



### Youth & Travel Basketball Philosophy

*This document was created by the Granville Exempted Village Schools Basketball Coaching Staff in conjunction with the Granville Recreation District to provide the foundation for Youth & Travel Basketball policies and beliefs in our community. The goal of this information is to create a unified basketball program where the emphasis lies solely on the development of our young athletes*

- I. **General Belief** - No matter if the child is playing in the GRD Youth Basketball program or is a part of the GRD Travel Basketball program the focus should always be on:
  - a. Teaching the child the game of basketball and stressing the fundamentals of the game. As a coach, you are the child's first teachers of the great game of basketball and as such you are extremely important to the healthy development of the child as not only a basketball player but a future resident in our community. Therefore, we need to insure that the child has a POSITIVE interaction with the game.
  - b. **The focus each practice and game should not be on winning. The focus needs to be on teaching the game to the players and improving their fundamentals.** This includes but is not limited to the following:
    - i. Dribbling the basketball effectively with both the left and right hands
    - ii. Making both left and right handed layups
    - iii. Being able to make an effective jump stop and pivot in either direction
    - iv. Proper shooting technique-BEEF
      1. Balance, Elbow, Eyes, Follow Through
    - v. Proper defensive footwork
      1. Do not cross feet on slide, mirror ball with hands
    - vi. Blocking out for rebounds, going to get the basketball with two hands
    - vii. Effective passing with both hands
      1. Chest, Bounce, and over the head passes
      2. Fake a pass before you make a pass
    - viii. Setting effective screens and how to set your man up for coming off the screen

*Just as in mathematics, you must first master the simple foundations (2+2=4) to know how to do the more complex functions down the road*

- II. **Playing Time** - The following GRD policies are now be in place regarding playing time:
  - a. Travel Basketball Program -Each participant must play a minimum of (1) full quarter per game.



- b. Youth Basketball Program- Each participant must play a minimum of (1) full quarter per game and check into at least (2) total quarters. Balanced playing time is strongly recommended.

*We need to ensure that all children have an opportunity to perform on the court both in practices & games.*

**III. Supporting the Middle School & High School Programs in term of preparation for success at that level**

- a. At the middle school and high school levels the offense is centered on open post motion and defensively we pride ourselves on solid half-court defense. To help the players prepare for this level of play coaches should focus offensively on:
  - i. The aforementioned offensive fundamentals listed above
  - ii. Running an effective half-court offense. Motion might be too difficult at the younger levels so we suggest the flex offense, or the swing offense popularized by Bo Ryan at Wisconsin
  - iii. We would also suggest running as few of set plays as possible-therefore we are not creating robots that are programmed to run to certain spots, but yet developing players who have a true feel for the game
  - iv. The one area of exception to the set-play rule is on out of bounds plays. The Granville High School Basketball Coaching Staff has several to share with the GRD coaches to enable solid looks at the basket each time the ball is taken out under our own basket.
- b. Defensively the coaches should focus their attention:
  - i. Teaching help side defense: There are two ½ court lines...one visible, one invisible
  - ii. Keeping back to the baseline so that it is easier to SEE BALL AND SEE MAN at all times
  - iii. Teaching man to man defense and staying away from zone defenses. We may utilize a zone defense from time to time at the high school level, yet for the most part we are a solid man to man team. Teaching zone does not fully prepare them for the next level
  - iv. Denying cutters and flashers in the paint
  - v. Denying the ball into the post by getting on the high side of the offensive post man.
  - vi. Applying solid defensive pressure on the ball, yet not to the point where the offensive player is beating us off the dribble
  - vii. Proper closeout technique
  - viii. Walling off offensive player
  - ix. Communicating on defense-more than just screaming “ball” over and over. “Screen right/left”, “cutter coming through”, “I got your help”, etc.



EXEMPTED VILLAGE SCHOOLS



*The focus at the GRD level is not to win games (if you do-great! If not-it's not the end of the world). What we are looking for at this level is a great group of teachers. At the end of the day, week, season, you need to ask yourself, was progress made? Did we learn anything? If the answer is yes, then it has been a success.*