



YMCA of GREATER KANSAS CITY BASKETBALL COACHES GUIDE



YMCA Sports Mission Statement

The YMCA of Greater Kansas City seeks to make participants in youth sports an experience that is safe, fun and healthy for ALL children while incorporating the four core values of Caring, Honesty, Respect, and Responsibility.

**YMCA of Greater Kansas City
www.ymca-kc.org**

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Welcome and "Thank You"

Thank you for caring enough about your community and the development of our children to take the time to coach one of our teams. If you are new to coaching at the YMCA, welcome to the program. If you are a returning coach, welcome back.

On Being A Youth Sports Coach

Youth coaching can be one of the most rewarding activities that you will engage in. It is also a serious responsibility. As the coach, your players and parents will look to you for guidance. You must always be aware of what you are doing and saying when you are around your players and parents. Our objective for Youth Sports is to help young people not only become better players but also better people.

Your Goals

1. Teach the fundamentals of the sport. It is your responsibility to teach the rules of the game.
2. Sportsmanship, good sportsmanship is essential to enjoy playing sports.
3. Have fun! Sports are fun and healthy activities. Make the drills and games as fun as possible. If kids enjoy themselves, then they will want to continue playing sports throughout their lives.

Coaching Guidelines

1. Make sure each child knows all the rules. Always be positive in your coaching. Make the kids feel good about their play.
2. Always congratulate the opposing team when they score or make a good play. Your players will take their cue from you.
3. Keep the interest of the kids as long as you can, make sure every child is doing something at practice all the time, limit the down time of standing in line.
4. When you talk to a child either individual or the group, get down on one knee to their level. This establishes a more comfortable "eye level" dialogue and is less intimidating to a child.

"Positive Role Model" Policy

The YMCA has this policy so that the coaches, parents and anyone attending the games, sets a good example for the children to follow. The policy itself is; That no one attending and/or participating in any sporting event will use or say profanity, yell or say anything negative involving or about the games.

Preseason

Prepare Yourself

Few undertakings are successful without some degree of preparation and organization. By taking a little time in the beginning, you can increase the chances of having a fun and successful season. To keep track of all the information about players, games, pictures and trophies, it helps to have a structured record keeping system. If it has been a while since you have played or coached or you have never done either before, it might help to do some research.

Administration

Plan on setting aside an hour to manage the team, and prepare for the upcoming game. It helps to have a notebook, or clipboard solely devoted to team management. It is also a good idea to keep it in one place so that you know where it is when it comes time to call parents about the upcoming game.

Organize Your Team

The roster contains the player's name, parent's name, phone number. You will probably want more information about your players on your roster. It is a good idea to get the parent's alternate phone numbers and a family e-mail address.

If you have a co-coach, contact him and discuss goals for the season. This is done best face to face, and this also gets the two of you acquainted. The following are issues that should be discussed at this meeting:

- Practice: where, when
- Planning drills for practice
- Dividing up responsibilities

Contact Parents

This is a very important interaction because it will set the tone for the entire season. What follows are most of the points that you will want to make in the first call to the parents:

1. Introduce yourself as the child's VOLUNTEER coach from the YMCA
2. Ask their names and write them down
3. Be sure to relay all practice information to parents: day, time, and location.
4. Relay weather line information. You cancel practice, YMCA cancels games.
5. Picture Day Info- Give parents picture date, let them know schedule will come later
6. Tell the parents about the "**Positive Role Model**" policy: Parent Code of Conduct
7. Go over the list of required and optional equipment and where to purchase it.
8. Ask about the child. (Medical concerns, medicines, special needs)
9. Ask if they would be willing to bring the snacks after one game.
10. Ask if there are any games that they will miss.
11. Tell them when and where the first meeting will take place.
12. Be sure to get an e-mail address for the parents.
13. Ask parents if they are interested in assisting in any way. Coaching, record keeping, organizing snacks, referee, running the time clock, etc..

Planning the Season

Research

There are many good books and web sites available regarding coaching and youth sports. If you have never coached before, we recommend researching both the youth sports and coaching. There are many web sites and books that are out there.

Sites to Look into:

Web sites Positive Coaching Alliance, <http://www.positivecoach.org/> , Sports Esteem, <http://www.sportsesteem.com/> , National Alliance for Youth Sports, <http://www.nays.org/> Character Counts Sports, www.charactercounts.org/sports/sports.htm

During The Week

Finalize the warm-up drills. A simple one that requires little supervision is the best as the players arrive. Once the whole team is there you can do the more complex drills, because there is little chance of you being called away by a parent so you may supervise the drill.

Remind the family assigned to bring the after game snacks to bring them. Write down your game day checklist. Go over the roster to memorize the kids' names.

Equipment

What follows is a list of things you might want or need:

- Clipboard
- Ball (s)
- Practice cones
- Water jug
- Whistle
- Tennis shoes

What follows is a list of things the kids might want or need:

- Non-marking court shoes are required, no sandals
- Mouth guards are allowed

Game Tips

Game day

Go over your game day checklist; make sure you have everything. Memorize the kids' names. Some things you might want to have on your checklist:

Black Marker

Name Tags

Water and cups

Clipboard, roster, drills

Cones - for drills and warm ups

Other handouts from the YMCA

Be sure that players are instructed to arrive at the game site 15 minutes before game time

A Big Smile and Patience

Weather Information

Be sure to tell your parents **NOT TO CALL THE YMCA!** Coaches and parents should call their local YMCA weather hotline for up to date game information. Most hotline information will be updated one hour prior to the first scheduled game.

On The Court

Set up on the sidelines and greet each player and parent by name if possible. Set up the first warm-up drill and get players going as they arrive. As the weeks and games go by make sure that each week someone different starts the game and also remember everyone plays at least half of each game.

Warm-up Drills

Stretch as a team. Pre-game routines. Discuss any game day strategies. Check for all required equipment needed for the game that day. Announce starting line up. Etc.

Coaches Meeting Before the Game

Always be cordial and friendly with other coaches, your kids take their cues from you. Coaches and players will meet at center court with the YMCA official to cover ground rules and repeat the YMCA Sports pledge. At this time, the official will discuss any other concerns you may have,

Pre-game huddle

Reinforce the skills that are being focused on. Let the children know who is starting the game and then tell the players not playing to pay attention, stay ready, and to cheer for both teams.

Make sure that you start different children each week, if you need to keep a log of started the games. Tell the players where you want them positioned to start and reinforce the skill.

During The Game

Have the assistant coach or one of the parents keep track of the time so that each player gets equal playing time. Encourage players from both teams. Always be positive (unless someone is doing something dangerous, and then remain calm but stop them). Congratulate the other team when they make a good play, **do not show disappointment!**

Half-time Huddle

Gather the whole team together, review the first half of the game, make any appropriate changes with encouragement. Point out the plays that were good and touch on areas that could be improved. Make sure everyone is having fun! Break the huddle with a team cheer; make sure all the players are hydrated!

Post Game Huddle

After shaking hands and congratulating the other team, gather the whole team and congratulate them on a game well played. Remind players of team's next practice, review fundamentals that need improvement. Get team snack/drink.

Administration

Make sure that any paperwork that the parent's need is handed out. Confirm with the family that is bringing the snacks next game.

Basketball Rules

Coaches are given a copy of the basketball rules for their division at the coaches meeting. As a coach you are required to read the rules and be able to explain them to your players and parents. On the court, rules keep the game running smoothly and fairly for everyone. It's everyone's job to obey the rules. Officials make sure the players follow the rules. The coaches teach and review the rules during practices. Then it is up to you to know and follow the rules during games. Knowing and following the rules keeps the game fair and keeps you and others from getting hurt.

YMCA basketball officials are there to help you learn *the game and have a fun experience*. Treat them with RESPECT at all times. Players and coaches who do any of the following may be ejected from the game/league and must leave YMCA Property

- Use of profanity
- Say rude or derogatory things or gestures
- Yell, shout, clap at any opponent who is playing or attempting to make a play on a "live" ball
- All "trash talking" will get you ejected from the game

Teams

YMCA teams must play with the players that were on the playing roster at the first of the season. Players cannot be added or any outside player can not participate.

Required Equipment

Uniform

Every player is required wear the YMCA provided uniform. This will show everyone who is on which team. And it's great for team spirit! Keep your shirt tucked in at all times.

Shoes

Non-marking court shoes required, no sandals.

Jewelry

You may NOT wear watches, rings, necklaces, etc., during any games or practices.

Game Play

Game Starts

Begin the game with a jump ball for possession.

Coaches,

The YMCA of Greater Kansas City would like to thank you again for coaching. In the world we live in today, it is very important that our youth have good leadership when they are young so that they may make the best decisions for their and our futures alike. If you have any questions or concerns please feel free to contact your local Sports Director. Once again thank you for your time and effort in the upcoming season.

YMCA Sports Pledge

Win or lose, I pledge before God, to accept and demonstrate the following positive values. Caring, Honesty, Respect, and Responsibility. I will do my best to be a team player, to respect my teammates, opponents, coaches, and officials and to improve myself in Spirit, Mind, and Body.