



# 2018-2019 Basketball Season



**Theme:**  
**With All Your Heart #WAYH**

*Whatever you do, work at it with all your heart,  
as though you were working for the Lord  
and not for people.*

**(Colossians 3:23, GNT)**



## TABLE OF CONTENTS

Introduction .....	3
Vision, Mission, Core Values .....	4
What to expect from us .....	5
Staff and Contact Information .....	5
Coach Expectations .....	6
Philosophy .....	6
Communication .....	7
Practice .....	9
Suggested Format .....	10
Devotions .....	11
Rules for K5-1st, 2nd-3rd, & 4th-6th.....	25
Parent Expectations .....	28
Code of Conduct	
Player / Coach Items .....	29
Drills .....	31
Rules for Student League.....	44
Our Goal.....	50
Game Day .....	51
Clock.....	52
Substitutions .....	53
End of the Game .....	54
End of the Season.....	54



## **Welcome to the 2018-2019 Season of SportLife Basketball!**

*With All Your Heart #WAYH*

*Colossians 3:23*

Paul encouraged his audience in his letter to the church at Colossae, “What ever you do, work at it with all your heart, as working for the Lord . . .”. This season of SportsLife Upstate Basketball, we want to encourage our players and coaches to play, lead, celebrate, practice, and participate with all your heart, as unto the Lord.

We believe this kind of effort and perspective is contagious. It will infect everyone it comes in contact with. As always, it begins with you, the coach. Your leadership, if characterized by one who works at it with all your heart as unto the Lord, will impact kids and families in significant ways.

As you prepare to coach and lead this season, our prayer for you is simple . . . do everything with all your heart, as unto the Lord.

## VISION, MISSION, AND CORE VALUES

### **Vision:**

Our vision is to provide a league environment to our community in which all kids and families want to participate.

### **Mission:**

*The mission statement of SportsLife Upstate is to experience life together through sports and recreation.*

Through that experience, we will take every opportunity to share the love of Jesus Christ through personal stories, compassion, and teaching. In these environments, people are more willing to share what is going on in life - issues at home, job problems, health concerns, etc. Each and every one of those is an opportunity to speak the love and hope of Christ into someone's life.

### **Core Values:**

**Dependency** - Prayer is the foundation of all that we do because we desperately need God.

**Authenticity** - We are real people who are honest about our flaws.

**Multiplication** - Making disciples is our number one goal.

**Multi-Generational** - God values every person at every life stage and circumstance of life.

**Generosity** - The call to follow Jesus includes a lifestyle of generosity.

**Humility** - Christ calls us to care more about other people than ourselves.

**Community** - We will work to intentionally build and nurture relationships.

## WHAT YOU CAN EXPECT FROM US:

### **Quality**

We strive for quality in scorekeeping, referees (we will find the best we can), equipment, etc. If you see other needs, please let us know.

### **Good Communication**

Communication will primarily be through email, so make sure you check your account often and provide us with the best email to send information. If there is short, one-on-one information that needs to be sent, a text is always an option as well.

### **Good Scheduling**

We schedule in such a way to maximize your time. We can't always make the perfect schedule for you, but will strive to maximize your family and work time.

### **Teaching**

Solid teaching of life principles and applications will be based on the Bible. If any disputes arise, this will be the foundation of decision-making. If there is an issue on the court, the best strategy is to take the *least* competitive solution in the moment. If further discussion needs to take place, that can happen off the court and away from players, spectators, and families.

### **Safety**

A safe environment will be maintained. This means physically, mentally, and emotionally.

## STAFF CONTACT INFORMATION

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[info@sportslifeupstate.org](mailto:info@sportslifeupstate.org)

- Ashley Moore
- Doug McCarthy
- Scott Lawson
- Jake Barrett
- Cindy Smith

## **COACH EXPECTATIONS**

*What you are as a person is far more important than what you are as a basketball player.* - John Wooden

The purpose of the league is to provide an environment where each child can grow spiritually, build relationships, and learn the game of basketball. The ultimate goal is to see young people (and even their families) come to salvation through Jesus. The Gospel will be presented to all players during the celebration at the end of the season.

### **Some basic coach expectations:**

- Keep the peace - please do not yell at officials, coaches, or other players. If there are concerns, the time to express them is NOT during a game in front of other players and parents.
- On time - please be on time for games. This usually means 15 minutes before the scheduled start.
- Your understanding - mistakes will be made, but they will not be intentional. Please do not take them personally. Always believe the best instead of assuming the worst. If you experience something that isn't right, please let us know so that we can respond accordingly.
- Please enlist some help to clean up the bench area and where your team has snacks. There will be other teams coming in after your game is finished.

### **Philosophy**

- Players come first.
- Teach each player to give their best effort, skill development, the fundamentals, sportsmanship, and above all, Christian character.
- Be the kind of coach that you want your kids to play for.
- Always put the individual (even from the other team) over wins and losses. Basketball is a game and should be fun for all involved.
- Basketball is a great teaching opportunity. We must use every opportunity to prepare them for life ahead. Never underestimate the influence you have as a coach.
- Do all we can to make this season a rewarding experience.

### **Communication**

Good communication can resolve many conflicts before they arise. Here are some tips and objectives to help us through the season:

- Always speak on the player's level. Help them learn and understand basketball terminology and concepts. Focus on a few drills at a time.
- Usually less is more.
- Make sure you contact parents early and often.
- Always be aware of body language and other non-verbal cues from players. There could be issues going on in their lives that you, as a coach (or we as a church staff), can encourage them through.
- Keep the main things the main things - God, family, school, basketball.

### **The Bottom Line:**

Notre Dame football coach, Knute Rockne, was once asked to evaluate the football season. His response was not what was expected. He said to check back with him in 15-20 years and he would know what kind of men and citizens his players had become. Only then could he evaluate the success of the season.

That should be our mindset as well.



# PRACTICE

## PRACTICE FORMATS

### General Format:

- Welcome, review, stretches, and warm-up 5-10 minutes
- Skill development 20 minutes
- Break for water and devotion with players 10 minutes
- Games that promote skills or scrimmage 20 minutes

### More defined format:

- Welcome, review, stretches, and warm-up 5 minutes
- Dribbling drills 10 minutes
- Defensive drills 10 minutes
- Team offense (screens, passing, etc.) 10 minutes
- Free throws and rebounding 10 minutes
- Scrimmage 10 minutes
- Water and devotion with players 5 minutes

Practices are to last 60 minutes.

Please go to the “locker rooms” (classrooms) after practice to allow other teams to start their practice.

# DEVOTIONS

This is the MOST important thing we will do during the season. God's Word brings hope, peace, and exhibits a loving and compassionate Savior in the middle of a world that is spinning out of control.

Spend time reading through the devotions which have been provided for you and prepare how you will present these each week.

*Start children off on the way they should go, and even when they are old they will not turn from it.*

Proverbs 22:6

## **Week of November 5th**

### **Jam Session: Build a Better Beat**

Cooperation is a reflection of the character of God.

Exodus 28, 31, 35, and 39

Read the story of how God's people worked together to build the tabernacle.

God's people cooperated to build a tabernacle. He chose people to work together because of how He gifted them. They combined their skills to create a beautiful place to worship God.

#### **Bottom Line:**

**God wants us to work together.**

Sometimes we think it'd be better if we didn't have to rely on anyone else to get a job done, but this isn't how God created us. God created us for community, to work together, and do more than we can do on our own. We hope that you see the value in cooperation because cooperation starts with God.

## Week of November 12th

### Jam Session: Build a Better Beat

Cooperation is a reflection of the character of God.

Exodus 17:8-13

<sup>8</sup> *The Amalekites came and attacked the Israelites at Rephidim. <sup>9</sup> Moses said to Joshua, "Choose some of our men. Then go out and fight against the Amalekites. Tomorrow I will stand on top of the hill. I'll stand there holding the walking stick God gave me."*

<sup>10</sup> *So Joshua fought against the Amalekites, just as Moses had ordered. Moses, Aaron and Hur went to the top of the hill. <sup>11</sup> As long as Moses held up his hand, the Israelites were winning. But every time he lowered his hands, the Amalekites began to win. <sup>12</sup> When Moses' arms got tired, Aaron and Hur got a stone and put it under him. Then he sat on it. Aaron and Hur held up his hands. Aaron was on one side, and Hur was on the other. Moses' hands remained steady until sunset. <sup>13</sup> So Joshua destroyed the Amalekite army with swords.*

We read how Joshua led the battle against the Amalekites but can you see how Moses helped? When he held up his staff, the Israelites were able to win the battle. When Moses got tired, Aaron and Hur came to the rescue and helped hold up his arms. Aaron and Hur helped Moses help Joshua! The Israelites win the battle because of how they all cooperated together.

#### **Bottom Line:**

#### **Work together to help someone succeed.**

Just like Hur and Aaron, it's important for you to realize that working together isn't just about doing something for yourself. You can work with other people to help them win at life, too.

## **Week of November 18th**

### **Jam Session: Build a Better Beat**

Cooperation is a reflection of the character of God.

Luke 5:17-26

Read the story of how some good friends wanted to help their friend

In this story, we discover a paralyzed man who just happened to have some really good friends. When His friends heard that Jesus was in town, they tried everything to get their friend to Jesus. In fact, as friends, they cooperated, tore a hole in a roof, and dropped their friend down in front of Jesus while He was teaching. And as a result of their faith and cooperation a miracle happened.

#### **Bottom Line:**

#### **Work together to help someone in need.**

When we see others with needs that seem huge and overwhelming, we too often think they're too big for us to help and end up doing nothing. However, if we cooperate with others to meet their need, we have a better chance making a difference in their life and point them to God.

## **Week of November 25**

### **Jam Session: Build a Better Beat**

Cooperation is a reflection of the character of God.

1 Corinthians 12:12-17

Read the letter that Paul wrote to a church in Corinth.

Paul wrote a letter to a church in Corinth. The people who make up the Church are part of the Body of Christ. Paul talks about how God has given each of us a unique part to play as we share God's love with others. When we cooperate, we can help others know more about Jesus.

#### **Bottom Line:**

#### **Work together to point people to Jesus.**

You can learn how to be the church even at a young age. Just think about the impact you can have on the world when you realize that how we work together could impact a person's relationship with Jesus.

## **Week of December 3rd**

### **Undercover Christmas: Make Others Your Mission**

Compassion is a reflection of the character of God.

John 3:16

*For God loved the world so much that he gave his only Son.  
God gave his Son so that whoever believes in him may not  
be lost, but have eternal life.*

God loves the world so much that He wants to spend forever with us. That was made possible through Jesus!

#### **Bottom Line:**

**God did something about our greatest need.**

Jesus was God's gift to the world. We pray that you will start to understand your need for a Savior and put your trust in Jesus.

## **Week of December 10th**

### **Undercover Christmas: Make Others Your Mission**

Compassion is a reflection of the character of God.

Luke 1:26-56

Read the story of when an angel told Mary about what God was going to do with her help.

Gabriel, an angel, came and made a huge announcement to Mary. God was about to rescue the world through Jesus, and she had an important role to play. Mary was overwhelmed by God's love for the world and the part she got to play by fulfilling God's plan to send a Savior

#### **Bottom Line:**

**God can use anyone to meet others' needs.**

For whatever reason, you may feel like God can't use you to show others His love. We hope you see through the story of Mary, that God can use anyone to show His compassion to the world.

## **Week of December 17th \***

### **Undercover Christmas: Make Others Your Mission**

Compassion is a reflection of the character of God.

Luke 2:1-7

A story of Jesus' birth.

Even though Jesus was born where the animals stayed, God took care of all the details. The Savior of the World was born, and God's compassion for us was on full display.

#### **Bottom Line:**

**God gave us the greatest gift.**

God had been planning a rescue since the very beginning. Jesus was God's greatest gift to make it possible for all people to be with God forever.

\* Gospel Presentation

## **Week of December of December 24th**

### **Undercover Christmas: Make Others Your Mission**

Compassion is a reflection of the character of God.

Luke 2:8-20

A story about shepherds being told about Jesus' birth.

The shepherds were minding their own business and watching sheep in a field. Of course, we know what happened. Angels surprised them and announced that the Savior of the world was born. The shepherds were so excited they ran to meet Jesus and spent the rest of the night spreading the good news that Jesus was born.

### **Bottom Line: Share the good news about Jesus.**

This week we want you to start thinking about how you can share the good news about Jesus. From the words you say to the life you live, you can point people to Jesus and show God's love to others.

## Week of December 31st

### **Undercover Christmas: Make Others Your Mission**

Compassion is a reflection of the character of God

1 John 4:9-12

*<sup>9</sup> This is how God showed his love to us: He sent his only Son into the world to give us life through him. <sup>10</sup> True love is God's love for us, not our love for God. God sent his Son to die in our place to take away our sins.*

*<sup>11</sup> That is how much God loved us, dear friends! So we also must love each other. <sup>12</sup> No one has ever seen God. But if we love each other, God lives in us. If we love each other, God's love has reached its goal. It is made perfect in us.*

God has such a great love for us that He sent Jesus to pay the price for our sins. John reminds us that no one has ever seen God, but when we show love to others, people see God through us.

#### **Bottom Line:**

#### **Love others because God loved you first.**

We want to help you connect your compassion to the source of compassion. We show love to others, not just because it's a good thing to do, but also because it's what God did for us and what God calls us to do for others.

## Week of January 7th

### **Operating System: Update the Way You React**

Self-control is a response of the character of God.

Proverbs 25:28

*A person who does not control himself  
is like a city whose walls have been broken down.*

Solomon used the idea of giant city walls keeping people safe as a way to show the importance of living with self-control. You will discover that having protection, like city walls, is the perfect way to help gain self-control..

#### **Bottom Line:**

**Doing what you should can keep you safe.**

When you choose to do what you should, instead of doing what you want, you keep yourself out of danger. We hope you discover the value of relying on God for self-control even when it's difficult.

## **Week of January 14th**

### **Operating System: Update the Way You React**

Self-control is a response of the character of God.

Proverbs 16:32

*Patience is better than strength.*

*Controlling your temper is better than capturing a city.*

Solomon used the idea of a fighting warrior to help us understand that, regardless of the situation, being patient and keeping our cool is always the wise choice.

#### **Bottom Line:**

#### **Think before you lose your temper.**

God can give us the strength we need to pause and think about the consequences of our actions. Rather than letting our anger get the better of us, God can help us show patience and keep the situation under control.

## **Week of January 21st**

### **Operating System: Update the Way You React**

Self-control is a response of the character of God.

Proverbs 12:18

*Careless words stab like a sword.*

*But wise words bring healing*

Solomon talks about the power of our words. We want you to learn that when you choose the right words in a difficult situation, you can actually bring healing to the situation rather than destruction.

#### **Bottom Line:**

**Choose your words carefully.**

We want you to think about the words you use throughout different situations, because our words can help point others to Jesus.

## **Week of January 28th**

### **Operating System: Update the Way You React**

Self-control is a response of the character of God.

Proverbs 25:16

*If you find honey, don't eat too much.*

*Too much of it will make you sick.*

Solomon used vivid word pictures in this proverb to help us find out what happens when we indulge and eat too much. But his proverb isn't just about how much we eat. You will learn that too much of anything, even if it's a good thing, can have serious consequences.

#### **Bottom Line:**

##### **Know when to stop.**

Knowing when to stop isn't always easy for us. A lot of times it's a parent or teacher who helps you know it's time to stop what you're doing and take a break. We hope that you start to see that stopping something - even if it's fun - can be the wisest choice. We also want you to know you don't need to do this on your own. God will help you know when to stop.

# RULES

## **RULES FOR K5 - 1st GRADE**

- This division will be instructional at its core, given that there are many first-time players involved.
- This group will be co-ed.
- Play will be on an 8-foot goal with a 27.5 inch basketball (youth size)
- Score will not be kept in this division.
- Defense will be man-to-man.
- Coaches will be on-court coaches and referees during the games. If the coach is not comfortable refereeing the game, he/she will need to recruit someone to take the duty as referee.
- Violations should be called.
- Ball-handling violations (travelling and double-dribble) happen on every possession. Use your best discretion in calling these. Players should never be allowed to “tuck and run” - it may be a first down in football, but not in basketball. Call this from day one and teach them that they need to dribble or find a teammate who can.
- Contact also needs to be called from the onset of the season. This plays into the idea of creating a safe environment for all kids to play.
- If a player is fouled in the act of shooting, let them shoot the free throws - they love it. We will shoot 2 for 1 on foul shots.
- Clock format and substitutions will be covered on pages 52 and 53.

## **RULES FOR 2nd-3rd AND 4th-6th GRADE**

- Play for 2nd-3rd grade will be on a 9-foot goal with a 28.5 inch basketball.
- Play for 4th-6th grade will be on a 10-foot goal with a full-sized basketball. The 4th-6th grade division will play full court.

- Scores and standing will be kept in these divisions. Coaches must do everything in their power to not run up the score.
- 2nd-3rd grade coaches will assist the lead referee during games. The head referee will have ultimate say on all calls!

### **Defense**

- Any defense is permissible (man-to-man, zone, traps, presses), however, this will be monitored closely.
  - ⇒ 2nd-3rd Grade Division - no defense allowed until after crossing mid-court.
  - ⇒ 4th-6th Grade Division - defense is allowed full-court during the last two minutes of each half unless the officials tell you that you cannot.
- If a team builds a 15-point lead, all traps and presses must be called off and the defense will pick up at the three-point line. When/if the deficit is cut to single digits, traps and presses may be reinstated.
- In case of a violation of this rule, the team will be reminded/warned. On the second violation, the opposing team will be awarded two points and the ball. On the third violation, the opposing team will be awarded four points and the ball, etc.

### **Offense**

- Teams may fast break and run as much as they like.
- If a team builds a 15-point lead, the ball must be walked into the front court. When/if the deficit is cut to single digits, fast breaks may be reinstated.
- In the case of a violation of this rule, the team will be reminded/warned. On the second violation, the opposing team will be rewarded two points and the ball. On the third violation, the opposing team will be awarded four points and the ball, etc.
- There will be officials for this league. There is a good chance there will be one trained official and one trainee.

- They have been instructed to call all violations from the beginning.
- In the case where only one referee is present, coaches or assistant coaches will assist the lead referee for the 2nd-3rd grade division.
- There will be some grace extended on lane violations, but that needs to be taught early as it will be called.
- Players will have five fouls per game. After the fifth, they are disqualified from the game.
- After the seventh team foul, the opposing team will be in the bonus and shoot one-on-one. After the tenth team foul, teams will be in the double bonus.
- It is okay to ask for an explanation of a call, but it MUST be done in the right way (during a break, timeout, when foul shots are being taken, etc.). There should be no yelling at, or berating of, the referees from the bench, players, or stands.
- This is where games can break down and get ugly. You all are leaders of your team, and by extension, their supporters. Take the lead in this. Take pride in holding emotions in check even when it is the worst call ever made. Those bad calls are teaching moments - use them as opportunities to teach and train these boys and girls.

#### **PARENT EXPECTATIONS**

- Be supportive of your child, his/her teammates, and his/her coach at all times.
- There should be NO taunting of the other team.
- There should be NO derogatory remarks directed toward officials or volunteers.
- There should be NO vulgar language in any of the gyms.
- Please do not shout instructions to your child from the stands. This is very confusing for a child as he/she feels

they need to follow parental instructions as well as the coach's instruction. In trying to please both coach and parent, the player may fail at both.

- Cheer for your child and his/her team.
- When something doesn't go your child's way, suffer in silence. Any inflammatory remarks will draw similar remarks from others and create an environment that no one wants.
- Remember that parents of the other team are as enthusiastic as you. Be gracious in competition.

**Grade School League Player Items Provided:**

- Jersey
- Shorts
- T-shirt
- Game Bands
- End-of-the-year celebration

**Coach Items Provided:**

- Coach's shirt
- Coach's book
- Grade School League Game Bands (to be given to a player after each game. Each player should receive one over the course of the season.)



# DRILLS

The following are some other websites that could give you some ideas for drills:

- [breakthroughbasketball.com](http://breakthroughbasketball.com)
- [coachesclipboard.net](http://coachesclipboard.net)
- [basketballcoaching101.com](http://basketballcoaching101.com)
- [winningdrills.com](http://winningdrills.com)
- App suggestion: Coach's Whiteboard

## **Sportslife Upstate Basketball Developmental Skills\***

Coaching Process/Player development path  
Start → Explore → Learn → Participate

### **Introductory Level (K5-3rd grade)**

General Overview:

Ball-handling and dribbling are of paramount importance. These two skills allow the basketball to be advanced legally throughout the court of play. At the introductory level, ball-handling and dribbling take on the most basic form, allowing players to become familiar with the basketball.

#### **Skill 1 - How to Hold a Basketball**

- Teach young players to hold the basketball with two hands, one on each side of the basketball
- Players should spread their fingers, with their thumbs, pointed up at waist level.
- Give young players a sense of confidence handling the basketball.
- Points of Emphasis:
  - ◇ Slight knee bend
  - ◇ Strong grip on each side of the basketball
  - ◇ Head up
  - ◇ Spread fingers, thumbs up

#### **Skill 2 - Familiarity with the Basketball**

- In this skill, the player will become acquainted with the basketball by moving it from hand to hand, controlling it through all movements.
- It is important to ensure the player is confident handling the basketball while remaining stationary
- Once players become consistent with this movement, they can begin to move the basketball with greater speed from hand to hand
- Have the player create a popping sound with the basketball against the hand as speed increases

- Points of Emphasis:
  - ◊ Slight knee bend
  - ◊ Control of the basketball from hand to hand
  - ◊ Head up
  - ◊ Spread fingers, thumbs up

### **Skill 3 - Triple-Threat Position**

Players who have become acquainted with the basketball are able to hold and move the basketball correctly. As soon as this occurs at the introductory level, it is important to introduce the concept of proper basketball positioning. This particular position is known as the “triple-threat” stance, which got its name from the idea that when players first receive the basketball, they are a “threat” in 3 different ways on the court: dribbling, passing, and shooting. Every aspect of basketball, from an offensive standpoint, centers around this stance.

- This skill can be taught as a group where each player has a basketball
- Following an explanation and demonstration by the coach, players can hold the triple-threat position while coaches make proper adjustments to the stance
- Players should be in a balanced basketball stance with the basketball just above the waist
- Hand placement, introduced earlier, should be such that a shot can be taken from the position
- Hands should be resemble a large, spread out “T” as formed with the thumbs
- Later in the level, as players improve, it is important to emphasize using the pads of the fingers to hold the basketball
- Points of Emphasis:
  - ◊ Balanced basketball position
  - ◊ Basketball at waist level of shooting hand
  - ◊ Hands positioned properly to shoot (“T” formation)
  - ◊ Foot on the same side of shooting hand positioned slightly in front of other foot
  - ◊ Head up

#### **Skill 4 - Stationary Ball-Handling: The First Dribble**

At this level, dribbling the basketball for the first time can be an exciting moment. Teaching proper technique from the beginning is a critical element to instilling confidence in the player. Confidence determines a player's desire to continue playing the game.

- To teach the proper technique of dribbling, players will start in the triple-threat position, with the basketball placed at the waist, on the side of the players shooting hand
- The basketball should be dribbled in a controlled manner, rather than “slapped” at.
- The hand will push through the basketball with wrist movement (similar to a follow-through in shooting)
- Once the basketball returns from the ground to waist level, the player's hand will stop the basketball and begin the process of pushing downward through the basketball again.
- At this level, players should begin working on the non-dominant hand as well.
- Coaches can instruct players to dribble a certain number of times, then catch the basketball in a triple-threat position, keeping track of how many times this is completed properly. Challenge players to do better than their own previous “record” each time. Fun, individual games such as these will keep the players engaged and enjoying the process
- Later in the level, as players improve, they should be encouraged to use their finger pads to control the basketball while dribbling. This is an innocent concept to introduce, as the way the basketball rests in the hands is consistent for ball-handling, dribbling, passing, receiving, and shooting. Once the technique is learned, it is important for players to learn how to control the dribble so it stays at or below the waist level, while they keep their heads up.
- Points of Emphasis:
  - ◊ Balanced basketball position throughout the entire process of the dribble

- ◇ Controlled dribbling (no slapping)
- ◇ Hand pushes through the basketball, downward wrist movement
- ◇ Use both hands equally
- ◇ Later in level: use finger pads to control basketball
- ◇ Later in level: dribble no higher than waist level
- ◇ Later in level: head up

### **Skill 5 - Dribbling to Advance the Basketball**

This is the first step in learning how to advance the basketball up the floor using the dribble. It is recommended to begin the process while walking, progressing to a jog, and finishing with a sprint.

#### **Drill - Dribbling in a linear path (straight line)**

- Begin by teaching players how to dribble in a linear path. To make sure players are traveling in a straight line, coaches may use the painted lines on a gym floor.
  - ◇ Have players start in a triple-threat position with the basketball placed at the waist, on the side of the player's shooting hand
  - ◇ Players should begin walking in a straight line while dribbling the basketball with their shooting hand
  - ◇ Players will need to adjust their hand so that it is placed slightly behind the top of the basketball to account for the forward motion. If players keep their hands directly on top of the basketball, the basketball will not travel with them
  - ◇ The hand placement will be different based on the speed the player is traveling. Exploration will help players become familiar and comfortable with prior hand placement as they progress
  - ◇ Encourage players to dribble with their heads up by having players call out the number of fingers a coach is holding up at the other end of the floor. Further, players should be encouraged to keep the basketball at or below waist level while dribbling
  - ◇ The same dribbling concepts taught previously should be reinforced in this drill

- ◇ Points of Emphasis:
  - Controlled dribbling (no slapping)
  - Hand placement on basketball
  - Hand pushes through the basketball; downward wrist movement
  - Use both hands equally
  - Dribble no higher than the waist
  - Head up

### **Foundational Level (4th-6th grade)**

General Overview:

Ball-handling and dribbling are of paramount importance. These two skills allow the basketball to be advanced legally throughout the court of play. At the foundational level, ball-handling and dribbling will develop such that players may engage in 2-on-2, 3-on-3, 4-on-4, and eventually 5-on-5 basketball.

#### **Skill 1 - Triple-threat Position with a Teammate**

As a warm-up, this is a good way to continue building on overall ball-handling skills. Coaches will partner players up, lining them across the lane lines.

- Players will begin in the triple-threat position
- Remind players the shooting foot should be slightly ahead of the other, and stand in a balanced basketball position
- The basketball should be held just above the waist, resting in the finger pads rather than on the palm of the hand; fingers should be spread out
- The thumbs should form a large, spread out “T”.  
Players’ heads should be up, looking at the teammate standing across from them

From this triple-threat position, coaches will have players execute all three options from the stance: dribbling, passing, and shooting.

- For passing and shooting, the players will utilize their partner
- For ball-handling, emphasize the importance of using finger pads and controlling the basketball through every bounce
- Coaches can start encouraging players to pound the basketball into the floor to ensure a solid feel of the basketball and gain confidence in the dribble
- Players can begin creating the habit of protecting the basketball from an imaginary defender by front pivoting 90 degrees toward their partner and placing an arm bar at chest level for protection
- Coaches can also have players dribble the basketball at varying heights to improve control. This will help increase the use and strength of finger pads and wrist action through the dribble
- Points of Emphasis:
  - ◊ Balanced basketball position
  - ◊ Finger pad control
  - ◊ Wrist movements
  - ◊ Pound the basketball
  - ◊ Arm bar protection
  - ◊ Carry over principles from passing and shooting

## **Skill 2 - Stationary Ball-Handling**

Stationary ball-handling without a dribble is an efficient and fun way to help players increase their level of comfort when moving the basketball. Although many of the drills below are never executed in the game, they are still necessary to develop a player's confidence when handling the basketball under duress. Below are a few examples:

- **Drill 1 - Straight Arm Taps**
  - ◊ Players start by tapping the basketball as closely and quickly as possible from one hand to the next, straight out in front of them at chest level. This should be repeated over and over
    - Instruct players to use finger pads and wrist motion to make the basketball move back and forth successfully without dropping it.

- Players should have straight elbows while performing the drill, which isolates the fingers and wrists
  - After players have worked on the skill straight in front of them, have the player adjust the basketball above their head, completing the same motion. Then move basketball to the waist
  - Coaches can be creative moving the basketball position throughout the drill
- ◇ Points of Emphasis:
  - Finger pad control
  - Wrist action
  - Elbows remain straight throughout all locations
  - Head up
  - Slight knee bend
- **Drill 2 - Around the Body**
  - ◇ This drill begins in an elongated stance with a slight knee bend. Using the finger pads to control the basketball is important. Coaches will also want to encourage players to keep their body still, rather than moving in a circular motion mimicking the path of the basketball.
    - Players will rotate the basketball around the waist from hand to hand clockwise, not allowing the basketball to fall to the ground
    - Once players have worked on the clockwise motion, switch to counterclockwise
    - Players can then move onto performing the drill around the head and knees. Depending on ability, players may move the basketball around one knee, or both knees together
    - Coaches can create a pattern of movement, as well
    - As players continue to improve, encourage them to perform the drill with increased speed, taking care to keep their heads up

- ◇ Points of Emphasis:
  - Finger pad control
  - Slight knee bend
  - Head up
  - Learn mechanics first, speed second
  - Body still

### **Skill 3 - Stationary Ball-handling; Add a Dribble**

Stationary ball-handling without a dribble is another efficient and fun way to help players increase their level of comfort when moving the basketball. Again, although many of the drills below are never executed in the game, they are still necessary to develop a player's confidence when handling the basketball under duress. Below are a few examples:

- **Drill 1 - Wall Dribbling**

- ◇ Dribbling the basketball against a wall is a great way to help develop basketball control, body strength, and confidence using the finger pads.
- ◇ Here, players line up directly in front of a wall and dribble the basketball as quickly as possible up to shoulder height
- ◇ Coaches can have the players move slowly in both lateral directions, controlling the basketball with motion
- ◇ Lastly, the coach can have players draw shapes with their dribble and ultimately improve to the point where they are signing their names in cursive on the wall. It is a fun way to develop confidence handling the basketball
- ◇ Points of Emphasis:
  - Keep elbow directly under wrist
  - Finger pad and wrist motion
  - Placing of hand on basketball to assure basketball does not fall to ground
  - Quick, hard, controlled dribbles
  - On movement, basketball should stay close to the wall

- **Drill 2 - Rhythm Dribble**

This skill is called the “rhythm dribble” because of the rhythm that can be heard when completed properly

- ◇ Instruct the player to begin in the same starting position as the eggbeater: in a defensive stance with the right hand in front and left hand behind.
- ◇ Player will then drop the basketball allowing it to bounce one time while switching hands.
- ◇ After the switch, the left hand should be in front and the right hand will be behind.
- ◇ Next, the player will move the basketball in a full circular motion starting with a backward motion from right to left, without the basketball traveling through the front door.
- ◇ Once the basketball comes back to the starting point with the right hand in front and the left hand behind, the player will start the drill again.
- ◇ Switch directions once the drill is learned.

**Skill 4 - Dribbling on the Move**

This is designed to teach players various types of dribbles that will advance the basketball while they are being defended. Learning to handle the basketball is critical to every player’s development, regardless of position or size. Every player will need to dribble the basketball at some point! Below are a few examples:

- **Drill 1 - Speed Dribble**

The speed dribble is used most often in the open court when transitioning from defense to offense.

The objective of the speed dribble is to advance the basketball as quickly as possible, pushing the basketball out in front of the body.

- ◇ Begin by lining players up at one end of the court in a triple-threat position
- ◇ On the whistle, have players advance the basketball straight up the floor in the dominant hand as quickly as possible to the other baseline, ending in a jump stop and triple-threat position
- ◇ Coaches should encourage players to increase their

speed while still controlling the basketball. Players will likely dribble the basketball by their shoulders the first time in an attempt to move quickly

- ◇ Continue to encourage control and speed in a healthy combination, keeping the basketball a little above the waist level
- ◇ After players become comfortable with using the dominant hand, move to the use of the non-dominant hand. Once that is comfortable, have players move up the floor in a straight line alternating hands
- ◇ Points of Emphasis:
  - Head up
  - Run in a straight line for efficiency
  - Dribble basketball no higher than just above the waist
  - Healthy balance of control and speed
  - Correct dribbling mechanics

### **Skill 5 - Dribbling on the Move**

The following moves are more advanced and are best introduced after a healthy comfort level is established with the above skills, to help alleviate frustration. All of these drills can be introduced with the player on the baseline in a triple-threat. Moving forward, in a zigzag motion, ending on the opposite baseline in a triple-threat position. The drills can be used both to beat a defender off the dribble and protect the basketball when changing directions.

#### **• Drill 1 - Behind the back**

- ◇ To begin, it is recommended to teach the behind-the-back dribble on the move, in open court. The actual dribble will be executed just as taught above in the stationary ball-handling.
- ◇ Going into the move, the basketball will be dribbled next to the hip, wrapping it around the body, landing beside the opposite hip
- ◇ A hard controlled dribble prior to the wrap around can make for an easier maneuver of the basketball behind the back, as it creates necessary momentum

- to complete the motion
  - ◇ Encourage the player to keep the body low entering into and exiting the move
  - ◇ Footwork can vary on the behind the back, but it is easiest to learn through a one-two step, rather than a hop.
  - ◇ Once the basketball has worked its way to the other side of the body, encourage the players to protect the basketball by keeping it on the outside of and tight to the body
  - ◇ Once the skill is learned, continue to work on keeping the wrap around as low and tight to the body as possible
  - ◇ Points of Emphasis:
    - Hard, controlled dribble leading into wrap
    - Wrap from one hip to other
    - Keep wrap close and tight to the body
    - Head up
    - Protect basketball coming out of the move
    - Change of speed, change of direction
- **Drill 2 - Between the Legs**
  - ◇ Starting to the right, the player will take two speed drills and land on a jump stop. The shoulders should be perpendicular to the direction just traveled.
  - ◇ To teach the move for the first time, have the player, once they have come to a jump stop, turn the shoulders to be parallel with the direction just traveled
  - ◇ The chest should now be pointed toward the front knee (left)
  - ◇ The basketball will then be dribbled between the legs, from the front foot to the back foot, catching the basketball in the left hand behind the body
  - ◇ Keeping the front foot (left) planted, move the back foot (right) forward in the new direction
  - ◇ Encourage the player to keep the basketball on the outside of the body after the completion of the move in order to protect the basketball

- ◇ Once the drill is learned, continue to encourage change of speed, change of direction and keeping the basketball low and tight for efficiency
- ◇ Points of Emphasis:
  - Come to a jump stop prior to starting move
  - Quick, low and tight on the dribble between the legs
  - Low body positioning throughout the skill
  - Change of speed, change of direction
  - Head up

\* All content is used by permission from USAB Developmental Handbook. For more drills, check out Coaches Resources on our web page, [www.sportslifeupstate.org](http://www.sportslifeupstate.org)

## **Student Basketball League**

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The pages that follow are the rules and guidelines that will govern our league. The purpose of the league is to glorify our Lord and Savior Jesus Christ through our play and to reach middle and high school student in the Upstate. Each section is designed with that purpose in mind. If you have any questions, please call 864-967-8591 or send an email to [info@sportslifeupstate.org](mailto:info@sportslifeupstate.org).

### **AGE REQUIREMENTS AND PLAYER ELIGIBILITY**

- The player must currently be enrolled in school and in the grade level in which he or she is a participant.
- Team rosters must be signed by the coach with contact information for each player and coach.
- Players cannot change uniform numbers (this helps speed up the pre-game logistics).
- If a church has more than one team, each player can play on only one (1) team.
- If a church does not have enough players to form a team, it may combine its players with another church(es) to form a team.
- There will be a junior varsity league for boys and girls in grades 6-9 and a varsity league for boys and girls in grades 10-12.
- A player may move up a division if so desired. This decision is to be made by the coach of the team. Once a player moves up, he or she will remain in that division for the remainder of the season. A player may not move down a division.
- To be eligible for the post-season tournament, a player must have played in at least three regular season games.

- Every player present at the game should be allowed the opportunity to play.

### **EQUIPMENT**

- All equipment, including game ball and warm up balls, will be supplied by the host gym.
- All jerseys will be supplied by the participating church. All jerseys need to be reversible so that no teams wear the same color.
- No shoes should be worn that have black marking soles (street shoes, hiking boots, etc.)
- For the safety of all involved, watches, rings, necklaces, or earrings cannot be worn in games.

### **SEASON GAMES**

- All games will begin with prayer at center court. The visiting team will lead in the opening prayer.
- All games will consist of two (2), eighteen (18) minute halves with a running clock. The clock will only stop in the case of a time-out, injury, shooting fouls, or at the official's discretion. The clock will stop on all whistles in the final minute of each half.
- If a game is tied at the end of regulation, a three (3) minute overtime period will be played with the clock stopping on all whistles in the last minute of the overtime period. Each team receives one time-out per overtime period.
- Each team will receive two (2) time-outs per half. The time-outs will last for no longer than 30 seconds. If a team only uses one timeout in the first half, it may carry the other one to the second half for a total of three. Timeouts will not carry over into overtime.
- A team may start a game with four (4) players. If a player comes in late, he must check in at the scorer's table and wait for the next dead ball before entering the game at the official's command.
- All substitutes must check in at the scorer's table and be waived in by the officials before entering the game.

- Forfeit time is ten (10) minutes after the scheduled game time for the first game. All other games will begin at game time or immediately following the conclusion of the previous game.
- Teams will be given at least three (3) minutes to warm-up after team devotions. If time permits, the warm-up time could be longer. No team will be forced to start before their scheduled time.
- Games will be played full court and high school rules will govern all play.
- Each team has six (6) fouls to give. On the seventh (7<sup>th</sup>) team foul the opposing team will shoot one free throw plus a bonus free throw if the first is made. After the tenth (10<sup>th</sup>) foul the opposing team will shoot two (2) free throws.
- A player will be allowed five (5) personal fouls before being disqualified from the game.

#### **COACH AND PLAYER CODE OF CONDUCT**

- Profanity will not be tolerated, nor is it welcomed from the players, coaches, or fans (*consider your teams warned now*). The first violation will result in a technical foul. A second violation will result in a technical foul and ejection from the game. The first ejection for profanity will result in a two (2) game suspension. A second ejection will result in suspension for the remainder of the season, including playoffs.
- A technical foul for profanity can be called from the scorer's table.
- Fights and excessive contact will not be allowed. Players involved in a fight will be automatically ejected from the game and suspended for two (2) full games. A second infraction will result with suspension for the remainder of the season, including playoffs. Involved parties must attend a meeting with the coach and league leadership and the other player(s) involved before eligibility is restored.
- If a player receives two technical fouls in a game, he is

ejected from the present game and additional suspension may be handed down depending on the severity of the infraction.

- If a player is ejected for ***any*** reason, they are expected to meet with league leadership before eligibility is restored.
- There will be no verbal abuse of officials. Remember that these guys have full-time jobs also. These gentlemen put in full days and deserve our respect. If you have a questions, ask them respectfully without “showing them up.” You may not like their calls, but they are in charge!
- No player shall at any time lay a hand on, push, shove, strike, or threaten to strike an official, player, spectator, or anyone else.
- Alcoholic beverages and/or drugs are not allowed. Any violation of this will result in suspension from the league and notification of the authorities.
- In all things you do and say (Colossians 3:17), ask yourself if you would treat Jesus that way before you act or speak.
- COACHES - *you will be the leaders, both spiritually and in sport, for these 2-3 months. You are expected to be the Christian role model for these young people and uphold these rules and encourage fair play.*

## **TEAM ROSTERS**

- Each team may carry a roster of twelve (12) players.
- Each team will have a coach to represent the team.
- The initial roster showing a commitment to participate should be turned in as soon as possible. All rosters are to be finalized by the team’s first game. Any additions must be approved by the league leadership.
- A team may replace a player(s) in the case of injury or transfer. In this case, the team coach should notify Ashley or Doug on or before Monday of the next scheduled game.
- All roster members must be active church members or active in the life of the church.

- All students are invited to play. If he/she is not active in a church, they are expected to be for the duration of their season.
- The intent of the league is to reach teens for the glory of Christ. Teams are encouraged to invite players who are not involved in a church and/or unsaved with the intent to minister to him/her and the player's family.
- In the spirit of fair competition, if a player is on a school basketball team, he or she will not be allowed to play in the games. That player is welcome to practice with the team and/or assist in coaching and managing a team.
- A player can only be on one (1) roster.
- Churches may enter as many teams as they like.

#### **DRESS CODE**

- All jerseys will be provided by the respective church.
- Each player will wear the same number each week. This is important for record keeping and statistics.
- Shorts are to be pulled up to the belt line.
- Clothing that endorses alcoholic beverages, tobacco products, illegal drugs, or that are sexually explicit are strictly prohibited.

#### **LEAGUE FORMAT**

- League play will consist of a round-robin schedule (each team will play each other once). The results of these games will determine seeding for the end-of-the-year tournament. The tournament will be single elimination with the winner being crowned league champion.
- Top eight (8) teams in each division qualify for the play-offs.
- Tie breakers will be in the following order:
  - ⇒ Head to head competition.
  - ⇒ Total points scored (the higher the better).
  - ⇒ Total points allowed (the lower the better).
  - ⇒ Blind draw (probably high card draw).
- Winners of each league will receive t-shirts to proudly wear around town.

### **PROTESTS / FORFEITS / CANCELLATIONS**

- There will be no protests of games. Everyone is expected to participate in a Christ-like spirit, adhere to the rules provided, and conduct themselves in a way that brings glory to God - **THIS INCLUDES PARENTS IN THE STANDS.**
- There will be no rescheduling of games or postponement of games. If a team cannot get four people there at the start, the game is forfeited. The game clock will start promptly at game time. Each team then has ten (10) minutes to have a team ready to play before forfeit (see the Season Games section). Each team is allowed three (3) forfeits before being disqualified from the post-season tournament (no refunds of the entry fee). In case of inclement weather, an email and text will be sent to the coach of the team. If a game is cancelled, every effort will be made to reschedule the contest at a later date.

### **KEY DATES**

- First Games - week of December 3
- No games will be held during Christmas break
- Post-season tournament and finals will take place as soon as possible.

### **FEES**

- The fee for the league will be \$30 per player. This will cover officiating and t-shirts for the championship team.
- For FBSimpsonville teams, the fee is \$50 per player to cover the above costs *and* the cost of jerseys.

*Remember that our goal is to  
glorify our risen  
Savior, Jesus Christ.  
We are not playing for the  
NBA championship,  
but are here to have fun.  
May the love of Christ  
govern and guide all  
that we do this season!*

# GRADE SCHOOL GAME DAY\*

The purpose of the league is to teach Biblical truth, sportsmanship, and skill development through the game of basketball with maximum participation.

*People look at me and see a calm, cool guy on the sidelines and I want them to know that my Christian faith affects my coaching and everything I do.*

- Tony Dungy

\* = *This information is for the Grade School League only.*

### **General Things . . .**

- No alcohol, tobacco products, and/or drugs.
- No profanity in gyms or surrounding areas.
- Parents are responsible for children's conduct. They are also responsible for their own conduct.
- Please put trash in provided trash cans.
- Coaches and referees should make every effort to ensure that games are safe and fair for players and spectators. If one team is dominating another, coaches and referees should work together to minimize lopsided scores.
- Do your best to make sure all team members feel as though they are vital, contributing members of the team.
- Make sure you recruit a team parent to handle snacks.

### **The Game**

- Coaches and referees need to meet and talk before each game to make sure everyone is on the same page.
- All members of each team will meet at mid-court for pregame prayer.
- The home team will wear white and the visitor will wear blue.
- For safety - no jewelry, wristbands, etc.
- Teams will warm up on the opposite end of the court as their bench. At halftime, teams will switch ends.

### **Clock Format**

- The game will consist of four, 8-minute periods.
- There will be a two-minute break between the first and second period and third and fourth period.
- Each team will receive one, 30-second timeout per half.

If it is not used in the first half, it may be carried over to use in the second half. Halftime will be five minutes.

- The clock will “slow down” on free throws. The players will need to get lined up quickly and take their free throws in a reasonable time (standard rule is ten seconds, would prefer to cut that in half). The clock “slow down” means it will stop temporarily, but will run at the timekeepers discretion.
- The clock will stop on all dead balls in the last minute of the first half and the last minute of the game.

### Substitutions

- Each player should be afforded the opportunity to start at least two games during the season.
- All players must appear in at least three periods.
- Rotate players every four minutes

Player	1st	2nd	3rd	4th
Doug		X		
Scott	X			
Allen				X
Andy			X	
Tony	X			
Steve			X	
Randy				X
Brian		X		

- Players with the “X” play the entire period (8 minutes). Total game time is 32 minutes.
- If a team gets a big lead, please sub in some of your players who need more work. This will give them a chance to improve and give the other a chance to close the gap.
- Players substituting in must check in at the scorer’s table and will be waved in by an official at a dead ball.

### Sample Scoresheet

Name	Number	Rebounds	Points
Doug McCarthy	5		
Scott Lawson	12		
Larry Bird	33		
Michael Jordan	23		
Steve Nash	13		
Patrick Ewing	34		
Kevin Durant	35		

### End of the Game

- At the end of each game, teams should line up to shake hands.
- The coach should gather the team together to encourage all players and give the game band to ONE player. Be specific as to why they are receiving the band.
- All players should receive one game band over the course of the season. If you have nine or more players, you will have to double up on a weekend.

### End of the Season

- There will be a event (TBD) to celebrate the season.







