



MICRO BASKETBALL RULES & REGULATIONS

YOUTH SPORTS

YMCA OF LINCOLN

570 Fallbrook Blvd., Ste. 210 Lincoln, NE 68521

402.434.9217

Ymcalincoln.org

BASKETBALL

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LETTER TO PARENTS

Dear YMCA Basketball Parents,

The YMCA of Lincoln Nebraska welcomes you to the Youth Sports Micro Basketball Program! Our goal is for all youth sports participants, both parents and children, to have an enjoyable sporting experience.

The YMCA offers a league for those 1st grade boys and girls who are interested in experiencing the sport of basketball. We hope this will be one of the most rewarding experiences. As a coach/parent/official, you will be a role model for all your players and spectators.

Micro basketball is unique, because the practices and games are scheduled on the same day, you do not have to find a gym site to practice. Your team will have 25 minutes of practice, on half of the court followed by a game of 2 - 12 minute halves. The teams will play 5 players at a time on the court. The time listed on the schedule is when practices start.

Coaches will be on the court with their team in order to help them set up offense/defensive strategies. Coaches will also be the referee for the game and call infractions/fouls when they occur. A YMCA Site Supervisor will be present in order to answer questions, give examples and keep games on time.

We would like to wish you the best of luck this season. Please review the following information enclosed in the handbook to help you through this experience.

Sincerely,

YMCA Youth Sports Staff

GENERAL YMCA YOUTH SPORTS INFORMATION

Weather/Cancellation Policy

1. For inclement weather: Please call the YMCA Youth Sports Cancellation Line at 402-434-9211.
2. When games are cancelled a notice will be posted on the website, and a notice will be sent to participants through Playerspace.
3. For Saturday and Sunday Micro basketball programs a decision will be made on weather by 10:30am on game day.

PLAYERSPACE – Frequently asked questions

WHAT IS PLAYERSPACE?

Playerspace is a communication portal that the YMCA of Lincoln Youth Sports has partnered with to enhance and improve the overall communication for our sports leagues.

WHAT INFORMATION WILL I FIND ON PLAYERSPACE?

You will find all the essential information for your player(s) league(s). You can find game schedules, coach contact information as well as weather status updates and cancellations for games.

WHERE WILL I GO TO USE PLAYERSPACE AS A COACH?

Just visit your team's site and your "Coaches Corner" will be on the upper right-hand corner. There are four essential tools that you can click on to utilize Playerspace.

HOW DO I GET ON PLAYERSPACE?

When you register your child for the league, you automatically are registered with an account on Playerspace. There is no need to create a new account! You will receive an email with your username after the coaches meeting has taken place and be able to set up your account. From there you can visit playerspace.com and click "sign-in" at the top right corner.

WHAT IF I AM NOT RECEIVING THE INFORMATION BUT ANOTHER FAMILY MEMBER IS AND WE BOTH NEED THE LEAGUE INFORMATION?

This is very common and very easy to fix! Let the Youth Sports staff know that you need to be invited as a "fan" of the league. We will need your email and phone number and you will receive an email with a link that you will need to click on to be added. From there you are then able to see all the necessary league information.

WHAT IF I AM NOT RECEIVING EMAILS FROM PLAYERSPACE?

Be sure to check your junk, trash and spam folders for Playerspace. You will need to add notifications@playerspace.com to your safe sender list. If you are still not receiving emails contact the Youth Sports Office at 402-434-9217.

I HAVE MORE THAN ONE CHILD AND I CAN ONLY SEE ONE OF MY CHILDREN'S TEAM INFORMATION. HOW DO I SEE MY OTHER CHILDREN'S INFORMATION?

Make sure you are not on your child's dashboard and you are logged in as yourself as the master account. To tell if you are logged in as one of your children, look to see if your name or your child's name is next to the word dashboard at the top of the page. To easily login as yourself, simply visit playerspace.com and login with your credentials that were emailed. The information provided at the time of registration must have been the same for each child for you to be attached to their profile.

WHAT IF I DID NOT RECEIVE MY LOGIN CREDENTIALS?

If you need your login credential because you do not have them, just contact the Youth Sports office to have them re-sent.

YMCA MICRO BASKETBALL PROGRAM INFORMATION

Players

1. Only registered players are eligible to participate in practices and games.
2. Players may **NOT** wear any type of jewelry (watches, rings, earrings, friendship bracelets). Earrings **CANNOT** be taped. They must be taken out or player cannot play. **No Exceptions.**
3. **NO** casts or hard splints are allowed. No Exceptions.

Uniform

1. All players **MUST** wear the official YMCA reversible navy/white mesh basketball jersey. These are available for purchase at the time of your registration (coach will hand out at practice if preordered). If you did not preorder a jersey you will need to purchase one in person at the Youth Sports Office at 570 Fallbrook Blvd., Ste. 210 Monday-Friday from 9am-4pm. Due to the large volume of basketball sites used we are not able to sell them at game day locations.
2. Players in Micro basketball are allowed to have the same jersey number as a teammate.

Equipment

1. Junior size ball (27.5)
2. Basket height 8 1/2ft.
3. A bag of basketballs and cones will be available at each court location for teams to share.

TEAM Guidelines

1. Each player must play in half of each game.
2. Each player must start in one game.

ROLE OF THE COACH

Facilitator

- Set up the conditions and environment for learning.
- Give only positive feedback (sarcasm and negativity should never occur).
- Encourage players to give each other positive feedback.
- Coaches should be enthusiastic, organized, patient, sincere, and fair.
- Practices should be conducted in the spirit of enjoyment and learning.
- De-emphasize winning and losing and emphasize sportsmanship and fun.
- Invite parents to help and participate.
- Officiate game. Keep track of player attendance.



Positive Role Model

- Work with all players equally.
- Treat each team member with equal regard and respect.
- Demonstrate respect for opponents, referees, site supervisors, parents, spectators, opposing coaches, and opposing players
- Show respect and responsibility for the game of basketball.

Understand who you are Coaching

- Each child matures and develops at a different pace.
- Treat each child as a unique individual.
- All activities should be age appropriate.
- Recognize that kids participate for different reasons. Some may be there because their older siblings play. Some may play because all their friends do, and they want to be with them. Others may play because they love basketball.

Coaching Tips

Parent Meeting: I would suggest having a parents' meeting at your first practice so you can discuss the season, see if any parents are willing to be an assistant coach, inform them of when practices are.

Be on Time: Try to arrive at the game/practice before your players. After the game/practice do not leave until the last player has left and/or been picked-up.

In order to protect YMCA volunteers and participants, at NO time during a YMCA program should a volunteer leave a child unsupervised or be along with a single child where they cannot be observed by others.

Gym Space: Respect other teams practice times by starting and ending your practices and games on time.

Good Communication: Be sure that you keep your players and parents informed about things that are important to the players and the team (i.e.; change in practice location or time, picture day, etc.).

Sportsmanship: Kids are always reminded to be good sports when they lose, but that needs to happen when they win, too. Strongly discourage any type of behavior that is unsportsmanlike, win or lose. Taunting, abusive language, name calling or any other acts of unsportsmanlike conduct towards another player, coach, team, spectator, and/or official, has no place in sports.

Fun: Make playing for you fun. From practice to games, the kids should look forward to every opportunity they will get to play basketball. Practices should be challenging, but enjoyable for all your players.

PLAYER'S RESPONSIBILITIES & EXPECTATIONS

Players Will

- Listen to their coaches and be respectful of their elders.
- Take care of the facilities and equipment which they are given or participate in.
- Make sure to eat the right foods and drink plenty of water before and after practices and games.
- Avoid all types of taunting and belittling remarks to their teammates or opponents.
- Show and encourage good sportsmanship at all times to fellow players, coaches, and officials.
- Attend every practice and game that I can, and will notify my coach if I cannot make it.
- Do my very best to listen and learn from my coaches.
- Treat my coaches, other players, officials, site staff and fans with respect.
- Remember that sports are an opportunity to learn and have fun.



GYM SITE RULES

All LPS Facilities

- No bouncing balls in the hallways.
- Remain in the hallways until current game is completed. Please do not stand on the edge of the courts.
- No shooting on baskets during timeouts/halftime.
- Please clean up after your team bench.
- No running in the hallways.
- No climbing on bleachers or mats.
- Most schools do not provide seating, plan accordingly.
- Please do not arrive to practice gym until 5-10 minutes before scheduled time.
- Please respect LPS facilities and property.
- No food or drinking allowed in the gyms. Water only.
- No pets allowed.
- No use of markers, crayons, pens on schools walls or floor.
- All LPS facilities are smoke free, vaping free and alcohol free.

MICRO BASKETBALL PROGRAM – 1ST GRADE

Micro basketball is offered for boys and girls in 1st Grade. Our league offers:

- Low pressure development opportunities
- 7 week season
- All grades play 5v5
- Modified rules for younger grade levels
- Teams are put together by YMCA staff and based on school, and grade.
- Volunteer coaches

Practices

- Week 1 will be a practice only.
- Teams will have a 25 minute practice followed by a 25 minute game on the same day.
- Parents need to check their child in with the coach at each practice. Please do not just drop your child off.

Games

- Team will play 2 - 12 minute halves immediately following their practice on the same day.
- Games will be held at Lincoln Public Schools Facilities.
- The game schedule for the season will be released 10 days prior to the first game. The schedule will be available in PLAYERSPACE.
- For information on cancellation/postponement of games, please refer to the Weather/Cancellation Policy.

Team Guidelines

- Each player must play half the game, and play in each half.
- Each player must start in one game.



RULES OF PLAY – MICRO BASKETBALL 1ST GRADE

General

1. No score will be kept in micro.
2. Each game will begin with ONE head coach from each team gathered at center court to review rules.
3. The game will begin with the visiting team inbounding the ball for the first possession.
4. Games will be 5-on-5. Must have 4 players to start game.
5. At the beginning of each half the players will be lined up across from each other to designate whom they will guard.
6. Games will consist of 2 - 12 minute halves. 1 minute in-between each half. 1-1 minute time-out per half/per team.
7. All players must play at least half of each game.
8. Fouls will be called, player may receive five fouls, before he/she is removed from the game. If a shooting foul is called, then free throws will be attempted. (coaches are the officials)
9. Free throws will be attempted from the 10ft. Line.

Defensive Rules

1. Team may play zone or person-to-person defense.
2. There will be no defense played in the backcourt at any time.
3. There will be no double-teaming and no switching allowed at any time.
4. There is no stealing the ball while the offensive player has possession of the ball. The ball may only be stolen off a passing attempt.
5. Defensive players must remain inside the 19' arc (3pt line).

Offensive Rules

1. Offensive team has 5 seconds to penetrate defensive line from mid-court, but may go back behind 19' arc to set up offense (will have 5 second count repeated).
2. Offensive team "CANNOT" shoot behind defensive line (result; change of possession), must be inside defensive line before shot may be attempted.
3. 10-seconds: ball must be brought into the forecourt within 10-seconds and then another 5-seconds to penetrate the defensive line.
4. Over-and-Back: this rule will NOT apply.
5. Fast Break Rule: a team may fast break a maximum of 5 times per half. A fast break is determined by the offensive team having a greater number of players attacking the basket then the defensive team has set up.

Rules are subject to change

Grade Level	Time Limits	Ball Size	Basket Height
Micro 1st Grade	2 x 12 min. halves	Junior 27.5	8 ½ ft.

COURT LOCATIONS - MICRO

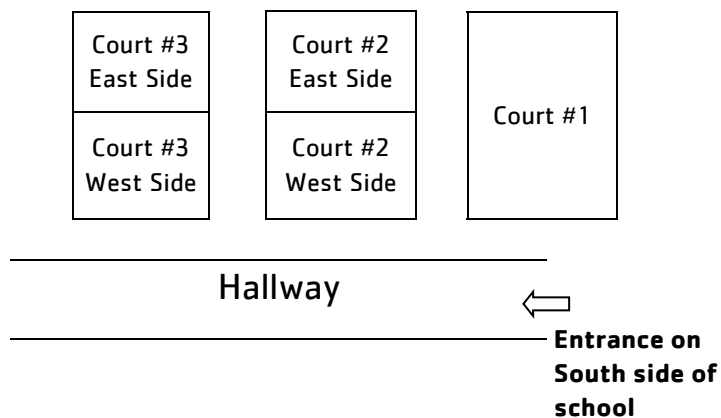
Pound Middle School

4740 S. 45th St (enter door #16)

Do not park in fire lane.

Court 2 & 3

Pound Middle School



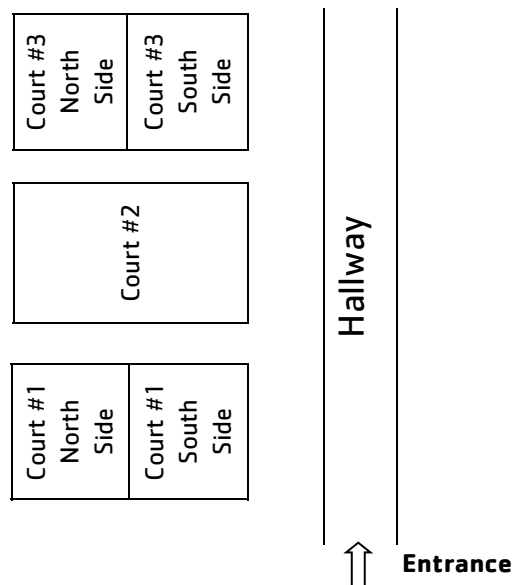
Mickle Middle School

2500 N 67th St (enter door #7)

Do not park in fire lane.

Court 3

Mickle Middle School



Reminders:

Chairs that are brought into the facilities must have protective end covers so floors are not scratched.

Only bottled drinks allowed in gyms

No gum allowed in gyms.

No basketballs are allowed in the hallways by players.

PRACTICE PLAN – WEEK 1

Activity	Details
Get to know your team	Make sure everyone is there & introduce yourself. Hand jerseys out to team. Go off of the list provided. If they are not on the jersey list they did not pre-order one. Will need to purchase one in our office. Must have for week 2 game.
Ball Slaps 20 (10 each hand)	Hold ball out in front and transfer from hand to hand slapping the ball with the opposite hand on top. *Get comfortable with the ball
Toss & Catch (10x)	Players throw the ball up in the air in front of them and catch with two hands. Try to clap before catching *Develop hand-eye coordination & familiarity with the ball.
Around the Waist (5 each direction)	Start with ball in front and wrap the ball around waist in circles. Once are completed change directions. *Develop ability to control the ball.
Dribbling (4 x 30 sec each hand)	Have players dribble the ball in place with each hand. Ready position *try not to look down at the ball
Dribbling (5min)	Dribble down and back across the court. Use right hand only, left hand only, crossover at a cone or designated spot on court. *Go at pace where ball is under control
Form Shooting (2x8)	With no ball players stand facing the coach bent knees and the dominant hand elbow in, have players move their body upward in one motion to simulate shooting the ball. Players should follow through by straightening their arm and flicking their wrist.
Team Shooting (10min)	Divide players into 2 or more group lines & give each group a designated shooting spot on the court. Group lines will operate as a team. Players shoot one at a time, get their rebound, give it to the next players & return to the back of the same line. Continue till one team makes the designated number of shots. Then switch spots and repeat. *Have players count makes out loud & encourage to cheer for their teammates. *utilize shooting form.
Defensive Slides (5min)	Have players face you and get into defensive stance knees bent feet apart and arms out. Point to the direction you want them to shuffle or move with them.

PRACTICE PLAN – WEEK 2

Activity	Details
Warm Up	Walk the court with the players explaining lines (half court, 3-point line, side-line, baseline, free throw line. Next call out different movements and a line for the players to move to. Movements: jog, shuffle, skip, high knees, back pedal, sprint
Ball Slaps 20 (10 each hand)	Hold ball out in front and transfer from hand to hand slapping the ball with the opposite hand on top. *Get comfortable with the ball
Toss & Catch (10x)	Players throw the ball up in the air in front of them and catch with two hands. Try to clap before catching *Develop hand-eye coordination & familiarity with the ball.
Taps (30 seconds each)	Players should start with their arms extended over their head and tap the ball quickly from hand to hand. Move the ball in front of their face and then down to their waste as well. *Use fingertips, small quick taps.
Around the Waist (5 each direction)	Start with ball in front and wrap the ball around waist in circles. Once completed change directions. *Develop ability to control the ball.
Around the head (5 each direction)	Start with the ball in front and wrap the ball around the head in circles. Once completed change directions.
Dribbling (4 x 30 sec each hand)	Have players dribble the ball in place with each hand. Ready position *try not to look down at the ball
Dribbling (5min)	Dribble down and back across the court. Use right hand only, left hand only, crossover at a cone or designated spot on court. *Go at pace where ball is under control
Partner Passing	Have players partner up with one basketball between them and line up across from each other at the free throw lane. Partners pass back and forth. Go over bounce & chest passes. Make sure players are looking before passing and receiver has their hands ready. Take a step towards their partner and extend elbows down when making a pass. Thumbs pointing down when releasing ball.
Defensive Slides (5min)	Have players face you and get into defensive stance knees bent feet apart and arms out. Point to the direction you want them to shuffle or move with them.
Game	2 – 12 minute halves. 5v5 * Encourage players. Sportsmanship. Coaches are the officials.

PRACTICE PLAN – WEEK 3

Activity	Details
Warm Up Freeze Tag (2mins)	One is "it", when person who is "it" tags another player, they are frozen and must stand in place. Player can be unfrozen by another unfrozen player tapping their shoulder.
Ball Slaps 20 (10 each hand)	Hold ball out in front and transfer from hand to hand slapping the ball with the opposite hand on top. *Get comfortable with the ball
Taps (30 seconds each)	Players should start with their arms extended over their head and tap the ball quickly from hand to hand. Move the ball in front of their face and then down to their waste as well.
Single Leg Rolls (2 x 30)	Players should be in a stance with their legs wide & chest up. Place the ball on the floor & roll it around one leg for 15 seconds & then change directions & repeat. *Do right & left leg. Maintain contact with hand & ball the entire time.
Double Leg Rolls (2 x 30)	Players should keep their feet together and knees bent. Roll ball on the floor around both feet & keeping one hand on the ball at all times. Change directions & repeat.
Jump Stop (2 x down & back) No ball	Landing on both feet at the same time. Keep eyes and chest up and stay balanced with knees bent. Line up across the sideline. Players will jog to designated spot on court & make a jump stop. On whistle or coaches command players will repeat to next spot.
Triple Threat	Ready position when they have the ball to: shoot, pass, dribble. Knees bent with feet a little wider than shoulder width apart. Hold the ball & bend elbows so they are strong & ball slightly towards dominant hand side. Have players stand with a ball in upright position and when coach calls out triple threat players get into triple threat position.
Team Shooting (5min)	Divide players into 2 or more group lines & give each group a designated shooting spot on the court. Group lines will operate as a team. Players shoot one at a time, get their rebound, give it to the next players & return to the back of the same line. Continue till one team makes the designated number of shots. Then switch spots and repeat. *utilize shooting form.
Red Light (1-2 games)	All players start on sideline with a ball. Green light – dribble & jog/run towards other sideline Yellow light – dribble & walk Orange – dribble & walk backwards Red light – jump stop & stay in triple threat position
Game	2 – 12 minute halves. 5v5 * Encourage players. Sportsmanship. Coaches are the officials.

PRACTICE PLAN – WEEK 4

Activity	Details
Warm Up	Walk the court with the players explaining lines (half court, 3-point line, side-line, baseline, free throw line. (see if they remember lines without walk thru) Call out different movements and a line for the players to move to. Movements: jog, shuffle, skip, high knees, back pedal, sprint.
Stationary Crossover	Players should bend their knees & begin dribbling back & forth swinging the ball from right to left. Have players change levels and go from low – below knees, middle – knee level, high – waist level
Single Leg Rolls (2 x 30)	Players should be in a stance with their legs wide & chest up. Place the ball on the floor & roll it around one leg for 15 seconds & then change directions & repeat. *Right & left leg. Maintain contact with hand & ball the entire time.
Double Leg Rolls (2 x 30)	Players should keep their feet together and knees bent. Roll ball on the floor around both feet & keeping one hand on the ball at all times.
Stationary figure 8 rolls (1x15 each direction)	Players should be in a stance with their legs wide & chest up. Players put the ball on the floor & roll it through their legs in a figure 8 motion.
Forward Pivot (4 x each foot)	Players should hold the ball & stand in triple threat position. Pivot by keeping their left foot on the floor & pivot around using forward quarter steps on coaches command “pivot” After 4 pivots they should be facing forward again *Stay in good stance
Side Lateral Push (3 x 15 sec)	Players line up on the lane line and face coach. When coach says “go” the players should push off their back foot to slide to the other side of the lane.
Closeout 1-on-1	Have one line underneath the basket with a ball and another out on the wing just inside the 3-point line. Player underneath the basket passes the ball out to wing player and closes them. Offensive player then drives to basket. *short choppy steps as closing out
Pass & Cut (5 min)	Have players line up at the top of the key & another line on the wing. Players at key pass the ball to the wing & then cut by running to the basket. Player on wing catches the ball and passes it back to cutting player who will shoot.
Game	2 – 12 minute halves. 5v5 * Encourage players. Sportsmanship. Coaches are the officials.

PRACTICE PLAN – WEEK 5

Activity	Details
Square Warm Up (2x)	Use the free throw lane lines as your square. Players start at the low block & backpedal up to the free throw line. Players then slide across the free throw line & then sprint down the opposite free throw lane line to the baseline.
Stationary figure 8 rolls (1x15 each direction)	Players should be in a stance with their legs wide & chest up. Players put the ball on the floor & roll it through their legs in a figure 8 motion.
Stationary Crossover	Players should bend their knees & begin dribbling back & forth swinging the ball from right to left. Have players change levels and go from low to high.
Zig Zag (2x)	Set up two lines on opposite sides of the court. Place cones or designate spot on the court where players will do a crossover each team they reach a cone. When they get to the end of the court they should dribble down the sideline and then continue to zig zag at the cones on the opposite side.
Self-toss Rebound (3x8)	Players need to find an open space on the court with a ball. Players will use two hands to toss the ball into the air. Player moves towards the ball, jump & catch the ball at their peak. Secure the ball and hold in front of your chest. *can move up to coach throwing ball off backboard for player to rebound.
Toss & Get It (2 min each side)	Have the players in the paint. Coach throws the ball off the backboard. One player at a time grabs the rebound chin it & toss it back to coach & goes to back of line. Repeat and do each sides of the basket.
Who is Ready, Shoot (5 min)	Have 3 players in a triangle. 1 at the free throw line & 2 at each bottom block. 1 player will have the ball facing away from the other 2. The 2 players without the ball will determine 1 player to make eye contact with the player with the ball. The player with the ball will then pivot around to face the 2 players & locate which player is looking at them & has their hands up for the pass & make a quick pass. Player who receives the pass will then turn & shoot. Shooter becomes the passer everyone rotates. Passer goes out new player in.
Give & Go (5min)	Players should start at the 3-point line with a ball on the wing. Player will pass the ball to the coach on the ball side elbow. After pass the player will cut/run to the basket. The coach will then pass the ball back to the cutting player so the player can catch and shoot.
Game	2 - 12 minute halves. 5v5 * Encourage players. Sportsmanship. Coaches are the officials.

PRACTICE PLAN – WEEK 6

Activity	Details
Around the World (1 game)	Place 5 cones around the court as five shooting spots and divide players evenly at the cones. 1st player in each line has a ball, each player will shoot, get their rebound, & return to the back of the same line. Players will cycle through so that each player gets 3 shots from that specific spot. Then rotate to next spot.
Zig Zag (2x)	Set up two lines on opposite sides of the court. Place cones or designate spot on the court where players will do a crossover each team they reach a cone. When they get to the end of the court they should dribble down the sideline and then continue to zig zag at the cones on the opposite side.
Dribble Relays (2 games)	Divide players into even groups & have them line up on the sideline. On coaches command 1st player in each line will dribble to other sideline & back, jump stop, and hand the ball to next player who then goes. Right & left hand.
Tracing the Ball (3 x 1 minute)	Group the players into 3's & have one ball per group. 2 players should stand a little more than the lane width apart & face each other, one with the ball. The player with the ball will wait 3 seconds before passing to their teammate. After passing, the player will follow their pass & close out & trace the ball with the players that received the pass.
Reverse Pivot (4 x each foot)	Have players hold the ball in good stance. Pivot by keeping their left foot on the floor & pivot around using reverse quarter steps on coaches command "pivot" After 4 pivots they should be facing forward again.
Red Light (1-2 games)	All players start on sideline with a ball. Green light - dribble & jog/run towards other sideline Yellow light - dribble & walk Orange - dribble & walk backwards Red light - jump stop & stay in triple threat position Blue light - pivot
Shooting Line Game (2 games to 8)	Divide players into 2 or more group lines & have each group at a designated spot on the court. Group lines will operate as a team & keep their score together. The players will shoot one time, get their rebound, give it to the next player & return to the back of the same line. Continue until one team makes designated number of shots.
Game	2 - 12 minute halves. 5v5 * Encourage players. Sportsmanship. Coaches are the officials.

PRACTICE PLAN – WEEK 7

Activity	Details
Low, mid, high dribble (2 x 20 seconds)	Players will start dribbling the basketball with the right hand low in a good stance with their eyes up and using left arm to protect the ball. After 20 seconds have them move up to mid level dribbling for 20 seconds. Next player will dribble the ball high around shoulder level for 20 seconds. Once complete switch to left hand and repeat.
Zig Zag (2x)	Set up two lines on opposite sides of the court. Place cones or designate spot on the court where players will do a crossover each team they reach a cone. When they get to the end of the court they should dribble down the sideline and then continue to zig zag at the cones on the opposite side.
Capture the Cone (2 x 4 minutes)	Divide players into four teams and assign them a corner of the court. Each team wants to collect cones from the other teams' corners and place them in their own corner. Coaches can tag players which means the player must return the cone they have from where they took it from. Players should be dribbling at all times.
Whose Open (3 minutes)	Players should start in a line at the free throw line with the first player in line having a ball in a triple threat stance with their eyes closed. Two more players are standing each on a bottom block while coach or another player is guarding one of those players. The player with the ball will open their eyes on coach's command and make a quick decision to pass to the open player who will then take a shot. The passer will take the place of the shooter. The shooter will go to the end of the line.
Tracing the Ball (3 x 1 minute)	Group the players into 3's & have one ball per group. 2 players should stand a little more than the lane width apart & face each other, one with the ball. The player with the ball will wait 3 seconds before passing to their teammate. After passing, the player will follow their pass & close out & trace the ball with the players that received the pass.
Shooting Line Game (2 games to 8)	Divide players into 2 or more group lines & have each group at a designated spot on the court. Group lines will operate as a team & keep their score together. The players will shoot one time, get their rebound, give it to the next player & return to the back of the same line. Continue until one team makes designated number of shots.
Game	2 – 12 minute halves. 5v5 * Encourage players. Sportsmanship. Coaches are the officials.

GLOSSARY OF BASKETBALL TERMS

Areas of the Court

- Backcourt – a team’s defensive half of the court.
- Block – the portion of the free throw line closest to the baseline.
- Elbow—The corners where the free throw line meets the lanes lines.
- Frontcourt – a team’s offensive half of the court.
- Lane lines—the lines at the side of the lane extending down from the free throw line.
- Paint – area below the free throw line
- Top of the key – area slightly beyond the free throw line.
- Wing – the area located on either side of the court, outside the lane, along an imaginary extension of the free throw line.

Common Violations

- 3 second violation – a violation occurring when an offensive player stands in the lane for more than 3 seconds.
- 5 second violation – when the team inbound the ball fails to pass it into play within 5 seconds.
- Foul – a violation resulting from illegal contact with an opposing player. Basic types of fouls include the following:
 - Block – the use of a defender’s body position to illegally keep the offensive player from advancing.
 - Charge – a personal foul committed when the offensive player illegally contacts a defensive player who has established their defensive position or if they are stationary.
- Carrying – the dribbler puts their dribbling hand under the ball and momentarily holds or carries the ball.
- Double dribble – occurs when a player dribbles the ball with two hands or they stop dribbling and then start dribbling again.
- Traveling – when a player with the ball takes a step without dribbling.
- Over and back – a violation occurring when an offensive player with the ball returns to the backcourt once they have established position in the frontcourt
 - Established position in the frontcourt means both feet and the ball have crossed the half court line.

Defensive Terms

- Box out – using your body to maintain a better rebounding position than an opposing player.
- Close out – the defender quickly slides up to and guards the ball handler or ball receiver.
- Deny – prevent an opponent from getting the ball by guarding them closely and staying between them and the player with the ball.
- Person-to-person – a type of defense in which a player is assigned to defend a specific opponent.
- Press – a type of defense that attempts to force the opponents to make errors by guarding them closely from half court or full court.
- Zone – a type of defense that has each player responsible for defending a specific area of the court and the opponents in that area.

Offensive Terms

- Cut – a quick movement by an offensive player to avoid an opponent or to receive a pass.
- Drive – a quick dribble directly to the basket.
- Fast break – a team attempts to move the ball down court and score as quickly as possible before the defense has time to set up.
- Pivot – a player keeps one foot in contact with a spot on the floor while moving the other foot to adjust their position or evade a defender.
- Screen – an offensive player stands between a teammate and a defender to give their teammate the chance to take an open shot or move to an open spot on the court.
- Square up – when a player’s shoulders are facing the basket as they release the ball for a shot.
- Triple Threat – an offensive position square to the basket where the player can shoot, pass, or dribble. Ball held at the hip.

YMCA YOUTH SPORTS COACH BEHAVIOR POLICY

YMCA Youth Sports coaches have the potential to influence a great number of people. We want you to be a positive role model for youth by maintaining an attitude of RESPECT, RESPONSIBILITY, HONESTY, & CARING. Youth sports coaches are role models to the players and the parents on their team.

Please Remember:

Your attitude and actions are on display for your team, your team's parents, plus opposing teams.

You are a role model – coaches should appear clean, neat, and appropriately attired. You are to treat all children equally—regardless of sex, race, religion, or culture.

Coaches must use positive techniques of guidance, including redirection, positive reinforcement, and encouragement—rather than competition, comparison, and criticism.

YMCA coaches should be involved for the kids:

- To teach skills and knowledge about the game

- To teach sportsmanship, teamwork, and character

- To provide a fun, low-key environment for all

- To promote friendships and family togetherness

Coaches should give high priority to the objectives above—focusing on winning and recognition can destroy positive outcomes.

YMCA Recreational and Micro Leagues are low-key and should be more relaxed. YMCA Spirit Leagues are designed to be competitive, however coaches should remember there is a difference of being competitive and being out of control.

Coaches are responsible for fan behavior.

Specific Guidelines:

Harassment and/or verbal criticism of officials is not allowed. Site supervisors are available for constructive comments following games.

In order to protect YMCA volunteers and participants, at NO time during a YMCA program should a volunteer leave a child unsupervised or be along with a single child where they cannot be observed by others.

Never touch a child in a manner that could be interpreted as abusive or would make them feel uncomfortable.

Treat each child on your team and opposing teams as individuals and be sensitive to their own personal feelings.

Profanity, inappropriate jokes, sharing intimate details of one's personal life, and any kind of harassment in the presence of children or parents is inappropriate.

Effective coaching experts agree that instructions should be given at practice. an over-abundance of instruction at game time only serves to confuse players.

Mannerisms can be just as offensive as foul language, i.e. throwing things, flailing movements, foot stomping, and tone of voice. This behavior is not allowed.

Smoking or use of tobacco in the presence of children, as well as, possessing or being under the influence of alcohol or illegal drugs during YMCA programs is all prohibited.

Volunteers must not abuse children.

Abuse includes:

- Physical abuse—strike, spank, shake, slap

- Verbal abuse—humiliate, degrade, threaten

- Sexual abuse—inappropriate touch or verbal exchange

- Mental abuse—shaming, withholding praise, cruelty

Policy Enforcement:

- Individual may be given a warning for inappropriate behavior.

- Individual may be asked to leave the game(s), games(s) may be terminated and/or individual may be asked not to return for other Youth Sports Activities.

- Other sanctions as deemed necessary may be enforced.