



COACHES CLINIC



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Feb 16, 2025

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Journey League- The Mission

Use the game of basketball to positively enhance the physical and social well-being of teens and young adults with differing abilities.

Guiding Principles

Provide a consistently reliable unifying, safe and inclusive place for members of this community to play basketball, get physically active, and make new friends.

Culture

Our program stands for acceptance, teamwork, skill development and fun. Bringing together a community that goes *beyond* basketball.

Why Basketball?

Doesn't Have to be Basketball

- Could accomplish goals through football, hockey, lacrosse, jai-alai

Best Logistical Fit

- No rain-outs
- Space for constant movement
- Interactive nature of the game fosters the friendship/social aspect

Founders Played and Coached Basketball

- NOT a requirement, but experience helps using basketball as the analogy
- The primary goal isn't to win basketball games or make player better dribblers/shooters
- Our goal is to help players see something in themselves that they did not see at first, and to give them the confidence to be brave enough to seek their highest potential

Journey League

FUN

CONSISTENCY

SOCIAL

UNIFYING

SAFE

EXERCISE

IMPROVEMENT

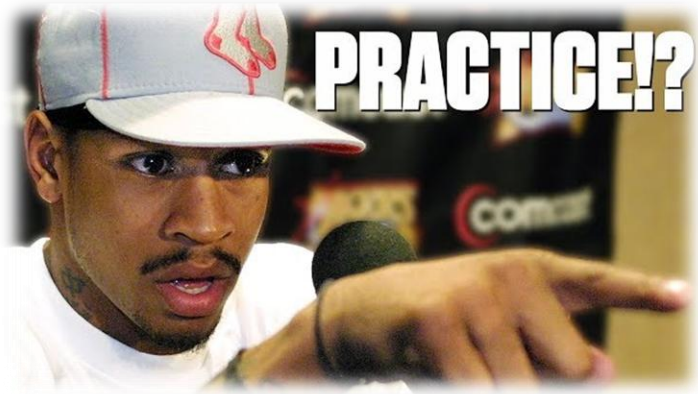
TEAMWORK

Religion

Politics

Fundraising

Quit



Yes, Practice!

Suggested Schedule:

- 1. Set Up/Check In**
- 2. Stretch/Warm Up**
- 3. Sprints**
- 4. Dribbling/Passing Drills**
- 5. Agilities**
- 6. Dance Party!**
- 7. Group Drills**
- 8. Introductions**
- 9. Game**

Practice Schedule- Set Up/Check In

6:15 – 6:35

Name Tags and Attendance

- 1 to 2 coaches working check-in table with current season roster
- Apply name tag to player and move swiftly to court
- Volunteer coach sign-in

Shootaround and Socialize

- Majority of coaches interacting with players on the court
- Players socializing with players/coaches is just as important as practicing shots!

Best Practices

- Introduce new players to a few individual players/coaches
- Test phone-to-speaker Bluetooth connection
- Opportunity for 1:1 coaching during shootaround
- At huddle/breakdown: announce birthdays, new coaches/players, set the tone

Practice Schedule- Stretch/Warm Up

6:35 – 6:40

Line Up for Stretching

- Players spread out across roughly half the court
- 3 to 6 coaches lead the stretching
 - Example: Arm Circles, Trunk Twist, Jumping Jacks, Lunges, High Knees, Butt Kickers, etc.
- Roll for Burpees

Defensive Sliding

- 1st whistle: slap the floor, “DEFENSE!” → 2nd: chop feet → 3rd: slide/block shot
- Loose ball, everyone hit the ground

Best Practices

- All other coaches help players line up and focus on coaches
- “If ya don’t stretch, ya don’t play”
- Instruct all players on the Ready Position before defensive slides

Practice Schedule- Sprints

6:40 – 6:45

Shoot for Sprints

- All players line up across base line
- Decide who shoots for sprints
 - Could be new players, or visiting volunteers, coaches, parents, players with birthdays that month, etc.
- If players shooting: 1 sprint for each miss. If non players: 1 sprint for each make

Best Practices

- Line players up, grouped by color code
- Safety first: instruct players to keep eyes up while “running”
- A few coaches along baseline, a few running with players
- Slowing down is not quitting

Practice Schedule- Dribbling Drill

6:45 – 6:50

Dribbling Drill: Dribble down court with right hand, dribble back with left

- All players line up by color code at base line
- At least 1 coach leading each line, with 2 basketballs
- 1 coach at midcourt: stationary defender

Best Practices

- Mix red/green players, and blue/yellow/pink players to balance lines
- Before drill starts: instruct/demonstrate “eyes up/ball low”
- Safety first: only 1 player goes at a time
- Assign 1+ coaches at each line to keep layers in order, no sitting, etc
- Red/Green group: Next player up dribbles in place
- Blue/Yellow/Pink group: Provide individual coaching with a player in line

Practice Schedule- Passing Drill

6:50 – 6:55

Passing Drill: Players pair up and pass/shuffle up and down court

- Immediately follows Dribbling Drill: no change in player's lines or coach's positions
- Bounce pass and/or Chest pass

Best Practices

- Spacing on the court is important, remove obstacles
 - May need to pair Red group with Green group to save space
- Safety first: only 1 pair at a time going up/down court to avoid collisions
- Instruct/demonstrate “hands out and ready” and “watch your hands catch the ball”
- Do not pair a strong passer with a weak catcher
- Red/Green group: Next pair up passes in place, see which pair completes the most
- Blue/Yellow/Pink group: Sometimes going to half-court and back allows for more turns
- A coach can always jump in and run this drill with a player

Practice Schedule- Agility Drill

6:55 – 7:00

Agility Drill

- Players line up across baseline
- Pick 1 or 2 players to demonstrate the drill
- From baseline to foul line: hop like a bunny
- From foul line to half court: crawl like a bear
- From half court to other foul line: slide like a slippery sloth (as described by Coach Mike)
- From foul line to baseline: run like a cheetah

Best Practices

- If high number of players, send in waves
 - Wave 1 goes past foul line, then Wave 2 at the baseline begins the hop drill
- Remind players to remain under control, especially during bear crawl
- “Mirror” the agility stages for some players on blue/yellow/pink

Practice Schedule- Water Break/Dance Party

7:00 – 7:10

Water Break

- Make sure each player rests for a bit and drinks plenty of water
- Bathroom breaks should be monitored reasonably

Dance Party!

- Time usually allows for 1, maybe 2 songs
- Be mindful of the song selection and volume

Best Practices

- Wide range of enthusiasm for dancing: not every player will dance, and that's OK
- Conga line is a good way to get players (and coaches) moving
- Allowing a player to pick a song for the dance party is unwise



Practice Schedule- Group Drills/Water Break

7:10 – 7:25

(see Breakout Session slides)



Practice Schedule- Introductions and Game

7:30 – 8:00

Player Introductions

- Players line up along baseline or sideline, family/friends form a fan tunnel
- Coach or player announces each player's name (via mic/speaker if available)
- Each player runs through tunnel, then meets at half court for break down before the game

Game

- Red and Green on one half of the court, Blue/Yellow/Pink on the other

Best Practices

- Balance ability levels across teams, use reversible uniforms when possible
- Remind players to apply what they just learned in drills in the game
- No full court press! No rough play/hard fouls! Common sense rules enforcement
- Every player gets to take at least 1 shot
- Substitute every 5-7 mins
- Celebrate sportsmanship and unselfish play over made baskets (the crowd cheers those)



Group Drills
Breakout Session

Semicircle Pass Rotation and Shooting Drill

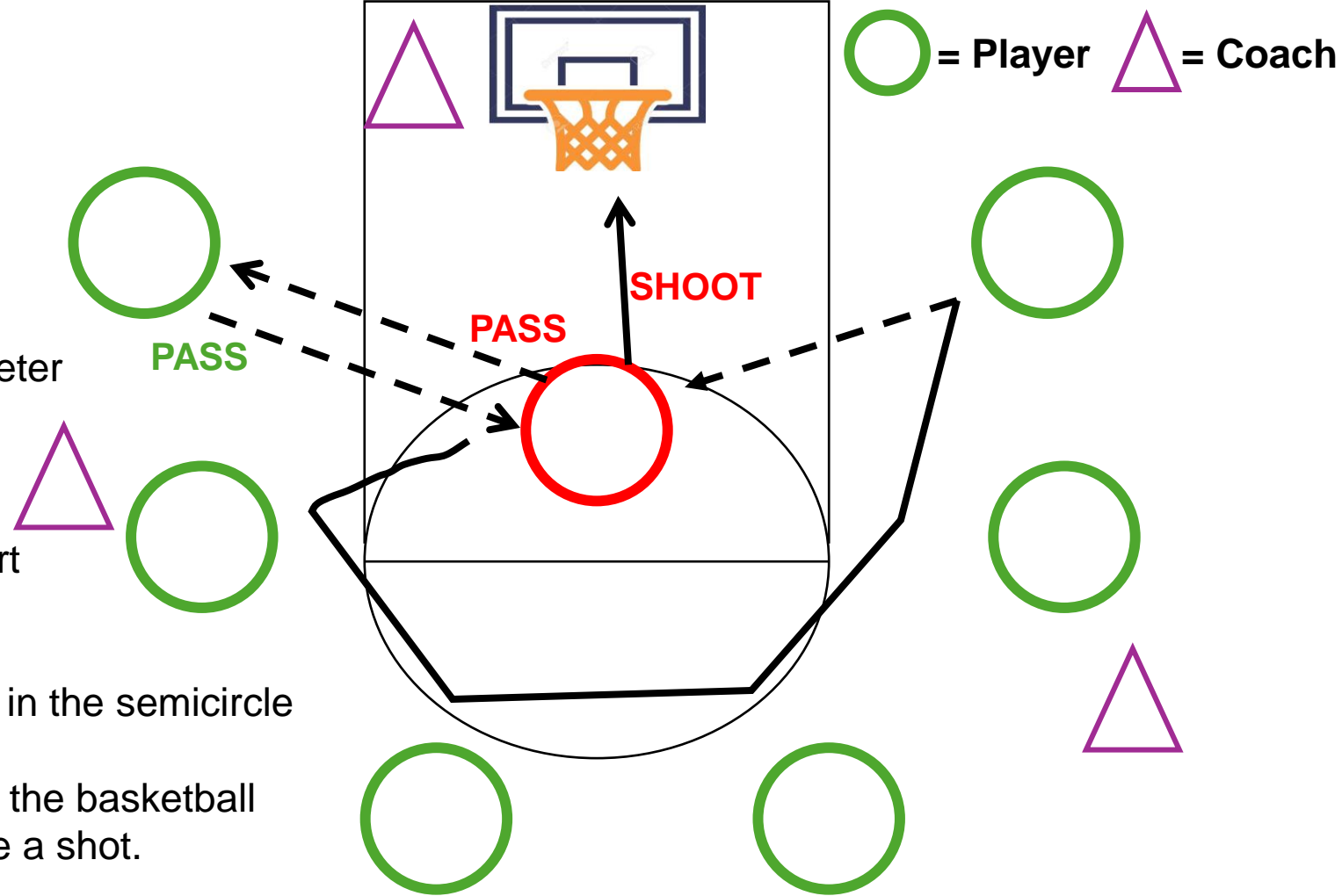
○ = Player △ = Coach

The Set Up: (red/green group)

- 1 player in the middle with ball
- All other players in a semicircle facing middle
 - ✓ Use dots/cones to align players
- 1 coach under basket, other coaches on perimeter

The Drill:

- Coach says go and starts timer
- Player in the middle passes to player at the start of the semicircle, and that player passes back to the player in the middle
- Player in middle rotates passing to each player in the semicircle
- When the player in middle has passed once to each player in the semicircle, they can shoot the basketball
- Player in middle keeps shooting until they make a shot.
- Coach stops timer as soon as shot is made.
- The player at the end of the semicircle moves to the “player in the middle” spot, all players in the semicircle rotate to their right, and the player in the middle moves to the player at the start of the semicircle.
 - ✓ A coach should demo this to the players first by being in the middle. Coach’s time is the “time to beat”
 - ✓ If a player beats the coach’s time, the coach does a push up (or something). If not, all the players do a push up.
 - ✓ Variation: split group into 2 even teams. 1 player in middle with ball, the rest in a *full* circle around them. Middle player passes around until everyone catches and passes back. Player in circle sits down after they pass back. 1st group to have everyone sit down wins



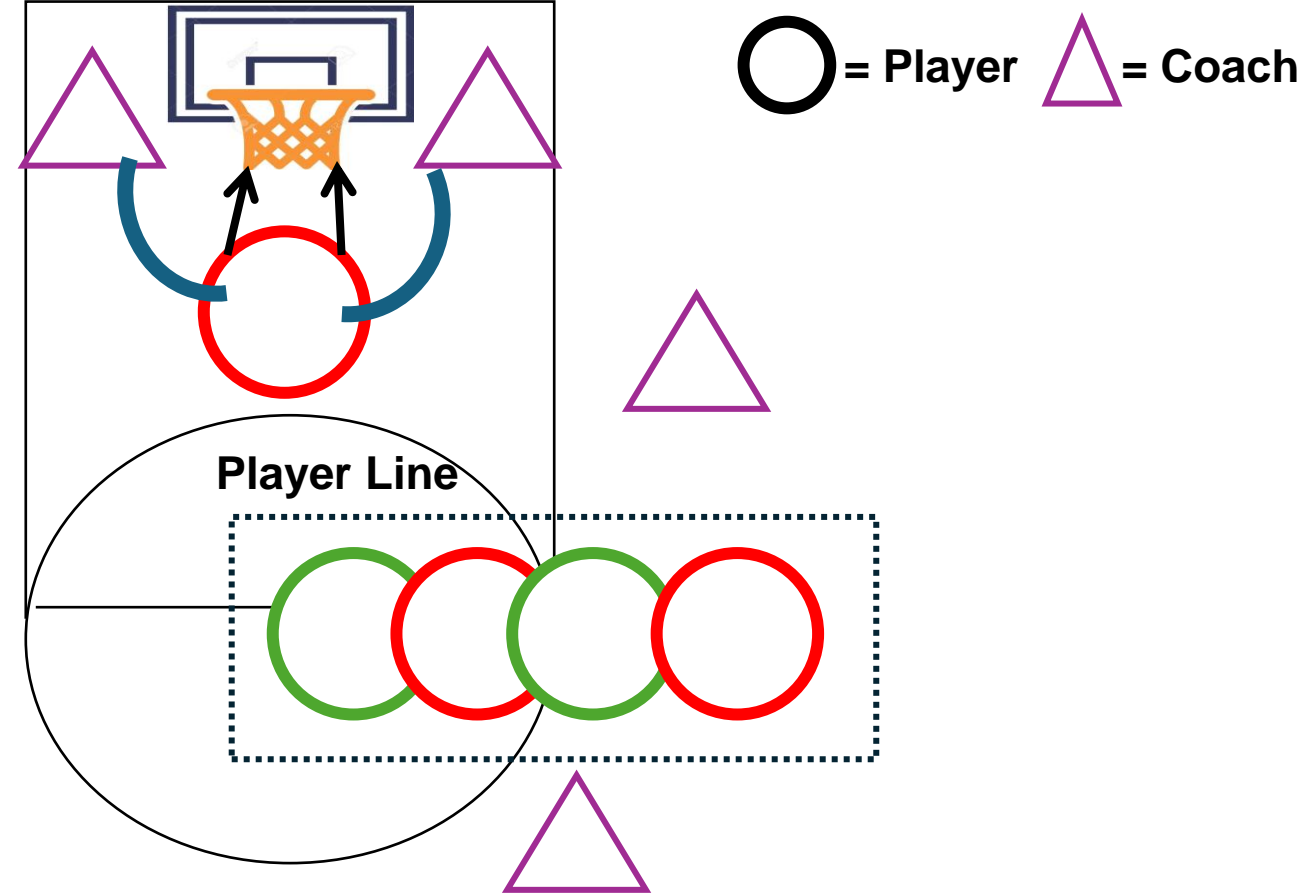
Shoot Through the Foul Drill

The Set Up: (red/green groups)

- 1 line of players near the foul line
- 1 basketball
- 2 coaches under the basket, each with a pool noodle
- 1 coach monitoring the player line
- 1 coach floating to help rebound if needed

The Drill:

- 1st player in line steps close to the hoop with a basketball
- Coach yells Go and the player starts shooting close range “under the basket” shots
- The coaches with the pool noodle gently “foul” the player as they take their shots
- Each player has 30 seconds to make as many shots as they can
 - ✓ Instruct players to keep moving their body forward towards the basket
 - ✓ Instruct players to keep their eyes on the hoop, not the noodles
 - ✓ If you have time, let each player have a turn “fouling” a coach with the pool noodles

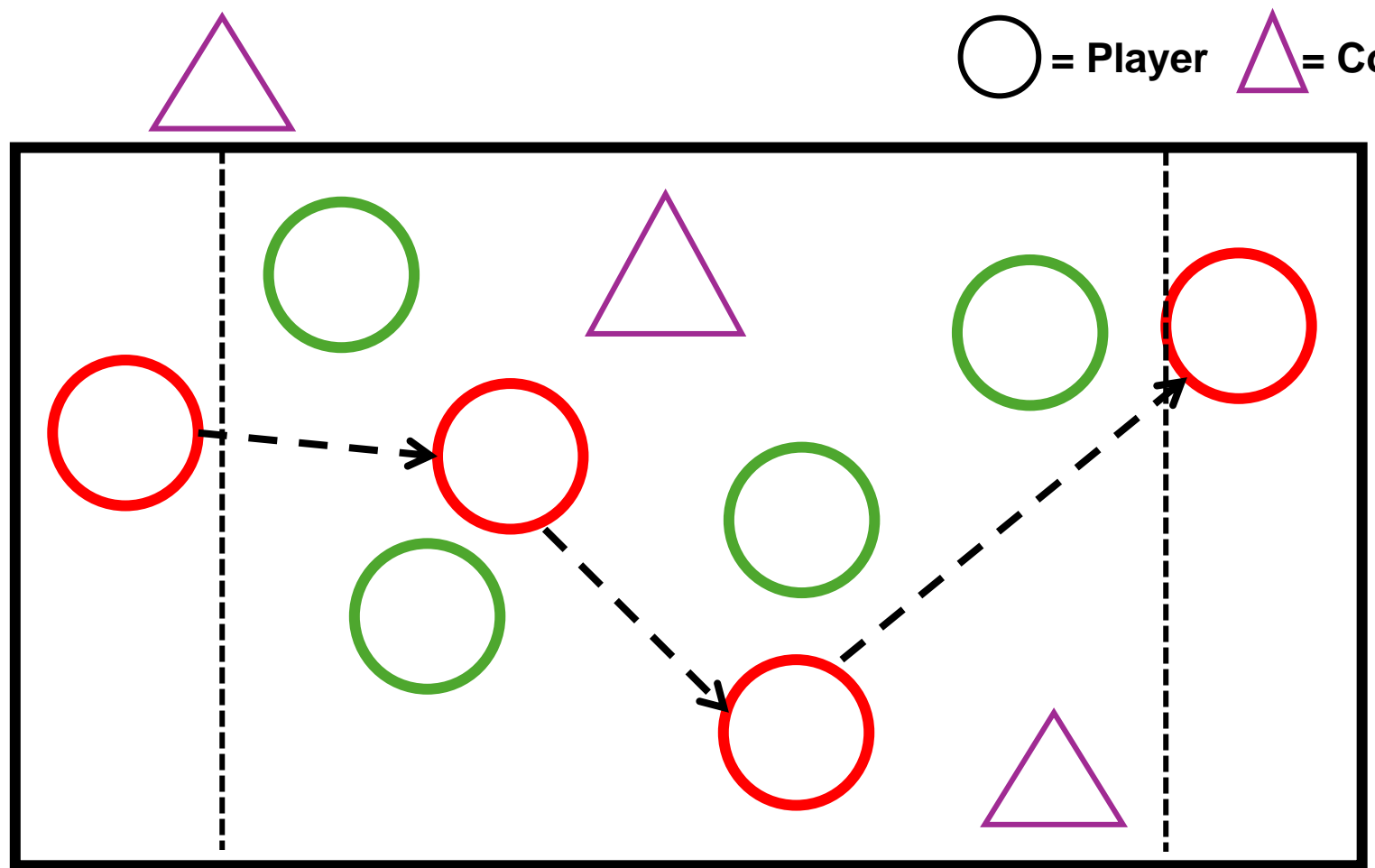


“Touchdown” Passing Drill

○ = Player △ = Coach

The Set Up: (red/green groups)

- Set a wide boundary and “goal line”
 - ✓ Use cones/dots
- 1 basketball
- Half the players line up in one endzone (Team A)
- Other half in opposite endzone (Team B)
- Coaches lined up as referees



The Drill:

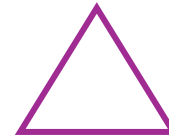
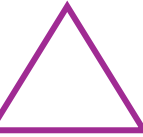
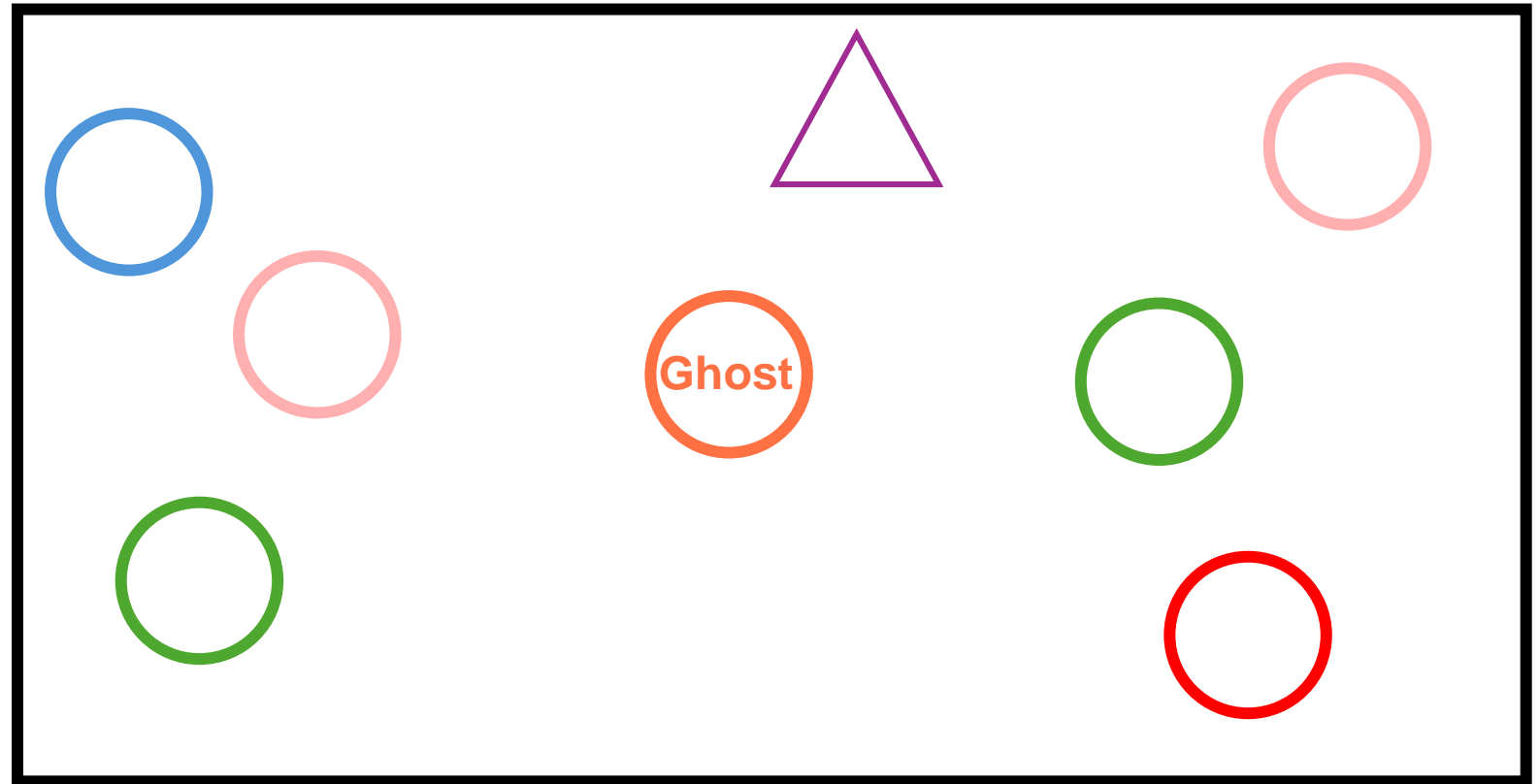
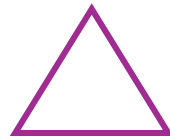
- NO DRIBBLING ALLOWED
- Players on Team A must PASS the basketball to each other without Team B stealing it or having the ball go out of bounds
- Once Team A passes the ball to another Team A player who is in the endzone, they get 1 point, then it's Team B's turn to begin with the ball in their own endzone
- If a Team has a turnover, the other Team gets the basketball at that spot
- Players are allowed to take 2 steps with the ball
 - ✓ Instruct players to “run to the player with the ball” and to move to get open
 - ✓ Often a good idea to have 1 Coach on each team to help

Ghost Tag Dribbling Drill

○ = Player △ = Coach

The Set Up: (all groups)

- Set a wide boundary
 - ✓ Use cones/dots
- 1 "Ghost" player in middle
- All other players scattered within boundary
- All players except "Ghost" have a basketball
- 1 Coach within boundary
- Other coaches near outer limits of boundary



The Drill:

- 1 player is the "Ghost"
- Everyone else must bounce the basketball within the boundary
- "Ghost" tries to tag someone with the ball
- Once tagged, they hand ball to a coach, and they become a ghost. Last person standing wins.
 - ✓ Variation: Sharks/Minnows- 2 Sharks, everyone else is a minnow. Minnows must cross to other side, while dribbling without being tagged. Once tagged, you become a shark. Last one standing wins.

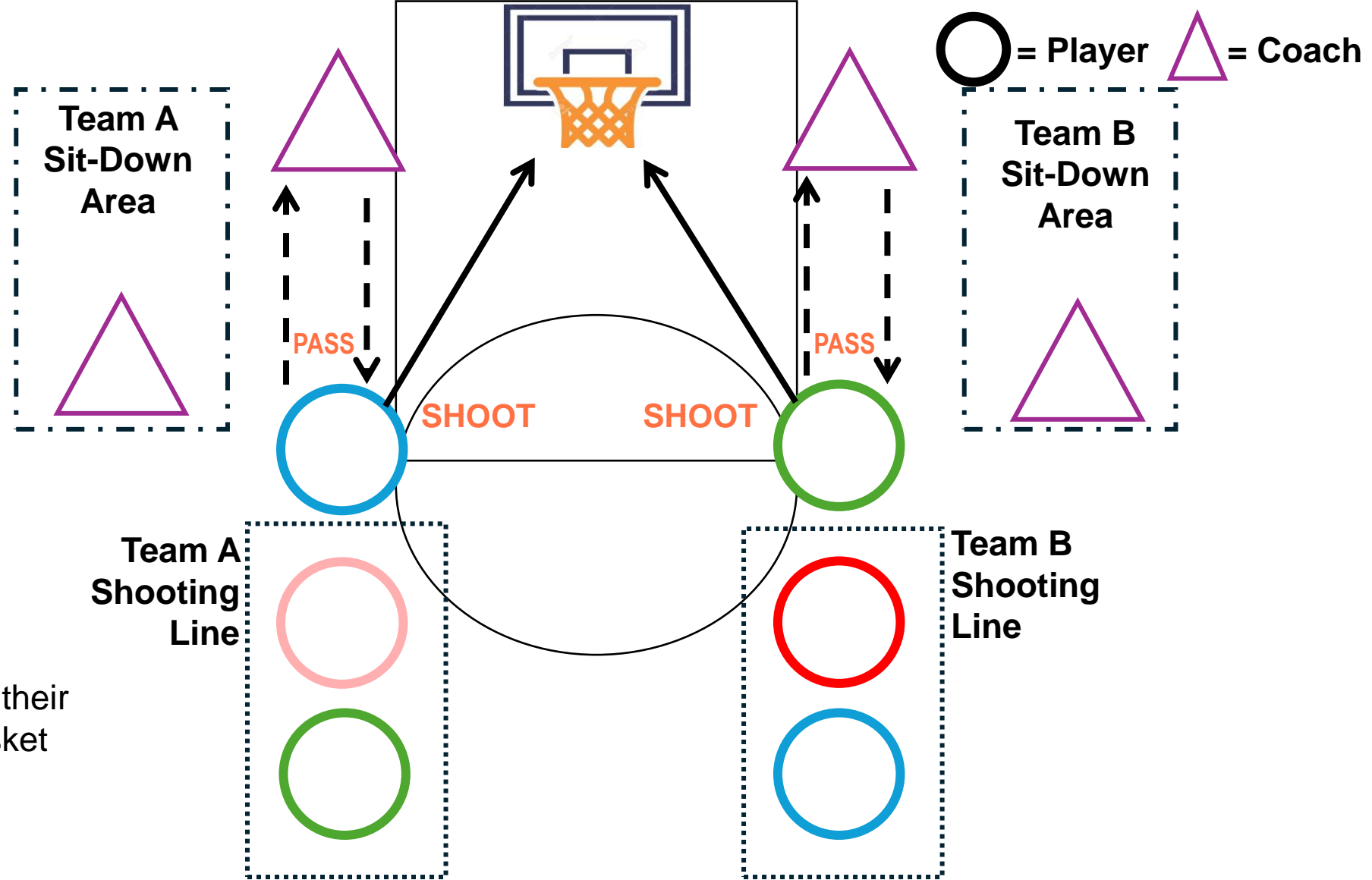
Catch and Shoot Competition Drill

The Set Up: (all groups)

- 2 even lines/teams of players, starting at the top of the key
- 1st player in each line has a basketball
- 1 Coach under basket for each team
- 1 Coach in sit down area for each team

The Drill:

- 1st player in each line passes to their designated coach under the basket
- Coach passes back to 1st player
- 1st player catches and shoots until they make a basket
- Once the player makes a basket, they sit down in the sit down area
- The next player in line is “up” and the coach passes to the next player in line
- First team to have all players sitting wins
 - ✓ Player from winning team gets to spin the wheel/pick something for the coaches to do (push ups, sing, etc.)



If You're Open, Shoot It If Not, Pass it Drill

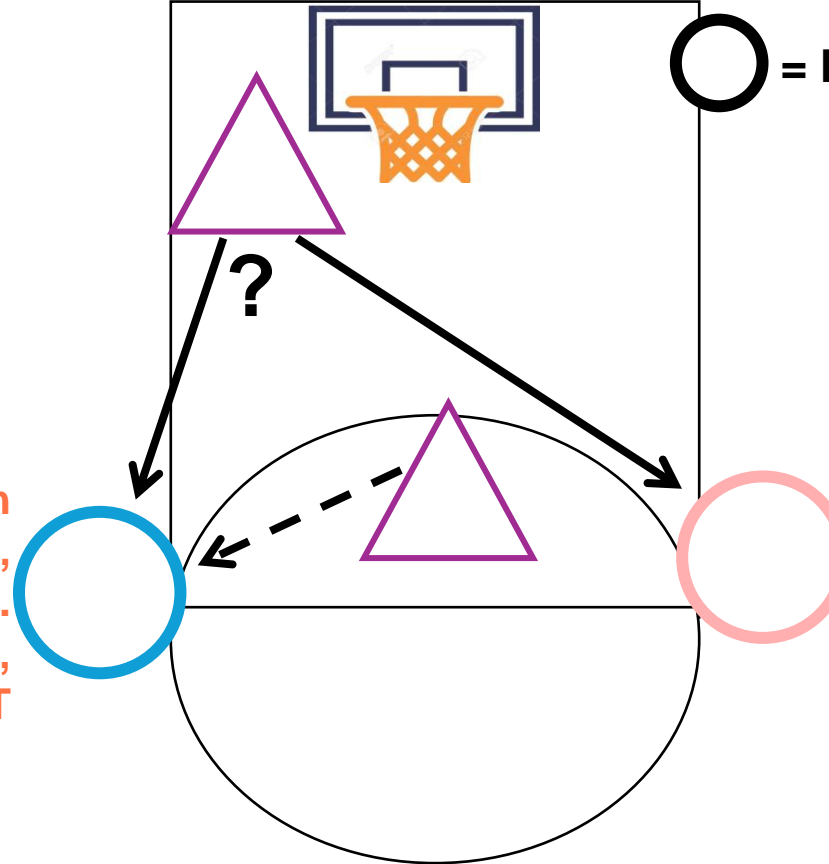


○ = Player △ = Coach

The Set Up: (all groups)

- 1 Player lines up at top of key to the left
- 2nd Player lines up at the top of the key to the right
 - ✓ Use cones/dots
- 1 basketball
- All other players line up along left baseline
- 1 Coach near left baseline
- 1 Coach near middle/foul line with basketball

If coach
guards you,
PASS.
If you're open,
SHOOT



The Drill:

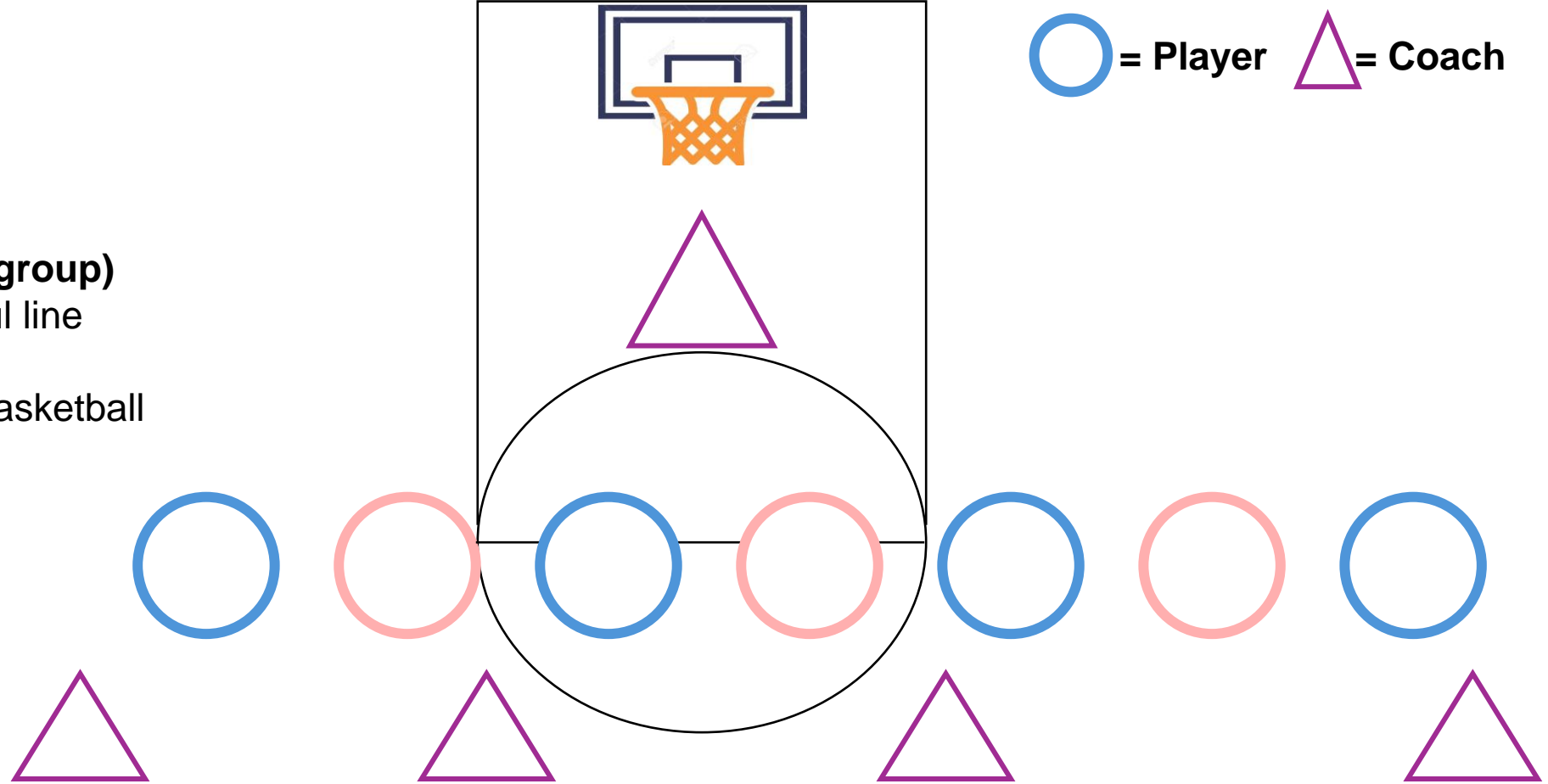
- Coach in the middle/foul passes to the player at the left top of key
- If the Coach at the baseline runs out to guard this player, they must pass to their teammate (at the right top of key) and the teammate catches and shoots
- If the Coach runs out to guard the player at the right top of key, then the player at the left top of key shoots
 - ✓ When the player is forced to pass to their teammate, instruct them to cut to the basket after the pass and be ready for the rebound

Simon Says Dribbling Drill

○ = Player △ = Coach

The Set Up: (blue/yellow/pink group)

- Players line up across the foul line
- Every player has a basketball
- One coach in middle with a basketball
- Other coaches near players



The Drill:

- Coach in middle dictates/demonstrates “Simon Says” commands
- If a player does something that Simon didn’t say, they sit down
- Last player standing wins
 - ✓ Requires lots of help from other coaches to enforce rules
 - ✓ Can try letting the player who wins become Simon
 - ✓ Can add a shooting Simon Says command once the number of remaining players is down to 2 or 3

Halftime Shows

✓ Best Practices

- Arrive on time at meet up spot
- Let players know the teams and who's guarding who
- Change in restroom/keep track of bags
- Players sit together (orange team together, white team together)
- Text parents seating location
- Warm up and walk though
- Everyone gets 1 shot
- Encourage the "Ghandi" defense (passive resistance)
- No full court press
- Same basketball, same hoop as practice
- Players toss shirts/frisbees/etc.

Closing Thoughts

- Expectations of **family members/friends**
 - Should attend entire practice and follow instructions/add support during halftime shows
- Expectations of **community center and staff**
 - Ask permission to use supplies (cones/dots/etc.). Always be respectful.
- What to do in an **emergency**, if a player is being **violent** or **disrespectful**
 - Contact a head coach
- ✓ Let these players and their families know they **always** have a place to go: a place that's **safe** and **fun**, where a wide range of skills are **accepted** on one court, and we celebrate **each other**, we celebrate as a **team**, and we celebrate **individual victories**, because those are the **biggest wins** for us