Olivet Eagle

Basketball

Coaches Handbook

2016-2017

Olivet Youth Basketball



Grades 3rd – 6th

“*Olivet Basketball is a Community, Olivet Basketball is a Family*.”

Ivan Sheets

*The Tradition Continue*

General Information

OYB Coordinator: Vince Morrison

Phone: 517-449-5458

Email: morrisv@olivetschools.org

Website: Olivetyouthoops.weebly.com

OYB Board

|  |  |  |
| --- | --- | --- |
| Name | Email | Position |
| Gabe Priddy | PriddyG@olivetschools.org | President |
| Chuck Brand | Chuckbrand builders@gmail.com | Trustee |
| Travis Gessner | Travis.Gessner@springportschools.net | Treasurer |
| Holy Allen | Holl.aallen@yahoo.com | Trustee |
| Chad Greenman | Clgreenman@yahoo.com | Trustee |
| Chad Loveless |  | Trustee |

Evaluations and Schedule

\*\*The burden of picking the players that go on each team is solely up to the OYB Board. The members will be as objective as they possible can and spread the talent as evenly as they can within each grade.

Evaluation Schedule

|  |  |  |
| --- | --- | --- |
| Time | Date:11-1 | Date:11-2 |
| 4:-5:00 | 3rd Grade Girls | 5th Grade Girls |
| 5:-6:00 | 3rd Grade Boys | 5th Grade Boys |
| 6:-7:00 | 4th Grade Girls | 6th Grade Girls |
| 7:-8:00 | 4th Grade Boys | 6th Grade Boys |

**Coach’s Check list**

**1.\_\_\_Turn in your rosters and Concussion forms to the OYB Coordinator (the forms you need are in this handbook and on the website, you will need to make copies).**

**2.\_\_\_Please read through the entire Hand Book.**

**3.\_\_\_Be sure to have a folder of your player’s emergency information with you at all games and practices.**

**4.\_\_\_ Always have a plan for practice and for games.**

**5.\_\_\_Bring Med kit to all games and practices.**

**6.\_\_\_ Get NFHS Concussion online training. If you suspect a child is concussed he or she can not practice or play again until they have a Dr.’s note releasing them.**

**Olivet Youth Basketball Philosophy**

**Program Objectives for every player**:

1. To learn and discover their skills, abilities and potentials.
2. To learn good sportsmanship.
3. To gain experience in all games.
4. To have fun while participating.

**Playing time**:

 \*\*\*All coaches should adopt the idea they are here to develop all players in practices and in games.

 \*\*\*All players should receive equal amounts of repetitions in practice and equal playing time in games. The only exceptions would be injury or an odd number of players.

**PRACTICE PLANS ARE REQUIRED FOR ALL PRACTICES**

*(SEE BLANK TEMPLATES INCLUDED IN BACK OF PACKET)*

**Practices are not limited to, but should include the following**

**Individual Offense**:

 Coaches should teach to following individual skills:

1. Form shooting: “Wolf” shooting progression.
2. Right and Left handed Layups.
3. Right and Left handed ball handling.
4. Two handed chest pass.
5. Right and Left handed push passes.
6. Teach triple threat, jump stop, and correct pivoting.

**Team Offense**: “Read and React” offense is simple, it teaches the game and works for any defense. There are 2 short videos on the website that teach exactly what you should teach your players.

 Coaches should teach the following simple offensive principles and avoid running plays:

1. Proper spacing.
2. Pass, Cut and Replace.
3. Pass, Cut and “Loop” (used for Zone defense) behind the defense and stays is designated areas for 1 or 2 passes.
4. Read Line or Back Door Cuts and when to do so.
5. Circle Rotation in the same direction of the dribble.

**Team Defense**: All coaches should teach and use Man to Man defense 90 to 95 % of the time.

 **\*\*\*Descriptions of the above concepts are described in the practice plans provided. I am willing to come in and show any coach who would like me to as well.**

**Coaches’ Code of Conduct**

1. Coaching Conduct:
2. A coach is responsible for the action of his or her players, team and fans. Profanity by coaches, participants or spectators is not allowed. Using a positive approach when interacting with all of the parties involved is strongly encouraged.
3. All coaches should lead by example by being encouraging 90 – 95 % of any practice or contest.
4. Abusive treatment (verbal or physical) of any player is not allowed.
5. Discipline of young players should be handled calmly and without emotion from the Coach. Example: If a player is coming out of a game after a mistake, the coach should calmly explain the mistake to the player and put them back in the game to give them an opportunity to fix the mistake.
6. The use of tobacco or having pets on school property is not allowed.
7. Proper attire is required for all events.
8. Remember that this is a game and it should be fun. Success should be defined by how much your players improve not wins and losses.
9. Applaud good plays no matter who makes them.

**Disciplinary Procedure**

1. Discipline:
2. Any adult that represents OYB in any capacity should be a perfect model of sportsmanship. Coaches should be respectful to players, parents, referees and spectators. If you can remember this simple rule, discipline will not be necessary.
3. LEVEL 1 Violations:
4. Description
5. OYB has a Zero tolerance with regard to instances of player, referee, coach and parent abuse. This policy extends to off – court behavior (to include violence in the school, workplace and domestic abuse), as well and on-court behavior. One instance of confirmed abuse will be grounds for dismissal of an existing coach or assistant coach. Anyone violating this policy may be banned from attending games and practices.
6. Examples of Level 1 Violations include but are not confined to berating others, fighting, altercations or confrontations conducted in a loud, threatening manor or not following the league rules.

 ii. Discipline Procedures for LEVEL 1 Violations:

1. A confirmed violation of this policy can result in a coach being banned from coaching in OYB.
2. An appeal of the LEVEL 1 violation may be presented to OYB Board if the coach who has made said offense.
3. The OYB Board will make the final decision.
4. Olivet Youth Basketball reserves the right to deny anyone the position of volunteer coach.

**Other Procedures**

1. Accident Procedures
2. Be prepared for injuries. Be sure to have a Med. Kit handy for practices and games.
3. Keep a roster with emergency numbers for all players.
4. Notify parents of any serious injury.
5. Be sure to follow Concussion protocol on the MHSAA concussion forms.
6. Practice Procedures and Plans: See the Forms section with the practice plans provided. Also, check the website for suggested videos.

**Forms**

**Olivet Youth Basketball Emergency Information**

Player:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Birthday\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_\_\_\_\_

Parents (Guardians)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Home Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In an emergency, if parents cannot be contacted:

Notify\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Known Allergies\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The team coach may apply First Aid Treatment in case of emergency.

Yes\_\_\_ No\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*\*Please complete and return to your coach!

**3rd – 6th Grade Team Rosters**

**League: Red Cedar Grade (circle one): 3rd, 4th, 5th or 6th**

**Coach:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Name** | **Phone #** | **Grade** | **Shirt Size, Short size and No.** |
| **1** |  |  |  |  |
| **2** |  |  |  |  |
| **3** |  |  |  |  |
| **4** |  |  |  |  |
| **5** |  |  |  |  |
| **6** |  |  |  |  |
| **7** |  |  |  |  |
| **8** |  |  |  |  |
| **9** |  |  |  |  |
| **10** |  |  |  |  |
| **11** |  |  |  |  |
| **12** |  |  |  |  |
| **13** |  |  |  |  |
| **14** |  |  |  |  |
| **15** |  |  |  |  |
| **16** |  |  |  |  |

**Practice Plan**

**Emphasis: All Around Skills.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Name of the Drill** | **Time Spent** | **Description** | **Skill being worked on** |
| **Wolf shoot (no hoop)** | **3 to 5 min.** | **Find a line, Put your shooting foot on it, Elbow above your toe, ball above your elbow, Finish high with elbow above your eye.** | **Form shooting.** |
| **10, 10 and 10.** | **5 to 10 min.** | **From 1 foot away shoot 10 on the left of the rim, 10 on right and 10 from front.** | **Form shooting.** |
| **Partner shoot** | **5 to 10 min.** | **From 3 to 8 feet from hoop. Shoot, get your rebound and pass it out to your partner.** | **Bulk shooting.** |
| **Power Dribble** | **5 min.** | **10 left, 10 right, 10: One, Two, Cross.** | **Ball handling with both hands** |
| **One, Two, Fake Cross and Cross** | **5 min.** | **2 power dribbles, Fake cross with hand on top of the ball and Cross. 2 sets of 10 cross overs.** | **Ball handling with both hands.** |
| **Full Court Dribbling Layups**  | **15 min.** | **20 Left, 20 Right. Ideally everyone has a ball.** | **Layups and Ball handling with both hands** |
| **Dr. J Layups** | **5 to 10 min.** | **Start under the rim, dribble out to the elbow, keep dribble and score a lay up. Grab rebound and dribble to the opposite elbow and score another. Keep going for 1 minute partner counts makes.** | **Make this a competition. Have each partner announce his/her makes in 1 min. Each player should go twice.** |
| **Partner pass 1 ball** | **5 min.** | **1 min left, 1 min right, 1 min 2 handed chest.** | **Passing. Be sure to say your teammates name before you throw the pass.** |
| **Oklahoma** | **5 to 10 min.** | **Make a circle of your team. Start with one ball. No one can hold on to the ball for longer than 1 sec.** | **Passing and catching. When this gets easy add another ball.** |
| **4 Corners** | **5 to 10 min.** | **Four lines at each corner of half of the court. One ball in each line. Dribble to the center, Jump stop, pass fake and pass to the line to your right. Switch to left.** | **Pass, Jump stop, pass fakes and being ready to retrieve the ball.** |
| **Close out Lane** | **5 min** | **From 10 feet away, have 1 partner pass the ball to the other, close out on the ball, chop your feet at 1.5 step distance, hands up yell ball.** | **Add 1 dribble after 2 rotations.** |
| **One on One with 3 dribbles to score** | **5 min** | **Defender starts with the ball, closes out and tries to keep opponent from scoring with out fouling.** | **Games til’ 2 keep track of how many you win.** |
| **Shell defense no dribble** | **5 min** | **Be sure to show help side, Ball side, denial and shallow triangle.** | **Each Team should defend for a stop or for 5 passes.** |
| **3 on 0 no dribble.** | **5 min** | **Pass, Cut, Rotate. Score a lay up after 2 reversals** | **Team Offense.** |
| **5 on 0 no dribble** | **5 min** | **Pass, Cut, Rotate** | **Team Offense.** |
| **5 on 5 no dribble** | **5 min** |  |  |
| **5 on 5 dribble: “Live”** | **5 min.** |  |  |

**\*\*\*There is a good chance you will not get through this in 90 minutes. Simply pick up where you left off the next day.**

Coach Morrison Off-Season Fundamental Drills

|  |  |  |
| --- | --- | --- |
| Drill name | Description | Fundamental Addressed |
| Wolf Shoot | Find a line, Put your strong foot (right handed Right foot), Knees bent Elbow above your toe, Follow through high with your elbow above your eye. 10 perfect set shots and 10 perfect Jump shots. | Form shooting. |
| 10,10 and 10. | From 1 step away make 10 shots in a row, then from 2 steps then from 3 steps. | Form shooting at a rim. |
| Partner Shoot. | From spots you are comfortable shooting from and from spots you are not comfortable shooting from, “T” your hands up, square in the air and shoot. If you don’t have a partner spin the ball to yourself, square in the air and shoot. | Volume shooting. |
| Partner shoot contested | Instead of just passing the ball to your partner, contest the shot while yelling Ball! Always follow your shot. | Game speed Volume shooting. |
| 2 Ball: Ball Handling  | Together, alternate, 1 low 1 high, dribble and catch, 1,2 cross, 1,2 wrap around, juggle (or any others that you learn or make up!) | Ball handling |
| Purdue 8: 1 ball: ball handling. | Slap the ball, Finger tips, wrap around 1 leg, figure 8, dribble around 1 leg, dribble figure 8, Machine gun and spider (Pistol Pete if you have a partner). | Ball handling |
| Full court 2 Ball dribble | 5 trips at half speed and 5 trips at full speed. | Ball handling. |
| Partner passing | Push passes and bounce passes with both partners throwing passes simultaneously. | Passing |
| 3 or 4 man passing | Everyone has a ball. Make a square or triangle 10 – 15 feet away from each other, pass to 1 teammate while looking at the other. | Passing without telegraphing. |
| Indiana requires 8 people. | Use the corners of the key. A ball at each line. Pass to each person 2 times and go to the end of the line. Be sure to say your partner’s name every time you pass to them. | Communicating a split second before you pass. |
| Oklahoma | Make a circle. 2 steps back. 4 balls. Say names. Quick passes. | Communicating while passing, Passing without telegraphing and catching the ball. |
| Target passing | Put an “X” on the wall using some tape. Hit the target 10 times in a row with both hands from 10 – 15 feet away. Then doing the same while looking at the floor not the wall. | Passing accuracy and passing with out telegraphing. |
| 20 full court Lay ups | 10 off 1 foot. 10 after you jump stop and power up. Left and right handed. | Form and volume layups. |
| Dons | With a partner bounce off the board and race to the other end for a lay up. | Game speed Layups. |
| Ball handling live game. | Game ‘til 3. Everything is worth 1. You can only dribble with your weak hand. If you do it’s a t/o. | Using your weak hand in a game. |
| Passing Live game. | Game ‘til 3. Everything is worth 1. If you look where you are passing it is a t/o. | Game passing without telegraphing. |
| Spacing and cutting Live game. | Game ‘til 3. If you miss read a “read line” or “back door” cut it is a t/o. | Team spacing and reading the defense without the ball. |
| Live game til 11. | Everything is live. Everything is worth 1. |  |

\*\*Always work on your game before you play and then choose a fundamental to focus on when you play.

Blank Practice Plan

|  |  |
| --- | --- |
| Time (Minutes)  | Drill |
| 5 |  |
| 10 |  |
| 15 |  |
| 20 |  |
| 25 |  |
| 30 |  |
| 35 |  |
| 40 |  |
| 45 |  |
| 50 |  |
| 55 |  |
| 60 |  |
| 65 |  |
| 70 |  |
| 75 |  |
| 80 |  |
| 85 |  |
| 90 |  |



  

 **Red Cedar League 4th grade rules**

(3rd grade will play in the 4th grade Bronze league).

MHSAA rules except:

**Ball**

Intermediate sized (28.5 in.) ball.

**Results**

Results of all weekly games shall be emailed to your community coordinator so that the weekly standings maybe updated.

**3pt shot: Is allowed per MHSAA rules**

**Game Time**

* + Games will be played using a 10 minute running clock for all quarters. Mandatory stop stoppage at 5:00 minute mark to allow for substitutions for both teams. For the final 2:00 minutes of the 2nd and 4th quarter, stop clock will be used (per MHSAA rules).
	+ A running clock shall occur whenever the score of the game has a difference of 20 point and shall resume to normal after the score returns to a 15 point difference.

**Divisions**: Teams will be separated into geographical divisions.

**Coaches**: Two coaches shall be allowed on the bench during games. **Head coach should wear their schools dark color shirt to be identified by officials**. Scorekeepers shall only keep the book and not serve as additional coaches. Teams not following this rule shall be assessed a technical foul and the team in violation will lose there right for a scorekeeper. The scorekeeper in violation shall be removed from the bench area to the opposite side of the gym.

**Uniforms**

**Team uniforms may consist of T-shirts and a short with the player’s number on the front and back.**

# Tournament

The League will conclude with a double elimination tournament. The top half of each division shall play in Bronze I tournament and the bottom half of the divisions shall play in the Bronze II tournament. Tie breakers shall be as follows: Head to head, points scored, flip of the coin. This shall occur if the league has more than 10 teams in this division. The division in case of odd teams shall be up to the director and all decisions shall be considered final.

**Free Throw Line**

Will be three feet inside the regulation free throw line, and marked with a piece of tape**. Players will use the lower three block’s and abandon the traditional high school block alignment. No double bonus!**

**3-Second Rule**

Observe a 4-second rule in the free throw lane

**Defense/Offense**

Man-to-Man defense is required; defensive switches are allowed; “gimmick” offenses or defenses are not allowed. Half court trapping defense is not allowed. Enforcement – 1st offense – Officials warning; 2nd offense – Technical foul.

**Pressing**

Pressing is allowed only in the last 2 minutes of the game. This shall occur on the fly with no stoppage of play. Full court pressing must stop if y ahead by 15 points or more.

**Free Throw Bonus**

1-and-1 after seven team fouls in a half, no double bonus.

**Time Outs**

Each coach will be granted 3 full (1 minute) timeouts per game.

**Overtime**

In the event of a tied game at the end of a regulation time, a **2-minute overtime period** will be played after a one-minute break. Coaches will be allowed one more timeout. Further 2-minute overtimes will be played until the game is decided. Pressing is allowed

**Ejections**: If a player, coach or spectator is ejected from a contest they will be suspended from the next contest. A second offense shall result in removal from the league for the remainder of the season. The host site is responsible to report this to the league. Officials shall file an incident report to the host site. This shall be completed in 24 hours and turned in to the league director. ***If a player, coach or spectator is removed from any league tournament or league sponsored tournament the will not be eligible for the remainder of the tournament.***

**5th and 6th Red Cedar Rules (sliver)**

MHSAA rules except:

**Ball**

Intermediate sized (28.5 in.) ball.

**Results**

Results of all weekly games shall be emailed to your community coordinator so that the weekly standings maybe updated.

**Game Time**

Shall consist of (4) 8-minute quarters. A running clock shall occur whenever the score of the game has a difference of 20 points **and shall resume to normal after the score returns to a 15 point difference.**

**Divisions**: Teams will be separated into geographical divisions.

 **Coaches**: Two coaches shall be allowed on the bench during games. **Head coach should wear schools dark color shirt to be identified by officials**. Scorekeepers shall only keep the book and not serve as additional coaches. Teams not following this rule shall be assessed a technical foul and the team in violation will lose there right for a scorekeeper. The scorekeeper in violation shall be removed from the bench area to the opposite side of the gym.

**Uniforms**

Team uniforms may consist of T-shirts and a short with the **player’s number on the front and back**.

# Tournament

The League will conclude with a double elimination tournament. The top half of each division shall play in Silver I tournament and the bottom half of the divisions shall play in the Silver II tournament. Tie breakers shall be as follows: Head to head, points scored, flip of the coin. The division in case of odd teams shall be up to the director and all decisions shall be considered final.

**Free Throw Line**

5th Grade will be three feet inside the regulation free throw line, and marked with a piece of tape. **Players will use the lower three block’s and abandon the traditional high school block alignment. No double bonus!**

6th Grade will be from the normal regulation free throw line. **No double bonus!**

**3-Second Rule**

6th grade games will observe the 3-second rule in the free throw lane, 4 seconds for 5th grade games.

**Defense**

Man-to-man or zone defenses are allowed, beginning at half-court. And may play zones and trap. It is recommended that most teams teach the fundamentals of man to man defense.

**Pressing**

Pressing is allowed only in the last 2 minutes of the game. This shall occur on the fly with no stoppage of play. Full court pressing must stop if you are a head by 15 points or more.

**Free Throw Bonus**

1-and-1 after seven team fouls in a half, no double bonus.

**Time Outs:** Each coach will be granted two full (1 minute) timeouts per game and two (20 second) timeouts.

**Overtime**

In the event of a tied game at the end of a regulation time, a **2-minute overtime period** will be played after a one-minute break. Coaches will be allowed one more timeout. Further 2-minute overtimes will be played until the game is decided. Pressing is allowed

**Ejections**: If a player, coach or spectator is ejected from a contest they will be suspended from the next contest. A second offense shall result in removal from the league for the remainder of the season. The host site is responsible to report this to the league. Officials shall file an incident report to the host site. This shall be completed in 24 hours and turned in to the league director. ***If a player, coach or spectator is removed from any league tournament or league sponsored tournament the will not be eligible for the remainder of the tournament.***