



**Abilene
Youth
Sports
Authority**

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Your community "Home Office" for Youth Sports

BASKETBALL

ATHLETE HANDBOOK 2014

ACADEMY

**BUILDING
CHARACTER
THROUGH
BASKETBALL**

6-7



FIRM

FOUNDATION

SPORTS ACADEMIES

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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!**

FIRM FOUNDATION ATHLETE EXPECTATIONS

- ✓ 100% Effort in all Academy Activities!
- ✓ Respect for the Authority of the Instructors!
- ✓ Respect and Encouragement for Teammates!
- ✓ Learn and Practice Correct Ball Skill Fundamentals!
- ✓ Learn and Develop Healthier Attitudes about Competition!
- ✓ Take Responsibility for Actions!

COMMITMENT TO PARENTS

- ✓ We will love, train, and encourage your child just like they are our own!
- ✓ We will respect your child as the special person that they are!
- ✓ We will give your child tools to become better players and teammates!
- ✓ We will correct inappropriate actions in a firm and loving manner!
- ✓ We will example positive character and attitudes with your child!
- ✓ We will challenge your child past their “limits” – but never past the point of safety!

FIRM FOUNDATION COMMITMENT FROM PARENTS

- ✓ We ask you to come to us directly with questions or concerns!
- ✓ We ask you to encourage, but not coach from stands!
- ✓ We ask you to work hard to keep sports FUN for your child!
- ✓ We ask you to be patient and think long-term with your child's sports development!

(“Just getting the ball back over” mindset in competition now hurts your child's game 2 years from now!)

KEEPING THE “FUN” IN FUNDAMENTALS!!

PERCENTAGES OF ATHLETES RECEIVING COLLEGE ATHLETIC SCHOLARSHIPS

(Houston Chronicle – Jenny Dial)

Baseball

UIL participants	41,726
National participants	478,029
Number of college scholarships	2,956
<i>Pct. earning scholarships</i>	.6%

Softball

UIL participants	31,077
National participants	371,293
Number of college scholarships	2,774
<i>Pct. earning scholarships</i>	.7%

Boys Basketball

UIL participants	75,248
National participants	552,935
Number of college scholarships	4,046
<i>Pct. earning scholarships</i>	.7%

Girls Basketball

UIL participants	71,218
National participants	449,450
Number of college scholarships	4,329
<i>Pct. earning scholarships</i>	.9%

Football

UIL participants	160,893
National participants	1,108,286
Number of college scholarships	15,997
<i>Pct. earning scholarships</i>	1.4%

Volleyball

UIL participants	38,367
National participants	397,968
Number of college scholarships	3,318
<i>Pct. earning scholarships</i>	.8%

Boys Soccer

UIL participants	27,439
National participants	383,561
Number of college scholarships	1,683
<i>Pct. earning scholarships</i>	.4%

Girls Soccer

UIL participants	22,106
National participants	346,545
Number of college scholarships	3,591
<i>Pct. earning scholarships</i>	1%

Boys Tennis

UIL participants	19,217
National participants	156,285
Number of college scholarships	925
<i>Pct. earning scholarships</i>	.6%

Girls Tennis

UIL participants	18,873
National participants	172,455
Number of college scholarships	1,848
<i>Pct. earning scholarships</i>	1.1%

“We stress to parents and students everywhere that you should participate in athletics for the fun, fitness, values, and benefits that sports can give, not because you want a scholarship.” (Kevin Lennon, NCAA VP of Membership Services)

OUTLINE

Week 1: **DISCIPLINE**

Week 2: **HONESTY**

SELF

Week 3: **CONTROL**

Week 4: **PATIENCE**

Week 5: **FAITHFULNESS**

Week 6: **HUMILITY**



week 1

DISCIPLINE

Definition: Doing what needs to be done even if you don't want to do it, because you see the greater goal.

● **Example:** Sadie really wants to make the 7th grade Basketball A Team at her middle school. Tryouts are coming up in 3 weeks and in order to make the A Team she must be able to consistently dribble the ball down the court. Sadie is determined to perfect her dribbling in time for the tryout because she so badly wants to make the top team. She decides that every day until tryouts she is going to make time to go to the gym to practice her dribbling. Some mornings Sadie wakes up and would rather sleep in, but when she thinks about the sense of accomplishment she will feel when she gets selected for the A Team, she chooses to be DISCIPLINED in her actions and go to the gym anyways.

"Whoever loves discipline loves knowledge, but whoever hates correction is stupid."

- Proverbs 12:1



Better Game Weekly Challenges

Week 1

How will you practice Discipline this week?

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

HONESTY

Definition: Being fair and truthful with your words and actions.

- **Example:** Brandon's coach gives his team an opportunity to get better
- off the court by doing drills at home. He gives the boys a sheet of drills to complete each afternoon after school, and have their parents sign saying they
- completed the drills. Brandon completely forgets to do the drills and overhears his teammates talking about the drills the day that the paper is due. Frantic, he considers faking his parents signature to say that he has done the drills. He knows in his heart that would be wrong, so he decides to be **HONEST**. When it comes time to turn in the papers, he tells his coach the truth, that he forgot about the drills. His coach honored Brandon's **HONESTY** by giving him another week to complete the drills, and this time Brandon didn't forget to do them!!

"The Lord detests lying lips, but He delights in people who are trustworthy and honest."

-Proverbs 12:22



Better Game Weekly Challenges

Week 2

How will you practice Honesty this week?

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

SELF CONTROL

Definition: Having control over your emotions, feelings, desires, and actions.

Example: Michelle's team is playing against their biggest rival this week. During the game, Michelle's team is behind and the game is getting intense. A few of her teammates are getting bad attitudes, and Michelle is tempted to lose her temper too. Her team is down by 2 points and Michelle is up to shoot free throws. She misses her free throw, and has two options: to yell and get mad at herself and have a bad attitude, or she can choose SELF-CONTROL and calmly react after the shot by clapping hands with teammates and preparing to make the next shot. When Michelle chooses SELF-CONTROL, she sets a good example for not only her other teammates, but the other team, and everyone watching the game. The best players keep their cool and display SELF-CONTROL.

"Like a city whose walls are broken through is a person who lacks self-control."

-Proverbs 25:28



Better Game Weekly Challenges

Week 3

How will you practice Self-Control this week?

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

- | | |
|---|---|
| 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

PATIENCE

Definition: The ability to remain calm without complaining for long periods of time or during difficult trials.

Example: Mike had been practicing hard and even put in extra time off the court to earn a starting spot on his basketball team, but after weeks of all his hard work he still did not have a starting spot. Confused and upset he went home and asked his father why he hadn't made the starting spot yet. His father replied, "You may not see it now but, your hard work is not going unnoticed, just have a little more **PATIENCE** and continue to work hard, your coach watches everything that you do." Determined Mike went to practice the next day and continued to work hard. After practice Mike's coach pulled him aside, "I have seen you working hard during practice and even going outside of practice to get in more practice, and your **PATIENCE** with how long you have put in your hard work over these last few weeks shows me how much you want that starting spot. So for the next game you will be in the starting line up. Good job and keep up the hard work!" Mike learned that being **PATIENT** and putting in hard work will get you rewarded.

*"Let us not become weary in doing good,
for at the proper time we
will reap a harvest if we do not give up."*

-Galatians 6:9



Better Game Weekly Challenges

Week 4

How will you practice Patience this week?

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

FAITHFULNESS

Definition: Keeping your promises and doing what you are supposed to do.

Example: Laurie's team has been having trouble remembering to bring all of their gear on game day, therefore players are having to sit out during the game. Laurie's coach has asks her to be in charge of reminding all of her teammates to bring their uniform and shoes on game days. This is a big responsibility, and Laurie promises the coach she will do it. The night before their next game, Laurie calls each one of her teammates and reminds them to bring their uniform and shoes to school the next day. At game time, the coach is so impressed that all of the girls have all of their game day equipment. She pulls Laurie aside and thanks her for her **FAITHFULNESS**: that she kept her promise when she promised to do something. As a result of Laurie's **FAITHFULNESS**, every girl got to play in the game and they won!

"Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man."

-Proverbs 3:3-4



Better Game Weekly Challenges

Week 5

How will you practice Faithfulness this week?

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

HUMILITY

Definition: Not thinking you are better than other people.

Example: Amanda has been doing really well this season. She is scoring more than the other girls, and she is feeling really good about herself. In the cafeteria she overhears some boys talking about how good the girls team is doing and they say “Hey! there is the star now!” and point to Amanda. She walks over to them and they tell her she is the only reason they are winning this season. She has a choice to make. She can agree with them, or she can honor her team. Instead of agreeing with the boys, she chooses HUMILITY and says “actually it is a team effort, every girl works really hard, that is why we are doing so well.” The boys are shocked at her HUMILITY, because she chose not to take all of the credit for her team’s success. The coach hears about this story and is so pleased with Amanda’s example. She is thankful to have players who can be HUMBLE.

“Pride comes before the fall, but with humility comes wisdom.”

-Proverbs 11:2



Better Game Weekly Challenges

Week 6

How will you practice Humility this week?

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

