



**BOYS & GIRLS CLUB
OF HANCOCK COUNTY**

Boys & Girls Club of Hancock County

2022 Co-Ed Basketball

Coaching Guide, Expectations & Rules

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Game Dates: November 5, 12, 19, December 3, 10, 17
League Practices begin the week of October 10th.



BOYS & GIRLS CLUB
OF HANCOCK COUNTY

Boys & Girls Club of Hancock County Mission Statement

The Boys & Girls Club of Hancock County is a youth development organization providing a positive environment which seeks to inspire and enable all young people to realize their full potential as productive, responsible, and caring citizens.

BGCHC Coaching Expectations

1. Display sportsmanship at all times

2. Practices

- a. Utilize the Practice drill guide every practice (30 minutes) to ensure that all players are learning fundamental skills
- b. Share the Club basketballs during practice, if you have your own basketballs ensure that those with BGCHC remain at the Club.
- c. Utilize Club cleaning equipment to wipe down basketballs after practices for next arriving teams. Recommend the use of hand sanitizers when entering and leaving the facility to minimize spread.
- d. Work on defense, rebounding, playing, etc. the other 30 minutes of practice. Feel free to view YouTube or any other youth basketball site to get new and fun drills that could be used in practice.

3. Parent Communication

- a. Please use text or email
- b. Pictures (We are communicating with various photographers to provide service)
- c. Games
 - i. Please help pick up trash after games
 - ii. Try to maintain social distance and promote the use of face coverings when unable to do so.
- d. Cancellations of practice & games
 - i. No school – no practice
 - ii. Saturdays - email, BGCHC Facebook, coach will be used to notify everyone

4. Games

- a. Utilize volunteers to help with running the clock or scoreboard.

4. Support BGCHC mission statement and Set Example for Youth

BGCHC Practice Drills - 1st & 2nd Grade

Minute Drill

(3 minutes)

Do each of these 30 seconds

- A. Ball slaps
- B. Go around right leg*
- C. Go around left leg*
- D. Figure 8*
- E. Ball around waist
- F. Finger tips (tap ball back & forth between fingertips)

*They can roll it around leg if they can't do it in air.

Teaching points:

1. Knees bent & back straight
2. Do not allow them to sit down

Stationary Dribbling

(3 minutes)

Do each for 1 minute

- A. Right hand dribble
- B. Left hand dribble
- C. Sway back & forth from left to right (rock left to right while dribbling from right to left hand)

Teaching points:

1. Knees bent & back straight
2. Opposite arm bent at elbow to keep defender off
3. Do not have them dribble in the center of their legs-dribble behind the back foot

Dribbling Full Court

(6 minutes)

Do each for 2 minutes

- A. Dribble to half-court and back right hand
- B. Dribble half-court and back with left hand
- C. Do same thing as above, but have players do a crossover move at 1/4 court (dribble from right to left hand) & continue on.

Teaching points:

1. Push ball out in front of them while running (jogging)
2. Must stay under control
3. Challenge talented dribblers: Have them dribble 2 balls at same time.
4. Can also do green light/red light

Lay-up Shooting

(8 minutes)

Do for 4 minutes each

- A. Right hand lay-ups
- B. Left hand lay-ups

Teaching points:

1. Use backboard by shooting towards upper corner of square
2. For stronger players, have them work on correct footwork. Right hand lay-up=right leg goes in air & jump off left foot. Left hand lay-up=left leg goes in air & jump off right foot.

Form Shooting

(4 minutes)

Do this for 4 minutes

- A. Form shooting in front of basketball hoop

Teaching points:

1. Have them get their shooting hand under the ball. Recommend to put their middle finger on the air nozzle of the ball.
2. Bend legs to help them shoot
3. Hold follow through (hand in a cookie jar)

2 Line Passing

(6 minutes)

Do each for 3 minutes

- A. Bounce Passes
- B. Air (chest) passes

Teaching points:

1. Have them step & pass at the same time
2. Bounce passes should bounce about 2/3 of way to receiver

BGCHC Rules - 1st & 2nd Grade

Objectives & Responsibilities

- a. Teach and practice fundamentals of the game of basketball
- b. Good sportsmanship
- c. Teach the boys & girls to work together as a team
- d. To make the game of basketball fun and enjoyable experience.

Game Management

- ONLY DEFENSE THAT IS PLAYED IS MAN TO MAN
- Will play (4) 8 minute quarters
- Clock will stop on dead balls, fouls and timeouts
 - 3 timeouts allowed per team per game
- Subbing is allowed. Coaches are responsible for making sure each boy and girl gets equal playing time. BGCHC recommends subbing at the 4 minute mark (halfway mark) of each quarter and at the end of the quarter. All players should start at least one game. (Exception: injury)
- No pressing allowed
- Goal height is 8'
- Basketball is 28.5 size
- Scoreboard will only show time, and we will not keep score this year.

Basketball Management

- Traveling and Double Dribbling are not allowed and will be called - possession stays with offense, but play is stopped
- Man to man defense at all times – Begin Shell (help side) concepts
- Stealing is not allowed on dribble
- Tie ups result in reviewing possession arrow (alternate possession)
- Fouls will not be kept – if a shooting foul, free throws will be awarded to shooting team
- Coaches are the officials in this league so they can offer instruction. Talk to the kids as they play and walk up and down with them on court

BGCHC Practice Drills - 3rd & 4th Grade

Minute Drill

(2 minutes)

Do each of these 5 times

- A. Ball slaps
- B. Go around right leg
- C. Go around left leg
- D. Figure 8
- E. Dribble around right leg
- F. Dribble around left leg
- G. Dribble figure 8
- H. Hikes (Both hands in front of legs & hike through legs to both hands behind legs to catch ball)
- I. Switchers (One hand in front of legs & one hand behind legs. Drop ball & switch hands to catch it)

Teaching points:

1. Keep head up
2. Bend knees
3. Hikes & Switchers: Can bounce ball before catching it

Lay-up Shooting

(6 minutes)

Do for 3 minutes each

- A. Right hand lay-ups
- B. Left hand lay-ups

Teaching points:

1. They need to shoot with correct form & correct hand. They jump off left foot (right leg in air) for right handed lay-up. Vice versa for left handed lay-up.
2. Teach that a string is attached from right elbow to right knee – right hand goes up and so does right knee.

Stationary Dribbling

(3 minutes)

Do each for 30 seconds

- A. Right hand dribble
- B. Left hand dribble
- C. Sway back & forth from left to right (rock left to right while dribbling from right to left hand)
- D. Dribble 2 balls at same time

Teaching points:

1. Knees bent & back straight
2. Opposite arm bent at elbow to keep defender off
3. Do not have them dribble in the center of their legs-dribble behind back foot

Form Shooting

(3 minutes)

Do this for 3 minutes

- A. Form shooting in front of basketball hoop

Teaching points:

1. Have them get their shooting hand under the ball. Recommend to put their middle finger on the air nozzle of the ball.
2. Shoulders square to backboard
3. Hold follow through (hand in a cookie jar)

Dribbling Full Court

(8 minutes)

Do each for 1 minute

- A. Dribble to half-court and back right hand
- B. Dribble half-court and back with left hand

Do each section of Ball State Drill* twice

- Crossover
- Between legs
- Spin Move
- Behind the back

Teaching points:

1. Push ball out in front of them while running & under control
2. Challenge talented dribblers: Have them dribble 2 balls at same time.

*Ball State Drill: Players dribble to half court and back but do the stated move at the 1/4 court

2 Line Passing

(8 minutes)

Do each for 2 minutes

- A. Bounce Passes
- B. Air (chest) passes
- C. Slide to half court & back making bounce passes to partner (width of FT lane)
- D. Slide to half court & back making air passes to partner (width of FT lane)

Teaching points:

1. Have them step & pass at the same time. Work on stepping with each foot
2. Bounce passes should bounce about 2/3 of way to receiver

BGCHC Rules - 3rd & 4th Grade

Objectives & Responsibilities

- a. Teach and practice fundamentals of the game of basketball
- b. Good sportsmanship
- c. Teach the boys & girls to work together as a team
- d. To make the game of basketball fun and enjoyable experience.

Game Management

- ONLY DEFENSE THAT IS PLAYED IS MAN TO MAN
- Will play (4) 8 minute quarters
- Clock will stop on dead balls, fouls and timeouts
 - 3 timeouts allowed per team per game
- Subbing is allowed. Coaches are responsible for making sure each boy and girl gets equal playing time. BGCHC recommends subbing at the 4 minute mark (halfway mark) of each quarter and at the end of the quarter. All players should start at least one game. (Exception: injury)
- Pressing is allowed in the last 2 minutes of each half if and only if the game is within (10) points (up and down). If the game is over 10 points, the team that is down is allowed to press.
- Goal height is 9'
- Basketball is 28.5 size
- Score will be kept via scoreboard

Basketball Management

- Standard basketball rules apply – stealing, traveling, double dribbles.
- Man to man defense at all times – Begin Shell (help side) concepts
- Individual fouls will be kept
 - If shooting foul, standard alternate Defensive/offensive lane assignments
 - Fifth foul player is ineligible to continue
- Coaches are the officials in this league so they can offer instruction. Talk to the kids as they play and walk up and down with them on court

BGCHC Practice Drills - 5th & 6th Grade

Minute Drill

(2 minutes)

Do each of these 5 times

- A. Ball slaps
- B. Go around right leg
- C. Go around left leg
- D. Figure 8
- E. Dribble around right leg
- F. Dribble around left leg
- G. Dribble figure 8
- H. Hikes (Both hands in front of legs & hike through legs to both hands behind legs to catch ball)
- I. Switchers (One hand in front of legs & one hand behind legs. Drop ball & switch hands to catch it)

Teaching points:

1. Keep head up
2. Bend knees
3. Hikes & Switchers: Can bounce ball before catching it

Lay-up Shooting

(6 minutes)

Do for 3 minutes each

- A. Right hand lay-ups
- B. Left hand lay-ups

Teaching points:

1. They need to shoot with correct form & correct hand. They jump off left foot (right leg in air) for right handed lay-up. Vice versa for left handed lay-up.
2. Teach that a string is attached from right elbow to right knee — right hand goes up and so does right knee.

Stationary Dribbling

(3 minutes)

Do each for 30 seconds

- A. Right hand dribble
- B. Left hand dribble
- C. Sway back & forth from left to right (rock left to right while dribbling from right to left hand)
- D. Dribble 2 balls at same time

Teaching points:

1. Knees bent & back straight
2. Opposite arm bent at elbow to keep defender off
3. Do not have them dribble in the center of their legs-dribble behind back foot

Form Shooting

(3 minutes)

Do this for 3 minutes

- A. Form shooting in front of basketball hoop

Teaching points:

1. Have them get their shooting hand under the ball. Recommend to put their middle finger on the air nozzle of the ball.
2. Shoulders square to backboard
3. Hold follow through (hand in a cookie jar)

Dribbling Full Court

(8 minutes)

Do each for 1 minute

- A. Dribble to half-court and back right hand
- B. Dribble half-court and back with left hand

Do each section of Ball State Drill* twice

- Crossover
- Between legs
- Spin Move
- Behind the back

Do 2 ball dribbling once each:

- A. Dribble out to half court & back while dribbling 2 balls at same time

Teaching points:

1. Push ball out in front of them while running & under control
2. Challenge talented dribblers: Have them dribble 2 balls at same time.

*Ball State Drill: Players dribble to half court and back but do the stated move at the 1/4 court

2 Line Passing

(8 minutes)

Do each for 2 minutes

- A. Bounce Passes
- B. Air (chest) passes
- C. Slide to half court & back making bounce passes to partner (width of FT lane)
- D. Slide to half court & back making air passes to partner (width of FT lane)

Teaching points:

1. Have them step & pass at the same time. Work on stepping with each foot
2. Bounce passes should bounce about 2/3 of way to receiver

BGCHC Rules - 5th & 6th Grade

Objectives & Responsibilities

- a. Teach and practice fundamentals of the game of basketball
- b. Good sportsmanship
- c. Teach the boys & girls to work together as a team
- d. To make the game of basketball fun and enjoyable experience.

Game Management

- ONLY DEFENSE THAT IS PLAYED IS MAN TO MAN
- Will play (4) 8 minute quarters
- Clock will stop on dead balls, fouls and timeouts
 - 3 timeouts allowed per team per game
- Subbing is allowed. Coaches are responsible for making sure each boy and girl gets equal playing time. Players should play at least (2) full quarters per game. All players should start at least one game. (Exception: injury)
- Pressing is allowed in the last 2 minutes of each half if and only if the game is within (10) points (up and down). If the game is over 10 points, the team that is down is allowed to press.
- Goal height is 10'
- Basketball is 28.5 size
- Score will be kept via scoreboard

Basketball Management

- Standard basketball rules apply – stealing, traveling, double dribbles.
- Man to man defense at all times – Begin Shell (help side) concepts
- Individual fouls will be kept
 - If shooting foul, standard alternate Defensive/offensive lane assignments
 - Fifth foul player is ineligible to continue
- Coaches are the officials in this league so they can offer instruction. Talk to the kids as they play and walk up and down with them on court