



# TRINITY *sports* | BASKETBALL

2023-2024 Coaches Guide



# THANK YOU FOR COACHING

Dear Trinity Sports Basketball Coach,

The mission of Trinity Sports is to help kids hone their athletic skills in a way that equips them to grow into the people God has called them to be. You've stepped into a role that allows you to not only teach kids basketball skills, but it also allows you to disciple their entire family.

At the beginning of each practice, you will get to lead devotionals designed to teach key character traits your players can apply on and off the court to help them walk in the fruits of the spirit (Galatians 5:22-23).

Practices are also an opportunity for you to teach players the game through drills. Each practice should include a few key drills you TEACH to the players as you work on developing these skills. In the back of this guide you'll find some recommended drills, along with several resources you can checkout for game-based drills you can play during your practices.

## **Below are a few tips for you to remember for each practice:**

- Greet each player by name as (s)he arrives for practice.
- Talk to players at their age level, using language they understand.
- Focus on one or two skills per practice and encourage players to practice those skills outside of practice.
- End each practice with a scrimmage game.

## **Below are a few tips to make your first practice a success:**

- Evaluate skill levels for each player so you know where you can help them improve.
- End the first practice by introducing yourself to the parents.
- Introduce the "Church Center" App and messaging tool for communication.
- Encourage all parents to work on skills at home with their players.
- Let parents know what the verse of the week is and encourage them to practice it with their players.

## **Contact parents as soon as possible!**

After you receive your roster and contact information for each player, it is important you contact the parents. Introduce yourself, let them know when practices will be, discuss basketball size, and ask if they have any questions about the game. This should be done as soon as possible.

## **Tips for a great game day:**

- Remember you're on the same team as the referees, working together to show Christlike love to all players, while helping kids develop their skills and a love for the game of basketball.
- Eliminate preferential treatment of players. Make sure all players get equal playing time by adhering to the Substitution Rules for Divisions 1-3 and the Playing Rule for Division 4.
- Demonstrate to your players that having fun on the court while developing skills and learning to play together as a team is more important than winning or losing the game.

If you have any questions this season, please feel free to email me at [zacc@trinitytxk.com](mailto:zacc@trinitytxk.com) or call me at 931-206-3870.

Sincerely,  
Zacc Kellar  
Director of Trinity Sports

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# MISSION

The mission of Trinity Sports is to help kids hone their athletic skills in a way that equips them to grow into the people God has called them to be.

# LEAGUE OVERVIEW

## **Division 1: Pre-K & Kindergarten**

Introduces the game and basic skills.

## **Division 2: 1st-2nd Grade**

Learns game rules and develops skills

## **Division 3: 3rd & 4th Grade**

Learns team concepts, continues to develop skills, plays for competition

## **Division 4: 5th & 6th Grade**

Competes at a higher level, using basketball rules found traditionally at the middle school level.

# ***DIVISION 1 OVERVIEW***

Ball Size:	25" Basketball
Game Time:	6, 4 Minute segments <i>one minute is allotted for substitutions between segments (running clock)</i>
Timeouts:	None
Halftime:	8 minutes on court
Score:	Not Kept
Court:	Side Goals, 8 feet
Referees Purpose:	Instructional, non-disciplinary

# ***DIVISION 2 OVERVIEW***

Ball Size:	25" Basketball
Game Time:	6, 6 Minute segments <i>one minute is allotted for substitutions between segments (running clock)</i>
Timeouts:	None
Halftime:	8 minutes on court
Score:	Not Kept
Court:	Side Goals, 8 feet
Referees Purpose:	Referees will blow more whistles than in Division 1 Purpose is instructional more than disciplinary

# ***DIVISION 3 OVERVIEW***

Ball Size:	28.5" Basketball
Game Time:	6, 6 Minute segments <i>one minute is allotted for substitutions between segments (running clock)</i>
Timeouts:	None
Halftime:	8 minutes off court
Score:	Score is Kept
Court:	Full Court, 9' Rim Attachments
Referees Purpose:	Referees will be AAA certified & call most violations

# ***DIVISION 4 OVERVIEW***

Ball Size:	29.5" Basketball
Game Time:	4, 6 Minute Quarters
Timeouts:	1 30-second Timeout per half
Halftime:	8 minutes off court
Score:	Score is Kept
Court:	Full Court
Referees:	AAA Certified & will call most violations





# **LEAGUE RULES**

## **LEAGUE SPECIFIC RULES**

- Defense: Full court defense will not be allowed
- Offense: No score will be given to a basket made on an opposing team's goal

## **DIVISION 1-3 SPECIFIC RULES**

- Defense: Man-to-man defense will be played at all times  
Full court defense will not be allowed  
Backcourt violations will not be called
- Fouls: A player committing two fouls in one segment must sit out the remainder of that segment
- Match-ups: Before each segment, players should line up at half-court to determine match-ups.  
Match-ups should be as equal as possible.
- Offense: Stalling will not be allowed  
No score will be given to a basket made on an opposing team's goal  
Non-shooting fouls will result in the ball being in-bounded from either the baseline or sideline  
All shooting fouls will result in two free throws

# ***DIVISIONS 1-3 BASIC RULES***

1. Referees lead both teams in prayer at center court before every game.
2. A coin flip or other impartial method determines which team receives possession first.
3. For jump balls, possessions will alternate.
4. The clock will run throughout the game, stopping only for predetermined substitutions, at the end of each segment, and at halftime.
5. At the end of each segment, including halftime, the team that receives the ball next is based on the direction of the possession arrow.
6. All coaches will adhere to the Trinity Sports Substitution Rules.
7. Teams switch goals at halftime.
8. Any game ending in a tie will remain a tie.
9. There are no timeouts.
10. Defensive players must stay within approximate arm's reach of the player they are guarding.
11. Double-teaming is not allowed.
12. Full court presses are not allowed. Defensive players may not guard their opponents in the back court.
13. A player committing two fouls in one segment must sit out the remainder of the segment. The next player in the rotation comes in as the substitute and is rewarded some extra game time. This does not change the normal rotation, as the fouled-out player does not reenter the game until they are next scheduled to do so.

# ***DIVISIONS 1-3 SUBSTITUTION RULE***

Each child will play at least two full quarters of basketball each game. Additionally, you are required to flip starters and bench players weekly (This means the 5 players you have on the bench at the start of the game on Week 1 are the 5 who start Week 2).

Below is an example of what the substitution rule looks like in practice:

Q1: Starter 1, Starter 2, Starter 3, Starter 4, Starter 5

Q2: Starter 3, Starter 4, Starter 5, Bench 1, Bench 2

Q3: Starter 5, Bench 1, Bench 2, Bench 3, Bench 4

Q4: Bench 2, Bench 3, Bench 4, Bench 5, Bench 6

Q5: Bench 4, Bench 5, Starter 1, Starter 2, Starter 3

Q6: Starter 1, Starter 2, Starter 3, Starter 4, Starter 5



# ***DIVISION 1 MODIFICATIONS***

The purpose of play in Division 1 is to help players learn basketball concepts and skills. During games, players will have an opportunity to correct mistakes listed below without penalty.

- Games consist of six, four minute segments. One minute is allotted for substitutions between segments.
- 3-second violations are not called. Referees will advise players of a potential violation but not penalize them.
- Coaches are allowed on the floor with players to instruct and encourage players. Coaches cannot interfere with play.
- Stealing the ball from the dribbler or off a pass is not allowed.
- A violation will be called for having two hands on the ball while dribbling, but this does not result in a turnover.
- A violation will be called for traveling, but this does not result in a turnover.
- A violation will not be called when a player shuffles feet while setting up for a shot.

# ***DIVISION 2 MODIFICATIONS***

The purpose of play in Division 2 is to help players develop skills while holding them to basic basketball rules.

- Games consist of six, six minute segments. One minute is allotted for substitutions between segments.
- 3-second violations are not called. Referees will advise players of a potential violation but not penalize them.
- One coach per team is allowed to walk the sidelines to encourage and instruct players. This coach should encourage and instruct players.
- Stealing the ball off a pass is allowed. Stealing the ball off a dribble is not allowed.
- Double dribble violation is called and will result in a turnover.
- Traveling violations will be called and will result in a turnover.

# ***DIVISION 3 MODIFICATIONS***

The purpose of play in Division 3 is to help players develop skills while learning to play as a team.

- Games consist of six, six minute segments. One minute is allotted for substitutions between segments.
- 3-second violations are not called. Referees will advise players of a potential violation but not penalize them.
- One coach per team is allowed to walk the sidelines to encourage and instruct players. This coach should encourage and instruct players.
- The clock runs continuously until the last two minutes of the game. The clock is stopped for fouls during the last two minutes of the game.
- Stealing the ball off a pass and dribble is allowed.
- Double dribble violation is called and will result in a turnover.
- Traveling violations will be called and will result in a turnover.
- 10-second violations are called for not crossing half court.

# ***DIVISION 4 MODIFICATIONS***

The purpose of play in Division 4 mirrors traditional middle school basketball game play.

- Games consist of four, six minute segments.
- The clock stops with each whistle blown.
- Overtimes are 2 minutes in length. If the game is still tied at the end of the first overtime, a second overtime will be played.
- Teams are allowed one 30-second timeout per half (1 per team per half)
- A jump ball is used to start the game and overtime period.
- Press defense is allowed in the back court at all time except if a team has a 15-point advantage. If a team has a 15-point advantage, basic half-court defense is played.
- All players are allowed five fouls each game. After the 5th foul is committed, the player is out for the remainder of the game.
- After the seventh team foul in each half, bonus free throws are awarded to the fouled team (1 shot)
- After the tenth team foul in each half, bonus free throws are awarded to the fouled team (2 shots)

# ***DIVISION 4 PLAYING RULES***

- Each athlete must play in both halves of each game.
- This allows flexibility in managing playing time for each coach based on the game situation while promoting fair game participation for all players.



# ***WEEKLY DEVOTIONS***



*Train up a child in the way he should go;  
even when he is old he will not depart from it.*

Proverbs 22:6 ESV

## **LEADING DEVOTIONS**

Devotions are one of the ways you get to help disciple your players this season. Each practice should start with a devotion. Below are some tips to help you as you lead devotions this season:

- Read the devotion before practice and pray God will guide you through leading it.
- As you prepare each week, think of examples you can share from your own life related to the devotion topic.
- Have everyone sit in a circle. The head coach and assistant coach should both also sit in the circle (spaced evenly amongs the players).
- Read the memory verse first. Have the kids repeat the memory verse with you.
- Read the devotion and ask discussion questions.
- Recognize some of your players may not yet know who God is or have a relationship with Him.
- Stick to the curriculum. All teams are using the same devotions each week.
- You don't have to have all the answers. If a player asks you something you're not prepared to answer, let them know you'll get back with them. Discuss concerns with the Director of Trinity Sports.
- End each practice letting parents know the personal development trait and verse of the week.
- Follow-up with families during the week. Ask if they've discussed the verse and/or devotion as a family.

# PRACTICE 1 DEVOTION

## VERSE

“Do all things without grumbling or disputing.” -Philippians 2:14 (ESV)

## PERSONAL DEVELOPMENT

Stop Complaining

## OPENING QUESTIONS

1. Have you ever been frustrated when your friends wanted to play a game you didn't want to play and instead of just enjoying being with them, you grumbled about having to play what **they** wanted to play?
2. Have you ever gone on a car ride and repeatedly asked your parents “Are we there **yet?**”

## LESSON

There's a word for that. It's called “complaining”. Did you know that God tells us in the Bible not to complain? Philippians 2:14 reads, “Do all things without grumbling or disputing.” Complaining is a sin. Sin is disobeying God's commands.

Instead of complaining when things aren't fun or going the way we want them to go, we need to trust God and enjoy the moment He has placed us in. Instead of focusing on being disappointed, sad, or bored and turning to complaining, we can thank God for providing us with opportunities we weren't expecting.

The next time you're frustrated when things aren't going your way, look for what you can be grateful for. That might look like:

“Thank you God for giving me friends who want to spend time with me.”

“Thank you God for allowing me to see things on this car trip I wouldn't have seen if I didn't get to spend so much time in the car.”

God loves you so much. He may not always give you everything you WANT, but He will always ensure you have what you need to live out the purpose He has for your life.

## DISCUSSION

1. What are some of the things in your life that you're thankful for?
2. How can we show gratitude this season to our teammates, members of the opposite team, and the referees?

## RECAP & WEEKLY TIMEOUT

God loves each of us. This week, if you find yourself focusing on all the things you wish you had, take a

# PRACTICE 2 DEVOTION

## VERSE

“You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.” - Luke 10:27 (ESV)

## PERSONAL DEVELOPMENT

Show Love to Others

## OPENING QUESTIONS

1. Have you ever seen someone being mean to someone else? Did you step in to stop it?
2. Has someone ever said something to hurt your feelings, and you said something back to hurt their feelings?

## LESSON

When we respond to things in anger instead of in love, we sin. In John 15:12, Jesus tells his disciples “This is my commandment, that you love one another as I have loved you.” Christians are people who strive to love others no matter how they’re treated. This means if you’re not trying to love others, you’re not following Jesus.

One example in the Bible of how God wants us to love is the *Parable of the Good Samaritan* found in Luke 10:25-27.

Coaches should read Luke 10:25-27 directly from the Bible.

## TEAM DISCUSSION

1. What’s one way we can show love to everyone?
2. How did Jesus show love to people who were mean to Him?
3. How can we show love this season to our teammates, members of the opposite team, and the referees?

# PRACTICE 3 DEVOTION

## VERSE

“Rejoice always.” -1 Thessalonians 5:16 (ESV)

## PERSONAL DEVELOPMENT

Find Joy

## OPENING QUESTION

1. Have you ever found yourself disappointed because things didn't go your way and instead of being happy about all the things that went right, you're focused on the things that made you sad?

*(Maybe you did bad on a test at school. Maybe you didn't win a basketball game. Maybe a friend moved away.)*

## LESSON

In life there will be moments where it's hard to be joyful. Whether it's from a bad grade at school, you got in trouble with your parents, or you're just generally feeling sad, joy can be a difficult thing for us to always have. The good news of the Gospel is that one day, people who have put their faith in Jesus will be in a place called Heaven, where we won't feel sad or cry, but instead feel joy forever. The reason for this joy is because Jesus, the source of joy, is there.

## DISCUSSION

1. How can we show joy even when things don't go our way?
2. What is Jesus done for us that gives us joy?
3. How can we show joy this season to our teammates, members of the opposite team, and the referees?

## RECAP & WEEKLY TIMEOUT

As Christians, we have hope of an eternal life with God. If you put your faith in Jesus to be forgiven of your sin, you can have this same promise of joy. In the moments where we feel sad, we should focus on the joy God has for us. This week, when you realize your heart isn't full of joy, take a “timeout” and praise God. Ask him to help you choose to fill your heart with joy and trust in His timing.

# PRACTICE 4 DEVOTION

## VERSE

"If possible, so far as it depends on you, live peaceably with all." -Romans 12:18 (ESV)

## PERSONAL DEVELOPMENT

Live in Peace with Others

## OPENING QUESTION

1. Have you ever been waiting in line to do something (*climb the slide, go to lunch, shoot a basket during practice, etc...*) and someone cut in front of you? How did that make you feel?
2. Have you ever had a brother/sister or a friend say something to you that made you mad and you started arguing about it?

## LESSON

It's really easy to get into an argument. But did you know fighting with others is a sin? Just like we make a choice to start an argument, we can also make a choice to respond with peace. The Bible tells us we are to do whatever we can to be at peace with others. Romans 12:18 reminds us, "If possible, so far as it depends on you, live peaceably with all."

Because of our sin, the Bible says we are enemies of God and under His wrath. Jesus, being fully God, came into the world, lived a perfect life, and took our punishment so we could have peace with God.

God calls us to do our part to live in peace with others. God's job is to judge others and punish them. Sometimes we think it is our job. So, if someone cuts in front of you in line, don't push them or yell at them or get angry. If you do, apologize for the way you reacted and ask for forgiveness.

## TEAM DISCUSSION

1. Why should we pursue peace even when we feel someone has done something wrong towards us?
2. What did Jesus do to give us peace with God?
3. How can we show peace this season to our teammates, members of the opposite team, and the referees?

## RECAP & WEEKLY TIMEOUT

God wants us to pursue peace with others. This week, when you recognize you're arguing or mad at someone, take a "timeout". Look for ways you can make peace and share the peace you have with God. If you do not have peace with God and you have questions about how to be at peace with God, I would be happy to talk with you about what that looks like.



# PRACTICE 5 DEVOTION

## VERSE

“Be patient, therefore, brothers, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, being patient about it, until it receives the early and the late rains.” -James 5:7 (ESV)

## PERSONAL DEVELOPMENT

Grow in Patience

## OPENING QUESTIONS

1. Have you ever tried to learn a new skill, but it was difficult, so you got frustrated and maybe even gave up? (Examples: Basketball skill, putting together a puzzle, learning to tie shoes, learning a new math skill, etc...)
2. Have you ever been really hungry at a restaurant waiting on your food to come, and you asked your parents or the waitress over and over again, “When will the food be ready?”

## LESSON

It’s hard to be patient. We all want to have what we want, when we want it. But God wants us to be patient and trust in His timing.

James 5:7 urges us to “Be patient, therefore, brothers, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, being patient about it, until it receives the early and the late rains.” Just like a farmer waits for crops to grow, we must wait on the Lord’s time to experience the blessings He has for us.

When we get impatient, we sin against God. Sometimes, we can try to take shortcuts and don’t do our best. Sometimes we can give up and miss out on the blessing God had for us by learning something new. Sometimes we can hurt other people by responding in frustration instead of love.

## TEAM DISCUSSION

1. Can you think of examples of things that have turned out badly when you were impatient?
2. When we aren’t patient, is God patient with us? How?
3. How can we show patience this season to our teammates, members of the opposite team, and the referees?

## RECAP & WEEKLY TIMEOUT

We should be patient with others because God is patient with us. This week, when you start to feel frustrated with something, take a “timeout”. Remember that God is patient with us and wants to help us show patience to others.

# PRACTICE 6 DEVOTION

## VERSE

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”  
-Ephesians 4:32 (ESV)

## PERSONAL DEVELOPMENT

Reflect God’s Kindness

## OPENING QUESTIONS

1. Has someone ever said something that hurt your feelings and you decided to avoid them or not to be friends with them anymore?
2. Can you think of a time when someone was really kind to you? How did that impact your day?

## LESSON

Nobody likes mean people, but we can all be unkind at times. Often we try to justify why we aren’t kind. We might believe someone else deserves unkind actions because they treated us poorly. We might be unkind because we want to fit in with others who are being mean, so we go along with their ways instead of God’s ways. But there is never a situation where God tells us it is okay to be unkind.

Ephesians 4:32 reads, “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

When you really want to respond to someone with unkindness, think of how God could punish you for your sins. Sin is disobeying God. Because of our sin, we are separated from God. Through His kindness, He offers you complete forgiveness when you put your faith in Jesus.

Did you know each of you are created in the image of God? He wants you to be kind to everyone and show forgiveness, not anger or pain, even if your feelings are hurt.

## TEAM DISCUSSION

1. How can you be nice to people who are mean to you?
2. How should God treat us because of our unkindness (sin)? How does He treat us instead? Why?
3. How can we show kindness this season to our teammates, members of the opposite team, and the referees?

## RECAP & WEEKLY TIMEOUT

God wants us to be good friends and to build relationships with others, and kindness is important to doing that. This week, pay attention to how kind you are to others. If someone makes you mad, take a “timeout” and ask God to help show you how to respond in kindness. Let people experience the love and kindness of Jesus through you.

# PRACTICE 7 DEVOTION

## VERSE

"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven." -Matthew 5:16 (ESV)

## PERSONAL DEVELOPMENT

Shine a Light of Goodness

## OPENING QUESTIONS

1. What do you think of when someone tells you "good job"?

*(You met your parents' expectations or maybe a standard your teacher set in school)*

2. How do you describe a "good friend"?

*(You can count on them. They're dependable. They make you feel good. They're honest.)*

## LESSON

We all have slightly different definitions of what the word "good" means. That's because Jesus said there is no one "good" but God. Sometimes we might think we are good if we have developed a skill. Sometimes we think we are good if we behave. But God's definition of the word "good" encompasses a lot more. He tells us in Matthew 5:16 to "let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

So far this season, we have talked about some of the ways you can shine the light of goodness. We have learned about the importance of showing love, joy, peace, patience, and kindness to others all the time. When people see us doing this, we glorify God and exhibit His goodness. Jesus says his followers are the light of the world. If we want to shine the light of goodness, we first have to decide to follow Jesus and receive His spirit so we can do these things. When people see us doing these things, we glorify God and exhibit His goodness.

Sometimes we may want to be cruel or unkind to someone, or we may even feel like we should look for ways to get even with them instead of ways to forgive them or bless them, but goodness is about doing what God wants us to do, not what we want to do.

## TEAM DISCUSSION

1. How can you learn more about the goodness of God so you can exhibit it to others?

2. Have you decided to follow Jesus?

3. How can we show goodness this season to our teammates, members of the opposite team, and the referees?

## RECAP & WEEKLY TIMEOUT

God created us to do good. Doing good may be difficult, but it is also rewarding because we grow more like Christ. This week, when you notice you're not exhibiting God's goodness, take a "timeout". Ask God to help you walk in goodness.

# PRACTICE 8 DEVOTION

## VERSE

“(Remind them) to speak evil of no one, to avoid quarreling, to be gentle, and to show perfect courtesy toward all people.” -Titus 3:2 (ESV)

## PERSONAL DEVELOPMENT

Respond in Gentleness

## OPENING QUESTIONS

1. Can you think of a time when someone was rude to you or hurt your feelings?

*(Pause and allow time for kids to answer. Be ready to give your own story if no one shares.)*

2. What are things in life you know you have to be gentle with?

*(Eggs, babies, animals, vases, fruit, things made of glass)*

## LESSON

Did you know that God also calls us to be gentle with people? In Titus 3:2, God reminds us “to speak evil of no one, to avoid quarreling, to be gentle, and to show perfect courtesy toward all people.” Gentleness is about how we treat others with our words, thoughts, and actions. It’s choosing to care for others the way Jesus did and loving others, even when they hurt us. Gentleness is the opposite of being rude, mean, or putting our own feelings before the needs of others. Speaking ugly of others and fighting with others is a sin, and God hates sin.

Jesus was gentle with all those He interacted with. Even though they were sinners, He desired for them to put their faith and trust in him. If we say we follow Jesus, this means that we must be gentle in the same way that He was.

## TEAM DISCUSSION

1. What are ways we can be more gentle to our siblings, friends, parents, and teachers?

2. Did Jesus speak poorly of the people who crucified Him? How can we follow His example?

3. How can we show gentleness this season to our teammates, members of the opposite team, and the referees?

## RECAP & WEEKLY TIMEOUT

We love others instead of trying to convince them to do what we want. We offer forgiveness and kindness when people hurt us instead of trying to hurt them back or ignoring them. This week, when you feel angry or upset, take a “timeout” and ask God to help you respond with gentleness in your words and actions.

# PRACTICE 9 DEVOTION

## VERSE

“Now faith is the assurance of things hoped for, the conviction of things not seen.” -Hebrews 11:1 (ESV)

## PERSONAL DEVELOPMENT

Have Faith in God

## OPENING QUESTIONS

1. When was the last time you worried about something?  
*(A test at school, making a shot at the basketball game, going to the doctor)*
2. Do you have a hero or role model in your life that you look up to?

## LESSON

The Bible is full of heroes we can look up to who had **faith** in God. Faith is not based on what we do or what we see, but who God is. Faith is the foundation of our relationship with God. Hebrews 11:1 defines it this way, “Now faith is the assurance of things hoped for, the conviction of things not seen.”

One of the heroes in the Bible who demonstrates great faith in God is David. David was a man after God’s own heart, and was one of God’s people. Goliath was a giant man who lived in disobedience to God and because of his disobedience, he was an enemy of God. Because of this, God had David fight Goliath. Goliath had a sword and a javelin and a spear. David was only armed with a wooden staff, five stones, and a slingshot. But David had something much bigger on his side. In 1 Samuel 17:45 David said to Goliath, “You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied.” In verse 47, he goes on to say “The Lord doesn’t save by using a sword or a spear. And everyone who is here will know it. The battle belongs to the Lord. He will hand all of you over to us.”

David had faith in God, and he defeated Goliath with his sling, a stone, and ultimately, that faith. If we say we have faith in Jesus, this means we believe we need someone to save us from our sins and that Jesus, in His life, death, and resurrection, did just that. As a result, we now try our best to live the way Jesus wants us to.

## TEAM DISCUSSION

1. How can David’s story help us trust in God’s strength instead of our own strength?
2. Have you placed your faith in Jesus?
3. How can you show faithfulness throughout your life to God?

## RECAP & WEEKLY TIMEOUT

Our faithfulness to God grows when we grow in our relationship with Him. Even if you can’t do it today, as you get older, you will be able to look back to see time where God was faithful to you. This week, when you notice you’re not being faithful to God, or when you have questions about who God is and what that means for your life, take a “timeout” and ask an adult to talk through faithfulness with you.

# PRACTICE 10 DEVOTION

## VERSE

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.” -Galatians 5:22-23 (ESV)

## PERSONAL DEVELOPMENT

Develop Self-Control

## OPENING QUESTIONS

1. What does it mean to have self-control?
2. Do you always have self-control?

## LESSON

As a person who never sinned, Jesus practiced self-control perfectly! In Matthew 4:11, Jesus is tempted three times by Satan. Each time, he rebukes Satan using scripture.

Coaches should turn in their Bibles to Matthew 4:1-11.

A lot of times self-control goes beyond just making ourselves do what is right and good. It also involves fighting against a desire or temptation to sin. We can follow Jesus' example of self-control by turning to scripture when we are tempted to sin.

This season we have talked about love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and today self-control. These are known as the fruits of the spirit and are found in Galatians 5:22-23 in our Bibles. The fruit of the Spirit includes different attitudes and actions that become more and more evident in our lives as we follow God.

## TEAM DISCUSSION

1. How can we follow Jesus' example in practicing self-control?

## RECAP

Satan will try to tempt us throughout our lives to live in sin. He will encourage us to do things that go against the Bible. My hope is that you will choose to live a life that honors God. For some of you, this means placing your faith in Jesus for the first time and deciding to follow Him. For others, it looks like living out the Fruits of the Spirit we have been talking about all season through the Holy Spirit who lives in you.



# ***DRILLS & PRACTICES***

# TIPS FOR PRACTICES

- **Be prepared and start on time.**

Plan an outline for your practice and read the devotional page ahead of time. Start and end your practices on time.

- **You're coaching children.**

The skills you learned in high school or college, or skills you've seen on television, took players years to develop. Depending on the age you're coaching, this may be your players first time ever playing basketball. Don't attempt to replicate what high school, college, and professional basketball coaches use in their practices.

- **Encouragement is important.**

Remind kids to not be discouraged if they mess up. Mistakes mean we're growing as players.

- **Model Christlike behavior and good sportsmanship.**

Teach your parents and players the goal is not to win but instead to grow in athletic skills and abilities. If you model Christlike behavior and good sportsmanship, your kids should reflect that.

- **Get to know your players and their families.**

You have an opportunity to disciple your players and their families this season. Make sure you're keeping in contact with parents weekly to see how things are going at home. Ask your students and parents how you can pray for them.

- **Select age appropriate drills and mix-in lots of fun.**

The drills and ideas shared in this guidebook are not all appropriate for all divisions. They are given as ideas to help you develop a practice outline. Find drills that work for your team and age group. Most of your players primary reason for playing is to have fun. Incorporate games into practice wherever possible.

- **Keep it simple.**

Kids have short attention spans. Keep instructions for drills short and simple.

- **Show them how to do the drills.**

Drills are easy to do but can be complicated to understand. Always demonstrate how to do the drill. Focus on helping those needing the most help during drill practice.

- **Keep your players practicing.**

Keep your players as active as possible by keeping them on the court during practice. When kids have idle time, they not only find ways to get into trouble, but they also lose the opportunity to grow as athletes. Dividing younger kids into two groups led by both coaches can help keep them busy and focused on the drill.

- **Teach fundamentals at every practice.**

Every practice should include drills on dribbling, shooting, passing, and ball handling.

- **Start and end in prayer.**

Start every practice with prayer and a devotional, and end every practice in prayer. Allow your players to lead the opening and closing prayer.



# WARM-UPS

## Arm Circles

Hold arms out standing in a T and circle them for 30 seconds.

## Shoulder Circles

With arms by your side, lift your shoulders and take them back down, creating a circular motion. Repeat for 15 seconds.

## Jumping Jacks

Stand naturally. Then, jump into a spread-leg position and swing your arms above your head. Jump again, bringing your legs together and your arms back to the starting position. Repeat until you complete the exercise.

## Knee Hugs

Players should walk forward and use their arms to physically hug their knee up to their chest on each step

## Over the Fence

Players should face the opposite direction from where they will be traveling. They should then lift one knee up as high as they can, and rotate the knee backward as though they are trying to step over an imaginary fence behind them. Alternate legs, traveling backwards for the duration of the exercise.

## Side Hops

With feet together, jump from one side of an imaginary line to the other. Or hop on one foot and switch back and forth.

## Side Slide

With feet a little wider than shoulder-width apart and staying low to mimic a defensive position, players should step with their lead leg and push off with their plant leg. Feet should always be at least 6 inches apart.

# STRETCHES

## Quad Stretch with a Lean

Lift one leg and grab your foot, pulling your heel to your hip. You'll feel a stretch in your quad, the front of your thigh. Lean your torso forward, as parallel to the floor as you can. This works your balance and gives more stretch in your hip flexor, or the front of your hip. Return to an upright position and take three steps forward. Repeat sequence on the alternate leg.

## Stork Stand

Players will stand on one leg, then pull their other heel toward their butt by the ankle. Players will hold this position for 15 seconds, then alternate legs.

## Straight Leg Skips

In a standing position, kick your leg out in a skipping motion, extending your leg fully to feel a stretch in your hamstring. Alternate leg kicks with each step. Move slowly, and work your way up to higher kicks until your leg is almost parallel to the floor with the thigh at the top.

## Lateral Bounds

Stand on your right foot with your knee up. Using only the right leg, jump to the left side landing on the left foot. This will help with glute activation and ankle & knee stability.

## Defensive Slide

Players will face the side for this stretch and mimic a defensive fundamental. Feet should begin a bit wider than shoulder-width apart. Players will push off of their back foot and lead with their front leg to move forward and slide down the court. While players are performing this, their feet should never touch, or even come within six inches of each other.

## Toe Touch

Players will stand with their feet together. Keeping their legs straight, players will bend at the waist and reach as far down as possible toward the toes. Players should hold this for 15 seconds, then repeat.

# BALLHANDLING DRILLS

## Ballhandling Circuit

- Purpose: Warm-up and ballhandling
- Drill Setup: Each player has a ball and 3-5 feet of space around the player.
- How it Works: Coach takes the players through a series of ballhandling drills: Players move ball around the head. Then around the waist. Then around both legs. Then around each individual leg. Repeat each variation for 30 seconds, then repeat going in the opposite direction.

## Corkscrew Ballhandling

- Purpose: Ballhandling
- Drill Setup: Start holding the ball with two hands at about ankle length.
- How it Works: Start wrapping the ball around your ankles, then slowly begin to move up to the knees. Wrap the ball around your hips. Then up around your head and shoulders. Go back down to your ankles doing the same thing in the opposite direction.

## Pirates & Parrots

- Purpose: Ballhandling, Focus
- Drill Setup: Divide into groups of two, each player needs a ball.
- How it Works: Players determine who is the pirate (leader) and who is the parrot (copier). When the coach yells “go”, the pirate immediately starts performing stationary dribbling moves or ball-handling moves. The parrot must keep their head up and do their best to mimic exactly what the pirate is doing. Every 30 seconds the coach yells ‘Switch!’ and the players swap roles.

## Red Light Green Light

- Purpose: Ballhandling
- Drill Setup: Everyone starts at the baseline with a ball.
- How it Works: When the coach says ‘green light’, players start to dribble and walk. When the coach says ‘red light’, the player stops. This is not a race. When ‘red light’ is said, players should pick-up their dribble. As the level of play increases, different variations might include using opposite hands, or any errors in dribbling having the player to go back to start.

## Sharks and Minnows

- Purpose: Ballhandling, Heads-Up, Offense
- Drill Setup: All players have a basketball and line up along the baseline as minnows. The coach(es) is the shark(s).
- How it Works: The shark yells “go” and the minnows attempt to dribble from one side of the court to the other without getting tagged by the shark(s). If a shark does tag them, they must stand in the spot they were tagged, place the basketball between their feet, and becomes a “baby shark”. If a minnow comes within reach of a “baby shark”, the baby shark can tag the minnow to get them out. The last minnow that hasn’t been tagged is the winner. If a minnow makes a dribbling violation, they also become a baby shark. Baby sharks have to keep the ball between their feet at all times.

# DRIBBLING DRILLS

## Cone Crossover Dribbling

- Purpose:** Dribbling, Speed, Direction
- Drill Setup:** Set up 5-10 cones in a line roughly one large stride apart
- How it Works:** Beginning at one end, have players move through the cones, zig-zagging back and forth between each one, while dribbling the ball. Players should switch hands each time they go through a cone.
- Advanced:** For older players, beginning at one end, move through the cones, zig-zagging back and forth between each one, while performing a series of dribble moves. Dribble the ball through legs from one hand to the other, while changing direction between each cone.

## Dribble Tag

- Purpose:** Dribbling, Speed, Direction
- Drill Setup:** Use the entire practice area. Designate one person as “It”
- How it Works:** The player who is “it” must try to tag the other players by touching their basketball. The players being chased can only move while dribbling the ball.

## Figure Eight Dribbling

- Purpose:** Dribbling, Dominant & Non-Dominant Hand Control
- Drill Setup:** Place two cones on the ground to form a figure-eight pattern. Have all players line up behind the cones, with one ball.
- How it Works:** One at a time, players should dribble the ball through the “8” shape, moving around each cone in a fluid motion. Players should use their right hand to start the drill and switch to their left hand when they go around the cone.

## V Dribbling

- Purpose:** Dribbling, Dominant & Non-Dominant Hand Control
- Drill Setup:** Players line up anywhere on the court. Coach stands in front of them.
- How it Works:**  
Front V Dribble  
Using only your right hand, dribble the ball from side to side in the shape of a ‘v’ in front of your body. Repeat using only your left hand.  
Side V Dribble  
Using only your right hand, dribble the ball backwards and forwards beside your body in the shape of a ‘v’. Repeat using only your left hand.

## Yo-Yo Dribbling

- Purpose:** Dribbling, Back and Front Crossover
- Drill Setup:** Players line up anywhere on the court. Coach stands in front of them.
- How it Works:**  
Side to Side Yo-Yo:  
Using the right hand only, dribble the ball back and forth in front of the body, going from side to side. Repeat for 30 seconds then switch to left hand.  
Front to Back Yo-Yo:

# PASSING DRILLS

## **Bounce Pass**

**Purpose:** Passing, Catching, Communication  
**Drill Setup:** Divide into groups of two, with one ball per group.  
**How it Works:** Have a row of players on each side of the free throw line (or 12 feet apart). Hold the ball in both hands, chest high. Step forward, extending arms and snapping wrists to throw the ball forward and down into the floor, to bounce it to your teammate. Finish with your arms in front and your thigh high.

## **Chest Pass**

**Purpose:** Passing, Catching, Communication  
**Drill Setup:** Divide into groups of two, with one ball per group.  
**How it Works:** Have a row of players on each side of the free throw line (or 12 feet apart). Hold the ball in both hands, chest high. Step forward, extending your arms and snap your wrists to throw the ball in a straight line to your teammate's chest. Finish with your arms in front, chest high.

## **Flick Pass**

**Purpose:** Passing, Catching, Communication  
**Drill Setup:** Divide into groups of two, with one ball per group.  
**How it Works:** Player with ball passes to the other player. They take turns passing the ball back and forth using a flick pass, snapping the wrist and releasing the ball with one hand. Start with the right-hand flick pass, then move on to the left-hand flick pass.

## **Overhead Pass**

**Purpose:** Passing, Catching, Communication  
**Drill Setup:** Divide into groups of two, with one ball per group.  
**How it Works:** Have a row of players on each side of the free throw line (or 12 feet apart). Bring the ball directly above the forehead. With both hands on the side of the ball, aim for teammate's chin. Follow through with the arms directing towards the teammate.

## **Triangle Pass**

**Purpose:** Passing, Catching, Communication  
**Drill Setup:** 3 Players grab a ball and form a triangle  
**How it Works:** One player counts out "1, 2, Pass!" and simultaneously all 3 players will make a bounce pass to the player to their left. Players repeat, continuing to pass to their left. After a couple of minutes, have players switch directions, and pass to their right. Have players work on chest passes, flick passes and overhead passes.

## **5 Passes & a Shot**

**Purpose:** Passing, Catching, Communication, Teamwork  
**Drill Setup:** Place 4 players at different positions down the court with a 5th player to start the drill.  
**How it Works:** Players must complete five good passes (no dribbling down the court) before a shot can be made.

# SHOOTING DRILLS

## Around the World

- Purpose:** Shooting Ability,
- Drill Setup:** Set up four circles around the basket (inside key, left-wing, right-wing, and top of key).
- How it Works:** Assign each circle a specific shot. Start by having your kids attempt each shot until they make seven shots in a row from one spot before moving on to the next circle and shot combination.

## Bank Shot

- Purpose:** Shooting Ability, Form
- Drill Setup:** Divide the team up into however many goals are available, being sure not to get in another team's space.
- How it Works:** Everyone line up at the baseline of the goal (use as many goals possible, and do two stations on each goal if desired). The player will stand on the block, practicing how to "post up". Upon catching the ball, the player will turn towards the basket. Aim for the square on the backboard. Each person will shoot five bank shots (shoot five, then rotate).

## Basic Free Throw

- Purpose:** Shooting Ability, Form
- Drill Setup:** Divide the team up into however many goals are available, being sure not to get in another team's space.
- How it Works:** Each person will shoot ten free throws while the other people in the group rebound and pass back to them. Do five shots and then rotate. Everyone should attempt the same amount based off how many times the coach(es) decide on (5 each, 10 each, 15 each, etc.) If desired, how two stations on each goal (one on left block, one on right block)

## Free Throw Sprints

- Purpose:** Shooting Ability, Form, Stamina
- Drill Setup:** Everyone lines up at the baseline
- How it Works:** After everyone is lined up at the baseline, select the first person to shoot a free throw. The coach may want to shoot it first as an example. If the person makes the free throw, everyone cheers and the next person is up. If the person misses the free throw, everyone runs from the baseline to halfcourt and back (or a coach-selected area, being respectful of other teams practicing). Once everyone returns to the baseline, the next person is up. Go until everyone has shot a free throw twice.

## Knockout

- Purpose:** Shooting Ability, Form
- Drill Setup:** Players start at the free throw line, each with their own ball.
- How it Works:** The first person attempts their shot. If they make it, they go to the back of the line. If they miss the shot, they must retrieve the ball and make a layup before the next person in line makes their free throw. If they cannot make the layup in time, that person is out. The last person standing wins.

# OTHER DRILL RESOURCES



## **Jr. NBA**

**Website:** [Youtube.com/@jrnba](https://www.youtube.com/@jrnba)

*The Jr. NBA is the NBA league's youth basketball participation program that teaches the fundamentals and values of the game at the grassroots level to help grow and improve the youth basketball experience for all. Their YouTube channel has videos of drills designed specifically to teach kids how to improve their basketball skills.*



## **Bull in the Ring**

**Website:** [Youtube.com/playlist?list=PLiQ6mPr6GDfcdB4fgUNBlxisDBBnMHoVk](https://www.youtube.com/playlist?list=PLiQ6mPr6GDfcdB4fgUNBlxisDBBnMHoVk)

*Fun Youth Basketball Drills For Kids is exactly what it says. OzSwoosh head coach Craig Rowe, helped by OzSwoosh Academy athletes and assistants share some fun basketball games to help beginner basketball coaches engage and teach youth basketball players.*



## **OneUp Basketball**

**Website:** [Oneupbasketball.com/youth-basketball-drills-for-beginners/](https://www.oneupbasketball.com/youth-basketball-drills-for-beginners/)

*One Up Basketball helps young basketball athletes improve their SKILLS and ATHLETICISM by providing online training videos, tools and solutions! Their website has several free drills for coaches to use along with videos for how to do the drills.*



## **Breakthrough Basketball**

**Website:** [Breakthroughbasketball.com/drills/kids-youth.html](https://www.breakthroughbasketball.com/drills/kids-youth.html)

*Breakthrough Basketball was founded by brothers Joe and Jeff along with their father, Dennis. The trio offers over 300 camps across the United States to go along with dozens of eBooks and DVDs available for basketball coaches, players, and parents. Their website has several free drills and games for coaches to use along with videos for how to do the drills.*



## **Basketball for Coaches**

**Website:** [Basketballforcoaches.com/basketball-drills-and-games-for-kids/](https://www.basketballforcoaches.com/basketball-drills-and-games-for-kids/)

*Basketball for Coaches is a website created by Trevor McLean with a mission to help coaches improve their coaching abilities and knowledge of the game. "My mission is to have the same positive impact on the next generation of players that my coaches and teammates had on me."*



## **Mojo Coaches Blog**

**Website:** [Mojo.sport/coachs-corner/10-best-basketball-drills-for-8-year-olds/](https://www.mojo.sport/coachs-corner/10-best-basketball-drills-for-8-year-olds/)

*MOJO is on a mission to make youth sports fun again — one kid, one coach, one family, one team at a time. The blog on their website has ideas for drills and games you can play with kids.*

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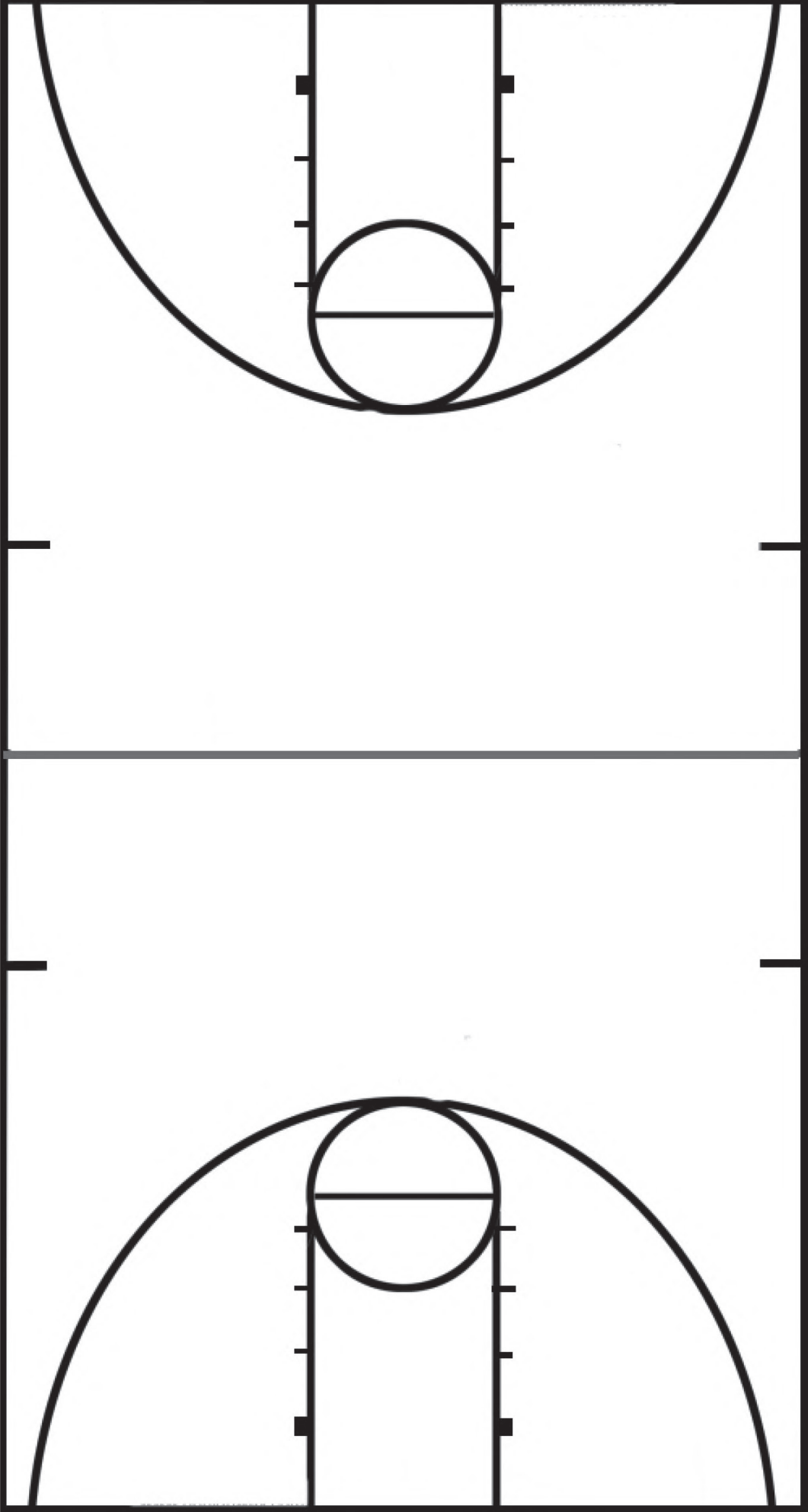
# PRACTICE AT A GLANCE

Practice Week	Devotion 10 Minutes	Warm-Ups 5 Minutes	Drills 25 Minutes	Scrimmage 5 Minutes
1	Stop Complaining			
2	Show Love to Others			
3	Find Joy			
4	Live in Peace			
5	Grow in Patience			
6	Reflect God's Kindness			
7	Shine a Light of Goodness			
8	Respond in Gentleness			
9	Have Faith in God			
10	Develop Self-Control			

DATE: \_\_\_\_\_

VERSE: \_\_\_\_\_

PERSONAL DEVELOPMENT



TIME	DRILL OR ACTIVITY





# ***GAME DAY RESOURCES***

# ***SUBSTITUTION PLAN***

Player's Name	First Half			Second Half		
	Seg. 1	Seg. 2	Seg. 3	Seg. 4	Seg. 5	Seg. 6

## **Player or Team Improvement Plan Notes**

# GAME DAY REMINDERS

## Pre-game

- Coaches should arrive at least 15 minutes prior to the start of their game for warm-up.
- Gather all of your players in one area in the mezzanine so you can take the court as soon as it becomes available for your team.
- Your players can begin doing stretches while waiting in the mezzanine.
- Make sure all of your players have a bottle of water for the game.
- Prior to the start of the game, have a pre-team meeting.
- Divisions 1-3 should line starting players up for the match-up when asked to do so by the referees. Make sure your players understand what the match-up means and who to guard.

## Start of Game

- Praise kids throughout the game and encourage them.
- Look for positive moments for each kid and make a big deal out of them.
- Keep calm when mistakes happen and use them for teaching moments.
- Treat players on both teams, referees, and the other coaches with respect and model Matthew 22:37-39 ESV which reads, *“And he said to him, ‘You shall love the Lord your God with all your heart and with all your soul and with all your mind. 8 This is the great and first commandment. 39 And a second is like it: You shall love your neighbor as yourself.’”*
- Treat

## Halftime

- During halftime, take your kids into the locker room and encourage them. Allow them to rest.
- This is a good time to ask kids if they remember their memory verse and to reinforce the lesson from the weekly devotional.
- Let the kids know who the starters will be for the second half of the game so they're ready for match-up when you return to the court.
- Pray with the kids before going back out on the court.

## End of Game

- After the game is over, both teams should lineup for after-game handshakes/high-fives. Teach players to say “nice game” as they shake hands.
- Have players clean-up their bench area and make sure they take water bottles and personal basketballs home with them.
- Hold a brief team meeting where the coach gives a pep talk to the team. Praise players for the positives demonstrated during the game.

# WORDS TO COACH BY



**“For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.” -1 Timothy 4:8**



**“I can do all things through him who strengthens me.”  
-Philippians 4:13**



**“The heart of man plans his way, but the Lord establishes his steps.” -Proverbs 16:9**



**“Know well the condition of your flocks, and give attention to your herds, for riches do not last forever; and does a crown endure to all generations?” -Proverbs 27:23-24**



**“Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.” -Philippians 2:3**



**“Giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ,.” -Ephesians 5:20**