

BAC BOYS IN-HOUSE BASKETBALL COACH'S MANUAL



2008



C O N T E N T S

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Using Practice Time Effectively

BAC's lobbying efforts for District 191 gym space meet up with increased competition from other community programs each year. In addition, for liability reasons, a school gymnasium is only available if a custodian is in the building. In some cases, a custodian has to be willing (but is not obligated) to stay past his/her normal workday. Acknowledge that they may be keeping the school open for you.

Experienced coaches indicate that lack of gym time is their biggest obstacle to teaching the game. Given that gym space is at a premium, practice time needs to be used effectively. Consider the following tips:

- Insist that your players arrive at practice 15 minutes early. Meet in an available space as a group to discuss the previous game and the objectives of the practice. Use the time to get to know the players and their thoughts about positions, strengths, and weaknesses. Review with them how you have structured practice. Have the players enter the gym with an instruction – to shoot lay-ups, to run laps, etc.
- Practice courtesy and insist on it from your players also. Don't enter the gym before your scheduled time. It is disruptive to the practice in session and, bottom-line, it is not an example of respect for others.
- End your practice on time so the next team is not shortchanged. Don't expect the next coach to accommodate your extra minutes.

- Structure your practice and stick to the plan. Example: 10 minutes of lay-ups; 15 minutes of defense; 15 minutes on rebounding, etc.
- Have your first drill be strategically designed to bring the team into focus, burn up some pent up energy and improve attention span for the rest of the practice. Example: Full court lay up drill
- Pair the strong players with the weaker ones and at other times pair them with equivalent skill sets, during practice drills. In time it will bring up the level of play for the weaker player while ensuring that the stronger player continue to improve. This will also develop team chemistry. Use parents that are present for practice to help keep activity going. Parents can provide a give-and-go post, present an obstacle for baseline lay-ups, rebound free throws to minimize time spent chasing down balls, etc.
- Talk to the kids one-on-one when you have a chance to make specific basketball skill, playmaker or behavior points. It's more effective to talk to kids directly without the effects of the rest of the team.
- Be frank with the players about decisions regarding positions. It's the nature of the game and for the good of the team, dribblers dribble, big guys are under the basket and the rest are forwards. Assure forwards that they are contributing when they carry out their role. It is important that all players understand their role. It is equally important that we make an effort to make all players well rounded in their skill sets.
- Make sure the parents that are helping with practice understand that you have a plan. Their job is to get the balls to the players as quickly as possible. With a few parents or assistants running the drills you design, this will allow you, as the head coach to roam the practice, and make adjustments with the players individually without halting the whole practice.
- Divide up the players by position. Example: Maybe you need to spend more time with your centers, have one of your assistants run give and goes with the guards on one basket, have another assistant going over how to set picks away from the ball, with the forwards, and this will allow you time to work with your centers on the third basket.
- You will need to assess your team's skill level: If you do not have an offensively talented team, to be competitive, your team needs to limit the other team's scoring. Spend more time on defensive strategies during your practices.

Practice Drills

We can't always give in to the desire to scrimmage, but players will respond to interesting drills with hard work. The following are some ways to achieve that.

- Create competition between two groups for a specific purpose. Example: First group to reach 10 left-hand lay-ups wins.
- Encourage hustle: Roll the ball from the baseline to the free throw line. Two players chase the ball from the baseline. One-on-one until a layup is made (at the same basket). The defender on the successful lay-up runs a lap. Parents can help with this.
- You as coaches need to be organized in preparing for every practice. Have options. If the boys are not responding well to what you have planned, it will be more productive if you change your agenda to something that will give them a good workout. Try your original plan again next practice.
- Watch basketball on TV. Pick up simple things you can use. Tell them what team runs those plays, and to watch and see for themselves.
- Kids need to make lay ups. Spend as much time as possible with different lay up drills. (different angles, short, long, fast)

- Players all take bad shots from time to time. Make sure your team understands the difference between a high % shot and a low % shot. Demonstrate with your best shooter taking 10 three-point shots, and an average player taking 10 shots under the basket.
- Design as many short shooting drills or competitions as you can. Divide them into small groups. Reward the winners by awarding a pass for the next round of ladders or laps.
- Free throws are a huge part of the game. At the end of practice, let them have some fun with free throw work. Example: divide the team into two groups and let them play “Speed” for five minutes or so.
- Have a free throw or three point tournament. Be inventive.
- Design a certain play for weaker players. Practice them for a couple minutes every practice. When they can run it effectively, use it coming out of a time out or segment change. Even if they don’t make the shot, they feel good about being the first option.
- All players want to shoot 3 pointers. Let them get it out of their system. Design a drill where they can shoot from different spots around the arc. (Parents and assistants rebounding will speed this along)
- Most teams try to get the quick basket underneath when in bounding on the offensive base line. Usually the paint area is congested. This a great time to get the ball to the outside and shoot a 3.

Resources

Coaches can access help in coming up with ideas for practice and with general coaching advice from several online sources, below. Also, try the Public Library.

- <http://www.hoopsking.com> has an “Online Camp” link to free video clips on different drills
- <http://www.guidetocoachingbasketball.com/> Lots of information; may be a place to send players to read up on aspects of the game.
- Ask for advice from other coaches.

Your coordinator and other BAC In-House Basketball committee members can either help you, or find a resource for you. The 2008 In–House Basketball coordinators are:

Kevin McGovern	3rd Grade Coordinator	612-743-5543
Paul Dack	4th Grade Coordinator	612-483-3001
Jim Hannasch	4th Grade Coordinator	952-890-9154
Amelia Winslow	5th Grade Coordinator	612-483-3001
Steve Miller	5th Grade Coordinator	952-808-6928
Lisa Bowman	6th Grade Coordinator	952-895-6107
Trisha Peteson	6th Grade Coordinator	952-736-2387
Melisa & John Devine	7th Grade Coordinators	952-882-1168
Joan Heyes	8h Grade Coordinator	952-445-7383
Mike Munyon	8th Grade Coordinator	952-250-4718
Mick Schulz	9th Grade Coordinator	952-440-4242
Doug Munson	9th Grade Coordinator	952-953-0922
Joel Van Zomeren	High School Coordinator	952-240-1595

Mark Kachelmyer	Coordinator Support	651-452-4258
Joe DeBilzan	Gym Scheduler	952-210-6048
Rich Hardegger	Asst. Commissioner	952-261-2141
Jeff Shand	Commissioner	612-804-9450

At the Game

Please consider the following aspects of game day:

- Insist that your players take the responsibility to let you know in advance if they will miss a game. This allows you time to set up the squads for the 8 segments to be played and to plan for equal participation.
- Impress on your players that their late arrival means they will lose playing time. That said, there are many circumstances surrounding late arrival, so it is the Coach's discretion regarding how a late arrival is actually handled. In the spirit of teaching responsibility and dependability, a player doesn't learn if there isn't a playing time consequence for showing up late. If a player has informed you that he will be late, let the opposing coach know that you're expecting another player.
- Prior to the game, explain to your players that you will have a post-game team/parent meeting out in the hallway to allow the next teams to enter the gym and warm up.
- If you are the first game of the day in your gym you may need to retrieve the scoreboard from the storage area/lockers. Recruit some parents to set up the chairs.
- Meet the referees and opposing coach before the start of the game. Agree on how the game will be called for discretionary areas of the rules.
- If during the game you become unsure about equal playing time, summon a referee to help you figure it out.
- Each team typically provides one parent to help with the scorer's table. The scorer's table needs a clock operator and a scorer. Score sheets are typically left at the scorer's table for pickup by a coordinator, unless other arrangements have been made.
- From the BAC perspective, our concern at game time is good sportsmanship. Adults (parents or coaches) that exhibit poor conduct set a bad example for the young players and they put BAC volunteers in tough spots for resolution. Keep the game in perspective. In most cases, even a poorly refereed game does not register on young player's minds as much as someone forgetting treats.
- If you have an unsportsman-like incident with a player, sit him down for the remainder of his segment. The referee's may do this for you if a technical foul is called. If the player does not cooperate, summon his parents. Poor sportsmanship needs to be addressed the first time it occurs and consistently from that time forward.
- The consequences for poor sportsmanship can escalate from an individual game suspension to expulsion from BAC to expulsion of a team from BAC. The coach is responsible for controlling the behavior of him/her self, the players, and the fans.
- Insist that bench players limit themselves to cheering and supporting their teammates. There is no place for harassing opponents on the floor.
- Point out to players those instances when they've received the benefit of a "bad call" by the referee. Players must understand that the calls go both ways. The referees don't know your teams and don't care who wins the game. Those who argue calls and harass the refs should expect to bear the consequences. Provide constructive feedback on referees to your coordinator.
- Coaches need to stay seated during the game as much as possible. There are times where standing to make a point to players is necessary, but then return to your seat. It will help to keep the attention on the players.
- If you are so fortunate to have your team up by 20 points, note the rules on limited defenses. If your lead grows further, please consider shifting your offense to give one of your non-scoring players every opportunity to score.

If you monitor the standings on the BAC web site www.bacbasketball.com, you'll be aware of teams that are having a hard year and be able to react accordingly if your team is having an easy time. There are ways to manage the lead by not going after the steal, not pressing, and having weaker players take your shots. Elevate the prestige of an assist for your stronger players to give them an alternate goal.

- Congratulate and cheer the opposing team after the game. Thank the refs, the scorekeepers, the snack providers, and the custodian. If you are the last game of the day in the gym, ask parents to put their chairs away and clean up the gym. BAC's reputation with custodians depends on this.

BAC IN HOUSE BASKETBALL RULES

Eligibility

MINNESOTA STATE HIGH SCHOOL LEAGUE RULES DO NOT ALLOW HIGH SCHOOL ATHLETES THAT PLAY ON HIGH SCHOOL BASKETBALL TEAMS TO COMPETE ON OTHER TEAMS/LEAGUES IN THEIR SPORT DURING THE HIGH SCHOOL SEASON. THIS INCLUDES THE PERIOD OF TIME WHEN THE HIGH SCHOOL BASKETBALL SEASON HAS CONCLUDED AND THE BAC BIHBB HIGH SCHOOL PROGRAM IS STILL ENGAGED IN THE SEASON OR PLAYOFFS. HIGH SCHOOL VARSITY, JR. VARSITY AND SOPHOMORE TEAM PLAYERS ARE NOT ELIGIBLE FOR BIHBB. JUNIOR HIGH PLAYERS COMPETING ON THEIR JUNIOR HIGH SCHOOL TEAMS ARE ELIGIBLE TO PLAY BIHBB.

Equal Participation Rule

A. Each player on a team will have an equal amount of playing time (or as close as possible). No player will play more than one segment greater than other players. Exceptions to this rule include:

1. Illness or injury to a player: Notify referee and coach. (The player may return to finish his segment.)
2. Game ejection.
3. Disciplinary action by a coach: The parent/guardian of the disciplined player, opposing coach, and officials must be notified before the game.
4. After four individual fouls in the first half, the player must sit. After five individual fouls in the game, the player is fouled out.
5. If an equal participation action or infraction occurs during the game, the opposing coach and officials are to be notified. Equal participation actions and infractions must be clearly noted on the score sheet.

B. In the event a substitution is made due to the above situations (in 1, 2, 3 or 4), the player entering the game must be a player with the least amount of playing time and that segment will not be used to determine equal participation. The player that substitutes in this event shall be denoted on the score sheet with an "S" in the segment spot. This same player may not have another "S" segment until all other eligible players have an "S" segment.

C. In an event that a player on the floor receives a technical foul, that player must sit out the remainder of the segment and be replaced by an eligible "S" player.

D. Overtime games: Equal participation will continue through overtime. No player will play more than one segment greater than other players. OT consists of a two-minute period with substitutions occurring after one minute. If more than 10 players are on one team, two players can share one segment.

E. Equal participation is a requirement for all grade levels, including regular and overtime play. Any

discrepancies must be noted before the conclusion of the game. Protests will not be handled after a game is completed. Key checkpoints are before the start of the 2nd half and before the start of the last quarter. Use these times to address and correct discrepancies. A technical foul and loss of possession will be assessed to the offending team. The equal participation issue must be corrected. If not correctable, the referee must be notified and can render a decision regarding unequal play. Unequal play can result in a forfeit.

Examples of Equal Participation

- 10 players: each player plays 4 segments (half-quarters)
- 9 players: 4 players play 5 segments, 5 players play 4 segments
- 8 players: each player plays 5 segments
- 7 players: 5 players play 6 segments, 2 players play 5 segments
- 6 players: 4 players play 7 segments, 2 players play 6 segments

- F. Coaches may not bring in "substitute" players who are not registered with BAC or who play on other BAC teams. Team rosters are fixed during team formation. Substitutions from outside of the team roster are not allowed and will result in a game forfeiture.

Game duration and Time-Outs

- A. Games consist of four quarters lasting 8 minutes, each.
- B. Each quarter is divided into 4-minute segments to allow for substitutions under the equal participation rule.
- C. Time will be running for the first two minutes of every segment (stopped for foul shots). The last two minutes of the segment will be stop time.
- D. The half-quarter mark is not a time-out for coaches to talk with players. Substitution should take 1 minute.
- E. The possession arrow is used after each full quarter (two segments).
- F. Each team is allowed two timeouts per half and one timeout per overtime period. Time outs last for one minute.
- G. Half-time are limited to five minutes.
- H. Overtime periods will consist of two minutes (stop-time). This is divided into two one-minute segments to accommodate equal participation. The one-minute break accommodates equal participation and is treated the same as the regulation segment breaks. The ball is awarded to the team with possession at the end of the first minute. If the game is still tied after the overtime period during the regular season, the tie will stand. During the playoffs, overtime periods will continue to be played until one team wins.

Defensive Rules and Grade- Specific Rules

- A. Zone defense is only allowed for 9th Grade and High School. Zone defense is where a defender is guarding a position on the court regardless of where offensive players are positioned. Help side defense is allowed for **6th Grade** and lower; however, if the offensive player moves and the defending player stays at his position without reacting to this action, a zone defense may be called.
- B. Man to Man Defense: If a player gets beat on defense, a teammate may leave his man to help out but must return or switch in a reasonable amount of time once the other player catches up. 4th-6th grade double teams are allowed in the paint. **7th- grade through High School** double teams **and zone defense** are allowed **from the top of the arc** extended, on your defensive end only. The player that is being double-teamed must have ball possession. 9th Grade and High school level players can double-team and play zone.

- C. Offensive isolation plays are not allowed. For example, but not limited to this example: Four offensive players stay on one side of court, drawing their defenders with them, allowing the 5th player to go “one-on-one” or four players spread way out allowing one player to go “one-on-one”.
- D. Except for Grades 3 and 4, on a violation of these rules (i.e. double teaming, zone defense) an official warning will be given (a verbal warning may precede an official warning). On the second violation, a technical foul applies, which is an automatic 2 points and possession. Grades 3 and 4 will receive two warnings.
- E. In age groups that allow the full court press, a team may not press when its lead is 20 points or greater. Once the lead is less than 20 points, a team is allowed to resume a full court press.

3rd Grade (use compact basketball)

- A. Man to man defense - No double-teams allowed except in defensive lane (lane; three second area; paint).
- B. No official score is kept.
- C. Officiating:
 1. Due to court size, do not call "over and back" or 3- second violations.
 2. Fouls are to be called but there will be no foul shots. After each foul the ball will be taken from out of bounds.
 3. Discuss with opposing coach how close to call a game. Obviously, some leeway is required at the beginning of the year but games should be called tighter as the year progresses
 4. Attempt to teach as you make a call (explain the correct way to play the game).
 5. Focus on keeping players from traveling, double dribbling, and "reaching in".
 6. No stealing while a player has possession. Possession is defined as dribbling or having secured a pass or rebound.
- D. The defense must drop back after a rebound is secured. There is no consideration for being in or out of the paint at the 3rd Grade level.

4th, and 5th Grade (use compact basketball)

- A. Man-to-Man Defense - Double-teams allowed in the lanes (paint, three-second areas).
- B. In rebounding situations, the player in possession of the ball can be tied up while in the lane.
 - Offensive rebounds in the lane: As soon as the ball is passed to another offensive player that is not in the lane, the defense must immediately find their man and play man-to-man defense.
 - Defensive rebounds in the lane: As soon as the ball is passed to another player of the same team, the players of the other team must drop to at least the half-court line.
- C. No full court press allowed. The offensive team must advance the ball across the midcourt line before the defending team can attack the ball.
- D. Stealing is allowed unless alternate terms are agreed to by the each league’s respective coaches.

6th Grade (use compact basketball)

Same as 4th and 5th with exception that man-to-man full court press is allowed **all year**. No zone or trap presses are allowed.

7th, 8th and 9th (use official size basketball)

- A. Full court man-to-man defense is allowed for the entire season.

- B. Double-teaming the ball is allowed below the top of arc of the 3-point line.
- C. Half court zone defense, below the top of the arc of the free throw circle, extended, is allowed for the entire season. No half-court time-line trapping is allowed.

High School Level (use official size basketball)

- A. Any defense is allowed unless rule 6B (below) is in effect.
- B. At a point in the game where one team has taken a 20 point lead, that team must not full court press until the point difference is less than 20. This applies to all grade levels.

Free Throws

- A. 3rd grade: No free throws
- B. 4th and 5th grades: No violation if the shooters momentum carries him across the free throw line as long as the momentum stops prior to the ball reaching the rim.
- C. 6th through 12th grades: Crossing the line is a violation.
- D. Bonus is awarded on the 7th foul (one and one) of the half. Double bonus is awarded on the 10th foul. Bonus does not apply to the third graders.
- E. Intentional fouls results in the shooting of two free throws plus possession of the ball to the team fouled.

Technical Fouls (Disqualification)

- A. Technical fouls will result in the awarding of two points for the opposing team (no foul shots) plus ball possession. A violation of the illegal defense rule is considered a technical foul.
- B. Players and coaches are disqualified from a game when cited with a 2nd technical foul and are automatically disqualified from the next game. Disqualified individuals are expected to stay away from the game sites and are not permitted to attend the next game as a spectator. This includes play-offs. In the event that the next game is the 2nd or 3rd game of a double- or triple-header, the disqualified individual must miss that game and leave the game site.
- C. If a team has 5 players remaining on a team and one of them foul out, the team has the option of playing with 4 players or playing with five. If they play with 5, a technical foul will be assessed for each foul committed by that player. Whatever decision is made, it cannot be changed during the course of the game.

Three Point Goals

Allowed only on courts marked with a 3-point circle. Three point goals are not awarded on a court where there is no line regardless of where the shot is made from.

League Standings/Post Season Play

- A. League standings are based upon win-loss records and in the case of ties, head to head competition determines a tiebreaker. (NOTE: The spreadsheet program used by coordinators to update the standings is contrarily programmed to look at points allowed. If the program is used, the output must be reviewed to insure compliance with rule IX(A).) Scoring differentials have no bearing on standings. Therefore, running up of scores accomplishes nothing in terms of standings. In the case of ties after head to head competition, defensive points allowed against common opponents will be the tiebreaker.
- B. All teams in 4th - 12th grades participate in a play-off tournament at the end of the regular season.
- C. 3rd grade teams will be randomly paired to play an official game with referees on Championship Day.

D. Awards: Awards may change slightly from year-to-year. The Program's intent is that 3rd grade players will receive a BAC participation medal and that Grades 4-12 will receive trophies and/or medals for the regular season championship and for the play-off championship.

Sportsmanship

RESPECT THE REFEREES AND THEIR CALLS. It is important that players are taught not to argue with coaches, referees and teammates. Play fair, don't cheat, don't fight, don't hurt others and be positive. Players must be willing to share the ball, pay attention to the game plan and try to execute accordingly.

Players, coaches and parents must not argue calls. If appropriate the coach might ask for a clarification on the call. When relating to the officials, it is important to remember that they will from time to time make errors or unpopular calls. This is part of the game. It is impossible to make a call that benefits both sides and it is impossible to get them all right. Errors can be minimized but not eliminated.

We all must remind ourselves of these most important points during the season as the desire to win may sometimes compromise the goals of sportsmanship, fairness, and providing a positive atmosphere. A successful season should be based on accomplishing the above goals regardless of won-loss records.

It is the responsibilities of the coaches and their assistants to control the actions of themselves, their players, and fans. The BAC In-House program is a recreational league and it will exhibit a wide range of talents. It is not appropriate for anyone to make negative comments about players, officials or coaches. This point must be emphasized to parents at the first team meeting.

Facility Rules

- A. No food or drink allowed in gyms (no gum)
- B. Individual teams must assign parents to supervise schools during games.
- C. Respect other teams' and organizations' gym times.
- D. Respect school property

Game Time

A. Meeting With Referees - coaches (or their designee) and referees must meet at center court one minute before game time to discuss issues and rules. This is a good time to discuss concerns, such as where the out of bounds line is and identify players that will not be able to meet the equal participation guidelines.

B. No more than two coaches per team may sit on the team bench or stand on the team sideline. Other coaches may serve at the scorer's table or observe the game as a parent on the opposite sideline.

Players Uniform

The current BAC Uniform is proof of your BAC registration and is required for game time. If one is lost, it can be replaced for a fee of \$20. It is recommended that players wear black T-shirts (if T-shirts are worn) and black shorts. All jewelry must be removed prior to practice and games to prevent injury. There is no penalty for not meeting the uniform requirements. The home team will wear YELLOW jersey while the away team will wear BLACK.