



SHCA Basketball Program

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The SHCA basketball program aims to improve the physical ability and skills of the student athletes while supplying a fun and rewarding activity to all the participants.

The basketball program runs from October to early March. There are four levels - Little Dribblers, Developmental, Junior Varsity and Varsity. Little Dribblers have sessions 1 day a week, while the other teams practice 2-3 times a week. League games usually start in December and the teams may also take part in outside tournaments throughout the season. The Athletic Association usually sponsors one home tournament for the JV/Varsity level in November (Turkey Shoot Tournament) and one home tournament for the Developmental level in February (Presidents Day Tournament).

At all levels, but especially at the Developmental, JV and Varsity levels, parents must notify coaches ahead of time if a team member is not going to attend a practice or game. Parents should give coaches as much advance notification of the absence as possible.

Also, at all levels athletes will learn the importance of and practice basic conditioning (Running, Sprints, Pull-Ups, Push-Ups, Sit-Ups, Burpees, etc.).

Each basketball team **must** have the following to take part in the program:

1. A volunteer **Head Coach** with the proper clearances to coordinate practices and run the team at games. The Athletic Director appoints the Head Coach with the school principal's approval.
2. At least one volunteer **Assistant Coach** with the proper clearances to help with practices and games and to take control of the team in the absence of the Head Coach. The Head Coach may propose Assistant Coaches and the Athletic Director approves them.
3. A volunteer **Team Parent** to coordinate any activities for the team throughout the season. This includes scheduling the required volunteers to serve at home games (scorekeeper, score book, gate, raffle, concessions).

Progression Of Skills

Below is the progression of skills coaches will aid athletes in mastering during their time playing basketball at SHCA.

Little Dribblers Level - Grades K to 2

The Little Dribblers is an intramural program that runs from mid-October until late November. There is one session per week. The program usually culminates in a half-time performance at one of the Turkey Shoot Tournament games in late November. There are no formal games.

Little Dribblers focuses on the most fundamental skills, such as:

- Dribbling – left and right hand, not looking at the ball while dribbling, two ball dribbling, etc.
- Passing - Chest and Bounce passes
- Pivoting

For certain players at this age, you can introduce shooting. However, for most Little Dribblers using good form on a shot is not yet possible.

At this level, we begin teaching the need for listening to the coach, respecting teammates, and practicing discipline on the court.



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Developmental Level - Grades 3 and 4

At this level we start to stress the importance of conditioning, teamwork and continue to focus on the fundamental skills:

- Passing – master the three basic passes - Chest, Bounce and Overhead
- Dribbling – master the most common dribble moves, such as Control, Cross-Over, Speed, In and Out, Backup, and Hesitation
- Triple Threat position
- Shooting – Stance, Holding the Ball, Release, Follow Through, Layups, etc.
- Basics of Defense – Stance, Help, Close-out
- Setting and using Picks
- Cutting

We also teach the basic defensive and offensive sets and some basic plays:

- Defense – zone (2-3, 1-3-1, 3-2, 2-2-1, etc.) and man-to-man defenses
- Offense – sets (3-2, 1-3-1, 4-Out, 5-Out, etc.) and simple plays off sets
- Inbounding

The league does not allow this level to use press defenses (except in some tournaments), but the players should be made aware of them, and press breakers, and spend some practice time on them since they may be called up to play at the JV level.

Junior Varsity Level - Grades 5 and 6

At this level players ***continue to develop skills they learned at the Developmental level***, learn full court basketball, and add in more advanced skills:

- Passing – master the Baseball pass
- Dribbling – master the dribble moves Behind the Back, Through the Legs, Spin
- Foul Shooting
- Full Court Pressure Defense
- Press Breakers
- Inbounding – we learn a variety of inbounds plays

Varsity Level - Grades 7 and 8

At this level players ***continue to develop skills they learned at the Developmental and JV levels***, and we introduce the full Varsity playbook. To prepare players for High School, coaches will work with individual players to:

- Analyze Free Throw shooting and work to improve the player's form
- Analyze Jump shooting and Layups and work to improve the player's form
- Reinforce defensive schemes and techniques (close outs, positioning, etc.)
- Reinforce offensive schemes and techniques (spacing, cutting, etc.)



Coaching Approach

Coaches should coordinate between all the levels so that athletes can transition seamlessly to the higher levels as they progress. To do this:

- Coaches should strive to attend practices at various levels. It is especially important for the higher-level coaches to occasionally attend the practices of the lower-level teams. The coaches of the lower-level teams should occasionally attend practices of the higher-level teams (Dev coaches at JV practices, etc.)
- Higher level teams should call up players from the lower-level teams to sit on the bench in games. If possible, depending on the game situation, players invited to play up should get some playing time.
- All coaches should be aware of the offensive and defensive schemes at the higher levels and teach those schemes to their own players.
- Teams should have joint practices at various levels (Dev/JV joint practices, JV/Varsity joint practices)
- Teams should have some joint practices between leagues (Girls and Boys)

At all levels, but especially at the Little Dribblers and Developmental levels, we teach the need for listening to the coach, respecting teammates, referees, and spectators, and practicing discipline on the court.

All levels should make sure to include some fun activities into the practices.

Home Games

Collecting the game entry fee and selling 50/50 raffle tickets and concessions at home basketball games is crucial to supporting the athletic program. For instance, a basketball double header (JV and Varsity games) costs at least \$180.00 in referee fees. We need parent volunteers for all home games to:

- Run the score board
- Keep the score book
- Collect the game entry fee
- Sell the 50/50 raffle
- Operate the concession stand

Volunteers need to make every effort to sell 50/50 tickets and concessions. That may mean making the extra effort to bake pretzels or setting up the nacho cheese crock pot to have more options for sales. We also need volunteers to help leave the gym in good condition after home games (clean the floor, everything put away, trash emptied, etc.).

The **Team Parent** coordinates the scheduling of the needed volunteers for each home game.