

5 YEAR OLDS

COACH:



"KEEP YOUR EYES ON JESUS... LEADER OF LIFE!"

HEBREWS 12:2

WINTER LEAGUE 2026



TABLE OF CONTENTS



- 1. Mission & Staff**
- 2. League Overview**
- 3. Team Builders**
- 4-6. Teaching Tips**
- 7. Skills Progression**
- 8-11. Drills**
- 12. Sample Practice Plans**
- 13. Game Rules**



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 5-18 years old, all based in Wilmington.

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



DAVE DAVIES
CO FOUNDER & CEO



LESLIE DAVIES
CO FOUNDER



SKYLER DAVIES
DIRECTOR OF MEDIA



AIDAN DAVIES
GRAPHIC DESIGNER



SHAUN MCMAHON
DIRECTOR OF PROGRAMS



BEN THOMPSON
DIRECTOR OF DEVELOPMENT

**"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.

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



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

- G. Campbell Morgan

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.

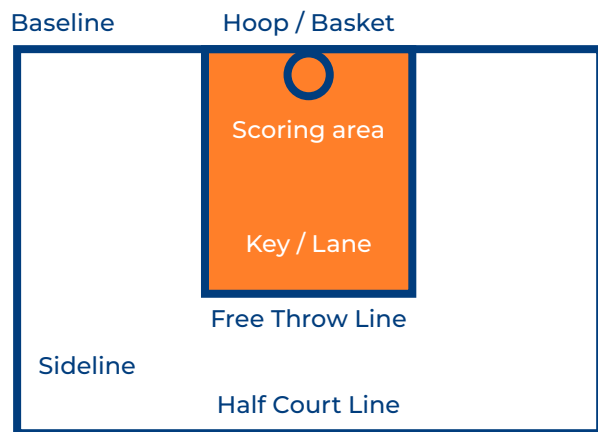
OFFENSE

1. TAKE CLOSE SHOTS

The best shooting spots are the right and left. Remind your players to get back quickly and sides of the hoop, using the backboard.

2. PASS TO THE OPEN MAN

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.



- Introduce these areas of the court

DEFENSE

1. FIND YOUR MAN QUICKLY

Constantly remind your players to hustle back on defense and locate their man.

2. FACE YOUR MAN, TAIL TO THE BASKET

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

SHOOTING

"Ready"



"Aim"



"Fire"



Hold with two hands, push with one

PASSING

"Push it"



Step around the defense

READY POSTIONS

OFFENSE

"Shooting foot forward, tail out, face forward"



DEFENSE

"Face your man, tail to the basket"



Arm's length

STEALING

"Dig it"



Don't chop down or slap at the ball

SKILLS PROGRESSION



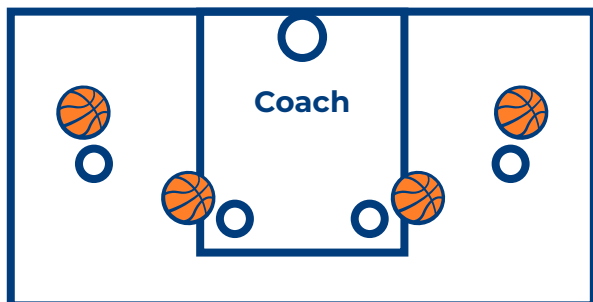
Use this chart to guide your players' development.

AGE:	OFFENSE	DEFENSE	CHARACTER
 5	Basic rules Ready position One-hand dribble Drive to the hoop Pass to open man	Ready position Hustle to the ball Don't foul	Obey coach Pay attention Use teamwork
 6-7	Take shots in the lane Drive to the hoop Use on-ball screens Rebound	Find man quickly Stay with man Dig for steals	Develop self control Use teamwork Display sportsmanship
 8-9	Read & 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 & man Help in man defense Play 2-2 zone	Develop self control Use teamwork Display sportsmanship
 10-18	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 & recover quickly Trap in half court Press in full court	Communicate Give full effort

COPYCAT

Work on stationary ball handling.

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

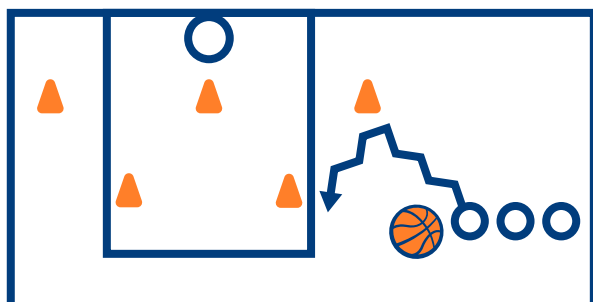


- Ready dribble, right and left
- Crossover
- 1 hand crossover
- Behind-the-back

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.

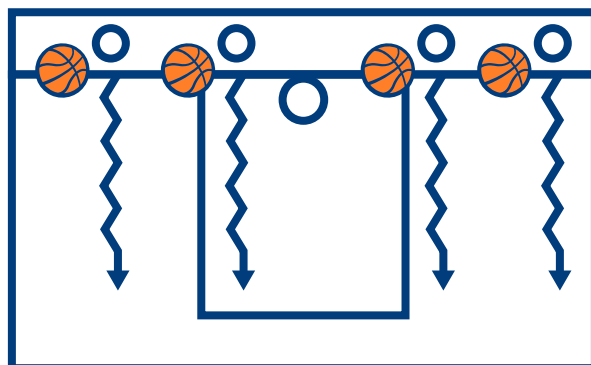


- Crossover
- Behind-the-back
- Spin

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.



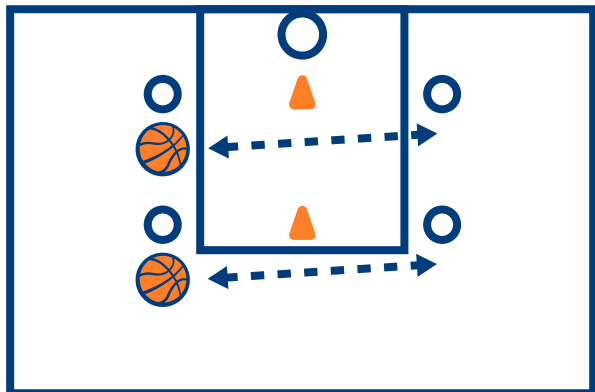
- Control
- Control to speed
- Speed

PASSING DRILLS

CHAIR/CONE PASSING

Work on passing with fakes & pivots.

Players pass back and forth, stepping around to pass.

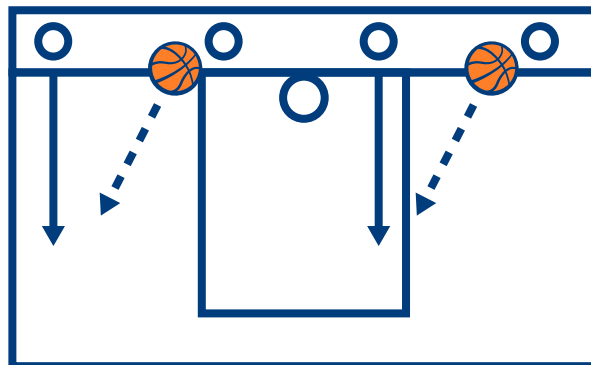


- Bounce pass, right and left
- Fake high, bounce pass

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.



- Bounce pass
- Air pass

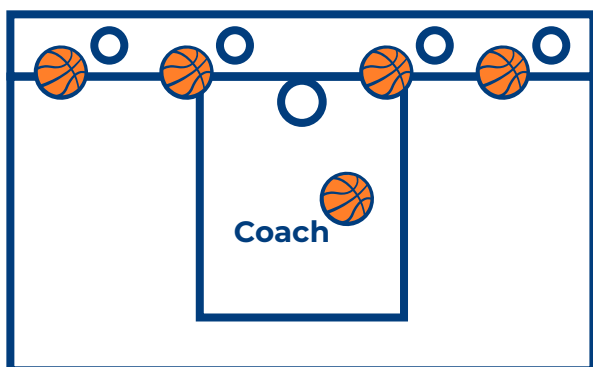
SHOOTING DRILLS



FORM SHOOTING

Work on the 3 phases of shooting.

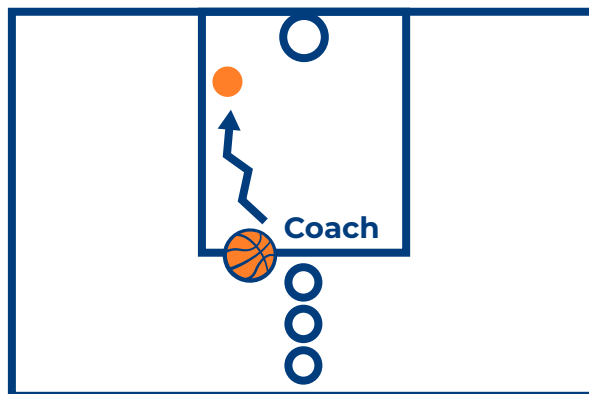
Players set their shooting foot on the baseline, slightly ahead of the other foot. Players freeze at each phase as the coach calls out, "Ready, aim, fire!" Repeat 5-10 times.



CROSSOVER ATTACK

Score off the dribble.

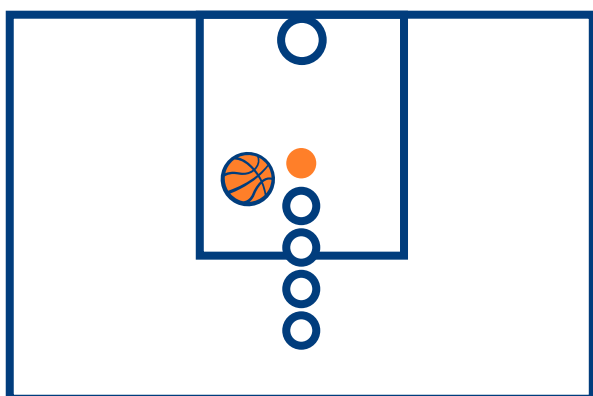
Players dribble up, do a crossover to get by the defender, and shoot on the left side. On a miss, they have one chance for a putback. Players perform each move twice, then attack to the right side.



SPOT SHOOTING

Use the 3 shooting phases to score.

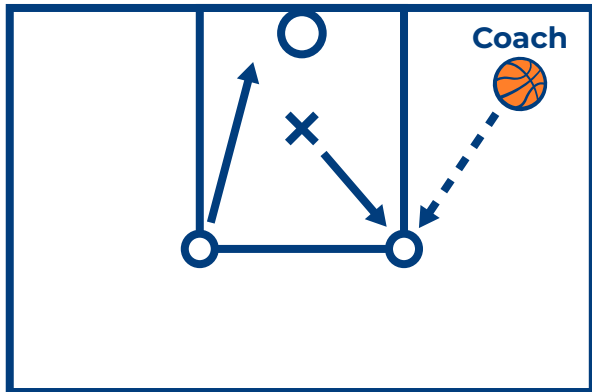
One at a time, players place their shooting foot on the spot and shoot on command, "Ready, aim, fire!" After two attempts, rotate to a new spot.



2-ON-1

Pass to the open player in scoring position.

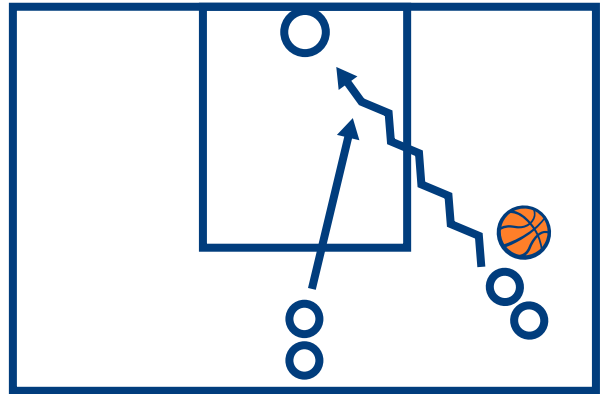
The coach passes to one of the offensive players and the defender pressures the ball. The other offensive player cuts to scoring position.



PRESSURE FAST BREAK

Attack the basket with defense chasing

The offense shoots a full-speed layup or jump shot. The defense tries to pressure or turn the offensive player.



SAMPLE PRACTICE PLANS



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

PRACTICE #1

TIME	DRILL	NOTES
5 min.	Introduce team, Discuss practice rules	Rules: bathroom permission, pay attention
5 min.	Copycat Dribbling	Explain: double dribble, traveling
5 min.	Spot Shooting	
5 min.	Chase	Explain: fouls, scoring
10 min.	Team Time	Explain: boundaries, parts of the court, free throw lineup

PRACTICE #2

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

PRACTICE #3

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

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

5 YRS

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.
- Shooting foul on missed shot = 1 free throw
- Shooting foul on made shot = count the shot and change possession
- Free throws / Halftime Free Throws
 - Worth 2 pts.
 - Players may take several steps closer to the hoop
 - No violation for shooter jumping over the line
 - For Halftime Free Throws, the team with fewer players shoots to even the total
 - If 20 pt. margin at halftime, Halftime Free Throws are added after score is cleared. 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

THANK YOU SPONSORS!

