

# **Lebanon Township Athletic Association**

## **2009/2010 Basketball**

### **I Mission Statement**

This program is founded on the basis of good sportsmanship, fair play, and having fun. The focus of this League provides healthy exposure to competitive team activity while emphasizing individual instruction for all participants in the fundamentals of the sport. All players will continue to improve, and to develop the confidence and the ability to enhance their existing skills. Each coach is responsible to ensure that there is the proper substitution during the game as we encourage maximum participation by allowing equal playing time for everyone, regardless of age or level of development. By being a member of a team, many valuable lessons can be accomplished. Among them, as they continue through the program, will be: citizenship, sportsmanship, appreciating good play by their team and an opponent, working together for a common goal, responsibility, loyalty, placing the team above oneself, learning to accept instruction and criticism, respect for others, self-control, winning is not the only priority, losing should not effect one's self-esteem, and being responsible for one's own actions and learning there is no blame in others or trying to find justification as to why the outcome of the game was - what it was, as there are many factors that occur during the full course of each game that contribute to it's outcome.

### **II Administration**

The League's Commissioner will oversee the Program, and shall recruit coaches who promote and uphold the Mission Statement, establish the appropriate guidelines for the League, and have responsibility to ensure these guidelines are understood and followed.

### **III Coaches, Parents and Players - Code of Conduct**

Coaches, parents, or players who are disruptive or display unsportsmanlike conduct will not be allowed to participate in our program. Offenses of these rules should be brought to the attention of the League Commissioner immediately, if irresolvable at the team level. Coaches (and parents/players) should have the following understanding:

I understand that my responsibilities as a youth coach are of great importance, and that my actions have the potential to significantly influence our young athletes. Therefore, I promise to uphold the **Code of Conduct**, to the best of my ability both on and off the court.

- I will treat each player, parent, coach and official with dignity and respect.
- I will do my best to learn the fundamentals necessary to assist each player in their skill development, self-esteem, and their enjoyment of the game.
- I will conduct my practices and games so that all players have an opportunity to improve their skill level through active participation.
- I will become thoroughly familiar with the League rules.
- I will protect the safety and well being of my players by insisting that all activities conducted under my supervision will be done safely and in compliance with the League Rules and Regulations.
- I will at all times demonstrate good sportsmanship, set a good example, and applaud good plays of both teams.
- I will not harass or intimidate a referee, scorekeeper, opposing coach, player or parent.
- I will do my best to fulfill my obligation as the adult leader for which I have been selected, and to make this a great experience for everyone.
- I understand the use of abusive or offensive language, alcohol, drugs, or any form of violence is strictly prohibited.
- I understand that poor sportsmanship of any kind by Coaches, parents, players, and spectators, is unacceptable and will not be tolerated.
- **I will keep my emotions under control and not become upset, it is simply children playing a game.**

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**IV General Notes for Coaches, Parents and Players**

- Weeknight Practices for grades 2-8 are expected to begin in December, up to winter recess. Grade 1 practices are Saturdays only beginning on January 9<sup>th</sup>, 2010. Each team will hold one practice per week.
- Weeknight Practices continue after winter recess January–March. Saturday's only for grade 1 practices and games.
- Games begin the weekend after New Years with some Friday night games in addition to the traditional Saturday morning games. Each team will play one game per week.
- Participants should consistently attend practice sessions.
- The team's goals and welfare come before any individual.
- Players should be receptive to coaching and must agree to and follow the team rules.
- Team members are responsible in wearing the issued uniforms to their games.
- All injuries should be reported to the coach before practice and games, or that occur during the games and practices.
- The player-coach relationship is an important relationship. Please be mindful that as a parent, you can greatly affect this relationship either positively or negatively, through your actions or your words. Allow the coaches to instruct and guide the team.
- Please be aware that certain types of instruction at home may interfere and conflict with the instructional process at practice sessions and games. This may disrupt the team or impede your child's progress. Please discuss with your coach for assistance and helpful details.
- Coaches have brief meetings with the players before and after each practice and game. These brief meetings are a major part of the learning process and team members should arrive on time, and should be present immediately after games.
- Please help clean up our gym facilities before leaving.
- **PLEASE NOTE:** We are guests in each school gym with the only purpose being for our children's practices and games. Friends and siblings are not the coach's responsibility and should be properly supervised at all times. They are NOT under any circumstances; allowed on School Stages, walking throughout the school unsupervised, playing in the halls, nor anywhere on the gym courts during practices or games. All spectators attending games and practices should be on alert for players and stray balls, for their own safety. No one should bounce balls in the hallways (gyms only please).

Thank you to all the coaches, assistants, and parents in advance for your time and effort.  
Have an enjoyable season with our children.

**Contact: Ken Whitmore @ 537-1054 or [kjwhitmore@comcast.net](mailto:kjwhitmore@comcast.net)  
with any questions, comments, or concerns.**

## **Lebanon Township Athletic Association 2009/2010 Basketball**

### **Prep League - Grade 1**

- **The preceding overview is for our entire LTAA Basketball Program through grade 8. Although some may not pertain to this introductory level, many items may still be applicable, please familiarize yourself with these for current and future years as the children progress through each Division of the Program.**
- This level has practice sessions on Sat. only, no weekday nights. Practices begin in January.
- The last 3 weeks, 2 teams will be scheduled to play each other in “scrimmages”. These scrimmages should be 4 ON 4 - Full court. Substitute all players every 3 to 4 minutes, playing four 8 minute quarters or as time allows. No score is kept. Every player should have opportunities to attempt to shoot.
- The 1<sup>st</sup> 15 minutes on these days should be used for team warm-ups.
- No defense in the back court, allow the offense to cross the half court line.
- Coaches shall coach and ref from the sides or behind the basket, not in the middle of play on the court.
- All players have equal playing time. Players sitting-should be supervised, watching and learning from the game.

### **Practice (to give the kids an understanding of the basics):**

- Dribbling—Avoiding dribbling with 2 hands or stopping and starting and “traveling/walking”.
- Passing – teach them how to throw (and catch) a bounce pass.  
*At this level, this is the best pass for them to all grasp.*
- Shooting – proper technique.
- Defense – how to guard your man without fouling. Stress “no contact, no slapping the ball, no stealing”. “Keep your hands up and out to defend”
- Offense – Where they should be; to receive an open pass or quality shot.
- Areas of the court – All the kids should know the difference between the baseline / halfcourt / sideline / foul line / etc.
- How to line up during a foul shot.
- Out of bounds and “back court” violations.

### **Tips:**

- Be prepared with at least 6 different drills or “games” to play with the kids.
- Give them a water break regularly.
- Let them learn the importance of playing together as a team.
- Give the kids plenty of opportunities to shoot, dribble, and pass the ball.
- Watch the other coaches and share drills.

### **Some Suggested Drills:**

- Foul shots and rebounding misses.
- Lay-up shots alternating sides of the basket.
- Dribbling through cones using each hand “one at a time”.
- Dribbling races, have players focus on looking up where they are going, and Not at the ball.
- Two players running across court, dribbling and bounce passing back and forth as they go.
- Passing the ball in triangles or squares playing “monkey in the middle” to practice passing and defense.
- Play - 3 on 3, or 4 on 4, half court - to practice defense and offense once the basics are down.

**Keep it fun and interesting for the kids, it is most likely their first exposure to the sport, and the basic skills introduced at this level will have a profound impact on their continued interest, as well as, their continued development in playing basketball.**