COACHES MANUAL VERSION 3.0











STEVE NASH YOUTH BASKETBALL

Table of Contents

1.0: COACH OVERVIEW

- 1.1 Mission
- 1.2 Philosophy
- 1.3 Role of the Coach
- 1.4 Coaches Creed

2.0: LONG TERM ATHLETE DEVELOPMENT (LTAD)

2.1 - The 10 Key Factors of LTAD

- 2.2 The 10's of Training
- 2.3 Stages of LTAD
- 2.4 Physical Literacy

3.0: ATHLETE DEVELOPMENT PYRAMID

- 3.1 Basketball Skills
- 3.2 Physical Capacities
- 3.3 Mental/ Life Skills

4.0: TEACHING TECHNIQUES

- 4.1 Teaching
- 4.2 Skill Development
- 4.3 Teaching Formations

5.0: TEACHING TIPS

- 5.1 Helping Kids to Listen
- 5.2 Communication
- 5.3 Teaching Players
- 5.4 Establishing Positive Behavior
- 5.5 Building Self-Esteem
- 5.6 Creating Fair Play Rules
- 5.7 Dealing with Difficult Children
- 5.8 Goal Setting
- 5.9 Planning a Practice

6.0: PRACTICE PLANNING

- 6.1 Practice Plan Make-Up
- 6.2 Steps in Preparing to Run a Successful Session
- 6.3 Steps in Running an Activity
- 6.4 Order of Activities in the Teaching Progression
- 6.5 Practice Plan Template

7.0: FACILITY SAFETY CHECKLIST



COACHES MANUAL

8.0: FAIR PLAY

8.1 – What is Fair Play?

- 8.2 Why Encourage Fair Play?
- 8.3 Codes of Conduct

9.0: TEACHING LIFE SKILLS

- 9.1 Attitude
- 9.2 Balance
- 9.3 Communication
- 9.4 Confidence
- 9.5 Focus & Determination
- 9.6 Goal Setting
- 9.7 Hard Work & Discipline
- 9.8 Leadership
- 9.9 Respect
- 9.10 Responsibility
- 9.11 Sportsmanship and Fair Play
- 9.12 Teamwork

10.0: ENCOURAGING HEALTHY LIFESTYLES

- 10.1 Nutrition
- 10.2 Hydration
- 10.3 Sleeping Patterns
- 10.4 Life Balance

11.0: INDIVIDUAL FUNDAMENTAL SKILLS DEVELOPMENT

11.1 – Fundamental Movements

- 11.2 Footwork
 - 11.2.1 Footwork
 - 11.2.2 Ready Position/ Triple-Threat Position
 - 11.2.3 Starting Movement
 - 11.2.4 Running
 - 11.2.5 Stopping
 - 11.2.6 Pivoting
- 11.3 Passing and Receiving
 - 11.3.1 Purpose of Passing
 - 11.3.2 Passing Techniques
 - 11.3.3 Receiving Techniques
 - 11.3.4 Types of Passes
 - 11.3.5 Teaching Progression
 - 11.3.6 Games Approach Notes
- 11.4 Ball Handling/ Ball Familiarization
- 11.5 Dribbling
 - 11.5.1 Purpose of Dribbling
 - 11.5.2 Dribbling Techniques
 - 11.5.3 Types of Dribbling
 - 11.5.4 Teaching Progression
 - 11.5.5 Games Approach Notes
- 11.6 Shooting
 - 11.6.1 Basic Principles
 - 11.6.2 Shooting Techniques
 - 11.6.3 Teaching Progression
 - 11.6.4 Games Approach Notes



STEVE NASH YOUTH BASKETBALL

- 11.7 Lay-Ups
 - 11.7.1 Lay-up Techniques
 - 11.7.2 Teaching Progression
- 11.8 Rebounding

12.0: OFFENSIVE / DEFENSIVE CONCEPTS

- 12.1 Offensive Concepts
 - 12.1.1 Team Offense Rules
 - 12.1.2 Offensive Movement Concepts
 - 12.1.3 Offensive Attack Concepts
 - 12.1.4 Loading and Modifications
 - 12.1.5 Teaching Offense
- 12.2 Defensive Concepts
 - 12.2.1 Defensive Ready Position
 - 12.2.2 Defensive Footwork
 - 12.2.3 Defender the player with ball/ without ball
 - 12.2.4 Defensive Concepts
 - 12.2.5 Team Defense
 - 12.2.6 Communications
- 12.3 Transition

13.0: TEACHING THE GAME

- 13.1 Technical Basketball Skills
- 13.2 Loading
- 13.3 Games Approach

14.0: OFFICIALS OVERVIEW

- 14.1 Mission
- 14.2 Philosophy
- 14.3 Role of an Official
- 14.4 Officials Creed
- 14.5 Officials Signals

15.0: RULES

- 15.1 Approved Rule Sets
- 15.2 Small Ball Game Rules (Ages 5-8)
- 15.3 FIBA Mini Basketball Rules (Ages 9-11)
- 15.4 Duties and Powers of Minor Officials