

# LEMONT PARK DISTRICT

## Recreational Hoops League



Makers  
of  
Memories

# COACHES MANUAL



16028 – 127<sup>th</sup> Street/Lemont, IL 60439

Office #1-630-257-6787 Fax #1-630-257-6944

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Lisa Bridwell/League Coordinator [lisa@bridwell.net](mailto:lisa@bridwell.net)

[www.lemontparks.org](http://www.lemontparks.org)

07/2010

**Skill Assessment Day (FOR PLAYERS)**

**Location: @ River Valley Gyms**

**MONDAY, OCTOBER 25<sup>TH</sup>**

Grades: 3<sup>rd</sup> Boys & Girls & 5<sup>th</sup> & 6<sup>th</sup> Girls  
Time: 7:00 - 8:30 pm

**TUESDAY, OCTOBER 26<sup>TH</sup>**

Grades: 4<sup>th</sup> Boys & 4<sup>th</sup> Girls  
Time: 7:00 - 8:30 pm

**WEDNESDAY, OCTOBER 27<sup>th</sup>**

Grades: 5<sup>th</sup> Boys & 6<sup>th</sup> Boys  
Time: 7:00 - 8:30 pm

**THURSDAY, OCTOBER 28<sup>th</sup>**

Grades: 7<sup>th</sup> & 8<sup>th</sup> Boys & 7<sup>th</sup> & 8<sup>th</sup> Girls  
Time: 7:00 - 8:30 pm

**ALL COACHES WANTING TO COACH MUST ATTEND DAY & GRADE YOU WANT TO COACH..**

**ASEP Training (Mandatory for Coaches certification)**

This is a volunteer position. 1 Head Coach & 1 Assistant coach per team for the league to run. There will be a discount rate for 1 registration fee for volunteer coaches that help run a team. 50% discount – Head Coach 25% discount – Assistant Coach

Contact Toni Paolini @630-257-6787 x 3005. or [toni-paolini@lemontparkdistrict.org](mailto:toni-paolini@lemontparkdistrict.org)

**“NEW” Coaches Only (19 & Up)**

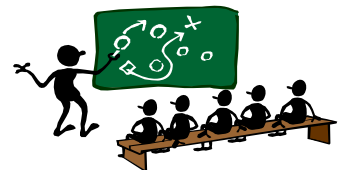
CCC-Arts & Craft Room Mn10/Mx50

Coaches Training - American Sport Education Program ASEP

If you want to be a coach or an assistant coach, sign up NOW. Don't fall through the cracks, come sign up and coach one of these teams. We believe every child's coach needs a GOOD BACKGROUND. Coaches who take this course will automatically go into our National Coaches Registry which will entitle them to discounts on books, videos and DVD's from ASEP and Human KINETICS. ALL COACHES will be held accountable for their behaviors. It will be the Coach's and the Assistant Coach's responsibility to keep their certification current.

Fee: \$ FREE

Class#	Date	Day	Time	Seasons
501601A	11/4	Th	7-9:30 pm	2010-2013
Instructor:	TBD			



**Re-Certified/Experienced Youth Coaches (19 & Up)**

CCC-Arts & Craft Room Mn10/Mx50

If you have coached the past three seasons, your certification has expired and you need to get re-certified for the next 3 years. Sign up for this ASEP certification course.

Fee: \$ FREE

Class#	Date	Day	Time	Seasons
501601X	11/4	Th	7-9:30 pm	2010-2013
Instructor:	TBD			

**Experienced LPD Youth Coaches**

If you have coached and are certified with ASEP from last season you need to call Toni @ (630-257-6787 X 3005) or e-mail her @ [toni-paolini@lemontparkdistrict.org](mailto:toni-paolini@lemontparkdistrict.org) to be added to the coaches list for grade level wishing to coach for the upcoming 2010-2011 season.

Lemont Park District  
3<sup>rd</sup> - 8<sup>th</sup> grades

## Recreational Basketball Hoops League Rules

### ELIGIBILITY/ROSTERS/UNIFORMS

1. All players must be in the grade they registered for.
2. Roster size is limited to 10 players.
3. Each player **MUST** sign the team roster/waiver form for eligibility.
4. Completed roster/waivers must be submitted to the front desk, Toni or Lisa **BEFORE YOUR SECOND PRACTICE GAME**. **Coaches** will be responsible for getting the kids size, number, color of uniform & team name by the 2<sup>nd</sup> practice date. Coaches will have the roster/waiver for parents to sign and sign off with there child's number, team name, color & size.
5. No changes or additions may be made to the roster after the second practice.
6. A player can be carried on only one roster.
7. Replacement of players is allowed if the player is
  - 7.1. Moving out of state
  - 7.2. For permanent injury to the playerReplacement must be certified by a doctor, change of address statement, etc. and submitted to the league supervisor.
8. Players' first and last name, along with their jersey number must be recorded by each team's captain immediately upon arrival at the gym. Only include in the official book players that are actually there.
9. **Each player must have uniform colors and numbered jerseys.**

### FORFEITS/POSTPONEMENTS

1. A minimum of five players are required for an official game. Less than five players will constitute a forfeit.
2. There will be a three minute grace period, from scheduled game time, for all games. Players must be on the court, dressed in uniform and ready to play within this time or else the game will be forfeited.
3. All forfeits will count as a 25 point loss.
4. Any game in which ineligible players take part will be an automatic forfeit.
5. Any team forfeiting out of the league will result in the nullification of all games played and/or games scheduled to be played in the regular season.
6. There will be no postponements of any game unless decided by the league supervisor.

### GYM/BUILDING RULES

1. Food & beverages are **NOT** allowed in the gym.
2. Smoking is not allowed in the building.
3. Bring your own towels and basketballs.
4. No dunking during practice or pre-game.
5. Children must be accompanied by an adult.

### LEAGUE PLAY

1. Rules not mentioned in this document will be governed by I.H.S.A.
2. The game will consist of **two 16 minute halves** for all divisions.  
(assuming balance teams)
3. The **clock will run continually except during the last ten seconds of the first half**, and the **last 2 minutes of the second half**. During these times, the clock will stop on the official's whistle. Exception - there will be no stop clock the last 2 minutes of the game if

a team is ahead by 20 points or more. If at any point in time the score differential is less than 20, the stop clock will be reinstated.

4. Two minutes will be given between halves and 1 minute will be given for time outs.
5. Overtime will be 2 minutes in length, with the last minute stop clock. Free throws will be shot during all overtime play. No automatic points will be awarded.  
*1<sup>st</sup> Overtime=2 mins+1 time out. 2<sup>nd</sup> Overtime=1minute no additional time outs.  
3<sup>rd</sup> Overtime=Sudden Victory.*
6. All common fouls will be taken out of bounds until the last 2 minutes of the second half. The one and one will be shot on the 7th foul against the team in the last 2 minutes of the second half. Prior to the last 2 minutes of the second half, the offended team will receive the ball out of bounds plus 1 point if the offending team has committed 7 or more fouls.
  - (a) 7<sup>th</sup> & 8<sup>th</sup> Grade Division will play IHSA scoring rules. They will shoot free throws starting on the 7<sup>th</sup> foul and shoot 2 free throws on the 10<sup>th</sup> Bonus fouls.
  - (b) 3<sup>rd</sup> thru 6<sup>th</sup> Grade Divisions will have the speed up rule for foul shooting.
7. All fouls will be shot per normal rules during the last 2 minutes of the second half. Prior to the last 2 minutes of the second half, **shooting fouls will be handled as follows:**
  - 7.1. If the shot goes in, the shooter is credited with 3 points, no free throw is taken, and the ball goes to the other team.**
  - 7.2. If the shot does not go in, the shooter is credited with 1 point, no free throw, and his team keeps the ball out of bounds.**
  - 7.3. If fouled on a 3 point shot, then awarded 2 points on the foul and get to take ball out. If 2 minutes left in the game, then receive 3 free throw shots.**
  - 7.4. After 10 fouls, then shoot 2 free throws (Super Bonus).**
8. Each team will be allowed THREE (3) time outs per game. **1 Time out in OT.** Teams responsible for supplying pre-game balls.
9. Technical Fouls:
  - 9.1. Technical fouls count as personal fouls. 1 assigned to each player on the floor & bench.
  - 9.2. All technical fouls will consist of 2 points and the ball awarded out of bounds.
  - 9.3. Any team incurring 2 disciplinary technical fouls in one game will automatically forfeit that game. Coaches who receive 3 technical's in a season will be suspended 1 game. 4 technical's in a season = dismissal.
  - 9.4. Intentional fouls will be handled as a shooting foul. Prior to the last 2 minutes, the offended team will be awarded 1 point plus the ball. Within the last 2 minutes of the game, the offended player will shoot 2 free throws for any intentional foul.
  - 9.5. Any player receiving 2 technical fouls in one game will automatically be ejected from that game and the following game.
  - 9.6. There will be no dunking or hanging on the rim in any pre-game activity. Dunking will only be allowed in a game situation. If a player dunks the ball during pre-game, his team will receive 1 technical for each dunk. The technical will be shot prior to the start of the game and the opposing team will receive possession of the ball.
10. All players must have participated in at least 2 regular season games to be eligible for post-season tournament play.
11. There will be no playoff games for teams that finish in a tie.  
The tie will be decided by:
  - 11.1. head to head competition
  - 11.2. by the point differential in games against each other
  - 11.3. by total point differential.
12. The game will start with a jump ball, then, any jump ball during the game will be alternating possession. Each overtime session will begin with a jump ball.
13. Judgment of the officials is final. Only team captains are allowed to discuss rulings with

the officials.

14. Any un-sportsmanlike demonstration such as **swearing**, **fighting**, etc. that is displayed in any game, before any game, or after any game shall disqualify the offending player or manager for one game (the next game if game is concluded) on a first offense and for the rest of the season on the second offense. Interpreted by the referee, league director or there designated supervisor.
15. Any flagrant technical foul will be an automatic suspension for the next game (regular season or playoff).
16. On any ejection or suspension, the player(s) involved are not allowed in the facility.
17. Each team **MUST** supply a score keeper or score book person and sit at the head table in the event one is not available.
18. Adult supervision at all time, no teams in the gym without coaches.

### **3<sup>rd</sup> Grade**

(Remember, we want to promote team play. Teams must learn to pass, cut, rebound)

1. No 3 point shot (unless it is a last second shot)
2. Defense must not extend beyond the arc. No 3-2 zone defense.
3. Any team leading by 10 or more must have all defenders within 1 foot of the key (officials decision)
4. No press at any time. EXCEPT during the last **two minutes** of the game and in overtime. The defense can then extend past the arc.
5. Officials will use their discretion at the 4 minute, 8 minute, 12 minute marks to encourage substitutions.
6. Running clock until the last 2 minutes of each game.

No Stalling above the arc. Must attempt to penetrate, shoot or drive after a few passes around the key. (per referee's discretion or instruction)

#### Clarifications

*Defense should not extend past the arc. Defense must set up within the arc- If they tip the ball it then becomes a loose ball and the defensive team can attempt to recover the ball and proceed on offense if they gain possession of the ball. In the event the offensive team recovers the tipped ball, the defensive team must return to within the arc.*

### **4<sup>th</sup> Grade Boys and 4<sup>th</sup> Grade Girls**

(The intent is to promote team play and allow opportunities for teams to continue to compete despite the score)

1. Defense should not extend past the arc (**unless it's the last two minutes of half and their team is not leading by 15 or more points**)
2. Any team leading by 15 or more must remain within 1 foot of the key.
3. Press the last two minutes of each half and in overtime.
4. No Press if up by 15.
5. No Stalling above the arc. Must attempt to penetrate, shoot or drive after a few passes around the key. (per referee's discretion or instruction)

#### Clarifications

*Defense should not extend past the arc. Defense must set up within the arc- If they tip the ball it then becomes a loose ball and the defensive team can attempt to recover the ball and proceed on offense if they gain possession of the ball. In the event the offensive team recovers the tipped ball, the defensive team must return to within the arc.*

### **Girls 5<sup>th</sup> & 6, Boys 5 & 6<sup>th</sup>**

1. Any team leading by 20 or more must remain within 1 foot of the key. (Officials discretion)
2. No full court press if up by 15
3. Full court press the last two minutes of each half and in overtime

### **Boys 7<sup>th</sup> & 8<sup>th</sup>**

1. Any team leading by 20 or more must remain within 1 foot of the key. (official's discretion)
2. No full court press if up by 15.

Rules updated 1.1.2010

# Coaches Responsibilities 3<sup>rd</sup> Grade

## **Safety:**

All coaches will be responsible for the behavior of their players and fans. This includes

1. Ensuring the playing area is safe and free of anything that may obstruct play.
  - Only teams scheduled to play or practice shall be on the court.
  - Non-playing siblings must have direct supervision from a parent.
  - Water bottles, clothing, bags, score books are picked up after the game
  - Use first aid supplies, provided to treat minor injuries. Have a working cell phone available in the event you must call 911.

## **Practices:**

Each Team will practice 1x per week except when gym is not available.

You must start and end your practices at your scheduled times.

Each Team will have 1 court or ½ court to practice (based on availability)

Stretch before every practice.

Children learn best with small incremental steps.

Try to find an opponent to scrimmage the last 10 minutes of your practice.

## 3<sup>rd</sup> Grade Recommendations.

### Individual Fundamentals:

- ❑ Chest pass
- ❑ Bounce pass
- ❑ Right hand dribble
- ❑ Left hand dribble
- ❑ Defensive sliding
- ❑ Pivot
- ❑ Strong side lay-up
- ❑ Set shot, in shooting range
- ❑ Rebound-jump for the ball

## **Team Concepts**

- ❑ Review Offense spacing-practice knowing the “spots”
- ❑ Review Defense spacing (zone) practice knowing the “spots”
- ❑ Review roles of players. (Point guard, center, guards, forwards, in-bounder)
- ❑ 1-2 plays for offense encourage passing and cutting.
- ❑ 1-2 plays for defense- playing defense with your feet. Discourage reaches over the top.
- ❑ 1 Inbound play under your basket.
- ❑ 1 sideline inbound play

## Team Drills:

Many team drills can be reviewed and selected from these websites.

- ❑ [http://www.y-coach.com/CD/Basketball\\_Drills.htm](http://www.y-coach.com/CD/Basketball_Drills.htm)
- ❑ <http://www.coachesclipboard.net/IndexMac.shtml>

<b><u>Skills or Techniques not allowed:</u></b>
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- |  |
|--|
| <ul style="list-style-type: none"><li>○ <b>Picks or Screens</b></li><li>○ <b>Taking a Charge</b></li></ul> |
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## **Practice Recommendations**

1. Short stretch- kids lead.
2. 10-12 Minutes: Individual fundamental. Break into smaller groups or 2 teams
3. 8-10 Minutes: Team Drills, that again address several fundamentals
4. 10-15 Minutes: Team Concept Review
5. 10-15 Minutes: Scrimmage
  
6. Short stretch- kids lead.
7. 10-12 Minutes: Individual fundamental. Break into smaller groups or 2 teams
8. 8-10 Minutes: Team Drills, that again address several fundamentals
9. 10-15 Minutes: Team Concept Review
10. 10-15 Minutes: Scrimmage

# Coaches Responsibilities 4<sup>th</sup> and 5<sup>th</sup> Grade

## Safety:

All coaches will be responsible for the behavior of their players and fans. This includes

2. Ensuring the playing area is safe and free of anything that may obstruct play.
  - Only teams scheduled to play or practice shall be on the court.
  - Non-playing siblings must have direct supervision from a parent.
  - Water bottles, clothing, bags, score books are picked up after the game
  - Use first aid supplies, provided to treat minor injuries. Have a working cell phone available in the event you must call 911.

## Practices:

Each Team will practice 1x per week except when gym is not available.

You must start and end your practices at your scheduled times.

Each Team will have ½ court to practice.

Stretch before every practice.

Children learn best with small incremental steps.

Try to find an opponent to scrimmage the last 10 minutes of your practice.

## Individual Fundamentals:

- |   |  |
|---|--|
| <input type="checkbox"/> Chest pass             | <input type="checkbox"/> Defensive sliding           |
| <input type="checkbox"/> Bounce pass            | <input type="checkbox"/> Pivot                       |
| <input type="checkbox"/> Right hand dribble     | <input type="checkbox"/> Right/left hand lay-up      |
| <input type="checkbox"/> Left hand dribble      | <input type="checkbox"/> Set shot, in shooting range |
| <input type="checkbox"/> Triple Threat Position | <input type="checkbox"/> Rebound,-jump for the ball  |
| <input type="checkbox"/> Shot fake              | <input type="checkbox"/> Proper pick/screen          |

## Team Concepts

- Review Offense spacing
- Review Defense spacing
- Review roles of players. (Point guard, center, guards, forwards, in-bounder)
- 1-2 plays for offense: man, zone and a full court press-break.
- 1-3 plays for defense- man and zone and a full court press
- 1-2 Inbound plays under your basket.
- 1 sideline inbound play

## Team Drills:

Many team drills can be reviewed and selected from these websites.

- [http://www.y-coach.com/CD/Basketball\\_Drills.htm](http://www.y-coach.com/CD/Basketball_Drills.htm)
- <http://www.coachesclipboard.net/IndexMac.shtml>