

Durham Girls Basketball Club Team Handbook/Coaches Guide

9/12/2006

It is important for the team to have the assignments listed below in order for the season to run smoothly. Each team should designate an individual responsible for each assignment. If the assigned individual is unable to complete their duties at any point in the season, they are responsible for finding a replacement.

Team Assignments:

Scorer: Individual responsible for keeping the book, which includes tracking the running score, individual and team fouls per quarter and providing the other team with a copy of the team roster. The scorer should also be prepared to keep the book at away games.

Time Keeper: Individual responsible for operating the clock at all home games. Must have an understanding of how the clock works.

Concession Organizer: Individual responsible for ensuring the team has an adult and a player from the team covering the concession stand for the teams allotted time slot during home games.

Academic Recognition Organizer: Individual responsible for reviewing and calculating the GPA for team players and requesting certificates and awards from club official.

Web Page Administrator: Individual responsible for maintaining and updating the team's web page on the club's web site. Updates should be made weekly at a minimum including schedules, directions, scores and team information.

Article Writer: Individual responsible for writing a team article for the Town Times after each game. The article must be submitted to the Town Times by Monday morning at 9 am to make it into that week's addition.

Coaching Mission Statement

Durham Girls Basketball will seek to teach young student athletes the core basics of fundamental basketball with the long-range goal of preparing the players to play at the Middle School and High School level.

Practice and Practice Attendance

The key to teaching core basics of fundamental basketball is practice. Practice sessions are designed with two specific goals in mind:

- 1) Teach the players individual skills such as ball handling, shooting, passing, rebounding.

- 2) Teach the players how to operate within a team offense and defense including running offensive play sets and multiple team defensive tactics.

Each practice is designed to introduce, implement and review individual and team skills. Player skills will initially be introduced to the team as a whole with advancement provided to the individual. Team skills will be introduced to the team as a whole with advancement occurring as the team as a whole masters each skill.

Individual skills will improve as skills are introduced and practiced, advancement will occur at different levels based on the individual's ability to understand and execute each skill. Individual skills can be practiced outside of the normal practice schedule.

Team skills will improve as skills are introduced and practiced, advancement will occur through repetition performed with the team and cannot necessarily be practiced outside of the normal practice schedule.

If a player does not attend practice their ability to improve individual skills will be affected. If a player does not attend practice their ability to progress within the team function will be affected thereby affecting the entire team's ability to progress. Employing the chain theory, the group of five players on the floor will only be as strong as the weakest player. Therefore, it is extremely important for players to attend practice. However, other commitments may be taken into consideration. Schoolwork comes first. If a player feels that the academic workload for a particular day is overwhelming it is understood that that player will miss practice to complete their academic responsibilities. If players need to attend other commitments they will not automatically be penalized, however the result may mean the player is not aware of an offensive or defensive play added during that practice or the player is not able to execute a regular play set due to the lack of repetition received in practice. This will result in a reduced amount of playing time in the game because of their inability to execute basic fundamentals learned in practice.

If a player is habitually absent from practice the coach will talk to the parents of the player to determine the best solution to getting the player to practice. Parents and players must understand that if they are unable to attend a minimum of 80% of practices due to other commitments, then their child may be overcommitted and changes will have to be made.

Playing Level:

The Club has designated levels of understanding of the game for each grade level. Teams and individuals will vary but general guidelines for each grade level are as follows:

Grade Four:

Conditioning is important but will be achieved through drills. Additional running should not be necessary unless needed for disciplinary action.

Introduce players to the triple threat position.

Introduction of strong and weak hand dribbling.

Introduce players to the proper use of the pivot foot.

Introduction of three-man weave.

Introduction of offensive movement to get free from defender and assist teammate in getting free from defender.

Introduction of form shooting with the goal being able to shoot from 10 feet out.

Form shooting used for free throws with the goal of making one of four free throws from one foot inside the regulation free throw line.

Ability to use the proper form in taking a strong handed lay-up and introduction of form in taking a weak handed lay-up

Understanding of the zone defense concept resulting in the ability to play one or two variations of a zone defense.

Understanding of running a basic offense, which can be run against a zone or a man-to-man defense.

Understanding of how to run an in bounds play from under their own basket and from the sideline.

Introduction of a full court press.

Introduction of a full court press break.

Introduction of how to set and use a pick and a pick and roll.

Introduction of proper rebounding technique and outlet pass.

Grade Five:

Conditioning gains importance and will continue to be achieved through drills with some additional conditioning exercises. Additional running will also be used for disciplinary action.

Ability to use v-cut and back door moves consistently to get open and pick away to assist teammate to get open.

Train players to use the triple threat position on every possession.

Confidence to use strong or weak hand against a defender.

Strong understanding of use the pivot foot properly and effectively.

Use of the three-man weave without ball touching the ground. Introduction of five-man weave.

Continuation of form shooting with the goal being able to make one out of three from 10-12 feet out.

Form shooting used for free throws with the goal of making one of three free throws from one foot inside the regulation free throw line.

Ability to use the proper form in taking a strong handed lay-up with defense and ability to use proper form in taking a weak handed lay-up consistently.

Strong understanding of the zone defense concept resulting in the ability to play multiple variations of a zone defense.

Introduction of man-to-man defense.

Understanding of running an offense, which can be run against a zone or a man-to-man defense with options.

Strong understanding of how to run an in bounds play from under their own basket and from the sideline.

Continuation of full court press.

Continuation of full court press break.

Understanding of how to set and use a pick and a pick and roll.
Understanding of proper rebounding technique and outlet pass.

Grade Six:

Conditioning will be achieved through drills with additional conditioning exercises based on time of the season. Additional running will also be used for disciplinary action.

Strong understanding of how to use v-cut and back door moves consistently to get open and pick away to assist teammate to get open. Increased understanding of movement within an offense.

Instinctual use of triple threat position on every possession.

Increased confidence in using strong or weak hand against a defender.

Instinctual use of the pivot foot properly and effectively.

Instinctual use of form shooting with the goal being able to make 50% from 10-12 feet out with no defender.

Instinctual use of form shooting used for free throws with the goal of making 50% of free throws from the regulation free throw line.

Instinctual use of the proper form in taking a strong handed lay-up with defense and instinctual use of proper form in taking a weak handed lay-up with no defense.

Ability to play zone defense including multiple variations of a zone defense.

Understanding of man-to-man defense.

Ability to run an offense, which can be run against a zone or a man-to-man defense with options.

Ability to run an in bounds play from under their own basket and from the sideline.

Ability to execute the full court press.

Ability to execute the full court press break.

Ability to execute a pick and a pick and roll.

Ability to use proper rebounding technique and outlet pass.

Grade Seven:

Conditioning is a very important part of executing the team's game plan and will be achieved through drills and specific conditioning exercises. Additional running will also be used for disciplinary action.

Instinctual use of v-cut and back door moves to get open and pick away to assist teammate to get open. Full understanding of how to move within an offense.

Triple threat position on every possession.

Instinctual use of strong or weak hand dribbling the ball in all situations.

Pivot foot used properly and effectively on every possession.

Instinctual use of form shooting with the goal being able to make 75% from 10-12 feet out with no defender.

Instinctual use of form shooting used for free throws with the goal of making 75% of free throws from the regulation free throw line.

Instinctual use of the proper form in taking a strong handed lay-up with defense and instinctual use of proper form in taking a weak handed lay-up with defense.

Ability to play zone defense including multiple variations of full and half-court zone defenses.

Understanding of playing man-to-man defense including communicating on hedging, switching and maintaining.

Ability to run an offense, which can be run against a zone or a man-to-man defense with options.

Ability to run multiple in bounds plays from under their own basket and from the sideline.

Execution of full and half-court presses.

Ability to execute the full court press break.

Ability to execute a pick and a pick and roll.

Ability to use proper rebounding technique and outlet pass.

Grade Eight:

Conditioning is a very important part of executing the team's game plan and will be achieved through drills and specific conditioning exercises. Players should be conditioning out of season. Additional running will also be used for disciplinary action.

Instinctual use of v-cut and back door moves to get open and pick away to assist teammate to get open. Full understanding of how to move within an offense.

Triple threat position on every possession.

Instinctual use of strong or weak hand dribbling the ball in all situations.

Pivot foot used properly and effectively on every possession.

Instinctual use of form shooting with the goal being able to make 80% from 10-12 feet out with no defender.

Instinctual use of form shooting used for free throws with the goal of making 80% of free throws from the regulation free throw line.

Use of strong or weak hand to make a lay-up at any point in the game.

Ability to play zone defense including multiple variations of full and half-court zone defenses.

Ability to play man-to-man defense including communicating on hedging, switching and maintaining.

Ability to recognize the type of defense the opponent is in and get the team in the proper offensive set.

Ability to run multiple in bounds plays from under their own basket and from the sideline with multiple variations.

Execution of full and half-court presses.

Ability to execute the full court press break.

Ability to execute a pick and a pick and roll.

Ability to use proper rebounding technique and outlet pass.

Playing Time: Games and Practices

Playing time in scheduled games will be earned by each individual player. Players will not be guaranteed specific allotments of playing time in a season. The coach will determine where and when to play the players.

The mission of the Club should result in a high level of performance in game situations. High level of performance in games generally results in victorious outcomes. The main

goal of the Club is not to win games. If the goals of the Club are met the results should include victories in games. All game decisions will be made by the coach. If parents of players have concerns that they feel have been left unresolved after speaking with the coach, the parent may bring their concerns to the board of directors of the Club. The board will then discuss the concerns with the coach in an attempt to bring resolution to the concerns. The board of directors will then provide the parent with an explanation of the steps that were taken as a result of the discussion with the coach.

Gym Time

The Court Coordinator will provide the coaching staff with the time and place of team practice. Practice time in addition to what has been scheduled will be at the cost of the individual team.

Game Schedules

The Club Director will provide the coaching staff with the team schedule when available from the League Coordinator.

Meetings

All registered coaches will be expected to attend coaches meetings and board meetings as needed to ensure the flow of information takes place properly.

E-mail

Coaches will be required to maintain an e-mail address to receive updates from the Club. The Club will provide an e-mail address for the coaches if deemed appropriate and necessary by the board of directors.

Referees

Referees will be provided and paid for by the Club for all scheduled home games. Each team will pay for their referees through membership fees paid by each Club member. If a coach would like to schedule a home game that is not on the Shoreline Regional Basketball League schedule, the coach should contact the referee assignor to schedule a referee and will be subject to additional fees for the season.