

WINDHAM BASKETBALL



Coaches Guide

2012-2013



Welcome to Windham Recreational Basketball

Over the past few years we have seen continued growth in both our Travel and Intramural (Town) Basketball programs. Our success is directly related to all the volunteers who make the commitment to teach the game of basketball to the boys and girls of Windham.

We want to thank you for volunteering your time and knowledge of basketball to our program. Your dedication provides each player the opportunity to learn the game, have fun and compete in a friendly environment. For some of our players the Intramural program may be the first time they are exposed to organized sports.

The goal of our Intramural program is to create a environment where every player learns the fundamentals of the game and gets equal playing time in both practice and games, while developing an understanding of teamwork and sportsmanship. Over the course of the season, players should learn to respect their teammates, opponents, officials and themselves.

As coaches we ask that you demonstrate role model behavior, emphasizing positive attitudes and help build each players self confidence and self- respect.

The Windham School District is kind enough to allow us to use the facilities to run our basketball program. We need all of you to help us maintain this relationship and ask that you monitor your practices and games for proper behavior and good conduct from your players, their families or any other guests during the season.

I look forward to seeing all of you during course of the season and if you have any questions please feel to reach out to me at any time.

HAVE FUN AND GOOD LUCK THIS SEASON!!

Sincerely,

Chris O'Neil

Vice President

Windham Basketball Club



Coaching Overview

*When it comes to youth basketball, the coach is the most important person in our program. The positive impact you have on a player is key to their development and can contribute to their passion for the game. The “**Experience**” that many of our players receive can be a deciding factor in whether or not they will continue in our program.*

Here are a few things to keep in mind during practices and games

- *Always be positive in everything that you do. This means that you need to give constructive criticism to all of your players, not just a few*
- *Remember, you need a smile on your face, but you need to put a smile on theirs.*
- *Be patient at all times, it is easy to get frustrated with children. If you need a break have the players go get a drink.*
- *Everyone gets equal playing time! This years second string may be next years superstars, so let everyone play equally during the game.*
- *Don't choose favorites. Even if you have a superstar, don't favor one player over another.*
- *Have fun, because if you are having fun they are going to be having fun.*



Player Development

We have started focusing on:

- Skills and Drills
- Coaching Clinics

Insert Grade appropriate Rubric

Windham Basketball - Skills Rubric					
Minimum Skills Scores that should be Achieved by End of Each Season (on scale of 0 - 4)					
Fundamental Skills	Score (0-4)	2nd Grade	3rd-4th Grade	5th-6th Grade	7th-9th Grade
Right Hand Dribbling					
Left Hand Dribbling					
Shooting form (BEEF)					
Right Hand Layup					
Left Hand Layup					
Triple Threat					
Pivoting					
Bounce Pass					
Chest Pass					
Overhand Pass					
Shooting from L & R posts					
Jump Shot					
Rebounding - boxing out					
Defense					
Free Throw Shooting					
Minimum Skills Scores Achieved by End of Each Season (on scale of 0 - 4)					
On Court Performance	Score (0-4)	2nd Grade	3rd-4th Grade	5th-6th Grade	7th-9th Grade
Effort					
Aggressiveness					
Understands & plays positions (C, F & G)					
Court Presence/Awareness					
Transition - Offense & Defense					
Teamwork - looks to pass, etc.					
Understands the rules of the game					
Running Set Plays (# of plays)					
Sportsmanship					
Performance Scale	Score				
Unable to perform	0				
Limited ability - performs skill correctly < 25% of time	1				
Adequate - performs skill correctly 50% of time	2				
Proficient - performs skill correctly 75% of time	3				
Advanced - performs skill correctly > 90% of time	4				



Player Development

Grade 3/4 What should every kid be able to do before going to 5/6

Knowledge of game

- Court basics: Out of bounds, sidelines, baselines, Half court line...
- Game basics: Opening jump ball, How to line up for free throw, scoring, time...

Skills

- Dribbling: Should be able to dribble length of court both hands at full speed...
- Shooting: Demonstrate basic mechanics (using legs, shoot from chest as opposed to side, follow through), Perform correct lay-up (i.e. dribble in, go off left foot, ball off the backboard)...
- Passing: Demonstrate a chest pass, bounce pass, and overhead pass

Game

- Offense – spacing
- Defense – man to man (ok if kids play man defense by “chasing”)
- How to set a screen, how to rebound

Grade 5/6 What should every kid be able to do before going to 7/8/9

Knowledge of game

- Court basics: Know where the “Paint” is, know where the “Blocks” are
- Game basics: Individual fouls, team fouls

Skills

- Dribbling: Intermediate – demonstrate (4) change of direction dribbles (cross-over, behind the back, between the legs, spin) unguarded
- Shooting: Demonstrate intermediate mechanics (using legs, shoot from chest as opposed to side, 1 or 2 handed depending on size, elbow in, proper follow through), Perform correct lay-up (i.e. dribble in, go off left foot, ball off the backboard) for accuracy
- Passing: Demonstrate/ Mastery of a chest pass, bounce pass, and overhead pass
- Rebounding – understands how to box out and can do it in a drill

Game

- Offense – basic positions (guards, forwards, center)
- Defense – man to man defense with knowledge of proper positioning
- Understand the Triple Threat position, Setting a screen, Pick & Roll, Give & Go and can run drills

Grade 7/8/9 What should every kid be able to do by end of 9th grade

Knowledge of game

Court basics:

Game basics:

Skills

- Dribbling: Advanced – demonstrate (4) change of direction dribbles (cross-over, behind the back, between the legs, spin) against a defender
- Shooting: Demonstrate advanced mechanics (using legs, 1 handed, elbow in, ball crosses face, finish with proper follow through), Perform correct lay-up (ie dribble in, go off left foot, ball off the backboard) proficiently
- Passing: Demonstrate/ Mastery of a chest pass, bounce pass, and overhead pass
- Rebounding – understands how to box out and can do it in a game

Game

- Offense – Understand and able to run a basic motion
- Defense – man to man defense with proper help positioning
- Other Able to Set screens, Pick & Roll, Give & Go in game



Practice Plans

Create a weekly practice schedule.

Look to build on the previous week's practice and game.

Break out season into sessions - Layer in key messages – Positive reinforcement, Highlight areas or skills that need improvement

Make sure coach is using the Rubric and adding drills to help with player development.

Share Rubric with parents – will help engage them and also help to encourage their child during the season

Provide a template



Practice Plans

Practice Schedule

TEAM EXPECTATIONS

Players: Introductions
What each player wants to learn and/or get better at during the season

Coach: Listen/ pay attention when a coach is talking
Learn about the game
Ask Questions
Respect your TEAMMATES, COACHES, REFEREES, OTHER PLAYERS and YOUR PARENTS
Fundamentals - **Hustle on every Play**
HAVE FUN !!!!!!!!!!!!!

Warm Up

Stretching

Lay Ups Explain proper technique, use this as a time to practice Dribbling & Passing

Fundamentals - Introduction to Basic Drills

Dribling	right hand down, left hand back - Head Up	Team race / Stationary drills
Passing	Bounce, Chest, Overhead	Machine Gun
Shooting	Finger tips, Elbow in, Guide Hand (use wall or partner not basket)	Shooting contest

Court Awareness- Introduce and Describe

Jump ball		Where to line up
Free throws		Line up - where to go
Out of bounds play	Too early for 1st practice	Box or Stack -

Defense- Introduce and Describe

Man to Man	Ball - You - Man Pick up at the top of the Key	Triangle- Coach passes around
Athletic Stance	Palms up, arms length away from dribbler	Shuffle Drill
Stop the ball - "HELP"	Help your teammate	Protect your basket
Rebounds	Box Out	Find player

Offense- Introduce and Describe

Spacing		3 v 3	No Dribbling
Move w/o ball			
Attack the basket	stay out of the corners	Teach Rip technique	

Notes

1. Team Name
2. Do your Homework !!!!

Roster



Practice Plans

*****HAVE FUN*****

	<u>Warm Up</u>	<u>Emphasize</u>	<u>Drills</u>
5 minutes	Stretch Lay ups	Introduce stretching Proper form	left foot/right foot >> Backboard/ Continuation
	<u>Team - Game</u>	<u>Emphasize</u>	<u>Drills</u>
15 minutes	Jump ball Free throws Out of bounds play	Where players line up Line Up/ How to box out/ made/missed shot Water Set up your play (Stack or Box) Baseline or Sideline Water	Shooting Drill & Box Out Drill
	<u>Defense</u>	<u>Emphasize</u>	<u>Drills</u>
15 minutes		Talk about man to man Stop the ball "Help" Rebounds Athletic stance Water	Defensive Shuffle Drill Ball - You- Man Box out Drill
	<u>Offense</u>	<u>Emphasize</u>	<u>Drills</u>
15 minutes		Talk about positions Triple threat Move w/o ball Pass and cut Attack the basket stay out of the corners Water	RIP Drill Cutting Drill 3v3 No Dribbling
	<u>Review</u>	<u>Emphasize</u>	<u>Drills</u>
10 minutes	Dribbling Passing Shooting	Control, Head up, developing both hands Bounce, Chest, Overhead hand placement and follow through Balance/Eyes/ Elbow/ Follow Through BEEF	Basic/ Cross Over - Tag Stationary/ Team Race Shuffle / Machine Gun / Wall drill Triangle, Monkey in the Middle Team shooting contest Pick a spot / 2 balls X Spot Form Shooting use the wall or a partner
1 2 3 4 5	<u>Notes</u>		<u>Roster</u>



Coaches Code of Ethics

By volunteering to coach in our program, you are agreeing to demonstrate “**Role Model**” behavior both at practice and during games. During these times you are representing the Windham Basketball Club and how you conduct yourself directly reflects the over all image of our program.

- ❖ *I will place the emotional and physical well being of all players ahead of a personal desire to win.*
- ❖ *I will treat each player as an individual, remembering the large range of emotional and physical development of youth in the same age group.*
- ❖ *I will do my best to provide a safe playing situation for all players.*
- ❖ *I will promise to review and practice basic first aid needed to treat injuries of players.*
- ❖ *I will do my best to organize practices that are fun and challenging for my players.*
- ❖ *I will provide a sports environment for my team that is free of the use of profanity, drugs, tobacco, alcohol and I will refrain from their use at all sports events.*
- ❖ *I will be knowledgeable in the rules of basketball and I will teach these rules to my players.*
- ❖ *I will use coaching techniques appropriate for all skills and ages.*
- ❖ *I will remember that I am a youth sports coach, and that the game is for children and not for adults*



Players and Parents Code of Ethics

Players Code of Ethics

- ❖ *I will respect my coaches, officials, teammates and opponents.*
- ❖ *I will not abuse or damage equipment, fields or facilities.*
- ❖ *I will refrain from obscene, abusive, racist, sexist language or gestures.*
- ❖ *I will demonstrate good sportsmanship to all players, coaches, officials and fans.*
- ❖ *I will at all times try my best and encourage and support my teammates.*

Parents Code of Ethics

- ❖ *I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports.*
- ❖ *I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports event.*
- ❖ *I will place the emotional and well-being of my child ahead of my desire to win.*
- ❖ *I will work to help ensure that my child play in a safe and healthy environment.*
- ❖ *I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.*



Players, Parents and Coaches Code of Conduct

- 1. Players should arrive for practice and games only 10 minutes before the start time. Players should be dressed and ready to play. Please don't arrive too early.*
- 2. Parents should not drop off siblings or friends during practices or games. Friends and siblings attending games or practices are to be supervised by parents.*
- 3. Parents should pick up players immediately after the game or practice. Players are not to hang around the gym. It is the coach's responsibility to supervise his team 10 minutes before and after games and practices.*
- 4. Players are not allowed to wear any jewelry, items such as earrings, necklaces, hair combs, etc. (use soft scrunchies for hair) to practices or games.*
- 5. Players must wear appropriate sneakers that do not mark the gym floors. Please wear other shoes to the gym and change when in the gym. Shoes worn outside will pick up gravel which scratches the gym floor. Do not wear wet sneakers in the gym.*
- 6. Players should wear the team shirt to all games and practices.*
- 7. Any player vandalism will result in loss of participating in the program. This includes calling 911, marking the walls, and damaging property.*
- 8. No roaming through the school building. Playing with basketballs in the foyer and hallways is not permitted. Refrain from yelling in the lobby, school may be in session.*
- 9. Players can bring their own basketball to games and practice. The league will supply the game ball.*
- 10. If school is ever cancelled, there will be no practices or games on that day.*
- 11. Fan participation is encouraged and should be positive and under no circumstances should be negative comments be made towards players, coaches, or referees. Parents, Coaches and Players will display proper sportsmanship at all times. Any fighting or inappropriate language will not be tolerated.*
- 12. Players that receive a technical foul during the course of a scheduled game for infractions that are other than administrative infractions shall be required to be benched for a 10 minute cool down period.*
- 13. Players or coaches that receive two technical fouls during the course of a scheduled game for infractions that are other than administrative infractions shall be ejected for the remainder of that game and are further ineligible for the next scheduled game. Coaches are required to leave the facility and meet with the League's Board of Directors before being allowed to return to coaching.*
- 14. All ejections and un-sportsmanlike or derogatory acts must be reported in to the Recreation Director as soon as practical thereafter the incident.*



Playing Rules for Recreation Basketball

Playing Rules for Recreation Basketball:

1. All players SHALL see equal playing time; unless a team has only 5 players present no one player shall play the entire game. All players SHALL see action in each half.
2. Each team will be responsible for providing a parent volunteer, one to keep the scorebook and the other to run the clock.
3. If a team has less than 4 players in attendance, the game will be forfeited. The scheduled time and referees will be used for a scrimmage game. (Only if there is enough players to create 2 teams)
4. All games are to be played using the full court.
5. **Length of each half will be 20 minutes running time.**
 - Clock stops for time-outs or when referee deems necessary. Only **2 time-outs per half** will be allowed.
 - The **last two minutes of the game will be "Stop Time"**. On shooting fouls, the clock will be stopped for the first shot only and will revert to running time once the first shot is taken.
 - **Grade 3/4 will allow foul shots to be taken at 11 Feet instead of 15 feet.**
 - **No overtime period will be allowed.** If the game is tied at the end of regulation, the game ends as a tie.
6. Jump balls will result in alternating possessions.
7. Personal foul totals will be tracked by the officials. Officials will instruct the players as much as possible as to what they have done wrong. **Any player receiving 5 fouls will be put out of the game. Grade 3/4 will start rule after 4 weeks.** If a team has only 5 players present and one fouls out, they will be taken out of the game and the team will be allowed to continue to play shorthanded.
8. Teams will **only be allowed to play man-to-man defense**. No zone defense will be allowed.
9. Defenses will not be allowed to pick up their players until the top of the key.
10. **No trapping will be allowed, pressing is allow in the 5 minutes of the game for 7/8/9 Division. Grade 3/4 and Grade 5/6 Divisions will not be allowed to press or trap.**
11. Ten (10) seconds will be allowed to advance the ball over half court.
12. An **offensive player is allowed 3 seconds in the key. Grade 3/4 is allowed 5 seconds in the key.**
13. **3-point shots are allowed ONLY in Grade 7/8/9 games.**
14. Teams should make every effort to not run up the score.



Windham Basketball Contact Information

Windham Basketball Club

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Windham, NH 03087

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Publicity Coordinator	Open	publicity@windhamhoops.org
Mens League Coordinators	Dan Kramer Tim Kelleher	mensleague@windhamhoops.org



Additional Resources

Websites, videos or books where coaches can find additional information:

<http://www.basketball-drills-and-plays.com/>

Great resource with areas for both players and coaches.

<http://www.coachesclipboard.net/index.html>

Drills, blogs and links to other hoops sites. Site is primarily aimed at coaches but good resource for parents and players as well.

<http://www.degerstrom.com/basketball/>

Drills, blogs and links to other hoops sites. Site is primarily aimed at coaches but good resource for parents and players as well.

<http://www.ihoops.com/>

More commercial than some of the other sites listed here but some good information none the less.

<http://www.jes-basketball.com/>

Free animated playbook software. Allows you to diagram everything from very simple to very complex plays and drills. Nice collection of sample drills and plays to draw from as well.

<http://www.textbookbasketball.com/home.aspx>

Great resource for coaches and players. Includes drills, plays, diagrams and links to other resources.

http://www.y-coach.com/CD/Basketball_Drills.htm

Nice site devoted to coaching youth sports. Fairly basic basketball section that may be good for younger less talented teams. Resources for other youth sports as well.



Website Manager Information

Website: www.windhamhoops.org

Website Manager Information:

Login using your **MANAGER's Password**
(Not your Team Password)

Windham Basketball Club
Basketball for the Town of Windham, NH

WBC Home Teams

Please Log In

Restricted Area

Email or User Name:

Password:

Submit Reset

Select Team

Season: **2012-2013** League: **Division** Team: **Manager's Name**

Windham Basketball Club
Basketball for the Town of Windham, NH

WBC Home Teams

Season: 2011-2012 League: Girls 789 Team: Team 1

2011 - 2012 R

Team 1

WELCOME

Welcome to the Team 1's home page. Here's where you can get all the latest information specific to this Team. Check back frequently to stay current as the season progresses. Use the left hand menu to get specific information such as:

- Get scheduling information in list (**Schedule**) or **Calendar** format
- View team **Rosters** with full contact information when logged in with your Team's password
- View game **Results** for the current season
- Create custom schedules for specific Teams (**Multi-Schedule**)

Next 10 Events

Date	Type	Event / Court
No events scheduled		

View Roster:

View Contacts

Send Email to Team

View Schedule:

Cancel or add Practice

Add Game Results:



Website Manager Information (Enter Game Results)

Website: www.windhamhoops.org

Edit Game Results:

This section will allow you to enter or change a score as well as any other information about a game.

1. First make sure you are signed in as manager/admin.
2. Select "**Teams**" from the menu tabs from the at the top of the page
(you may have to select season, league and team at the top of the page)
3. Select "**Results**" from the menu pages at the left
4. On the team results page, find the game you wish to edit and click on the "Edit" icon to the right of the game
5. Enter score or any additional result changes and optionally, game commentary
6. Click submit to confirm changes.