

COACH TRAINING GUIDE TO THE PROGRESSIVE SPORTS EXPERIENCE

Goal: To engage coaches and players in an age-appropriate progression of drills and skills development for the best possible sports experience – in order to **Introduce children to Jesus Christ by creating opportunity to serve through sports.**

Level 1 (K5 – 1st grade)

Players at this age are transitioning from the development of gross motor skills to fine motor skills. Hand-eye coordination is still progressing. This age group can handle one instructive building block at a time. Coach's instruction will focus on one element of a skill which forms a foundation for more complex skills at older age levels.

Dribbling/Ball Handling

- › Stationary ball handling
- › Dribbling with 1 or 2 hands
 - › Straight line target dribble
 - › Open floor dribbling
- › Points to coach
 - › Open hand – finger tips if possible
 - › No fist-knocks
 - › No slaps
 - › Hand on top of the ball
 - › Looking at ball okay – encouraging quick glances

Goals by the end of 1st grade

- › Dribble with one hand in correct dribbling position on the move
- › Dribble with head up 50% of the time on the move
- › Demonstrate 3 basic ball handling skills
 - › Ankle rolls
 - › Waist rolls
 - › Single leg rolls

Shooting

- › Two hand shooting...progressing to one hand shooting
 - › Hands under ball
 - › Elbows in
 - › Bent knees
 - › Push up with legs and arms
 - › Eyes on target

Goal by end of 1st grade

- › Demonstrate appropriate form while shooting
- › Able to shoot with one hand and appropriate form

Passing/Receiving

- › Stationary bounce pass with weight transfer
- › Receiving with body, then hands

Goals by end of 1st grade

- › Execute a proper bounce pass to teammate received chest level
- › Able to receive a pass with hands

Level 1 (K5 – 1st grade)

Defense

- › Find your man
- › Shadow your man
- › Tree defense

Goal by end of 1st grade

- › Identify your player
- › Stay with your player

Rebounding

- › Go after the ball

Goal by the end of 1st grade

- › Recognize a shot and attempt to rebound

Individual Moves

- › Null

Offensive Tactics

- › Know the purpose of offense
- › Know at which goal to shoot
- › Know the boundaries
- › Know when you are on offense
- › Points to coach
 - › Get all players involved
 - › Different player bring the ball down the court each time
 - › Require advanced players to pass to other players

Goals by the end of 1st grade

- › Every player bring the ball down the court at least once every game
- › Every player will make or receive a pass at least once every game
- › Demonstrate the direction and purpose of offense

Defensive Tactics

- › Know when you are on defensive
- › Know which goal you are defending

Goal by the end of 1st grade

- › Demonstrate the direction and purpose of defense

Level 1 (K5 – 1st grade)

Rules Unique for Level 1

Offense

- › Dribbling with one hand or two is acceptable. Stopping and restarting dribbling is not acceptable.
- › Traveling will be called without loss of possession through the first four games. The referee will blow the whistle and restart play, instructing the offending player to pass or shoot.
- › During the last four games, traveling will be called and enforced with loss of possession.
- › Feet-shuffling during shot set-up is acceptable.
- › Bounce passes are encouraged as it is the best developmental approach for passing and receiving.
- › There are no foul shots. Upon a foul, the whistle will blow to stop play, the foul will be explained and play will be restarted from the spot of the foul. Play will continue as it was in the pre-foul situation (dribble stopped or dribble continued).
- › Fast breaks are allowed off loose balls from muffed pass or muffed dribble but not allowed off of a missed shot. The referee will delay advancement of dribble until defensive players have time to get down court.

Defense

- › Stealing the ball from the dribbler or on a direct pass is not allowed. Stealing is allowed off a loose ball, muffed pass or muffed dribble.
- › If a player fouls twice in one segment, that player must sit out the remainder of the segment. This will not affect playing time in the following segments.

- › A defender guards an opponent with "tree defense" and hands/arms straight up—not forward—on a shot.
- › Defense will be man-to-man only, and defenders must stay within arm's reach.
- › There will be no three-second rule, however, coaches will encourage spacing.

Basic Rules

- › Players will match up by ability.
- › Play will be four vs. four to allow more room for movement, more touches and less confusion for the player.
- › A balanced, pre-determined substitution system will be used.
- › No scores, standings, tournaments or time-outs will be used.
- › Shots made in the wrong basket will not result in a turnover; the player making the basket will retain possession to dribble down the court.
- › All out-of-bounds will be called.
- › The game clock runs continuously.
- › Practices will last forty minutes during the week.
- › Games will be broken into six, four-minute segments with a 15-minute practice before the game begins.
- › Coaches will serve as the referees.

Game Specifications

- › Goal height: 7 1/2' to 8'
- › Ball size: 22" mini to 25"
- › Court size: Cross-court

Level 2 (2nd – 3rd Grade)

At this age a player's locomotor movements is becoming much more fluid and integrated. This allows the linking together of two or three movement skills. This adds to the player confidence and eagerness to learn and improve sport skills. Well managed practice and game play enhances player development within the basic integrity of the sport. Coach-directed, fun challenges will enable player to develop individual skills while transitioning into more team play concepts.

Dribbling/Ball Handling

- › Dynamic ball handling drills
- › Right & Left hand dribbling
 - › Stationary
 - › Crossover
 - › Moving
 - › Walking
 - › Running (speed dribble)
 - › Zig-zag (crossover)
 - › Change of pace
- › Jump stop while dribbling
 - › Right hand dribble
 - › Left hand dribble
- › Body position to protect ball vs. defender
 - › Arm up
 - › Foot forward
 - › Turn head (look down shoulder/down court)

Goals by end of 3rd grade

- › Demonstrate dynamic ball handling drills (e.g., cradle drills around legs, skip dribble, see-saw, hike drill, etc.)
- › Demonstrate varying speed dribbles down the court & back without losing the ball
- › Demonstrate zig-zag dribble (cones @ 45 degree angle); right/left hand crossover
- › Demonstrate ball protection while dribbling against pressure for 5 -8 seconds

Shooting

- › One hand form shot from different angles
 - › Stationary
- › Bank shot
- › Dominant hand layup

Goals by the end of 3rd grade

- › Proficient with one-hand set shot
- › Demonstrate ability to make shot directly to goal or off backboard
- › Demonstrate proper layup technique with dominant hand

Level 2 (2nd – 3rd Grade)

Passing/Receiving

- › Bounce pass to moving target
- › Receiving bounce pass on the move
- › Chest pass
 - › Stationary target
 - › Moving target
- › Receiving chest pass with hands
 - › Stationary
 - › Moving

Goals by end of 3rd grade

- › Demonstrate proper bounce pass to a moving target
- › Receive a bounce pass on the move
- › Demonstrate a stationary and moving chest pass
- › Receive a chest pass while moving

Defense

On-the-ball

- › Ball-you-basket positioning
 - › Proper stance
 - › Feet wide
 - › Knees bent
 - › Hips low
 - › Back straight
 - › Head up
 - › Hands and arms out
- › Defensive slide
 - › Do not cross feet
 - › Turn lead foot and point toe
 - › Step with lead foot
 - › Push off inside of trail foot

- › Active hands
 - › Shadow ball
 - › Arm/hand on dribble side down
 - › Hand up, not out, on shot
 - › Contest all shots

Off ball

- › Ball-you-man positioning

Goals by the end of 3rd grade

- › Demonstrate proper defensive stance and positioning on the ball
- › Demonstrate proper defensive slide technique and hand positioning
- › Demonstrate proper use on hands on the ball
- › Demonstrate proper positioning off the ball

Level 2 (2nd – 3rd Grade)

Rebounding

- › Work to gain better position for a rebounding ball
- › Hands up and jump at the right time

Goals by the end of 3rd grade

- › Demonstrate positioning between your man and the ball
- › Demonstrate hands up, ready to rebound
- › Jump – demonstrate proper timing to meet the ball in the air

Individual Moves

Without the ball

- › V – cut
 - › Take player away from where you want to get the ball
 - › Change direction
 - › Change speed

- › Short jab with (not stride) 6" to 8" non-pivot foot
- › Step toward defender
- › Quickly bring ball to pocket as step is preformed

With the ball

- › Jab step to create space
 - › Keep pivot foot flat

Goal by the end of 3rd grade

- › Demonstrate a V-cut
- › Demonstrate a jab step

Offensive Tactics

- › Spacing 10' – 15' from each other
- › Understand floor balance
 - › Right, center, left
- › Movement without the ball to get open for pass or in better position to rebound
- › Recognize an open shot
- › Recognize when you are not open for a shot
- › Find the open man – regardless of friendships or skill

Goals by the end of 3rd grade

- › Demonstrate appropriate spacing; do not clump
- › Demonstrate the ability to get open utilizing the V-cut
- › Demonstrate the appropriate situations to take shot or deliver a pass
- › Demonstrate when to make a successful pass to an open player

Level 2 (2nd – 3rd Grade)

Defensive Tactics

- › Utilize individual defensive responsibilities to work together as one unit

Goal by the end of 3rd grade

- › Demonstrate how to work together as a defensive unit

Rules Unique for Level 2

Offense

- › Backcourt violations will not be called due to shortness of the court. (Backcourt is not a safe zone once the half-court line is crossed.)
- › No score will be given for a basket in the wrong goal. It will be treated as a turnover.
- › All traveling and double dribble violations will be called.
- › The offense must purposefully attack the defense in every situation.

Defense

- › Defense will be man-to-man only, and defenders must stay within arm's reach.
- › Double-teaming is not allowed. Help defense is strongly encouraged in the following instances: picks and screens; fast breaks; lane area.
- › Full-court presses are not allowed.
- › If a player fouls twice in one segment, that player must sit out the remainder of the segment. This will not affect playing time in the following segments.

Basic Rules

- › Referees will call and explain all violations.
- › When possible, referees will advise players of potential violations before the violation occurs.

- › No technical fouls or protest of games.
- › Games consist of six - 6 minute segments.
- › The game clock runs continuously, with the following rules going into effect when less than two minutes remain in the game:
 - › Non-shooting fouls result in the offensive team getting one point and the ball
 - › Shooting fouls result in the offensive team scoring two points and the opposing team then taking possession
 - › Players fouled in the act of shooting and making the basket are credited with the basket plus one point. The opposing team then takes possession.
- › A balanced, pre-determined substitution system will be used.

Game Specifications

- › Goal Height: 8'
- › Ball Size: 27.5" junior (may also use 25")
- › Court Size: Cross-court

Again, our goal is to provide your child with the Best Sports Experience possible. PSE is an approach to help their coach and this league deliver on that promise. We are looking forward to a great season and are happy that you and your child are a part of it!

Level 3 (4th – 5th Grade)

The player's ever increasing body control allows a higher level of skill refinement and improvement. Development drills can add a degree of complexity by working on multiple skills at a time. With a player's interest on speed, skill, and strength, one-on-one and multi-player challenges can be the heart of practice sessions. This will allow more complex team tactics through the integration of multiple, more complex skills. Skills based on fundamentals stressed at previous level.

Dribbling

- › Speed dribble non-dominant hand
- › Full court zig-zag (crossover) under pressure (controlled; full-speed, live)
- › Reverse dribble

Goals by end of 5th grade

- › Demonstrate the ability to speed dribble with non-dominant hand down court and back without losing the ball
- › Beat full-court defensive pressure by utilizing crossover dribble
- › Beat full-court defensive pressure by utilizing reverse dribble

Shooting

- › Non-dominant hand layup
- › One hand set shot from various distance and angles
- › Off dribble
- › Catch & shoot
- › Step into shot

Goals by end of 5th grade

- › Demonstrate 60% accuracy for set shots made from five spots on the floor at 12ft. to 15ft. distances.
 - › Right and left baseline
 - › Right and left wing
 - › Free throw line
- › Demonstrate proper layup technique with non-dominant hand
- › Learn the jump shot technique

Level 3 (4th – 5th Grade)

Passing/Receiving

- › Making passes while moving
 - › Bounce
 - › Chest
- › Making overhead pass
 - › Stationary target
 - › Moving target
- › Fake pass
 - › High/low
 - › Side/side

Goals by the end of 5th grade

- › Make an accurate bounce pass while moving
- › Make an accurate chest pass while moving
- › Make an accurate overhead pass to a stationary target
- › Make an accurate overhead pass to a moving target
- › Demonstrate how to fake a defender to open up another pass opportunity

Defense

On ball

- › Teach fundamentals of zone defense using a 2-3 zone in game segments 2 and 5.

Off Ball

- › Defense stance for deny defense (one pass away)
 - › Feet wide
 - › Back to ball
 - › Arm/hand extended into passing lane (thumb down)
 - › Turn head toward shoulder
- › Jump to ball
 - › Move toward ball to stop cutter

Off ball zone

- › Open in ready position (pistols)
- › See ball and players in your area

Goals by the end of 5th grade

- › Demonstrate proper defensive stance and positioning off the ball
- › Demonstrate defensive slide and hand positioning off the ball
- › Demonstrate an understanding of your defensive zone coverage responsibilities

Level 3 (4th – 5th Grade)

Rebounding

- › Position and contact with player
- › Stance – wide base, head/eyes up, active hands
- › Fakes and cuts to avoid defensive player while going for rebound

Goals by the end of 5th grade

- › Demonstrate box out/push your man out
- › On offense – evade your man to get rebound

Individual Moves

Move without the ball

- › Demonstrate basket cut (e.g., give-and-go)
 - › Take player away a step or two
 - › Make quick cut off outside foot
 - › Show hand target for passer
- › Demonstrate backdoor cut (use versus overplay/deny defense)
 - › Take player away step or two
 - › Make a quick cut to the basket
 - › Show hand target for passer

- › Jab and shoot
- › Jab, shot fake, drive
- › Jab, cross ball over/ under your knee (sweep), drive
- › Post move
 - › Fake turn and shoot, front pivot

Goal by the end of 5th grade

- › Read your defender to demonstrate appropriate jab step move
- › Demonstrate post move (turn-around jump shot)

Moves with the ball

- › Jab step series
 - › Jab and go (power dribble)

Offensive Tactics

- › Setting off-the-ball screen
- › Setting on-the-ball screen
- › Cut or dribble off the screen (shoulder to shoulder)
- › Player setting screen rolls to basket

- › Play against a 2-3 zone

Goal by the end of 5th grade

- › Demonstrate setting a screen
- › Demonstrate appropriate cut, close to screen
- › Demonstrate roll to the basket

Level 3 (4th – 5th Grade)

Defensive Tactics

- › Full-court man-to-man pressure (game segments 3 & 6)
- › Implement a 2-3 zone (game segments 2 & 5)
- › Implement man-to-man defense as base

Goal by the end of 5th grade

- › Execute multiple defensive strategies
- › Demonstrate a proficiency in zone defensive play

Rules Unique for Level 3

Man-to-Man Half-Court Defense

- › Man-to-man defense will be played in the 1st, 3rd, 4th, and 6th segments (1-2-3-4-5-6).
- › Defensive players must stay within arm's reach of the player they're guarding.
- › Full-court presses are not allowed in these segments. Defenders can pick up their offensive player only after they cross half-court. Once the ball crosses the half-court line, this rule is no longer in effect.
- › The offense must purposefully attack the defense in every situation.
- › If playing cross-court, backcourt violations will not be called.

Man-to-Man Full Court Press Defense

- › Man-to-man full-court press defense can only be played in the 3rd and 6th segments (1-2-3-4-5-6).
- › This may be played until the lead is 15 points or greater, then, it's back to man-to-man half-court defense.
- › Teams will have 10-seconds to cross half-court once the ball is inbounded.

2-3 Zone Defense

- › A 2-3 zone defense will be played in the 2nd and 5th segments (1-2-3-4-5-6) beginning in game three. Waiting until game three allows coaches enough time to prepare players for both the man-to-man and zone defensive concepts.

Basic Rules

- › The Upward Basketball substitution system will be used.
- › A jump ball will be used to begin the game.
- › No score will be given for a basket in the wrong goal. It will be treated as a turnover.
- › Double-teaming is not allowed. Help defense is strongly encouraged in the following instances: picks and screens; fast breaks; lane area.
- › Referees will call and explain all violations.
- › When possible, referees will advise players of potential violations before the violation occurs.
- › A player committing two fouls in one six-minute segment must sit out the remainder of that segment.
- › No technical fouls or protest of games.
- › The 3-second restriction (lane violation) should be called.
- › One 30-second time out per half when playing full-court.
- › With the exception of a called timeout, the game clock runs continuously, with the following rules going into effect when less than two minutes remain in the game: Non-shooting fouls result in the offensive team getting one point and the ball; shooting fouls result in the offensive team scoring two points and the opposing team then taking possession; players fouled in the act of shooting and making the basket are credited with the basket plus one point. The opposing team then takes possession.

Game Specifications

- › Goal Height: 9'
- › Ball Size: 28.5" intermediate
- › Court Size: To be determined

Level 4 (6th, 7th, & 8th Grade)

Level 4 players exhibit a strong desire to compete; to measure and compare personal talents. Players can become more involved in team evaluation and strategy, perhaps through an "assistant coach of the day" strategy which adds to their leadership maturity. Individual skill development continues, but gives way to team strategy and tactics. The continued emphasis on team play can teach valuable, life-long lessons. Basically, it's "let 'em compete" while coaching for life.

Dribbling

- › Between-the-legs dribble
- › Behind-the-back dribble

Goals by end of 8th grade

- › Beat a defender by changing direction with a between-the-legs dribble
- › Beat a defender by changing direction with a behind-the-back dribble

Passing/Receiving

- › Pass around defender (wrap around) into post
- › Make outlet pass

Goal by the end of 8th grade

- › Execute successfully pass around defender into post
- › Recognize and make an outlet pass

Shooting

- › Master jump shot from different angle and distances
- › 3-point shot
 - › Footwork
 - › Legs

Goals by end of 8th grade

- › Demonstrate 60% accuracy for set spots made from five shots on the floor at 15ft. to 18ft. distances
 - › Right and left baseline
 - › Right and left wing
 - › Straight on
- › Demonstrate proper footwork and technique for 3-point shot

Level 4 (6th, 7th, & 8th Grade)

Defense

Defending the screen

On the ball

- › Step over the top
 - › A – Step up and over the top of the screen
 - › B – Hedge (flash out; help and recover) to help the guard
- › Step under the screen
 - › A – Goes (step) under the screen
 - › B – Step back to allow A to pass through

Off the ball screen

- › Step over the screen
 - › A – Step up and over the screen
 - › B – Steps back into help position
- › Step under the screen
 - › A – Goes under the screen
 - › B – Steps back

- › Switch – A and B switch players
- › 2 passes away
 - › Help and recover

Goal by the end of 8th grade

1. Execute an under or over screen defensive technique
2. Assist player defending on-ball screen by hedging or dropping back into help position
3. Demonstrate understanding of correct defensive position in relationship to the ball (on the ball, deny, help)

Other defensive points

- 1 pass away – deny position
- 2 passes away – help position
- Jump to ball (adjust with every pass)
- See the ball
- “on drives” – Help and recover

Rebounding

- › Find person closest to basket to box out

Goal by the end of 8th grade

- › Recognize and box out a free player closer to the basket

Individual Moves

Post up (teach how to post up)

- › Wide base; hand up; elbows out
- › Drop step-power dribble-power layup
- › Up & under
- › Pivot; shot fake; keep foot planted

Goal by the end of 8th grade

- › Demonstrate post position stance
- › Demonstrate drop step move
- › Demonstrate up-and-under move

Level 4 (6th, 7th, & 8th Grade)

Offensive Tactics

- › Combine skills and moves and offensive tactics to execute plays

Goal by the end of 8th grade

- › Execute set plays

Defensive Tactics

- › Understand defensive responsibilities
 - › On the ball
 - › Deny
 - › Help

- › Utilize all the basic defensive principles and strategies to effectively play man or zone defensive

Goal by the end of 8th grade

- › Demonstrate effective defensive play whether zone or man-to-man defensive

Rules Unique for Level 4

Basic Rules

- › Zone defense or man-to-man defense may be played at anytime.
- › Press defense may be played at anytime.
- › Games will consist of six 6-minute segments. The clock will stop only for the following:
 - › On all free throws.
 - › During a called time-out.
 - › With two minutes remaining in the game, the clock will stop on all out-of-bounds, jump balls, fouls, and violations.
- › Each team may use one 30-second time out for each half.
- › A player committing two fouls in one six-minute segment must sit out the remainder of that segment.
- › All non-shooting fouls result in the ball being inbound by the fouled team.

- › All shooting fouls result in:
 - › Field goal attempt = 2 shots
 - › Three point attempt = 3 shots
 - › Fouled and basket made = basket counts plus one free throw attempt
- › Bonus rule: after the sixth team foul, a non-shooting foul will result in the fouled team receiving one point and the ball. At halftime the number of team fouls resets to zero for both teams.
- › There will be a three point shot.

Game Specifications

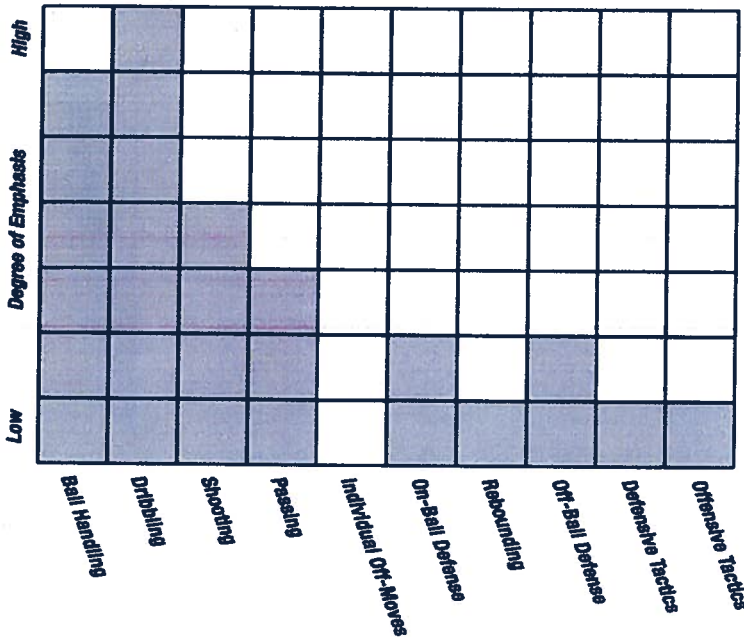
- › Goal Height: 10'
- › Ball Size: Boys – 29.5" regulation; Girls – 28.5" intermediate
- › Court Size: Full-court



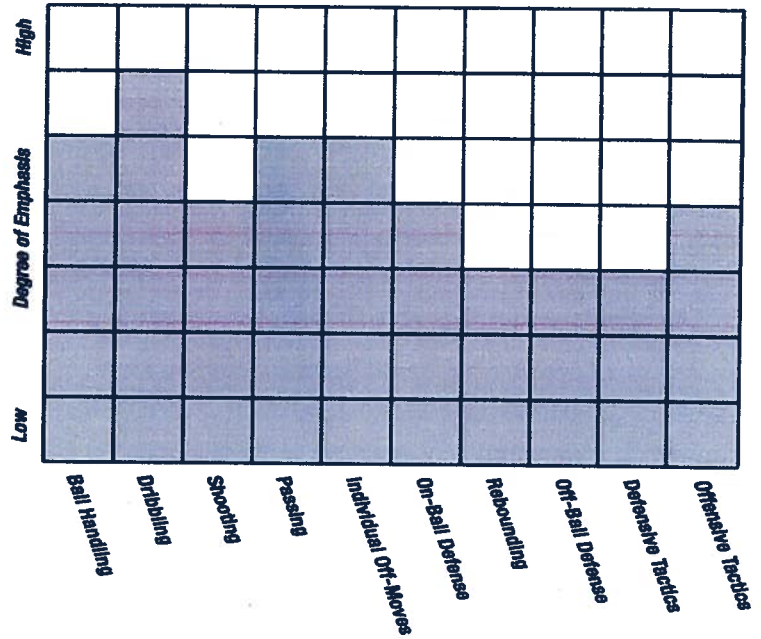
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PROGRESSIVE SPORTS EXPERIENCE

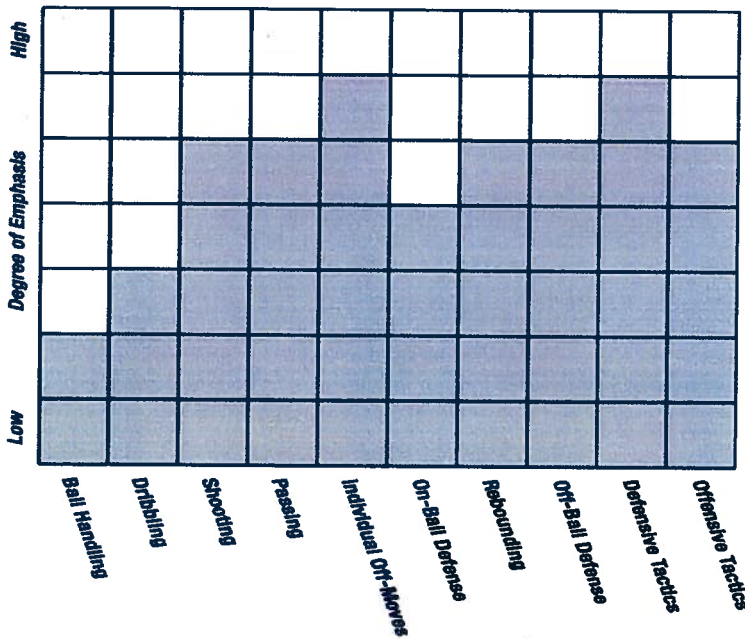
Level 1 (K-1st Grade)



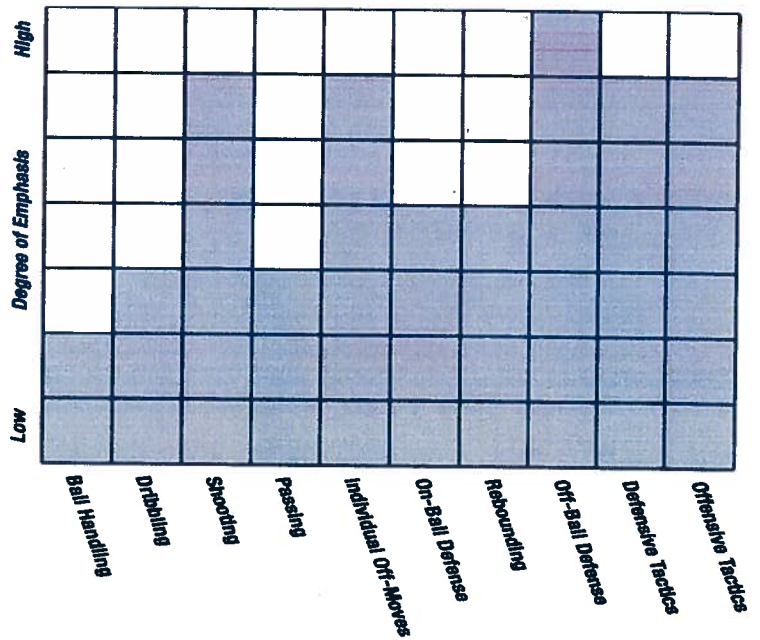
Level 2 (2nd-3rd Grade)



Level 3 (4th-5th Grade)



Level 4 (6th, 7th, & 8th Grade)



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