COACHING MANUAL

2019/20

Dear Coach,

As we prepare for the season to begin, I'd like to take this opportunity to welcome you to another year of Junior Jazz basketball and thank you for your involvement. Speaking from experience, I know that coaching is a labor of love—it can involve hard work and sacrifice, but it's an extremely rewarding experience. Without your dedication and effort, this program would not be the overwhelming success that it is today.

The two biggest things that I stress to my players are playing with the pass on offense and connecting our efforts defensively. I strongly believe that sharing the ball, along with strong communication and positioning, are the most crucial elements to any team's success. I think you'll find that emphasizing these areas can help improve your team's overall performance.

Beyond the basic skills, I would hope your kids leave the season with an understanding of good sportsmanship and a sense of accomplishment. Naturally, some kids will have more talent and ability than others. Nevertheless, it's important that every child feels that they are a contributing member of the team—regardless of whether they win or lose.

And above all, let's have fun. We must never forget that basketball, after all, is a game, and that games are supposed to be fun. Remember that coaching Junior Jazz is about teaching, and that your success is not based on your win-loss record, but in watching the kids grow and develop while having a great time.

Good luck, and thanks again for your commitment to this valuable program.

I hope you have a great season.

Quin Snyder
Head Coach – Utah Jazz

Quin Snyder — Head Coach of the Utah Jazz

A PROGRAM OF THE UTAH JAZZ
AND COMMUNITY RECREATION AGENCIES

Junior Jazz Basketball is sponsored by

Individual Program Comparison and Specifics

LEAGUE	GRADES	MAXIMUM PLAYERS	TIME	TOURNAMENT
JUNIOR JAZZ DIVISIONS				
(A) Instructional	1–2	10	1 hour	None
(B) Novice	3–4	10	1 hour	None
(C) Intermediate	5–6	10	1 hour	None
Junior Jazz Division	7–8	10	1 hour	Optional
INTRAMURAL DIVISION				
(A) J.V.	9–10	10	1 hour	Optional
(B) Senior	11–12	10	1 hour	Optional

2019/20 UTAH JAZZ
YOUTH BASKETBALL GAME NIGHTS

The program includes tickets to a Utah Jazz game on one of the following nights:

October 23	**OKC**	7pm
October 26	**SAC**	7pm
October 30	**LAC**	8pm
November 6	**PHI**	7pm
November 8	**MIL**	7pm
November 12	**BKN**	7pm
November 18	**MIN**	7pm
November 22	**GSW**	7pm
November 23	**NOP**	7pm
December 4	**LAL**	7pm
December 7	**MEM**	8pm
December 9	**OKC**	7pm
December 13	**GSW**	8:30pm
December 17	**ORL**	7pm
December 26	**POR**	8:30pm
December 30	**DET**	7pm
January 8	**NYK**	7pm
January 10	**CHA**	7pm
January 18	**SAC**	7pm
January 20	**IND**	7pm
January 25	**DAL**	3pm
January 27	**HOU**	7pm
February 5	**DEN**	8pm
February 7	**POR**	8:30pm
February 12	**MIA**	7pm
February 21	**SAS**	7pm
February 22	**HOU**	7pm
February 24	**PHX**	7pm
February 26	**BOS**	8pm
February 28	**WAS**	7pm
March 9	**TOR**	7pm
March 13	**NOP**	7pm
March 14	**MEM**	7pm
March 16	**LAL**	7pm
March 20	**MIN**	7pm
March 24	**SAS**	8pm
March 28	**ATL**	7pm
March 30	**CHI**	7pm
April 1	**CLE**	7pm
April 7	**LAC**	8pm
April 14	**DEN**	8pm

The program also includes access to Junior Jazz tipoff parties.

SPECIFIC RULES BY DIVISION*

1. JUNIOR JAZZ DIVISION

Man-to-man defense should be used. No win-loss records should be kept. Players are to be assigned to teams by the director, and no special team or individual recognition is allowed. Basic skills should be taught in recreation-oriented settings. All participants must play at least half of every game. Possession after held balls should be determined by alternating possessions.

2. JUNIOR HIGH DIVISION

These teams may be formed with or without a draft. Any defense may be used on a full-court press, but after crossing midcourt, only man-to-man defense is allowed. The man-to-man can be switching man-to-man. However, it must be out of the double-teaming on a two-second count or illegal zone will be called. This will result in a warning the first time and a technical foul call thereafter. The defensive player must be trying to defend his/her player within five to eight feet or an illegal defense will be called. All participants must play at least one quarter per game during the regular season. After league play, a tournament is optional. If the league decides to create these teams with a draft, coaches will choose players in draft-like form after tryouts, with every participant put on a team.

3. INTRAMURAL DIVISION

This division is designed for those students who do not qualify for high school teams. Teams may be formed with or without a draft. Any defense is allowed, and high school rules are to be used. If approved by their coach, ninth-graders playing on their school team may play in this league. A tournament is optional. Should the league decide to create these teams with a draft, coaches will choose players in draft-like form after tryouts.

REMEMBER, Utah Jazz Youth Basketball is a program that develops skills, sportsmanship and progressive competition.

Make it a POSITIVE experience for all who participate.

* Rules are subject to change and may vary from location to location. For a list of rules that are specific to your league, please contact the recreation program or group where you signed up to coach.

ORGANIZING PRACTICE SESSIONS

This manual is designed to give you ideas on what you can do in practice as a Junior Jazz coach. Adapt to the needs of the kids on your team. Help them to learn and feel like part of the team during each practice and game. Make basketball fun. The suggestions are based on what the Utah Jazz do each day as the team practices. Quotes from Jazz head coach Quin Snyder are printed throughout this manual. He has lots of great basketball knowledge. Each Jazz practice follows the same schedule and has four basic parts: warmup, fundamentals, scrimmage and cooldown.

Coach Snyder's Keys to Success:

- BE UNSELFISH
- DO YOUR BEST
- HAVE FUN
- COMPETE AS A TEAM
- BE RESPECTFUL

WARMUP

You will want to plan a few simple warm up exercises and make a comment on the importance of physical fitness. Explain that such exercises loosen the muscles and help avoid injuries. You might also ask a few questions to stimulate thinking about proper eating habits and the importance of exercise throughout life.

FUNDAMENTALS

Take time to teach basic skills at each practice session, and plan simple drills to reinforce your teaching.

Work with your kids in small groups—3's or 4's—so that nobody gets bored or disinterested. Use as many basketballs as possible. If you are coaching the team by yourself, set up two or three "learning stations" and work with groups one at a time while the other groups work by themselves.

SCRIMMAGE

Even though you have already made the warmup and skill training portions of practice fun, this is the time the players are probably looking forward to the most. Tie it into what you are teaching about skills and fair play. Set a goal to focus on for each scrimmage and help the players see the relationship between basic skills and game scenarios.

COOLDOWN

Teams usually remember to warm up, but tend to forget to cool down. This is an equally important part of your practice as it will lead to quicker recovery and help prevent injuries. Following the scrimmage, take a few minutes to stretch the main muscle groups that were used during practice. This time can be very beneficial to your team if you use it to recap practice, reinforce new basketball concepts learned and remind the team of upcoming practices or games.

"BE A TEAM. GET THE PLAYERS TO SHARE A COMMON GOAL. COMPETE AS A GROUP IN WHATEVER WAY THE SITUATION DEMANDS. WHETHER IT'S RUNNING BACK HARD OR SETTING THE SCREEN, EVERYTHING YOU'RE DOING, DO IT WITH A PURPOSE."

QUIN SNYDER

PRACTICE SESSION WORKSHEET

Date _____

Time _____

Equipment Needed _____

_____

_____

WARMUP (specific exercises and why)

FUNDAMENTALS (specific skill, teaching plan, drills to be used)

SCRIMMAGE (specific skills, areas to emphasize)

COOLDOWN (specific exercises, future practice and game dates)

WARMUP

Healthy, young players are always ready to play the game and rarely look forward to any preliminary exercises. Therefore, it's important to avoid making the warmup drudgery and to emphasize its importance in preparing the players' bodies for strenuous exercise. The warmup drills you use and your attitude about them will influence your players' lifetime attitudes about exercise.

Coaching Hints

1. Use some of the drills in the Skill Development and Scrimmage sections as warmups (such as the three-person weave).
2. Vary your exercises and mention the reason for each (flexibility, strength, jumping ability, etc.).

Stretching Exercises (Do SLOWLY)

1. **Deep Breathing** – Ask players to take several deep breaths, expanding the chest fully by inhaling, then relaxing while exhaling.

2. **Slow Arm Circles** – Do them both forward and backward.

3. **Back Stretches** – Side benders and trunk twisters.

4. **Hamstring Stretches**
   a. Toe touching with feet together (keep knees straight).
   b. Toe touching with feet crossed (keep knees straight).

5. **Thigh Stretches**
   a. Lift leg with knee bent. Grasp shin bone and pull knee close to chest.
   b. Bend knee and bring heel up toward backside. Grasp ankle and pull toward backside. Repeat both stretches with the other leg.

6. **Calf Stretches**
   a. Wall Push – Heels on the floor and 22" from the wall, knees straight. Hands on the wall at chest height. Slowly bend elbows and bring chin close to the wall and return.
   b. Toe and Heel Raises – Rock slowly up on the toes and down, then back on your heels (lifting toes) and down.

Jumping and Circulatory Exercises

1. See Basic Skill Drills section for drills involving running.

2. Bicycle – Have players lie on their backs with their feet in the air. Rotate their legs as if riding a bicycle.

3. Defensive Shuffle – Spread players out on the court. Have them bend their knees and assume a defensive position with their hands up. Start the drill by waving your hand from side to side, forward and back. The players shuffle (without crossing their legs) in the direction you wave.

4. Relays – There are a variety of simple running relays that can be used with or without a ball. Have players run forward, backward, side shuffle or around obstacles.

5. Jumping Jacks – Ask players to do 30 jumping jacks at half speed and then 30 at full speed.

6. Shooting Layups (one or two minutes) – Shooting from two lines, have players in one line rebound shots and pass to players in the other line. Encourage players to go at half speed while warming up.

FUNDAMENTALS

Working on fundamentals is an essential part of becoming a better basketball player at every level of the game. These drills are designed to emphasize and improve basic skills, and you should alter them to meet your team's needs.

"FUNDAMENTALS FORM THE FOUNDATION. WHEN YOU WORK ON FUNDAMENTALS, YOU ARE WORKING ON DOING THINGS A CERTAIN WAY. DOWN THE ROAD, THAT FOUNDATION SUPPORTS ALL THE GROWTH AND BUILDING. IF YOUR FUNDAMENTALS AREN'T GOOD, EVENTUALLY YOU ARE GOING TO HAVE CRACKS IN THAT FOUNDATION."

QUIN SNYDER

Coaching Hints

1. The way players perform in the game is in direct relationship to the way they have been practicing.
2. Repetition is the key to learning if the skill being repeated is executed properly. Perfect practice makes perfect.
3. Players will perform better in a game if you provide them with game-like conditions at practice.
4. Flexibility in planning practice is important. You should provide drills to meet the particular needs of each individual and the team as a whole.
5. Try to have as many balls as possible at practice. Younger players can use many types of balls to learn basic skills (playground ball, volleyball, etc.) if basketballs are not available.

DEFENSE

Successful coaches often spend the majority of their team practice time focusing on defense. This is because good defense can help your team win even if you have a bad offensive night. Good defensive play is more demanding physically and mentally than offense, and proper defense should be stressed throughout practice.

"THERE NEEDS TO BE INDIVIDUAL ACCOUNTABILITY ON DEFENSE. AT THE SAME TIME, DEFENSE IS AN OPPORTUNITY—YOU ALL NEED EACH OTHER AND EVERYBODY HAS THE ABILITY TO MAKE IT IMPORTANT. THERE ARE INDIVIDUAL DIFFERENCES, BUT DEFENSE IS ONE PART OF THE GAME WHERE EVERYONE CAN COMMIT THEIR FULL EFFORT AND INVESTMENT."

QUIN SNYDER

Coaching Hint

Teach the team a proper defensive stance—legs shoulder-width apart, knees bent, up on the balls of their feet, hands active in the passing lanes. Teach them to avoid reaching and picking up foolish fouls. Stress the importance of staying between their man and the basket. Have the team perform the Defensive Shuffle Drill in the Warmup section of the manual (page 9).

PASSING

Control the ball with the fingertips. Use the right pass for the situation. Pass with force. Do not telegraph the pass. Be smart and avoid cross-court passes.

"WHEN YOU PASS THE BALL YOU SHARE THE BALL, AND IT MAKES EVERYBODY FEEL LIKE THEY ARE PART OF THE GAME AND THE TEAM. IT ELEVATES EVERYBODY'S LEVEL. USUALLY YOU HAVE TO PASS THE BALL BEFORE YOU CAN SHOOT IT. GOOD PASSES ALLOW FOR HIGH-PERCENTAGE SHOTS AND CREATE LAYUPS. BE A WILLING PASSER."

QUIN SNYDER

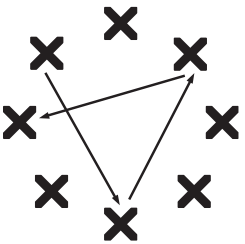
Circle Drill

(Pass With Force – Receive)

Players form a circle and pass crisply to each other. They may pass to any player in the circle except those on either side of them.

Variations

Have players practice bounce passes and chest passes. This is a good lead-up for the Bull in the Ring drill (page 13).



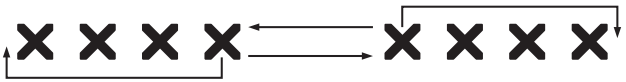
Coaching Hint

Vary distance between players according to the players' abilities.

Two-Line Drill

(Pass – Catch – Move)

The player in front of one line passes (chest or bounce pass) to the player in front of the other line, and then goes back to the end of the other line.



Variations

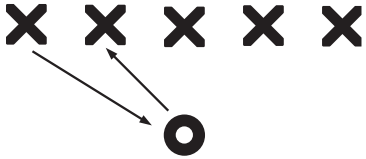
Have players shuffle as they pass back and forth. Once they reach half court, have them come back toward the baseline where they started. Have one of the players finish the drill by making a layup. This drill can also be run using the full court and having each group finish with a layup on the other end.

Coaching Hint

Vary passing distance according to players' abilities. Teach players to have their hands out to show where they want their partner to pass the ball. Players should catch the pass with their hands, not their body. Teach them to adapt to the abilities of their partner and work as a team.

Lone Player Drill

(Strength – Peripheral Vision – Side Shuffling – Catch and Quick Pass)



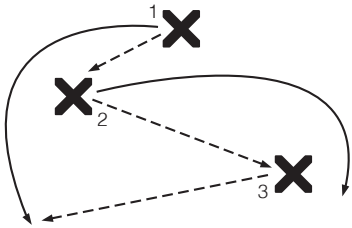
This drill is for advanced players. Two balls are needed. Players form one line facing a lone player. A ball should be given to both the lone player and the first player in line. The lone player makes a chest pass to the second player in line. At the same time, the first player in line passes to the lone player. This is repeated rapidly down and back up the line until the coach stops the drill. Then a new player rotates into the lone-player spot.

Coaching Hint

Tell the players in the line that they must cooperate with the lone player by trying to pass exactly when he or she passes and by making crisp passes to the lone player at chest level. Space the line of players a foot or two apart so the balls do not collide. Tell the lone player to shuffle up and down the line in order to pass from a comfortable distance.

Three-Player Weave

(Lead Pass – Move After You Pass)



The object is to move to the other end of the court by passing. Three players line up across the baseline.

The middle player has the ball, passes to a player on the side, and then runs up the court behind that player. The player on the opposite side moves toward the middle to receive the next pass. This repeats itself down the court.

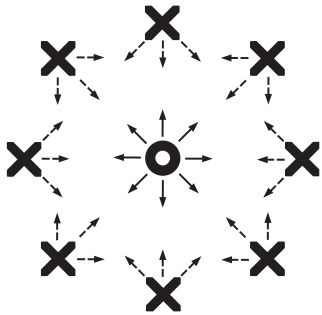
Coaching Hint

Walk through this drill slowly when you introduce it. Constantly repeat, "Go behind the player you pass to." As players improve, speed up the action and allow a layup at the other end. This is also a good warm-up drill.

Bull in the Ring

(Bounce Pass – Defend)

Position a defender inside a circle of five or more players. The object of the defender is to intercept a pass. Players in the circle pass quickly and crisply to each other. Players may not pass to teammates next to them on either side, and passes may not be thrown over the defender's head. Once a pass is intercepted, the player who "lost" the ball (or broke a rule) becomes the defender.



Coaching Hint

Do not let a defender stay in the ring too long. The player will tire quickly and get frustrated. Urge the players to make bounce passes. Make sure every player in the ring takes a turn as the defender.

DRIBBLING

Control without looking at the ball. Dribble while moving. Be able to use either hand. Dribble while standing still.

"GOOD BALL HANDING IS ESSENTIAL TO BE ABLE TO GET WHERE YOU WANT TO GO ON THE FLOOR AND GET TO A SPOT WHERE YOU CAN MAKE A PLAY. YOU MAY HAVE TO DRIBBLE THE BALL TO BE ABLE TO PASS OR SHOOT IT. THE OTHER AREA THAT IS IMPORTANT IS BALL SECURITY. IF YOU ARE GOOD AT HANDLING THE BALL, THE OTHER TEAM CAN'T TAKE IT FROM YOU. IT HELPS AVOID TURNOVERS."

QUIN SNYDER

Standing Drills

While in one spot, have players:

- Dribble high, dribble low
- Try to continually hit a certain spot on the floor
- Use either hand (rotate hands).
- Dribble in circles
- Dribble in a circle while keeping a pivot foot
- Dribble between the legs (in a figure eight pattern)

Moving Drills

While moving, have players:

- Try to bounce the ball in a straight line on the gym floor while running
- Dribble around obstacles
- Dribble backward and shuffle sideways
- Dribble to a spot, and then continue dribbling in a complete circle before dribbling to another spot
- Change speed and direction while dribbling
- Dribble while looking at a spot on the wall

Dribble Tag

(Speed – Agility – Control – Keep Head Up)

Each player gets a ball. One player is "it." Players must stay inbounds and control their dribble. The person who is "it" cannot tag anyone without having control of their own ball. No tag-backs are allowed.

Variations

Each person takes a turn being "it" and seeing how many teammates they can tag in a specified amount of time. If any player loses their dribble, they are considered tagged.

SHOOTING

Take good shots. Have proper balance. Aim at a target. Rebound your shot.

"THINGS THAT WILL HELP YOU BECOME A BETTER SHOOTER ARE BALANCE, EYES, ELBOW AND FOLLOW-THROUGH. MAKE SURE YOU ARE BALANCED, GET YOUR EYES UP AND LOOK AT YOUR TARGET, GET YOUR ELBOW IN AND POINTED STRAIGHT TO THE BASKET, AND FOLLOW THROUGH AND SHOOT THE BALL WITH A HIGH ARC. THIS IS SOMETHING ALL PLAYERS CAN WORK ON, EVEN IF IT IS SHOOTING AGAINST THE WALL OR AT THE BACKBOARD, NOT FOCUSING ON MAKING BASKETS. WORK ON YOUR FORM."

QUIN SNYDER

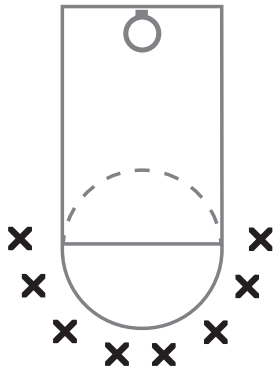
Coaching Hint

Since practices usually do not begin with every player arriving at exactly the same time, it's a good idea to devise a system that allows early arrivals to practice shooting and sharing properly. Explain your system at the first practice.

Semicircle Shoot-and-Rebound Drill

(Shoot – Follow the Shot)

Have players form a semicircle around the basket. A player shoots, follows the shot, rebounds, passes out to the next designated player, and then goes to a new position on the floor. For this drill, be sure to use every available ball and basket.



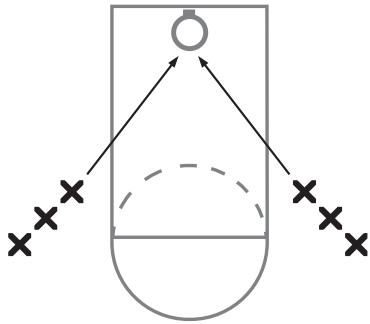
Variations

Upon rebounding, have players use proper pivoting before passing. The next player to shoot fakes, cuts and meets the pass. Upon rebounding, the player takes an immediate follow-up shot, especially if the first shot is missed.

Two-Line Feed Drill

(Pass – Catch – Dribble – Layup – Rebound)

This basic drill incorporates many skills and has many variations. The skills of your players will dictate the variations you use. The first player in the ball line dribbles to the basket, shoots a layup, and then goes to the end of the other line. The first player in the other line rebounds the shot, passes to the next player in the ball line, and goes to the end of the ball line.



Shooters should go slow enough to be sure they are dribbling properly and jumping off the proper foot for the layup. This may mean one dribble only or no dribble at all. As skills increase, dribblers should fake, drive harder and approach from all sides of the basket. Two balls may be introduced. Rebounders should assume game situations by waiting until the last possible moment before going in for the rebound. They should rebound, pivot and pass, or rebound, dribble to the side, pivot and pass.

Coaching Hint

Players must get the basic steps first. Emphasize jumping high, not far. Keep rebounders far enough away from the basket so they have to run hard for the rebound.

Free-Throw Shooting

Have team line up around the key like they do when free throws are shot in a game. Each player shoots two free throws and then rotates clockwise around the key.

Coaching Hint

Teach the basics of being a good free-throw shooter. Form a routine and do it consistently every time, bending knees and following through. Make sure the players take their time. Set goals for the team to make a certain percentage of free throws. Stress how important free throws are. They are free shots.

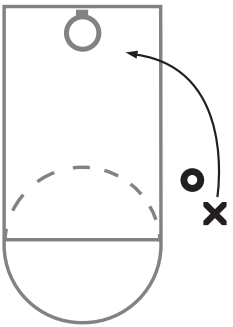
"THE BIGGEST KEY TO BEING A GOOD FREE-THROW SHOOTER IS PRACTICE. THE MORE YOU PRACTICE, THE MORE COMFORTABLE AND CONFIDENT YOU GET. THE BEST FREE-THROW SHOOTERS ARE THE ONES WHO ARE CONFIDENT AND COMFORTABLE AT THE LINE."

QUIN SNYDER

One-on-One

(Defend – Shoot – Drive – Rebound)

Player X (with ball) takes position close enough to basket to be within normal shooting range. Player O (on defense) assumes good defensive position. On the coach's signal, Player X has three seconds to use any offensive option to score.



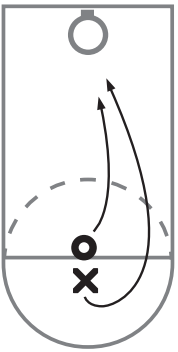
Coaching Hint

Teach both offensive and defensive players to get the other player to make an initial commitment.

Driving Layup

(Move Quickly – Shoot While Guarded)

Player X (with ball) faces away from the basket. Player O (on defense) also faces away from the basket and stands one step behind Player X. On the coach's signal, Player X pivots and drives in for a layup while Player O pivots and attempts to catch up to Player X in time to block the shot.



Coaching Hint

Caution the defender not to foul, because it's more important to try to force the shooter to miss and then be in position for the rebound. After shooting, players can rotate. When an offensive player immediately establishes a pivot foot, it helps the defensive player decide a defensive position. As this puts the offensive player at a disadvantage, they should be encouraged to avoid establishing a pivot foot too early. Urge both players to follow the shot for the rebound.

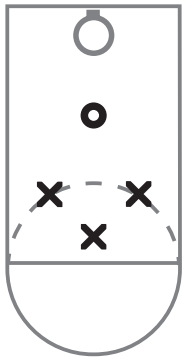
REBOUNDING

"REBOUNDING IS A TEAM THING. EVERYONE NEEDS TO REBOUND. EVEN IF YOU PLAY GREAT DEFENSE, IF YOU DON'T GET THE REBOUND IT IS A WASTED POSSESSION. SECURING THE BALL AND FINISHING A POSSESSION ARE UNBELIEVABLY IMPORTANT."

QUIN SNYDER

Lone Rebounder Drill

(Rebound – Outlet – Pass – Shoot)



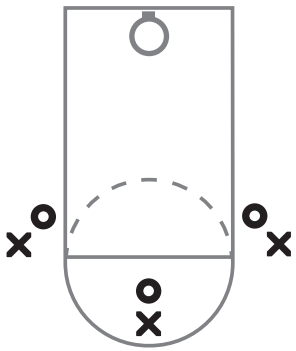
Position three players around the basket as shooters. A fourth player is the rebounder. The rebounder's job is to quickly move to what he/she thinks will be the best rebounding position when each ball is shot. The player jumps for the rebound, pivots, and uses an outlet pass to a player on the side of the basket where the rebound came down.

Variations

Each rebounder gets rebounds and rotates to become a shooter. All shooters move on each shot to a new position on the floor (clockwise or counterclockwise)

One-on-One Rebounding Drill

(Box Out – Rebound)



Player X takes an outside shot. The defender allows the shot with only his hand up and waving. All players attempt to rebound.

Coaching Hint

For defense, stress not watching the ball. The defender's first task is to check the offensive player by turning in front of him/her and boxing the offensive player away from the basket. Stress not going immediately toward the basket. For offense, stress anticipating where the rebound will go and faking to get past the defender.

TEAM DRILLS

Completed Passes

(Pass – Catch – Dribble – Pivot – Fake – Move Without the Ball)

Divide into two even teams. Give one team the ball to inbound. Use only half the court. The team with the ball must complete five passes before shooting. When a player has the ball, he/she can dribble no more than twice before passing. If the defenders intercept the pass, they immediately go on offense and attempt to score.

Variations

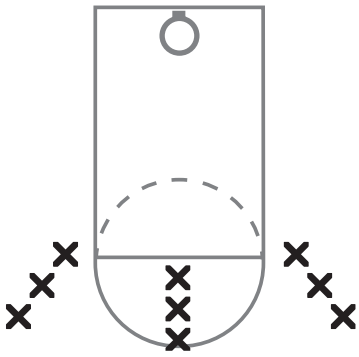
Vary the number of pass completions required before shooting. Rule that the pass receiver cannot throw the ball back to the last passer—a new receiver must be found.

Coaching Hint

Referee this for out-of-bounds, traveling and backcourt violations, and fouls.

Twenty-One

(Shoot – Rebound – Pass)



This game has many variations and allows all of your players to participate in a playful, competitive activity at the same time. The object for each squad is to score 21 points first. Long shots count for two points and two short shots count for one point each. Divide into three squads and give each squad a ball. The squads should be stationed equal distances from the basket indicated.

On your signal, the first person in each line shoots a long shot (after the first person's turn is over, his/her teammates take the long shot as soon as they are passed the ball). The shooters follow their shots, rebound, and take a short shot from anywhere. After the short shot, the shooters rebound and pass to the next teammate in their squads before going to the end of their lines.

Variations

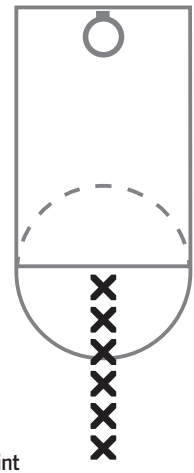
Players must take the short shot from wherever they get the rebound. Another fun variation is requiring the squads to finish the game with a long shot to claim their victory. Different baskets could be used for each squad, but it's fun when baskets are shared and balls collide midair.

Coaching Hint

Urge each squad to loudly yell the number of points they have each time they make a basket in order to keep score. Pick balanced squads.

Lightning/Speed/Knockout/War

(Shoot – Rebound)



Have the team line up single-file at the free-throw line. The first and second players in line have a basketball. The first player shoots from the free-throw line. If the player misses, he or she must rebound the ball and make a shot before the second player scores. After getting the rebound, the shot may be taken from anywhere (usually a layup). If the player in line behind him/her scores first, the first player is out. Once a free throw is made or a player rebounds and scores, the ball should then be passed to the next person in line. The last person remaining is the winner.

Variations

Have players take their first shots from other spots on the floor (3-point line, baseline, etc.) instead of the free-throw line.

Coaching Hint

This game can improve several skills. Use it to teach the kids the importance of hustle, clutch shooting and making their layups.

"POSITIONS IN BASKETBALL ARE BECOMING MORE AND MORE INTERCHANGEABLE. VERSATILITY ALLOWS YOU TO PARTICIPATE IN A LOT OF PLAYS. IT ALLOWS YOU TO DRIBBLE, PASS, SHOOT AND PLAY DEFENSE. IT ALLOWS YOU TO IMPACT THE GAME IN A LOT OF WAYS. VERSATILITY IS VERY VALUABLE."

QUIN SNYDER

SCRIMMAGE

Scrimmages should be designed to further develop the skill worked on during the fundamentals portion of the practice session. Scrimmages are also valuable because they give the players a chance to practice in game-like situations, which will help them play better in a real game. Scrimmages should always be fun.

Half Court by Possessions

Divide players into two teams (4-on-4 or 5-on-5). One team is designated as the offensive team, the other the defensive team. The offensive team has five possessions. If the offensive team scores, it receives a point. If it doesn't, the defensive team receives a point. A possession ends when the defensive team secures the rebound. After five possessions, have the teams switch roles (offensive team plays defense, etc.).

Variations

For older kids, have the defensive team switch to different defensive sets (man-to-man, 3-2 zone, 2-3 zone, etc.) so the team can learn to play against and in different sets.

Coaching Hint

Scrimmage can be stopped between possessions to stress different skills on both offense and defense. Help the team work on the skills they learned/reviewed earlier in practice.

Half Court

Divide players into two teams (4-on-4 or 5-on-5). Have them scrimmage against each other for a set amount of time. The ball must be cleared above the 3-point line on each change of possession.

Coaching Hint

Stress the importance of moving without the ball. It's more difficult to score in a half-court set because the defense is set.

Full Court

Divide players into two teams (4-on-4 or 5-on-5). Have teams scrimmage against each other for a set amount of time.

Coaching Hint

Teach the importance of hustling back on defense. Show the kids that taking a bad shot on the offensive end leads to easy points for the other team. Stress teamwork on defense and unselfish play on the offensive end of the court.

"HELP YOUR PLAYERS HAVE FUN. ANY TIME YOU ENJOY SOMETHING, YOU DO IT BETTER AND WITH MORE ENTHUSIASM. SOMETIMES SUCCESS AND FAILURE ARE TOO CLOSELY RELATED TO FUN. YOU SHOULDN'T BASE YOUR SUCCESS ON WHETHER YOU WIN OR NOT. WE LOSE TRACK OF THAT. THE REWARDS CAN BE BEING ABLE TO PLAY THE GAME AND HAVING FUN."

QUIN SNYDER

COOLDOWN

Make sure you leave a few minutes at the end of practice to cool down and wrap up. This time will lead to quicker recovery and help prevent injuries, and will also provide a captive audience for a final discussion.

Coaching Hint

Repeat the stretches used in your warmup. As players stretch, discuss important points from practice. Recap the team's strengths and improvements, reinforce new basketball concepts learned, and remind the team of upcoming practices or games.

Joe Ingles drives toward the basket.

Junior Jazz Supports the "Step Up To Health" Program

Not only does physical activity build and maintain healthy bones, muscles and joints, it can also help control weight. Research shows that regular physical activity can also increase alertness and capacity for learning.[1] Participation in organized groups like dance or martial arts classes and sports teams can help build social and leadership skills, and may raise self-esteem. Regular physical activity may also help reduce anxiety and feelings of depression. Researchers recommend that children be physically active for at least 60 minutes every day. [2]

Here are some ideas to engage children in fun and rewarding activities.

MAKE EVERYDAY LIFE LESS SEDENTARY AND MORE PHYSICAL

- Remove TV sets from children's bedrooms and encourage them to spend time with other forms of entertainment, such as playing sports with neighborhood children or dancing to music.
- Let them play around in the backyard or neighborhood park—try games like catch, kickball, biking or shooting hoops.

GET CHILDREN INVOLVED IN SCHOOL AND/OR COMMUNITY ACTIVITIES

- Involve children in organized after-school activities or enroll them in clubs and/or sports teams based on their interests, personalities and skill levels.

GET THE WHOLE FAMILY INVOLVED

Lead by example by reducing your own screen time and getting involved in children's activities.

- Give children presents that facilitate activity—a swimsuit, baseball glove, soccer ball, basketball or bicycle.

1. President's Report on Promoting Better Health for Young People through Physical Activity and Sports, November 2002.
2. Ibid.

NUTRITION

Where Should Nutrition Start?

Nutrition starts in the home with three meals a day. Children should be fed fresh, healthy fruits and vegetables—the less processed the better. Meats, beans, grains and dairy are also essential to a child's daily intake of healthy foods and are key to helping our children to play and succeed. Children who have nutritious eating habits at home and take care of their bodies feel better about themselves, are able to concentrate on their studies, and perform at a higher athletic and academic level.

Eating before a game or other physical activity should include carbohydrate-rich foods like whole-grain breads, cereals, pasta, fruit and milk. Avoid high-fat and fried foods. These meals should be eaten two to three hours before the activity to allow time for digestion.

Snacks Before, During and After Games

The American diet is hampered with over-processed, highly sweetened foods that tend to be low in nutrition and high in calories. Kids tend to consume higher proportions of non-nutritious snack foods. If snacks are provided for your teams, consider limiting them to fresh fruits and water. If you want to provide snacks in addition to fresh fruits, plan for foods that offer some nutritional value with less sugar and fat. Keep portions reasonable because large portions can lead to overeating. Here are some other snack options.

- 100% fruit juices
- Low-fat or flavored milk
- Baked potato chips
- Chewy trail mix bars
- Sport drinks
- Popsicles made with 100% fruit juice
- Low-fat yogurt and yogurt in tubes
- Low-fat popcorn
- Vanilla wafers or animal crackers

Allergies

Coaches, please be considerate of players on your teams who may have allergic reactions to certain foods and drinks. Please tell parents or those providing snacks the circumstances of your players and help provide snacks for everyone to enjoy.

Food and Beverages in the Gym

While deciding whether or not you will have snacks for you team, please be sure to follow rules set forth by your league concerning food and drinks being allowed in the gyms. Please help in keeping the facilities clean.

Rudy Gobert throws down a slam dunk.

UTAH JAZZ SPORTSMANSHIP INITIATIVE

"SPORTSMANSHIP IS THE FOUNDATION OF BEING A PART OF THE TEAM. HOW DO YOU RESPOND TO WINNING? ARE YOU HUMBLE? ARE YOU GRACIOUS IN DEFEAT? THESE ARE THINGS SPORTS TEACH US HOW TO DEAL WITH IN LIFE. YOU GET THE OPPORTUNITY TO FACE THESE THINGS IN COMPETITION. HOW YOU HANDLE THOSE SITUATIONS WILL GIVE YOU INSIGHT ON HOW YOU WILL HANDLE THEM IN THE FUTURE."

QUIN SNYDER

The Utah Jazz Sportsmanship Initiative is a program that promotes good sportsmanship to all those participating in the Junior Jazz Program. The program is set up to reward those teams who display the best sportsmanship throughout the season. The program holds parents and coaches responsible to teach players good sportsmanship. It also rewards them for doing so. If your local program chooses to participate in the Sportsmanship Initiative, teams will have the opportunity to earn points during each game, and points will be calculated for the entire season.

Purpose

This program emphasizes the importance of sportsmanship to players, coaches and parents. The initiative will continue to allow players to compete and have fun while teaching them the meaning and value of sportsmanship. If players exercise good sportsmanship each game, they and their teammates will be rewarded. If they do not exercise good sportsmanship, they will miss out on opportunities. The program is also based on the behavior of coaches and parents, who have a large influence on the players. If the players are going to behave properly, they need coaches and parents to set proper examples. Inappropriate behavior by adults affects the players' actions, and will also affect the players' chances of winning the award. If coaches and parents behave badly, the players suffer the consequences. Participants will be judged on five categories each game (see the criteria chart on the next page). Parents' and coaches' behavior will affect their child's and team's chance at winning the award. The Utah Jazz players, coaches and staff recognize the importance of good sportsmanship and give 100% support to the Utah Jazz Sportsmanship Initiative.

Criteria

The Sportsmanship Initiative program gives participating teams a sportsmanship score following each game. The teams will receive a score based on the following criteria.

Sportsmanship Criteria	Points	Examples
Players and coaches shake the opposing team's hands after game.	1	Players and coaches shake hands after the game and ensure no negative activity occurs during this activity. Encourage players to shake officials' hands after each game and thank them.
Coaches keep players and parents under control.	1	Coaches remind parents and players before each game of sportsmanship. Coaches monitor parents' behavior and remind them of sportsmanship if they get out of control, etc.
No technical fouls or flagrant fouls are called on a team during the game.	1	Coaches encourage players to remain calm, take control of out-of-control situations and do not coach players to commit hard fouls. When a call is made, do not try to get the last word.
Parents and spectators are positive during the game.	1	Parents praise efforts of players on both teams and do not yell negative comments to other parents, players or officials. Parents cheer loudly and positively.
Teams go out of their way to display good acts of sportsmanship during the game.	1	Tell other players good job. Parents compliment other players. Coaches played fairly with players. Players from opposing teams high-five each other. Players help other players up off the floor.

Coaches

Teach your players the importance of competition and always encourage them to play hard. Giving your best effort is an important part of sportsmanship. The Sportsmanship Initiative has been designed to unite competition with fair play. Studies show that the majority of kids join youth sports with the purpose of having fun. Many mistaken coaches believe that their job is to help win games. This attitude leads to confrontations among coaches, parents and officials. We encourage you to take the role of a teacher. Help young players to get the most out of the program.

Jazz Bear pumps up the crowd during a game.

How To Play

- The game is played by one individual.
- The player has one minute to make as many baskets as possible from any of the five different shooting spots identified on the game court.
- Each shooting spot is worth a different point value, ranging from to two (2) to five (5) points.
- The player with the highest score advances to the next level of play.
- Local winners advance to the regional competition and the regional winners, by invitation, will advance to the final competition held at Vivint Smart Home Arena.

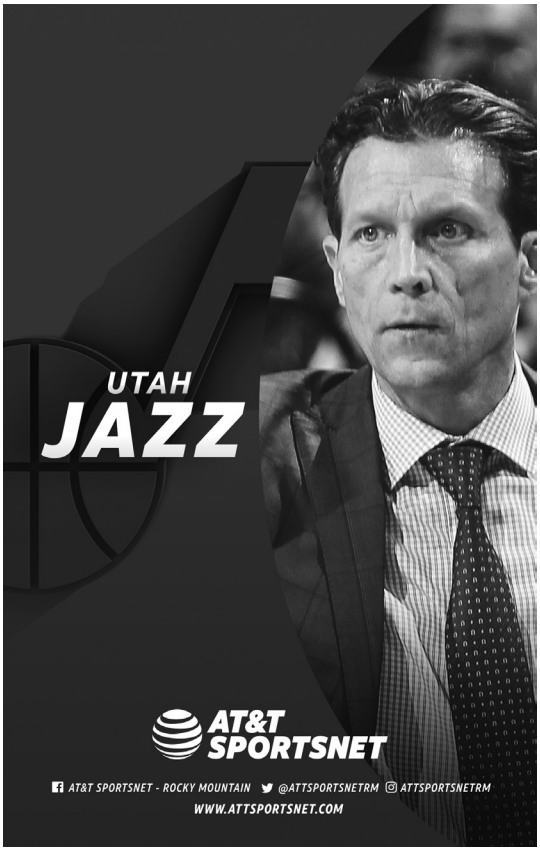
Game Rules

- The player begins with ball in hand at the free-throw line.
- The game coordinator will signal when play is to begin.
- The player must dribble from one shooting spot to another. One (1) point will be deducted for each dribbling or motion violation (traveling, palming, double dribble, etc.)
- A player can score up to two layups worth two (2) points each during the one-minute competition (layups must be made within a three-foot radius of the basket). Shots from the free-throw line are worth three (3) points; a shot from beyond the 3-point line is worth five (5) points. Three other shooting spots on the court vary in scoring value, ranging from two (2) to four (4) points depending on the spots.
- Five (5) bonus points will be awarded for attempting shots from all spots once, and ten (10) bonus points will be awarded for attempting shots from all spots twice.

ROSTER/CONTACT INFORMATION

PLAYER NAME:	PHONE NUMBER:

NOTES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OFFICIAL BASKETBALL SIGNALS

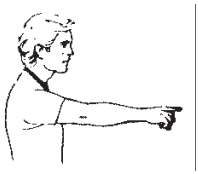
GOALTENDING

"Flag" from wrist

ILLEGAL DRIBBLE

Patting motion,
call team color

DIRECTION OF PLAY



Point in direction,
call team color

TIME IN

Chop hand
to side

TIMEOUT

Open palm

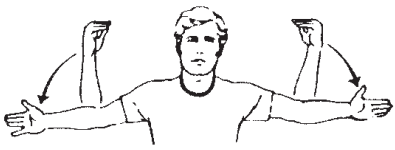
PERSONAL FOUL

Clenched fist

HOLDING

Signal foul,
grasp wrist

LOOSE-BALL FOUL

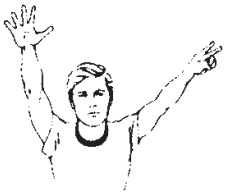


Extended arms
to shoulder level

ILLEGAL USE OF HANDS

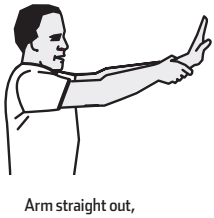
Signal foul,
strike wrist

TO DESIGNATE OFFENDER



Hold up number
of player

HAND CHECKING

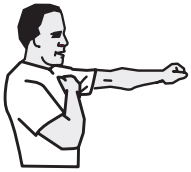


Arm straight out,
opposite arm grabbing wrist

ILLEGAL FOREARM

Arm bent 90°
in front of body

CHARGING



Clenched fist

DOUBLE FOUL

Cross clenched fists above head

ILLEGAL SCREEN OUT OF BOUNDS

Arms outstretched and in front of chest

20-SECOND TIMEOUT

Hands touching shoulders

PUSHING

Signal foul, imitate push

BLOCKING

Hands on hips

SPECIAL THANKS TO

adidas

HEALTH
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