

St. John's Basketball

Each year we have new coaches, new players and new families entering our basketball program. As such, we thought it would be helpful to compile an overview of the philosophies and policies that guide our program and will hopefully help you guide your coaching decisions with your team.

If you have any questions or concerns, please don't hesitate to speak to the program directors at any time.

SJE Basketball Philosophy

The SJE Basketball program is primarily about fun, community and demonstrating the values of friendship, sportsmanship, healthy living and hard work that are taught in our classrooms. We strive to do everything the "right way" and work for a balance between competition, learning and fun. We'll always choose to do the right thing for our players (and for opposing players) versus doing whatever it takes to win.

SJE Basketball is not a travel team or select team where only most skilled players make the cut and highly competitive tournaments are the norm. We've made a commitment to a no-cut rule and encourage all SJE students who want to play. While we work hard to win games, the belief in all-play and no-cuts will drive our on- and off-court decisions.

We like to think of our grade-level teams in the following way:

Grade 3 & 4 – Instructional.

Heavy emphasis on basic skills, drills and teaching the fundamentals of the game. Practice time should be 75% or more on basic skills and making the game fun and keeping all the kids engaged and 25% or less on specific plays and formations.

Note: Grade 3 has no formal regular season schedule. Coaches can arrange informal scrimmages with neighboring schools. Third grade teams do participate in SJE Tournament. The third-grade program should be nearly entirely instructional and introduction-to-skills.

Grade 5 & 6 – Developmental

A continued emphasis on developing the skills and fundamentals of the game, while keeping the game fun and interesting for the entire roster. An increase in plays and set formations with situational teaching, but still with an understanding that skill development is the most beneficial aspect of the 5th and 6th grade basketball experience.

Grade 7 & 8 - Competitive

Coaches and players at these older grade levels play a competitive level of basketball. Individual coaches will make the decisions (though the league and SJE-supported all-play rules still apply) on how to best prepare individual players and the team as a whole for overall success.

For all of our coaches, there is an excellent overview of youth basketball development fundamentals here:

<http://www.breakthroughbasketball.com/coaching/teach-youth.html?teach1>

Note: no matter the rules of any league or individual tournament, SJE Basketball and SJE coaches will hold ourselves – at a minimum to the CAL-level all-play rules (all players in attendance for a game will play in that game) for all our teams in all of our games.

Looking for drills, practice plans or additional insight. Some excellent sites:

www.coachesclipboard.net

www.degerstrom.com/basketball/drills/youth/

www.jes-basketball.com

<http://www.breakthroughbasketball.com/dl/BreakthroughDrills.pdf>