

Coaching GVBL's 1st/2nd Grade Divisions

GVBL MISSION STATEMENT

The purpose of the GVBL is to create a fun experience for the kids, playing and learning the game of basketball, while competing with their peers from the surrounding community.

Thank you for taking the time as a volunteer coach in our GVBL youth basketball program. Our programs are built around learning, fun and community. Without the generous volunteers from the community GVBL would cease to exist.

Please understand that upon accepting the position of coach your responsibilities will basically require only 3 hours per week...a one hour practice session during the week, a one hour game per weekend and one hour refereeing duties before or after your game each weekend. Our hope is to get two volunteer coaches for each team, therefore cutting that amount of time in half.

Coaching and refereeing first and second graders can be challenging jobs. There is a large range of ability from a player who is picking up a basketball for the first time to a player who has been playing with older siblings since he/she could walk. Our goal is to teach all of the players the rules of the game and the proper way to play basketball, have fun and make the season as exciting as possible.

At this level the only experience that our coaches need is enjoying kids, patience and the desire to see kids improve and show good sportsmanship.

See "Guidelines for Coaching/Refereeing" below.

Guidelines for Coaching and Refereeing

REMEMBER:

While refereeing you are also teaching the players.

DEFENSE DEFENSE DEFENSE!!!

Up until our 5th/6th Grade Divisions we practice a strict “man-to-man” defense. There is NO double teaming on defense. There is NO hawking the ball. The ONLY times a player can guard a player not assigned to them is to stop a fast break. Once the fast break is foiled, the player must go back and guard their specified opponent; OR when play is in close proximity to the basket and it is difficult to determine who is covering who. The goal is to try and let each player have a chance to be successful without being overwhelmed.

Although the team is in a strict “man-to-man” defense, the players must be aware of where the ball is and not ignore it just because their player does not have the ball. They should always be aware of their opponent AND the ball.

Correct defense positioning needs to be taught and emphasized. This means, sliding defense with hands out to the side without slapping at the ball or the player – NO HACKING! Constantly positioning themselves between the player they are guarding and the basket.

Free Zone – 3-point line. As soon as possession changes, the defense MUST get back to the 3-point line. The offense brings the ball up without any defense until they cross the 3-point line. It is appropriate for the defense to stand behind the 3-point line and bat the ball away from the offense. Players need to learn to dribble and protect the ball.

No reaching over the back or around a player. No shoving or tackling. All PIAA rules regarding fouling apply.

Shooting fouls will be called. For the first half of the season the team will keep possession of the ball. The second half of the season foul shots will be taken (modified foul line).

When the ball is taken out of bounds the defense MUST give at least 3 feet from the boundary line for the in bounds pass. Coaches should teach this and referees MUST enforce this.

See “Game Rules” below.

GAME RULES:

The game will be played "5-on-5" with the game consisting of two twenty minute halves, running clock, until the final two minutes of each half (in the final two minutes the clock will be stopped on every whistle). GVBL stresses equal playing time. At every 5 minute interval there will be a substitution time...a brief one-minute period when both teams substitute players. At the beginning of each game and every substitution time (every 5 minutes) the players line up at center court and match up. Players should be matched up according to ability level as best as possible. There will be a "jump ball" to start the game and following halftime (3 minutes) the teams will switch ends at which they were defending.

Refereeing consistency is difficult at this level. In the beginning of the season, players are allotted more flexibility on infractions. As the players learn more and gain experience their responsibility of the infractions increases. For example, a traveling infraction: in the beginning of the season, call it, explain to the player that they must dribble the ball and give the ball back to that team. As the season progresses, call it, give the ball back to them and warn them that the next time it will be turned over to the other team. Feedback to the kids should be in a positive manner. Keep in mind that this age child is quick to learn the rules if consistently called, especially if you begin to take the ball away and award it to the other team.

See "Practice Outlines" for ideas on how to handle a practice. The first three weeks are "covered" as they will be done in a clinic-style manner with teams practicing together working on several fundamental skills. The following weeks are up to the individual coaches. Coaches are encouraged to work together on what is covered in subsequent practices. Scrimmages are also encouraged as the season progresses.