

MYAL

Marlborough Youth Athletic League

Basketball Coaches Guidelines

INTRODUCTION

Role of the Coach

Welcome to the Marlborough Youth Athletic League!

By volunteering to coach in our league, you have already shown your willingness to commit time and effort to help our kids develop and grow. We thank and congratulate you. You are considered an important member of the organization. Coaching can be a very rewarding experience, but it does come with its share of responsibilities. The MYAL organization is committed in supporting our Coaches so that they have a very positive experience.

What are we trying to accomplish?

Our most important objective is to provide each and every player with a positive experience. As tall an order as that is, we know it is possible. We just have to keep focused on that goal. We would like every player to develop in major ways.

First, we want to see them develop as basketball players, and we take that objective very seriously. We want every player to have the coaching and encouragement to become the best basketball player they can be. For some, MYAL will lead to middle school and high school basketball and beyond. And we hope that all of our players will develop a lifelong appreciation for this wonderful sport.

Second, we want our players to develop as people: to become great teammates, to learn the important values of sportsmanship and hard work, and to learn how to learn. We believe that every player should experience success and failure and learn how to take the best out of both outcomes. The lessons and friendships available through MYAL can last a lifetime.

Third, we expect our players to have fun! We want their MYAL practices and games to be a weekly highlight. Start by remembering that if you are having fun, the players will have fun, too. So make sure to focus on doing things in a way that is fun. Turn drills into games. Focus on the successes of each game and let the failures go. Congratulate all players on their results or their effort if the results didn't happen that time. If you are positive, the kids will be positive. If you are smiling, the kids will take the hint.

League Organization

League Play:

Our boys and girls (third through eighth grades) are in the Eastern Basketball League. A schedule of home and away games will begin the first Saturday of December. League rules will be distributed to all coaches. Facility supervision by the coaches and parents are especially critical when Marlborough is hosting out-of-town teams.

Our Instructional (Kindergarten) and Farm (first & second grade) programs will begin right after Thanksgiving and continue through mid-February.

The High School programs have one practice per week and have a varying game schedule. The program typically starts sometime in December and runs through early March.

Travel Teams:

Travel team players will be selected from the recreational team rosters and, if selected, will have extra practices and games in addition to their recreational team responsibilities. All Travel team players on the Majors (grade 5 & 6) and Seniors (grades 7 & 8) level are required to play in the Eastern League (one exception: if a player is selected to play on the RHAM Middle School team, they may elect to skip playing on a rec. team in the Eastern League). They will pay an additional fee for playing on this team. Travel team activities will be scheduled to avoid conflicts with the recreation program. All recreation practices and games will supersede and take priority over any travel commitments.

Coaching Requirements:

- Background Check
- NYSCA certified through March 31, 2019
- Concussion Training
- Zero Tolerance Policy – sign & return

MYAL Contacts Persons

Please contact the league president at myalpresident@yahoo.com with any concerns regarding the league, the rules, and/or the Zero-Tolerance Policy.

COACHING FUNDAMENTALS

Tips on Becoming a Better Coach

- Make your players' physical and emotional safety your #1 concern at all times
- Make every player feel like an important member of the team.
- Respect the game and its rules.
- Respect every player and they will develop respect for you.
- Teach every player some solid basketball skills.
- Be patient with your players – especially when teaching new skills.
- Basketball skills take years to develop. Let the players play!
- Encourage team spirit and camaraderie. Praise the performance of your team and players. Find something positive about their play and let them know. Remember to praise the effort, not the result.
- Every improvement, however small, deserves a compliment.
- Try to make practices more fun and interesting for all your players. Plan practices and keep them moving and organized. Organize practices in advance with a brief, written plan, including descriptions of the drills you want to run.
- Challenge yourself to have every kid experience some level of success at every practice and game.
- Treat referees with courtesy and respect.
- Keep your ego in check. Coaching youth sports is about the kids, not the about the coach.
- Treat your fellow coaches with courtesy and respect before, during and after games. Remember, you are all in this together for a common goal.
- Communicate with your players and their families on a regular basis.
- Limit scrimmage games to the last 15-20 minutes of practice – this is generally the least productive part of a practice.
- Plan your substitution patters in advance to ensure that each of your players have an equal opportunity to participate in the game
- Rotate all players (who desire) through positions in every game.
- Most importantly, have fun and do not make winning too important!

PRACTICES

- TEACH in an age appropriate way
 - Skills, skills, skills
 - Team play, strategy, tactics
 - Build conditioning into drills
- Continuously improve your coaching skills
 - NYSCA clinic
 - Books, DVDs, internet sites
 - Be a mentor and/or find a mentor (coordinators)
 - Websites good for basketball drills:
 - »www.y-coach.com
 - »www.growtall.com/basketballplays.htm
 - »www.nfhs.org
 - »www.jes-basketball.com
 - »www.coachesclipboard.net
 - »<http://www.geocities.com/cldj.geo/dribbling.html>
 - »<http://eteamz.active.com/basketball/instruction/tips/index.cfm>
 - »<http://www.swish22.com/lessonplana.html>
 - »<http://www.powerbasketball.com/sitemap.html>
- Be well organized for each practice and have a season long skill development plan
- Define the roles of your assistant coaches to support your objectives

GAME MANAGEMENT

- Confirm each game with opposing coach
- Communicate home game cancellations/reschedules with the referee coordinator in advance
- Ensure you have a full team for games
 - Line-up other registered player(s) if you are short
 - If necessary, call the other coach to reschedule or cancel
- Players need to arrive early to warm up properly
- Playing time:
 - Rotate players into the game every 4 minutes: you must clear the bench
 - Rotate your starting line-ups
 - Ensure equal playing time for all players, even if they have missed practices (this is recreational basketball; we want all the kids to enjoy it and get some exercise)
- Rotate players through different positions
 - Do not allow “ball-hogging”
- Do not run up the score on other teams
- Understand that what happens in games is the result of your practices
 - Take notes so you work on the things you see/ id not see in games
- Respect the referees
 - Set a good example
 - Coaches riding the referees or arguing calls is unacceptable
 - Make it clear to the players (and parents) that arguing calls is unacceptable

