

**ORONO YOUTH BASKETBALL**

**COACHING REFERENCE GUIDE**

**KINDERGARTEN THROUGH**

**4<sup>TH</sup> GRADE**

## TABLE OF CONTENTS

- Orono Youth Basketball Philosophy
- Sportsmanship Statement
- Key Points to Player Development
- Building Core Characteristics of Players
- Building Court Knowledge--A Glossary of Terms Players Should Know
- Orono Youth Basketball Program Tip Sheet
  - 1. Items Provided
  - 2. Items Recommended for Coaches
  - 3. Beginning of the Year
  - 4. Setting Up Your Practices
  - 5. Potential Problems
  - 6. Additional Considerations
- Orono Youth Basketball – Game and/or Practice Set-Up
- Orono Youth Player Development/Glossary of Terms
- Orono Youth Recommended Items/Practice Tips
- Orono Youth Basketball Skills Ladder and Benchmarks (Defense and Offense)
- Recommendations and Instructions by Grade
- Kindergarten
  - 1<sup>st</sup> Grade
  - 2<sup>nd</sup> Grade
  - 3<sup>rd</sup> Grade
  - 4<sup>th</sup> Grade
- Scrimmage Rules and Guidelines by Grade
- Coaching Considerations: Boys Versus Girls
- Orono Youth Basketball Contacts
  - K-4 Committee Members
  - OBBA Website
  - Orono OBBA Board Members

## **ORONO YOUTH BASKETBALL**

### **COACHING REFERENCE GUIDE KINDERGARTEN THROUGH 4<sup>TH</sup> GRADE**

#### **Orono Youth Basketball Philosophy**

Great basketball teams are established around the concept of "team." This concept implies that all members must operate within the team environment. Through this "team" concept, unselfishness is created, a common goal of winning is established, and success is achieved. Winning is not only a goal, but an attitude. Each team member must learn to believe in him/her and his/her teammates. The development and nurturing of a "winning attitude" is instrumental to success on the basketball court.

Basketball is a physically and mentally demanding game. In order to be successful, players must not only work hard, but also demonstrate an aggressive and relentless team attitude. This attitude enables the team to outwork opponents and be in a position to win, even in situations when great odds are against it. "Work ethic" is created by out-working, out-hustling and out-executing opponents during each game and practice.

Making a commitment to winning is a must. Athletes owe it to themselves to be the best they can be. Vince Lombardi, perhaps one of the greatest coaches ever, once said, "Winning isn't everything, but making the effort to win is." Tremendous effort, in addition to a belief in oneself and the team, will build success and pride in the Orono Youth Basketball Program and the Orono basketball program overall.

#### **Sportsmanship Statement**

Children who take part in Orono Basketball programs are influenced on several levels. Not only do they improve their basic basketball skills, but they are also encouraged to develop the more lasting qualities of leadership, teamwork, mental toughness, and good sportsmanship. The last of these qualities is especially important in providing the most enjoyable experience for everyone: children and parents. Good sportsmanship is defined here as a willingness to let competitions be decided by skill and the positive mental qualities listed above, and a willingness to acknowledge these qualities in one's opponent. Good sportsmanship is the spirit of "may the best team win." Good sportsmanship is not always easily achieved, but the Orono Basketball Association (OBA) is committed to promoting this spirit throughout its program. Accordingly, the OBA promotes the following behaviors: full coach and player participation in the post-game handshake, with only congratulatory comments spoken; hospitality toward visiting community fans, coach and referee conferences before the game and at half-time, and formation of equally-skilled teams in the pre-season. The OBBA discourages the following behaviors at any time during the season, but especially at tournament time: play intended to physically harm an opponent, fan or bench-player comments towards the referees, bench comments or behavior intended to disrupt the play of the opposing team, non-constructive comments by players on the floor, either to the referees or to opposing players, and "stacking" of teams.

## ORONO YOUTH BASKETBALL COACHING REFERENCE GUIDE KINDERGARTEN THROUGH 4<sup>TH</sup> GRADE

### Key Points to Player Development

- Repetition through drill work – ball handling, dribbling, passing, cuts, picks/screens, shooting, lay-ups, rebounding, and defensive position and posture
- Constant refinement of techniques and fundamentals
- Consistent structure to practices
- Emphasis on execution and team play
- Positive display of emotion and intensity
- Physically and mentally demanding practices that are FUN!
- Encourage practice at home – reward their commitment in the gym and at home

### Building Core Characteristics of Players

- Focus on key player attributes such as:
  1. Court intelligence – from the basics to situation decision making
  2. Mobility, Speed and Strength – develop the foundational attributes that will help the player to succeed and get the most out of their overall experience
  3. Enthusiasm, Effort and overall Execution of core basketball drills and concepts – emphasize the importance of always giving their best effort
  4. Attitude and Coach-ability – Run disciplined practices where all players participate; listen and learn

### Building Court Knowledge – A Glossary of Terms Players Should Know

- **Base line / end line:** The out-of-bounds lines running underneath each basket
- **Block:** The low post area, most commonly referred to by the solid rectangle used as a boundary for closest spot on free throw lane
- **Elbow:** Junction of free-throw line and lane line. There are four elbows on the floor
- **High Post:** The area near the elbow and free-throw line often times occupied by a post player
- **Lane:** The rectangle formed by free-throw line, end line, and two lines connecting them
- **Low Post:** The area near and between blocks often times occupied by a post player
- **Perimeter:** The area generally defined by a three-point line
- **Side line:** The out-of-bounds lines running parallel with the length of the court

*(Recommendation: Develop a basic trivia game asking players to show you, or stand on, a specific area of the court. Reward and encourage their participation!)*

## Orono Youth Basketball Program Tip Sheet

1. Items Provided:
  - T-shirts for players and coaches
  - Scrimmage jerseys
  - Basketballs
  - Cones for drills
  - Basket Rim Height adjusting device
2. Items Recommended for Coaches
  - Whistle
  - Practice plan
  - Pump for basketballs
3. Beginning of the Year:
  - Designate a lead coach or agree on alternating head coach role. An alternating head coach concept may only work in earlier grades.
  - Meet with all players. Explain expectations, rules, and procedures. Stress fun but make sure rules are enforced.
  - Contact parents and introduce yourself. Ask if they have any questions about the upcoming season. Let them know in writing the coaches' direction and how all coaches can be contacted. Make parents aware you are open to their input and involvement, and emphasize the importance of attendance.
  - Ask parents if they would like to volunteer as a "team parent." The team parent assists in distributing information about practice times, pictures, etc.
4. Setting Up Your Practices – Focus on Fundamentals and Player Engagement:
  - Organize your practice routine – a successful coach is usually very well organized. Jot down your thoughts on the key fundamentals you want to focus on, how long you intend on focusing on them, and the drills you will use to develop the players' skills.
  - Keep drills moving, varied, and short. Interested players will be more successful.
  - All practices should involve work in ball handling, passing, shooting, and defense. More advanced concepts can be introduced in grades 3 and 4 such as picking/screening, back-door cuts, help defense, etc.
  - All players should participate in all roles. An example is: tall players handling the ball and short players being familiar with the post position.
  - Stress improvement. Improvement builds self-esteem. Winning is **not** everything.
  - Get the players involved. Ask their opinion. Consider designating different "captains" for each practice.
  - Have Fun! Studies show kids play to have fun, more than to win. Encourage participation and reward improvement.
5. Potential Problems
  - Attitudes. Don't punish a negative attitude beyond having that individual sit out.
  - Communication. Make sure all coaches are talking/listening to players and getting their feedback, etc. Encourage feedback from parents, especially in these early years. Communicate with parents without players present when problems persist.

## 6. Additional Considerations:

- Post practice snack. Kids enjoy it. Seek volunteers from parents. (optional)
- Be aware that breaks for water and bathroom will be needed. Communicate that it is ok for them to ask.
- Attempt to get contact information from all parents. Get both phone and e-mail if possible.
- Ask parents for the courtesy of notification if their child will not be attending a practice or game.
- Attempt to get familiar with the names (first names) of all players. Disposable name tags if feasible/available are encouraged. This may be unnecessary based on the size of the group being coached.
- At the beginning of practice, consider introducing a positive discussion about stretching, nutrition, exercise, respect, teamwork, summer basketball camps, high school games, etc.
- Use of relay race and line basketball games and activities with younger age children (K, 1<sup>st</sup>, 2<sup>nd</sup>) can be good, early alternates to scrimmage. Fundamentals can be used (dribble, pass, shoot, run) in various combinations from one end of the court to the other. Keen awareness that children at this age are “sensitive” to being “1<sup>st</sup> in line”. Change the line order up. After one round, bring 2<sup>nd</sup> person to front of line and lead person to rear. Or bring end of line to front of line,

**Orono Youth Basketball – Game and/or Practice Set-Up**

<b>Grade</b>	<b>Basket Height</b>	<b>Game (y/n)</b>	<b>Time</b>	<b>Scoring</b>
Kindergarten	8 ft.	No	1 Hour Practice	N/A
1 <sup>st</sup> grade	8ft.	No	1 Hour Practice	N/A
2 <sup>nd</sup> grade	8.5 ft.	No	1 Hour Practice	N/A
3 <sup>rd</sup> grade	9 ft.	Yes - Saturdays	10 Minute Running Time per quarter	Yes
4 <sup>th</sup> grade	10ft.	Yes – Saturdays	10 Minute Running Time per quarter	Yes

### DEFENSIVE SKILLS LADDER AND BENCHMARKS

	K	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>
1. <b>DEFENSE</b> (Always a review and improvement on last year's skills)					
A. Stance		X	X	X	X
B. Defensive Slide		X	X	X	X
C. Ball-defense player; basket principles– offense player			X	X	X
D. Proper position, head on the ball	X	X	X		
E. Proper hand position, strong on ball, weak in passing lane		X	X	X	
F. Move as the ball moves (jump to the ball)				X	X
G. See the ball (be aware of location) all the time				X	X
H. Lateral footwork and body balance (lane shuffle drill)				X	X
I. Help and Recover				X	X
J. Turning the Dribbler (zig-zag drill) (pressure on the ball)					X
K. Ball Side Overplay					X
L. Taking the Charge					X
M. Fighting through Picks					X
N. Contesting the Shooter					X
O. “Jump to the ball” principle					X
P. Deny the Lane – Get in front of the offensive player on cut					X
Q. Team Box Out and its importance (3 on 3 box out)					X

**Comments:**

- No defensive skills requirements for Kindergarten
- All drill references detailed later in this guide

### OFFENSIVE SKILLS LADDER AND BENCHMARKS

	K	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>
2. <b>OFFENSE</b> (Always a review and improvement on last year's skills)					
A. Ball Handling drills (In/Out - Forward/Back)	X	X	X	X	X
B. Passing: chest, bounce	X	X	X	X	X
i. Note: If the ball has an arch they are too far apart					
C. Dribble with both hands in place	X	X	X	X	X
D. Pivoting	X	X	X	X	X
E. Shooting: BEEF (balance, eyes, elbow, follow-through)	X	X	X	X	X
F. Dribble on the move		X	X	X	X
G. Catch and attack (check) position		X	X	X	X
H. Lay-up footwork		X	X	X	X
I. Short jump shots		X	X	X	X
J. Individual Offensive Attack Position (Triple Threat)		X	X	X	X
K. Moving without the ball			X	X	X
L. Jumping and body balance			X	X	X
M. Ball Fakes			X	X	X
N. Give and Go			X	X	X
O. Back Door Cuts			X	X	X
P. Picking Away from the Ball (Block out on the roll)			X	X	X
Q. Move with a purpose			X	X	X
R. Passing: overhead and baseball				X	X
S. Foul Shooting (consistency)				X	X
T. Individual offensive moves. One-on-one refinement				X	X
U. Weak hand lay-ups/10 feet jump shots				X	X
V. Acknowledge importance of assists				X	X
W. Cutting; cut-off screens (V-cuts; L-cuts, rub off screens)				X	X
X. Pick on the Ball and Roll					X

**ORONO YOUTH BASKETBALL  
COACHING REFERENCE GUIDE  
Kindergarten**

**General recommendations:** Players should be able to complete passes while standing still, dribble the ball at a standing-still to moderate speed with their strong hand, and be able to make one-shots from the strong side of the basket. These shots should be made from the Red Block and all should be bank shots off the backboard at the top of the square.

**Ball Handling:** They should be able to dribble the ball with control while standing or walking. Control is more important than speed at this point. By the end of the season, they should be able to dribble across the court at a controlled speed. It is not necessary that they change hands (cross-over) at this age.

**Passing:** They should be able to complete a chest, bounce, and overhead pass with two hands while in a stationary position. (NOTE: At this age, it is fine if the ball has some arch, however, keep the players close to each other to avoid poor fundamentals; good form is more important than distance.)

**Shooting:** They should understand proper shooting technique: focus on, index finger on the air hole, spread fingers, proper position with strong shooting hand under ball, proper elbow position, and outstretched arm on release. They are usually not very strong at this age, so all shooting drills should take place against the wall, and should focus on form and position, not distance.

**Defense:** They should understand the defensive position in its simplest form: make sure they know who they are guarding and simply teach them to follow their player, not the ball.

**Basic Concepts:** They should be introduced to the basic concepts of Out of Bounds from offensive and defensive sides of the court.

**Team Drills:** The focus here is on touches of the ball. At this age, do not let a strong, aggressive player dominate the ball. Three -on -three routines for short periods of time, when one team *scores rotate in another three*, are far better than five-on-five full court. Depending upon the number of coaches, separate into two three-on-three games and two or three other groups. Focus on passing, ball handling, and shooting against the wall.

**ORONO YOUTH BASKETBALL  
COACHING REFERENCE GUIDE  
First Grade**

**General recommendations:** Players should be able to complete good, solid passes while standing still, dribble the ball at a moderate speed with their strong hand, and be able to make two shots: one from the right side of the basket and a second from the left side of the basket. These shots should be made from the Red Block and all should be bank shots off the backboard at the top of the square.

**Ball Handling:** They should be able to dribble the ball in control while standing or walking. Control is more important than speed at this point. By the end of the season, they should be able to dribble through a series of cones at a controlled speed. It is not necessary that they change hands (cross-over) at this age.

**Passing:** They should be able to complete a chest, bounce, and overhead pass with two hands while in a stationary position. (NOTE: At this age, it is fine if the ball has some arch, however, keep the players close to each other to avoid poor fundamentals; form is more important than distance.)

**Shooting:** They should understand proper shooting technique: focus on, index finger on the air hole, spread fingers, proper position with strong shooting hand under ball, proper elbow position, and outstretched arm on release. They are usually not very strong at this age, so all shooting drills should take place against the wall, and should focus on form and position, not distance.

**Defense:** They should understand the defensive position in its simplest forms: who they are guarding, follow their player not the ball, and stay between their player and the basket.

**Basic Concepts:** They should be introduced to the basic concepts of Out of Bounds, rebound, passing, dribbling, and shooting in control.

**Team Drills:** The focus here is on touches of the ball. At this age, do not let a strong, aggressive player dominate the ball. Three- on- three routines for short periods of time, when one team *scores rotate in another three*, are far better than five-on-five full court. Depending upon the number of coaches, separate into two three-on- three games and two or three other groups. Focus on passing, ball handling, and shooting against the wall. Introducing five-on-five full court during the latter part of the season is acceptable.

**ORONO YOUTH BASKETBALL  
COACHING REFERENCE GUIDE  
Second Grade**

**General recommendations:** At this level, players need to incorporate movement into basic skills. They should be able to complete good, solid passes while moving, dribble the ball while running at a moderate speed with their strong hand, and be able to make three shots: one from the right side of the basket, a second from the left side of the basket, and a third from directly in front of the basket. The side shots should be made from the Red Block and should be bank shots off the backboard at the top of the square. The front shot introduces the concept of shooting over the rim.

**Ball Handling:** They should be able to dribble the ball with either hand, in control, while standing or walking. Control is more important than speed at this point. By the end of the season, they should be able to dribble through a series of cones at a controlled speed with a cross-over from left to right hand. It is recommended that gloves be introduced about half way through the season on all Ball Handling and Passing drills.

**Passing:** They should be able to complete a chest, bounce, and overhead pass with two hands while moving up and down the court. It is important to introduce "passing off of" movement at this time.

**Shooting:** Continue to focus on proper shooting technique: focus on, index finger on the air hole, spread fingers, proper position with strong shooting hand under ball, proper elbow position, and outstretched arm on release. All shooting drills should continue to take place against the wall and should focus on form, position, and (now) ball rotation; not distance. The standard lay-up using their strong hand can be introduced at this age.

**Offense:** Introduction of the Pick and Roll concept is important here. Focus on the player setting the pick with the proper foot placement first and then proper hand positions, followed by the technique of rolling to the basket, keeping the defender on your back. The best routine for this age is a three-way movement: the first player is at the top of the key, the second and third players are midway between the Red Block and free-throw line, with one player at the edge of the lane. The player on one side sets a pick for player two, who moves over (free-throw side) of to the pick, and the passer completes the pass to player two who shoots; player three, who set the pick, rolls for the rebound.

**Defense:** They should understand man-to-man defensive position in its proper form: hand in front, legs across the inside leg of the defender who they are guarding, following their player not the ball, and staying between their player and the basket.

**Basic Concepts:** They should be introduced to the concepts of double dribble, rebounding traveling, and passing, dribbling, and shooting in control.

**Team Drills:** The focus here is on passing and learning positions. Keep the players wide when playing five-on-five. Focus on assists, passing, and movement without the ball. This is the last year before they begin actual games, so traveling, fouls, double dribble, out of bounds, all should be enforced from the beginning. When enforcing these rules, however, stop the play and explain to all players the infraction, and then proceed with the scrimmage. Focus should be on skills for 50% of the time and scrimmaging for 50% of the time. Do not allow a single player to dominate with dribbling and scoring; require multiple passes before a basket can count in the scrimmage.

## ORONO YOUTH BASKETBALL COACHING REFERENCE GUIDE

### *Third Grade:*

**General recommendations:** At this level, players need to begin understanding how to run an offense. They should be able to complete good, solid passes while moving, dribble the ball with both hands while running at a moderate speed and be able to make five shots: (1) from the right side of the basket, Red Block, (2) right side midway back to the free throw line, (3) from the left side of the basket Red Block, (4) left side midway back to the free throw line and (5) from directly in front of the basket. The side shots should be bank shots off the backboard at the top of the square. The front shot introduces the concept of shooting over the rim. Three point shots should be de-emphasized, and not allowed; they introduce poor shooting form due to the strength of the players at this age. (*NOTE: Gloves should be worn for all practices, and be removed for games.*)

**Ball Handling:** They should be able to dribble the ball with either hand, in control, while running. Control and speed need to go together at this point. This includes cross-over movements.

**Passing:** They should be able to complete a chest, bounce, and overhead pass with two hands while moving up and down the court. In addition, "passing off of the dribble" should occur at this level. Never allow a pass with an arch; passes need to be straight and strong.

**Shooting:** Continue to focus on proper shooting technique: focus on, index finger on the air hole, spread fingers, proper position with strong shooting hand under ball, proper elbow position, and outstretched arm on release. All shooting drills should begin against the wall and should focus on form, position, and (now) ball rotation, not distance. The standard lay-up using both hands can be introduced at this age. Gloves can be worn for all shooting drills, getting the players to control the ball with their fingertips.

**Offense:** Many times coaches tell their players at this age that they need to make x number of passes before shooting. An alternative solution is to introduce an offense with a few steps, picks, passes, etc., and only allow shots inside the box (lane). The players will begin making passes naturally to run the offense, rather than focusing on number of passes. They should be able to run two offense plays, with multiple components to each. It is important to have the players play the same positions in the offense each and every time. At this age, trying to have them run an offense in multiple positions becomes too confusing. They should understand their role as a guard, forward, or center. Keep them spread out like "motion offense".

**Defense:** They should be playing man-to-man defensive in the proper position: head on ball, legs parallel to the passing lane of the defender who they are guarding, following their player not the ball, and staying between their player and the basket. They should also be introduced to the concept of "opening up to the ball" when playing man-to-man defense; this is critical for keeping up with the pace of the game next year. Focus on boxing out on rebounds.

**Basic Concepts:** At this age, they should be introduced to the fast break, utilize rebounding, and fill the proper lanes, with a guard receiving the pass. In addition, all double dribble, lane violations, reaching fouls, traveling, out of bounds, etc., should be enforced in all games and scrimmages.

**Team Drills:** The focus here is on passing and learning positions. Keep the players wide when playing five-on-five. Focus on assists, passing, and movement without the ball. This is the first year they have games, while a coach stays on the sidelines and only corrects a player when he or she

is out of the game. When a player makes a mistake, substitute quickly; explain the proper way to handle the situation, and then put the player back in the game as quickly as possible to focus on the proper play. Focus on team basketball.

*(NOTE: No three point shots at this age; it only develops poor shooting habits. No ball screens. Teach the players to set screens on the players without the ball. This will encourage movement, setting good screens, and will allow for passes to open players. Emphasize the roll after screen, which is a secondary option for the passer.)*

## ORONO YOUTH BASKETBALL COACHING REFERENCE GUIDE

### *Fourth Grade:*

**General recommendations:** At this level, players need to begin running multiple offense sets. They should be able to complete good, solid passes while moving, dribble the ball with both hands while running at full game speed, begin free throws, and be able to make five shots: (1) one from the right side of the basket, Red Block, (2) right side midway back to the free throw line, (3) from the left side of the basket, Red Block, (4) left side midway back to the free throw line and (5) from directly in front of the basket. The side shots should be bank shots off the backboard at the top of the square. The front shot introduces the concept of shooting over the rim. Three point shots should be de-emphasized, and not allowed; it only introduces poor shooting form due to the strength of the players at this age. *(NOTE: Gloves should be worn for all practices, and can be removed for games only.)*

**Ball Handling:** They should be able to dribble the ball with either hand, in control, while running. Control and speed need to go together at this point. This includes cross-over movements. They should be able to make passes off of the dribble at any time in stride.

**Passing:** They should be able to complete a chest, bounce, and overhead pass with two hands while moving up and down the court. In addition, the concept of "passing off of the dribble" should occur at this level. Passes need to begin going to a place on the court as well as to a player.

**Shooting:** Continue to focus on proper shooting technique: focus on, index finger on the air hole, spread fingers, proper position with strong shooting hand under ball, proper elbow position, and outstretched arm on release. All shooting drills should begin against the wall, but should eventually move to the court and focus on form, position, and ball rotation. Players should be able to complete a standard lay-up with both hands. At the end of practice, they should focus on shooting from the five positions which correspond to the shooting spots in the formal offense. Gloves can be worn for all shooting drills for the purpose of getting players to control the ball with their fingertips. Again, no three point shots yet.

**Offense:** They should be able to run four offense sets: two against man-to-man defense, and two against zone defense, with multiple components to each. By the end of the year, the players should be able to play an offense position from at least two different spots. They should also be able to run the fast break from any starting position, focusing on what lanes to fill.

They should be introduced to playing against a zone defense. They will begin to encounter this at the next year's level, so an explanation on how to handle a 1-3-1 or 1-2-2 type of zone should be explained.

**Defense:** They should be playing man-to-man defensive in the proper position: hand in front, legs across the inside leg of the defender who they are guarding, following their player not the ball, and staying between their player and the basket. They must be effective in "opening up to the ball" when playing man-to-man defense. This should be practiced during every practice session.

Introduction of a 1-3-1 half court trap defense can also occur at this age. They need to understand how to play an area and the ball, not a player. Players who are trapping need to be taught not to reach in on the player, but to stand upright; their goal is to create confusion in the passer, and allow the background players to steal weak and off-target passes. This will take a little getting used to, but once understood, gives another alternative for the future. Continue to focus on boxing out on rebounds. This also gives your offense a chance to practice against a zone defense.

**Basic Concepts:** They should have at least one or two out of bounds plays from under the basket, and understand their positions at the free throw line on both defense and offense: who takes the free throw shooter with proper footwork, and how to back out and reset the offense if a good shot isn't available. In addition, all rules should be followed and called; no exceptions. The coach should coach from the sideline, not on the court, in all game situations.

**Team Drills:** The focus here is on passing and learning positions. Keep the players wide when playing five-on-five. Focus on assists, passing, and movement without the ball. This is the second year they have games, as a coach stays on the sidelines and only corrects a player when he or she is out of the game. When a player makes a mistake, substitute quickly; explain the proper way to handle the situation, and then put the player back in the game as quickly as possible to focus on the proper play. Focus on team basketball.

They should know an inbounds play from the sidelines, under the basket, and from under their own basket. They should know how to handle both man-to-man and zone defense. Focus on good practices on Tuesday nights, and real game situations on Saturdays.

*(NOTE: No three point shots at this age; it only develops poor shooting habits. No ball screens. Teach the players to set screens on the players without the ball. This will encourage movement, setting good screens, and will allow for passes to open players. Emphasize the roll after screen, which is a secondary option for the passer.)*

**ORONO YOUTH BASKETBALL CONTACTS****K-4 Committee Members:****Co-Chairs**

Michelle Hammer	612-619-2991	<a href="mailto:Hammer6125@aol.com">Hammer6125@aol.com</a>
JoEllen Spacek	763-476-2319	<a href="mailto:joellenspacek@msn.com">joellenspacek@msn.com</a>

**Committee Members**

Dennis Armbruster	952-476-0045	<a href="mailto:darmbruster@lifetouch.com">darmbruster@lifetouch.com</a>
Tom Codute	612-865-0181	<a href="mailto:tcodute@sps-i.com">tcodute@sps-i.com</a>
Jeff Gilmer	612-978-4493	<a href="mailto:jgilmer@excipio.net">jgilmer@excipio.net</a>
Bill Henneman	612-819-5631	<a href="mailto:bill.henneman@mchsi.com">bill.henneman@mchsi.com</a>
Paul Moline	952-404-7209	<a href="mailto:pkaet@earthlink.net">pkaet@earthlink.net</a>
Bruce Wilson	612-810-5780	<a href="mailto:bruce.wilson@wayzata.k12.mn.us">bruce.wilson@wayzata.k12.mn.us</a>
Brian Bergstrom	952-449-8353	<a href="mailto:bbergstrom@orono.k12.mn.us">bbergstrom@orono.k12.mn.us</a>

**OBBA Website:** [www.OronoBasketball.com](http://www.OronoBasketball.com)

## ORONO YOUTH BASKETBALL CONTACTS

### OBBA – Board Members

President, Website	Geri Jorgenson	612-810-8996	<a href="mailto:gerijorg@msn.com">gerijorg@msn.com</a>
Vice President	Bob Tunheim	612-386-0263	<a href="mailto:rtunheim@lindquist.com">rtunheim@lindquist.com</a>
Secretary	Laurie Esau		<a href="mailto:laurie@esau.biz">laurie@esau.biz</a>
Treasurer, Travel Registrations, Tournament Direct	Brian Bergstrom	952-449-8353	<a href="mailto:bbergstrom@orono.k12.mn.us">bbergstrom@orono.k12.mn.us</a>
Asst. Girls Travel Director, K-4	Dennis Armbruster		<a href="mailto:darmbruster@lifetouch.com">darmbruster@lifetouch.com</a>
Tournament Manager	Jackie Chuba	763-479-2618	<a href="mailto:jmchuba@us.ibm.com">jmchuba@us.ibm.com</a>
Asst. Boys Travel Director	Tom Duxbury		<a href="mailto:tduxbury@mchsi.com">tduxbury@mchsi.com</a>
Girls Travel Director & High School Liaison	Van Erickson	952-404-1509	<a href="mailto:van.erickson@paxar.com">van.erickson@paxar.com</a>
Boys Tryouts Director, Boys Travel Director Asst,	Jeff Gilmer	612-978-4493	<a href="mailto:jgilmer@excipio.net">jgilmer@excipio.net</a>
Girls Tryouts Director, Merchandise, K-4 Director	Michelle Hammer	612-619-2991	<a href="mailto:Hammer6125@aol.com">Hammer6125@aol.com</a>
Coaches Selection Director	John Stavig		<a href="mailto:jstavig@hotmail.com">jstavig@hotmail.com</a>

