

Basic Positioning... Basketball

Outline

When coaching young kids the key element for success is presentation. Keeping your kids interested on what your teaching should be your ultimate goal. In this particular age group proper positioning is important in the development of your team and their understanding of the game. Positioning is essential in developing your kids on offense as well as defense. Positioning can be the difference between a charge, blocking foul, and most important good fundamental basketball.

Equipment

As a coach it's essential to ensure that you as well as your players have the proper equipment necessary to administer practice. For this particular practice session the following equipments is required.

1. Several intermediate size basketballs.
2. Coaches whistle
3. Players must wear shorts or sweat pants, tennis shoes and tube socks.

Getting Started

In teaching the basic position or stance your players should be ready to move at all times. This task is extremely important but challenging for this age. Make sure you stay patient with your kids, they may not have the endurance to stay in the positions being taught to them for long periods of time. Teach them the three basic ways of positioning.

1. Weight Distribution
2. Head and Trunk Positioning
3. Arms and Legs

Inside this

Outline	1
Equipment	1
Rules	1
Why	1
Warm-up	2
Drills	2
Evaluation	2

WHY?

Why is positioning important. Giving reasoning for learning should answer a lot of questions before their asked. Here are some reasons why learning positioning is so important.

1. Players are in position to move at all times.
2. It develops a good basic habit of always being in position.
3. Develops quicker forward and lateral movement.
4. Cuts down on fouls
5. Helps team rebounding.

WARM-UPS

Prior to getting starting it is a requirement to warm-up your players. This will help to prevent several leg injuries, cramping and prevent players from starting on the court cold. This should take no longer than five to ten minutes if done properly. Coaches or Assistant Coaches should be the ones leading the warm-up exercises for this age group. I recommend lining your players in front of the wall

generally behind the basket. Proper spacing is usually achieved by telling your players to extend their arms shoulder width apart. It's a good ideal to start with stretching the lower body. Here are some target areas you'd more than likely want to cover.

1. Do a minimum of five lower body stretches mainly targeting the calf and hamstring.
2. Do maybe a couple of stretches geared toward lower back and arms.
3. Do at least 5 exercises ranging from jumping jacks, to push-ups etc.
4. At the conclusion of your warm-up always have your team run laps to fully complete their warm-up

ACTIVITY #1 FOOT POSITIONING

Have your players place their feet shoulder width apart with the heels of their feet in a straight line with their toes. This allows a player to move in any direction quickly while have a solid foundation as a base. Have your players perform this by:

1. Moving side to side.
2. Catching the ball and stopping.

3. Stopping after dribbling.
4. Responding to defenders by moving laterally.

Remember to demonstrate these movements with your players asking and addressing all questions and concerns.

“You have to expect things of yourself before you can do them”.

Michael Jordan.

ACTIVITY #2 ARMS AND LEGS

At this level a lot of fouls are committed by improper use of players arms and legs. Teach your players to have their joints, arms, legs, elbows and wrist bent and close to their body. This will help with balance and quickness. Promote the idea of

staying low to your players while focusing on maintaining a strong base for support. This activity should be demonstrated by allowing your kids to see what negative effects not bending his or her joints has. Then explain how that can lead to unneces-

sary fouls, bad positioning etc.

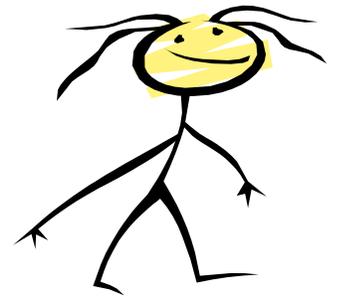


This ball can make a difference.

Activity #3 Head and Trunk Position

This particular drill is most important within the lessons we've learned. The Head is the key to balancing because of its size and location. Tell your children to keep their center over their bodies. Demonstrate the position and explain to the kids the Apex of the triangle. Find a way to make this demonstration fun but at the same time effective. The head being the center and the feet both

ends. This should form an upright position with shoulder back and trunk slightly forward. Doing this properly will form a triangle in your player's mind. Reiterate to them the importance the head has to do with balance by placing your head in a position that causes your balance to move forward and placing your head back causing your balance to lean backward.



Where ever the head goes the body will surely follow.

Evaluation

After the completion of each practice it becomes very important to evaluate how well your objectives were accomplished in practice. Here are a few questions to help assist you in ensuring how well you and your players understood and learned today.

1. Ask your players as well as assistant coaches if they have any questions about what was supposed to be accomplished?
2. If there was a part of practice that they didn't understand?
3. If there was anything they felt could have been differently to improve the team?
4. What they liked or disliked about practice?
5. Did they have fun?
6. Did you have fun?
7. Was there someone who you felt needed a little more work?
8. Is there anything that you would do differently the next time you teach this subject?

Make a difference

Remember coaches are there to create and maintain a positive environment. Teach your kids that there's no I in team. You are responsible for your team's development, play, and most of all attitude. Don't allow parents to change the fun environment that you must create and maintain on the

team. Youth sports programs are for the creation of team spirit, work, and unity. This bond is established and controlled by you. Always do your best.

Good Luck!