

YOUTHFIRST

The Sports Education and Leadership Program
at UNLV
Parents Learning about Youth SPORTS

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THE IMPORTANCE OF EXERCISING



Special points of interest:

- What's a good coach?
- Teaching
- The importance of exercising

Being a good coach not only means understanding how to play basketball but understanding the important techniques and strategies that comes along with being a good basketball coach. Not only knowing this is important, but you have to able to teach it as well. Telling a child

one thing but teaching it in a manner in a way that will learn is another thing.

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TEACHING AND YOUTH

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When working with young children its always important that you teach them important techniques, because there is more to basketball then running shooting and passing. For example, I fell that its very important that they understand

Youth and teaching cont.

the importance of worm-ups and what it does to the body. Doing worm-up for about 5 to 10 minutes witch increases the hart rate and allows the body to prepare for all the running and jumping that's done in a single basketball game



Teaching Exercising Drills

A good way to start is stretching the calf, groin, hamstring, back and shoulders. Chances are younger children are not aware of the proper way to stretch, that's why its important for you as the coach not only know the important techniques for stretching but you must be able to teach it in a manner in which young children are able to understand.

Without knowing the proper techniques that comes along with stretching, you are most likely to cause injury which my go

unnoticeable. During the time that students are stretching its extremely important that you keep an eye on all of the children because what tends to happen is, the child is either under stretching over stretching. There are some discomfort when stretching but it should never be painful. Once it appears that a child is feeling some kind of pain they should stop immediately.

Once stretching is complete, it would be a good idea to start working on dribbling the basket-

Teaching Exercising Drills Cont.

ball. For about 5 to 10 minutes allow them to dribble the basketball on their own so that you can observe who needs work. Making sure they understand the purpose of dribbling is important. Dribbling allows the player to avoid defenders, get the ball from one end of the court to another, also it allows you to get into position to shoot or to pass. Younger children often don't understand dribbling, that is why they will dribble the ball and once a defender gets in their way, they'll pick the ball up and try to run around the defender and then begin dribbling once know one is in their way.

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A good way to teach this is dribbling drills: Have the players line-up in two single file lines. Have them dribble down the court with one hand and then up the court with another hand. This drill should be done as often as possible until they get a true feel and understanding of how to dribble a basketball.

