, FOLLOW THROUGH)**
- **PIVOT**
- **TURNOVER**
- **FREE THROW**
- **MAN-TO-MAN**
- **FASTBREAK**
- **CHARGE**
- **ASSIST**
- **SCREEN/PICK N' ROLL**

To download the Intermediate Level Practice Plan and Drills, visit: [CavsYouth.com](http://CavsYouth.com) and select Coach & Parent Resources from the Youth Basketball dropdown menu.
Practice Plan:

This practice plan should introduce building strength and conditioning/flexibility to improve athleticism. This is the level players began to build their “motor” or “engine.” Continue to emphasize fundamentals but in combination with developing a players athleticism. (Site examples such as squat jumps into jump shot. RDL into jump shots. ball-handling drills w/agility ladders.) Introduction to Multi-effort drills (shoot, pass, dribble combinations). Off ball movement and spacing is important depending on fundamental skill level of players.

Sessions:

2-4 days per week for 60-90 mins. (Participation in other sports should be monitored keeping in mind the length of the practice time to avoid burnout from over training).

Focus:

Competitive Games, Balance and Footwork. Focus on applying individual skills into team concepts. Introduce team oriented practices and 1v1, 2v2, 3v3 and 5v5 halfcourt breakdowns. Adjust amount of competitions accordingly, depending on skill level. Devote 50% of practice to multi-effort & competitive drills and the remaining practice to games or skills challenges.

Terminology:

- PIVOT
- BACKDOOR
- AND ONE
- BOX OUT/BLOCK OUT
- CARRY
- FLOP
- HIGH POST
- OUTLET
- ZONE DEFENSE
- BALL REVERSAL

To download the Advanced Level Practice Plan and Drills, visit: CavsYouth.com and select Coach & Parent Resources from the Youth Basketball dropdown menu.
Practice Plan:
Build the aerobic base, build strength towards the end of the stage and further develop basketball skills (build the “engine” and consolidate basketball skills). Introduce tactical and analytic-based drills to improve overall player skill level.

Sessions:
3-4 days per week for 90-120 mins. (Participation in other sports should be monitored keeping in mind the length of the practice time to avoid burnout from over training)

Focus:
Consistency, Pace of Play, Balance and Footwork. Focus on specialized drills which pertain to the teams philosophy. Further develop players athleticism by adding strength & conditioning training. Position-specific skills training is highly encouraged. Continue to improve the players individual “motor” to help maximize in-game performance. Devote 40% minutes position-specific development drills and the remaining practice to team games and competitive drills.

Terminology:
- UP AND UNDER
- EURO-STEP
- DROP-STEP
- FLOATER
- MID-RANGE
- ISO
- PERIMETER
- POCKET PASS
- SECONDARY BREAK
- TRANSITION OFF/DEF

To download the Elite Level Practice Plan and Drills, visit: CavsYouth.com and select Coach & Parent Resources from the Youth Basketball dropdown menu.
**ASSIST** A pass that immediately precedes and sets up a scored basket.

**BACKBOARD** The rectangular or fan-shaped board behind the basket.

**BACKCOURT** A team’s backcourt consists of the entire mid-court line and the rest of the court to include the opponent’s basket and inbounds part of the backboard.

**BASEBALL PASS** This is a pass is made when the player uses an overhand throwing motion, like a baseball pitch, and passes the ball to another teammate.

**BOUNCE PASS** The bounce is performed when a player passes the ball by throwing it to the floor so that it bounces to the intended receiver. The bounce should hit the floor ¾ to the intended receiver.

**CARRYING THE BALL** Also called “palming;” a violation committed by a dribbler that involves placing the dribbling hand under the ball and momentarily holding or carrying it while dribbling.

**CENTER** Also called the “pivot player;” an offensive position typically played by a tall player who plays mainly in the key areas (at the post).

**CHARGING** A personal foul committed when an offensive player illegally contacts a defensive player who has established position or is stationary.

**CHEST PASS** The chest pass is performed when the player makes a pass with two hands directly from the chest or upper torso towards the intended receiver’s chest or upper torso.

**CONTROLLING THE BOARDS** Securing most of the rebounds.

**CONVERSION** A made basket or free throw.

**CROSSOVER Dribble** A dribble in which the ball is moved from one hand to the other while the dribbler changes directions.

**CROSSOVER STEP** This is an offensive move performed by staying low and driving forward while attacking your defender’s feet by stepping across your body.

**DEAD BALL** Occurs whenever the whistle blows to stop play and after a field goal, but before the opponent gains possession.

**DEFENSE** The team not in possession of the ball whose objective is to keep the opponent from scoring; also, a specific pattern of play used by a defending team.
DOUBLE DRIBBLE A violation that occurs when a player dribbles the ball with two hands simultaneously or stops dribbling and then dribbles again.

DOUBLE TEAM A defensive tactic in which two defenders temporarily guard one player.

DRIBBLE Process by which a player repeatedly bounces the ball off the floor so that it returns to his/her possession. It’s the only legal means by which a player may move the ball across the court.

DRIVE A quick dribble directly to the basket in an effort to score.

DUNK A dunk is the spectacular scoring maneuver when a player jumps high, reaches above the rim and stuffs the ball down through the hoop.

ELBOW Also called the “junction;” a term often used to indicate the area of the court where the free throw line and side of the key meet.

EURO STEP Is a basketball move in which the offensive player picks up his/her dribble and takes a step in one direction, and then quickly takes a second step in another direction before they attempt a layup. The move allows the offensive player to avoid their defender and attack the basket.

FAST BREAK An offensive strategy in which a team attempts to move the ball up court and into scoring position as quickly as possible so that the defense is outnumbered and does not have time to set up.

FIELD GOAL A basket scored on any shot other than a free throw, worth two or three points depending on the distance of the attempt from the basket. (See “Three- point field goal” for qualification.)

FORWARD An offensive position played to the sides of the basket near the key area and out toward the sideline along the baseline.

FOUL A common personal foul is illegal physical contact which occurs with an opponent after the ball has become live.

FREE THROW A free throw is the privilege given to a player to score one point by an unhindered attempt for the goal from a position directly behind the free throw line. This attempt must be made within 10 seconds.

FREE THROW LANE Also called the “key” or “lane;” a 12-foot-wide area extending from the baseline to the free throw line. Players may not be in this area during a free throw attempt.
FREE THROW LINE A 12-foot-long line that is parallel to and 15 feet from the backboard.

FRONTCOURT A team’s frontcourt consists of that part of the court between its end line and the nearer edge of the mid-court line, including the basket and inbounds part of the backboard.

FULL-COURT PRESS A defensive tactic in which a team guards the opponents closely the full length of the court.

GUARD A position played primarily at the perimeter, or away from the basket.

INTENTIONAL FOUL A personal foul that the official judges to be premeditated.

IN THE PAINT In the “key” area, so named because this area of the floor is painted.

JAB STEP A jab step is used to fake out a defender by taking a short step in one direction then quickly reversing and going another direction. A good jab step will keep the defense guessing and off balance. Make sure the player does not have the ball out in front (this is easy for the defense to take). It is important to practice with the jab step.

JUMP BALL The procedure for starting play at the beginning of a game or an overtime period. The official tosses the ball into the air between the two opponents positioned at the center-court circle; the two players jump up and try to tap the ball to a teammate.

JUMP SHOT A shot that is released after the shooter has jumped into the air.

KEY Also called the “free throw lane” or “lane;” the area measuring 12 feet in width and extending from the free throw line to the end line.

LAY-UP A shot taken close to the basket that is usually banked off the backboard toward the basket.

OFFENSE The team that has possession of the basketball. Also, a structured pattern of play that a team uses while attempting to score.

ONE-AND-ONE The “bonus” free throw situation awarded for non-shooting fouls after the opposing team exceeds a certain number of team fouls in a half. The person fouled shoots one free throw. If successful, the shooter takes a second.

OVERHEAD PASS The overhead pass is performed by snapping the ball over your head to complete the pass to the intended receiver.
OVER-AND-BACK VIOLATION A violation that occurs when the offensive team returns the ball into the backcourt once it has positioned itself in the front court.

OVER THE BACK VIOLATION A personal foul where a player makes illegal contact while jumping over another player to get a rebound.

OVERTIME An extra period played to break a tie score at the end of a regulation game.

PASS An intentional throw to a teammate.

PIVOT Pivoting is used for a variety of different reasons in basketball: to shield the defense, to gain space, to release pressure, to create an open shot, or to create an open passing lane. A good player can pivot (in a triple-threat position) both forward and backward comfortably with either foot. To avoid traveling, the ball must be dribbled before the player picks up the pivot foot.

PLAYER-TO-PLAYER DEFENSE Also “man-to-man defense;” a team defense in which each player is assigned to guard an opposing player.

POINT GUARD An offensive position played by a guard who usually brings the ball up the court and initiates the offense. POST An offensive position played close to the basket along the key.

PRESS An aggressive defense that attempts to force the opponents to make errors by guarding them closely from either half court, three-quarter court or full court.

REBOUND The act of gaining possession of the ball after a missed shot.

REVERSE PIVOT The reverse pivot or backwards pivot is when the player pivots backwards in the opposite direction (drop stepping in a clockwise motion).

SCRIMMAGE An unofficial game between two teams or five on-five play between team members in a practice situation.

SCREEN A screen is the legal action of a player who, without causing undue contact, delays or prevents an opponent from reaching a desired position.

TECHNICAL FOUL A technical foul is the penalty for unsportsmanlike conduct or violations by team members on the floor or seated on the bench. It may be assessed for illegal contact that occurs with an opponent before the ball becomes live.

THREE-POINT FIELD GOAL A made basket from a distance greater than 19 feet, nine inches during a high school or college game.
THREE-ON-TWO A common fast-break situation in which three offensive players attempt to score on two defenders.

THREE SECONDS A violation in which an offensive player remains within the key for more than three seconds at a time.

TRAVELING A violation occurring when a player with the ball takes a step without dribbling (moving the established pivot foot).

TRIPLE THREAT The triple threat stance is when a player receives the ball with bent knees and the ball in the shooting pocket or a little below. The ball should not be directly in front. Make sure you are balanced and able to pass, shoot and dribble easily from this position. Every time you catch the ball, you should be in the triple threat position.

TURNOVER A loss of possession of the ball by means of an error or violation.

V-CUT The V-cut is executed when the offensive player moves in one direction, plants their inside foot, then explodes out to receive the ball. This move is often used by perimeter players to get open for a pass or an isolation situation.

VIOLATION An infringement of the rules that’s not a foul. The penalty for a violation is the awarding of the ball to the opponent.

WRAP-AROUND PASS This pass is performed when the offensive player steps around the defense with the non-pivot foot. The pass is made with one hand (typically the outside hand) and can be completed as a bounce pass or air pass.

ZONE DEFENSE A team defense in which each player is responsible for defending an area of the court and the opponents within that area.

ZONE OFFENSE An offensive pattern of play designed to attack (score against) a particular zone.