

10-18 year olds

Coach



**Winter League
2025**



Encouraging and improving youth through basketball



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Mission

In 1995, Dave and Leslie Davies played on the stateside basketball tour for Athletes in Action. They dreamed about leading a similar organization, **a non-denominational Christian sports ministry, that would combine their passion for kids and basketball.**



Five years later, Dave and Leslie welcomed young hoopers to summer camps in Georgia and eventually in four other states. The Davies settled in Wilmington in 2004 and, with the support of Masonboro Baptist Church, established the Halo Hoops Winter League. Over the next twelve years, Halo Hoops grew to include year-round programs for kids ages 3-18 years old, all based in Wilmington.

In 2016, Halo Hoops linked with the YMCA in a close partnership to continue providing a high quality basketball experience for young people. We continue to team up with like-minded people, churches and community organizations who help provide financial and volunteer support.



At Halo Hoops, we're committed to **helping young people have a positive youth basketball experience and encouraging people to have a personal relationship with Jesus Christ.**

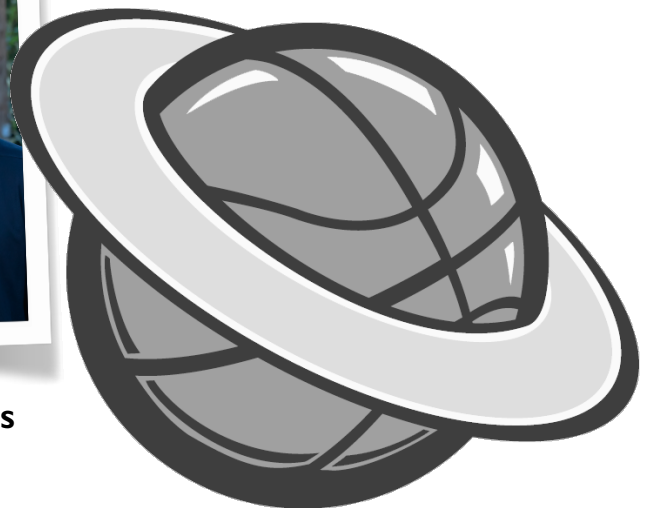


Staff



Shaun

Dave & Leslie Davies
Founders



**“The power of God will take you out of your own plans and
PUT YOU INTO THE PLAN OF GOD.”**

- W. Wigglesworth





Winter League Overview

Playing on a basketball team parallels the situations young people face in real life. They encounter a great deal of hardship as well as success in competition, and we want to help them learn to experience both in God-honoring ways. We surround them with positive coaches, age-appropriate rules, and encourage them to build strong relationships with coaches, teammates and competitors. Many teams grow up playing together season after season, forging lasting friendships and joyful memories.

The Halo Winter League offers a season of exciting competition for 5-18 year olds from January through February. Halo teams are custom-built to give young players a positive experience. We place players on teams according to the parent's requests and by their regional location within the city to support the community experience.

Code of Conduct

- **ENCOURAGE AND IMPROVE** young players
- Develop as a positive, engaging and faith-focused coach
- Respectfully cooperate with staff, referees and parents

Our staff provides accountability for anyone not complying with the Code of Conduct. We begin with a conversation, and if poor behavior continues, we will take further action such as suspension or dismissal. Unacceptable behaviors include using bad language, demeaning players and treating referees disrespectfully.



Practices

The 5 year old teams conduct a 30-minute practice prior to their games. All other teams practice once a week at various gyms throughout Wilmington. Coaches select their practice time and location on a first-come, first-served basis.

Games

At Halo games, players and their families are encouraged to be competitive while keeping a healthy perspective and showing sportsmanship. Our games are run by the Halo Rules, designed especially for young players to grow with the game. Teams usually play at the same one or two gyms on Saturdays. The 5-9 year olds cap the season off with a high-powered Celebration at Trask Coliseum. The 10-18 year olds compete in a thrilling single-elimination tournament.



Coaching Tips

Practices

Plan every practice. Run 2-4 drills before you scrimmage in order to build skills.

Require correctness. Be clear about what you expect in each drill. For example, if you're playing 2-on-1, require short passes and good shot selection.

Be strategic with scrimmages. Stop the scrimmages to make corrections and avoid street ball mentality.

Games

Compete with perspective. Be passionate - but not at the expense of losing control of your emotions.

Pay attention to your body language. Coaches who always look frustrated or angry are no fun to play for. Keep that in mind.

Emphasize effort and response. No one gets to pick where the adversity comes from. Remind your players that they can always control effort and response.

Team up with the referee and the opposing coach. Work together to make the experience positive even when situations get intense.

Make sure every player receives at least the minimum playing time. Rotate your lesser skilled players in during the first half and the early part of the second half.

Use a blowout as a teaching opportunity. If your team is winning, you can require 5 passes (after crossing half court) or try to get everyone to score. If you're on the losing side, challenge your players to keep competing!



Team Builders

Pray with your team or enlist a team leader to pray. Keep it simple. Trust that God's power is what changes your player's hearts and minds.

Get together for pizza or a hangout during the season. Get to know your players and support them in whatever they're going through.



Host a season-ending get-together.

Celebrate the good memories, adversities overcome and the improvements. Remember that your influence and words mean a lot to your players.

***"The purpose of God and the POWER OF GOD
is available for EVERY MAN."
- G.Campbell Morgan***



Skills Progression

Use this chart to guide your players' development.



5 Yrs

Offense

Basic rules
Ready position
One-hand dribble
Drive to the hoop
Pass to open man

Defense

Ready position
Hustle to the ball
Don't foul

Character

Obey coach
Pay attention
Use teamwork



6-7 Yrs

Take shots in the lane
Drive to the hoop
Use on-ball screens
Rebound

Find man quickly
Stay with assigned man
Dig for steals

Develop self-control
Use teamwork
Display sportsmanship



8-9 Yrs

Read and attack
Use on & off-ball screens
Run plays (man & zone)
Use 4-second lane rule
Make layups

Keep offense out of lane
Go under screens
See ball and man
Help in man defense
Play 2-2 zone

Develop self-control
Use teamwork
Display sportsmanship



10-18 Yrs

Use 5-man positioning
Execute plays
Use 3-second lane rule
Break full court press
Beat half court trap
Know special situations

Keep offense out of lane
Play 5-man zone
Help and recover quickly
Trap in half court
Press in full court

Communicate
Give full effort



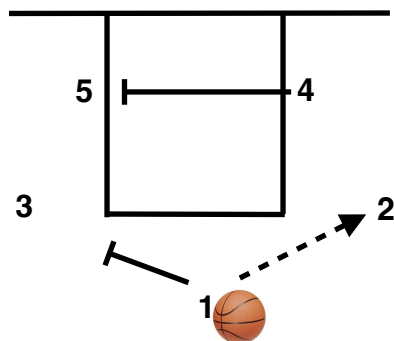
Sample Plays

Motion Offense vs Man

Use the 3 out / 2 in setup.

1 passes to 2

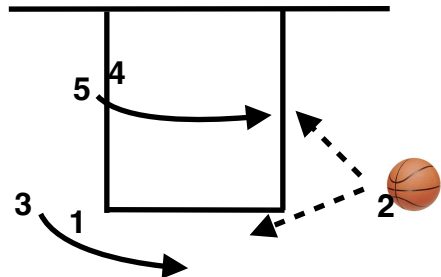
1 and 4 screen away



3 and 5 cut to the ball

Option 1: 2 passes to 3 or 5

Option 2: Reverse to the other side

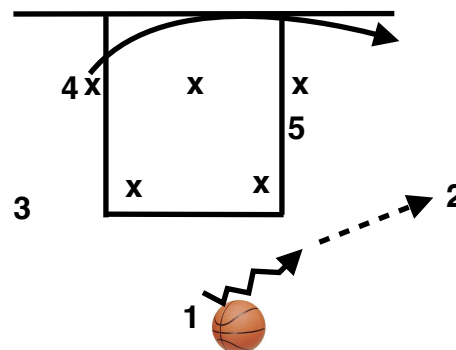


Motion Offense vs 2-3 Zone Defense

Create an overload.

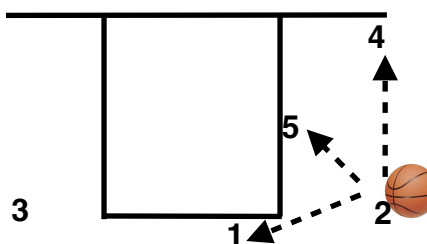
1 dribbles to the right side, passes to 2

4 cuts to the short corner



Option 1: 2 passes to 4 or 5

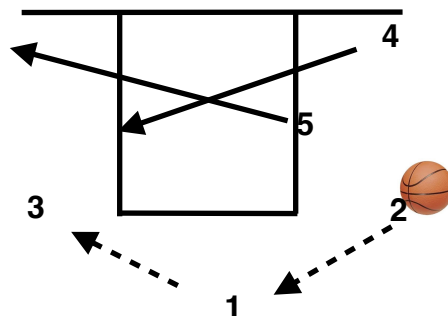
Option 2: 2 passes to 1 for the inside attack



Option 3: Reverse to the other side

4 cuts to the mid-post

5 cuts to the short corner

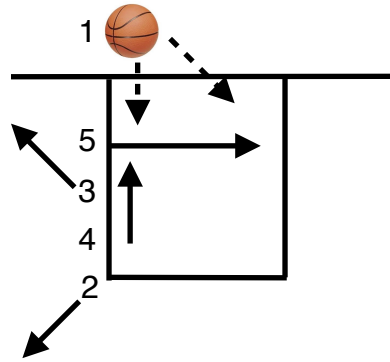


Inbounds Play vs Zone

Use the stack setup.

Option 1: 1 passes to 5 or 4

Option 2: 1 passes to 3 or 2

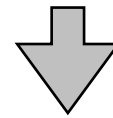
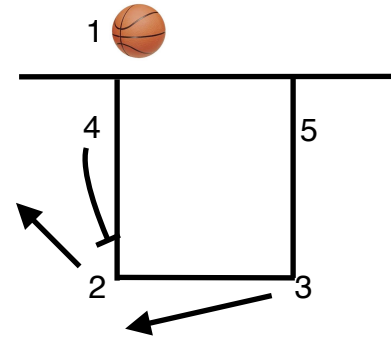


Inbounds Play vs Man

Use the box setup to screen the screener.

4 screens for 2

3 cuts to the ball side

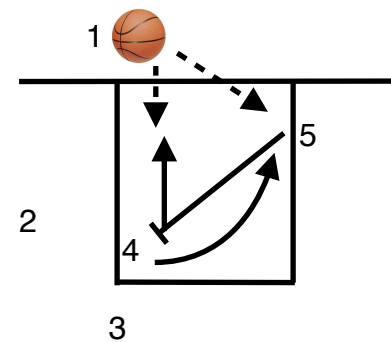


5 screens for 4, cuts to the ball

4 cuts to the weak side

Option 1: 1 passes to 4 or 5

Option 2: 1 passes to 2 or 3



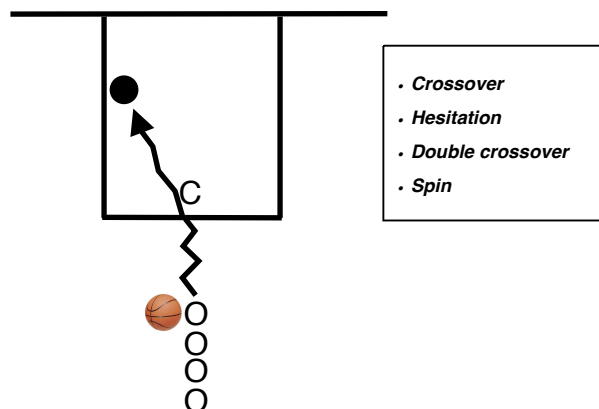


Shooting Drills

Dribble Attack Series

Score off the dribble.

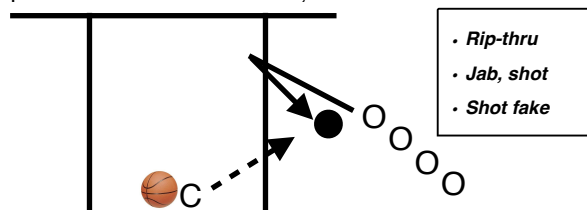
Players dribble up, make a move to get by the defender, and shoot on the left side. On a miss, they have one chance for a putback. Players perform each move twice, then attack to the right side.



Catch Attack Series

Attack the hoop after receiving a pass.

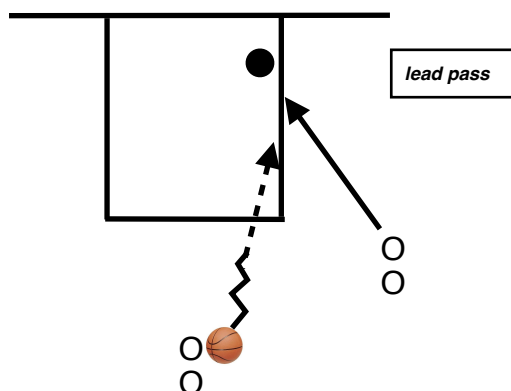
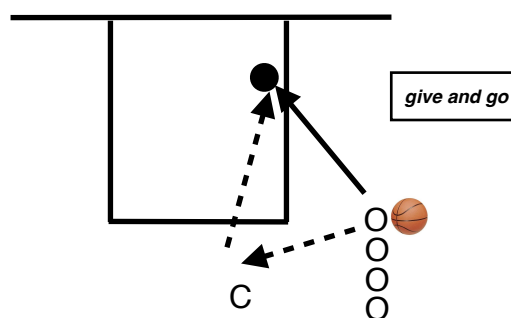
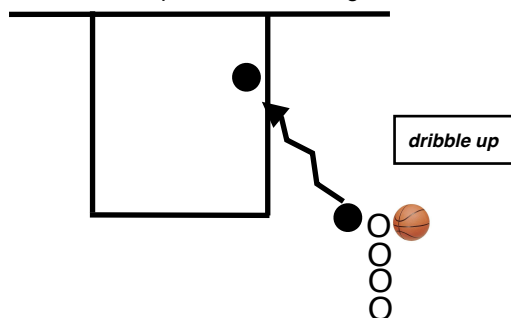
Players cut into the lane and back out, catching the pass on the spot. They make an attack move, dribble to the basket and shoot. On a miss, they have one chance for a putback. After two rotations, move to the left side.



Spot-to-Spot Shooting

Work on offensive attacks.

Players attack the basket and shoot quickly. On a miss, they have one chance for a putback. After two attempts, move to the top or the other wing.



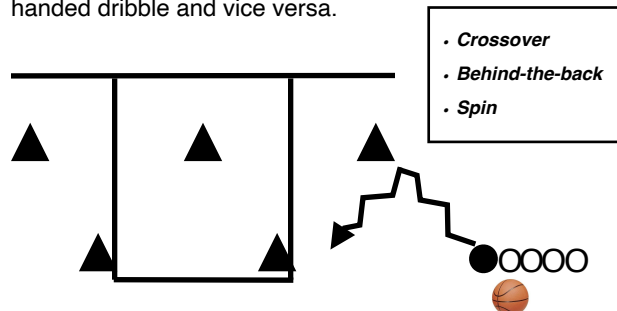


Ballhandling Drills

Zig Zag Dribbling

Practice changing directions with the dribble.

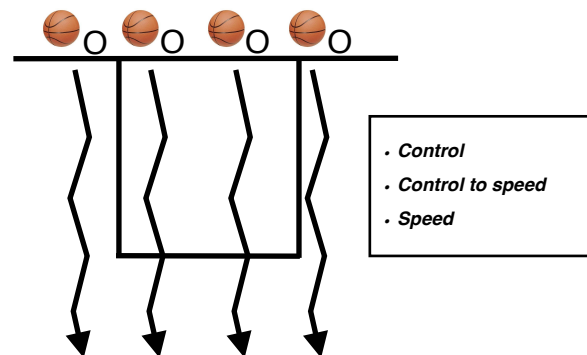
Players dribble, using a crossover in front of each cone. When dribbling toward the left, players should use a left-handed dribble and vice versa.



Change of Speed Dribbling

Work on dribbling using two speeds.

Players dribble to half court and back. The control dribble, which is galloping sideways, is used when closely guarded. The speed dribble is used when dribbling in the open court.

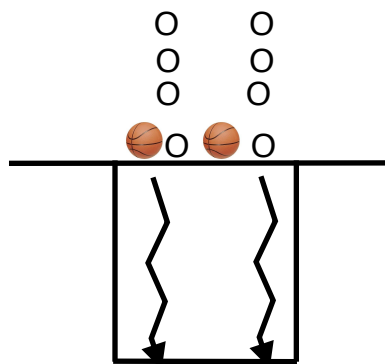


Line Pivots

Use the correct footwork when pivoting.

Players dribble up to the free throw line and hop stop. Then they pivot, using two 1/4 turns.

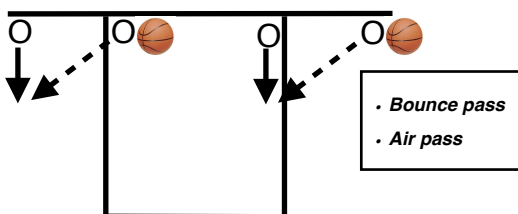
They pass to their partner and get back in line.



Partner Passing

Use lead passes to move quickly up the court.

Players pass the ball back and forth, leading their teammate, as they run up the court. No sliding, only running.



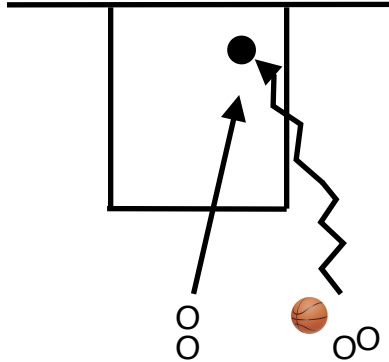


Offensive Drills

Pressure Fast Break

Attack the basket with defense chasing.

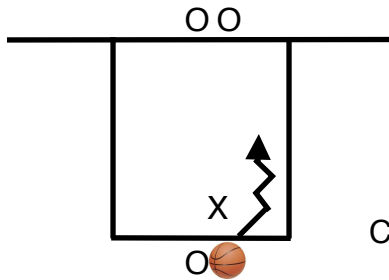
Players attack the basket at an angle. The defender, starting slightly behind, tries to stop the offensive player or turn them to the middle. Players should shoot a layup or a jump shot.



King/Queen of the Court

Work on attacking skills.

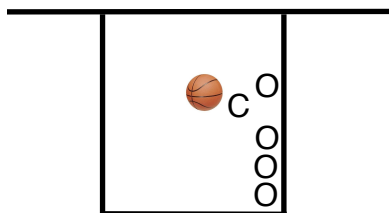
Players have a limit of 3 dribbles to drive to the basket. They can pass to the coach and refresh their 3 dribbles. Offense stays on if they score or get fouled on a shot. After a steal or a rebound, the defender passes to the coach and becomes offense.



Putbacks

Work on rebounding technique.

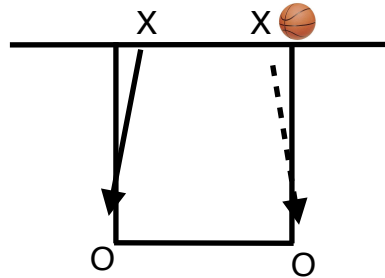
The coach tosses the ball off the right side of the backboard. The player jumps and grabs the rebound in the air, lands and immediately shoots the ball. Rotate after each player takes 5 turns.



2-on-2 / 3-on-3

Score quickly in the half court.

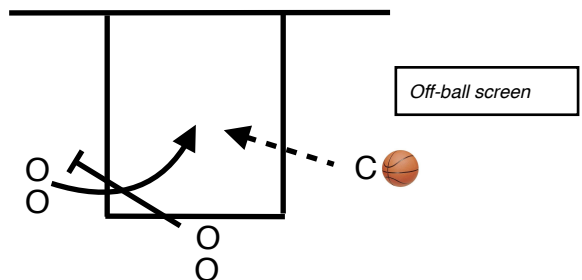
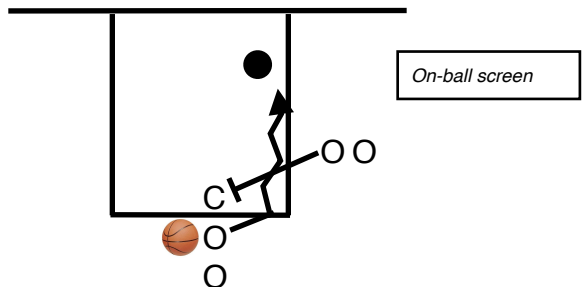
A defender passes the ball to one of the offensive players. Play 2-on-2 with a limit of 10 seconds to attempt a shot.



Screen Series

Use on-ball and off-ball screens.

Players use screens to score off a dribble or shot. To rotate, players switch lines.



Baseball Game

Compete for every rebound to earn possession.

Divide the players into two teams. Each team has 3 players on the court. You shoot the ball and both teams compete for the rebound. The team who gets the rebound attempts to score. Play continues until there's a defensive rebound or a made shot.

Basket= 1 pt

Offensive rebound = 1 pt

Defensive rebound = 1 out

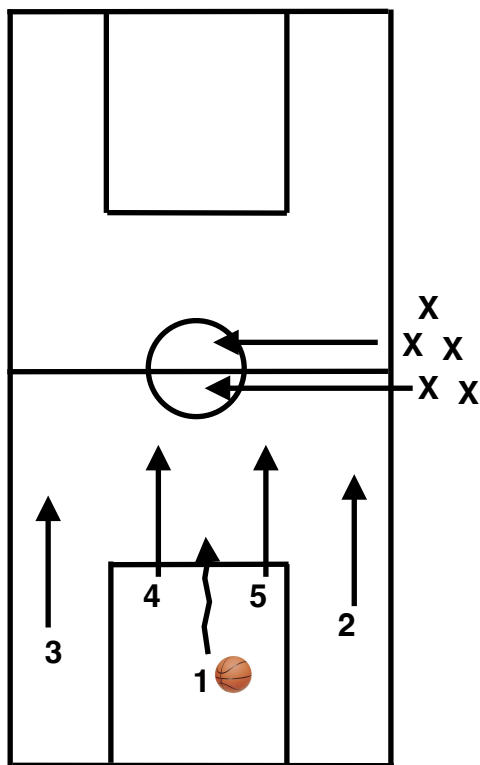
After 3 outs, the teams switch. Play for 3 innings, with 3 outs per inning. The team with the most points wins.

Recognition

Practice reading the defense.

The offense gets a rebound and heads up the court, trying to score quickly.

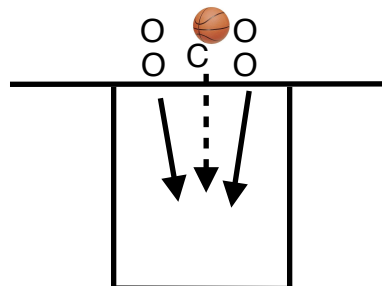
The coach picks 1, 2, 3, or 4 defenders to touch the center circle and play defense.



Loose Ball Chase

Develop hustle and aggressiveness.

Players line up in two lines underneath the basket. Roll or toss the ball out into the court. The first player in each line competes to get the ball. Once a player gets it, they try to score and the other person defends the basket.



Pass Tag

Work on off-the-ball movement.

Divide the players into two teams and play for 5 minutes. Using one half of the court, teams try to score more points than their opponent.

Tag = 1 point for offense

Turnover = 1 point for defense

One team starts with the ball and passes it around, trying to tag a defender (touch them with the ball). The offense can only use passes and pivots. No throwing the ball at the defender. After a tag or a turnover, the offense sets the ball down and plays defense.

A turnover occurs when the ball touches the ground, the offense travels, or when the defense steals it.

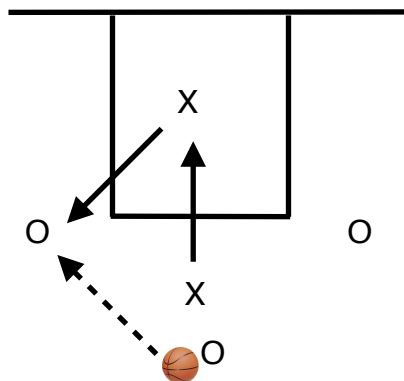


Defensive Drills

3-on-2

Defend when the offense has the numbers advantage.

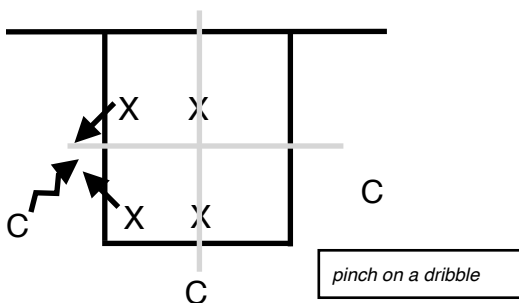
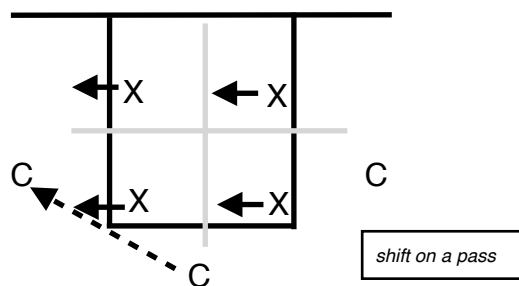
The defenders work in tandem. The bottom defender takes the first pass, and then the top defender drops down.



Shell Drill

Work on zone defensive positioning.

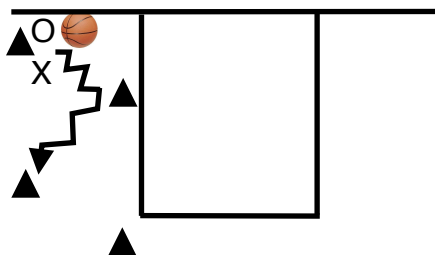
Move the ball around, waiting for the defense to shift or pinch.



Zig Zag Slides

Use correct footwork and spacing in on-ball defense.

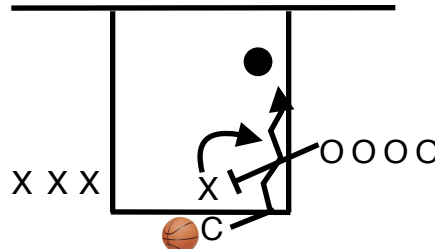
The defender zig-zag slides with the ball handler, staying an arm's length away, hands behind the back.



Slide Under The Screen

Work on defending on-ball screens.

Going half-speed, the wing sets an on-ball screen for the point guard. The defense slips under the screen and stays with the ball handler. Rotate by having the screener become the defender and a new player sets the screen.





Game Rules

The Halo Rules are modifications from high school rules to help young players grow with the game.

10-11 Yrs

12-13 Yrs

14-18 Yrs

GENERAL

28.5" ball for boys and girls

13' free throw line

Recommended 10 players per team

Guaranteed 10 min. playing time

Home team listed first on schedule

Single-elimination tournament

(1) assistant coach allowed on bench

Recommended 10 players per team

Guaranteed 10 min. playing time

Home team listed first on schedule

Single-elimination tournament

(1) assistant coach allowed on bench

Recommended 10 players per team

Guaranteed 10 min. playing time

Players must be enrolled in high school

Coach 21 yrs. or older must be present

Home team listed first on schedule

Single-elimination tournament

(1) assistant coach allowed on bench

Athletic attire required

Game stopped if lose spirit of competition

TIME

10-minute quarters

Running clock

Clock stops in final 2 min. if <15 pt. lead

(2) 30-second timeouts per half

OT: *sudden death, one timeout per team*
(no carryover)

10-minute quarters

Running clock

Clock stops in final 2 min. if <15 pt. lead

(2) 30-second timeouts per half

OT: *sudden death, one timeout per team*
(no carryover)

20-minute halves

Running clock

Clock stops in final 2 min. if <15 pt. lead

(2) 30-second timeouts per half

OT: *sudden death, one timeout per team*
(no carryover)

OFFENSE

Shooting foul on missed 2 pt. shot:
(1) FT for 2 pts. before final 2 min.

Shooting foul on missed 3 pt. shot:
(1) FT for 2 pts. + (1) FT for 1 pt.
before final 2 min.

7 team fouls per half: 1FT for 2pts
after. Shoot both shots in last 2 min.

Shooting foul on missed 2 pt. shot:
(1) FT for 2 pts. before final 2 min.

Shooting foul on missed 3 pt. shot:
(1) FT for 2 pts. + (1) FT for 1 pt.
before final 2 min.

7 team fouls per half: 1FT for 2 pts
after. Shoot both shots in last 2 min.

Shooting foul on missed 2 pt. shot:
(1) FT for 2 pts. before final 2 min.

Shooting foul on missed 3 pt. shot:
(1) FT for 2 pts. + (1) FT for 1 pt.,
before final 2 min.

7 team fouls per half: 1FT for 2 pts
after. Shoot both shots in last 2 min.

Lane violation: 4 sec.

No 3 pt. shot

DEFENSE

Mercy Rule for 20+ pt. lead: *leading team defends inside 3 pt. line, revert to original rules if lead 15 pts. or less*

Mercy Rule for 20+ pt. lead: *leading team defends inside 3 pt. line, revert to original rules if lead 15 pts. or less*

Mercy Rule for 20+ pt. lead: *leading team no full ct. press, revert to original rules if lead 15 pts. or less*

Full Ct. Press: *allowed only final 2 min.*

1st qtr. 2-3 zone inside 3 pt. line:

pinch allowed, no trap or double team

2nd qtr. Man-to-man: *help & recover*

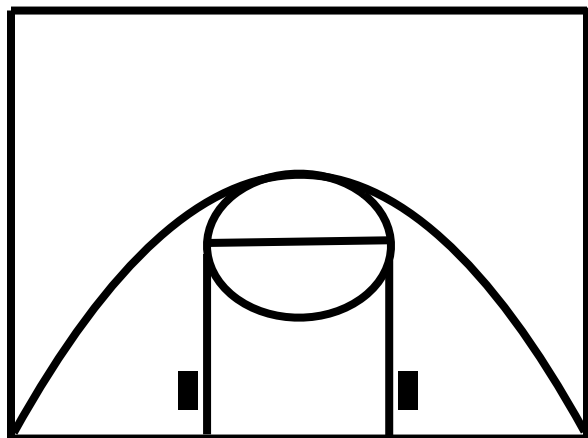
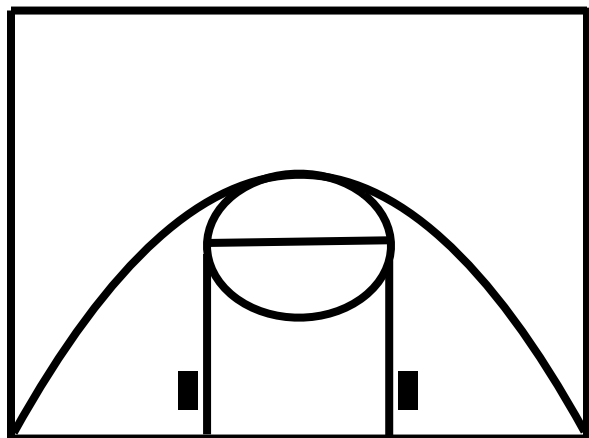
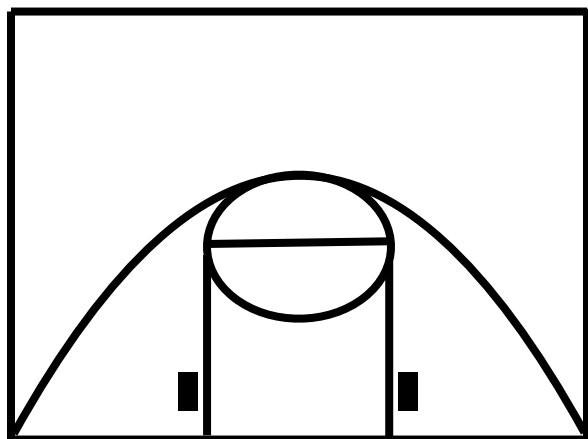
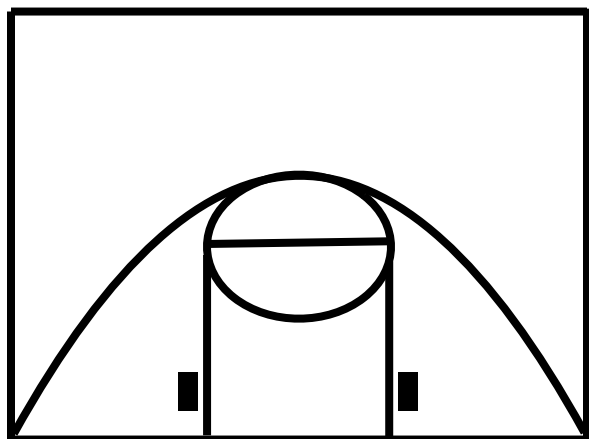
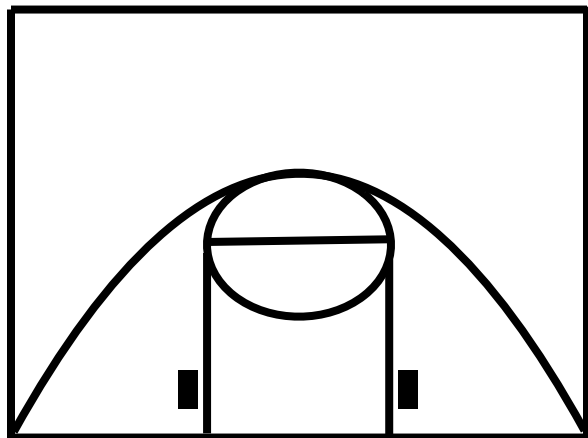
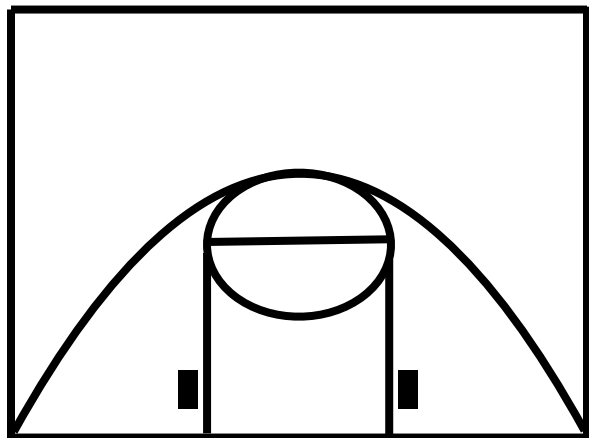
allowed, no trap or double team

2nd half: *coach's choice, trap and double team allowed*



Notes

***“God is the source of power,
but we are the instrument He uses”
- C. Stanley***





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