



**Abilene  
Youth  
Sports  
Authority**

[www.abileneysa.org](http://www.abileneysa.org)

Your community "Home Office" for Youth Sports



# BASKETBALL

## Player Handbook 2015

# ACADEMY

**Grades 5-7**

**Presented By:**



**Children's  
Dentistry  
of Abilene**

**~Building Character Through Basketball~**



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Your community "Home Office" for Youth Sports

## COMMUNITY PARTNERS



Abilene Pediatric Dental  
ASSOCIATES, PLLC.

*Beltway Park*  
Baptist Church



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**ABILENE AERO**



## The Mission of AYSA

AYSA is founded on Christian Principles and exists to promote the highest ideals of teamwork, sportsmanship, honesty, trust and respect for authority with the specific purpose of influencing kids & adults to become better individuals.

## **FIRM FOUNDATION SPORTS ACADEMIES**

*"Building a Better Game to Play the Game Better"*

### **FIRM FOUNDATION MISSION**

To help your child become a more skilled player and leader in their chosen sport and in the game of life!

- ✓ Kids play sports to have **FUN!**
- ✓ Kids have more **FUN** with more **SUCCESS!**
- ✓ Kids have more **SUCCESS** with better **SKILLS** and **ATTITUDES!**
- ✓ Kids have better **ATTITUDES** when they **KNOW** they are **LOVED** no matter if they win or lose!

The discipline and perseverance needed to become a better player and leader are also important attributes that can help them overcome difficult tasks or challenges they will face during their lifetime.

**SUCCESS REQUIRES DEDICATION, DISCIPLINE, AND PERSEVERANCE!**  
**THERE ARE NO SHORTCUTS!**

**"We are what we repeatedly do. Excellence, therefore, is not an act but a habit." (Aristotle)**

### **FIRM FOUNDATION METHODS**

Every week your child will experience:

- Lots of ball-handling and speed drills – REPETITION is the key!
- Fun, Competitive Team Drills!
- Numerous Character / Leadership Timeouts!
- Do-at-home practice drills
- **LOTS & LOTS of FUN, ENCOURAGEMENT, and LOVE!**

# OUTLINE

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Week 1: **Trust**

Week 2: **Sacrifice**

Week 3: **Kindness**

Week 4: **Peace**

Week 5: **Joyful**

Week 6: **Preseverance**



week 1

# Trust

Definition: **Having a confident expectation of something or someone; hope.**

Example: After Sadie's 8th grade year, the High School Basketball coach met with all the future 9th grade girls and gave them a workout schedule for the summer. The coach asked all the girls to promise that they would do every scheduled workout during the summer and had them sign their names that they would do it. There were many many times during the summer that Sadie didn't want to work out, but she wanted to gain the TRUST of her new coach, so she did every workout.

When 9th grade volleyball started Sadie was amazed at how much stronger she felt and how good she was playing. After the first week of practice the coach told Sadie "You are doing really well. I knew I could TRUST you to do the summer workouts. Congratulations, you made the JV team

***Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much."***

**- Luke 16:10**



# Better Game Weekly Challenges

## Week 1

**How will you practice Discipline this week?**

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**Skill Challenge Drills:** (2 times each, 2 times this week)

1. Pound Dribble (1 Minute X 3)
2. Pound Cross (1 Minute X 3)
3. Cross/Touch Wall Drill (3X30 Sec)

**\*Keep track of your score each week!**

**Conditioning Challenge Drills:** (2 times each, 3 times this week)

30 Second Drills

1. Mountain Climbers
2. Line Hops (forward, side-to-side, 1 foot)
3. Shuffles (slow & fast)

**Healthy Eating Challenge1:**

Replace a sugary dessert for some fruit with yogurt or peanut butter, at least once this week.

week 2

# Sacrifice

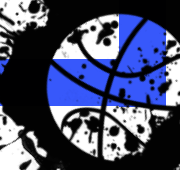
**Definition:** To give up your own desire, goal or advantage for the sake of something or someone else.

**Example:** Kate's 7th grade basketball team was really struggling early in their season. Something was definitely off and they were just not clicking.

Kate's coach caught her after practice and told her that she needed her to play Wing instead of Point Guard. Kate LOVED Point Guard and felt like she could even make a college team as one. After thinking about it, she knew she was also one of the best shooters on the team so she agreed to SACRIFICE her personal desires to make the team better. It worked! After Kate started as wing on the team they went undefeated the rest of the season and won the City Championship. Kate was so glad she SACRIFICED for the team!

*"There is no greater love than this, to sacrifice your life (desires) for the good of your friends."*

**- John 15:13**



# Better Game Weekly Challenges

## Week 2

**How will you practice Honesty this week?**

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**Skill Challenge Drills:** (3 times this week)

- |  |  |
|--|--|
| 1. Right & Left Hand Layups (1 Minute X 3)           | <input type="text"/> <input type="text"/> <input type="text"/> |
| 2. Form Closed Reverse Layups (1 Minute X 3)         | <input type="text"/> <input type="text"/> <input type="text"/> |
| 3. Add Week 1 Drills (Beat you score)                | <input type="text"/> <input type="text"/> <input type="text"/> |
| 4. Between Touch Wall Drill (3X30 Sec)               | <input type="text"/> <input type="text"/> <input type="text"/> |
| 5. Pro Hop Forward R/L hand layup (2 Sets - Make 10) | <input type="text"/> <input type="text"/> <input type="text"/> |

- **Keep track of your score each week!**

**Conditioning Challenge Drills:** (2 times each, 3 times this week)

30 Second Drills

- |                           |  |
|---------------------------|--|
| 1. Lunges (forward, side) | <input type="text"/> <input type="text"/> <input type="text"/> |
| 2. Tuck Jumps             | <input type="text"/> <input type="text"/> <input type="text"/> |
| 3. Low to High Plank      | <input type="text"/> <input type="text"/> <input type="text"/> |

**Healthy Eating Challenge:**

Drink water or milk instead of soda or sugary drinks at every meal this week.

week 3

# Kindness

Definition: Being generous and compassionate to others.

Example: Michelle was having trouble in her English class writing a paper. She just didn't want to go to practice because she was so upset about her English paper. During practice, Michelle was not in the game and really struggling.

Bailey noticed that Michelle was having some trouble during practice and wanted to help her. After practice, Bailey went up to Michelle and asked what was wrong. Michelle told her everything about her English paper, and Bailey said she would help her write it and to not give up. With Bailey's KINDNESS Michelle wrote one of her best papers! She got an A+! Michelle was so thankful that Bailey was KIND and helped her and that afternoon she was back to doing her best and helping her team on the court.

***"Those who are kind benefit themselves, but the cruel bring ruin on themselves." - Proverbs 11:17***

***"Worry weighs down the heart, but a kind word cheers it up." - Proverbs 12:25***



# Better Game Weekly Challenges

## Week 3

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### How will you practice Self-Control this week?

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#### **Skill Challenge Drills:** (2 times each, 2 times this week)

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|---|---|
| 1. Closed Reverse Layups (1 Minute X 3) | <input type="text"/> <input type="text"/> |
| 2. Pound Between (1 Minute X 3)         | <input type="text"/> <input type="text"/> |
| 3. Pound Behind (1 Minute X 3)          | <input type="text"/> <input type="text"/> |
| 4. Behind/Touch Wall Drill (3X30 Sec)   | <input type="text"/> <input type="text"/> |
| 5. Pro Hop Right (Make 10)              | <input type="text"/> <input type="text"/> |

**\* Keep track of your score each week!**

#### **Conditioning Challenge Drills:** (2 times each, 3 times this week)

##### 30 Second Drills

- |                   |  |
|-------------------|--|
| 1. Jumping Lunges | <input type="text"/> <input type="text"/> <input type="text"/> |
| 2. Stair Step-Ups | <input type="text"/> <input type="text"/> <input type="text"/> |
| 3. Wall-Sits      | <input type="text"/> <input type="text"/> <input type="text"/> |

#### **Healthy Eating Challenge:**

Eat a fruit or vegetable at every meal this week.

week 4

# Peace

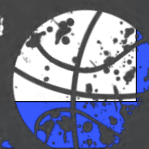
**Definition:** Having a calmness; not being troubled even in the midst of trials.

**Example:** Tucker was playing in the state championship basketball game, the biggest game of her life. Her team was winning by 15 points and were way ahead before starting the next quarter.

The last quarter the game was very close near the end and the crowd was very loud. The last 5 minutes of the game were back and forth, and Tucker felt herself and her teammates getting really nervous. She remembered how much God loved her and that He did not give her a spirit of fear but a spirit of PEACE.

At that point, Tucker told herself to calm down, it was just another game, and to relax and have fun. The rest of the game she had an indescribable PEACE and calmness and played her best game ever. Her teammates noticed how much PEACE Tucker had, and they started calming down and playing better too. Guess who won the state championship!

***“Turn from evil and do good; seek peace and pursue it.” - Psalm 34:15***



# Better Game Weekly Challenges

## Week 4

### How will you practice Patience this week?

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### Skill Challenge Drills: (2 times this week)

1. Repeat Week 3 Drills (1 Minute X 3)
2. Windshield Wiper Shooting  
(Time how long it takes to make 10 shots)
3. Inside Out Dribble R/L (3X90 Sec)
4. Pro Hop Left (Make 10)
5. Windshield Wiper Shooting w/o dribble (Make 20 in 4 Min)

**\* Keep track of your score each week!**

### Conditioning Challenge Drills: (2 times each, 3 times this week)

#### 30 Second Drills

1. Burpees
2. Bounding Steps
3. Get-Up Sit-Ups

### Healthy Eating Challenge:

Eat something for breakfast every day this week.

week 5

# Joyful

Definition: The emotions of great delight or happiness.

Example: Alex woke with a start and looked at his clock. He had done it again! That was the third time he had woken up early and still had quite a while before school. He just wanted the day to start already!

Today was the first day of after school workout, Alex's favorite time of year. He was very excited and happy.

Ok, maybe he wasn't too excited about going through after school practice but, what made him JOYFUL was that it was basketball season, he would get to play the game with his friends and work together as a team to win!

***"Be joyful in hope, patient in affliction, faithful in prayer."***

**- Romans 12:12**



# Better Game Weekly Challenges

## Week 5

**How will you practice Faithfulness this week?**

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### **Skill Challenge Drills:** (3 times this week)

1. Repeat Week 4 Drills (1 Minute X 3)
  2. Windshield Wiper Shooting 1 Dribble Middle   
(Time how long it takes to make 10 shots)
  3. Inside out Crossover Dribble (3X90 Sec)
  4. Windshield Wiper Shooting w/o dribble (Make 20 in 3 Min)
  5. Play a friend 1 on 1 (4 dribble limit each possession)
- **Keep track of your score each week!**

### **Conditioning Challenge Drills:** (2 times each, 3 times this week)

1. Push-Ups (1 min.)
2. Deep Squat Blocking Jumps (1 min.)
3. 6 Get-Up Sprints  
(alternate stomach & back)

### **Healthy Eating Challenge:**

Eat a green vegetable at least 3 times this week.

week 6

# Perseverance

**Definition:** Continuing with a course of action or a purpose in spite of obstacles or difficulties

**Example:** Cody tried out twice for the select basketball team in his home town, and both times did not make the team. While he was sad that he did not make the team he worked really hard with a private coach and tried for his school team. Working hard to reach his goal.

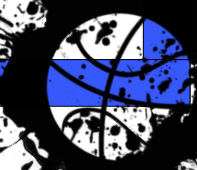
The day of the club tryouts had come again. He watched the guys ahead of him nervously, but when it was his turn he did his absolute best. After the try-out he waited around with all the other guys to see the list.

Before he could look at the list, the coach called him over. He thanked him for trying out again, and told him it was obvious he had worked really hard.

The coach said because of his PERSEVERANCE to overcome the disappointment of not making it twice before, he was very happy to tell him he made the team!

*“Let perseverance finish its work so that you may be mature and complete, not lacking anything.”*

- James 1:4



# Better Game Weekly Challenges

## Week 6

**How will you practice Humility this week?**

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### **Message from AYSA & Your Academy Coaches:**

#### **ALWAYS REMEMBER -**

**There are no shortcuts to becoming a better player, a better teammate, or a better person!**

**Learn the right fundamentals and put in the work to keep getting better in every area of your life!**

#### **NEVER FORGET -**

**Your value as a person is SO MUCH MORE than what you can do on the court!**

***“Never get tired of doing the right things!”***

***-2 Thess. 3:13***

