

# YOUTHFIRST

## Basketball Practice #1

Parents Learning About Youth Sports

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Sports and Education Leadership Program at UNLV

## The Exciting Beginning

Every Practice, no matter what sport should open up with an inspirational thought, or something to motivate your athletes. Since most sports open up with some kind of warm up exercise, you may want to incorporate a opening pep talk for the team.

This could also be the time to allow your athletes make daily goals as a team. Mental preparation can come with setting daily goals.

Since practice is just starting, set a positive and happy tone for the rest of the day. Stress



that today is a new day, and yesterday is the past. Encourage your athletes that they can achieve anything if they strive.

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### Special points of interest:

- Today is a new day, yesterday is in the past.
- Set daily Goals to boost mental preparation.
- Start with a quick paced drill that they can be successful at.

## Something Familiar

After warm-up of practice. For drills, go with a drill they already know and can be successful at. This helps set the trend for the rest

practice at an energetic level, and not slow and boring. For example, start with quick paced passing or dribbling drills. This will help keep the pace of

## Don't Forget the Mind! (Cognitive Aspect)

After the first few drills, you want to give them a short break. This is a perfect time to target their cognitive learning for the day. Thoroughly go over a newly designed drill, and its purpose. Make sure to add in any tips such as "keep your feet shoulder

width apart," and "make sure to follow through with your wrist." This will help trigger cognitive skills used in learning the new drill or assignment. As a coach be open to questions or concerns from your players.

By addressing this after a few drills, you have just given them a

slight rest and made them use more thinking patterns to process all directions and advice.



Positive Team Work!!!

## Team and Self Evaluation

### **Goals:**

1)

2)

3)

### **Effort:** (Scale of 1-5)

1a)

2a)

3a)

### **Success:** (Scale of 1-5, and an explanation after.)

1b)

2b)

3b)

## Looking Ahead...

Look at information provided on your team and self evaluations. This should tell you how your athletes feel about their personal, and team performance. Use this along side your observations as a

Coach, and see exactly what different set of daily goals could you and your team come up with. Also, see if you as a coach could improve on motivation or clarity in Practice drills.

Ultimately, always provide them with alternatives, rather than put downs or negative comments. This will slowly help you get rid of poor attitudes and unsuccessful outlooks.