

# YouthFirst

The Sports Education and Leadership  
Program at UNLV

Parents Learning About Youth Sports



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Special points  
of interest:

- The importance of a team that commutates
- Fun simple drills
- Enjoyable Tournaments

## Team Builders, Drills, Tournament

At this point you should have a well rounded team and most of your players should be catching on to the drills and incorporating what they learn in practice to a game situation.

Building team cohesion requires that players spend time together before and after practice. This will

help build friendships. When children know more about each other they tend to work better together. That is the essence of team building. Once a week or once every two weeks find 30 minutes before practice to have the players do something for fun. This will help players keep a good perspective on sports.

## Team Builders cont. & drills.

With that unity as a team, being developed, a new sense of team and play will emerge. Players will learn to understand differences in playing skills, temperament and relationships with coaches. Mostly what it does is allow the players to enjoy where they are and who they are around. Team cohesion is the earliest indicator of a great season. Plan small events and turn the warm-up period into an opportunity to get to know players and get players to know each other. Its important to make sure that your players understand why they are not in the games sometimes. Communication is very important for coaches to have. Not just between the coach and the player, but the parents



## Team Builder Drills

Have your players start at the wing and post positions on each side of the key while the other players line up in two groups at the top of the key. The first player in each line has a ball. Then the first player in each line passes to the wing player, using a chest pass. After that, the wing player on each side passes to the post player, using a bounce or lob pass. Then the post player on each side pivots and throws an outlet pass to the first player in the opposite line. The first player in the line moves to the wing, the wing moves to the post, and the post moves to the end of the opposite line (everyone follows their own pass. As a coach you can modify this drill to suit your team.

You can start off at the early stage by having two groups of 5 players in a circle passing the ball back and forth to each other. With each pass, the passer must call out the name of the other player. Continue this



With many variations such as calling out a professional basketball player's name, the name of siblings, parents, pets, schools, etc. After a while you might notice that players forget about the focus of the skill and simply rely on doing something natural like passing a basketball.