

RAAA In-House Basketball Coach's Manual

Updated: January 19, 2010



Grades 4 - 6

In-House Basketball Program Philosophy

1) Grade 4, 5 & 6

The philosophy adopted for the RAAA In-House Basketball program, grades 4, 5 & 6, is to continue reinforcing individual fundamental skills learned during previous grades adding the concept of team play.

In-House Basketball Program Format

1) Grade 4, 5 & 6

a) Practice: One practice during the week

- First 30 Minutes: Individual Fundamental Skill Development

The first 30 minutes of the weekday practice shall be used for on-going fundamental skill development.

- Second 30 Minutes: Team Skill Development

The second 30 minutes of each practice is intended to allow each team to work on team development activities (team offense/team defense). No scrimmaging, please. This 30-minute period is intended to work on team activities in preparation for Saturday games.

b) Games: Games on Saturday

KEY POINTS FOR COACHES

- 1) It is important for coaches to follow a practice script. Practices are only scheduled for one hour and there are a lot of drills to get through in that time.
- 2) It is the coach's responsibility to keep track of time and ensure that all players are participating and getting instruction as needed. There should be very little standing around. The players will start the year with various talent levels, but the idea is for everyone to improve with each practice.
- 3) Be prepared for practice. Know what you are going to do for the entire hour. Players will know if you are not prepared.

RAAA In-House Basketball Coaches Information

Welcome and thank you! Coaches are the heart of our program. Without your involvement and support, there would be no RAAA basketball program at all. You are the single most important resource we have, and your contributions to these kid's lives will be remembered for many years to come.

Four Goals for RAAA In-House Basketball Participants (kids, parents, and coaches)

Goal #1: Have fun.

Goal #2: Try your hardest.

Goal #3: Be a good sport.

Goal #4: Learn a lot about basketball.

The Number One Rule - It is OK to make a mistake.

Coaching Expectations:

- Take charge. Create a safe atmosphere where kids and adults have fun with basketball. Be encouraging, and show by your behavior and words that each player is an important member of the team *whether* or not they perform well. Remain patient. Deal with "situations" when they present themselves. Stress being on time. Keep things moving, using time well.
- Teach basketball skills, rules and strategies to our players. Rely on positive reinforcement. Minimize emphasis on mistakes, which are necessary for learning to take place. Players learn more and try harder if praised often. However, make sure your praise is justified. Kids know phony, meaningless praise when they hear it. Also, do not overlook the rules, but appropriately correct fouls.
- Model and teach competitiveness with an emphasis on good sportsmanship. Teach players to be aggressive and good sports at the same time. Obey the rules and respect the referee even when you disagree with them. Compliment opposing teams when they make a good play. Keep winning from becoming too important. *Do not yell at any player or official, or use ANY inappropriate tone of voice.*
- Promote the well being of each child on your team. Show by words and actions that you like and accept them regardless of how well they perform. Spend comparable instructional time with all players, regardless of ability. Encourage and reinforce parents for being involved with RAAA basketball. Spend time talking with each player individually and in small groups.

Practice Expectations:

- Get everyone involved at the same time whenever possible. Try to avoid behavior problems by keeping the kids active. They have been cooped up all day and now want to do something. Keep them active and involved. Anytime you have the kids stand in line you should question whether you could have done the drill in a different way so as to avoid the line. Lines should only be used to give a rest.
- Know how to stop a drill. Get the kids attention in a positive way. Use a key phrase such as “hold the ball” or “stop and listen.”
- Reinforce the positive. When the kids do what you ask, thank them. Find things that they are doing right and loudly praise them. It tells the whole team the way to go.
- Pace your practices. Follow an intense, active drill with a “breather.” Use this time to praise what went well, and reinforce the positives you see. This variation in the pace will help the kids focus in and process your instruction.
- Make your talking brief and to the point. Punctuate it with drills, competitions, water breaks, and scrimmages.
- **Please start and end your practices on time.**
- Coaches will need to buy a ball pump to keep with them. If you cannot do this, the In-House Basketball Director will provide a pump for you.

*(Almost all of this information was adapted from Positive Coaching, by Jim Thompson. It is an outstanding youth coaching book.)

Rosemount Area Athletic Association

Tips for Working with Kids

Coaching kids can be a great experience for you and for the kids you are coaching. It is also a great responsibility. What happens with you and the kids can create a lifetime love of the game you are coaching or can make a child choose not to play the game again. Here are a few tips to help you help our kids.

1. Focus on what the kids want out of their experience.

- Kids want to have fun
- Kids want to learn about the sport
- Kids want to feel good about themselves

2. Build a Team Rapport

- Use a lot of positive reinforcement
- Cheer each other
- Cooperative play (i.e. everyone touches the ball before anyone takes a shot)
- Correct in private
- Self-correct

3. Be Prepared

- Kids know if you are winging it.
- They know you are taking it seriously when you prepare.
- If you are taking it seriously, so will they.
- Plan a practice format that works for you.
- It helps kids when they can predict what will happen.

4. Alternate between running activities and skill building activities

- Kids listen and focus their attention more easily if they have had a chance to run.
- Kids listen and focus their attention more easily if they aren't tired.

5. Have no more than three rules that are important to you

- Pick a couple of rules that are important to making your practices run smoothly.
- Ask kids to tell you what those rules are before each practice.
- Remind them of the rule when necessary.

6. Have fun!

RAAA In-House Basketball League Rules for Grades 4-6

1) League Organization:

- a) 4th Grade Boys/Girls
- b) 5th/6th Grade Boys/Girls

2) Game Format – 4th/5th/6th (Saturday):

- a) Game Day: Games will be played on Saturdays.
- b) Starting Game:
 - i) Visiting team will have their choice of baskets.
 - ii) In 2nd half, baskets will be switched.
 - iii) Games will start with a jump ball.
 - iv) Overtime will start with a jump ball.
- c) Timekeeper:
 - i) The **visiting team** shall be responsible for supplying a timekeeper.
- d) Scorekeeper
 - i) The **home team** shall be responsible for supplying a scorekeeper.
- e) Referees:
 - i) Paid officials will referee games. No verbal harassment of the referees will be tolerated under any circumstance.
 - ii) Coaches are to ensure that no parent or team member harasses the official.
 - iii) The officials shall completely rule over all games, including participant conduct and misuse of RAAA equipment. Any questions concerning an official's call, or officiating procedures are to be directed to the officials in a respectful, appropriate manner. The opposing coach must be consulted and upon agreement between the coaches and officials, the official is allowed to correct a decision or procedure.
 - iv) In the event that the officials do not show for games, the game shall be officiated using one coach from each team.
- f) Game Length/Time:
 - i) **Regulation Time:** Four, 10-minute running time quarters.
 - ii) **Overtime:** One 3-minute overtime period is permitted in the event of a tie game at the end of regulation play, as long as time permits (Total game time shall be limited to 1-hour).
- g) Quarter Break: One minute intermission after 1st and 3rd periods.
- h) Halftime: Three minutes after 2nd quarter
- i) Timeouts:
 - i) Each team is allowed two 1-minute timeouts per game. Unused timeouts will carry over to the second half and any subsequent overtime period.

- ii) One timeout will be awarded to each team in the event of an overtime period.
- j) Scoring: Score will be kept.
- k) Player Substitution:
 - i) Coaches shall ensure equal play for all players according to the Playing Time Rules given below.
 - ii) Player substitutions are at the half quarter and end of quarter.
- l) Players: Games are 5 on 5.
- m) Running Time:
 - i) Clocks shall be continuous run time.
 - ii) Clocks shall only be stopped for:
 - (1) Team Timeouts
 - (2) Official's timeout
 - (3) Player Substitutions at the half quarter and end of quarter
 - (4) Injury

3) Playing Time Rules

- a) Substitutions shall be made after every half-quarter and full quarter. No player shall sit out for more than one half-quarter. Coaches need to determine a substitution schedule prior to the start of their Saturday games.
- b) Each team member must play a minimum of 2 full quarters.
- c) In the event of injury, substitutions can be made immediately.

4) Basketball Size

All leagues will use an official women's league basketball provided by RAAA

5) Size of Court and Height of Baskets

- a) Grades 4, 5 & 6 will play full-court.
- b) Grades 4, 5 & 6 will use 10-foot baskets.

6) Tie ups

- a) Tie up of a ball will result in the ball being awarded out of bounds alternately between the two teams.
- b) Possession changes at the start of every period shall follow alternate possession.

7) Full-Court Pressing and Stealing

- a) 4th Grade: No Full-court pressing shall be allowed. Defensive players must retreat back to the half-court line whenever a rebound is clearly controlled and cleared (either by pass or dribble) by the offensive team.
 - i) The intent of this rule is to teach kids the skill on how to move the ball up the court from a rebound by clearing the lane. Kids will not learn this fundamental team skill if there is constant swatting and grabbing of the ball after a rebound.
- b) 5th/6th Grade:
 - i) Full-court pressing shall be allowed as follows:

(1) Teams may press the entire game unless the following criteria is met:

(a) No pressing shall be allowed by a team that is leading by 15 or more points.

(b)

(2) Pressing shall be man-to-man only (No Traps!).

c) Stealing is allowed.

8) Defenses

a) Only man-to-man defense will be allowed.

b) No zone defenses are allowed.

c) Double teaming is only allowed for help-side stops. The main intent of this rule is to not allow Half-Court Trap defenses immediately when a team crosses half court! Once a defender helps, they must return to their original player being guarded.

9) Picks and Screens

a) Picks/screens are allowed. No Moving picks/screens!

b) Multiple screens or picks are allowed.

10) Lane Violations

a) Officials will enforce a three-second-lane violation.

11) Free Throws

a) Grades 4, 5, and 6 will shoot free throws. In the case of a shooting foul, a player will receive two free throws if the original shot is missed and 1 free throw if the original shot was good. If a foul is an intentional foul, that team also gets the ball after the free throws.

b) It is acceptable for individuals with difficulty shooting free throws from the 10ft. line to get closer, but this needs to be communicated and agreed upon by the coaches of both teams and the referee before the game. This rule is mainly intended for 4th grade boys and girls.

c) Free throw lane violations will be enforced if the player crosses the free throw line during the attempt.

12) Time Limit on Dribble

a) Player needs to be advancing the ball.

b) Once a player passes mid-court they may not dribble for more than 5 seconds without passing, shooting, or stopping than making a pass to a teammate. (Coaches please interpret this rule loosely – encourage passing).

13) Fouls

a) Fouls/infractions to be called include: traveling, double-dribble, charging, blocking, and shooting fouls.

b) All other fouls are to be taken out-of-bounds. Team fouls are not kept.

c) TECHNICAL FOULS - Unsportsmanlike conduct will not be tolerated. A technical foul assessed on a coach or player will result in awarding 2 points to the opposing team. At the discretion of the official the coach or player in question

may be ejected from the game. If ejection occurs the player will be sidelined and will sit quietly by the coach. If the coach is ejected, the coach must leave the gym immediately. In the case of ejection the individual will also sit out the following game. If a second technical should occur in the same game, ejection is automatic and the situation will be reviewed by the league Director for possible removal for the remainder of the season.

- d) In the event of an ejection, both coaches shall notify the Director of the In-House Basketball Program that same day via phone or email.
- e) If a player is benched during a game for disciplinary reasons, the coach shall notify the opposing coach immediately in a discreet fashion.

Practice Schedule

A scripted practice schedule has been provided as a guide for coaches that defines specific drills for the players. The drills were chosen to provide the players an opportunity to develop the following fundamental skills:

1. Dribbling/Ball Handling
2. Passing
3. Defensive posture and positioning
4. Shooting technique
5. General concepts of Team Play

Practice Script

1) Warm-Up/Stretching (:05)

- a) ~5 laps jogging around court
- b) Form the group into neat lines for stretching

2) Ball Handling/Dribbling (:15)

- a) Around the world (:03)
 - i) Pass ball in a circle CW (clockwise) 10 times around
 - (1) Knees
 - (2) Waist
 - ii) Repeat but this time go opposite direction (CCW)
- b) High/Low Dribble (:03)

Quick changes in dribbling high (just below waist) to dribbling low (just a few inches above floor)

 - i) Right Hand
 - ii) Left Hand
 - iii) Cross-over
- c) Dribble circles around legs (:03)
 - i) Low dribble circles around right leg ~10 time CW
 - ii) Low dribble circles around right leg ~10 time CCW
 - iii) Low dribble circles around left leg ~10 time CW
 - iv) Low dribble circles around left leg ~10 time CCW
- d) Straight Dribble/Full Court Layups (:03)

Form two lines – one line doing lay-ups, one line rebounding

- i) Dribble down the court with right hand and do a lay-up
 - ii) After everyone had gone through ~5 times, switch to left-handed lay-ups.
- e) Crossover, Pull-up Jump Shot (:03)
- i) While jogging down court, take a few dribbles with right hand, then quick crossover to left. Dribble with left for a few dribbles, then jump stop and shoot
 - ii) Repeat ~5 times
 - iii) Switch to left side and repeat, crossing over left to right.

3) Passing Drills (:10)

a) Hand Technique Skills (:01)

Lie on floor on your back. Using proper technique for a chest pass, throw ball up in the air and then catch (pass & catch with fingertips)

b) Two person passing drill moving/sliding down the court (:03)

- i) ~ 5 times with regular chest pass
- ii) ~ 5 times with bounce pass

c) Two person/Two ball stationary Pass (:03)

Each person has a ball, facing each other leaving about 10 – 12 ft apart from each other.

- i) One partner performs chest pass, other partner performs bounce pass. at same time. Repeat for 10 passes each.
- ii) Each partner performs bounce pass at same time. Repeat for 10 passes each.

d) Monkey in the middle passing game (:03)

- i) This game requires three people.
- ii) 2 people ~15 ft apart with third person in the middle
- iii) The two people pass the ball back and forth using chest pass or bounce pass to get successfully past the person in the middle. The middle person attempts to deflect/intercept pass. If the middle person successfully deflects/intercepts pass, he/she replaces the person who originated the pass.

4) Defense Drills (:05)

a) Wave Drill (:02)

- i) Slide side to side in proper defense position according to direction pointed by coach running the drill

b) Zig-Zag (:03)

- i) Player stands at 45-degree angle slides for 3 steps, drop step with inside foot and changes directions for 3 steps. This pattern is repeated creating a “zig-zag” pattern down the length of the court.

5) Team Drills

- a) Shooting Drills – Examples here would include “Around the World” or shooting off of a pass.
- b) Team work (remaining time) – Break up into teams
 - i) Work on team offense/team defense
 - ii) Work on in-bounding plays