

Making youth basketball players run after a mistake...

Good or Bad?

Good: When used as a disciplinary technique, making youth basketball players run is probably a good idea. For example I have my younger players run a shooting drill starting from the block. They are to make 10 shots within 25 seconds or they have to run two laps. Why? It's just a matter of getting the younger basketball players to focus. When it doesn't really matter if a shot is made or not, the players can get lazy (and it will take forever to make the 10 shots). So by giving the players 25 seconds to make 10 shots, they will now focus and hustle to ensure that they all make their shots. If the players still do not make the 10 shots - the extra running will also help with the teams much needed conditioning!

Bad: When used to punish without good reason. For example, a taller youth basketball player was told to run 5 laps because they did not "box out" (they were told 5 times, so they had to run 5 laps). I had later found out that the player had no idea how to box out (they were just starting out, and had never been shown the technique of boxing out). The coach explained to me that this player should already know how to box out, and that it's an easy skill to do. So my point is this - a coach should make sure that any youth basketball player fully understands a certain basketball skill before you punish them for not executing the skill properly. It could be that they just need a little coaching...

No Question that a player must run: When a player talks back to a coach, disrespects their team-mates or coaches, cusses, starts fighting, or shows any form of unsportsmanlike conduct detrimental to the team. Coaches should never allow this type of behavior to go on without discipline.

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