

Brayge Basketball Coaches Guidelines

Thank you for stepping up to the challenge of coaching with Brayge Sports and on behalf of all of our family and friends welcome to one of the most important positions you will have in this life. Our words and demeanor, as coaches, will be remembered after the scores are forgotten. Your job as a basketball coach is to be supportive, enthusiastic, and encouraging. The court is your classroom and life is the test. Use your time wisely with your players to build something that will outlast the score. Self-confidence is a gift that lasts for years and impacts how players approach situations away from the basketball court. Use these coaching tips for boosting player's confidence so they can win in life.

Coach yourself first.

- Stay in control of your emotions, and refrain from yelling instructions all the time.
- Up the quality of your words, cut the quantity.
- When providing feedback, use the “sandwich” method: Place a critical remark between two encouraging comments. This is not the place to go Keto.
- Reinforce that making mistakes is part of the learning process. Even the pros make mistakes every game.
- Give players high-fives and pats on the back so they know that their efforts are appreciated.
- Set realistic goals so players can gain a real sense of satisfaction upon reaching them.
- Maintain positive body language. Never allow your tone or body language to reveal disappointment in a player's performance or ability.
- Look for what they are doing right and build upon it.
- Continually encourage players to do their best on both ends of the floor — regardless of the score.
- Allow players the freedom to make mistakes, and coach effort over skills.
- When correcting errors, use words that inspire confidence and reinforce positive thoughts. For example, instead of saying, “Don't turn the ball over,” say, “Control the ball just like you did in warm-ups.” Focus on teaching them how to play, instead of plays.
- Measure success in ways other than points scored
 - Keep track of screens set, rebounds, passes, good defense, and unselfish play.
- Play one-on-one defense in leagues A,B and C.
- Shake hands with the players and opposing coaches. Chants are overvalued, but a firm handshake from the opposition with a meaningful, “great game” attached to it is priceless.

Fundamentals

- Ball-Handling
 - Knees should be bent, eyes should be up.
- Passing
 - Passes should be sent with two hands and the ball should be received in the shooting pocket. Teach them how to do a chest pass, bounce pass, and over-the-head pass. Instruct them to pass early before they are in trouble. This is especially important in leagues A, B, and C. Encourage the younger players to spread out. If they are within 5 steps of one of their own teammates, they are to close and the result is an unproductive mosh pit. Remind them to keep a bubble so that they can pass to each other.
- Triple Threat Position
 - A player is able to do anything offensively from the triple threat position. This is done with the knees bent and ball on the hip. From the triple threat position, a player can shoot, pass, dribble, or pivot.
- Defensive Stance
 - A great defensive stance has the knees bent, the arms out wide, and the back straight. Don't let your players stand straight-legged or hunch their back. Teaching them this early builds great habits as they get older.
- Boxing Out
 - Instruct the players to position themselves between their opponent and the rim while facing the rim in anticipation of grabbing the ball off the rebound.
- Screening
 - When an offensive player legally blocks the path of a defender to open up another offensive player for a shot or to receive a pass.
 - Teach players the proper way to set a screen. This means knees bent, staying set, and covering themselves.
 - Feet should be a little wider than shoulder-width apart. It's very important to have a wide, strong base.
 - Hands should be crossed across your chest (girls) or protecting your groin area (boys).
 - The screener needs to be stationary as the screen is set. Otherwise, the screener will be called for a offensive foul.
 - Body should be vertical (should not be leaning forward or backward).
 - Square to the defender. The middle of the screener's chest should be in line with the defender's shoulder and hips.
 - After the offensive player has ran off the screen, it is very important to open up to the basketball. Normally, you will pivot 180 degrees to the

basketball. Sometimes, a cut to the basket or away from the basket may be open. Many times, the screener is the person who is open.

- Shooting

- The ball should be placed in the "shot pocket". This is the spot slightly above the waist but below the chest. Once the ball is in the shot pocket, have the elbow of the shooting hand underneath the ball as opposed to being out to the side. The shooting hand should be placed on the ball so that your fingertips are perpendicular to the seams on the ball. The non-dominant hand is okay to be cocked out to the side because it will create a window during the shot itself.
- Wrinkle the wrist. Bend the wrist back as far back as it will go. Lock the elbow directly below the ball.
- The basketball is lifted up from the shot pocket.
- The knees and hips straighten out as the player raises themselves into the air for power.
- The elbow of the shooting arm straightens up in the air once the basketball has been lifted past shoulder height. (To check if you're shooting the basketball up into the air at the correct angle, make sure that the elbow of your shooting arm finishes next to your eyebrow on the follow-through).
- Near the peak of the shot, the wrist is snapped in the direction of the rim so that their fingers are pointing towards the ground. This will ensure the basketball has good backspin resulting in a 'soft' shot.
- Also at the peak of the shot, the balance hand will release from the basketball keeping perfectly flat. This ensures the balance hand isn't pushing the basketball.
- The final two fingers to touch the basketball should be the index and middle fingers at the same time.
- The eyes should focus on the rim and the arc of the shot should be about 45 degrees. Encourage the younger players to use the power of their legs to give them the extra boost to get the ball to the basket.

- When in doubt; encourage and guide.

