

Coaching Philosophy & Games

for kids 4-7 years old

It is important for Youth Basketball Coaches to find balance in their behavior and prioritizing being a teacher first and then a coach.

We have to use pedagogical teaching, continuously and patiently. Build a team philosophy program for this age, accepted by all players, coaches & parents.

All coaches are competitive by nature. This often causes some of them having a negative external image. Behave with a lack of respect to their players, large-scores to opponents & also setting a bad tone to referees.

No, don't give bad examples to children.

It's a huge responsibility to create a positive and safe education environment where children can have healthy competition. Be the best example to follow.

1. Basic social - mental skills & rules

- Personal pride
- Respect / Fair play
- Hard work / Proper behavior
- Discipline / Duties
- Cooperation / Concentration

2. Communication - Be honest with players and keep in touch with them constantly

- High 5
- Fist mark & thumb raised
- Claps
- Humor
- We call the name of the player every time he needs it, whether it works well or needs extra effort.

3. Get children's attention

- Use the "questions-answers" game.
- A specific posture so that they can hear us, either 'crossed legs' or 'knight's position'.
- A few words loud, sharp and sweet.
- If it still doesn't work out, we can temporarily get the ball out of their hands
- Change them positions if they talk, it's effective

4. Cooperation with difficult kids...

- Avoid negative looks
- Have private discussions
- Give him to lead an exercise or pick a game
- We ask how it was his day, how he feels etc.
- Show interest but without exaggeration so as not to be jealous of others

5. Safety before and during practice.

- ✓ Mattresses / Clean court
- ✓ Dangerous & heavy equipment inside the court
- ✓ Parent-Emergency Phones
- ✓ No watches / Ear rings
- ✓ Group pharmacy / Tied shoes

Many times rush and confidence can be a danger. So let's make a check every time...



FUN GAMES for kids



Below you will see some fun exercises for kids, all about basic basketball skills (Also strength, speed, balance, distances, cooperation) for 4-7 years old.

All of the following are tailored to the number of children, age and experience of the group. They are simple, fun, playfully and also competitive through the joy of the game. Some games may require pre-drills. Certainly, imagination is needed for the adaptation and proper involvement of children.

We must never forget that what we teach, we must be able to apply it ourselves.

-ANIMAL MOVEMENTS-

In one or two groups we divide the children and in work short distances

- 🦋 Dog = walking with hands / feet
- 🦋 Kangaroo = jumps with feet together
- 🦋 Deer = one-leg jumps / change
- 🦋 Frog = deep squat and jump in front
- 🦋 Duck = walking in a deep squat
- 🦋 Bear = same foot / same arm / walk forward
- 🦋 Spider = back on the ground / push / crawl with hands feet
- 🦋 Caterpillar = crawling with my hands only

-PACKMAN-

- As long as there are volleyball lines, we play 'tag' with walking, jogging, skipping, hopping. We could also work with a ball.

-MOUSETRAP-

- We put 5-6 or 7 kids as defenders around, outside the center circle, looking inside the circle without a ball. Outside the defender circle, the other players try to enter (with or without ball) in order to avoid being caught by the defenders. We adjust the circle and space accordingly.

-DRIFTING CHASE-

- Random running - inside three-point lines, on the 1/2 or full court -
- The 'hunter' with or without ball (1-2 or 3 hunters depending on the number of children).
- We can add 'ball protection', steal the ball or even chase with a pass.

-STOPS-

- Free walking or jogging in court - keep away from each other- whistle & react with stops:
- with or without ball - body posture - stop & keep dribble - stop & hold ball- stop and turn right / left (pivot techniques).

-BALL HANDLING/DRIBBLING-

- Dribble 'piano' (one finger at a time)
- 'Drums' alternate hands palming
- 'Hammer' hands
- 'Karate' hands
- Lay down - Ball passing R to L hand by lifting the legs
- Put ball to legs and let ball slip to stomach by raising legs
- Lay down & dribble (wrist & fingers)
- Dribble to get up and sit down again
- Shoot the ball in the air and catch, don't let down or catch after 1 low bounce
- Hit the ball to the ground and rebound high by jumping

-DEFENCE-

- In pairs we place the cones correctly and work 'mirror' defenses with pretensions, low posture and side step.
- We put 1-2 or 3 players in the center of the court (with or without the ball), the kids run and with the defensive slide (defenders) touching and preventing opponents (with or without balls).

-CROCODILE PASSING-

- In pairs - pass front and run front of teammate - the receiver do front pivot & passes forward - running again front of the ball - continue to the baseline.
- Use kind of passes spacing & pivots.
- We can add layups or shoots to the finish.

-GOLF SHOOTING-

- We split 2 teams and place cones at various points from the easiest to the most difficult spots for shooting. We give point system accordingly and play with scores.

-SHARKS & MINNOWS-

- 1 or 2 players at the middle circle doing "sharks" & the other players run to not get cathed (minnows)
- You can use 2 teams or specific distances for moving or balls for each team

Don't forget that coach comes to the court at least 20 'before, checking out the equipment. We welcome parents and players when they enter we allow a minimum of free play until the coach whistles. Start with thoughts of the day & remind the social skills and rules of team's philosophy. Close practice with positively feedback to reinforce player's memory.

Finally, let's not forget to have fun and be fair to them.

Coach P.