

LYNNFIELD YOUTH SPORTS

YOUTH
BASKETBALL
LEAGUE



COACHING MANUAL
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INTRODUCTION- "SETTING GOALS HIGHER THAN WINNING"

Welcome to the Lynnfield Youth Sports' Youth Basketball Program. Being a volunteer youth coach will bring many rewards. We hope that your experience in the program is enjoyable.

This instructional program teaches the fundamentals of basketball, but there are many other benefits to youths, which are emphasized. Although people agree that it is a pleasure to play on a winning team, other objectives should come first. In particular, Lynnfield Youth Sports values the approach that says everybody plays, regardless of ability. Cooperation is valued over competition. Fair play is valued over winning at any cost. Character development is valued over developing the next "superstar."

The Lynnfield Youth Sports Basketball League seeks to bring out the best in every participant. Players learn lessons in how to work with teammates. The discipline of hard work, the necessity to trust others, and the art of blending one's skills with those of others in a common pursuit, should all be taught and will make for a better team. Team members who get along and help each other can improve their level of play.

With the foregoing in mind, the important goals of the basketball program are as follows:

- to build a player's self-esteem
- to teach social skills and human relations
- to develop a sense of responsibility and decision-making
- to enhance leadership skills
- to build relationships among peers
- to create an experience for youths and their families

On the following pages of this manual is all the information needed to be a successful coach in the Youth Basketball League. If you have any questions or concerns, please contact the League's Director.

PROGRAM ORGANIZATION AND GUIDELINES (Boys' & Girls')

1. **Organization:** The Lynnfield Youth Sports Youth Basketball Program is divided into Boys' and Girls' Leagues with each League separated into Junior (Grades 4&5), and Senior (Grades 6, 7 & 8) Divisions. No player in the Junior Division is allowed to "play up" in the Senior Division.
2. **Team Rosters:** Each team is made up of a roster not to exceed 10 players. However, special circumstances involving the number of registered participants may result in 11 players being placed on one or more teams.
3. **Tryouts:** All coaches are requested to attend the tryouts. At that time, each coach will evaluate the players in order to determine their skill level. The coaches will then meet privately and collectively to create teams with an equal distribution of talent. No coach will inform any player at what level the coaches evaluated their skills.
4. **Practices:** Practices are scheduled (typically one or two per week) prior to the commencement of League games. Additional practices are also scheduled during the regular season. All practices are conducted in gymnasiums designated by Lynnfield Youth Sports and run for a duration of one hour. Generally, court times are shared with another team. No coach may independently make arrangements for practices other than those scheduled by Lynnfield Youth Sports.
5. **Games:** Practices and game times are scheduled for Monday through Friday from 6:00 PM to 9:00 PM. The earliest time slots are reserved for the Boys' and Girls' Junior Divisions. No coach may independently make arrangements to play games other than those scheduled by Lynnfield Youth Sports.
6. **Cancellations:** In case of inclement weather, every effort will be made to announce all canceled games and practices at school. If school days are canceled, then all games and practices are also canceled. Each head coach is ultimately responsible for contacting his or her players.
7. **Responsibility of Coaches:** Lynnfield Youth Sports select all head coaches and their assistants, although head coaches may make

assistant coach requests to Lynnfield Youth Sports. Although every coach in the program is a volunteer, he/she is considered to be a representative of the Lynnfield Youth Sports Basketball League and, therefore, is subject to its guidelines, rules, and code of conduct. Each head coach is responsible for the action of his/her players while attending practices and games. Every effort should be made to supervise a player(s) before and after games and practices at the gymnasium. No defacing or destruction of school-owned property will be tolerated.

COACHING PHILOSOPHY

Lynnfield Youth Sports strongly recommends that coaches adopt a good competitive sports philosophy when working with young players. The essential elements of this philosophy are as follows:

1. Know your motives for coaching. Think about what you expect to gain from your coaching experience. Make sure that your expectations in coaching are compatible with the philosophy of the overall basketball program.
2. Make your own education a priority. Take advantage of every opportunity available to learn more about coaching techniques, teaching skills, and helping players set personal goals and reaches for them.
3. Work with every player on your team. The most highly skilled and least skilled members of your team should be given equal attention. It is more important that all the players participate and have fun than to have a few good players dominate the action. (NOTE: the rules of this manual promote this approach.)
4. Work on- basic skills. Concentrate on basic skills by helping players become conscious of proper execution without interfering excessively.
5. Use positive reinforcement as often as possible. Early successes are essential for developing self-confidence. Peer recognition and acceptance are very important.
6. Teach fair play. Competing fairly is an essential part of competitive sports. This involves a set of attitudes which includes:
 - taking responsibility for one's own behavior and learning

- respect for one's teammates and working to become a team member who unselfishly contributes to the good of the whole team
 - respect for the other team by considering them as an essential partner in competition.
 - respect for the rules of the game and the referees who uphold them
7. Emphasize both learning skills and sportsmanship. Players need to accept both winning and losing, cooperating with their peers, following a coach's instructions, and giving one's best effort.
 8. Help players set and evaluate individual goals. Competing against one's self is perhaps the best way to improve skills. Help players to measure their own skills, set goals for the future, and work to reach their goals.
 9. Keep winning in perspective. Winning games is only one of the many important goals in sports. Help players (and parents) become aware of other important goals such as: learning skills; being a good leader sometimes and a good follower at other times; dealing with the emotions of the sport; and, most importantly, having fun.

GAME RULES (Boys' & Girls' Leagues)

1. **Length of Game:** A game consists of two, 20-minute halves and is running time. The clock is stopped only for time-outs, substitutions, half time, player injuries, and stopped during the last minute of the game. There will be a 3 to 5-minute break at halftime. Each game must end at within 1 hour (with the last game ending by 9pm) with no overtime, except in playoffs. Get your player to be on time for a game. When the official is ready to start a game, it starts no matter how much warm-up time has been used. In the last minute of a game, if the score difference is 10 or more, the clock will be allowed to run and not stopped.
2. **Jump Balls:** The game begins with a jump ball. Thereafter, alternating possessions will be used. The possession arrow should be pointed towards the basket of the team who gets the next possession.
3. **Time-Outs:** Each team will have 2 time-outs per game (each 45 seconds long). Time-outs can be called by a coach or by a player on the floor whose team possesses the ball. The scorekeeper will record the official number of time-outs used. Under special circumstances, timeouts may also be called by referees to discuss the conduct of players, coaches, and spectators. During the time-out the clock is stopped, all players must remain on the court and no substitutions are allowed. Play is resumed by inbounding the ball.
4. **Substitutions:** The game will be stopped every 5 minutes for substitutions. The referee should blow the whistle as close to the 5 minute interval as possible, during a break in the action (instead of waiting for nearest violation).

For each substitution all the players on the bench must go into the game (except teams with more than 10 players). The stopping of play only represents an opportunity to substitute players and does not constitute a time-out. Consequently, there should be NO coach's conference with the players. Coaches should have substitutes to assure that the game will move along quickly. When substitutions are made the coaches can request a matchup to establish the defensive assignments for the players. If an injury to a player occurs, the coach may select any player to substitute. This time is not added to the substitute's time, but is charged against the injured player(s) time. No player shall play more than the maximum allowed. No dividing of the 5 minutes between players is allowed. All players on the bench will come in at each substitution. No player shall

play more than 2 consecutive periods with 7 or more players present.

Coaches should prepare a grid before the game to assure that playing time for all players conforms to the following:

<u># Players Present</u>	<u># Periods Played</u>
11	7 play 4, 4 play 3
10	All must play 4
9	4 play 5 and 5 play 4
8	Each must play 5
7	5 play 6 and 2 play 5
6	4 play 7 and 2 play 6

5. **Playing Offense:** A ball must be put into play within 5 seconds when inbounding. The offensive team must advance the ball past mid-court within 10 seconds after inbounding or lose possession of the ball.

In the Jr. Boys and all Girls Divisions, offensive players cannot remain in the lane for longer than 5 seconds. A 3 second lane violation is used in the Senior Division. Violations result in a loss of possession.

6. **Backcourt Violations:** The Junior Divisions have no backcourt violations. However, once the ball has crossed half court, the defensive player can guard the person with the ball if the offensive player continues to dribble back into the back court. We do not want teams to stall by dribbling in the back court. In all other Divisions there is a backcourt violation.

In the final minute, for any ball put in to play in the backcourt, a player can be guarded if a team trails by 5 points or less. This applies to all divisions.

7. **Offensive violations-**if a player holds the ball or is not advancing the ball and is closely guarded for 5 seconds, the defense is awarded the ball.
8. **Defense-** Only Man to Man is allowed in all divisions. Man to Man Defense means to keep within 3 to 4 feet of your man on strong side. No

double-teaming will take place. Weak side defenders may put one (1) foot in the lane. Two feet in the lane on weak side or double-teaming is a violation which results in a warning. Technical fouls may be awarded by the referee after the second warning.

In the junior divisions, on each possession, the defense must retreat to the red line to allow the offensive team the ability to advance the ball past that point. In the senior divisions, the defense must retreat to half court. Once the ball is past that point, defense can cover anywhere on the court for the remainder of that possession.

Pressing- In the last minute of the game, man to man pressing is allowed. A team may not press if they are leading by 10 or more points. There is no zone press and no double teaming. This is allowed in all divisions.

If the score difference is 10 or more, the clock will be allowed to run and not stopped during the last minute of the game.

9. **Defensive Violations:** Hacking, blocking, reaching in, holding and hand checking constitute fouls. Possession of the ball is unchanged with the ball awarded out of bounds at a point nearest the violation. Fouls committed in the act of shooting result in two free throws.
10. **Fouls:** Any player assessed 5 fouls will be removed from the remainder of the game. (NOTE: Care should be taken by coaches to avoid having a player foul out of a game.) There will be penalty free throws awarded when a team exceeds 6 fouls per half. For fouls 7, 8 and 9 they will shoot 1 and 1, and for fouls 10 and higher 2 shots will be awarded.

A technical foul on a player is counted as a personal foul. A coach's and player's technical foul results in the opposing team receiving two free throws and being awarded the ball.

11. **Breakaway Rule and Intentional Foul:** A player fouled intentionally on a breakaway is awarded two free throws and also retains possession of the ball. The ball will be inbounded at the nearest point to where the foul occurred. Furthermore, if a continuation of the shot following an intentional foul results in a basket, the points count.
12. **Free Throws:** To remain in play, free throws must hit the rim of the basket. In all divisions, the non-shooting players can enter the lane as

soon as the ball is shot. The shooter must wait until the ball is in the cylinder.

In the Boys' and Girls' Senior Division, the shooter must start from and remain behind the line until after the ball is in the cylinder. If they go over the line the shot is not allowed.

In the Girls' and Boys' Junior Division, the minimum requirement is that the player must start behind the foul line to start and may jump over the line on the shot, however, the player cannot proceed to rebound the ball on a miss.

13. **Basket Height:** All leagues are played with the basket height at 10 feet.

14. **Ball Size:** A youth (28.5 inch) basketball is used the Boys' and Girls' Junior Division as well as the Girls' Senior League. A regulation size basketball (29.5 inch) is used in the Boys' Senior Division.

15. **Tie Games:** A tie score at the end of playing time will remain a tie. There will be no overtimes, except in playoffs. Two points are awarded for a win and one point is awarded for a tie.

16. **Scorers and Time Keepers:** Each team will supply one person (not a player) to be either a scorer or a timekeeper at their game. Coaches must keep all players away from the scorer's table. In the Junior Division, the score of a game will be kept until the difference exceeds 20 points.

The Scorers book at the table is the book recognized by the officials and is final.

17. **Winning Scores:** Winning scores must be submitted to Division Representative within 2 days after game is played.

18. **Playoffs/Overtime:** In order to be eligible for the playoffs a player must play in at least 50% of their regular season games. *(due to COVID quarantine concerns this rule is suspended for the 2021-2022 season)*

Overtime during the playoffs is 4-minutes running time with the last minute stop time. Each team gets one additional timeout per overtime period. Those time-outs left over from regulation will be carried over into the overtime period. Pressing is allowed in the final minute of the second half and overtime period. Substitutions are at will during. Clock stops for subs in overtime.

19. End of Season Seeding: All teams qualify for post-season play. 2
Points are awarded for a win, 1 for a tie. Seeding will be determined as follows in order:

- A. Most points
- B. Most wins
- C. Head-to-head competition
- D. D. Coin toss

* *Division brackets will be determined by the Director.

COACHING TIPS

- In games, always strive to match players with equal abilities. This is not only fair but makes the game more realistic.
- Teach everyone to make lay-ups whenever they can (both left and right-handed).
- Try to have defensive players stay between their man and the basket.
- Encourage players to dribble the ball with their heads up.
- Encourage players to pass the ball to other team members.
- Make sure that more experienced players spend time practicing with less experienced ones. This "partnering" helps both players' self-esteem and ultimately raises team morale.
- Give each person an identity on the team. Even something as simple as being recognized as the team's inbound specialist is important to a player struggling to find their place among peers.
- Give encouragement and praise to players for good play. Correct mistakes in a positive manner. Generally, it is a good idea to criticize the group but praise the individual. Singling out an individual for criticism in front of the team seldom works in the long run; however, talking about team weaknesses or problems is often very effective.
- Stay positive and act as a winner. Nothing good comes from being negative. A coach who projects a positive image will transmit that feeling to the players.
- Again, if you as coach gather one theme from this manual, it must be that the Lynnfield Junior Sports Basketball Program is for the players. **ALL THE PLAYERS.** The coaches are here to teach the game of basketball and make it a fun experience. Our lowest priority is to win games. A mentality, which stresses "win at all cost", or "the opponent is your enemy" is counterproductive to the goals of the basketball program.

CODE OF CONDUCT

1. Under no circumstances will vocal outbursts be tolerated. Coaches will remain in the team area and not wander the sideline or baseline.
2. The coaches are responsible for the sportsmanship of their players, parents and themselves. Continuous inappropriate conduct can result in a referee stopping the game. The offending team will be assessed a forfeit. This rule of conduct applies to all games, practices, and related basketball activities within the confines of the facility. It is a coach's responsibility and duty to intercede and terminate any situation that could result in verbal abuse, injury and unsportsmanlike behavior.
3. A player(s) or coach may be ejected from a game due to poor sportsmanship which includes, but is not limited to, profanity, obscene gestures, physical abuse, destruction of property, or fighting. Any player(s) or coach ejected from a game by a referee due to poor sportsmanship is also suspended from participating in the next scheduled game. Verbal abuse of referee or League officials following an ejection will not be tolerated. At the discretion of the League's Director, the offending player(s) or coach may be suspended for the remainder of the season. A second ejection during the season will result in immediate suspension for the remainder of the season. No tolerance rule towards the above conduct will be followed by Lynnfield Youth Sports.
4. All spectators in the gym area are also subject to the "No tolerance rule" as outlined above in section 3. Spectator abuse will result in immediate removal from the gym and will be reported to the Director. Any spectator/parent ejected from a gym will not be allowed to attend any game for the remainder of the season.
5. Hall Monitor: A rotation of volunteers will be established to make sure there is a hall monitor assigned to every game. The hall monitor shall watch the hallway to make sure no one is running/misbehaving in the schools. Vandalism/running around the school will not be tolerated in any way. Please remind your players' families of the rules that apply while in the school.

