

# CBO Grade Specific Rules - Sure Shots Coaches

## Guideline

2016-17

### I. Team Ethic

- A. During practice, teach fundamentals and application to game. The better they know the skills, the more fun they will have.
- B. Always stress good fundamentals, no blocking, running into players, or doing whatever possible to get the ball.
- C. Develop a positive team attitude – high 5's, etc.
- D. ***Emphasize good sportsmanship.***

### II. BASIC FUNDAMENTALS - Sure Shot is an instructional basketball league. Here are a few basics the players should learn in Sure Shots.

- A. Footwork - very important!
  - 1) Balance - show how far feet apart with knees bent and weight at rear.
  - 2) Defensive stance; low with feet apart.
  - 3) Slide step; emphasize sliding and not hopping.
  - 4) Running backwards
  - 5) Pivot
- B. Dribbling
  - 1) Keep head up and not look down.
  - 2) All exercises should be right and left hands except shooting. (They are too young and will be too frustrated.)
  - 3) Knees bent low and dribbling low.
  - 4) Use fingertips with a pushing motion.
- C. Passing
  - 1) Chest pass - step into it with knees bent and hands should be turned outward.
  - 2) Bounce pass.
  - 3) Overhead pass.
  - 4) Push pass.
  - 5) Teach when to use these passes.
- D. Receiving the pass.
  - 1) Move toward the ball.
  - 2) Protect it from defense.
  - 3) Teach to bring ball toward the body.
- E. Shooting
  - 1) Teach position - right hand with left hand as guide, knees bent, elbow pointing to target. Use "waiter" position. Shoulder square to target.
  - 2) Shooting - flick wrist and follow through. Power comes from bent knees.
  - 3) Possible drills: form 2 lines and have players shoot at each other.

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- F. Lay Ups (Suggestions)
  - 1) Start with hand lay up without ball and no dribbling.
  - 2) Add hand lay-up with ball and no dribbling.
  - 3) Add dribbling.
  - 4) Don't forget the backboard.
  
- G. Rebounding
  - 1) Follow shot for rebound.
  - 2) Position – knees bent and hands up, block opponent out.
  - 3) Protect ball with 2 hands against chest.
  - 4) Look for outlet pass.
  
- H. Offense Skills
  - 1) Define player's position.
  - 2) Teach proper passing. Remember – receiving the pass is difficult for some.
  - 3) Ball handlers – dribble, and shoot or pass.
  - 4) Other players – important to stress that they help their neighbors. Only neighbors help, not the entire team.
  - 5) Teach how to protect ball.
  - 6) Transition quickly back to defense.
  
- I. Defense Skills
  - 1) Defense stance – emphasize sliding and not crossing feet.
  - 2) Position between man and basket.
  - 3) Define each man's position and guarding area.
  - 4) DO NOT STOP PLAYER WITH HANDS. Explain.
  - 5) Grab ball if possible to force jump ball.
  - 6) DO NOT REACH IN for ball around player. Explain.
  
- J. Rules
  - 1) Explain rules as situation arises.
  - 2) Don't forget to show players "key" etc.

These are just a few suggestions. You, as coach, know best how to teach these Sure Shot players the fundamentals. A big THANK YOU for all your time and patience in starting these players on the road to the fun and development that basketball can offer.