



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Basketball



REGISTRATION DATES		
Ages		3-10
Season		October 23-December 11
Coach Registration		September 20 until full
Y-Member Registration	\$35	September 27-October 10
Community Registration	\$50	October 4-October 10

Register to coach at ymcatricities.playerspace.com

PLEASE READ THOROUGHLY:

Volunteer Coach Sign-ups and requirements have changed

The safety of our volunteer coaches, participants and families is our top priority and that is why we are updating the volunteer coach application to include a national background check and child abuse prevention training. Please see below the steps you need to take to be eligible to coach.

How to register to coach:

If you have coached in the past and have completed the requirements in playerspace

- Email megan@ymcatricities.org to be added to the season in playerspace.
- Once you have been added to the season, login to your [playerspace account](#) and go to "participation requirements" there you will be able to complete the volunteer form and renew any expired requirements.

If you are new to coaching at the YMCA of The Greater Tri-Cities:

- Go To ymcatricities.playerspace.com and select "Volunteer To Coach" and follow the directions to register.
- Select the sport you wish to volunteer for and complete the following.
 - Criminal Background Check
 - Heads Up Concussion Video
 - Abuse Risk Management for Volunteers
 - Sport specific volunteer form

The Heads-Up concussion video, abuse risk management and volunteer form can be found by going to participation requirements under your playerspace profile.

- The volunteer requirements must be completed within 2 weeks of registering as a volunteer. You will not be assigned to a team until they are completed.
 - If you need help or access to a computer, the YMCA can help. Please call to set up a time to come in to complete the volunteer requirements.
 - Once you have completed the above tasks and your background check has been approved, you are eligible for 2 years to coach YMCA youth sports and will only need to register to coach each season by logging in to your playerspace account and selecting the sport you wish to coach. There may be additional information needed (ie age division, game field etc) for each sport to assure you get assigned to the correct team.

Team Roster: We will no longer be accepting team rosters. If you have players that you want on your team, please be sure to let them know that you have signed up to coach and for which day and age division. When they register during member registration or community registration, it is important that they request you as their coach. Teams are created based on registration dates so it is important that if a player wants to be on your team, they need to register in a timely manner. If a player signs up after the registration deadline they are not guaranteed a spot on your team. **The coach request does not guarantee a player will be placed on your team if they register late.**

Please follow up with your team to make sure they register in a timely manner.

PLAYERSPACE

We are pleased to announce that the YMCA of The Greater Tri-Cities has partnered with Playerspace for electronic communication and league management.

- **What does this mean for you?** Playerspace gives you convenient, 24/7 online access to league information such as schedules, team information, and event specifics. You will receive emails from Playerspace with updates on important sports program information, including access to team roster, schedule changes, and new league registration announcements. You will have convenient access to your private Playerspace email where all league communication can be viewed at any time.
- **What does this mean you need to do?** Add Playerspace to your email service's Safe Sender list. After you have registered for a sports program, you will receive a link to log into your new Playerspace account at www.playerspace.com. Make sure to edit your password and other information as you see necessary.

COACHES' PLAYERSPACE FAQ

- **What information will I be responsible for posting on Playerspace?** As a coach, you will be responsible for posting your contact information and practice cancellations. You will also be responsible for communicating with your team via the message center. Game schedules will be posted by your Sports Director.
- **How do I get on Playerspace?** When you sign up to coach a team, you are automatically registered with a Playerspace account. There is no need to create a new account. You will receive an email with your username and password prior to the start of the season. From there, you can visit www.playerspace.com and click "Sign In" at the top right corner.
- **What if I'm not receiving emails from Playerspace?** Be sure to check your junk, trash and spam folders for Playerspace. You will need to add notifications@playerspace.com to your safe sender list. If you are still not receiving emails, please contact your Sports Director at your local YMCA.
- **Where will I go to use Playerspace as a coach?** Just visit your team's site and your click on "Coaches Corner" There are three essential tools that you can click on to utilize Playerspace;
 - Settings- ability to change you team name once season begins
 - Rosters- View and download team roster, email parents "fans" and add additional fans to your roster
 - Messaging-send emails and text to your team.

Coaches Checklist

- All changes (i.e. adds or drops) to the roster need to be communicated to the YMCA.
- Turn in the Volunteer Coaches Forms.
- Review the Rules
- Attend the Coach's Meeting
- You will receive your roster at the coach's meeting. Rosters can be found on Playerspace.com
- Game Schedules be posted on Playerspace.com
- If applicable, return all checked out sports equipment to the sport you are coaching.

1st Practice

- Show up early.
- Bring Roster
- Be Prepared. They will know if you are not prepared.
- Give shirts to kids. (If sizes wrong, email me ASAP.)
- Let kids come up with team name.
- Remind them to bring water.
- Ask them about schools, pets, siblings, family.
- Tell them about yourself, keep it short.
- LISTEN to them no matter how off the wall they are.

Team Pictures

- Hand out picture packets prior to picture day
- Call or email your parents to remind them of team pictures
- Remind them that even if they are not purchasing pictures that it is important to show up for the team
- If you need to reschedule, contact the photographers.

Contact Players

- Call at least 1 week prior to the start date.
 - Tell Parents:
 - Who you are
 - Where is Practice
 - When is Practice
 - When are games
 - Where are games
 - Give website
 - Remind them to log in to [playerspace](http://playerspace.com)
 - Jerseys to be given out by 1st practice
 - Dress Comfortable

1st Game

- Contact parent's via [playerspace](http://playerspace.com) to remind them of games every week.
- Show up early; make sure you don't interfere with games that are already being played. Keep kids out of the way.
- Introduce yourself to other coach.
- You ref and keep time for your own games or ask a parent to help
- Don't Stress out, this is not the Olympics.
- Just let them play, and then offer advice on things you see.
- DON'T YELL or grab kids.
- Always be positive to the kids, parents, coaches and staff.

End of Season

- Decide if your team wants to order trophies. This is optional. I will email out certificates to use if you choose.
- Return Pictures and awards to the YMCA if players weren't at end of season party

Coach's Information

Our rules are designed to teach the basic fundamentals of the sports offered. YMCA leagues do NOT keep score, stats or season standings. We encourage our coaches to focus on good sportsmanship and the importance of being a team player. Everyone plays, everyone wins!

Use of School and Public Facilities

The YMCA of the Greater Tri-Cities uses elementary school grounds in and around the community. **Use of these facilities is contingent upon good conduct and cooperation by our sports teams.** The following regulations are a composite of the standards we must follow in order to ensure a successful season as well as a positive future:

1. **There must be adult supervision at all times.** Coaches are responsible for supervising the activity of their players. The Y's Child Abuse Prevention standards specify that a Y volunteer coach should never be alone one-on-one with a player (of either sex). There should always be two adults waiting with a child. By no means should you ever drive one of your player's home if it's only the two of you in the car.

2. There will be a **Sports Site Supervisor** at each game. The Site Supervisors are Y employees and should be treated with respect. It is their job to ensure the schools and people are safe. Sports Supervisors are NOT responsible for the behavior of the players or their siblings; they are not babysitters. Please listen to them when they ask you to remember a rule; it's their job!

3. **First Aid kits** will be provided at each game by the Site Supervisor. The kits will be stocked with Band-Aids, cold packs, gauze, and rubber gloves.

4. **Facilities/Fields will be left in the same or better condition than which they were found before the activity.** Please be respectful of the gyms, fields, and parks that the YMCA uses. Remember to pick up any belongings and garbage.

5. **Equipment** will be checked out by the head coach and must be returned at the end of the season.

6. **Cancelled games due to weather** (outside sports only) will be up to the coach to decide if a game or practice should be cancelled due to rain or extreme heat. If there is lightning during practice or a game it will be cancelled. The coach will determine the time and day of a rescheduled game. Please check with the YMCA for field space and availability

* follow us on Facebook and Twitter to get YMCA updates.

7. **Remember, games are for fun! No official scores, stats or standings!**

THANK YOU FOR YOUR COOPERATION!

Youth Basketball Rules

Equipment

Coaches will be supplied with basketballs and cones each Saturday during the basketball season. 3-4 age division will play with a size 22" basketball and play on a basket height of no higher than 6 ft. All other age divisions will use a 27.5" ball and play on games with a basket height of no higher than 8 ft. Please put your child's name on every piece of equipment. The YMCA is not responsible for lost or stolen items. Jerseys are ordered during open registration and will be given out the first Saturday practice by your coach. Any players who registered late are not guaranteed their jersey for the first game.

General Rules:

Participation: Playing time should be distributed evenly among the players. Players must play at least one half of the game. Starting players should be alternated on a weekly basis.

Officiating: Parents are encouraged to help with the officiating. Each team should have a representative help with officiating. Parents can also assist with keeping time for the game. **No score is kept to de-emphasize competition.**

Substitutions: Substitutions will be made at the end of quarters, time-outs, for injuries and half time. The clock will stop for substitutions.

Each team must have the minimum number of players to start a game (see below). If there is a shortage of players, coaches shall have the option to trade players to come up with an equal number of players.

No team may add players on the roster without permission from the Youth Sports Director.

The clock will run continuously except for injuries.

Rules to Know

- **Double Dribble:** A player cannot dribble the ball pick it up and then dribble again. A player also cannot dribble the ball with two hands
- **Traveling:** A player cannot move more than two steps without dribbling the ball.
- **Fouls:** Fouls will be called when a player intentionally touches an opponent in a manner that gives the offending player an advantage in the game. Examples are pushing, tripping and hacking a player's arm while they are shooting.
- **Half-Court Defense:** The defensive team will not be allowed to pick up their player until they reach the foul line extended. When the ball changes possession on a steal, play will be stopped to allow the defensive team to get back to their side of the court. The team that moves to defensive will be allowed to pick up their man at the foul line extended. No full court press will be allowed. When the ball changes possession on a defensive rebound, play will be halted to allow the defensive team to get back and either match up with the player they will be guarding or find the appropriate spot in the zone.
- **Point guard:** The main purpose of the point guard is to bring the ball up the court and initiate the offense. They are the primary ball handler on the team.
- **Shooting guard:** The main purpose of the shooting guard comes right from their name. They are the primary scoring guard on the team. They play on the wing. They move without the ball in order to free themselves up for scoring opportunities.
- **Small forward:** The small forwards are usually the most versatile player on the team. They are able to play different positions (guard and forward) and give a team different options.
- **Power forward:** The power forward is usually the strongest player on the team. They play under the basket. Their primary job is to play defense and get rebounds.
- **Center:** The center is usually the tallest player on the team. They play under the basket. Their job is to rebound, play defense, and score easy baskets.

Rules

	Ages 3-4	Ages 5-6	Ages 7-8 & Ages 9-10
Time Of Play	15-minute practice 24 min game 4 quarters of 6 minutes. Half time: 5 min.	15min practice 28min game. 4 quarters of 7 minutes. Half time: 5 min.	10 min warm-up 32 min game. 4 quarters of 8 minutes. Half time: 5 min.
Number of Players	4 v 4 on a half court	4 v 4 on a half court	5 v 5 on a Full court
Dribbling	Double dribbling will not be penalized, but should not be encouraged	Traveling and double dribbling will be enforced with some leniency.	Traveling and double dribbling will be enforced.
Free Throws	No free throws.	No free throws. The ball will be in-bounded from the sideline by the team fouled.	Free throws will be attempted for shooting fouls only. After second shot, players may enter the lane on the release. If the ball misses the rim on a free throw attempt, it will be considered out of bounds. 7-8 Free Throw Lines: the bottom of the circle around the free throw line 9-10 Free Throw Line: Half way between the bottom of the circle around the free throw line and the free throw line.
<p>Defensively, the game should be played in a manner that does not encourage stealing. This will help players work on skill development. No stealing the ball on the dribble unless the ball carrier loses control of the ball (bounces off his/her foot). Intercepting the ball off the pass is allowed. Intentional blocked shots are not allowed. Hands/arms should be straight up or to the sides. No swatting. This call will be made at the discretion of the coaches.</p>			
Defense	<p>Man-to-man defense only. Players cannot double team on defense. They must stay with their assigned player.</p> <p>Teams are not allowed to full court press. A player may pick up their man only after opposing player crosses mid-court.</p>	<p>The defense must allow the offense to pass half court. Defense can only pick up players after they cross half court Unless there is a fast break.</p> <p>Screening and picks are not allowed</p> <p>Players cannot double team on defense, but they can switch the players they are guarding.</p> <p>Teams are not allowed to full court press. A player may pick up their man only after opposing player crosses mid-court.</p>	
In-bound pass	The defensive person guarding the inbound passer must be further than three feet away until the ball is in play.	The defensive person guarding the inbound passer must be further than three feet away until the ball is in play.	

Basketball Games and Drills

Dribbling

1. **Stand-still dribbling** - This is used to learn the basic techniques of dribbling. Each player uses their own ball to dribble in a stationary position. First, using their strong hand, then moving onto their weak hand, and finally using the cross-over dribble to get familiar with shifting the ball from their right to left hand or visa versa.
2. **Moving dribble around court** - This drill is used to familiarize the kids with moving while maintaining their dribble, using both hands. Simply have the kids dribble in a single-file line around the outside of the court.
3. **Hi-Lo Dribbling Drill** - Line team up in 2 lines with a ball each. Spread feet apart till comfortable, and bent at the knees until at a comfortable dribbling position and has good balance. Players cannot go away from their spot. Have your players dribble ball hard, for a high dribble, about shoulder/chest high. Then dribble waist high without stopping, and then knee high without stopping. Have them dribble from lo to high and from hi to lo, until you get set rep's done [50 bounces] or time is up. You can then have them dribble with the other hand doing the same. Players need to be looking up at the coach all the time. This teaches ball control; remember it's easier to control a lower dribble than a real high one.
4. **Dribble tag** - Each player has their own ball and the must try to knock other player's balls out of an area that is determined by the coach while maintaining their own dribble. As players get knocked out, make the area smaller and smaller to force the players to steal the others ball, while at the same time protecting their own ball from being stolen.
5. **Red Light, Green Light** - Players start with their own ball at one end of the court, line up on the baseline. The coach will say green light, signaling the players to walk towards him/her while maintaining their dribble. When the coach yells red light, the players must stop where they are while continuing to dribble. Continue this until each player reaches the other end of the court.
6. **Weaving with cones** - This is another drill to familiarize the kids with changing directions. Set up 6 to 7 cones in a straight line and have them dribble in and out of the cones. This can also be used as a relay race.

Ball Handling

1. **Slap ball** - Have each player take turns with their right and left hands slapping their ball. This will get them use to the feel of the basketball. Make sure they are using their fingertips.
2. **Tap Ball** - Have each player hold their ball about 6 to 8 inches in front of their face and have them "toss" the ball back and forth from one hand to the next, making sure they are using their finger-tips. Increase the speed and/or move the ball from head to toe as their skill level increases.

Shooting

1. **Lay-up lines** - Use this drill to teach the proper technique of shooting a lay-up (i.e. using the backboard, jumping off the opposite foot). Use 2 lines (and 2 baskets if possible), one to shoot and one line to rebound with players switching lines after each turn. Shoot from both the right and left side.
2. **Jump Shot Shoot-Out** - This drill is similar to the lay-up lines. Have 2 lines and instead of dribbling in for a lay-up have the player stop about halfway and shoot a jump shot. Again, have one shooting line and one rebounding line. One way to keep the player's interest is to turn this into a competition (do not rotate lines, first team to 5/7/10), and have each team count out loud how many baskets they have after each made basket.

Defense

1. **Slides** - This is a drill for players to get used to using a good defensive position as well as learning to slide on defense instead of crossing their feet. Have the players spread out on the court facing the same direction. The coach should stand in front of the group and direct them on which way to slide. Can also be used as a conditioning drill. Options: foot fire, jumping when coach yells. "shot"
2. **1-on-1** - This drill is the same as the zig-zag slides except an offensive player is added. Things to work on are keeping a good defensive position, watching the offensive players waste, beating the offensive player to a spot and force them to change direction.
3. **Defense- on & off the ball** - After teaching the fundamentals of a good defensive stance, it is important to understand playing defense on and off the ball. When guarding someone with the ball the keys are to stay in front of them, watch their waist instead of their eyes, and slide your feet. - When guarding someone off the ball it is important to keep one hand in the passing lane and continue to slide their feet. The most important aspect of off-the-ball defense is being able to see the ball and your man at all times. This is important in case another player beats their man off the dribble; it will allow other defenders to collapse and help on defense.

Rebounding

1. **Off backboard** This is a drill to teach the proper and basic techniques of rebounding. Have the coach simply toss the ball off the backboard while the player gets the rebound. After the technique is learned, then start shooting at the rim so the player can try to anticipate where the ball will go. Coaches may also add the outlet pass to this drill or an outlet pass along with a full court lay-up.
2. **Ball Scramble** - Have each player start with a ball at one end of the court. On a signal, have them drop their ball and run to half court and back. While they are running, remove one basketball. Whoever doesn't get a ball must sit out the rest of the game. As players are eliminated, reduce the area on the court.
3. **Pick & Roll** - The positions of the players should be the same as the Give & Go. #2 sets a pick/ screen for #1, and then opens up towards the ball. #1 passes to #2 for a lay-up. Focus should be put on setting a legal screen and opening up towards the ball, never turning their back to the ball.

Passing

1. **Stand-still passing** - This drill teaches the proper techniques of passing. Have each player pair up with another player and work on chest passes, bounce passes, and over-the-head passes.
2. **Down & back passing** - Have each pair of players line up on the baseline and pass the ball back and forth to each other while moving down the length of the court. Again, use the chest, bounce, and over the head pass. Players should focus on leading the other player with their pass, as well as giving a good target and also sliding their feet. To add to this drill coaches may add a lay-up in once the pair reach the opposite end of the court.
3. **3-on-1/3-on-2 passing** - This drill focuses on a player's decision making. Have 3 players form a triangle and pass the ball to one another while one player is in the middle trying to steal the ball. After a few player rotations, put 2 players in the middle making it more challenging for the passers. This puts the players in a game-like situation and forces them to try and make a good pass.

*** These drills were taken from:**

<http://www.angelfire.com/nc/ezyduzits12steptools>

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

WEBSITES:

www.nays.org

www.angelfire.com/nc/ezyduzits12steptools/

www.guidetocoachingsports.com/

EMERGENCY PROCEDURES/RESPONSIBILITIES

As a volunteer coach you are responsible for the health and safety of your players. Therefore, you should be aware of any issues that may affect you or them. In spite of precautions, injuries will occur. When an injury does occur, chances are you may be in charge. So let's look at how we can be prepared.

Your general responsibilities:

- To read and understand all information within.
- Be aware of any situation that may cause an accident and take steps to prevent accidents from happening, including use of proper equipment, playing areas, exercises, etc.
- Be prepared to handle emergency situations as they occur.
- Contact the child's parents in the event of an accident or emergency. Keep your team roster with you at all times.
- Contact the YMCA Program Director, 374-1908 to report any serious accident/incident.
- Turn in an accident report form to the Site Supervisor immediately following the incident.

In case of an accident:

First aid: The YMCA volunteer or staff should immediately administer first aid. Keep the person calm and do not move the victim from the area where they were injured unless it is not safe. Remain calm and inform the child's parents whenever any kind of injury occurs.

Dealing with the most common sports related injuries: (Cut, scrapes, and bruises)

1. Stop the bleeding: apply pressure to the wound.
2. Cleanse the wound: control bleeding, rinse with clean water and soap if possible.
3. Protect the wound: apply a clean gauze or Band-Aid.

Bloody noses: (not associated with serious facial injury) Have the athlete sit and lean slightly forward. Have the player pinch their nostrils shut for several minutes. If the bleeding continues after several minutes or if the player has a history of nosebleeds, seek medical assistance.

Strains and sprains: A strain is an injury to the muscle or tendon, a sprain is an injury to a ligament. When your player suffers one of these, apply the RICE method of injury care:

R- Rest the area to avoid further damage and faster healing.

I- Ice the area to reduce swelling and pain.

C- Compress the area by securing an ice bag in place.

E- Elevate the injury above heart level to keep the blood from pooling in the area.

Emergency calls (911): If any type of injury appears serious or you think you need additional help, call 911. Inform them of the type of injury, who is injured, where you are, your name, and any other information they request. Do not hang up the phone until you are instructed to do so. After contacting medical authorities, you will need to alert the parents if they are not present. Remain calm and give the parents as much information as possible.

Accident reports: For any type of injury that involves more than rinse-off and Band-Aid, an accident report needs to be completed, YMCA staff will have copies at game sites. The person most familiar with the incident should fill out the form. Completed forms must be turned in to the YMCA within 24 hours and reported to the YMCA the following business day.

First aid kit: Site supervisors will have first aid kits on site for games. However, it is highly recommended that coaches carry a first aid kit in the event of an injury. An example of a good first aid kit should contain the following:

- * Ice packs
- * Bandages and gauze
- * Elastic bandages
- * Band-Aids
- * Scissors
- * Athletic tape