MOBA CLINIC BASKETBALL

VOLUNTEER COACHES' INSTRUCTIONAL PLAYBOOK | KINDERGARTEN–2ND GRADE

FUN FIRST • FUNDAMENTALS ALWAYS • DEVELOPMENT OVER WINNING

Purpose: Give every MOBA Clinic player a positive first basketball experience while helping volunteer coaches teach the same essential skills. This is a developmental guide, not a rigid curriculum or a substitute for MOBA league rules.

1 | What success looks like

- Every child feels safe, included, encouraged, and excited to return.
- Players improve comfort with the ball, basic coordination, and confidence.
- Players begin to understand sharing the ball, finding space, and playing defense without excessive contact.
- Players learn a few rules through play, not lengthy lectures.
- Coaches recognize effort, teamwork, and improvement—not just baskets or wins.

Age-appropriate expectations

Kindergarten	1st Grade	2nd Grade
Explore movement, bouncing, catching, aiming; use very short instructions.	Develop controlled dribbling, simple passes, basic shooting form and one-on-one defense.	Build stronger hand use, passing on the move, spacing, defensive positioning and basic team concepts.
Success = willingness to try.	Success = more control and confidence.	Success = applying fundamentals in simple game situations.

Adjust drills to skill, not just grade. Use age-appropriate balls (27.5in for clinic), lower baskets where available, and shorter shooting distances. Never force long-range shots that require poor form.

2 | Six core teaching areas

A. Ball handling & Dribbling

Teach: athletic stance (knees bent, eyes up); fingertip control; bounce at waist height or below; protect ball with body; stop and start; eventually try both hands.

- K: ball taps, around-the-body circles, stationary bounces and catches.
- 1st: stationary dribbles with each hand; walk-and-dribble; stop on whistle.
- 2nd: controlled dribbling while moving, changing speed/direction, simple crossover introduction.
- Drills: "Red Light, Green Light" (move/stop), "Dribble Freeze" (hold control), cone pathway.
- Coach cues: "Eyes up"; "Use your fingertips"; "Keep it close." Avoid requiring speed before control.

B. Passing & Catching

Teach: step toward teammate; chest pass and bounce pass; hands ready to receive; look at target; catch with two hands; pass to an open teammate.

- K: partner toss-and-catch from close range; two-hand chest pass.
- 1st: chest and bounce passes while stationary; pass-and-follow.
- 2nd: pass and move; simple passing to an open player while a defender provides light pressure.
- Drills: partner passing, pass-around-circle, "Pass & Move" triangles.
- Coach cues: "Step and push"; "Show your hands"; "Pass to the open player."

C. Shooting & Finishing

Teach: balanced feet; eyes on target; shooting hand under/behind ball; gentle extension and follow-through; close-range layup footwork as ready. Emphasize form over distance.

- K: shoot from very close range; practice aiming and celebrating good attempts.
- 1st: consistent set-shot mechanics, basic right/left-side finishing without demanding perfect footwork.
- 2nd: layup steps, shooting after a catch, basic shot selection near the basket.
- Drills: close-range "form spots," partner rebound-and-shoot, layup walk-through without ball then with ball.
- Coach cues: "Balance"; "Eyes on the target"; "Reach toward the hoop." No long shooting lines.

D. Defense & Rebounding

Teach: stay between your player and basket; bend knees; slide feet; keep hands active without grabbing; locate ball and player; box out gently and secure rebounds with two hands.

- K: mirror movements and "find your player"; hands up without contact.
- 1st: defensive stance, slide and stop, stay in front.
- 2nd: help-side awareness, closeouts under control, rebound and outlet pass.
- Drills: "Mirror Me," cone shuffle, one-on-one shadow defense, rebound-and-chin-the-ball.
- Coach cues: "Move your feet"; "Hands up"; "No reaching or pushing." Avoid aggressive trapping/pressing.

E. Teamwork & Basketball IQ

Teach: listen, take turns, encourage teammates, share the ball, move into open space, transition from offense to defense, respond positively to mistakes.

- K: know teammates' names, share and celebrate each other.
- 1st: pass then move, basic offensive/defensive direction.
- 2nd: spacing ("don't crowd the ball"), simple give-and-go, recognize open teammates.
- Drills: "Everyone Touches It" passing challenge; 3v3 with a pass-before-shot goal; team huddle compliments.
- Coach cues: "Find space"; "Look for a teammate"; "Great effort and great pass!"

F. Rules, Sportsmanship & Game Awareness

Introduce gradually: court boundaries, out-of-bounds, dribbling, traveling, double dribble, fouls/no contact, which basket to attack, basic possession and referee signals.

- Explain one rule in 15–30 seconds, then demonstrate it in a drill or scrimmage.
- Use stoppages to teach; do not embarrass players for violations.
- Reinforce listening to officials, shaking hands, being kind and accepting mistakes.

3 | Suggested Practice Structure: 45–60 minutes

Time	Activity	Coaching goal
0–5 min	Welcome, names, movement warm-up	Fun, energy, safe spacing
5–15 min	Ball-handling game	Many touches, basic control
15–25 min	Passing/catching partner activity	Communication, ready hands
25–35 min	Shooting/finishing stations	Close-range repetition, form
35–45 min	Defense or teamwork game	Stance, spacing, sharing
45–55 min	Small-sided game (2v2 or 3v3)	Apply one or two concepts
Last 5 min	Huddle: one success + next practice preview	Confidence, positive close

For kindergarten, rotate activities about every 5–8 minutes; for older players, 8–12 minutes may work. Keep explanations under 30–60 seconds whenever possible.

4 | Practice Examples

Practice 1: Meet the ball

Warm-up: dribble-freeze; Skill 1: bounce-and-catch, then stationary dribble; Skill 2: partner chest passes; Skill 3: close-range shooting; Game: 2v2 with coach support; Huddle: celebrate effort. Teaching theme: control and confidence.

Practice 2: Pass, move, share

Warm-up: follow-the-leader with ball; Skill 1: dribble along cone path; Skill 2: chest/bounce passing pairs; Skill 3: pass-and-move triangle; Game: 3v3, praise passing and spacing; Huddle: name a great teammate. Teaching theme: teamwork.

Practice 3: Play both ends

Warm-up: mirror-footwork; Skill 1: defensive stance and slides; Skill 2: rebound with two hands; Skill 3: shooting near basket; Game: 3v3, teach offense-to-defense transition; Huddle: praise defensive effort. Teaching theme: hustle and positioning.

5 | Volunteer Coach Essentials

How to teach when you are new to coaching

- SHOW → TRY → PRAISE → REPEAT: demonstrate once, let kids practice, give one short cue, repeat.
- Use stations with 2–4 players whenever possible. Avoid long lines and elimination games.
- Make a game out of repetition; change activity before attention fades.
- Praise specific behaviors (“Great ready hands”) more than vague outcomes (“Good job”).
- Offer easier and harder versions of the same drill so all players can succeed.
- Learn first names, rotate partners and groups, and make sure quieter children are included.

Safety, behavior and inclusion

- Check floor, hoops and equipment; ensure water breaks and safe spacing.
- Never use conditioning or public embarrassment as punishment. Redirect calmly and positively.
- Avoid contact drills and unsafe physical matchups; stop play immediately for injuries or unsafe behavior.
- All coaches should have multiple ice packs and first aid kits in your equipment bag. Reach out to Equipment Coordinator if more is needed during the season.
- Support varied abilities, attention spans and learning needs; give clear visual demonstrations and individual encouragement.
- Communicate concerns with parents respectfully and follow up with MOBA Board if needed for incidents and player welfare.

6 | Season-long progression & coach checklist

Phase	Primary emphasis	Signs of progress
Weeks 1–2: Get comfortable	Names, ball familiarity, listening, basic boundaries	Players try activities and know how to line up and reset
Weeks 3–4: Build fundamentals	Dribble control, passing, catching, close shots, stance	Players show greater control and attempt teamwork
Weeks 5–6: Add decisions	Pass to open teammate, move into space, defend without contact	Players start recognizing simple game situations
Remainder: Play and reinforce	Small-sided play, basic rules, sportsmanship	More confidence, enjoyment and independent decisions

End-of-season coach self-check (not a player ranking): Did every child get regular touches and opportunities? Can players demonstrate a dribble, pass, catch, shot attempt and basic defensive stance? Do they understand at least a few game rules? Do they encourage teammates and want to play again?

7 | Quick reference: what to avoid

- Long lectures, complex plays, full-court systems or specialized positions.
- Making kids wait in long lines or sit out after mistakes.
- Overcorrecting shooting mechanics or demanding skills beyond physical readiness.
- Focusing on scores, standings or one “best” player.
- Assuming all K–2 players learn at the same pace.

MOBA COACHING STANDARD: Every practice should include a ball-handling activity, passing or teamwork, shooting, movement/defense, and a fun game. Every player should leave feeling they belong.

Reach out to a MOBA Board or Committee Member if additional assistance or questions arise during the season.