

East Windsor Youth Basketball

Grades 3&4 Divisions - Girls

Director: Ted Szymanski 860-875-0031

Updates and schedules on EWSports.com

Welcome to East Windsor Youth Basketball. East Windsor Youth Basketball is a non-profit organization that was formed for the purpose of providing basketball opportunities for the Youth of East Windsor. We are not part of East Windsor Parks & Recreation. However they work hand-in-hand with us in the processing of registrations and posting of schedules. We would like to thank Melissa Maltese for this support. We would also like to thank our coaches that have volunteered to help with the program and appreciate all their efforts. At this level we have Boys Grades 3&4 and Girls 3&4. The boys division plays in-house, whereas the Girls 3&4 will play against neighboring towns. These two divisions will focus on fundamentals and will also apply those fundamentals in game situations as we apply a balance of individual instruction along with team instruction that will be applied in games. For the month of December we will focus primarily on individual skill development with games in January and February. In our process of teaching basketball, we will play man-to-man defense, progressing from the zone defense of the younger divisions.

East Windsor School/Gym Rules:

- 1) No basketball during the week if the school is closed based upon the school schedule or closed due to weather conditions
- 2) No food or beverages of any kind, including COFFEE, are permitted in the gym.
- 3) EXCEPTIONS: Water bottles with water-only for players are acceptable; hard travel mugs that are sealed are acceptable.
- 4) When at Broad Brook School, we are limited to the Gym/Bathroom area only.
- 5) **PLAYERS, SIBLINGS, and PARENTS ARE NOT PERMITTED TO WALK THE SCHOOL HALLS. The custodians have their work to do – cleaning rooms and halls – and by walking the halls, you may be entering an area that was just cleaned. PLEASE COOPERATE IN THIS MATTER. Violators may be asked to leave the facility!**
- 6) At the conclusion of weekday practices and the last game on weekends, coaches must sweep the floor, put sweepings in the trash, put all balls away, push in the bleachers if needed, and throw away all papers, bottles, sweepings, etc.
- 7) At the end of games on weekends, please shut off the scoreboard, leave the scoreboard plugged in, and leave control on the bleacher.
- 8) A medical kit will be stored with the balls.
- 9) Classrooms are not accessible on weekdays or weekends.
- 10) **No parking is allowed in the front circle of Broad Brook School because this is a fire lane. Violators may be tagged and/or towed. This is for the safety of all involved.**

Coach-Player-Parent Information:

- 1) Children not assigned to a time should not be dropped off at the gym.
- 2) Balls must not be bounced in the halls or kicked in the gym.
- 3) Only players assigned to their slot shall have a ball and/or be on the court.
- 4) Everyone should be in the gym. Siblings should not be running in the hallways
- 5) Spectators and siblings are not permitted on the court or shooting shots during timeouts or breaks between periods.
- 6) If an injury occurs to a player and the severity cannot be determined, summon the parent and call 911 immediately
- 7) **PICTURE DAY is Saturday January 25th during you assigned time**
- 8) **Updates are posted on EWSports.com including schedules and rules.**

Instruction/Coaching

1. For instruction we will use a combination of our parent/coaches and our high school/college level instructors that are currently playing or previously played at the high school and/or college level.
2. Our current/former high school and/or college players have had the experience of teaching the basic fundamentals of basketball and will be present for all weekend sessions. Our parent-coaches will lead practices at our weeknight sessions.
3. All coaches must be positive with the players, act and dress appropriately, and serve as role models for the players.
4. Coaching shirts will be issued to all head coaches and they should be worn at all sessions.
5. Coaches that demonstrate actions that are negative and detrimental to the program may be asked to refrain from coaching as we want this to be a positive experience for all involved. Dismissal would be a Board of Directors decision

General Playing Rules:

- 1) We will play by high school federation rules, with exceptions as noted.
- 2) The ball used will be a 28.5 size ball
- 3) Teams should maintain a scoresheet to track points, fouls and timeouts.
- 4) Game will have 4 – 8 minute periods, 2minute halftime, 4 timeouts per game/per team, 3 minute overtime (time permitting)
- 5) The game must be finished within the allotted time period to maintain schedule.
- 6) Foul shots will be awarded for fouls while shooting, along with 1 and 1 at 7 team fouls and 2 at 10 team fouls per half.
- 7) Teams will play man-to-man defense for the first 3 periods with the option of zone in the 4th period
- 8) When entering the front-court with the ball, defenders cannot pick-up the ball handler until they are fully established in the frontcourt and the defender must be within 5 feet of their person.
- 9) Players may “switch” on defense and pick up the ball handler if they have dribbled past their defender
- 10) Double teaming is not permitted outside of the key (paint).
- 11) No clear-outs or isolation plays allowed
- 12) Full-court pressing is not permitted.
- 13) Teams must drop back once the defending team secures the rebound.
- 14) It is the coach’s responsibility to award playing time to all players as equally as possible.

- 15) When games begin, coaches will “coach/instruct” their players and a referee will be assigned for all weekend games.
- 16) In-town games played during your practice session will be reffed by the coaches.

The goal of this division is player development, not win-loss records. *In-house the division rule shall be that games will be played 5-on-5, provided each team has at least five players available.* In the event a team has less than five players available for a game, the teams will have two allowable options. The first option allows the short-handed team to receive a player from the opposing team of comparable talent to allow for a 5-on-5 game. The second option would be to proceed with a 4-on-4 game.

Cancellations

During the week, if school closes early or is closed due to inclement weather, holidays, vacation, etc., we will not conduct practices. On weekends, cancellations due to weather will be posted on Channel 3 and WTIC radio, as well as **EWSPORTS.com**

Practice

The following is an overview for conducting a practice: Our instructors and parent-coaches will work hand-in-hand to make this program a success. Stations should be used to develop individual skills, ideally, a 1:1 ratio of player to instructor for teaching skills. We usually have five stations, and our instructors will be available for weekend sessions with Parent-Coaches overseeing weekday practices. Keep in mind, we are guests in the school and need to maintain order by strictly following the “East Windsor School/Gym Rules” discussed above.

Coaching Reminders

- Always be positive, smile, and dress appropriately.
- BE POSITIVE – smile and instruct not on what the player did wrong, but instead what they need to do better.
- If a player misses a practice, do not penalize the player. After all, they cannot drive themselves to practice. However, if a player repeatedly misses practices, talk with his or her parent.
- Play everyone equally as possible: they came to play and learn, not to simply watch and warm the bench.
- Do not offer rides to players: you do enough on the court, and parents need to take care of that end.
- Do not leave a player at the gym. Wait until their ride arrives.
- Players should arrive no earlier than five (5) minutes before their scheduled practice.
- Coaches will be responsible to call players when needed.
- Grade K and Grades 1&2 will use the youth-size ball, Grades 3&4 will use the 28.5 size ball
- Hoops will be lowered all the way for Grades K, at 8.5 feet for Grades 1&2, and at 10 feet for Grades 3&4.
- Coaches must sweep the floor after each session and pick up and dispose of sweepings and trash.
- **The last group in a gym must also check the bathrooms, put away and lock up balls, and shut off the lights and raise the hoops to 10 feet**

Practice Format

Practices should be used to teach individual and team skills. A typical practice may be divided in the following format:

- Using the station method – teams can combine to teach using the station method with three to six stations and going over any of the following (time at each station approximately five to seven (5-7) minutes):
 - Proper shooting: making a T-shape with your thumbs, release ball, follow through. This can be done at a basket or against the wall.
 - Layups: going off inside foot and using the backboard.
 - Passing: step and pass, step to catch.
 - Dribbling and pivoting
 - Playing defense: starts with foot positioning.
 - Rebounding: positioning, rebounding, and outlet.
 - Give and go, pick and roll along with screens (more advanced).
 - Basketball and court rules, along with court layout.

Each session should include some type of fun exercise such as knockout, dribble-tag, dribbling the length of the floor, etc., and should end with a 5-minute game concluded with a talk with players about the practice and a reminder of the next time and day for a game or practice.

Weekend Games

Games will generally be played on Saturdays, with a few during the week towards the end of the season.

- Games will have four - eight-minute periods
- Games must be completed in the time-frame allowed so we can stay on schedule.
- A referee will be assigned to all weekend games with coaches responsible for reffing the practice night games during the week
- Our parent-coaches will be responsible for overseeing the team, substituting players, and instructing on the court when necessary.
- Each team may need to provide a clock operator.
- **On weekends, cancellations due to weather will be posted on Channel 3 and WTIC radio, as well as EWSPORTS.com**