

Riverview Minor Basketball Association

Coaches Handbook

Riverview Minor Basketball Association

2010

This handbook is designed to be a guide to coaching and developing the skills and enjoyment of the junior mini, mini and bantam age player.

Coaches
Handbook

Riverview Minor Basketball Association

Coaches Handbook

Dear Coaches and Assistants,

Thank you for volunteering your time to become part of the Riverview Minor Basketball Association. It is the active involvement of people like you that make this organization a success.

This document is meant to complement your previous basketball knowledge to aid you in delivering a fundamentally sound basketball program. It is not intended to be all encompassing but to be used as a resource. It includes skill development guidelines and rules for each division. The adherence to these rules and guidelines will ensure we provide consistent programming.

I hope you find this manual helpful in getting your program off to a successful start. Good luck and have a great season!

Yours in basketball,

Nancy Squires

Riverview Minor Basketball Association

Coaches Handbook

Coaching Web Links

www.basketball.nb.ca

www.basketball.ca

www.coachesclipboard.net

www.breakthroughbasketball.com

Riverview Minor Basketball Association

Coaches Handbook

Important First Practice Reminders

The following should be done **PRIOR** to your first practice or as soon as possible given your schedules:

- Read your coaches manual and ask questions if necessary.
- Contact the parents of all players and advise the following:
 1. Your name
 2. Your phone number (email if you wish)
 3. Scheduled practice time and place
 4. Details of first practice (attendance of at least one parent at the start of the first practice for a 5-10 min. meeting of parents and players)

The following should be covered at the first practice meeting or as soon as possible given your schedules:

- Introduce yourself and assistant coach
- Establish your rules such as how to act at practice and treatment of equipment/facility
- **FOR PUPPY & JR MINI ONE PARENT/GUARDIAN MUST REMAIN IN GYM DURING PRACTICE/GAME**
- Review RMBA Parent's Code of Conduct and Athlete's Code of Conduct (have parents and athletes sign as needed)
- Review procedure for practice and game cancellations
- Explain FAIRPLAY rule – No player may participate more than 1 shift in excess of the player participating the least (except through illness, injury, fouling out or late arrival)
- Parents should be encouraged to visit www.rmba.ca for news and upcoming events.
- Always escort your child safely into the gymnasium. At RMS the gym doors will be unlocked 15 minutes prior to practice/game time and locked 15 minutes after the scheduled begin time and will not reopen again until 15 minutes prior to the end of the scheduled gym time. Again, never drop off your child in the parking lot at RMS as you cannot see the gym doors from this area.

Riverview Minor Basketball Association

Coaches Handbook

Practice Organization

- Try to keep practices as simple and interesting as possible.
- Always come to practice with a plan.
- During each practice you should spend some time on each of the following skills:
 1. Footwork
 2. Passing
 3. Shooting
 4. Ball Control (dribbling and ball handling)
 5. Offence
 6. Defence

With the younger players, drills concentrating on a single skill will be most beneficial. As the age of the players increases, the complexity of the drills can increase allowing you to work on more than one skill in a drill

- Practices should begin with a warm up consisting of conditioning exercises.
- Each drill should have a quick introduction (1-2 min.) and last 5-10 minutes. You want quick transition between drills.
- Most important in planning good practices is to try to keep all players active. Make your practices meaningful, fun and exciting so that your players will play hard.

ALL EQUIPMENT MUST BE LOCKED AND STORED AT THE END OF THE LAST PRACTICE/GAME OF THE DAY. COACHES ARE NOT TO LEAVE THE GYM UNTIL ALL PARENTS/CHILDREN HAVE LEFT THE GYM.

Riverview Minor Basketball Association

Coaches Handbook

9.00 RULES OF PLAY – HOUSE LEAGUE (taken from RMBA policies book)

- 9.01 The following general rule changes shall apply to all divisions:
- No overtime shall be played in regular league play, except where time allows. Overtime for Tournament play is allowed.
 - Zone defences are not permitted.
 - No pressing in lower divisions.
 - Equal time for everybody at all levels.
 - Game will be defaulted at the discretion of the Coordinator, where established fair play rules are broken.
 - Alternating possession rule shall replace jump balls as per BNB rules except for Mini and below.

- 9.02 Puppy
- Games shall be in four – 3 minute segments per half
 - Equal floor time is applicable
 - No running score to be kept
 - Mini basketball shall be used

- 9.03 Junior Mini
- Coaches must grant equal participation to each player
 - Running score may be kept at the discretion of the Coordinator
 - Free throws shall be taken, and fouls kept (no bonus shots)
 - Team scoring must retreat over centre line until ball passes centre line
 - Shifts should be 4 minutes long
 - Mini basketball shall be used

- 9.04 Mini
- Coaches must grant equal participation to each player
 - Two time-outs of 30 seconds per half may be granted to each team
 - Individual scoring and personal fouls shall be maintained
 - Shifts should be 4 minutes long
 - Free throws shall be taken in accordance to FIBA rules with the foul line
 - Basket shall be set at a height of 2.16 meters (8'6") off the floor
 - Foul line shall be set at 4.0 meters (13'0") from the backboard
 - Mini basketball shall be used
 - Jump ball will start each game segment

Riverview Minor Basketball Association

Coaches Handbook

9.05 Bantam

- Each team may call one time-out per half, of one minute each
- Each game shall be four - 5 minute shifts per half with equal participation granted each player
- Free throws as per FIBA rules
- Individual scoring and personal fouls shall be maintained
- Substitutions can be made on any dead ball, per FIBA rules
- Intermediate size ball shall be used
- Last minute of game shall be stop time (where time allows)
- All other rules as per FIBA

9.06 Midget

- Official size ball shall be used
- All other rules as per Bantam

9.07 Juvenile

- All rules of play shall be as in FIBA rules

RMBA PRACTICE/GAME CANCELLATION

- A) If schools are closed for holidays, practices and games are cancelled.
- B) If schools are closed due to poor weather conditions, practices and games are cancelled, even if weather improves.
- C) Practices and games are cancelled for teacher workshops.
- D) If Saturday practices and games are to be cancelled due to weather it will be posted on the RMBA website and announced on the radio. Coaches will also receive an email or voicemail.

Riverview Minor Basketball Association

Coaches Handbook

RMBA Contacts List 2010-2011

Kirk LeBlanc	President	k.leblanc@bellaliant.net
Mark McAleese	Vice-President – Provincial Coordinator	chphilli@nb.sympatico.ca
Darren Rose	Vice-President	darren.rose@gnb.ca
Todd Coleman	Past President	tandc@nb.sympatico.ca
Jennifer Linthorne	Gym Coordinator	joejen@nbnet.nb.ca
Tanya Porter	Secretary	tanyaporter@hotmail.com
Leanne LeBlanc	Treasurer	l.leblanc@bellaliant.net
Deanna LeBlanc	Referee Coordinator	dleblanc@omista.com
Carolyn Longaphie	Website and Marketing	clongaphie@rmba.ca
Kim Saucier	House Coordinator	kimberly_21th@hotmail.com

Division Coordinators

Richard Rafferty	Puppy	irish10@nb.sympatico.ca
Natalie Flowers	Jr. Mini Girls	flowers4@nb.sympatico.ca
Lorie Steeves	Jr. Mini Boys	stacey.lorie@yahoo.com
Jim Bigger	Mini Girls	jimb5268@gmail.com
Jennifer Linthorne	Mini Boys	joejen@nbnet.nb.ca
Wendy Publicover	Bantam Girls	dwpublicover@rogers.com
Donna Blakney	Bantam Boys	blakneys@rogers.com

Riverview Minor Basketball Association

Coaches Handbook

10.00 DISCIPLINE POLICY (taken from RMBA policies book)

- 10.01 All parents/guardians of registered players are required to sign the Parent's Code of Conduct (Appendix B) before the first day of house league.
- 10.02 All RMBA athletes are required to sign the Athlete's Code of Conduct (Appendix C) before the first day of house league.
- 10.03 Players and parent/guardians must demonstrate respect for others, for the RMBA, school staff and for school property at all times. Everyone is expected to respect and abide by school gym rules at all times.
- 10.04 A collaborative approach to discipline is important, engaging the player, the parent/guardian and the coach to solve any potential issues. However, significant incidents* that are contrary to the Code of Conduct must be documented by the coach. The following 3 Strike Protocol will be used at all levels:
- 1st Incident: The Coach will speak to the player identifying the inappropriate behaviour. The Coach will also speak to the player's parent/guardian and document the incident using the appropriate form. A copy of the form will be given to the Division Coordinator, who will in turn report the incident to the House League Coordinator and the RMBA Executive.. (see Appendix D for form)
 - 2nd Incident: The Coach will speak to the player, identifying the inappropriate behaviour and that this is a 2nd incident. The Coach will also speak to the player's parent/guardian and notify the Division Coordinator in writing of the incident. The Division Coordinator will inform the House League Coordinator, and the RMBA executive.
 - 3rd Incident: The Coach will speak to the player, and the parent/guardian, identifying the inappropriate behaviour and that this is the 3rd incident. The Coach will notify the Division Coordinator of this third incident.
 - Depending on the severity of the incidents, the RMBA may take disciplinary action up to and including suspension.
 - The Player may only return to play once an agreed upon plan is in place that will ensure that the behaviour will not be repeated.
 - Parents who wish to appeal the disciplinary action may do so by contacting the RMBA executive in writing.

Riverview Minor Basketball Association

Coaches Handbook

- Registration fees will not be refunded for players who have been suspended or removed from teams as a result of poor conduct.

* Significant incidents examples: damage to school property, physical violence, etc.

10.05 The RMBA reserves the right to immediately suspend a player from league activities when the breach of conduct is severe. (I.e. physical abuse of another player, theft, etc.)

10.06 The same 3-Strike Protocol is applicable to parents who do not respect the Code of Conduct. The Coach may speak to the parent after the incident OR report it to the House League Coordinator for follow up.

Riverview Minor Basketball Association

Coaches Handbook

APPENDIX D

INCIDENT REPORT FORM

Date: _____

Name of Player: _____

Team/Division: _____

Description of Incident:

Witnessed by:

1st Incident ____ **2nd Incident** ____ **3rd Incident** ____

Consequence for the behaviour:

Signatures:

Player

Parent/Guardian

Coach

