

RVCBL SOPHOMORE DIVISION COACHES MANUAL

This manual is intended to clearly state what is expected of all Rockville Centre Basketball League sophomore division coaches and to combine with our website to provide some tools to help you achieve these goals.

A RVCBL coach is expected to help all student athletes in the program, starting with your own team, have a positive experience. A RVCBL coach shall:

Understand, practice and teach good sportsmanship at all times and under every circumstance;

Know all league specific rules as well as all general basketball rules;

And additionally, a sophomore division coach is expected to teach his/her student athletes the skills and concepts provided in the season long curriculum listed in this manual.

This manual will help you attain these goals. Also included are suggestions on running a practice and preparing for games with the mandatory playing time rules.

HELP ALL STUDENT ATHLETES HAVE A POSITIVE EXPERIENCE:

If as a coach you follow the league philosophy and focus on teaching basketball while letting your players have fun you will go a long way towards insuring that every participant in the league will have a positive experience. Keep the proper perspective on winning and losing. Remember the League works hard trying to create balanced teams and all teams will make the play-offs. It is the goal of the league to strive for team parity. The sophomore division is still instructional and winning is not a priority.

Always speak to your players in a positive and encouraging manner. Please make sure all your players treat each other, all coaches, referees and opposing players with respect.

Get all your players involved in the offense and try to have each player score at least one basket in the course of the season. No player should ever go an entire season without scoring. (One way to achieve this is to call inbound plays for your weaker players.)

Do not run up the score under any circumstances. In this division a 20 point victory is too high a margin. Remember to consider the opposing players as well. Having weaker players bring up the ball, having your team make three passes before shooting and pulling the defense back to the foul line are three ways to keep a game respectfully close. Make sure to do this without making a mockery of the game or embarrassing the opposing team.

As a coach in the RVCBL sophomore division you have more influence on what kind of year each student athlete on your team has than any other factor. If you have fun and have the proper attitude than most likely your team will also have a positive experience.

UNDERSTAND, PRACTICE AND TEACH GOOD SPORTSMANSHIP:

In the RVCBL sportsmanship is paramount. Please set a good example for your players. Win and lose graciously and honor the rules of the game. Always speak to your players in a positive and encouraging manner. Please make sure all your players treat each other, all coaches, referees and opposing players with respect.

Remember that arguing calls with the referees is truly setting a poor example. Do not argue questionable calls. Arguing with the officials does not keep the focus positive.

Make sure that your team is aware of your expectations regarding sportsmanship.

And once again, don't forget to have fun. Both practice and games are an opportunity to help your student athletes learn new skills, make new friends and develop the proper attitudes that can help them all through life.

UNDERSTAND ALL LEAGUE SPECIFIC RULES:

At the core of the RVCBL is guaranteed playing time. Each player present (on time) must play at least half the game. There are 10 players on each team, and if all are present everyone plays two quarters. Players are ranked 1- 10. Rankings are done prior to the season and twice during the season. An absent players time is given to the players ranked immediately above and below him/her. For example, if the player ranked #5 is absent, players ranked #4 and #6 will each play one extra period. Substitution grids are available to help coaches figure out who plays when more than one player is missing. Please refer to RVCBL Rule D1 for more specifics and note rule D2 (the equality of play rule) to explain a situation where one player may play two periods and another player may play four. (Remember, by rule, each player must play half the game, not necessarily an equal amount.) As a coach it's important to familiarize yourself with the entire rulebook, but especially the "Players Eligibility and Substitutions" section. When questions do arise, please ask the commissioner present at your game for proper procedure.

Understanding who gets the available playing time when players are missing is the most important league specific rule, but please understand the following RVCBL rules as well:

Sophomore Division Specific:

When a player is in control of the ball in his/her own back court and holds the ball or pauses, the opposing team must immediately drop back past the center court line. **If the offensive player makes an aggressive move up the court (i.e. starts a fast break) before the opposing team has a chance to drop back, he/she can be defended in the back court.**

In the **Girls Sophomore Division** only, the defense must fall back to the top of the key and then begin defending, allowing the offense free access across half court.

During the last 30 seconds of the game (including overtime), after a made basket or stoppage of the clock, the clock will not start until the ball is in the front court. In the Girls division it will not stop until across the top of the key.

League Specific:

Minimum Players and No Delay Rule – If a team cannot field five players after five minutes from the scheduled start time, they forfeit the game. There are no exceptions. No commissioner, referee or coach may overrule the forfeit. It is final. If the teams chose to use the hour for a scrimmage, they may.

Scoring Out – When a player scores out they must be removed from the game immediately, regardless of whether they have played two periods. In the Sophomore Division scoring out is 8 field goals. Foul shots do not count towards scoring out.

Overtime Eligibility – Please make sure to read and understand the overtime eligibility rule, including the fact there is no sudden death.

RVCBL Defensive Rules – The RVCBL does not allow teams to employ any type of zone defense. A strict man to man defense must be used. Double-teaming is only permitted when 2 offensive players (one with the ball) are within 6 feet of each other. However, any defender can leave his/her man to defend against another offensive man (with the basketball) who is making an attempt for a field goal or driving toward the basket, providing this offensive player with the ball is abreast or ahead of his/her defender.

Isolation Plays – In keeping with the philosophy of the League and teaching concepts of team play, no team shall use “isolation plays” as a basis for their regular offensive set-up.

Time Outs – Each team is allotted 3 time outs per regulation game, and 1 time out per overtime. Time outs do not carry over from regulation to overtime.

These are only some of the League specific rules you will be expected to know and understand during the season. Please take the time to read the entire RVCBL Philosophy, Playing Rules and Regulations.

In addition to the League specific rules that you as a coach are expected to know, you will also be expected to teach your players the following general basketball rules over the course of the season:

Rules:

Traveling

Carry

Proper in-bounding

Over and back

Ten seconds

Three seconds

What a foul is

Foul shot lane violation (note that in the RVCBL players must hold their spots until ball hits rim or backboard.)

You will also be expected to teach your players the following basketball skills and concepts over the course of the season. These elements combine to form the season long curriculum:

Skills:

Passing

chest pass

bounce pass

Dribbling

Shooting

Lay-ups

Rebounding (boxing out)

Defensive stance

Setting a pick

Using pivot foot

Concepts:

Sportsmanship

Foul shot line up – box shooter

Offense

positions (numbers)

inbounds play

moving without ball

spacing

not calling for ball

stay out of corner

pick and roll

give and go

Defense- off ball

stay between player you're guarding and basket

see the ball

back to basket facing player you're guarding

run back on defense

Defense – on ball

use proper stance, get low and

slide feet

Please go to RVCBL.COM Sophomore Coaches button for suggested drills and instruction on many of the topics listed above.

Each team will have about 13 practices before the playoffs. Please incorporate each teaching point that follows into the corresponding practice. The league referee's will be aware of each week's teaching point and instruct accordingly during the games. If your practice is cancelled and you are unable to make it up, please combine teaching points.

Teaching points for week 1:

In-bounds play – Make sure that you have taught at least one in-bounds play (from under your own basket) to your players prior to the first game. Keep them simple using the basic “stack” or “box” line-ups. Assigning numbers to the positions (point guard 1, wing guards 2 and 3, forwards/center 4 and 5) makes this easier.

Do not call for the ball – Teach your players not to call for the ball. Explain to them that calling for the ball attracts the defender to an open player. Teach them to put their hand up instead of calling and to cut to the basket. During practice if the players continue to call for the ball, after several warnings, it is sometimes effective to penalize the players with a turnover.

Teaching point for week 2:

Three second rule – Please teach the student athletes the three second rule. Stress that they should move in and out of the area looking for a pass and make sure they understand that the rule only applies to players on offense.

Teaching point for week 3:

Defensive position – Please teach the student athletes proper defensive position while playing man to man defense. Back to basket, facing the player they're guarding and over playing passing lane (ball, you, man). Make sure you teach the players to see the ball at all times and to know where their man is at all times, staying between man and basket.

Three on three drill:

Have a coach with a ball just behind foul line. Spread three offensive players out on the floor and assign three defenders to them. Make sure defenders position themselves correctly. Instruct the players on offense to move and cut to basket while defenders guard. Emphasize seeing ball and man. The coach makes pass to open man and then resets. Rotate offense and defense and new players.

Teaching point for week 4:

Offensive positions and spacing - Please make sure your team understands all the positions, the corresponding numbers and where they should start on offense. Point guard (1) bringing up ball, guards (2 & 3) foul line extended and forward/center (4 & 5) down in the blocks. Make sure they spread out on offense.

Teaching point for week 5:

Traveling/Carry – Please teach the student athletes all aspects of what constitutes a traveling or carrying violation, including stopping and starting, dribbling with two hands, walking and turning the ball over (palming). Emphasize proper dribbling technique.

Teaching point for week 6:

Two handed passes (chest/bounce) – Please teach the student athletes the proper form for both chest passes and bounce passes. Stress the importance of using two hands.

Passing:

- Pick out a target and hit it
- Make pass easy to catch
- Always use two hands
- Pass, don't throw

Chest pass:

- Ball is thrown out of the chest with two hands
- Hands are on either side of the ball
- Extend arms and follow through (thumbs down)

Bounce pass:

- Use two hands and extend like chest pass
- Pick out spot on floor to hit so that ball comes up between thigh and waist level of receiver (usually two thirds of the way to target.)

Bounce/Chest Pass Alternate Drill:

Form two lines facing each other about 12 feet apart. One line throws a chest pass and one line throws a bounce pass. After throwing pass the player moves to the right and switches to the other line. This drill should be conducted at a rapid pace with the coach stressing proper form.

Teaching point for week 7:

Move without ball/Stay out of corner – Teach your student athletes to be active on offense, even when they do not have the ball. Make sure they do not just stand straight up in one spot but instead stand in “basketball position” with knees slightly bent and hands above the waist. Teach them to move in and out of paint ready to receive a pass, to cut to the basket, set screens and picks and in general to keep moving within your teams offence.

Also, at this age many players dribble into the corner and the offense stalls. Teach your student athletes to work the offense toward the basket and to stay out of the corner.

Teaching point for week 8:

Setting a pick – Teach your student athletes the proper way to set a pick. Younger players often commit a foul while setting a pick by running into the opposing player; putting their arms up into the opposing player or leaning into the opposing player. Teach them not to foul while setting pick, to let their teammate bring player to them and to keep feet firmly planted.

Follow these steps:

Step 1: Plant your feet shoulder width apart.

Step 2: Keep your arms at your sides or against your body in front of you.

Step 3: Allow your teammate to lead the defender to you.

Step 4: Stand your ground without leaning into the defender, throwing a hip or putting your arms out. Do not move feet.

Teaching point for week 9:

Using a pivot foot – Teach your student athletes the proper way to use a pivot foot.

When teaching your players how to properly pivot, follow these simple rules:

1. Keep their "fundamental basketball position." That is with knees flexed and feet a shoulder's width apart.
2. Pivots should be made on the balls of their feet; therefore, lift up the heel of the pivot foot.
3. When they make a full (360 degree) pivot, a half, or even a quarter-turn pivot, remind them to keep their body low and feet spread wide.

Pivot foot drill:

Break players into groups of three, two passers and a defender (like monkey in the middle). Defender must converge on player with the ball who must use his pivot foot to create space to get pass off. Make sure passers are not too far from each other, rotate defender.

Teaching points for week 10:

Proper in-bounding/backcourt violation – Please teach your student athletes the proper way to in-bound the ball (two feet behind line) and make sure they understand that when bringing the ball up they must get it across half court in ten seconds. Also, once the ball crosses they can not return to the back court with the ball.

Teaching point for week 11:

Pass and cut – Please teach your student athletes to pass and cut to the basket ready to receive a pass back. Stress the importance of moving on offence.

Pass and cut drill – Two lines, one on top of the key and one foul line extended. Player at top of key has ball and makes chest pass to player in the wing, he cuts to basket and receives bounce pass back for lay-up.

Teaching point for week 12:

Rebounding (Boxing out) - Please teach your student athletes the proper technique for boxing out the opposing player. Teach the players to locate the offensive player, rotate and assume a good box out stance (“butt in the gut”), and jump for the rebound. (Locate, Rotate, and Jump!)

Box out drill:

Have four pairs of players spread out around the perimeter about seventeen feet from basket. (The fifth pair waits under the basket to rotate in.) The four defensive players position themselves between the basket and the offensive player, back to the basket, facing the offensive player. The coach puts up a shot; the defensive players box out and go for rebound. Teach the players to Locate the offensive player, Rotate and assume a good box out stance, and Jump for the rebound. (Locate, Rotate, and Jump!) Have the players rotate position once around then switch offense and defense and repeat.

Teaching point for week 13:

Pick and roll - Please teach your student athletes the proper execution of the pick and roll play.

- 1) Ball handler must bring defender to pick.
- 2) Player setting pick must set wide screen (feet more than shoulder width apart) and not release to basket too soon.
- 3) Player must roll to basket pivoting with foot closest to basket. Extend hand as target for a pass.

Make sure to teach proper location of pick, not too far from basket. At this age the foul line elbow is a good spot to set the pick. Also emphasize proper spacing on floor so pick is not set near congested area.

Pick and Roll drill:

Have players form three lines, player on line one has ball at top of key, player from line two defends and player from line three sets a pick at the elbow. Let the ball handler bring the defender to the pick then have player roll to the basket and receive a pass. Stress fundamentals of setting proper pick. Have players rotate to all three lines.

Practices:

Prepare - Because of the constraints of available gym time, each team is usually limited to sharing a gym only one hour per week. Over the course of the season you have the responsibility of teaching all the rules, skills and concepts listed in this guide. Therefore, in order to maximize the use of the allotted time, you must prepare in advance and map out your practice session, generally dividing them into periods of instruction for skills, drills and playing (scrimmage) time with your own team and the team sharing the gym.

Scrimmage full court – If both coaches agree it is a good idea to use some practice time to scrimmage full court. Frequent player substitution is recommended to avoid players sitting for any length of time. Usually, coaches scrimmage at the end of practice. (That also helps to keep the players focused on the drills when you can tell them that, after they work on the fundamentals, they will scrimmage.)

Sample practice itineraries:

Practice one:

6:00-6:07: Lay-ups or full court weave drill

6:07-6:12: Address team. Introduce assistant coach and explain your expectations for punctuality for practices and games and the need for communication if they can not attend. Explain that you will be scrimmaging each week – once you get through the teaching and drills! Speak to them about sportsmanship and let them know your expectations of good sportsmanship.

6:12-6:17: Teach proper dribbling technique. Run quick dribbling drill and tell them to practice at home with both hands. Explain walking and double dribble rule.

6:17-6:20: Bounce/chest pass alternate drill. Make sure they use both hands and step into pass.

6:20-6:27: Teach position by numbers. Point guard (1) top of the key, wing guards (2 and 3) fouls line extended, forward/center (4 and 5) down in the blocks. Teach them to spread out and move without the ball.

6:27-6:35: Teach basic defensive position. Between man and basket, facing man, back to basket. See the ball, see your man.

6:35-6:40: Teach proper on the ball defensive stance. Defensive stance and shuffle drill.

6:40-6:50: **Teach in-bounds play.** Assign players positions (with numbers) and use those numbers to set up simple inbounds play. Teach five second rule, (five second clock begins when player has possession of the ball), when in-bounding player should not be under basket, teach player in-bounding to fake defender.

6:50-7:00: Full court scrimmage. Have both teams scrimmage full court, stressing offensive and defensive positions. Run the **inbounds play**. Rotate players in so all participate. Make sure to keep the action moving while constantly instructing. **Do not let them call for the ball.** Teach them to put hand up if free and cut to basket.

Practice two:

6:00-6:07: Lay-ups or full court dribbling relay race

6:07-6:10: Address team. Remind them of time and location of Saturday's game. Remind them of your expectations of sportsmanship.

6:10-6:13: Defensive stance and shuffle drill

6:13-6:17: Teach them concept of cutting of the baseline (beat the offensive player to the spot) and forcing him middle.

6:17-6:25: Shooting drill (girls can play "knock-out") Teach them proper form, keep eyes on target.

6:25-6:30: Teach proper line up for foul shooting - positioning offensive and defensive players, lane violations, cannot touch lines, must wait until ball hits (not on the release) failure to make contact with the rim is a violation, hands elevated ready to rebound, teach boxing out the opposing rebounders and one player gets shooter.

6:30-6:35: Review offensive positions and defensive positioning.

6:35-6:40: Review **inbounds play**. Use this opportunity to explain **three second rule**, then reinforce it during the scrimmage.

6:40-7:00: Full court scrimmage. Have both teams scrimmage full court, stressing offensive and defensive positions. Run the **inbounds play**. Rotate players in so all participate. Make sure you keep the action moving while constantly instructing. **Do not let them call for the ball.** Remind players of game time and location on Saturday. Ask them to call you if they are going to be late or unable to attend.

Games:

Prepare your line-up before you arrive at the gym. (Arrive at least ten minutes before game time.) Ideally, those players not attending will have informed you prior to game time, although it is not uncommon for players not to call. Therefore, you should always be ready to make game time adjustments as necessary. In balancing your line-up, try to have at least one player capable of bringing up the ball and one tall player capable of getting rebounds in each quarter. Also, a good balance throughout all four periods is recommended, leaving your strongest unit for the fourth quarter. Most coaches play their #1 player in periods 2 and 4, but that is coaches' discretion. Putting thought into your line up and having balanced periods increases the chances of good competitive games and is beneficial to the players and the league.