

Youth Coaching Clinic 2011

Breakthrough Basketball



Stats – Kids on Youth Sports

- 30-40 million kids playing organized sports each year
- 2-4 Million coaches – less than 20% have received any type of training!
- 85% of these coaches are dads coaching their own children

Source: <http://www.thecenterforkidsfirst.org/pdf/Statistics.pdf>

Youth Stats - Abuse

- 45.3 percent of kids surveyed said they had been called names, yelled at, or insulted by coaches.
- 21 percent said they had been pressured to play with an injury.
- 8 percent said they had been called names with sexual connotations.

Stats – Driving Kids from Sports

- In a study of 11-14 year olds, 35% said they planned to stop playing the next year.
- A recent study by AAHPER revealed that over 80% of kids who play in organized youth sports no longer play that sport after the age of 13!

Survey – Why Kids Participate

1. To have fun
2. To improve their skills
3. To stay in shape
4. To do something they are good at
5. The excitement of the competition
6. To get exercise
7. To play as part of a team
8. The challenge of the competition
9. To learn new skills
10. To win

** Athletic Footwear Association Survey of over 20,000 kids nation-wide asked, "Why they participate in sports."*

Survey – Why they Quit

1. They lost interest
2. They were not having fun
3. It required too much time
4. The coach played favorites
5. The coach was a poor teacher
6. They got tired of playing
7. Too much emphasis on winning
8. They wanted to participate in other non-sport activities
9. They needed more time to study
10. There was too much pressure

** The Youth Sports Institute at Michigan State, in a survey of 10,000 kids nation-wide, listed the top ten reasons why kids quit organized youth sports.*

Learn from 4 NBA Players

1. Dirk Nowitzki
2. Steve Nash
3. Michael Jordan
4. Bill Russell

Common Traits of Nowitski, Nash, Jordan, and Russell

- All had a love and passion for the game
- High motivated, hard workers - their drive came from within.
- All got the most out of their abilities and reached their maximum potential (or came close to it). These 4 guys really couldn't have gotten much better.
- All good athletes
- They were mentally tough - they weren't afraid to make mistakes.
- They had a positive mindset
- Peak later - none received intensive sport specific training at a young age - but they all developed athleticism, coordination, and mentality at a young age.
- For the most part they showed honesty, character, and integrity
- They learned to put their team first
- They worked on and developed exceptional skills

12 Characteristics of Successful Youth Development

1. Athleticism & mentality more vital than sport specific training at young age.
2. You can NOT determine how good a player will be at the youth level.
3. Developing a passion and love for the game is critical. FUN.
4. Need work ethic, must come from within
5. Developing confidence is critical
6. Not afraid to make mistakes. Don't dwell on mistakes.
7. Athleticism and coordination are critical and just as important as skills
8. Positive attitude is paramount
9. Learn to put team first
10. Honestly, character, and integrity
11. Need to develop exceptional SKILLS too
12. Get opportunity to get most out of their abilities & reach maximum potential

Most Important Things

I believe the most important things for a youth coach to do are:

- Make a positive impact by teaching character, integrity, confidence, positive thinking, teamwork, and helping them learn to love sports and basketball.
- Develop players so they can reach their maximize their potential

Bob Bigelow says "The aim for youth sports should be to have fun, get exercise, develop skills, and foster a love for the game."

Practice Planning – Getting More Done

1. MULTITASK! Multi-purpose drills.
2. Keep players busy at all times.
3. No standing in lines.
4. Everyone has a ball
5. Design practice for max ball touches (1000)
6. Plan your practices ahead of time.
7. Stations
8. Don't run sprints at the end (multi-task instead)
9. Warm up time before games
10. Focus on just a few things

Making Things FUN

1. Make your practices fast paced. Kids enjoy moving and staying active. They get bored when standing in line or listening to long lectures.
2. Play games (tag, 1 on 1, 3 on 3, etc). Turn drills into games.
3. Emphasize IMPROVEMENT. Improvement and mastery of a skill are FUN and build confidence.
4. Try new things & combination drills (skipping and dribbling two balls, for example)
5. Be creative. Do some research. Search for fun drills.
6. Set your players up for success. Allow them to succeed.
7. Structure your practice properly. Follow up a tough drill with something fun.
8. Stay positive and upbeat.

Suggested Practice Format

1. Coordination & Athletic Development
2. Fundamentals / Skill Development
3. Offense
4. Defense
5. Competitive Games