DIOCESE OF CLEVELAND CYO
GRADE SCHOOL COACHES MEETING

1. Welcome & Introductions
2. Program Planner
3. Multiple Rosters
4. Blackouts/Reschedules
5. Guest Player
6. Inclement Weather
7. Coaches Development Program/Credentials
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19. Question Card

CYO inspires young people to know God, to love God, and to serve God through athletics.
<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>October</td>
<td>28</td>
<td>Coaches Meeting at Mayfield High School, 6:00pm</td>
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<td></td>
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<td>6116 Wilson Mills Rd., Mayfield Heights, 44143</td>
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<td></td>
<td>29</td>
<td>Coaches Meeting at Our Lady of the Elms High School, 6:00pm</td>
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<td>1375 W Exchange St. Akron, 44313</td>
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<td>30</td>
<td>Coaches Meeting at Magnificat High School, 6:00pm</td>
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<td>20770 Hilliard Blvd., Rocky River, 44116</td>
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<td></td>
<td>Grade school winter sports early registration ends</td>
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<td>November</td>
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<td>Basketball Coaches Clinic at Villa Angela-St. Joseph, 9:00am</td>
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<td>18491 Lakeshore Blvd., Cleveland, 44119</td>
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<td>3</td>
<td>Grade school winter sports late registration ends</td>
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<td>Last day to enter grade school teams' blackouts</td>
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<td>Coaches Development Program at St. Basil the Great, 9:00am</td>
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<td>8700 Brecksville Rd. Brecksville, 44141</td>
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<td>Basketball Coaches Clinic at St. Vincent-St. Mary High School, 5:00pm</td>
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<td>15 N. Maple St., Akron, 44313</td>
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<td>21</td>
<td>Coaches Development Program at St. Raphael, 6:00pm</td>
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<td>525 Dover Center Rd., Bay Village, 44140</td>
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<td>27</td>
<td>Grade school winter sports schedules available on CYO website</td>
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<td>December</td>
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<td>Coaches Development Program at St. Sebastian, 6:00pm</td>
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<td>476 Mull Ave. Akron, 44320</td>
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<td></td>
<td>6</td>
<td>Deadline to register grade school athletes and coaches to online Sports Pilot rosters</td>
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<td>7</td>
<td>Regular Season grade school competitions begin</td>
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<td>Last day to add grade school athletes to rosters to meet minimum number</td>
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<td>23-Jan. 3</td>
<td>Christmas Break – No regular season games</td>
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<td>8-March 1</td>
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<tr>
<td>March</td>
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**CYO inspires young people to know God, to love God, and to serve God through athletics.**
MULTIPLE ROSTERS

- A player in grades 3-8 may participate in other non-CYO leagues like recreation and community leagues.
- A player in grades 7-8 may NOT participate on other rosters governed by the OHSAA. For example, they may not play on their public school team as well as on a CYO team. This if for purposes of eligibility.

BLACKOUTS/RESCHEDULES

Blackouts for grade school teams are due on November 4th and for high school teams on November 11th. Remind your Member Athletic Director to input all blackouts before this deadline. Blackouts will not be accepted after the deadline. Submitted requests must identify the date, time, and reason a team cannot compete. Submitted requests must reflect the minimum and maximum amount of “blacked out” time needed, and a detailed reason for the request. Team conflict dates with a description submitted at the time of entry will be considered in the following rank order priority:

A. Religious events for athletes – Sacraments, Rehearsals, Retreats, etc.
B. School academic events for athletes – Science Fair, Music/Writing Competitions, etc.
C. School other events for athletes – Plays, Socials, Field Trips
D. Coach related conflicts – Specific family events, etc.

Blackout dates without a description will not be honored.

Once schedules are published, reschedules will be very limited. Make sure to remind your Member Athletic Director to look at the parish/school calendar before the blackout deadline.

GUEST PLAYER

If a team has fewer than 7 athletes at a game, a guest player may be moved from the member’s other CYO basketball teams to fill the positions at the start of a game under the following restrictions:

1. The athlete meets the age/grade restrictions of the team he/she will assist.
2. The guest player is reported by means of the button on the Coaches Information page of https://ccdcle.org/cyo before the game in which he/she will be used. It is recommended that this by done by the Member Athletic Director and according to Bylaw 5-3-2-C-6 are reported on or before the day of the game.
3. The same individual may be invited as a guest player for no more than two (2) games during the season with any team. Once an individual is a guest player twice, they may not be invited by any other team for the remainder of the season by any other team for the remainder of the season.
4. The athlete complies with Game and Time limits as outlined in Section 1-H.
5. The guest player(s) must meet the minimum participation requirements outlined in the division specific sections.
6. Guest player movements are to be reported on the basketball scoresheet before the competition begins. The guest player’s name should be listed after all of the regular team athletes and put “GP” next to their name.
7. Guest player playing restrictions - If the guest player is the sixth and/or seventh player on the roster, they cannot start the first segment of the first quarter of the game. Coaches are encouraged not to play guest players play more segments than players on the original roster.
8. Uniform Requirements
   a. Guest players must wear the uniform of the team that they are playing on, not their rostered team uniform.
   b. There are to be NO duplicated uniform numbers (teams should have at least one extra jersey to be borrowed by the guest player for that game).
9. Guest players cannot be used for sanctioned events or CYO championship competitions.
**INCLEMENT WEATHER**

A. Inclement weather may deter games from being played as scheduled. The safety of our players, coaches and their families are our primary concern when games are canceled due to inclement weather.

B. Announcements related to the status of competitions will be posted on the main page of the schedule website, telephone announcement lines, Twitter, Instagram (@CYOSportsDOC) and media as needed.

C. Contests that are suspended because of inclement weather and cannot be resumed within a reasonable time at the same site will be canceled and not rescheduled, unless deemed necessary by the CYO Administration.

**COACHES DEVELOPMENT PROGRAM/CREDENTIALS**

All CYO Coaches must be CYO certified through the Coaches Development Program. CYO Credentials must be worn around the neck and visible at all times. Coaches who have given their credentials to another coach, even for one game, will have their coaching privileges revoked for one year. If you have not taken a Coaches Development Program, register for one of the following through the website: ccdocle.org/cyo

- Saturday, November 9th, 9:00am @ St. Basil the Great
- Thursday, November 21st, 6:00pm @ St. Raphael
- Tuesday, December 3rd, 6:00pm @ St. Sebastian

See website for all coach’s requirements: Lindsay’s Law, Concussion Management, Fingerprinting etc.

**UNIFORMS**

All players are required to wear matching member issued uniforms. Team jerseys must include the player’s number on the front and back. All players must have the CYO Emblem on their uniform. All undergarments are to be worn under the uniform and must be of a solid color and the same color for all players wearing an undergarment. Arm sleeves, knee sleeves, lower leg sleeves, and tights are permissible and must comply with NFHS guidelines. Each item shall be white, black, beige, or a single school color. For all other uniform requirements and restrictions, refer to Section 1-D of the CYO Basketball rules.

**BENCH PERSONNEL**

Bench personnel is limited to the players listed on the eligibility roster and no more than three (3) certified non-players. Non-players 16 years of age or older must be CYO certified. Non-players under the age of 9 are not allowed in the team bench area.

**CODE OF CONDUCT**

10-1-4: Parents and Spectators are to be Christian role models for the athletes and other spectators. They are to conduct themselves in a Christian manner and remain in the spectator area at all sporting events. They must abide by the decisions made by site directors, officials, and coaches. They are not to make derogatory comments or act in an abusive manner toward athletes, coaches, officials, administrators or fans.

10-1-5-B: Athletes, coaches, parents, or fans who are removed from an athletic event are automatically barred from attending the next scheduled competition for that team. The individual must meet with the member administrator about the incident and obtain a signed letter from the member administrator requesting CYO diocesan administration to permit the individual to attend future competitions.
**10-1-5-F:** Actions by athletes, coaches, parents, or fans that are in conflict with the standards of the Diocese of Cleveland CYO may be assessed consequences as outlined in Bylaw 11, even when the persons involved were not ejected or addressed at the time of the event.

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**SPECTATOR MANAGEMENT**

Coaches are responsible for the supervision of their team and spectators before, during and after the game. The coach may be called upon during a game to speak to their unruly spectators.

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**MANAGING THE SCORE**

The game of basketball is most fun and instructive for everyone when it is a challenge. When teams run up the score or blow-out their opponent, the joy of the game is eliminated, the quality of the experience is diminished and athletes are denied the opportunity to learn.

Coaches must understand how to manage the score when an otherwise lopsided, boring game is developing. Regardless of which end a team is on during a lopsided score, coaches must keep their athletes engaged, and the coach of a stronger team needs to raise the challenge higher for scoring by managing the score. It is the coach’s responsibility to recognize a blowout as it is developing and “Respect the Game” by accomplishing strategies that don’t let a blowout destroy the experience for every athlete.

Here are some expectations to better manage the score:

When **ahead** by twenty at any point in the game:

- Clear the bench and give weaker players more playing times – minimize the playing time of your dominant players
- No fast breaks
- Layups Only – No outside shots
- A minimum of 5 passes before a shot – must use the bounce pass
- No 3-pointers
- No pressure defense or trapping
- Defense must set up inside the arc
- No pressure on the ball handlers
- Move players to unfamiliar positions so they learn the entire game
- Your ball handlers must dribble with their non-dominant hand
- Slow down your offense and play a more deliberate game but don’t embarrass the opponent by “quitting” on them.
- Practice a more complex offense with plenty of passing
- No player to player defense for grades 6-HS.
- Work on new plays.

When **behind** by twenty at any point in the game:

- Focus on positive element – personal effort
- Hustle after every possession
- Praise players for extra effort
- Envision the score is 0-0 – not to give up
- Communicate with the opposing coach before the game, at half-time and at the end of the game.
- Redefine “winning” as successful moments – stealing a pass, hustling for every loose ball, boxing out, reducing turnovers.....
- Manage parents so parents are NOT negative during the game or after the game.
- Allow top players to continue to play and balance the playing time.
- Assure the team through your words and actions that you haven’t given up.

When managing the scores, coaches teach young people the value of winning.
FAQ’s ABOUT SANCTIONED EVENTS

Sanctioned Events (SE) are tournaments or competitions hosted by CYO members to provide additional opportunities for competition and to raise funds for their programs. Refer to the “Sanctioned Events” tab on the CYO website: ccdcle.org/cyo/

1. When can I register for a sanctioned event?
   Whenever the event is listed on the CYO website.

2. Are there A-B-C levels for 7th & 8th grade teams for Sanctioned Event Tournaments?
   No, Sanctioned Events for 7th and 8th gr. teams are to be structured according to ‘competitive balance. Consult your Athletic Director for more information. Bylaw 6-3-2A, 6-4-2.

3. Is it okay to register a team for a tournament under the assistant coach’s name, since the head coach will not be at most of the games?
   No, to register for a tournament, the official CYO Sports Pilot roster needs to be provided, which lists the head coach’s name. However, an assistant coach can certainly be in charge at the games.

4. May I write a personal check for a Sanctioned Event entry?
   No – team entry fees must be paid with an official check from the member’s account.

5. The Sanctioned Event Director asked me to provide an official CYO roster. Can I use an excel spreadsheet that lists all the athletes from my team?
   No - only the official CYO Sports Pilot Team Eligibility Roster that your Athletic Director registered with CYO can be submitted. Your AD is to provide each coach with a copy of their roster at the start of the season.

6. We have (3) 6th gr. CYO teams. Can we combine players from the teams to enter a Sanctioned Event?
   No – each athlete can only play for the CYO team for which he/she is officially rostered.

7. How many Guest Players may I use during Sanctioned Event Tournaments?
   ZERO! The Guest Player Ruler cannot be used in sanctioned events. Bylaw 5-3-2C7

8. Can we enter a community-sponsored event if we use our nickname rather than the parish name?
   No – CYO teams are only eligible to participate in CYO sanctioned events. Bylaw 4-3-1F

9. In how many sanctioned tournaments can my team play?

10. If an athlete or coach is ejected from a sanctioned event, do they sit out the next scheduled CYO game or the next SE game?
    The athlete(s) or coach must sit out the next scheduled game whether it is a SE game or a CYO game. Bylaw 10-1-5B

11. We are scheduled for an 8:15 pm game. I thought we couldn’t play after 8 pm. What should I do?
    Contact the Event Director and your AD Director immediately. Inform mhuber@ccdocle.org as well. Please refer to Bylaw 4-4-1 and sports specific rules for clarification/exception.

12. Due to bad weather, our SE games got postponed. Can a SE be extended after the CYO season closes?
    No, events need to be concluded by the published CYO end of the season date for that sport.
2019-2020 CYO Basketball Important Notes

Modifications of NFHS Rules

1. Requirement of home team wearing white or light-colored jersey does not apply (3.B.3.c)
2. If both teams have the same or similarly colored uniforms, the official will flip a coin to determine which team will wear pinnies. The home team will call the flip. (3.3.3.e)
3. Undergarments (t-shirts, compression items, etc.) must be of a solid color and of the same color for all players wearing an undergarment. (3.B.4.a)
4. Officials will issue a conduct warning to coaches and players when appropriate and record those warnings on the official scoresheet. (WILL NEED NEW RULES REFERENCE)
5. The following free throw regulations apply ONLY to 3rd/4th/5th grade basketball:
   a. Use of the 12-foot line is permitted but not required (11.D.1)
   b. The lane space closest to the shooter will be vacant. The first required occupied space will be below the block. (11.D.3)
   c. In 3rd grade basketball ONLY, the free thrower may cross the free throw line after release

Note: The free thrower is allowed to cross the 12-foot line for the purposes of balancing themselves but may not try and rebound the basketball. If the free thrower uses the 15-foot line, they may still cross the 12-foot line for the purposes of balancing themselves, but not rebounding.

6. In 3rd/4th/5th grade basketball, when any player, coach or bench personnel receives an unsportsmanlike technical foul, the opponent will automatically receive two points and the ball at the division line opposite the table for a throw-in. (11.G)

Points of Emphasis

1. Jewelry, glitter, face paint, or other inappropriate items may not be worn and may not be covered with band-aids, tape or pre-wrap, or material deemed illegal by the game officials. (3.B.9)

   Note: If a medical alert bracelet or medal is worn, by NFHS rule, the medal or bracelet must be taped to the person securely while the medical information is visible. Regardless of the type of material the medical alert bracelet is of, it must be taped to the arm securely with the medical information visible. NFHS Rule: 3-5-7 // NFHS PoE 2019-2020

2. A pre-game conference will be held between the officials, coaches, and captains. (4.E)

   Note: this is recommended in 2019-2020 and will be a requirement beginning 2020-2021.

3. In 3rd/4th/5th grade basketball – Officials will focus on stalling restrictions by the offensive team in the front court by enforcing the five second rule in a more consistent manner.

4. Conduct warnings will be issued to coaches and players when appropriate by game officials. These warnings should be recorded on the official scoresheet.

   Note: Conduct warnings are to be issued to coaches and players only when deemed necessary. Warnings may not be issued to bench personnel as the head coach is responsible for everyone in the team bench area.

CYO rule book referenced unless indicated otherwise.

CYO inspires young people to know God, to love God, and to serve God through athletics.
CYO Administration will conference 7th and 8th grade teams to achieve the goals of competitive balance and reducing blowouts. Teams will be placed in conferences based on the following criteria:

- Travel time to game sites of 30 minutes or less is a priority whenever possible. Travel time is a lesser priority in the 7th and 8th grade than lower grades.
- Analytical information, including but not limited to:
  1. member Athletic Director input
  2. historical performance data, including point differential in past contests
  3. CYO Staff input
- Final decisions on team placement in all CYO sports are the responsibility of CYO Administration.

If you had **two 6th and/or 7th grade teams** last season, and this year:
- **Have two 7th and/or 8th grade teams**, the Upper team will be in a higher ranked position and the B team will be in the lower ranked position.
- **Have one team** this season as 7th graders or 8th graders, this team will be placed in the higher ranked position.
- **Have three 7th and/or 8th grade teams**, the A team will be placed in the higher ranking, the second team will be placed in the lower conference, and the new team will be determined by CYO and the Member Athletic Director.

If you had **three 6th and/or 7th grade teams** last year, and this year:
- **Have three 7th and/or 8th grade teams**, the Upper team will be placed with a higher ranking; the Middle team in the second highest ranking and the third team in the lower ranked position.
- **Have two 7th and/or 8th grade teams** this season, the Upper team will be placed in the higher ranking position and the second team in the lower ranked position.
- **Have one 7th and/or 8th grade team** this season, the team will be placed in the higher ranked position.

If you had **one 6th and/or 7th grade team** last year, and this year:
- **Have two or three 7th and/or 8th grade teams**, the first team will be placed in the higher ranking position and the second and third team will be determined by CYO and the Member A.D.

If your 6th grade and/or 7th grade teams were balanced last season, and are balanced this season, CYO will use that knowledge when placing your teams. In such cases we will try to schedule so that they will not play each other.

If there are any special circumstances with the composition of your 7th and/or 8th grade teams, only your Member Athletic Director may petition CYO to change your conference placements. Special circumstances to petition are limited to the following:
- The composition of your team’s roster changed 50% or more from the previous season. Example: Last year’s roster had 8 players; this year’s roster has 8 players, with 4 new players.
- The more skilled players from last year are no longer rostered with your 7th and/or 8th grade CYO team.
- Other exceptional circumstances.

End of the season tournament conferencing will be determined by mid-January and will be based on team performance during the 2019-20 season.
7TH AND 8TH GRADE POINTS OF EMPHASIS

7-8 Grade Participation – For the purposes of participation, a segment is defined as ½ of the length of a quarter.

- For a team with 10 or fewer players at the game, each player on the team must play a minimum of two segments by the end of the third quarter.
- For a team with 11 or more players at the game, each player on the team must play a minimum of one segment by the end of the third quarter.
- A Player may only be substituted within/during their segment of play:
  - If player is injured.
  - If player was assessed a technical foul or intentional foul.
  - If player is being disqualified from the game.
  - If player received 3 or more fouls during the first half only. In the second half, they must finish the segment unless the team has free substitution.
  - The player removed from the game will be credited with the full participation of the segment.
    - The player going into the game will not be marked on the score sheet and will not receive credit for playing in that segment.
    - Free substitution is NOT permitted in the first half. During the second half of the game, once ALL of the players on a specific team have fulfilled the minimum participation requirement, the team will be permitted to make free substitutions for the remainder of the game and all extra periods.

Clock Rules
7th/8th grade – eight (8) minutes
Overtime shall be two (2) minutes for 7th-8th Grade

Time Outs for All Divisions
1. Three 60-second and two 30-second timeouts may be charged to each team during a regulation game.
2. Each team is entitled to one additional 60-second time-out during each extra period. Unused time-outs carry over into the second half or extra period.

Clock Stoppages
3. The clock will stop for timeouts, shooting fouls, injuries and other times as indicated by the officials.
4. The clock will stop for every whistle during the last minute of the first, second and third quarters, and the last two minutes of the fourth quarter and all extra periods.
5. The clock will stop for substitutions at the end of each segment, but does not stop for substitutions outside of the segment requirements.
6. The clock will not stop for whistles or free throws during the fourth quarter when a team has a fifteen (15)-point lead. When the fifteen (15)-point rule is in effect, the clock will only stop for team timeouts and instances when specifically directed by the game officials. Once the lead falls below fifteen (15)-points, the clock will stop according to the criteria above.
Full Court Pressure

1. 8th Grade, 7th Grade: A full-court press may be applied at any time except when the team has a fifteen (15)-point lead.

2. When a team has a fifteen (15)-point lead,
   a. The defense must set-up below the half-court division line extended the width of the court.
   b. Allow the offense to progress the ball beyond the half-court division line and the dribbler must establish frontcourt status before pressure on the ball is permissible. Frontcourt status is defined as that point when both feet of the player and the ball make contact in the frontcourt.
   c. The defense cannot position any players along the half-court division line to impede or challenge the offense from crossing over the division line.
   d. Once the offense initially crosses the ball below the mid-court division line, the defense is not restricted from playing player-to-player defense or zone defense for the remainder of the possession. Half court pressure and trapping are strictly prohibited.
   e. The fifteen (15)-point rule cannot be waived for regular season, playoffs, championship games or sanctioned events.
   f. Once the participation requirements have been fulfilled, the clock will not stop for whistles or free throws during the fourth quarter when a team has a fifteen (15)-point lead. When this rule is in effect, the clock will only stop for team timeouts and instances when specifically directed by the game officials. Once the lead falls below fifteen (15)-points, the clock will stop according to rules of the specific grade level. Refer to rules 10-C-2 through 10-C-4.

3. Penalty for Violation of the Full Court Press Rules
   a. First Offense - Warning
   b. Second Offense - Unsportsmanlike conduct penalty on the head coach.
   c. Third Offense - Unsportsmanlike conduct penalty on the head coach and ejection of the head coach
   d. Fourth Offense - Forfeit Loss.
If you want your youth basketball team to have an All-Star experience all season, there are a wide range of ideals you need to focus on to make the experience as positive as possible.

Here are five ways that you can be an All-Star basketball coach.

**All-Star Qualities**

- **Sportsmanship** - Remember basic courtesy and good manners? Use your practices and games to reinforce these basic principles. Make sure your players can give a firm handshake with eye contact to officials and opposing coaches, as well as a high five to opposing players.

- **Teamwork** - Teach your players that "we over me" is what most often leads to "us over them," in team sports competition. Encourage your players to be selfless and supportive teammates in both losing and winning efforts.

- **Positive Attitude** - Life is not fair and basketball is worse. Help your players get over it and still do what they need to do to succeed. Playing sports is one of the best ways to practice overcoming adversity and preparing to handle tough times in life. Humor helps!

- **Respect** - Pay it forward and get it back. How a coach interacts with other adults—coaches, parents and officials—will naturally influence the behavior of your players. Be mindful that you are a role model and are always being watched. Insist that your players respect coaches, officials and opponents—like you do. Have the courage to enforce your rules with every player and parent involved with your team.

**Coaching**

- **Philosophy** - Want a surefire way to be a great youth coach? Lighten up! Here's a tip. Not one of your games will be Game 7 of the NBA Finals. Billions of people don't even know you exist, let alone feel that your practices and games are important. Recreational league and even elite travel team coaches should understand that kids want to play sports and to have FUN! Let your players figure things out. Ask questions, but don't give instruction or answers. Stop teaching so much and give your players a chance to learn. Watching them grow will be fun for you too!

- **Communication** - Have a team meeting to start the first practice of the season, or as soon as possible thereafter. Limit your postgame analysis to positive things that occurred in the game and deal with what went wrong by establishing a specific goal to work on starting at the next practice. Ask parents to delay or even eliminate the dreaded postgame interview with their child. When you need to correct a player, use the "compliment sandwich" State something positive the player did well, give a very specific correction, then restate the first positive thing.
• **Continuing Education** - All-star coaching requires continuing education. I have been privileged to learn the game of basketball from seven coaches who are in the Basketball Hall of Fame. Each one of them was always striving to learn more. In your efforts to learn, make sure the substance of the material is appropriate for the skill, age and maturity level of the players that you coach.

• **Use Resources** - There are several organizations that offer assistance to youth coaches. Do an online search for youth coaching information sources. Read books, watch videos and attend coaching clinics in-person whenever possible. One hour online could make you a better coach.

**Practices**

Play to learn, play to practice, and you will win when you play in games. Remember how much fun you had growing up when you used to just go outside and play with your friends? We advocate using the "compete to learn" approach to practice--it lets kids play and have fun while competing. This type of practice, using competitive drills, does a better job of preparing players to compete in real games. Technically, this is called transference. What you do in practice carries over into what you do in games.

• **Individual Skills** - Want to improve your team's ball handling? Games like dribble knockout are very popular. Every player must have his or her own basketball. Coach starts the game. Every player must dribble constantly, stay in-bounds and try to knock the ball away from all other players in the game. Lose control of your basketball or go out-of-bounds, and you're eliminated. Boundaries for 10-12 players could start as half the court. After several players are eliminated, the boundary is reduced to only inside the 3-point area. Boundary is reduced again to the free-throw lane. Finally, when there are just two players left, they play the "finals" in the free throw half circle.

• **Team Concepts** - Run half your offense by playing 2-on-2 or 3-on-3 restricted to one side of the floor. For example, make even (by size/ability) teams and conduct a 10-minute tournament using an action like the pick and roll. Allow for 20-second timeouts and allow players teach themselves how to make the play work.

**Game Strategy**

• **Keep It Simple System (KISS)** - Basketball is a simple game. Keep it simple! If you are a regular reader of instructional material, you might think that you need to have lots of practice drills and a complicated or intricate system to win games. No, you don't. Establish one or two alignments and three or four actions, and that's it. At the youth level or even in the NBA, most successful coaches try to have their team master a few simple things. 8-10 year olds can do this successfully. Try KISS at your next practice and even in your next game, your team will show instant improvement!

• **Simple Transition Offense (Fast break/press break)** - Score a lay-up in less than five seconds without dribbling.

• **Simple Half-Court Offense (Ball movement/teamwork)** - Everyone must catch and make a pass before anyone can shoot!

• **The Best Offense Ever Designed** - Give the ball to Michael Jordan and get out of the way. You can't get much simpler than that! However, that is an actual "play," as it is part of the "complicated" triangle offense. The triangle is a patterned motion offense that has several basic actions such as give and go, pick and roll and give the ball to Michael and get out of the way -- otherwise known as a clear out. By the way, that offense has won nine NBA championships and you, even as a youth recreational league coach, can run some of its actions to win games in your league.
Make All-Star Memories

The experience of playing on a youth sports team can affect a child's development as a person. How will you affect your player's communication, cooperation, goal setting and work ethic? How will your players remember this experience 10 years from now? Most won’t remember the score.

If your team employs the ritual of getting together after every game for ice cream or pizza, takes a field trip to a college or pro game, or attends a movie together, your players will remember those good times long after they forget the score of the game. Parents sometimes enjoy these social events more than the kids.
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