



Coaches Manual

Skills for Basketball - Skills for Life - Skills for Success

Version 2.0

Dear Coaches,

Thank you so much for choosing to be a part of Pro Skills Basketball (PSB) Select. We truly believe our coaches make our club what it is. You are with us because we believe that you possess the basketball knowledge, personality and coaching ability to not only represent our club in a positive way, but more importantly, teach the children of our community. We all have a fantastic opportunity to influence the kids we work with, and that is something that should be taken seriously. So again, thank you for being with us!

In this manual you will find what we believe to be some very important aspects of how our coaches teach. While we want our coaches to bring their own personality and basketball strategies to their team, we also ask that you incorporate our club's policies, procedures, beliefs, and mission into everything your team does. Of course we do not consider ourselves expert coaches, but we firmly believe that the ideas in this manual are vital to teaching young players not only how to play basketball, but also how to succeed in life as well.

We are constantly trying to learn and grow, so things in this manual may change from time to time. Also, please feel free to respectfully discuss anything in this manual that you don't agree with and/or contribute new ideas.

We are excited about the season ahead and are very happy to have all of you on board!

Thanks,
Pro Skills Basketball

Mission

Our mission is to prepare players for the next level of their basketball careers, whether that be elementary, middle, high school, or college, while also teaching them life lessons that will lead to success in anything they do, on or off the court.

Vision

Our vision is to change the win-at-all-costs, negative youth basketball environment to a healthier, more positive environment through a focus on teaching, coaching, and learning.

Philosophies

- Teach life lessons through competitive basketball.
 - F.O.C.U.S
 - **Fun** - This is first for a reason! Basketball is a GAME. It is meant to fun. Often times competitive youth basketball can suck the fun out of the game whether due to pressure, parents, coaches, etc. Our goal is to always make sure that the game remains fun. This is not to say that there won't be some "tough" times (see the "O" below), but overall, playing youth basketball should be fun!
 - **Overcome** - The ability to overcome obstacles and not give up when a challenge presents itself is an extremely difficult trait to master. In youth basketball, obstacles arise in different forms like a simple turnover or missed shot, losing, bad refs, lack of playing time, etc. We teach our players to focus on the things they can control, like their attitude and effort, instead of focusing on the challenges that they cannot control.
 - **Compete** - Learning to compete and work/fight for what you want, instead of expecting to be given it, is a major challenge facing youth today. Our players must be tough and aggressive in order to earn playing time and win games. For an outstanding, short overview of toughness on the basketball court, please refer to Jay Bilas' "Toughness" [article](#).
 - **Unity** - A two-pronged value, including coachability and teamwork, unity goes a long on the court and off. Coachability means learning how to take correction from the coach as well as remain humble after praise. Teamwork means working with others to achieve a common goal. Players must learn to work well with all of their teammates in order to win games.

Great teams have players that accept and thrive in their roles. A player's performance is not determined by how many points they score.

- **Sacrifice** - The good old-fashioned value of hard work can never be underestimated. Rarely do good things come without a lot of hard work. Players must learn that in order to achieve their goals and dreams, they will be required to make short-term sacrifices for long-term success.

Logistics

Coaches will have a few logistical and communication responsibilities.

- Equipment
 - Coaches will be given a mesh bag containing uniforms, two basketballs, a first aid kit, and a dry-erase board. All except the uniforms will be returned to us at the end of the season.
 - They will also be given a team binder, which includes scoresheets, rosters, plastic sheets to hold player birth certificates and report cards.
- Uniforms
 - You will be given 10-12 game uniforms to be handed out to players.
 - The uniforms are numbered from #3 to #45 with #3 being the smallest and #45 being the biggest. Give uniforms out by lining players up smallest to tallest. Give the smallest guy the smallest number, next guy the next number and so on.
 - Kids do NOT get to choose their numbers!
 - If you have extras, keep in your bag in case of emergency. We will collect extras at end of season.
 - The kids will keep their uniforms at the end of the season.
 - Players will only wear the black side of their shorts.
- Practices
 - Please show up 10-15 minutes early if possible.
 - If you cannot make a practice, let your manager know as soon as possible. Missed practices will be \$10/practice out of your monthly check.
 - Bring your 2 basketballs.
 - You FIRST team practice should be spent as follows:
 - 15-20 minutes team meeting with players and parents
 - Some introductory basketball drills for rest of practice
 - After practice off the court somewhere, hand out game uniforms
- Games
 - Please show up 20-30 minutes early if possible. Sometimes they start early.

- If you cannot make a game or tournament, let your manager know as soon as possible. Missed games will be \$25/game out of your monthly check.
 - Bring your 2 basketballs.
 - Coaches will also be given PSB shirts and shorts for games. These are yours to keep.
- Emails
 - Pre-tournament - you are responsible for getting your team's game times to your parents.
 - Post-tournament - at some point soon after the tournament please email your team parents with your thoughts of the team's performance. What the team did well, where the team struggled, and how the team improved. You could also potential shout out some specific players who played hard/well (and not just the leading scorers!).
 - With managers - please communicate with your manager. Respond to emails, calls, and texts in a timely manner.
- Salary
 - We will pay you at the end of every month.
 - Please make sure we have your correct address.
- Coaches of the Month
 - We will select 2-4 coaches every month who we think did an outstanding job on the court and off the court. This involves communication with team and managers, coaching in practices and games, presence on social media, etc.
 - Coaches of the month will receive prizes for their efforts.

Coaches Code of Conduct

1. I understand that I am representing Pro Skills Basketball, and I will always do my best to positively represent the organization and its' values.
2. I understand that the goals of PSB Select teams are for each player to improve and (hopefully) have fun, and these goals take precedent over my desire to prove my coaching prowess and win championships.
3. I will treat all players, parents, coaches, and referees with respect at all times.
4. I will do my best to teach and motivate my players in a demanding, yet positive and (mostly) fun environment.
5. I will abide by the "24 Hour Rule", which means I will not speak to parents about playing time or game strategy within 24 hours after a game ends.

Coaching Demeanor

We have asked you to coach with us because we believe you have the personality and coaching demeanor that is so rare in today's youth basketball culture. We want people that are not out to prove what great coaches they are, but rather, love basketball and are truly motivated to have a positive impact on the lives of young people. Again, we respect the fact that every coach has their own personality, but we would like our club represented in a certain way.

- It's WE over me.
- Please, no cursing.
- Use Positive Constructive Criticism (PPC). Be demanding of players and hold them accountable, but in a calm, assertive manner.
- Do not embarrass players. If you would like to correct a player or the team during a game, please do not do so where the entire gym can hear! Sometimes players and teams need a good reaming, but please pick and choose the moments to raise your voice.
- "Always Be Coaching" (ABC). No matter what the score, be engaged in the game. Please do not give parents the opportunity to say "It looks like the coach just didn't care". Try to stand up when coaching as it at least "looks" to parents like you're giving maximum effort.
- Take the time to show each individual you care and believe in them. (Ex) Call them by their names, make up nicknames for them, high-fives, etc.
- Communicate with referees in a respectful way or don't communicate with them at all! Players and parents will follow the lead of the coach. Do NOT get technical fouls ... just understand the refs are BAD! Deal with it by accepting that fact or completely ignoring the refs.
- Be respectful with parents. If problems arise, observe the 24 hour rule per the code of conduct and please let us know. We will advise on how to handle the situation.

Games & Style of Play

Below, you will find certain beliefs and basketball skills that are important to teach young players. We believe these things, while they may not translate into immediate wins, will best prepare players for their futures in basketball.

- All players will be given a chance to play in games, but the majority of playing time will be earned, not given.
- “Play smart. Play tough. Play together.” Generally, this is the way we want our players and teams to play.
- Communication on the court. We know how difficult it is, but please try your hardest to get your players to communicate and be verbal with each other!
- Being tough in everything we do ... with the ball in triple threat, on defense, rebounding, on passes, dribbling, etc.
- Making lay-ups with the correct hand.
- Passing! No soft lob passes!
- Using fakes. Pass fakes, shot fakes, jab steps, etc.
- Getting wide and running the court HARD and then passing the ball ahead.
- We would like our teams to play predominantly man-to-man defense. Not to say you can never play zone, but please teach and play mostly man-to-man in the full-court and half-court.
- Free Throws. Remind players to use a physical and mental routine and find a focal point before every free throw attempt.
- Changing speeds. Remind players that playing at one speed is easy to guard.
- And, of course, energy and enthusiasm from the players, especially on the bench. Encourage an active bench.
- Post game talks, especially after losses! Find a wide open area in corner of gym or outside. Players face you and invite parents to stand behind the players so they can hear what you’re saying but are not a distraction to the kids.

Practice Habits

Like many coaches, we believe players learn the most during practice. This is the time where you can take moments to correct mistakes and set a tone for your team. As a club, while we may not have the most talent around, we want our teams to be viewed as some of the toughest

and hardest working teams in the area. We believe this mentality can be instilled (with a lot of patience!) in practices without a lot of yelling and screaming. Below are a few ideas for practice.

- High-paced and high-energy practices.
 - Keep players moving.
 - Have a practice plan.
 - Be a positive and energetic leader.
 - Demand energy and enthusiasm from your players.
- Make every drill a competition with a punishment for losing.
- Quickly transition from one drill to another.
- Hold players accountable for not paying attention or not giving their best effort.
- Teach your team to finish every play. (Ex) All offensive players (or 4) go to rebound when going through offensive sets. Play isn't over until ball goes through the hoop.
- Mix physically and mentally challenging drills with fun, competitive competitions.
- Know that once practice starts, we don't walk anywhere. When a coach blows the whistle, no more shooting or talking. If a coach says "bring it in", run to the huddle.
- Constantly talk with players about toughness and competitiveness.
- Remind players that it's ok to make mistakes, as long as they are focused and working hard.
 - Teach your team to "brush off" mistakes. Incorporate a hand motion that goes along with this phrase. Ask us for more clarification.
- Foster an atmosphere of unity and togetherness!
 - Stress the way WE do things. Each individual is a part of a team and part of our club. It's WE over me.
- Ask and remind players to give "positive touches". High fives, pat on the back, "touch 3 people" etc.
- Teach players to thank the passer.
- Winning team cheers or claps for losing team during sprints or push-ups.
- Help your teammate off the ground.

- Acknowledge your teammate's hustle or good play.
- As a coach, draw attention to players for small things. (Ex) Thank a player for talking, calling out a player for setting a good screen, recognizing a player for running hard, etc.
 - Jay's Bilas's "[Toughness](#)" article is a great reference for some of these things! Please give it a read and attempt to incorporate these things into your practices and games.
- Incorporating games with limited or no dribbles! This is the best way to teach kids to use the dribble wisely or not at all, be strong with the ball, make strong passes, cut and screen, etc.

Suggested Practice Skills & Drills

Below is a short list of skills and drills that we really like to use and find beneficial in practices. This is by no means a complete list, so if you have any ideas for skills and drills that help that you like, please share them with us!

- Individual Skill Work - works well as warm up
 - 1 hand form shooting
 - 2 hand form shooting
 - Full court ball handling
 - Zig zag ball handling
 - Mikan drill
 - 4 chair layups
 - 1 ball partner passing (stationary or on the move)
 - 2 ball partner passing (stationary or on the move)
 - Full court speed layups
 - Full court continuous layups with dribble move at chair
 - 2 man fast break
 - 3 chair (TOK, elbow, elbow) circle dribbling (start from under basket)
 - 4 chair (diamond set up) zig zag dribbling (start from TOK)
 - Lane line dribble, jump stop, pivot, pass drill
- Team Drills
 - Star passing (1 ball, 2 ball, 3 ball)
 - 3 man "monkey in the middle" passing
 - 3 man full court passing
 - 3 man weave
 - 2 on 1 back
 - 5 man weave
 - 3 on 2 back

- 7 man weave
 - 4 on 3 back
 - Toughness drill
 - Laker drill
 - Version of 3 man weave but 2 outside guys finish with jump shots
 - Denver shooting
 - Shell drill
 - Continuous close out
 - 2 v 2 with close out
 - 1 v 1 cut throat
 - 2 man offensive work
 - pass and cut
 - pass and ball screen
 - dribble hand off
 - pass to post & relocate shot
 - pass to post, relocate, re-enter
 - 3 man offensive work
 - pass and ball screen
 - dribble hand off
 - pass and screen away
 - dribble drive and kick
 - pass to post, cut through, 3rd player fills
 - Spot shooting group competitions
 - Partner shooting
 - 3 man shooting
 - 5 on 4 get back
 - 11 man fast break
- Scrimmage Drills
 - Set play in halfcourt to 1, 2 or 3 transition(s)
 - No dribble scrimmage
 - Limited dribble scrimmage
 - Minimum pass before shot scrimmage
 - Defensive stops as points scrimmage
 - 3 stops in a row scrimmage
- Consequences for Losing
 - Sprints
 - Full court
 - ½ suicide
 - Full suicide
 - Burpees/"Up-Downs"
 - Pushups

- Squat jumps
- Defensive slides

Injury and Emergency Procedures

MEDICAL EMERGENCIES (breathing cessation, severe bleeding, concussion with loss of consciousness, suspected neck or spinal injury, fracture, dislocation, eye or face injury, heat related illness, any other injury or illness resulting in poor vital signs such as decreased blood pressure, weak pulse, or signs of shock).

- Coach or gym supervisor must take the following steps:
 - DO NOT move or attempt to transport injured athlete.
 - Assess the athlete and determine if EMS should be called.
 - Activate the emergency medical system (EMS) by calling 911. Provide EMS with the following information:
 - Identify yourself and your role in the emergency
 - Specify your location and telephone number (if calling by phone)
 - Give name(s) of injured/ill athlete(s)
 - Give condition of injured/ill athlete(s)
 - Give time of accident
 - Give care being provided
 - Give specific directions to the scene of the emergency
 - Do not hang up until directed to do so by the EMS dispatcher
 - Direct other athletes to the other end of the gymnasium or outside. Make sure other athletes have adult supervision.
 - Calm and reassure the athlete.
 - Notify injured athlete's parents or guardians. Refer to teams Emergency Contact List.
 - Notify:
 - **South boys teams** - Colin Robbie (732) 501-2812
 - **North boys teams** - Jason Snow (832) 775-6091
 - **South girls teams** - Jeff Buseick (704) 506-4314
 - **North Girls teams** - Dana Wheeler (703) 307-6980
 - Complete an Injury/Illness Report.

NON-EMERGENCIES (sprains, strains, concussion [with no loss of consciousness], illness, abrasions, minor cuts, contusions, etc.).

- Provide appropriate first aid care.
- Contact athlete's parents or guardians.
- Send the athlete to the appropriate medical care facility.
- Complete an Injury/Illness Report.

- Provide follow-up care as necessary.

Conclusion

Please keep the directors informed of what is happening with you team, including how practices/games are going, tournament championships, any good skills and drills, leads on new players, problems with players or parents, etc. Please contact the appropriate directors below by email or phone. **NOTE: Please do NOT give out the cell phone #'s to parents or players.**

- **Director of PSB Select** - Brendan Winters (brendan@proskillsbasketball.com, 704-604-1517)
 - **South CLT Boys Teams** - Colin Robbie (colin@proskillsbasketball.com, 732-501-2812)
 - **North CLT Boys Teams** - Jason Snow (jason@proskillsbasketball.com, 832-775-6091)
 - **South girls teams** - Jeff Buseick (jeff@proskillsbasketball.com, 704-506-4314)
 - **North Girls teams** - Dana Wheeler (dana@proskillsbasketball.com, 703-307-6980)

Again, thank you for coaching with us. Together, we have a tremendous opportunity to have an impact on kids and positively affect many young lives. Good luck!!