

NGBA COACHES MEETING

November 2010

NGBA is a recreational league; have fun, compete, develop skills, be part of a team.

Team Organization

1. Coach / Assistant Coach(es), parent manager
2. Players and Parents – getting to know each other, information / expectations
3. Grade Coordinator – contact is on website
4. CORI – all volunteers MANDATORY

Practice

1. Make it fun, be flexible, be realistic, positive attitude, wide range of skills, 1 hour a week / 1 game a week
2. Coach NEEDS – ice packs / basic first aid, cell phone, whistle, card / clipboard with practice outline, team equipment bag
3. Girls NEED to bring jersey, ball, water and be on time (5 min early)
4. Have something they know they are supposed to do when they arrive
5. Review game – ask them what they thought, ask questions, observations
6. Have a plan for the practice – break into smaller groups where possible (use your assistant coaches).
7. Cover the basic rules – not all at once - out of bounds, fouls, travel, DD, no backcourt defense*, no double-teaming*, no zone*
8. Save some time to Scrimmage. Try variations, e.g. no dribbling, three pass minimum, etc. Use whistle to 'freeze' girls and instruct (Grade 3 is 4 on 4)
9. Drills at most for 20 minutes, keep lines very short, 'lots of touches', play small games (2 on 2, 3 on 3)
10. Demonstrate don't lecture
11. 'Complement Sandwich'
12. One inbounds play is necessary, as season progresses one offensive play (?)

Games (Saturday)

1. Remember to bring; ball bag with GAME BALL, substitution matrix and score sheet with names and jersey numbers (you should download from website NGBA.net) – fill out substitution matrix in advance!
2. Remind parents and players – must tell you if not coming, be there 10 min before game time.
3. ALL PLAY EQUAL AMOUNT OF TIME, fourth quarter substitutions*
4. Ensure all players get to touch ball, opportunity to shoot
5. Rules on website; know them, need parent scorer for game*
6. Referees
 - a. Zero tolerance policy (attached)
 - b. MANDATORY meeting opposing coaches and referees before game and at half time
7. Don't over-coach play on the floor, sit, instruct players on bench, cheering!
8. Actively manage blowouts – communicate with opposing coach
9. Clean up bench area after game

End of Season

1. March Madness
2. 'Pizza Party'
3. Certificates of accomplishment with team photo (download template from ngba.net)

A Few Pointers

1. **Dribbling:** head up; switch hands; finger tips; ball low below waist; knees bent; ball close to you and by your side to protect, NOT in front; practice, practice, practice
2. **Passing:** eye contact; chest passes and bounce passes; no overhead passes; ball rotation / backspin; step into it; praiseworthy; put some mustard on it
3. **Shooting:**
 - a. B.E.E.F.; shooting hand / guiding hand; power from legs
 - b. layups ('strong' side); use backboard / 'Mr. Square is your friend'; take correct angle at basket; go up towards the basket; lift knee on shooting hand side
 - c. jump shot; bend knees; can practice against the wall; ball rotation; arc
 - d. free throws (form; power from the legs)
4. **Rebounding:** timing to jump up to ball, positioning and anticipation; boxing out - it's ok to touch the player you are guarding!
5. **Defense:** man-to-man; requires work and determination; stay between player and basket; don't chase / slide through; tight when closer to basket v. looser when further away; hands up when shooting; stealing the ball; move your feet, talk!
6. **Offense:** spread the floor; have known position on court; pause then move - fast, constant motion creates confusion; move after you pass the ball; pick to ball / pick away from ball; give and go (remember to pause before 'going'); inbounds play; play kids in different positions; finally – try not to dribble into the corner and stop.

Websites

ngba.net, ihoops.com, coachesclipboard.net

Deck of Cards for each coach

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HAVE FUN

PLAY HARD

SHARE THE BALL

Core Drills / Teambuilding

Handle the Ball

Stationary – dribble L and R, around waist, figure 8 thru legs, toss in air / catch by jumping

Motion – spread floor fwd / stop on coach's whistle, weave around cones – can do this as mini-team competition, protect the ball with body

Passing

Two lines facing stationary – bounce pass, chest pass

Square with 3 players, one ball, pass and move to open spot

Running pairs length of gym with bounce pass

Shooting

Layups – place cones to force correct angle to basket, coach passes from foul line, when better turn this into 'give and go' with two lines starting at top of key

Shoot from foul line, elbow, block (use backboard here)

Out of bounds play

Stack – at least 6' away from passer, passer slaps ball to signal go, first girl to right, second to left and so on

Rebounding

Box out drills – 3 on 3, coach has ball dribbles outside, shoots, rebound competition, then switch offense and defense, can make into a game (1 pt for defensive rebound, 3 pts for offensive)

Offense

Try a 'no dribble' offense with passive or no defense, it will be eye opening for all

Triple threat / athletic position as soon as player has the ball (don't just start dribbling or pass like a hot potato)

Picks – to ballhandler (remember the player with the ball uses the stationary pick), away from ball, careful to instruct on no moving picks

Friendly Competition

Relays of all sorts – 2 or 3 groups dribbling, or passing w/o dribbling, length of court and back

Shooting - # of baskets made by individuals or groups from spot or spots within 1 minute

Monkey in the Middle – circle w/girl in middle defending, teaches bounce pass as well

Knockout – not a lot of touches by each girl but sometimes it's ok.

Small games – 2 on 2, 1 on 1 using all the baskets in the gym

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NGBA Zero Tolerance Policy

The NGBA expects all the players, coaches, parents, spectators and referees to act in a respectful and supportive manner towards each other. Consequences for conduct of any other sort will be determined quickly and firmly by the NGBA and will be determined with a priority of what is in the best interest of the players and referees, with an overall emphasis on sportsmanship.

Addressing the Referee

All persons associated with the team, including players, coaches and spectators, shall support the referees. No one is to address the referee during the game with the following exceptions:

1. Coaches or players responding to a question from the referee,
2. Coaches making substitutions,
3. Coaches, players or spectators pointing out emergencies or safety issues.

Mandatory Meetings at Games

Mandatory meetings shall be called by the referees 1) before the game and, 2) at halftime that include BOTH referees and coaches from BOTH teams. This is the ONLY appropriate time for a coach to ask a referee to explain / clarify a rule in a polite and constructive way and to discuss the play of the game - only with the other coach present. Polite and friendly feedback can be given to the referee after the game.

Conduct

Absolutely no demonstrative behavior, sarcasm, harassment or intimidation by coaches, players or parents will be tolerated. Referees will report such behavior to the Referee Coordinator who will in turn make a report to the Grade Coordinator and the President. The referees shall at all times be responsible for enforcement of the Zero Tolerance Policy and are expected by NGBA to use their discretion and judgment to enforce the Zero Tolerance Policy. As a general guideline the NGBA has established the following:

- 1st infraction: Referee will ignore or issue a Warning.
- 2nd infraction: Referee will issue a Warning or Technical Foul.
- 3rd infraction: Referee will issue a Technical Foul and offender ejected and required to leave the gym

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