

YMCA Basketball Team Circle Activities for 10-11-Year-Olds

Key Idea	Description	Page ¹
Four Core Values	Gather the team into a group. Have four cones set up five feet apart. “We are going to talk about four main values or qualities that good players include in their games and practices. What are the four?” Have players stand at a cone when they provide a value. Have another player provide an example of the value, then have that player join the other player at the cone. Assist players if they cannot think of all four (caring, honesty, respect, responsibility). “We will work to improve our basketball skills and physical fitness but these four values are just as important to learn and practice to help you become good players. We will learn about these values during our team circles.”	143
Caring	Gather the team into a circle. Have two cones set up 10 feet apart. Ask one player to demonstrate with you. Have the player accidentally trip you. Fall down as if you are hurt. “Anna accidentally tripped me; what should she do? If you think she should apologize and help the player up, then raise her hand for a foul, stand at this cone. If you think she should keep playing and raise her hand for committing a foul, stand at this cone.” Encourage all players to vote. Discuss why they voted the way they did. Tactfully explain the “caring action” so players don’t feel foolish for not realizing they should help. “When you accidentally trip or hurt another player, an opponent or teammate, it is important to help them up or see if they are OK. That shows that you care about other players.”	146
Responsibility	Gather players into a group. Have a clipboard and act as if you are writing or working. Do not pay attention to the group. Continue for one minute. “Hello, everybody. Now I am ready to talk about our team circle for today. How did you feel having to wait for me to get ready to talk to you?” Listen to responses. “Waiting for someone to be ready during practice wastes time. Even if it is a coach. I demonstrated how time is wasted if someone isn’t prepared for practice. I read and prepare before practice so I am ready. I want you to do the same. You have a responsibility to the team to be ready when it is time for every practice to start. What do you do at home to get ready for practice?” Discuss responses.	149

¹ This page number refers to pages in the “Plans for 10- to 11-Year-Olds” document found on the “Season and Practice Plans” page in the YMCA’s **Coaching Basketball** online course.

Key Idea	Description	Page¹
Respect	Gather the team into a group. Set two cones up 10 feet apart. “What is one important thing you can do at the end of every game to show you have respect for your opponent?” Listen to responses—discuss shaking or slapping hands, saying “good game.” “Let’s say some kids on the other team start walking away following a game. What should you do? If you think you should let them walk away without saying anything or trying to shake hands, stand at this cone. If you think you should say ‘good game’ and hold your hand out anyway, stand at this cone.” All players should vote. Ask why players voted the way they did. “You should shake hands and/or say ‘good game’ following every game; it shows respect for your opponent. If the other team turns away and doesn’t participate, you shouldn’t change your behavior.”	152
Respect	Gather the team into a group. Set up two cones 10 feet apart. “What are some of the official’s duties during a game?” Listen to and discuss responses. “Who makes the calls during the game? Can you disagree if you think an official’s call is not right or do you accept the official’s call even if you think it is wrong? If you think you can discuss the call with the official, stand at this cone. If you think the official makes the call and you accept it, stand at this cone.” All players should vote. “You need to have respect for the officials at all times. They are in charge on the court during a game. Don’t argue with them; accept their calls and decisions. But, if you have a question, ask the official or me during a break.”	155
Honesty	Gather the team into a group. “Give me some examples of being dishonest in practices and games.” Listen to responses. After each response, have the players change the examples into acts of honesty. Take three examples. “Honesty is an important value that all players should be practicing every practice and game, especially if a coach isn’t there to help you make the right decision, or if an official doesn’t see the play.”	158
Responsibility	Gather the team into a group. Choose two players to demonstrate with you. Have one player be a defender, using a “cold” defense. You and the other player will pass to each other. You concentrate on demonstrating getting into good position for a pass. “What was I working on during this drill?” Listen to responses; lead discussion to getting into good position for a pass. “It is your responsibility to work hard to get into good position for a pass. When you do that, you’re being responsible to your team.”	161

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Caring	Gather the team into a group near two cones 10 feet apart. Discuss examples of good play during a game. Have the players assist in providing examples. “We talked about some examples of good plays. Raise your hand if you think it’s a good idea to tell other players they made a good play. Do you think it’s a good idea to tell opponents they have made a good play? If you think it is, stand at this cone. If you think you should tell just your teammates they made a good play, stand at this cone.” All players should vote. Ask why players voted the way they did. “Telling other players, both teammates and opponents, that they have made a good play shows you care. It is an important value to show others.”	164
Respect	Gather the team into a group. “What are some examples of dangerous play for yourself or teammates during a practice or game?” Listen to responses—assess responses to identify whether they are or are not dangerous; discuss responses. Ask players to agree or disagree with responses—are they a good practice or not? They can raise their hand to agree. Discuss three examples. “It is important to have respect for your body and your teammates’ bodies. Practicing safe play is a way to do that.”	167
Caring	Gather the team into a group. “What are some examples of showing you care about your teammates?” Listen to responses. After each response, ask for an example of the same sign of caring that players could do outside of practice. Discuss the on-court and off-court examples at the same time, then ask for another response. “Those were all great ideas to show caring to your teammates. Have you seen someone else show an ‘act of kindness’ toward another teammate?” Discuss their responses. “It’s important to show caring both on and off the court—that means during practice and outside of practice. Teams that show caring to each other play better together.”	170
Responsibility	Gather the team into a circle. “I want everyone to think of one thing that you, personally, can improve in your basketball play that can make you a better player. I will go around the circle; when it is your turn tell everyone what you think you can work on.” Go to each player one at a time; assist them, if necessary. Allow players the option to pass their turn. “It is important to look at your own game to see where you can improve. Improving your own game is your responsibility. We can’t get better as a team unless each individual tries to improve.”	173

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Honesty	Gather the team into a circle. "I want you to think back to our last practice. Remember talking about improving our games? Each player said one thing they could improve on in their game. Tell me how many of you feel you have tried to improve your game from the last practice." Call on players to tell what they did to try to improve. "All good players look honestly at themselves and how they are playing to see where they can improve their game. It's important to be honest with yourself about how you're playing; you don't need to feel bad about needing to improve your skills. The more you improve individually, the more you contribute to the team."	176
Responsibility	Gather the team into a circle. Create two imaginary situations for the players. One is a game that they win and two players score the majority of the points. In the other situation the team loses in a shot given up by a player who has a defensive lapse. "In the first game, we won. Even though Kyle and Andrew scored most of the points, did you all contribute?" "Yes, we all contributed and won as a team." "In the next game, Willie let a player slip by him to score the winning basket. Is he responsible for the team's loss?" "No. We all are responsible for wins and losses. We win and lose as a team."	179
Caring	Gather the team in groups of four or five players. Give each group a scenario in which one player makes a mistake. Direct them to problem-solve and decide as a group what would be a good response. Give them two minutes to discuss. Bring each group back as a team and discuss each group's decision. Have players agree or disagree with each group's response by raising their hands. "All of you have done a good job in problem solving. It is important to show you care about your teammates. You can do this by forgiving their mistakes."	182