

YOUTH COACHES WEBINAR



BSN SPORTS™



HOW TO EFFECTIVELY RUN YOUTH PRACTICES

with Aaron Locks, CEO, National Academy of Athletics

Calling all youth coaches! You will NOT want to miss this FREE webinar on how to effectively run your youth practices for all sports! Aaron Locks will talk through some key strategies and philosophies to ensure you are getting the most out of your practices. There will also be a dedicated Q&A session. Tune in to earn a FREE certificate of attendance.



talk
teach
PLAY!
3•6•6



PERSPECTIVE

Want the kids to keep playing?
Remember that the number one reason why they quit is that it stopped being fun!

As a parent you can do several simple things to help keep it fun:

1. Root for the effort rather than just the result. If your child feels safe and encouraged just for trying they will want to try more.

2. Talk about their improvements, not just their areas of challenge. It is easy to focus on what they are not doing right. We call it a lesson sandwich: One positive comment, One thing to improve, then One positive comment. It tastes better.

3. Watch practices as well as games. It helps them to understand that practice is important that you appreciate their practicing and skill development.



**Great coaches, leaders or parents
create positive change without
causing resentment**



NATIONAL ACADEMY OF ATHLETICS

**“Young people have more need of
role models than critics.”**

Coach John Wooden - UCLA

3 PRONGED APPROACH

Failure is part of sports... Remember to reinforce the proper efforts rather than just the results... It is the only way for kids to grow and become confident that they can overcome the challenges and succeed both on and off the field.

It is our belief that in order to have a truly successful season any team needs to use a 3 pronged approach. When you have the **players**, **parents** and **coaches** all on the same page with common goals, things just run smoother! The ultimate goal is to get everyone on the same page or **LIKE-MINDED!**



Now remember we must define the team goals and what success is to you the coach. Some will define it in wins and losses. Some will define it in fun and others will define it in terms of how much the players improved. We like to define success as some combination of the aforementioned.



One Voice refers to allowing your coaches voice to be the one your child hears during the games. Remember that your child will respond to your voice as it is familiar, however during the games and practices it is important that the message from your child's coach get through. So...

1. Try to allow your child's coach to be the one leading instruction.
2. If you feel that you need to comment (yell) we recommend that you listen to the words your child's coach is using and you use the same terms.

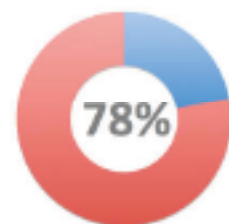
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78% of what your child hears every day is a direction or a correction. All too often, we parents try to do too much and it makes it very difficult for the kids to fall in love with their chosen sport. Our kids will have more fun and want to continue to play if we just sit back and enjoy their journey.



TEACHING SKILLS

The first step to becoming a good teacher of basketball is to realize that you will need to be a good communicator. If your players are unable to understand you, both you and your players will quickly get frustrated.

The key to good communication with your player involves a combination of the following skills and the ability to relate to your players on a level that they can understand.

Fairness

Your players need to know that they can trust you. Set your rules and be consistent in your applying them to all of your players! Let your players know what you stand for and what you won't stand for. Teach them what is right! Be honest in your evaluations of their talents and make sure that you follow through with your promises.

Clarity

When you are talking to your players, be specific. Make sure that you have a plan for what it is that you are trying to teach. Encourage your players to ask questions and take the time to answer them thoroughly.



Concern for your players

Let your players know that you care about them. Encourage them in a positive manner for the things they do wrong and praise them for the things that they do well. Make it personal: Find a way to connect on some level with each player and you will see better skill development and much more enjoyment.

Positive problem solving

Using profanity or other negative methods of communicating will not be as beneficial as using positive reinforcement. Be careful of using sarcasm. Many times players do not understand the humor. Look at what ever the problem is and try to see how you can build up your player's confidence rather than break them down.

**“You can't make a great play unless
you do it first in practice.”**

George Karl, NBA Coach

TEACHING CYCLE

We use a teaching cycle to make sure that the players have a chance to learn, work on their skills and then use it!

We recommend that you use teaching stations. By breaking the players into small groups whenever possible you will find that they will have a greater learning curve.

Today kids have a very short attention span. By using cycles of a maximum of 15-18 minutes they don't have a chance to get bored. You can always go back and do another cycle of any given skill however we feel that by mixing it up players will want more and more and in turn they will begin to learn at a more rapid pace.



**“Teachers
teach more by
what they
are than by
what they say.”**

EXAMPLE 15 minute cycle:

STEP 1:

3 minute of a verbal instruction of, what, how, when, why and what is in it for them. Use the same terms that you want them to remember and teach them “cues” so that you are not always having to scream.

STEP 2:

6 minutes of actual teaching or working on the skill. Whatever the skill is, use drills that allow the players to have some success and clear understanding of the skill they are learning and how it will be used in games.

STEP 3:

6 minutes of fun challenges or competitions using what they just learned. If you can help the players to have fun and feel challenged using the skills you have just taught them, it will translate into better success come game day.

USING THE PRACTICE PLAN



1. Start with warm up
2. End with team drills
3. Vary the drills to prevent monotony
4. Explain the purpose of the drills - short & sweet
5. Don't continue the drill too long - set time & stick to it
6. Follow tough drills with easy ones and vice versa
7. Make drills competitive and simulate game situations
8. Give new material early in practice & reinforce later in practice
9. Keep track of which drills your players get the most out of and which ones need to be revised. Make adjustments to players ability
10. Condition players for games thru drills not just running
11. Spend more time on team drills as the season progresses, but never forget to spend time on the individual fundamentals
12. Use carefully organized, small groups for teaching when possible. (No more than 3 or 4 in a line)
13. Combine as many fundamental skills together as possible
14. Stress defense and offense on alternate days
15. 90% observation and 10% adjusting
16. Close each practice with a positive, pleasant drill & comments that leaves the players wanting to come back to the next practice

DON'T WASTE VALUABLE PRACTICE TIME

Have your players meet you before practice to loosen up & be ready to go when you get on the field. This is an ideal time for discussion points. If you have things to hand out or discuss at the end of practice, do it after you have finished your workouts & given up the field to the next team.

DAILY PRACTICE SCHEDULE

THOUGHT FOR TODAY

(Date) _____

DAILY PRACTICE _____

PLAN FOR: _____

TIME	ACTIVITY	POINTS TO STRESS

#PlayHardHaveFun



NATIONAL ACADEMY OF ATHLETICS

PLAY HARD



HAVE FUN

- CAMPS
- CLINICS
- SPORTS-A-THONS
- TEAM BUILDING
- SCHOOL PE
- LEAGUE SUPPORT

The National Academy of Athletics prides itself on providing camps that are not ordinary, but extraordinary!

If your child likes sports, or expressed interest in playing sports, they will love these camps and clinics! The experienced, positive and passionate coaches will help them become a better, more inspired athlete. The programs are perfect for boys and girls grades 1 – 8.

From beginners to more experienced players, whether they want to improve their skills or just compete, we have something that will motivate and challenge everyone! The National Academy of Athletics programs maintain a proven safety track record.

If you know what sport you are looking for, just click on your sport of choice and you can find out more about the programs we offer.

The Premier Sports Programs

You can feel good enrolling your child in a program that has a rich tradition of helping boys and girls to fall in love with playing sports. And, they will come home Happy and Tired! For more camp information, please click here or call us today at (866)-90-SPORT.

CAMPS, CLINICS, PE & PROGRAMS

Proudly offered in partnership within your Community

NationalAcademyofAthletics.com