

Coaching guidelines

Areas to focus on:

- **Passing drills**
- **Dribbling drills**
- **Shooting drills**
- **Shooting skills**
- **Defensive drills / boxing out**
- **Sportsmanship**
- **Understand terminology**
 - **Traveling**
 - **Double-dribbling**
 - **Over and back**
 - **3 – 5 second rule**
- **Areas of the court**
 - **Sidelines**
 - **Lane**
 - **3 pt. line**
 - **half court**

Responsibilities to players and coaches

- **coaches must stay until all players have been picked up**
- **respect practice times – 1 hour time limit**
- **equal playing time**

Parent meeting before season starts

- **attendance may determine playing time**
- **discuss parental expectations (i.e. dropping off and picking up on time)**
- **letting the coach know if player will not be at a practice or game**
- **clock / score keeper volunteers**
- **Bring water bottle**

If you would like some drills contact a board member for suggestions.