

5 year olds

Coach



FOR THE
Love
OF THE GAME

“For God so loved the world...” – John 3:16

Winter League
2025



Encouraging and improving youth through basketball



TABLE OF CONTENTS



Mission & Staff.....1
League Overview.....2
Team Builders.....3
Teaching Tips.....4-5
Skills Progression.....6
Drills.....7-8
Sample Practice Plans.....9
Game Rules.....10





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.**

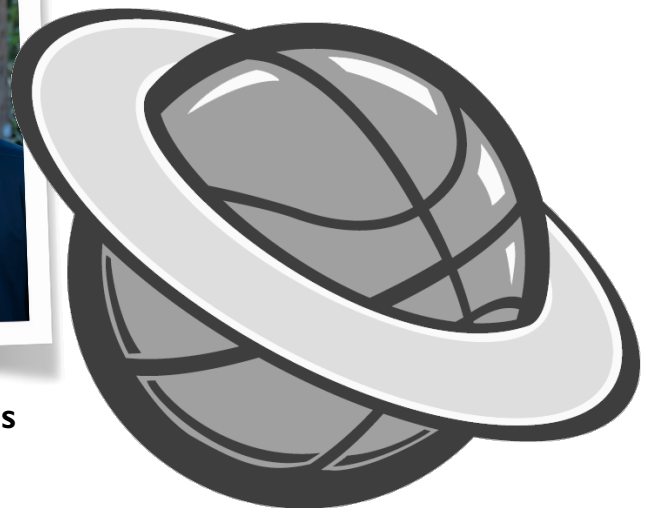


Staff



Shaun McMahon
Dir. of Programs

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.



Team Builders



Break the Ice

Coordinate a team get-together before the first game. Introduce families to one another and express your belief that, together, you'll help each other **POWER UP** this season!



Connect

Take a few minutes each practice to ask the team a question and **discuss their experience**.

WEEK 1: *How did you get on this team?*

WEEK 2: *What basketball skills do you bring to the team?*

WEEK 3: *How do you get ready for practices and games?*

WEEK 4: *Are you nervous or scared before playing?*

WEEK 5: *What do you do when things get hard?*

WEEK 6: *What happens when you get mad or frustrated?*

WEEK 7: *How do you celebrate?*

WEEK 8: *How have you improved this season?*



Pray

Pray with your team or invite a player to pray - many of them love to do it! **Ask for God's help** for anything your team is struggling with.



Celebrate!

Join the entire league for the season-ending Celebration at UNCW's Trask Coliseum. It's a well-deserved time of partying!

In addition, host a team party and take a few minutes to remember the highlights of the season. **Recognize each player for the ways they improved.**

"The purpose of God and the POWER OF GOD is available for EVERY MAN."

- G.Campbell Morgan



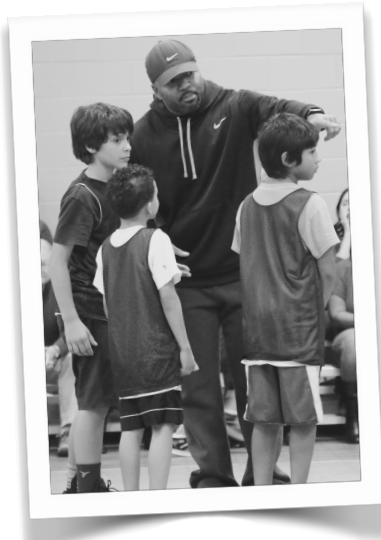
Teaching Tips: Practices & Games

Practices

Plan every practice. Keep it simple by using only a few drills to help your players master the fundamentals.

Use your space wisely. In order to get more repetitions for every player, split your team into 2 groups. (Ex: one group dribbling, one group shooting)

Teach drills using key words. Players need to hear a simple, repetitive explanation of the skill. (Ex: “ready, aim, fire” for shooting technique)



Games

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

Pay attention to your body language. Young people imitate you! If you're positive, they'll learn to react to situations with confidence and courage.

Emphasize effort and response. These are things your players can control!

Team up with the referee and the opposing coach. Remember that you're all in it for the kids.

Keep the game flowing. Help your players line up quickly during substitutions and free throws. Enlist the help of a parent to sit on the bench, care for injured players and get subs ready.

Give your players fairly equal playing time and rotate their positions. If you're short some players, divide the playing time evenly rather than keeping your superstar in the whole time.

Teach your players to start on their man. After the initial setup, defenders can help momentarily but not stay to double-team. *(6-7 yr olds: Head coaches are allowed to help position the players on the court without interrupting the flow of the game.)*

Give everyone a chance to touch the ball. Rotate the players to pass the ball inbounds and bring the ball up the floor.

Use a blowout as a teaching opportunity. If your team is winning, you can require 5 passes (after crossing half court) or pass the ball to a player who hasn't scored yet. If you're losing, stay positive and cheer their good efforts.

Look for the little wins. There are many more wins than just the one on the scoreboard. Celebrate small improvements and successes every game.



“So let’s agree to use all our energy in getting along with each other. Help others with encouraging words; don’t drag them down by finding fault.”

- Romans 14:19



Teaching Tips: Offense & Defense

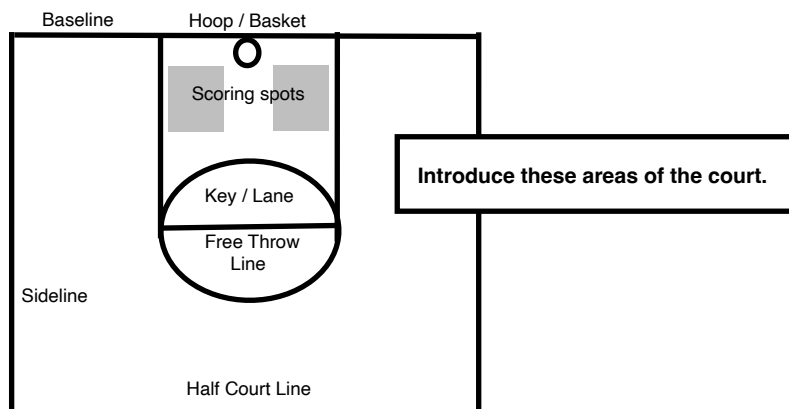
Offense

1. Take Close Shots

The best shooting spots are the right and left sides of the hoop, using the backboard.

2. Pass to the Open Man

It's hard for beginners to dribble and keep their eyes up. Urge them to look for the open man.



Defense

1. Find Your Man Quickly

Remind your players to get back quickly and locate their man.

2. Face Your Man, Tail Pointing to Basket

Many players will turn their back to their man, trying to stay between them and the ball. Teach the correct positioning.



Technique Tips

Ready Positions

Offense

"Shooting foot forward, Tail out, face the basket"



Defense

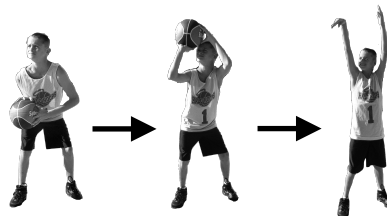
"Face your man, tail to the basket"



Arm's length away.

Shooting

"Hold with two hands, push with one"



Stealing

"Dig it"



Don't chop down or slap at the ball.

Passing

"Push it"



Step around the defense.



Skills Progression

Use this chart to guide your players' development.

Offense

Defense

Character



5 Yrs

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

Ready position
Hustle to the ball
Don't foul

Obey coach
Pay attention



6-7 Yrs

Take shots in the lane
Individual moves
Use on-ball screens
Rebound

Find man quickly
Stay with your man
Dig for steals

Obey coach
Self-control
Teamwork



8-9 Yrs

Read and attack
Use on-ball screens
Basic plays (man & zone)
4-second lane rule
Layup

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

Self-control
Teamwork
Sportsmanship



10-18 Yrs

5-man positioning
Execute plays
3-second lane rule
Breaking full court press
Special situations

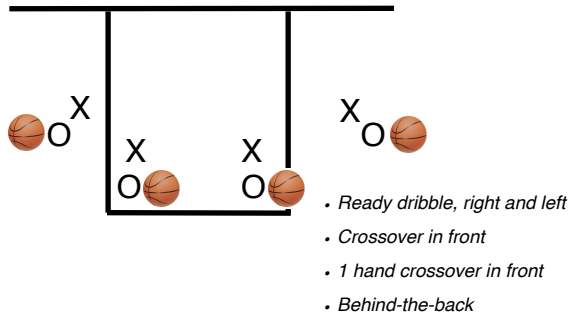
Keep offense out of lane
5-man zone
Help and recover quickly
Trapping
Full court press

Sportsmanship
Communication
Effort

Copycat

Work on stationary ballhandling.

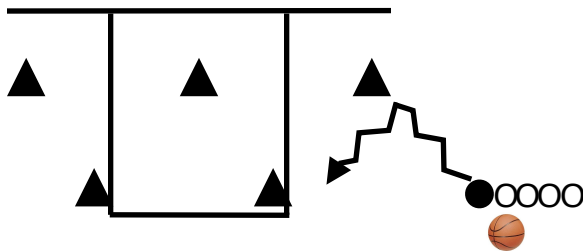
Players copy the coach while dribbling in place. Players call out the number of fingers the coach holds up.



Zig Zag Dribbling

Practice changing directions with the dribble.

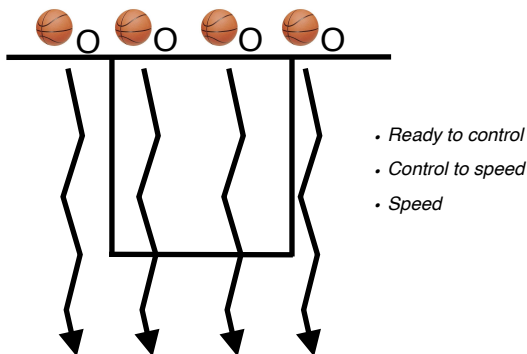
Players dribble, using a crossover in front of each cone. When dribbling toward the left, players should use a left-handed dribble and vice versa. Add a behind-the-back and spin dribble.



Change of Speed Dribbling

Work on dribbling using two speeds.

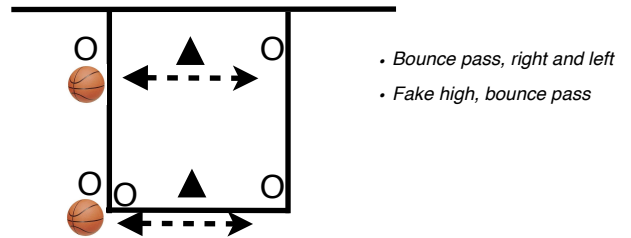
Players dribble to half court and back. The control dribble, which is galloping sideways, is used when closely guarded. The speed dribble is used when dribbling in the open court.



Cone Passing

Work on passing around the defense.

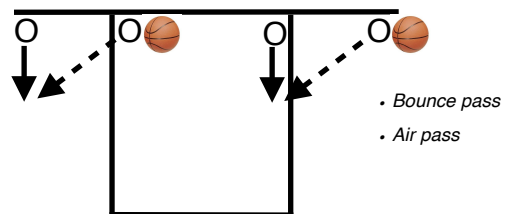
Players pass back and forth around the cone.



Partner Passing

Use lead passes to move quickly up the court.

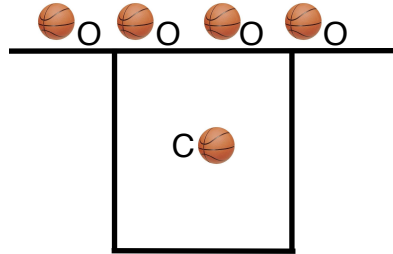
Players pass the ball back and forth, slightly ahead of their teammates, as they run up the court. No sliding, only running.



Form Shooting - Ready, Aim Fire

Work on the 3 phases of shooting.

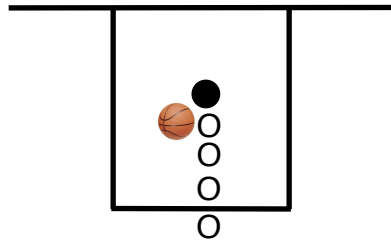
Players set their shooting foot on the baseline, slightly ahead of the other foot. Players freeze at each phase as the coach calls out, "Ready, aim, fire!" Repeat ten times.



Spot Shooting

Use the 3 shooting phases to score.

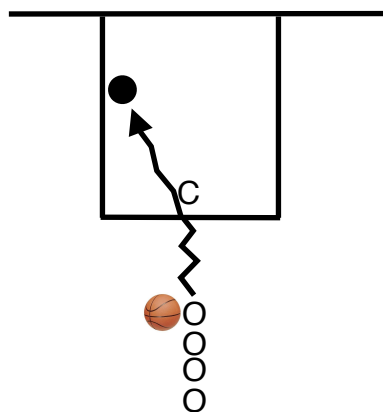
One at a time, players place their shooting foot on the spot and shoot on command, "Ready, aim, fire!" After two attempts, rotate to a new spot.



Crossover Attack

Score off the dribble.

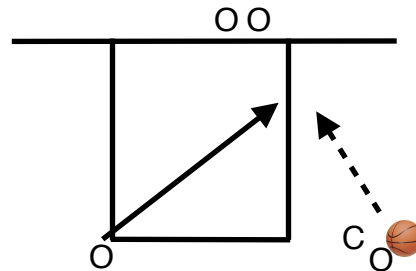
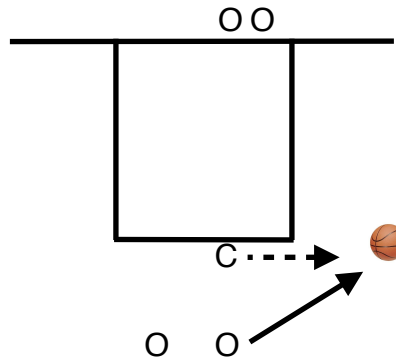
Players dribble up, do a crossover to get by the defender, and shoot on the left side. On a miss, they have one chance for a putback. Players take two turns, then go to the right side.



2-on-1

Pass to the open player in scoring position.

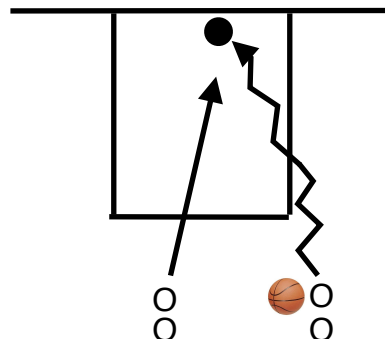
1. The coach tosses a ball and the offense hustles to get it. The coach lightly guards the player with ball.
2. The other offensive player cuts to a scoring position to receive a pass and score.



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 jump shot.





Sample Practices

These 3 practices will prepare your players for the first game.

Practice # 1

TIME	DRILL	NOTES
5 min.	<i>Introduce team and rules</i>	<i>Rules: bathroom, water, pay attention Demonstrate double dribble and traveling</i>
5 min.	<i>Copycat Dribbling</i>	<i>Explain: double dribble, traveling</i>
5 min.	<i>Spot Shooting</i>	
5 min.	<i>Chase</i>	<i>Explain: fouls, scoring</i>
10 min.	<i>Team Time</i>	<i>Explain: boundaries, parts of the court, free throw lineup</i>

Practice # 2

TIME	DRILL	NOTES
5 min.	<i>Change of Speed Dribbling</i>	
10 min.	<i>Spot-to-Spot Shooting</i>	
5 min.	<i>Partner Passing</i>	
5 min.	<i>2-on-1</i>	
5 min.	<i>Team Time</i>	<i>Review: passing inbounds, no pressing</i>

Practice # 3

TIME	DRILL	NOTES
5 min.	<i>Change of Speed Dribbling</i>	
5 min.	<i>Spot-to-Spot Shooting</i>	
5 min.	<i>Partner Passing</i>	
10 min.	<i>2-on-1</i>	
5 min.	<i>Team Time</i>	<i>Review Team Play - Offense and Defense</i>



Game Rules

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

5 Year Olds

General

3-on-3 games
Mini 22" ball
60' x 40' court
7' hoop height
6' free throw line
Maximum 6 players per team.
Guaranteed 8 min. playing time.
Head coach is allowed on the court.
Home team is listed first on the schedule.
Home team provides a scorekeeper.

TIME

4-minute quarters
Running clock, including during timeouts.
No overtime.

OFFENSE

No 3 pt. shots.
Traveling is called if the player is not attempting to dribble. Double dribble is not called.
No lane violation.
One 30-second timeout per half. Not allowed to use in last 2 minutes of each half.

DEFENSE

Man-to-man. (No double-teaming or trapping. Brief help is allowed.)
No pressing.



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



Clap it up for our Sponsors!

