

Katy Youth Basketball Coach Toolkit 2025-2026



Katy Youth Basketball Coach Toolkit 2025-2026 Season

- 1.0 Welcome to KYB
- 2.0 Communication
- 3.0 Parent / Player Expectations
- 4.0 Rulebook
- 5.0 Coaching Objectives
- 6.0 Key Performance Indicators
- 7.0 Sample Practice Plans
- 8.0 Resources
- 9.0 Coaching Clinics
- 10.0 Final Reminders

1. Welcome to KYB

Welcome to the KYB coaching family! You play a vital role in shaping our players' experience. Whether you're brand new or a seasoned coach, we appreciate your time, energy, and commitment to teaching teamwork, fundamentals, and sportsmanship.

KYB is a volunteer-led, non-profit youth basketball league focused on providing a positive, competitive, and developmentally appropriate environment for all players.

We cannot operate this league without volunteer coaches like you. Thank you for offering your time, energy, and experience to help make this league a success for our youth.

2. Communication

- **With Parents:** Introduce yourself early. Send an introductory email/text with practice & game schedules ASAP after receiving your roster. We encourage you to hold a short parent meeting after the first practice to set the tone for the season and to start building team/parent relationships. Follow up regularly and encourage dialogue. Parents will need to assist with scoreboard and bookkeeping, so it is helpful to get them engaged and participating early and build a positive environment.
 - **With Players:** Keep things simple and encouraging. Build relationships with each child. KYB is about building and supporting all players regardless of experience or talent.
 - **With KYB:** If issues arise (scheduling, injuries, behavior, etc.), notify your Player Agent promptly. They are always your first point of contact into KYB.
 - **Sign up** for the Remind group texts and/or check kybb.org regularly for Practice reschedules. Reschedules are typically posted on Mondays, but changes may occur at any time by Katy ISD.
-

3. Parent / Player Expectations

Set the tone from day one:

Players:

- Be on time and ready to learn/play
- Show respect to teammates, coaches, referees, and opponents.
- Display good sportsmanship always.
- Be a good teammate

Parents:

- Support, don't coach from the sidelines.
- Set the tone for your player with respect towards coaches, players, referees, and KYB board members
- Help your player be on time and prepared for practices and games
- Engage in coach's chosen communication platform to ensure up-to-date information

Include a quick overview at the first practice and perhaps in a follow up group email. Continue to emphasize these points throughout the season.

You can review KYB's Code of Conduct policy in the [Rulebook](#). If any issues do arise, please contact your Player Agent.

4. Rulebook

All coaches must review the KYB [Rulebook](#).

Some rules and specifications vary by Division (e.g., goal height, defense rules, ball size). Please ensure you review and understand the specifications and rules for your Division. Many of these will be found in Section 10 of the Rulebook.

5. Coaching Objectives

Your goals as a KYB Coach:

- Create a positive environment
 - Develop each player's skills
 - Foster team unity and respect
 - Compete with sportsmanship
 - Have fun
 - Promote and foster a love of the game
-

6. Key Performance Indicators (KPIs)

It may be helpful to measure progress throughout the season for individual players as well as the team. By setting tangible goals and regularly assessing performance, players can stay motivated and see the results of their hard work. This also creates a positive feedback loop

which can lead to even greater effort given. These are sample KPIs, but use what you find most beneficial or ask your PA for additional examples.

- xx% player participation in practices/games
 - Measured skill improvement (free throw %, rebounds, etc)
 - Mistake-free drills completed
 - Cone dribble drill time (track speed improvement)
 - Spot shooting accuracy (e.g. 5 spots x 5 shots)
 - Hustle rating (1-5 scale, coach observed)
 - Successful passes / total attempts in passing drill w/ defenders
 - Player names remembered (quiz players on teammates' names to build strong team mentality and help coach learn names as well)
-

7. Practice Tips & Skill Development

We encourage structured, age-appropriate practices. A good rule of thumb: **30% skill work, 30% drills, 30% scrimmage/fun, 10% team talk**. Your PA is always a good reference for guidance on age-appropriate practice resources as well.

Your players may vary substantially in skill level. Do your best to accommodate all levels. Coaching to your strongest player may leave others behind, while coaching to your least-experienced players may under-develop other talent. Find a balance as best you can.

If you need assistance developing practice plans, please contact your PA. We have many experienced coaches on the board who can help tailor a plan based on your age/division and player skill level.

Skill Development:

- **Beginner**
 - **Dribbling - basic ball control, maintaining possession while moving, keeping eyes up while dribbling**
 - **Shooting - layups, basic shots, free throws**
 - **Passing - chest and bounce passes to partner**
 - **Rebounding - basic positioning**
 - **Defense - basic on-ball defense, staying in front of opponent, getting back on defense after change in possession**
 - **Footwork - foundational court movement**
 - **Conditioning - basic endurance and stamina drills**
 - **Teamwork - learning to pass and play together**
- **Intermediate**
 - **Dribbling - more advanced skills such as crossover, between-the-legs, and speed drills**

- **Shooting** - proper form, jump shots, form different positions
 - **Passing** - more advanced passing such as overhead, no-look
 - **Rebounding** - more advanced box-out techniques and offensive rebounding
 - **Defense** - help defense, more complex team defensive positioning
 - **Court movement** - moving without the ball, cutting after making a pass
 - **IQ** - better understanding of spacing and player movement on the court
 - **Conditioning** - increased endurance and stamina for faster paced games
 - **Advanced**
 - **Shot Creation** - ability to create shot opportunities through fakes, jabs, advanced dribbling, footwork, etc.
 - **Transition defense**
 - **Advanced passing for players setting screens**
 - **Off-the-dribble shooting**
 - **3-point shot development**
 - **Post Passing**
 - **Mental toughness**
-

8. Video Resources & Helpful Tips

You can find many helpful videos on YouTube or other online sources. Players' knowledge of the game may vary significantly, so don't forget to cover some of these basics.

- Check out **NBA Jr. resources**: - <https://jr.nba.com>
 - Basic understanding of positions (1,2,3,4,5)
 - How to line up for free throws
 - How to line up for jump balls
 - Substitutions
 - Having at least a few basic plays, depending on age/skill level
 - Encourage players to watch basketball to build IQ
 - In-bounding
-

9. Coaching Clinic

The details for the coaching clinic are being confirmed, but it is expected to take place on Saturday, December 6th, 2026. Please ensure you are signed up for Remind text messages to receive this notification when the date is confirmed.

10. Final Reminders

- Get your **SportsEngine account** set up (KYBB.org); contact your PA with any issues
- Attend the **Nov 19th Coaches Meeting**
- Use your voice to lead positively—how you coach shapes how kids see the game
- Thank you for volunteering!