



**CENTRAL
SPORTS**

**BASKETBALL
& CHEER**

WHY?

- ◎ Bob Knight: “Basketball, more than other sports, structure & what you do in practice determines your success or lack thereof...teach your players how to play as opposed to running plays, to think and to concentrate...break it down into parts and put it back together.”

A
COACH
WILL IMPACT

**MORE YOUNG PEOPLE IN A YEAR
THAN THE AVERAGE
PERSON DOES IN A
LIFETIME.**

BILLY GRAHAM

Central Sports:

Fun – we want the kids, parents and you the coach to have fun. We want learning about Jesus to be fun. He is the creator of fun so why wouldn't we have fun learning about Him.

Growth – we want kids to be better players at the end of the season than they were at the beginning of the year. We want players, coaches and parents relationship with Jesus to be deeper than it was when the season started. If they don't know Jesus we want them to get to know Him.

Respect – we want players and coaches to play to win, but at the same time not win at all costs. We want players and coaches to respect the opponent. We want you to have the same reaction in winning and in losing. Jesus taught us to love others, so we need to love the other team.

What we expect from you as a Central Sports Coach

Coach to win

Coach to teach

Coach for a lifetime

Coach to develop relationships - Devotional at each practice

Find help, you can't do this on your own

Work with others

Your team to be a priority

Respect the other team/Referees

COACH RESOURCES

<https://cedesports.org/network/blog/>

centralbcs.org/sports

www.online-basketball-drills.com

Responsibilities of a Central Sports Coach

- 1. Teach the game through drills** – The ability to execute proper drills enhances skill level and improves athletic foundations. Your practices should utilize drills that enhance skill development.
- 2. Teach the rules of basketball** – For the players to grow in the sport they must understand and apply the rules of the game. Take time to explain rules and why they are important.

3. Instill sportsmanship with a competitive spirit –Your young athletes need to learn how these two important elements work together:

- Great sportsmanship involves valuing others. Your players should recognize how to value their opponents as well as their teammates.
- A competitive spirit is all about doing your best to win in all situations of the game. Therefore, you want to teach your young athletes to value others by treating them the right way as they give their best to win each play, each half, and each game.

- ④ **4. Communicate effectively** – In order to teach the rules, explain drills and teach sportsmanship, you have to be an effective communicator. Likewise, good communication and organization are crucial in keeping parents informed throughout the season. This includes keeping them up to date on practice and game times and having a plan in place each and every practice. You can't do this on your own, recruit some help.
- ④ 5. Lead the team in a devotional every week at the midpoint of practice and an end of game award presentation.
- ④ **6. Take the Ministry Safe training**

Ministry Safe Training

- 1. Make Central Sports the safest environment for players and volunteers.**
- 2. Abuse Awareness training – stop before it happens**
- 3. Make you a more prepared coach and parent.**
- 4. Watch the video and take the test – about 45 minutes total**
- 5. It is good for 2 years.**
- 6. It will help protect your kids, you, and the church**
- 7. You will receive a link in an email and ask that you complete it within a week upon receiving it.**
- 8. This will make this program the safest and it can possibly be.**

End of Season Awards

- At the end of the season each player will receive an award for their strength or improvement for the season.
- This is not an MVP, it is to highlight each players ability throughout the season. There is not an award or button at the end of each game.
- **THESE ARE DUE BY FEBRUARY 3RD AT THE LATEST. IF YOU DO NOT TURN THEM IN, YOUR TEAM WILL GET BLANK MEDALS.**

Offense

Defense

Hustle

Sportsmanship

Shooting

Dribbling

Rebounding

End of Year Party

- After your final game
- In your locker room
- 3 pizzas per team
- Players will get basketballs, coaches will get their gift, FUN for all
- FREE!!

Rosters

- Look over your roster carefully
- You will notice they are not in a ranked order
- You will determine your players ranking during the first 3 weeks of practice
- You will send us rankings 1-10 (1=best) by December 16th or we will rank them for you.
 - This will ensure that your rankings are how you want them
- First game starting order = 1, 2, 3, 9, 10

Important Dates

- First Practice – Week of November 29th
- Rosters due – December 16th
- First Game – January 8th
- Picture Weeks – January 15th, 22nd, and 29th. **Be there 15 minutes before your picture time.**
- Medals due – February 3rd
- Last Game – February 26th
- Central Sports Aggie Basketball Game – December 29th

Practice Focus

- 1. Make every player and parent a welcomed and appreciated part of the team**
- 2. Teach fundamentals through drills**
- 3. Share devotions with children and focus on memory verse**

Practice Breakdown

5-6th teams will have a quarter court for most of the season.

1. Pre-Practice Huddle (3-5 minutes)

- Teach and review rules of the sport throughout the season.
- Teach and review the proper techniques for each skill involved in basketball. Introduce no more than two skills per practice.

2. Warm-up activity (3-5 minutes) – Have players participate in an activity to warm up their muscles.

3. Practice Skills and Drills (20 minutes) – Take the skills that were taught at the pre-practice huddle and implement drills to reinforce learning. Each skill should be followed up with two to three drills.

Practice Breakdown

4. Mid-Practice Huddle (5-7 minutes) – During this time, gather your team together to share the practice specific devotion for the week.

5. Scrimmage (20 minutes) – Game simulations are a great way for players to practice skills they have been taught. This also gives you time to coach technique and strategy.

6. Post-practice Huddle (5 minutes) – Make any necessary announcements. After practice is a great time to engage in conversation with the players' parents.

Mid-Practice Huddle

At the midpoint of every practice, you will lead a five- to eight-minute devotion during the mid-practice huddle time.

Rules for Central Sports Basketball

- Referees lead both teams in prayer at center court before every game. This sets the tone and focus for the game. **For the 1-2 grade coaches will be the referees.**
- A coin toss or other impartial method determines which team receives possession first. In jump-ball situations, possessions will alternate.
- During each segment the clock runs continuously stopping only at the end of each segment for predetermined substitutions. This time should not be treated as a timeout. This allows coaches to line up and match substitutions based on height and ability without wasting valuable game time.

Rules for Central Sports Basketball

- Teams switch goals at halftime.
- Any games ending in a tie should remain a tie. This will help keep games on schedule.
- No league standings are maintained
- At the end of each segment, the team that receives the ball next is based upon the direction of the possession arrow. This avoids stalling by the offensive team at the end of a segment.

Rules for Central Sports Basketball

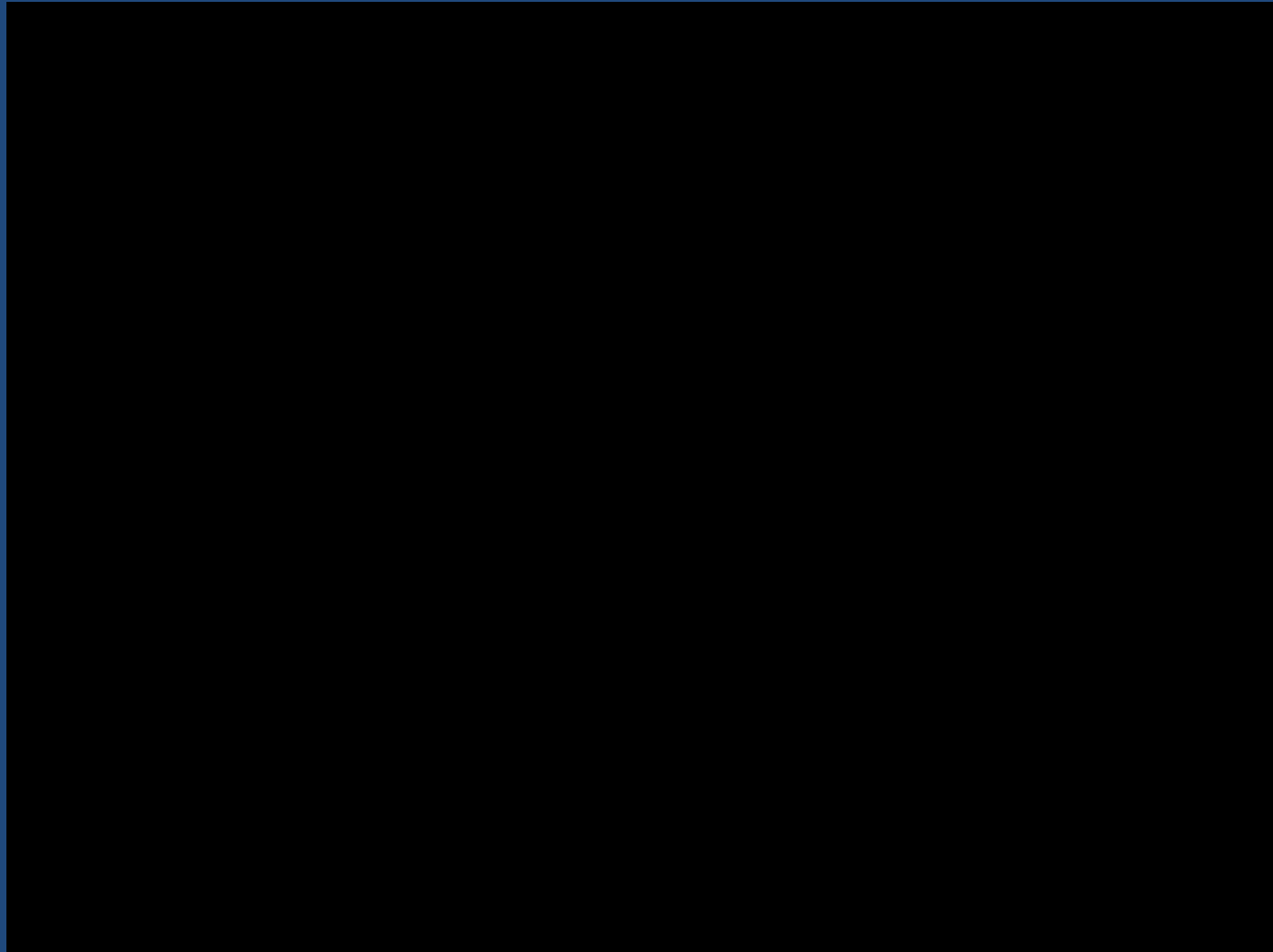
Defense

1. Man-to-man defense will be played at all times. Zone defenses are not allowed. (Only the 5-6th grade division may play zone defense inside the 3 pt line.) In most cases, players are guarding the opponent that closely matches ability and height, creating a more competitive system for all on the court.
2. Defensive players must stay within arm's reach of the player they're guarding.
3. Isolation plays will not be allowed because they take away the opportunity for improvement for all players and contradict the spirit of the rules. This prevents defenders from sagging or crowding an area of the court to gain a defensive advantage.

Rules for Central Sports Basketball

4. Double teaming is not allowed. If a double team is called, it will be no foul, offensive team takes the ball out of bounds. Help defense is strongly encouraged in the following instances:
 - **Offensive Picks and Screens** – Defensive switching is allowed on offensive picks and screens, **OR** the non-screened defender can help his or her teammate by temporarily switching until the teammate recovers to defend his or her offensive player. This is commonly referred to as “help and recover”.

Help Defense - Picks and Screens



Rules for Central Sports Basketball

4. Double teaming is not allowed. However, help defense is strongly encouraged in the following instances:
 - **Offensive Picks and Screens** – Defensive switching is allowed on offensive picks and screens. The non-screened defender can help his or her teammate by temporarily switching until the teammate recovers to defend his or her offensive player. This is commonly referred to as “help and recover”.
 - **Fast Breaks** – During any fast break (when the team that gains possession pushes quickly into the opponent’s end of the court), another defensive player not assigned to the ball handler may help in order to slow or stop the fast break. Upon stopping the fast break, defenders should return to guarding their assigned players.

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 - **Fast Breaks** – During any fast break (when the team that gains possession pushes quickly into the opponent’s end of the court), another defensive player not assigned to the ball handler may help in order to slow or stop the fast break. Upon stopping the fast break, defenders should return to guarding their assigned players.
 - **Lane Area** – If a defender is in the lane and the player he or she is guarding is within arm’s reach, the defender is allowed to provide help defense.

Rules for Central Sports Basketball

5. At the beginning of each segment, both coaches should line up the players at mid-court in the order the table tells you to. This act is performed to promote equal player match-ups. If both coaches and referees foresee a match-up problem due to position and height, players can be shuffled around to create a better game situation.
6. Full-court presses are not allowed. Defensive players may not guard their opponents in the backcourt. This creates an equal opportunity for each athlete to participate both on offense and defense.*** Backcourt defense will be called a foul.
7. Due to the shortness of the court in cross court play, backcourt violation will not be called. However, backcourt violation will be called when playing 5th – 6th grade. The offense must purposefully attack the defense in every situation – no stalling. After a warning from the referee, a violation will be called resulting in a turnover.

Rules for Central Sports Basketball

8. Steals:

In 1-2 grade a defender may only steal the ball from the player they are guarding

In 3-6 grades if a defender remains within arms length of the player they are guarding they may steal the ball from another offensive player

Rules for Central Sports Basketball

9. A player committing two fouls in one six-minute segment must sit out the remainder of that segment. The next player in the rotation closest in ability comes in as the substitute. This does not change the normal rotation, because the fouled-out player does not come back into the game until scheduled to do so. The player who comes in as a substitute gains extra playing time. This extra time does not affect the predetermined substitution system.

Note: In a second foul situation, when a team only has five players at a game, replace the substitution rule with a two-point penalty by awarding the fouled team two additional points. The opposing team then takes possession.

Rules for Central Sports Basketball

Offense

1. The offense must purposefully attack the defense in every situation – no stalling. After a warning from the referee, a violation will be called resulting in a turnover. This will prevent a team with the lead from running the clock out by staying in the backcourt.
2. Non-shooting fouls result in the ball being taken out on the side by the offended team (no bonus rule). All shooting fouls result in 1 free throw in grades 5-6 only.
3. No score will be given for a basket in the wrong goal (except 5-6 grade). It will be treated as a turnover. This will prevent further embarrassing a player for making this mistake.

Rules for Central Sports Basketball

4. Last 2 minutes of the game:

Any non-shooting foul in the last 2 minutes of the game will result in 1 point for the offense and will retain possession of ball.

Any shooting foul in the last 2 minutes of the game will result in 2 points for the offense and the defense will take possession of the ball.

This will not waste precious game time and will prevent intentional fouling at the end of the game.

Substitutions

This substitution system is designed to provide every player an equal opportunity for improvement. The substitution system ensures that:

- The starting lineup shifts down one player every game, allowing every child the opportunity to be in the starting lineup.
- No child will sit out back-to-back six minute segments.
- Every child will play at least half of the game.
- In most cases, each child will play against someone of similar ability.
- Playing time for all players is virtually even over the course of the season.

Substitutions

- The starting five will change by one player each week.
- The best players on your team will always be playing with teammates who are not as good as them.
- The weaker players will be given the opportunity to play with a teammate who can make them better.
- We will need your player ranking order by December 16th.

TEAM RANKING

- Jason
- Woody
- Jeremy
- Jordan
- Austin
- AJ
- Derrick
- David
- Devin
- Rod

Substitutions

Week 1		1st Half			2nd Half		
		1	2	3	4	5	6
1	Jason	x		x		x	
10	Rod	x		x		x	
2	Woody	x		x		x	
9	Devin	x		x		x	
3	Jere	x		x		x	
8	David		x		x		x
4	Jord		x		x		x
7	Derric		x		x		x
5	Austin		x		x		x
6	AJ		x		x		x

Substitutions

Week 2		First Half			Second Half		
Player's Name		1	2	3	4	5	6
1	Jason		X			X	
10	Rod	X		X			X
2	Woody	X		X			X
9	Devin	X		X			X
3	Jere	X		X			X
8	David	X		X			X
4	Jord		X		X		
7	Derric		X		X		
5	Austin		X		X		
6	AJ		X		X		

Its week 3 and the game is starting. Devin has not arrived and has not told you that he will not be at the game. Players are on the floor and he is not here.

What do you do?

Substitutions

Week 2		First Half			Second Half		
Player's Name		1	2	3	4	5	6
1	Jason		X		X		X
10	Rod		X		X		X
2	Woody	X	X		X		X
9	Devin	--	--	--	--	--	X
3	Jere	X		X	X		X
8	David	X		X		X	
4	Jord	X		X		X	
7	Derric	X		X		X	
5	Austin		X	X		X	
6	AJ		X		X	X	



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