

NOVICE HOUSE LEAGUE

Information for Coaches

- Practices are at St Patrick's School on either Monday or Wednesday nights. If there are ever any problems with the alarm or at the school during practice, please call Kerry Shoalts at (h) 834-1782/ (cell) 289-213-2341 or Rich Meyden at 834-1324
- Alarm at St Patrick's must be disarmed at beginning of practice and armed at the end of practice. No one should be outside gym area or washrooms during practices as the alarm is not disabled throughout the school
- If coaches aren't going to be at a game or a practice, please call the Convenor
- Please ask your players parents to call you if they are going to miss a practice or a game
- On game days, we will ask each team to supply a parent to keep score or operate the game clock
- Foul line is set at 13'
- We assume all teams will be competitive but if some teams are not competitive there may be player changes after the first few weeks
- During games, man to man defence **must be** played by all players, except when players are inside the key. The referees will enforce this rule and coaches must ensure that their players "stay with their checks"
- During games there will be 8 – 4 minute shifts. All shifts will be straight time, except the clock will stop on a foul shot or injury.
- No "pressing" is allowed during games and all defensive players must fall back over half after a basket or a change in possession.
- A player who is injured must return to play as soon as they are able, on the next break in play, if possible.
- If overtime is necessary, it will be one 4 minute overtime period and any player may play during overtime.
- Teams are allowed to call one 30 second time out per game and one time out can be called in overtime.

- All teams have at least 10 players and the goal of our games is for children to have fun and learn basketball skills. Players will not play more than 4 shifts per game and no player can be double shifted. The only exception would be for those games where you are playing with less than 10 players or if a player plays the shift at the end of the first half and beginning of the second half. The scorekeeper will track the number of shifts played by each player and advise the coach if players are over/under the shift requirements

PRACTICE PLANNING INFORMATION

Practices should follow the same format each week and you should build on drills throughout the year. Some ideas that should be incorporated into each practice throughout the year are as follows:

- Warm-up
 - o Suicides
 - o Defensive position running around the court (includes side shuffles/backwards running around the court)
- Stretching/Ball Handling
 - o Stretch legs, ankles and arms
 - o Encourage ball handling without looking at the ball (figure 8 through legs or crab walk length of court with ball between legs)
- Passing
 - o Review proper technique for passing and receiving the ball
 - o Two lines for bounce pass, chest pass between partners
 - o Incorporate passing into a drill where the players learn to make and receive a pass while dribbling down the court towards the basket
- Dribbling
 - o Teach them to dribble with right and left hand
 - o Teach them how to do a crossover dribble
 - o Dribble length of the court with right hand and dribble back with the left hand
 - o Dribble to half court with right hand and do a crossover dribble and carry on dribbling with left hand to the end of the court
 - o Teach players about two foot jump stop and pivot foot
 - o Play knockout game where players dribble with right hand and they must try to knock the ball away from other players as playing area gradually decreases in size (run drill with switch to left hand)

- Lay-ups
 - Most players will not know how to do a basic layup
 - Start them close to the basket and teach them footwork first (right foot, left foot and right foot and right arm going up together towards the basket)
 - Gradually lengthen drill incorporating running and then dribbling
 - Explain the opposite footwork for left hand layup (left foot, right and then up with left foot/hand)
 - Teach right and left hand layups

- Shooting
 - Teach basic shooting fundamentals (BEEF – **B**alance with legs/stance, **E**yes on target, **E**lbow in holding ball on a platter and **F**ollow through)
 - Encourage players to shoot one-handed shots, not two-handed shots (this will require a lot of clarification and repositioning of hands on the ball)
 - Teach “bunny shot” (< 5 feet from basket, shooting on an angle and using backboard). Have them work on these shots from right and left side of the hoop. Split them into two groups at either end and have them count the number of consecutive shots that go in as a mini contest.
 - Have them try to take some foul shots each week. The foul line is two feet closer to the basket at the novice age. You will need to also teach some where to stand along the key when setting up for a foul shot.

- Offence/Defence
 - There is a wide range of knowledge about offence and defence in the game. Some players will understand the rules and others will be learning for the first time.
 - Review the areas of the court...out of bounds, half court line, the key and foul line.
 - On offence they must dribble the ball past half court in a reasonable amount of time (the refs will not be counting off time)
 - Your basic offence could involve the setting of a pick by one player on a player on the defensive team.
 - Teach players how to set a pick and move around a pick. Also teach a give and go as an offensive play
 - On defense the team must immediately fall back behind half court when possession changes or after a basket
 - Players must stay with their checks and play man-to-man defence at all times. The only exception is players are allowed to switch off their checks when they are inside the key.

- Scrimmaging should only be incorporated into a practice at the end for a brief time (no more than 10 minutes). It would be wise not to scrimmage for the first few weeks until basic skills are adequately developed.