



**Kennebecasis Valley Basketball Association  
Coaching Guidelines: Bantam/Midget**

September 2007

### Revision History

Date	Author(s)
October 2000	Glen Spurrell
October 2001	Paul Vaughan
September 2007	Megan Lucas/Ann Hogan

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## Introduction

Thank you for volunteering your time to become part of this great organization. KVBA has 44 house league teams with players ranging from 6-18 years old. Without the active involvement of people like you this organization could not be as successful as it is.

This document is intended for use by KVBA house league coaches and assistant coaches and it intended to complement the other reference material available to you from the KVBA. The KVBA Constitution, Rules and Guidelines, and the Representative Team Guidelines are also available to you and can be obtained from the KVBA website.

Coaching certification courses are also available from the KVBA, BNB and Sport New Brunswick. For a list of courses please visit the KVBA web site or contact your house league coordinator. KVBA will cover your registration fee. Many other valuable coaching resources, such as books and videos, can be obtained from the Basketball New Brunswick by contacting their office.

Each KVBA coach requires a clear criminal record check. The fees for this are covered by KVBA. You need to call the Rothesay Police department 847-6300 to arrange.

Most importantly, if you have any questions, comments or concerns please do not keep them to yourself. It is imperative that all issues are identified and resolved as soon as possible before they grow into something too difficult to manage alone. Please remember you have a support network of parents, peers, coordinators and board members available to support you in your role as coach. If this is your first time coaching and you would like to have a mentor please let your coordinator know. Mentors are veteran coaches who will help you with your first couple of practices, and will be available for periodic questions, etc.

## **KVBA Coordinators Responsibilities**

The house league coordinator serves a specific and special role as intermediary between the coaches and the KVBA Board of Directors for ease of communication. It is by no means intended that coaches cannot communicate with the board of directors directly, in fact, coaches may attend any board meetings.

The following are some examples of the role the coordinator will play:

- Primary contact for players, parents, and coaches for respective division.
- To distribute information to respective division coaches (schedules, announcements, cancellations, and any other changes etc.)
- To direct problems to the appropriate executive member when required.
- To help select team coaches and to assist in the assigning of gym times for practices.
- To coordinate the assigning/drafting of players to teams and to handle special requests throughout the season (e.g. change practice nights, add new players, refund requests).

To help make team schedules for the division, practices and games.

**League Directors:**

Mini -	Megan Lucas	849-3206
Minor -	Ann Hogan	847-1961

**League Coordinators:**

Puppy -	JoEllen Jensen	847-1613
Junior Mini Girls -	Katherine Grant	849-8015
Junior Mini Boys -	Laureen Smith	847-0892
Senior Mini Girls -	Jeff Snow	847-0994
Senior Mini Boys -	Cindy Floyd	847-0616
Bantam & Midget -	Ann Hogan	847-1961

**Gym Coordinator:** Jeff MacLeod 849-8245

If any problems with gyms ie. locked out call Jeff.

If a parent contacts you about the possibility of switching their child to another night/team due to a conflict please refer them to the appropriate coordinator. Coordinators are also the people to contact if you have any questions or concerns.

**Late registration** requires that the proper forms and fees be handled appropriately. Persons wishing to register must contact the Registrar/Secretary Lisa Zwicker 848-0922. An additional \$20 will be charged for late registrations. Players are not insured until payment of registration fee has been collected and the child's name is on the master list.

Once again, thank you for your participation and **HAVE A GREAT SEASON!**

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## KVBA Coaches Responsibilities

This is not an exhaustive list of responsibilities but it will provide a great overview of what is expected from a KVBA house league coach. There are probably many other items that could be added to this list but most will become immediately obvious throughout the year.

- Be at practices and games 15 minutes ahead of the scheduled time.
- Never leave players unattended. Stay at the school until all players are picked up.
- Replace yourself if unable to attend a practice or game. It is a good idea to select a couple of parents to work as assistants so they may become familiar with the players and the process.
- Ensure the gym is free of any obstructions
- Ensure players have proper gym attire (i.e. shorts, shirt, indoor sneakers)
- Be prepared for practices. It is a good idea to introduce anything new at the first of practice while the players are still fresh. Always end your practices with something upbeat, such as a competition.
- Familiarize yourself with the KVBA house league rules, especially those with regards to equal play. The primary objective of house league is to provide a recreational environment for **every player** regardless of their current skills level or rate of development. Equal play is the primary rule in effect for house league games. Obviously, due to odd numbers of participants, some players will be receiving one shift less than others in some games. The coach will try to provide equal time as best as possible in this situation.

- Down play the importance of winning. Rather, stress the importance of working hard, team work and the enjoyment of developing new skills.
- Attend to any discipline problems immediately. We recommend a warning first, followed by sitting the player out of drills or the portions of practice. If this doesn't solve the problem, please speak to the parent as soon as possible. If the behavior continues to be a problem, send the player home by contacting the parent and asking them to pick the player up immediately. Finally, if these actions do not resolve the issue, contact your house league coordinator.
- Leave the gym in **better** condition than you found it. Remember we are a guest of the schools. Have players, and parents, help with cleanup at the end of practice



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## **Player's Responsibilities**

These items should be communicated to the parents and players during the first practice so there are no misunderstandings later on.

- Come to practice and games on time. Attend as many as possible.
- If unable to attend a practice or game, the coach should be notified ahead of time.
- Obey all school rules, treat the school property with respect.
- Be attentive and obedient. Do not be disruptive.
- Take care of your uniform and be sure to wear it to each game.
- Remember to bring your sneakers to practice - outdoor footwear is not allowed in the gym - it is to be removed in the lobby.
- Be a good sport. Don't criticize or abuse a player, coach or official.

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## **Parent's Responsibilities**

- **Parents must be sure all children with them as spectators remain in the gym at all times and are never left unsupervised.** Balls are not allowed out of the gym at any time.
- Parents are responsible for player's transportation to and from practice and games, and staying with their child until the coach arrives.
- If there is a problem, try to solve it with the coach first then, if necessary, the appropriate coordinator.

The KVBA follows a policy of having each player play "equal time" in all house league games. However a player who regularly misses practices and/or games may, at the discretion of the coach, receive less playing time.

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## **KVBA General Guidelines**

These guidelines are general in nature and are based upon the Constitution, Rules and Guidelines of the KVBA. These items are reproduced here for simplicity and convenience purposes. If additional detail is required please refer to the source documents.

**Players will be added to a team ONLY after they are approved by the registrar.**

- **ALL House league games will finish on time, regardless of what time they begin.** Game officials may shorten segments, or adjust the timing of segments, if they deem it necessary to keep the gym schedule on time.
- No KVBA team, other than the representative teams, may represent the KVBA at any provincial tournaments.
- No team may undertake any fund-raising activities without prior approval of the board.

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## **School Rules**

Please make sure the players and parents are aware of these rules at the first practice to avoid any misunderstanding. Strict adherence to the following rules is important. If there is a problem related to these rules please notify the appropriate league coordinator as soon as possible for resolution.

- No players are to be in the school without their coach.
- Adequate supervision of all players must be provided at all times.
- Players should arrive and leave by the designated door only.
- Do not prop, or block, the school doors open. Post a player by the door to let other team members in.

- Players are to be in the gym, dressing rooms or at the closest water fountain only. They should not leave the gym without the coaches' permission. They should never be in other parts of the school under any circumstances.
- No street shoes are to be worn in the gym.
- No equipment is to be removed from the gym, especially balls.
- Return any equipment you move to its original place.
- No one should ever hang from the net or rim, or "slam dunk". This can cause irreparable damage for which the person is responsible and accountable.
- No pop or food is to be taken into the gym.
- The school telephone is not for public use.
- Make sure balls are put away, lights are turned out and doors are closed and locked when you leave. On Saturdays, the coaches of the last game have the responsibility of making sure the school is properly closed. Normally a Hall Monitor will be available for this but Coaches should ensure this is done.
- In bad weather, boots are to be left in the entry of the school, and never allowed in the gym.

The future use of the schools is determined by how we use them. If we cause damage or create a disturbance, we could lose the use of the school.

**PLEASE ADHERE TO THESE RULES!**

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**KVBA Hall Monitors Guidelines**

- Ensure that all outdoor footwear is removed and left at the school entrance.
- Everyone enters through the same set of gym doors.
- Players must enter and exit changing rooms through gym entrances.
- Only KVBA registered players and people attending the game are permitted in the school. Under no condition allow anyone else to enter the school.
- There is absolutely no admittance allowed to any other part of the school other than the gym and the main entrance.
- The balls are for the teams to warm-up. During the games all balls are to be placed in the racks on the far side of the gym away from the spectators. Balls are not to be in the changing rooms, removed from the gym or used by spectators.
- Spectators are to remain in the gym at all times.
- Any incidents are to be reported to the facilities director.

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## **Cancellation Policy**

Usually throughout the winter months we have several storms that force the cancellation of practices or games.

- If school is cancelled on a weekday, basketball practice is cancelled for that evening, regardless of whether the weather improves or not.
- For game cancellations due to weather please call 847-DUNK (3865).
- If, for any reason, you have to personally cancel a practice or game, you are responsible for notification of your players, the other coach/coaches, as well as the officials (referees and timekeepers/scorers).

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## **Bantam/Midget House League Rules**

The KVBA house league follows the rules of play as set by Basketball New Brunswick.

- Shifts (10) are 3.5 minutes stop time with a half time break after the 5<sup>th</sup> shift
- Fair play time for all players
- 5 time outs per game
- Game starts with a jump ball at centre. Every other shift starts with the ball being passed in at centre (alternating possession).
- Score will be kept on a score sheet and posted on the score clock.

For additional rules please refer to the KVBA website (officials) [kvba.ca](http://kvba.ca)

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## **Referees and Officials**

The referees and officials deserve appreciation and proper respect for the work they are doing. Make sure that you introduce yourself prior to the game and make sure you know their names. If you have issue with something they do, please take the person aside and speak to them confidentially with respect to your concern at half time or the end of game. If your issue is not resolved to your satisfaction please discuss it with your league coordinator who will in turn discuss it with the director of officials. We would ask that you provide the date and time of the game, person(s) involved and description of the issue. The director will provide feedback.

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## Coaching Theory

*The following is taken from an "Ask the Coach" article published on the Basketball Highway Web Site (<http://www.bbhighway.com>).*

The most critical element that a very young player can learn and should maintain throughout the course of their basketball "career" is fun. The reason is that it is an intrinsic reward to participating in basketball. Most anyone who has ever played the game and kept on playing it does so because there are both intrinsic and extrinsic rewards. The problem with extrinsic rewards (trophies, travel, applause, and at higher levels money) is that they come and go. If your joy of playing basketball is primarily based on extrinsic rewards you will undoubtedly hit hurdles along the way (such as injuries, disappointment, poor performance, failure to reach external goals) that cause you to lose desire to play. The intrinsic desire to play and have fun should be the greatest motivator for anyone playing basketball.

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## Goals

There are two basic goals the KVBA wishes to achieve:

- **Most Important:** The Kids should have **FUN!** They should enjoy the game of basketball.
- Players should be encouraged to play as a team by passing and playing defense.

## Practice Overview

- The key to practice at this level is to keep it **simple**.
- You can adapt your time anyway you feel comfortable.
- Keep verbal instructions short
- Demonstrate skills yourself or choose a player you know can perform the skill

**Basic Practice Outline:**

10 min.	Warm-up	Stretching, footwork, ball handling
15 min.	Drills (max. of 3)	Shooting, Passing, Defense, Footwork, Ball handling
5 min.	Recap what they learned and encourage them to use it in their game	
30 min.	Game	Full court when possible Substitution every 4-5 min. Play 5-on-5 or 4-on-4

How do you add fun to drills and activities in coaching? First of all, you need to have three elements in each of your drills.

- Structure drills so that kids achieve some element of success in every drill. Too often coaches expect long-term results to appear in a short time. It doesn't happen.
- Each drill should be organized such that each player can receive some positive feedback either through the coach's verbal praise, or encouragement of others in the group.
- Drills or games should be made achievable. If your kids are getting discouraged simplify your drills so that can accomplish the goal of the drill (game). As their ability to accomplish the goal is more consistently reached, then add complexity.

Many examples of drills can be found at websites listed on the KVBA website or by going to:

<http://www.guidetocoachingbasketball.com/>



In structuring practices there are a few key elements.

- Emphasize teamwork, and team success.
- It is okay to praise individual accomplishment, but you should create an environment on the court where kids want other kids to succeed as well. This will require a little creativity on your part. If you have some kids who are less athletic, or skilled, match them up against a comparable opponent in drills so that both have a realistic chance to reach the goal drill.
- Start and/or end each practices with stretching.
- Stretching is an athletic habit more than worth the investment in time at this age that will last a lifetime. Stretching, while not seemingly important at this early age, sets a practice habit that will over the course of a person's life reduce injury, speed recovery from muscle overuse, and develop strength and flexibility in a natural way.
- Have a component of your practices that included running.
- Conditioning is an important part of developing basketball skills. Running lines is not the way to condition young players. However running fast break drills, or 1 on 1 or 2 on 2 tag games over the length of a court can be an effective way to incorporate fitness.
- Spend at least 20-30 minutes practicing fundamentals.
- Fundamentals like lay-ups, shooting technique, defensive footwork, passing, dribbling, and pivoting are essential for players of all ages. Have them focus as much as possible on proper execution of any fundamentals you are practicing, but try to end each drill with a game of some sort whether it be a shooting game, or dribble relays.

- Allow for some scrimmage time.
- Scrimmage time is where kids develop an understanding of how various skills are tied together and when they are best used. That is difficult to gain if you only practice fundamentals without scrimmaging. Be imaginative and create some special rules for the scrimmages to help enforce the fundamentals being taught:
  - Add a rule that no one is allowed to dribble until specific numbers of baskets are scored. This will help promote player movement and passing.
  - Add a rule about having to have at least 3 different players touch the ball on offense before someone can score.
  - Divide up the teams pulling some of the players with lesser ability to their own court where they can play against players of similar abilities.
- Be creative, imaginative, and try to involve as many players as possible into as much of your practice as possible.

**An excellent website for basketball resource**

**<http://www.coachesclipboard.net/>**