

HERMON RECREATION BASKETBALL COACHING GUIDELINES

PREK & KINDERGARTEN BASKETBALL

Introduction to ideals of teamwork, team membership and noncompetitive athletics at this level are standard. Coaches administer positive support and instruction regardless of skill levels to all players equally. This beginning for basketball instruction includes a mixture of basic motor skill and coordination training along with opportunities for fun in the form of games and friendly competitions like relay races and dribbling games. No athletic conditioning that requires sport specific skills at this level...only fitness and wellness opportunities that lead to increasing excitement for young players so they want to continue in successive years.

1ST & 2ND GRADE BASKETBALL

Introduction of court dimensions and rules begins. Still a non-competitive level without score keeping, coaches manage a sharing of the basketball with each player having an opportunity to handle the ball during different transitions. Hand-eye coordination, fundamentals and instruction sets that lead to simplified theories concerning game management take over at this stage in preparation for the next. Dribbling is essential during practice with fun games between teachable moments. These methods are facilitated by coaches who understand that less lectures and more activity are the prescription to motivating this age group. Team building exercises and support models are expected and necessary for future successes.

3RD & 4TH GRADE BASKETBALL

Play at this level will include officials, a clock and scorekeeping. Many surrounding area programs of 3rd-4th grade basketball are coed and are dependent on participation numbers concerning which methods (splitting players by gender or playing co-ed) are best for a community. Teaching positional requirements and having all players attempt each placement and skill is key to a well rounded program regardless of where they end up playing in the future on the court.

Fundamentals and dribbling are still a majority of your effort as coach. Teaching "team above self" and sharing the ball pays dividends for the future. This age is where loyalty to team, supportive friendships and playing hard should be communicated as "winning"...not only what is on the score board at the end of the game.

5TH & 6TH GRADE BASKETBALL

Equal playing time during games and equal opportunity during practices is essential to a successful recreation program. Practices that identify one or two key positional placements for each player is fine, but skill development for the entire group at multiple positions during practice stations for each player is best. These stations should include basketball fundamentals, skill competitions and fun based games. Teaching structure of the game and conditioning using drills at this level of play is best for all recreation participants. Organized dribbling drills, learning defensive sets, executing plays and practicing entry passes is also a part of this level. Fair play and sportsmanship is not only an expectation, it is a requirement. Special rules for pressing and defensive sets are agreed on before game play and officials enforce the contests while keeping score and using a clock if available.

Summary: Regular Rec Basketball is inclusive, with a goal of equal playing time opportunities for players of all ages PreK through 6th grade. Coaching should be positive and fun based while learning the skills of basketball. Fitness, wellness and the social learning that comes with being part of a team is our focus. Connected family involvement by including coaches and their children together at the same level is a goal of the Recreation Department.