

Kitchener-Waterloo



PRESENTS

Basketball Banter

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Welcome to the first edition!

House league coaching updates



*Jr. NBA Rookie Division (KWYBA) with Jamal Murray

The KWYBA has decided to create a coaching newsletter. Each week will feature two tips and two drills that coaches can add to their toolkit.

Quote of the week

"There are really only two plays: Romeo and Juliet, and put the darn ball in the basket." - Abe Lemons

TIPS OF THE WEEK

1) Use names most interactions

- When correcting actions/techniques
- Encourage/Praise simple things to help keep fresh in your memory. (e.g. Good pass Kendrick, Way to get back Nina)
- IF you don't know/forget then ask → For proper pronunciation as well

"It is the one way we can easily get someone's attention. It is a sign of courtesy and a way of recognizing them. When someone remembers our name after meeting us, we feel respected and more important. It makes a positive and lasting impression on us."

2) Drill each skill listed on your practice plan every practice

- Gives players the opportunity to improve all aspects of basketball
- Provides more variety and skills that players might enjoy



Jump Stop Pivots

- Focus on pivot during instruction
- Add pass types
- Use R or L hands when dribbling out, equally

<https://www.youtube.com/watch?v=jgqdv9ySjYM&index=11&list=PLHIEqhuXuRFJyAE86lmd52i32SKVZ6HkT>



Jump Stop Shooting

- Balance on jump stop - jump straight up and down
- Keep shot form - high arc and consistent follow through
- Chase your shot to get the rebound and pass to the next person

https://www.youtube.com/watch?time_continue=2&v=AueLd1-H1V

[CLICK FOR MORE COACHING RESOURCES AT KWYBA.COM](https://www.kwyba.com)



Kitchener-Waterloo Youth Basketball Association
500 Parkside Drive
Waterloo ON N2L 5J4