



Homenetmen Ararat Basketball Division

Created by: Basketball Technical Committee

Title: "First Time Coach"

MAY 2008

Revision A

The header features a horizontal row of six circles. The first circle is solid light blue and contains the word "Mission" in a bold, blue, sans-serif font. The second circle is a light blue outline. The third circle is solid light blue. The fourth circle is a light blue outline. The fifth circle is solid light blue. The sixth circle is a light blue outline.

Mission

- Homenetmen Ararat's mission is to prepare exemplary and law abiding citizens by providing physical and health education, endowing the mind and soul of the members with the finest spirit of sportsmanship and developing an understanding of responsibility and honor as they strive for individual and collective excellence.



Program Overview

- The Homenetmen Glendale "Ararat" Chapter's **Basketball Division** follows the Chapter's overall objective of serving the Armenian community in Glendale by creating the best family atmosphere for the physical and intellectual growth of our members through athletics.
- Basketball is the most popular sport at Homenetmen "Ararat" Chapter. There are approximately 800 boys and girls ages 7 years and up participating in 40 teams. The teams are divided by age and gender. We hope our new center will enable us to accept new members for our Basketball program.



Activities

- Homenetmen Glendale "Ararat" Chapter's basketball teams participate in the annual Navasartian games, various Homenetmen sponsored tournaments and trips, as well as non Homenetmen organized tournaments. Our Division's biggest achievement is creating year around activities for our youth in a safe environment using volunteer staff, comprised of our experienced leaders, coaches and parents. Young athletes, who join the basketball Division, are trained as basketball players and potential leaders. By creating various leadership opportunities in the field of basketball, our program helps the young athletes develop leadership skills to serve as leaders in the Division and, consequently, the community.



First time coach
G to C Division (6 to 16 year old)
boys & girls

Homenetmen Glendale Ararat Chapter Division G, F, E, D, & C Boys & Girls Basketball Coaches

COMMENTARY

By Definition a coach is someone who trains, teaches mentors, instructs, and tutors his/her “students”. Obviously, every coach has a different approach and technique in teaching and training his/her players, **but we must all agree** that there are a few fundamental steps that our coaches must consider regardless of their experience and knowledge. It is also imperative to realize and understand the talent level, practice settings, practice limitations, and age group of our “students”. Obviously a fourth grade student will have difficulty understanding a 10th grade polynomial algebra expression, and in the same way a complicated play or drill that utilizes college player’s talent and abilities would not be very effective for F, or E division player to learn and properly execute.

Players who learn the rules of the game, and have strong fundamentals enjoy playing the game longer, and they welcome new challenges as they are presented to them. On the other hand players that lack the fundamentals tend to stay away from new challenges.

Back to our MATH example, if I do not understand the 5th grade math, 6th and 7th grade math will become extremely uninteresting and difficult.

Prepare for each practice ahead of time and emphasize on fundamental basketball, be patient; make the practice experience an enjoyable one; keep everyone involved at all times. After all, our program is based on recreational basketball where every kid must be valued for their participation.

Basketball Technical Committee



Parents Expectations

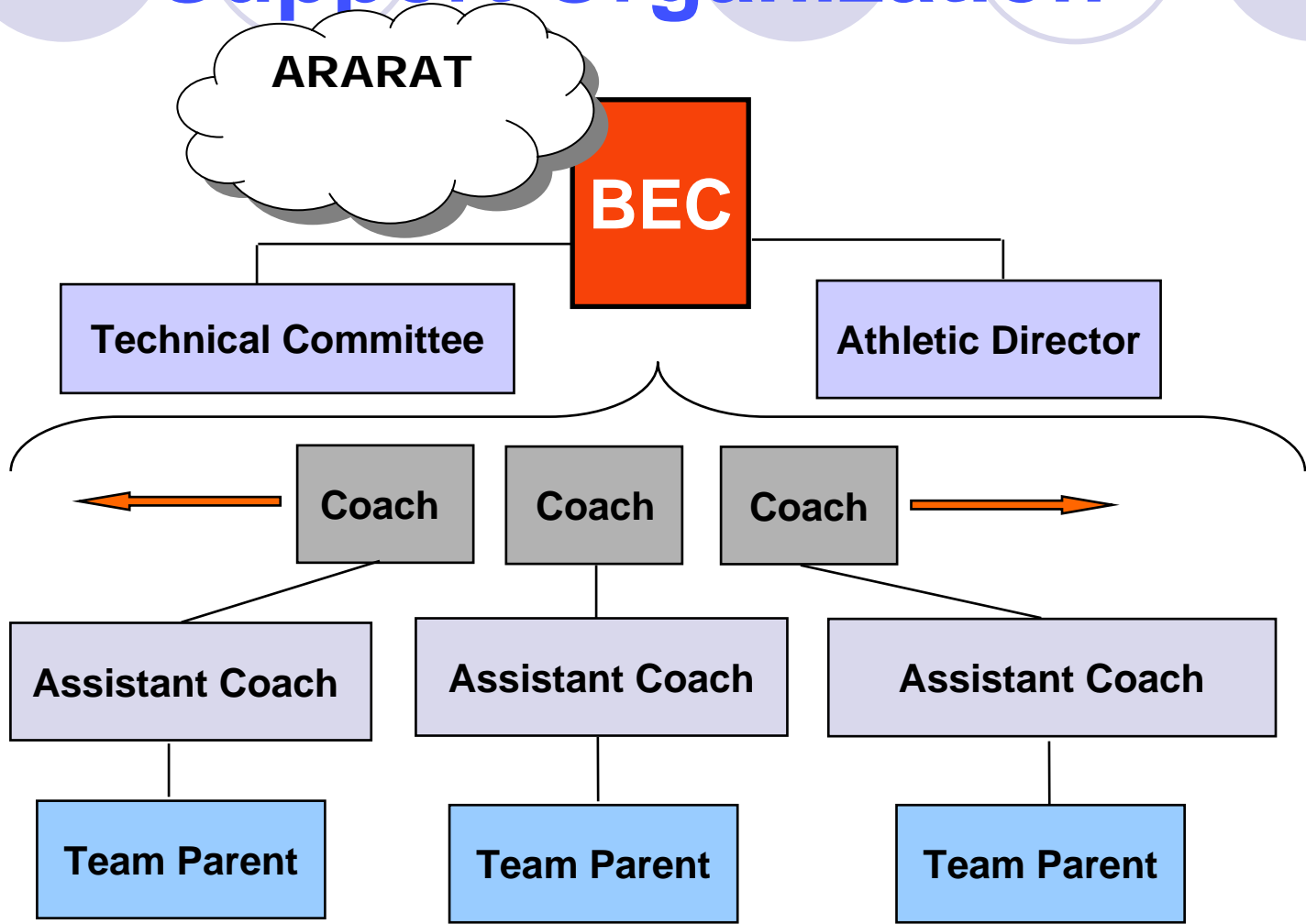
- It is our experience that most parents respect and abide by the rules and regulations proposed by our coaches and the organization for the teams. In return parents would like to see a fair and reasonable team operation by the coach, and the organization. Therefore, good communication between the coach, athletic office, and the parents is a **MUST**. Keep in mind, for our young players their parents are very interested about their progress, and obviously they would like to see their kids, *regardless of their technical skills*, improve and advance.

Do's and Don'ts



- Never try to solve your conflicts with the parents in the basketball Gyms, before or after games, and specially in the Ararat hallways.
- For the parents who have issues with your coaching, politely refer them to see the Athletic Director (your supervisor).
- Make sure Athletic office is aware of some of your team issues; such as parents complaining, kids bad attitude, lack of commitment from the parents, so when the problems are escalated, athletic office has familiarity with your issues and there are no major surprises.
- Some parents have high expectations of the coaches, others are happy to see their kids are involved in an Armenian organization. It is our challenge to keep the balance and satisfy their needs with creation of programs and activities to satisfy all.
- Written communication works well.
- Elect a new team parent every year, at the minimum every two years. For best balance choose parents from first and second team.

Support Organization



Summary of organizational responsibilities

Homenetmen

Executive Board
Organizational Policies & Activities

Executive Director
Operations MANAGER

Basketball Executive Committee
POLICY and Activities of the Program

Athletic Director / Athletic Office
Execution of Organizational policies,
Technical and Administrative Basketball Operations

Coach
Team Manager

Team Parent
Assist coach and athletic office for better communication with players & parents



Contact information

- Athletic Office: (323) 256-0651
- Front Desk: (323) 256-2564
- www.ararat.org Ararat WEB site
- www.homenetmen.net For all game schedules



Roles and Responsibilities /

Basketball Division

- Basketball Executive Committee
- Athletic Director
- Coach / Assistant coach
- Team Parent

Basketball Executive Committee – BEC

Composed of Chair person, Co-chair, secretary, treasurer, and advisors.

- Appoint various Technical committees/Federations and Parent Support committees with a corresponding liaison from the BEC
- Oversee proper implementation of overall division activities such as, practices, tournaments, division & chapter events, roster submission, membership & fee collection and team uniforms.
- Provide Policies, Requirements & Guidelines to all Committees/federations & Coaches (i.e. practice facility use, Dress codes, Uniforms, Tournament limits, trip requirements, player placement guidelines, requiring attendance records, ...).
- Plan a complete annual program and schedule with it's corresponding annual budget, based on a pre-approved chapter's Executive Board's budget guidelines.
- Provide various educational programs, as required, for it's athletes, coaches, and leaders (i.e. educational seminars and leadership training programs).
- Make disciplinary decisions for improper conducts of athletes and coaches, based on Homenetmen bylaws.
- Plan various trips & camping (appoint a leader/committee to organize each trip/camping).
- Plan Athletic competitions, such as tournaments and games.
- Organize appreciation events for it's members.
- Prepare annual reports for year-end general meetings.
- Assemble frequent meetings with its federations and coaches to prepare for upcoming tournaments and review future plans, goals and objectives.
- Encourage it's members to participate in various Chapter's functions and activities.
- Encourage parent participation in various functions (Team Parents, Committees, Trips, Fund Raising events).
- Execution of proper accounting procedures based on Chapter's Exec. Committee's guidelines and ensure proper closure (hashvepak) upon completion or termination of the Athletic event.
- Periodically review and compare programs to pre-approved annual plan & budgets.
- Assist Executive Director in evaluation of Athletic Director's job performance.
- Evaluate the need for additional facilities as required for it's athletic activities.

Athletic Director, roles & responsibilities

- Athletic director is responsible for the overall implementation of BEC decisions. and reports to the Basketball/Athletic EC and chapter Executive Director.
- Be present at the athletic office during office hours defined by Executive Director.
- Respond to visitor's needs and problems and report them to the BEC or Executive Director as needed.
- Attend BEC meetings and present weekly status report. Also attend all Basketball. Technical committee meetings and other meetings as instructed by BEC.
- Prepare all practice schedules by consulting with coaches and using BEC's guidelines.
- Review and improve practice schedules, when necessary.
- Prepare and update computerized list of all practice team rosters and their respective coaches.
- Prepare athletes and coaches personal files, including their photos and basic information and maintain them in an organized filing system.
- Monitor and convey all deadlines for upcoming athletic events to the BEC, Basketball Technical committees and Athletic Div. Federations and Coaches and assist them in preparation (i.e. rosters, fee collection).
- Oversee the organizing committees in planning tournaments & athletic events.
- Register athletes in their corresponding teams and process all transfer requests.
- Maintain & update inventory of all athletic gears & equipment and report it to the Division BECs.
- Be present at Navasartian games and any other tournament if required by Division BECs.
- In case of absence from any scheduled office hours, has to coordinate his absence with Executive Director & Division BECs.
- Proposes ideas and plans to improve the division.
- Recommend safety & security measures for the athletes during their practices.

Athletic Director roles & responsibilities

continues

- Review all proposed budgets (Nakhahashivs) & purchase requests before submitting to Executive Director.
- Secures permits for outside facilities and obtain authorizations (from Executive Director) for the use of internal facilities.
- Maintain administrative supervision on all coaches & instructors, report any misconduct, tardiness or any important issues to the BEC and Executive Director.
- When necessary and requested by Executive Director, assist in operation of the chapter office.
- Prepare & submit an administrative monthly report concerning practice schedules & coaches contact info to chapter's office and update the changes.
- All related athletic correspondence should also go through Athletic Director.
- An Athletic Director cannot be an active coach.
- In absence of Chapter's Executive Director, Athletic director will be in charge of all activities in the center?
- Monitor all practices & enforce all polices & guidelines to be used during practices.
- Keep track of coaches' attendance record and performance & prepare an annual report, based on those records.
- Immediately relay any related decisions & announcements made in the meetings (BEC, Basketball Technical committees & Athletic Federations to the respected coaches and leaders through email. (this should provide a secondary backup communication mechanism for the B/A divisions).
- Maintain a complete First Aid Kit in the athletic office & outside facilities.
- Collect incident reports of all athletic activities and report important one's to the BEC & Executive Director.

Coaches Responsibilities

- Each coach is assigned to coach a team for one-year cycle.
- Coaches are required to attend seminars and training sessions organized by Regional Homenetmen as well as Ararat chapter.
- Coaches who do not abide by Homenetmen Ararat's rules and regulations are subject to disciplinary action and or removal from coaching.
- Coaches have the authority to discipline or suspend player. Coach may suspend the player for the maximum of two weeks (4 practices) and or one game. The decision has to be communicated to the Technical committee. In the case of more serious situation, case will be referred to the BEC, for further disciplinary action.
- Coaches are not allowed to cancel their practices, without a justified reason and prior notification to the AD, and the Team Parent.
- Coaches are not allowed to recruit players from other Ararat teams or from outside, unless it is consulted and approved by the Technical Committee/AD.
- Coaches cannot change the time and or the location of their practices, without permission from Athletic Director. In case of practice cancellation or time change because of an emergency, they need to inform team parent or every team member and AD within reasonable time.
- Coaches cannot allow a non roster player participate at their practices.
- Coaches cannot sign up or participate in any league/tournament without approval from Technical Committee/Athletic Office.
- Coaches could hold meeting with their team at their discretion, however any meeting involving
- parents has to be informed and approved by Parent Support Committee. A PSC member should attend those parent meetings.

Coaches Responsibilities *continues*

- Coaches cannot forfeit any game. In case of justified forfeit they are responsible to report to Technical Committee/Athletic EC.
- Coaches are responsible to report incidents or inappropriate behaviors, which occur during practices and or competitions, to the Athletic Director and PSC.
- Any practice (F-C division) with less than 8 players is subject to be moved to outside court. This is to accommodate teams practicing with full roster.
- Coaches are not allowed to collect any extra fees from team members and or keep separate bank account for their team. (Sponsorship Policy)
- Coaches are responsible to turn their team rosters and participation fees as required to the Athletic Director or TC on a timely fashion, using Team parent's assistance.
- Coaches are responsible to emphasize Homenetmen dress code requirements (i.e. logo), during games and practices.
- Coaches are not allowed to order their own team's exclusive sportswear with any vendors, outside of Athletic division guidelines.
- Organizing any friendly games needs to be coordinated and approved through Athletic Director and TC.
- Coaches are responsible to update changes to their practice team roster and player information and submit them to Athletic Director, using team parent assistance.
- Coaches are responsible to maintain practice attendance record and submit a copy to the Athletic Director, using team parent assistance.
- Coaches need to be aware of chapter's insurance policy and procedures. They also need to obtain parent consent form during trips.
- Coaches need to treat team members fairly regardless of their athletic skills.
- Coaches are required to participate in all meetings they are invited by Division EC and TCs.
- Meetings' attendance record will be kept to be used later as input to coaches' performance evaluation.

Team Parent Responsibilities

- Team Parent will be the liaison between the coach & the Parent support committee.
- Team Parent or his/her assistant should be present at all team practices & functions. This person should not interfere with how the practices are being held.
- If the coach & his/her assistant are absent, after obtaining A.D.'s approval, cancels the practice & reports it to the Technical Committee.
- Will assist the coach in maintaining & submitting monthly attendance records to AD office.
- Also will call & contact the absent member's parents to find out about the reason for their absence.
- Will monitor the collection of membership/class dues.
- Prior to tournaments or trips, will assist the coach or the PSC in collecting fees, applications, jerseys, etc.
- Will participate in committees formed to plan athletic trips or camps.
- Will arrange one-day trips, parties or other fun activities to create a family atmosphere for the team & its parents, with reasonable cost to participating athletes and provided guidelines.
- In case of practice or game cancellation, notifies all parents in a timely manner.



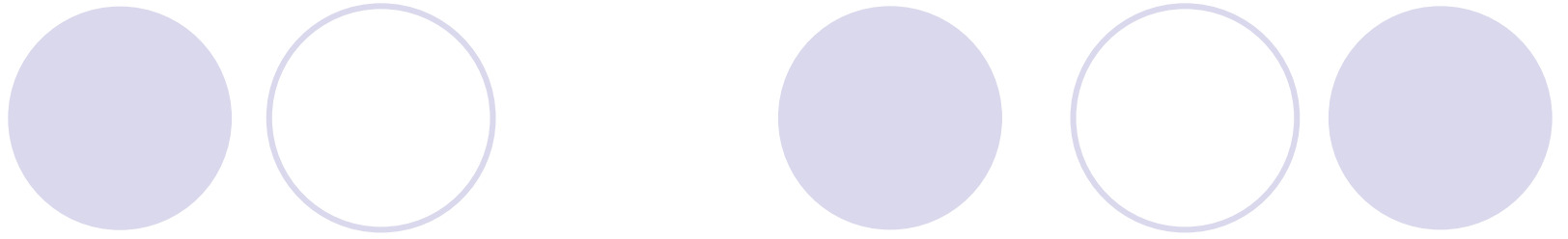
Technical Perspective

Age groups and skill requirements for G, F, and E divisions

- Teach proper stretching. Promote athleticism and good sportsmanship.
- Younger players tend to “*unknowingly*” play very selfishly, and they overestimate their talent on the court. It is very helpful to stop the practices and ask everyone to freeze on the sound of the whistle, and question the players if they see an open teammate for a better shot. This approach teaches them **court awareness**, **floor spacing**, and trust in teammates. After a number of stops ball reversal becomes a second nature for the players of this age.
- Obviously, **passing** and **dribbling** must be thought at a young age. It is recommended that some time is spent in every practice to work on the skills required to **move the ball up and down** the court **effectively**.
- Younger players also tend to call for the ball constantly. It is recommended that any talk, such as asking for the ball, to be considered same as a turnover. After a few of “turnovers” amazingly the mouth stays shut and players focus on movement to receive a pass rather than calling for the ball.
- Players at this age learn by watching rather than listening. Show them the proper way of passing, dribbling, and rebounding. Even better, showcase the players that are doing the drill right, and set examples for the rest.
- Finally, it is important for the players to have a basic understanding of their **defensive responsibilities**, as well as **position responsibilities**, such as guard, forward, center. Some coaches recommend Zone Defense for this age group, others believe in MAN to MAN.
- *We recommend Match up Zone, and help responsibilities.*

Age groups and skill requirements for D, and C divisions

- Emphasize ball movement and effective passing; players at this age tend to rely on their dribbling skills too much. Ball movement provides a number of easy opportunities to score easy baskets.
- Proper shooting must be constantly reminded in shooting drills - Arch, Rotation, Use of finger tips, extension of hand, use of legs.
- Emphasize team work, coach K of Duke says that 5 fingers are never as strong as your fist.
- Teach proper techniques, and RIGHT WAY OF DOING “THINGS”.
- Dean Smith says, if you trust your teammate and move the ball around, it eventually will come back to you!
- Make a note of meaningful assists, and encourage your players to take pride in assist, as much as scoring themselves.
- Emphasize proper fundamentals. Pass with two hands, dribble with finger tips, bounce pass, rebounding, boxing out, and everything else that has to do with fundamental basketball.
- Experiment with a number of basic man and zone plays and determine what play gives your team the best result. Do not be bashful to communicate with another coach and get help.
- We have over 40 coaches in our chapter, but we do not utilize each others knowledge to strengthen our cache's fraternity.



EDUCATIONAL

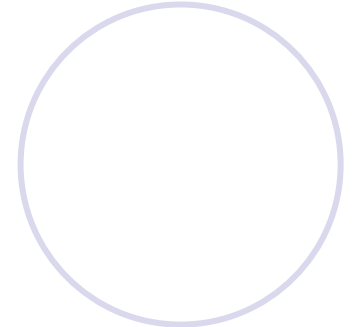
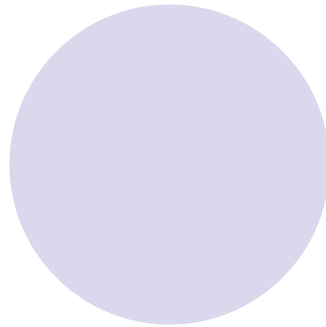
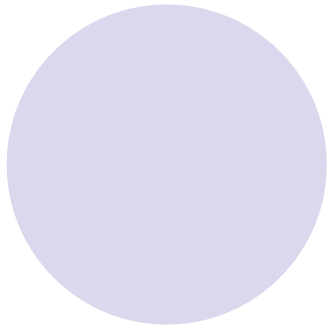


Team work amongst our coaches

“Experience is what you learn after you know it all”

- We encourage our coaches to meet and brainstorm technical and administrative issues with other coaches, specially with experienced coaches.

HISTORY OF Homenetmen ARARAT CHAPTER





Homenetmen Ararat

Who are we?

- The Armenian General Athletic Union and Scouts, Homenetmen, was founded in 1918 in Istanbul, Turkey. Homenetmen is predominantly athletic and scouting organization which over the years has branched out into many regions throughout the world. The organization has its bylaws which govern all of its activities. Homenetmen Glendale "Ararat" Chapter, was founded on December 15, 1978 and currently is the largest of the 19 Chapters in Western United States Region. At its inception, as dictated by the requirements of the time, "Ararat" Chapter simultaneously founded Athletic and scouting Divisions. Later on Fundraising, Cultural and Programs Divisions were established. The Chapter's Executive Board is elected by delegates from all Divisions for a one year term and oversees the activities of all Divisions. In addition to its many volunteers, the Executive Director and a small staff manage the Center and help run the various programs and administrative duties.

Founding of the Chapter

- In 1975 the Armenian community in Glendale, California began to grow. In 1978, several individuals organized and initiated a scouting program in Glendale. This group of scouts first began their activities with Homenetmen Los Angeles Chapter, and in the fall of 1978 began to conduct their separate scouting activities. Meanwhile, a group of young Armenian athletes came together in Glendale and formed a soccer team that held regular practices. Later on, the scouting group and the soccer team were brought together to form Homenetmen Glendale Chapter. Our Chapter's initial meeting took place on December 15, 1978, at the Armenian Center in Glendale, where the Chapter's first Executive Board was elected.

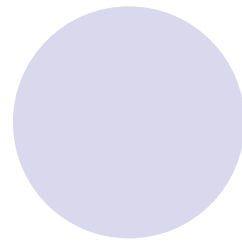
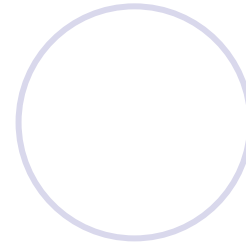
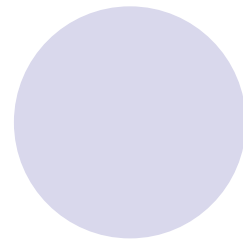
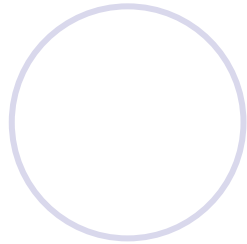
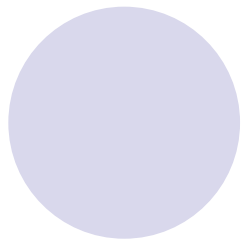
The First "Ararat" Center

- Due to rapid growth of its membership, "Ararat" Chapter began having difficulties in securing adequate office space and facilities for its activities. Since its founding until 1983, the Chapter's offices were located next to the original St. Mary's Church located at 1224-1228 East Carlton Dr. in Glendale. In 1984, for the first time the Chapter purchased a property in Glendale located at 544 W. Broadway which consisted of two adjacent single-family homes. A single fundraiser banquet organized by the group of "Gharadagh" compatriots raised over \$70,000, which became the seed money and a significant part of the down payment. Later, the Chapter was successful in obtaining a grant from the City of Glendale for the purpose of renovating the center. During the remodeling efforts, scouts, athletes, parents and volunteers came together like a family and helped in any way they could to complete the project.

New Milestones



- By the late 1980's, it became obvious that our old building, the Broadway Center, could no longer serve the growing scouting, athletic and youth activities as well as administrative functions of the Chapter. An ad-hoc Center Committee was formed to search for a larger and more suitable center. The search focused on Glendale and its immediate surrounding area and finally, in 1996, the Center Committee found a highly suitable property located at 3347 N. San Fernando Road in Los Angeles. In November 1996 the current center was purchased and after a three different construction phases, which took no less than five years, the end result culminated in a fully-equipped, multifunction facility which serves a large portion of the Chapter's needs.
- Just recently Homenetmen Ararat purchased a second center in Glendale.



Basketball HAND BOOK

Basketball History

- Basketball is a very popular sport all around the world particularly in the United States. There are ten players on each basketball team and maximum five of the players are on the court at the same time. The main goal of the game is to put the ball through the hoop, and then score more points than the opposing team.
- The sport is played on all levels such as schools, colleges, professional and other groups.
- Basketball can be played everywhere all you need is a ball and a goal.



The beginning of basketball

- The Canadian physician and educator James Naismith invented basketball in December 1891. He was teaching at what is now known as Springfield College. It all started with two peach baskets affixed to a 10-foot-high railing and with a soccer ball in a YMCA (Young Men's Christian Association) in Massachusetts. The students were bored with the traditional winter physical education routines of calisthenics and gymnastic. So Mr. Naismith was asked to invent a sport for the season in between baseball and football at the request of his superior Dr. Luther H. Gulick.
- James Naismith is born in Almonte, Ontario, in Canada. Naismith was educated at the University of McGill, where he later served as director of physical education. He have received a M.D. (Doctor of Medicine) degree from the University of Colorado and served on the physical education faculty of the University of Kansas 1898-1937.

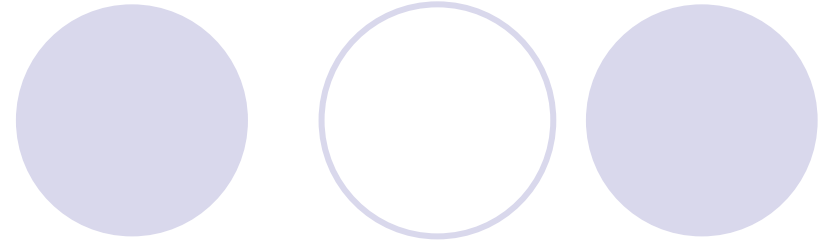
Dr. James Naismith (1861-1939)

- The first basketball game was played in 1891, and in 1892 Naismith published the first booklet containing the basic rules, these rules are almost unchanged today.
- The game quickly spread nationwide and to other parts of the world.
- The growing popularity of basketball resulted in improvements in skills and equipment. The soccer ball was replaced with the basketball, the metal hoops was introduced in 1893 and the backboards in 1895.
- Colleges like Princeton, Harvard, Yale and Cornell was some of the first there adopted basketball, and they made up their own league with the total number of eight teams. The score was not high in many of the first games they where only about 15-20 points per game. But as time went on more colleges joined the game of basketball and soon the NCAA (National Collegiate Athletic Association) were founded.
- The first professional basketball league was the National Basketball league formed in 1937, and then the Basketball Association of America. In the year 1949 the two leagues was merged into what now is know as the NBA (National Basketball Association). In the 1970s the NBA expanded from 9 teams to 22, and today there are 30 teams.
- In 1959 a Basketball Hall of Fame in Springfield, Massachusetts was founded.

The game of basketball

- Basketball is a ball game between two teams of five players, played on both indoor and outdoor courts. Players move the ball by passing it or by dribbling it (bouncing it on the floor) while running.
- **In the US the standard court is 94-ft/28.7 m long and 54-ft/16.5 m wide, with a backboard at the center of each end of the court.**
- A metal hoop there is circular, whose rim is **10-ft/3.05 m from the floor**, is attached to each backboard. The object of the game is to score the most points by throwing the basketball through the hoop, also called a basket, you get two points for each score field goal, or basket, shot from the field. Three points are awarded for field goals made beyond a specified distance from the basket. One point is scored for each foul shot (free throws). Free throws are taken from a line **15-ft/4.6 m from the backboard**. The court has lines from the foul line to the court's base line. Players cannot enter the lane between the lines until the shooter has released the foul shot. During regular play, offensive players may remain in the lane for only three consecutive seconds. The court dimensions and markings don't vary much among US amateur, US professional and international rules. If a regulation game ends in a tie, overtime periods on five minutes each are played until one team wins.
- Time limits for games vary 20-min halves in college, 12-min quarters in professional contests like the NBA. Under some rules the team with possession of the ball must shoot within a certain time period: 24 sec in professional games; 30 sec in international amateur; 45 sec in college. A player must leave the game after accumulating five fouls (high school, college, and international amateur) or six fouls (professional).

The Basketball



- The first ball ever used was a soccer ball. Then a leather ball were made particular with rubber bladder and protruding inflation tube, but it was hard to dribble and lost its shape after extended use. The ball of today is molded with an inset tube, the ball usually has an orange color just like the rim.

Basketball of today



- Around the world millions of people play basketball, and many of them have basketball rims on their driveways and in their neighborhood parks.
- Basketball is used for means of physical activity just as well as for a stress reliever. Many kids in the United States and across the World have the dream of being a professional basketball player. Every kid look up to and wants to be like the players Michael Jordan or Magic Johnson or whoever they're star is. They practice religiously in hopes of becoming the best. Basketball has provided much more than a game that is watched and played. It has given many young people and children a hope and dream.

Playing Positions



- **Guards:** These players move the ball up the court and run the plays. Typically the smaller, quicker players with skills in dribbling and passing,
- **Forwards:** These players position themselves close to the basket and receive passes from the guards so that they can score. Typically the larger, stronger players.

Basketball Court - Definitions

- **Backcourt:** A team's defensive half of the court.
- **Baseline:** The line at each end of the court, under each basket. Also called end line.
- **Center Circle:** A circle 12 feet in diameter located in the center of the midcourt line. The opening tip off takes place on the center circle.
- **Frontcourt:** A team's offensive half of the court.
- **Lane or Key:** Painted area of court (close to the basket) between the baseline and the free throw line.
- **Midcourt Line:** Also called the division line or centre line, the midcourt line divides the court in half.



The Game

- **Defense**

- The team without the ball whose goal is to stop the offense from scoring and regain possession of the ball.

- **Offence**

- The team with the ball whose goal is to score points by putting the basketball through the hoop.

The Game



- **Turnover or Change of Possession**
- When the offensive team loses the ball to the defensive team for any reason.
- **Jump Balls**
- There is only one jump ball per game. The team that loses the first jump ball of the game gets the first held ball possession. The possession arrow alternates after each tie-up between two opposing players battling for the ball.
- **Scoring**
- A scoring attempt during the game, no matter where the shot is made from, is worth two points. At some older levels of shots taken from beyond 19' 9" is worth 3 points (3-pointer).
- A free-throw shot (a shot that is taken from the free throw line and is a result of a foul being assessed) is worth one point if made.
- If a player is fouled in the act of shooting and the shot is made, the player gets to attempt one foul shot. This is called a three point play .
- If a player is fouled in the act of shooting and they do not make the shot, the player is given two foul shots.

Violations Result in a Change of Possession or Turnover:

- **Five Second Inbounding Violation:** A player cannot take more than five seconds to throw the ball inbounds to a teammate on the floor.
- **Five Second Possession Violation:** A player who receives the ball cannot take more than five seconds to do something with the ball (pass, shoot or dribble) or risk a turnover.
- **Ten Second Violation:** The offensive team cannot take more than ten seconds to bring the ball over half court (the center line of the court).
- **Back Over Center:** Once the offensive team has crossed the centre court line, they cannot dribble or pass the ball back over the line. If the offensive team's ball goes back over the centerline and one of their team members touches the ball, there will be a change of possession. A player from the defensive team can retrieve it without the play being called down.
- **Three Seconds in the Key:** An offensive player cannot remain in the lane (key) for more than three seconds at a time. Defensive players can remain in the key for the length of the possession. The three second count resets at every shot attempt.
- **Double Dribble:** If a player dribbles the ball, stops, picks up the ball or touches the ball with two hands at the same time, and then begins to dribble again, a violation is called and the ball is turned over.
- **Traveling:** If a player takes too many steps without dribbling the basketball. If the player is going to dribble the ball after they receive the pass, the player must bounce the ball before taking a step. If the player is doing a lay-up, they are allowed one and a half steps after they pick up the ball in mid air. If their feet are on the ground and they do a lay-up from a standing start, they can take one and a half steps.
- **Palming or Carrying:** A player cannot move their hand under the ball and scoop it while dribbling.
- **Held Ball:** If two players of opposing teams have their hands on the ball at the same time and neither can gain possession, the referee blows the whistle and the ball is given to the team who has the alternating possession arrow in their favor. Each time a held ball occurs, the possession arrow changes direction so that possession alternatives. As soon as the ball is thrown in by the player and is in play, the scorekeeper turns the possession around to face the other direction.
- **Out of Bounds:** Anything on or outside the line that extends around the court is considered out of bounds. If a ball hits the line, then the ball is considered out of bounds. If a player from Team A last touched a ball as it goes out of bounds, then the ball is awarded to Team B. Players cannot hide out of bounds on offense, nor can they run out of bounds and back in to benefit their position for a shot attempt.
- **Foul Shooting Violation:** When a foul shot is required, the teams line up on either side of the key. The team on defense takes the lowest spots on either side of the basket and then alternate offensive and defensive players up the line. Players cannot move or change their position if the referee gives the ball to the person shooting the free throw or face a violation.
- **Lane Violation:** When a foul shot is being made, players cannot move into the lane or key for a rebound until the ball hits the rim. This is a lane violation and results in a turnover or another free throw being awarded.



Fouls

- Each team is allowed to commit six fouls in each half with no penalty (unless it is a foul committed in the act of shooting). Every personal foul is a team foul. On the seventh and subsequent team foul committed that half, the team that is fouled will shoot a bonus free throw. The bonus free-throw consists of one free-throw attempted by the fouled player. If they are successful, they get a second free-throw attempt. If they miss the first one, play resumes immediately.
- Each player is allowed to commit five personal fouls. On the sixth foul, the player is eliminated from the game. They cannot return for the rest of the game.
- Technical fouls may be called at the discretion of the referee for actions from either players or coaches including (but not limited to) profanity, unsportsmanlike conduct, poor behavior or showing a lack of respect to the game and those who are involved in the game.

Foul Shots or Free Throws

- There are three reasons why a player will shoot a free throw after being fouled:
- Each team is allowed to commit six non-shooting fouls in each half with no penalty. On the seventh team foul committed that half, the team that is fouled will shoot two free throws. The team shooting is in a bonus situation when this occurs and the offending team is in a penalty situation.
- Every time a player is fouled in the act of shooting the ball, they will be awarded with two free throws (unless the basket was successful, then one shot is awarded), regardless of whether or not the team is in the penalty situation. This is referred to as a shooting foul .
- If contact committed against a player is interpreted as unnecessary or excessive (a flagrant foul) the offended player is awarded two free throws and then possession of the ball.



Types of Fouls

- **Technical Foul:** A penalty for a violation of conduct, such as abusive language, fighting or using excessive force while playing. Each technical foul awards two free throws to the opposing team. One technical foul in the game will result in an automatic ejection for the offending player or coach.
- **Offensive Foul:** This is called when the player with the ball uses an unfair advantage over their defender (holding, illegal screening or charges into a defender who is in a stationary, defensive position).
- **Defensive Foul:** Called after any unnecessary or illegal contact either on the ball or away from the ball, which gives the defensive team an unfair advantage.
- If a ball is kicked on purpose.
- If a player on a team on offense handles the ball after the team scores, it can be called a violation.
- If a player slams the ball into the floor or throws it down the court on purposes after a whistle has blown or does anything else that is inappropriate, it is a foul. These are unsportsmanlike conduct and can be considered a technical foul.

Timeouts



- A player can call a timeout when the ball is dead (if the ball is out of bounds or a player is shooting foul shots) or in the control of the team making the request. An offensive player can call a timeout if they are falling out of bounds or if being double-teamed. A defensive player cannot request a timeout when the clock is running. There must be a stop in play immediately if a player is injured or bleeding.

Blood and Injury



- **Blood**

- If a player is bleeding, the play must stop immediately and the player must be taken off the court. The player cannot return until the injury is covered up and has stopped bleeding. All blood must also be cleaned off all skin and clothing to the satisfaction of the referee.

- **Injury**

- If a player is injured, the play must stop immediately. The coach must do their best to get the injured player off the court as quickly as possible so that play can resume. The clock does not stop.



Guarding

- This is the person that the defensive player is responsible for playing defense on. It is also called their check . Who is your check? Who are you guarding? means who are you playing defense on. Coaches may have players change checks during their shift to account for differences in skills and abilities. Usually quick players play defense on other quick players and tall players play defense on other tall players, etc.



Defense

- **Man to Man Defense**
- Man to man defense means that each player must play defense on one other player.
- **Zone Defense**
- In zone defense , each defensive player has a space on the floor that they must guard. If a player comes into their space, that zone defensive player must guard that player.
- **Pressing**
- A press can be full court or half court. A full court press is when the defensive team picks up their individual checks in their own offensive end immediately after a made basket.
- A half court press is when the defensive team picks up their checks as soon as they move over the center court line.
- **Double Team**
- A double team occurs when a defensive player leaves their check to guard a player who is already being guarded. Thus, two players are defending one offensive player. A double team brings an extra pair of hands to deflect passes, block shots or steal the ball.
- **Help Defense**
- Help defense is sometimes confused with double-teaming. If a defensive player leaves their check to help guard another player on offense who has beaten their defender, this is called help defense .

basketball terminology

- **Air ball:** A shot that misses the rim or backboard.
- **Alive:** Offensive player who has the ball and has not dribbled.
- **Alternating Possession Rule:** The possession arrow changes direction after each subsequent jump ball or held ball situation, alternating which team gets possession for the throw-in. The first possession after a held ball goes to the team who lost the opening jump ball to begin the game.
- **Assist:** A pass to a teammate that results in a made basket.
- **Backboard:** The flat surface directly behind the basket. The basket is connected to the backboard.
- **Backdoor:** An offensive move where a player cuts behind the defenders and receives a pass for a field-goal attempt.
- **Ball Handler:** The player with the ball. Usually the guard at the start of the play.
- **Bank Shot:** A shot where the ball is first bounced or banked off the backboard at such an angle that it then drops into the basket.
- **Basket:** Consists of the rim and the net, also known as the hoop.
- **Basketball:** A round ball made of rubber, leather or synthetic leather. Comes in 3 different sizes (size 5, 6 or 7).
- **Blind Pass:** A pass from a ball handler who does not see their receiver but is estimating where they should be.

basketball terminology

- **Blocked Shot:** The successful deflection of a shot by touching part of the ball on its way to the basket, and preventing a field goal.
- **Blocking:** The use of a defender's body position to legally prevent an opponent's advance. It is the opposite of charging.
- **Boards:** The backboard which the ring or basket is attached or slang for a rebound the act of a player grabbing the ball after a missed shot attempt.
- **Boxing out:** The defensive player turns and faces the basket following a shot and with his or her back to the opponent, and ensures that the player being guarded can't rebound the ball.
- **Charging:** An offensive foul, which occurs when an offensive player runs into a defender who has established position.
- **Court vision:** A player's ability to see everything on the court during play.
- **Crossover dribble:** When a ball handler dribbles the ball across their body from one hand to the other.
- **Cut:** A quick movement by an offensive player without the ball to gain an advantage over the defense usually directed towards the basket.

basketball terminology

- **Dead:** Offensive player has the ball and has already used their dribble. They must now either pass or shot the ball.
- **Dead Ball:** Any player with the ball that is not live . This occurs after each successful field goal, free-throw attempt, after any official s whistle or if the ball leaves the court, then play is stopped.
- **Defense:** The act of preventing the offense from scoring. Defense is the team without the ball.
- **Down court:** The direction a team on offense moves, from its backcourt to its frontcourt and towards its own basket.
- **Double Dribble:** The act of dribbling the ball, stopping the dribble or motion of the ball and beginning to dribble again. Results in a violation and turnover.
- **Downtown:** Referred to as a shot that was considered to distant for the normal shooter to take or in the 3-point area.
- **Dribble:** The act of bouncing the ball up and down. The offensive player with the ball uses the dribble to move the ball around the court.
- **Drive:** The movement of an offensive player while aggressively dribbling towards the basket in an attempt to score.
- **Dunk:** A shot in which a jumping player slams the ball down into the opponent's basket from above.
- **Established Position:** When a defensive player has both feet firmly planted on the floor before an offensive player's head and shoulder gets past them. The offensive player who runs into such a defender is charging.

basketball terminology

- **Exhibition Game:** The act of playing another team and the outcome not being counted in any league standings.
- **Fake:** A movement made with the aim of deceiving an opponent. This can be done with either a pass or a shot fake.
- **Fast break:** The act of moving the ball quickly down court by an offensive team in hopes of getting ahead of the defense to score.
- **Feed:** To pass the ball to a teammate who is in a scoring position.
- **Field Goal:** When the ball enters the basket from above the rim during play. It is worth two points.
- **Flagrant Foul:** This is unnecessary or excessive contact against an opponent.
- **Floor:** The area of the court within the end lines and the sidelines.
- **Floor Violation:** A player's action that violates rules but does not prevent an opponent's movement (traveling, double dribble, etc.). They are penalized by a loss in possession.
- **Foul:** Actions by players, which break the rules but are not floor violations. They are penalized by a change in possession or free throw opportunities.
- **Fouled Out:** A player having to leave the game because they have committed five fouls.
- **Foul Shot or Free Throw:** An unguarded shot taken from the foul line by a player whose opponent committed a personal or technical foul, which is worth one point.
- **Free Ball:** A ball, which is in play but is not in the possession of either team, also called a loose ball.
- **Free Throw:** The act of shooting the ball from the marked free throw line (ranging 10-15 feet from the basket) while the remaining players line up down the key. Shot is taken at the result of a foul or technical foul being called.
- **Give and Go:** An offensive play in which a player passes the ball to a teammate and cuts towards the basket for a return pass to score.
- **Goaltending:** Interference with a shot by touching the ball or basket while the ball is on, over, or within the rim. Also touching the ball on its downward flight to the basket before it hits the rim.

basketball terminology

- **Guarding:** The act of following an opponent around the court to prevent them from getting close to the basket, taking an open shot or making easy passes.
- **Half time:** The rest period between two halves of the game. Usually 5 minutes in length.
- **Hand checking:** Illegal use of hands, usually on the back or hips of the offensive player.
- **High percentage shot:** A shot that is likely to go in the basket, typically taken near the hoop.
- **High post:** A player who is stationed in or near the free throw semicircle on offense.
- **Hoop:** The basketball rim and backboard players shoot the ball towards in attempt to score points. Also referred to as the basket.
- **In the Paint:** Being in the large rectangle area under each basket or the foul lane area, which is painted a different color. AKA the key .
- **Inbounds:** The area within the end lines and sidelines of the court.
- **Incidental Contact:** Minor contact usually overlooked by officials which does not give the opposing team an unfair advantage or affect the outcome of the game.
- **Inside Shooting:** Shots taken by a player near or under the basket.
- **Jump shot:** Field-goal attempt by a player with both feet off the floor, enabling the player to shoot over the defender.

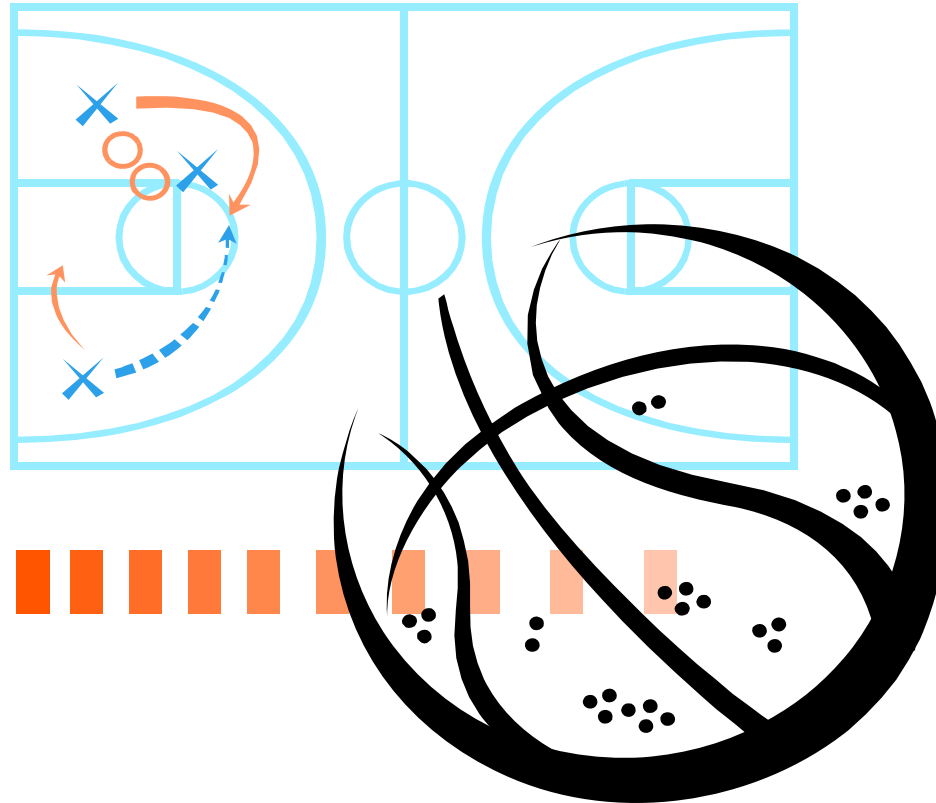
basketball terminology

- **Lay-up or Lay in:** A shot taken after driving to the basket by leaping up under the basket and using one hand to shoot the ball off the backboard.
- **Loose Ball:** A ball that is alive but not in the possession of either team.
- **Lower Percentage shot:** A shot that is less likely to go in the basket, usually taken further way from the hoop.
- **Match-ups:** Any pairing of players on opposing teams who guard each other.
- **Outlet Pass:** The first pass made after a defensive rebound to a teammate to start a fast break.
- **Outside Shooting:** Shots taken from the perimeter, further away from the hoop.
- **Pass:** When a player throws the ball to a teammate to advance the ball during a possession.
- **Personal Foul:** Contact between players, which may result in excessive physical contact or provide one team with an unfair advantage. Players may not push, hold, trip, hack, elbow, restrain or charge into an opponent. These are also counted as team fouls.
- **Pivot:** A center, also the foot that must remain touching the floor until a ball handler who has stopped dribbling is ready to pass or shoot.
- **Possession:** To be holding or in control of the ball.

basketball terminology

- **Post Position:** The position of a player standing in the low post or high post in the key area near the hoop.
- **Rebound:** A term used to describe the actual retrieving of the ball as it rebounds from the backboard or the ring after a missed shot.
- **Receiver:** The player who receives a pass from the ball handler.
- **Referee:** The person(s) assigned to the game to maintain the flow and integrity of the game. Duties are to call violations, fouls and maintain the game within the limits of the rules. Also referred to as an official.
- **Sag:** When a defender moves away from their opponent toward the basket they are defending.
- **Screen or screener:** The offensive player who stands between a teammate and a defender to give their teammate the chance to take an open shot or drive to the basket.
- **Scrimmage:** Practice play between squads of one team.
- **Shooter:** A player who takes a shot at the basket in attempts to score.
- **Shooter s roll:** This is the ability to get even an inaccurate shot to bounce lightly off the rim and into the basket.
- **Shooting Range:** The distance from which a player is likely to make their shots.
- **Squaring up:** When a player's shoulders are facing the basket as they release the ball for a shot. This is considered good shooting position.
- **Strong Side/Weak Side:** Whichever side of the key that the ball is on when on offense is called the strong side. The other side is the weak side. If the ball changes sides, the weak side is now the strong side.
- **Substitute:** A player who comes into the game to replace a player on the court.
- **Switch:** Two defensive players change checks during live play.
- **Technical Foul:** A special violation called at the discretion of the referee towards players, coaches or the team. Infractions include an intentional or flagrant contact foul, unsportsmanlike conduct or other actions detrimental to the spirit of the game.
- **Throw-in:** The method by which a team with possession inbounds the ball.
- **Time-out:** A period of sixty seconds during which the play is stopped and teams discuss strategy and a moment to allow players to rest.
- **Tip-off:** The initial jump ball that starts the game.
- **Trailer:** An offensive player that follows behind the ball-handler.
- **Violation:** An infringement of the rules, which does not involve contact. The opposing team is awarded the ball.

Sample of helpful Drills



Communicate with other coaches for resources and other helpful drills

Sample of helpful beginner Drills

- Teach proper stretching
- 3 players lay on the baseline with their eyes closed. Toss the ball and blow the whistle. Players scramble and first to catch the ball goes for a lay up opposite side, other 2 play D. (Variation: 4 players two balls)
- Younger players enjoy racing drills. Ball handling and running.
- Give the players an opportunity to dribble “fancy dribbling” and see what they could do. They love to showcase their talents.
- Color coded Dribble: Have a group of kids start at one baseline, don't bunch them too closely together. Each child in the group has a ball, when the coach shouts GREEN the children dribble forward, BLUE stop and continue dribble left hand only, RED they dribble seated and dribble in place. Repeat the colors as they get to the other side.
- (In these dribbling exercises constantly CORRECT them with your instructions) **use finger tips to dribble, control, chin up.....**
- On passing drills constantly remind them the effective passing, and proper ball movement for accuracy and speed.
- **energy release, proper catching of the ball, extension, stance**
- You get a number of the players circled around you. You pass the ball to random players in the group. The player must clap before they catch the ball. Ball must not hit their chest. **focus, coordination, hand speed**
- One on one play – 2 on 1 – 3 on 1 and other variations.
- **speed, control, vision, spacing**
- 5 on 5 rebounding drill. Position 5 defenders and 5 offensive players and shoot the ball from close range. If the offense gets the ball, defense has to do 5 pushups. **boxing out, being aggressive**
- **The rebounding team goes on 5 man break – no dribble/all passes)**
- **Rebounding drill. Player starts at the baseline. Player passes the ball to the coach and runs to the free throw line, coach bounces the ball off the board. Player rebounds and races for a lay up on the other side. Player brings the ball back with ball handling techniques. Next player starts as soon as the one gets the rebound.**
- **Shooting contest (kids love it) they count up as they score buckets**
- **Give them spots to score from.**

Sample of helpful Drills

- Learning to become a good ball-handler, and developing a feel for the ball is very important in becoming an excellent all-around player.
- **Hold the BALL Correctly**
- Shooting, passing, catching, dribbling, and rebounding, involve holding the ball correctly. Work on these skills every day. Here are a few practice ideas about holding the ball:
Hold the ball with your fingertips. The palms of your hands should not touch the ball.
Make sure your fingers are far apart.
- Hold the ball as much as possible at home while watching TV or listening to the radio or music.
- Do ball handling drills at the start of nearly every practice and throughout the entire year. Players can really improve their ball handling skills by the end of the season. Very importantly, these drills can also be done at home, without the rest of the team.
- **A few helpful drills:**
- **Finger Grabs:**
- Hold the ball with the fingertips, squeezing it while rotating it back and forth from hand to hand. The ball should not touch the palms of the hands.
- **Slaps:**
- Pound or slap the ball hard from hand to hand.
- **Tipping:**
- Tip the ball back and forth from one hand to the next, starting with your hands straight up over your head. Then gradually move the ball down, while continuing to tip it back and forth. Go down to your chest, then your waist, knees, and ankles, and then back up again. Keep your elbows straight.

Sample of helpful Drills

- **Circles:**

- Put your feet together and make circles around both legs. Then circle around the back. And then circle around the head. Then combine them and move the ball in circles around your head, then down your body, down around your knees, and then around your ankles ("candy cane"). Then come back up again. Be sure to use your fingertips, not the palms.

- **Around Each Leg and Figure Eights:**

- Put one leg forward and move the ball in a circular motion around the leg. Then do the other leg. Finally, spread your legs out wide with the ball in front of you. Move the ball around through your legs in a figure-of-eight motion. Keep your eyes forward and don't let the ball hit the floor. After 30 seconds, reverse the direction.

- **Drops:**

- Put the ball between your feet and grab it with both hands. Start with the left hand behind your left leg and your right hand in front of your right leg. Drop the ball and let it bounce once. Quickly, move your left hand in front of your left leg and your right hand behind your right leg, and catch the ball as it bounces up. Drop it again and switch your hands back to the original position (left behind, right in front) and catch it. Repeat this motion continuously. For a more difficult variation, try catching the ball before it actually hits the floor!

- **Toss Up and Catch Behind:**

- Here's a fun drill the players like. Toss the ball up over your head. Reverse pivot and catch the ball behind your back.

- **Crab Walk:**

- Walk, bent over up the floor and put the ball between the legs, back and forth as you go. The ball is brought over the front of the thigh, then through the legs and then behind the opposite thigh and around and over the thigh.

Sample of helpful Drills

- TIGHT WEAVE – excellent for footwork
- Two groups of 3 from the right and left of the board start tight weave to the end. When one group crosses half court the next group goes. The either stay or run back to the starting point.
- WIDE WEAVE – excellent for spacing
- ZONE OFFENSE PRACTICE – vision of court / spacing / ball movement.
- Coach gives the ball to offense, and offense has 15 seconds to move the ball quickly for an open shot. Defense must work very hard.
- to take away the open looks.
- The important thing is to teach patience to offense for the best vision of the court and the best pass..