

## Coach's Leader Notes

### Introduction:

Introduce yourself and volunteers (name, age, school or job, and favorite pro basketball player).

### After introductions, Pump kids up with some Q & A –

- By show of hands, who likes LeBron James?
- Who likes Stephan Curry?
- Who likes Kevin Durant?
- Well, one thing all three of those players have in common is they have mastered ALL five (5) areas of the game. They are often called the “five tools”. The sooner you can master them, the better you will be and the better your CYO team will be. That’s what we are going to work on today: The five tools every basketball player must have.

### Okay, here are some rules to make the clinic go smoothly today:

- When I blow my whistle (like this “tweet”), you run and circle up around me wherever I am. If you have a ball in your hands when I blow the whistle, you set it down right where you are and run to the circle.
- When I ask you to sit down, you sit right here, just like you are now.
- (practice it once and teach them to break those huddles with a “one two three” clap thing, too)

Bring them back to the sitting position.

Tell them: Okay, it’s time to teach the five tools. Let’s start with tool #1:

### **Tool #1: The Triple Threat position –**

Q: Why do you do the triple threat?

A: So that you have the option to pass, dribble or shoot.

(Show them what the triple threat is and what ‘bad’ looks like: Catch the ball, dribble immediately, then stop up high. Explain to them that the defense now knows you are too far away to shoot and only have one option left: Pass).

(Then have someone pass you the ball and show them the triple threat position: Pass, dribble, shoot).

Demonstrate:

1. Catch the ball, rip, get in triple threat position.
2. Head up now.
3. Be decisive with next move.

Stations – Have 5 stations led by leaders and run the kids through the drill. Probably 3 to 5 times through for each camper.

Circle up

Then sit them down

### **Tool #2: Proper Defensive Position –**

Q: Why do you need to be in the proper defensive position?

A: To make the opponent do things they don't want to do and to take the ball away when they make a mistake.

How do you do that?

1. Force them to dribble with their weak hand.
2. Force them to make bad passes.
3. Don't let them get to open space.

Demonstrate

Stations

Circle up

Then sit them down

### **Tool #3: Help Defense –**

Q: Why do you need to do help defense?

A: In case one of your players can't defend their man, you can help protect the basket.

Demonstrate:

1. Point to your man and the man with the ball to keep your shoulders and head aligned so you can always know where your man is and where the ball is.
2. Talk – especially when your teammate has their back to you.

Stations

Circle up

Then sit them down

**Tool #4: Creating space –**

Q: Why do you need to find open space?

A: To get open shots.

Demonstrate – There are lots of ways to get a man open in space:

1. Dribble – just dribble to open space
2. Pass – find the open man and pass to him
3. Screens – setting screens shakes a defender off of his man and creates open space
4. Jab steps – fakes the defender out and lets you dribble to open space
5. Find the weak players of a defense and attack them
6. Create turnovers with your hands

Stations

Circle up

**Tool #5: Rebounding –**

Q: Why do you need to rebound?

A: Because 80% of the shots in CYO don't make it the first time!!! Your best chance to score or prevent your opponent from scoring is to be the best rebounding team!!!

Demonstrate:

1. On defense, the closest man to shooter yells "shot"
2. You should assume every shot will be a miss. That will help you fight for position every time.
3. Aggressively "tag" nearest opponent when shot goes up.
4. Use fanny and hands to keep between man and basket
5. Eye on ball – which way is it going to bounce off the rim?
6. Jump to get the ball.

Stations

Circle up

Then sit them down

**WRAPPING UP:**

Q: Did you have a good time!? (They will yell)

Great. I did, too.

Let's do awards:

(Volunteers should ID a camper/player who pays attention, helps out, or otherwise stands out for their coachability. Usually you go for kids who behave well and put out effort, not so much if they are very good). Each volunteer gets to name one kid

(Blow whistle to circle them up in the middle for a final cheer before they go. . . "1-2-3 Five Tools!").