

# **Player Handbook**

Durham Basketball Association

## **Practice Rules**

- \* Practice is the most important thing we do. We would rather you missed a game than a practice. It is serious and social time is limited to 1-2 minute water breaks.
- \* It would be smart to be there 15 minutes prior to practice to put your gear on so you are prepared to start on time.
- \* Practice starts on time; we do not wait! If you are late for a good reason, we understand
- \* Always bring a DBA reversible
- \* You are allowed to go to the bathroom or get a drink at anytime, just let a coach know.
- \* If you are hurt or do not feel well, please let us know.
- \* All cell phones are turned off during practice (Parents as well who attend practice, thanks!).
- \* Be mentally prepared to work hard! Let this be your time to focus on your game!
- \* Push and route for your teammates, they will appreciate it.
- \* Do not talk while the coach is talking or bounce balls. We hate to waste any time repeating ourselves.
- \* Please do not be afraid to ask questions. We want to answer all of them.
- \* Don't worry, practice will be fun and upbeat!

## **Bench Behavior**

- \* Cheer for your teammates as you would want them to cheer for you.
- \* Pay attention to the game and your position.
- \* When substituting you need to know the following:
  - 1) Who you are guarding
  - 2) Where you are against the press and in the fast break
  - 3) Where you are if we are pressing
  - 4) Do not let the person you are subbing for leave the game until you know these items 1-2-3!
- \* Handle criticism in a mature fashion.
- \* Bench gives a standing ovation for:
  - 1) Taking a charge
  - 2) Making a clean block
  - 3) When players sub out
- \* Bench cheers and chants are welcome.