

St. John's Instructional Basketball Program

Primary Goals of the Instructional Basketball Program

- 1) Teach the fundamentals of basketball with minimal concern for winning and losing.
- 2) Introduce young athletes to the team concept, building self-confidence and game conditions.
- 3) Strengthen community relationships and promote a spirit of cooperation.

Procedural Guidelines

- 1) Season will begin on Friday, December 2, 2005 and run through Friday, March 3, 2006. Games will be held at 6, 7, 8 and 9:00 PM. There will NO GAMES on the following Fridays due to gym scheduling conflicts and Holiday breaks: December 16, December 23, December 30 and February 24.
- 2) Two **Picture Days** will be scheduled on consecutive Fridays in January, details will follow.
- 3) Trophies and pictures will be distributed after final game of the season.
- 4) Grade level for all players shall be limited to second grade and below.
- 5) Eight foot basket height will be used for kindergarten and first grade and nine foot basket height for second grade.
- 6) A junior size basketball shall be used for kindergarten and first grade games and an intermediate size ball for second grade games. Balls will be provided so, please, do not bring any extra balls to gym.
- 7) The number of coaches on the floor during games will be limited to two per team. The position of these coaches will be on the sides of the court – **not the middle**.
- 8) The ball must be passed at least once after crossing the half-court line before a shot may be taken. Every attempt should be made to ensure each child is given an opportunity to score a basket.
- 9) No trapping or pressing will be allowed. Pick up the opponent at the “defense line” indicated on the floor.
- 10) A “Zone” defense will be utilized by all teams – no “Man-to-Man” defense.
- 11) Stolen ball from an offensive player who is dribbling/holding the ball will be returned to the player immediately. Defensive player should be instructed on proper defensive posture. Defensive players may steal **passes**.
- 12) Incidental fouls, traveling and double dribble shall be somewhat overlooked for K & 1st grade level, however, proper instruction should be given. Intentional or severe fouls and rough play shall stop all action with explanation and training given. No foul shots.
- 13) Rules for second grade level will be more strict with violations and fouls called by coaches.
- 14) The first 25 minutes each week will be used as practice time followed by 30 minutes of game time. Practice time will be structured with all teams following the same program (to be determined).
- 15) Games will consist of as many six minute quarters as possible in the allotted time.
- 16) Every player on the team must play at least the equivalent of two full quarters.
- 17) Every player will receive \$1.00 worth of drink/ food from concession stand after each game.
- 18) Each parent will be scheduled one (1) shift (2 to 3 hours) in the concession stand. This shift will be scheduled immediately before or after their child's game.
- 19) There will be one (1) team scheduled each week for set-up duties and two (2) teams scheduled for clean-up duties. There will be a list of these duties posted on the inside of the janitor's closet in the gym.

Coaches Responsibilities

- Become familiar with the goals, rules and guidelines of the St. John's Instructional Basketball Program.
- Become familiar with the rules and regulations of the St. John's Parish Center and help ensure that parents, children and other visitors abide by these rules.
- Establish a clear line of communication with players and parents.
- Attend the monthly meetings of the St. John's Athletic Association held the third Thursday of every month.
- View **Child Protection video session** sponsored by St. John's/another parish and required by the Archdiocese; **fingerprinting** needs to be done for head coaches either at St. John's or another parish (St. Ignatius 661-6565).