

Coaching Fundamentals:

1. Create an offensive set: this can either be man or zone of your choice. (Starters is zone only)
2. Create a defensive set: this should be both, man or zone of your choice as your opponents will likely play both on offense. (Starters is zone only)
3. Be sure to consistently teach/ coach the following:
 - Positive attitude!!!!!!!!!!
 - Rebounding
 - Boxing out
 - Dribbling
 - Setting screens
 - How to move without the ball (get to open spots)
 - Shooting and passing the ball
 - The proper way to play defense
 - Chasing loose balls
 - Free throw line up and lane violations

For those coaching in the younger divisions, It will also behoove you to focus on basic fundamentals such as dribbling and layups. Do not waste time if unnecessary on any plays or sets.

Be sure to implement your offense and defense right away so you can coach this prior to your first game. Create a game plan with various drills to work on the above items and implement them during your practices while constantly working on your offense and defensive sets. This way will not only help the kids to remember what you're trying to run but also help to sharpen their other skills in the meantime.

Starters: Be sure to teach the kids that they must stay in their zones, we have trouble each season with kids not doing this so you end up with all 5 players on the ball playing defense. This will not be allowed so be sure to teach them the correct zone you are trying to run and work to teach them how to play their respective areas in that zone.

*D-League - Varsity (including Jr. WNBA): Teach both zone and man while also teaching full and half court pressing. Please check the rules on pressing for each division so you know what applies to your age group. Be sure you are implementing a press break and or a press defense. Most if not all coaches will apply this tactic during games so be ready!!

*D-League: Black teams, you will have only 1 week of games where the referee will give players an extra step and or an extra dribble (traveling, double dribbling) starting week 2 of games, refs will call all traveling and double dribbling so please make sure your team is ready. Silver and Gold teams, rules are in effect immediately. If no Gold, Silver or Black teams then D-League will observe Black rules here.

*Jr Ballers - Varsity: 3 in the key will now be called and so coaches will need to teach motion or constant movement with their players in the key. **No more parking in the key!**

Please try downloading the Jr. NBA Coach app to your mobile device for tools and drills to work on with your players.