



AHPD Youth Basketball Program Manual

Thank you for volunteering to coach an Arlington Heights Park District youth basketball team! Whether you are a beginning or returning AHPD coach, we appreciate your time and energy.

Everyone in the program - coaches, referees, parents, and AHPD staff - should uphold the basic tenets included in the **“Statement of Philosophy”**. As adults, we are role models for young people in our community. It is our responsibility to create a safe and fun environment for our players.

AHPD Contact Information

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- **AHPD website:** www.ahpd.org

AHPD Youth Sports Program Objectives

Arlington Heights Park District sports programs strive to achieve the following:

1. Programs will be designed to promote positive learning experiences that enhance physical, psychological, and social development.
2. Programs will emphasize fun, developing new skills, fair play, and sporting behavior.
3. Programs will be conducted with the safety of all participants in mind.
4. Programs will be designed to promote positive self-esteem and self-confidence of the participants.
5. Programs will be comprehensive in nature and offer a variety of levels that match available resources. If resources or facilities are limited, accommodating the needs and interest of the majority of the participants will take priority.

Programs first serve the need of the Arlington Heights Park District residents. Non-residents may participate if openings still exist after the residents have been served. Youth sports programs are competitive on both a team and individual level. However, it is the desire of the Park Board of Commissioners to keep the intensity of the competition at a recreational level, which stresses fun, learning, and the concept that everyone plays.

Code of Ethics for Coaches:

- I will place the emotional and physical well-being of the players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical

development for the same age group.

- I will do my best to provide a safe playing situation for all players.
- I will promise to review and practice the basic first aid principles needed to treat player injuries.
- I will not allow a youth to play in a game, or continue to play in a game, if there is any doubt as to the seriousness of his/her injury.
- I will do my best to organize practices that are fun and challenging, providing growth opportunities in skills for all players.
- I will lead by example in demonstrating fair play and sporting behavior.
- I will be knowledgeable in the rules of basketball, and I will teach these rules to my players.
- I will use coaching techniques appropriate for the skills I am teaching and the level of development of each player.
- I will remember that I am a youth sports coach and that the game is for children and not adults.
- I will provide opportunities for all players to participate in both practice and game situations, allowing the players to apply new skills and demonstrate their abilities.

AHPD Youth Sports Philosophy

The AHPD recognizes that competition in and of itself is a part of life and if placed in the proper perspective something that an individual learns from. Competition should encourage participants to strive to be the best they can be. The AHPD basketball program strongly supports the concept that competition must always be channeled into positive and educational experiences, never into degrading or harmful behavior patterns. Practice sessions should emphasize skills-building and be fun. In games, **winning and losing will be de-emphasized whenever possible**, with emphasis placed on participation, learning, and enjoyment. No one should ridicule or punish a player when correcting technique or behavior. We must remember that we are teaching skills, not recruiting or drafting players with superior skills.

In an effort to keep the recreational philosophy and to serve the greatest number of residents, athletic programs will be designed to encourage participation for the beginner and mid-level athlete. Although the AHPD may offer traveling programs in certain sports in which the competition intensity increases, the overall focus should still remain on fun and learning. For certain participants, their skill level and competitive needs may exceed the capabilities of the AHPD program or resources and they may need to seek outside or private clubs and organizations.

Guidelines for Coaching

Ages 5 to 12 years are ideal for learning basketball skills. During those years, children are energetic and enthusiastic. Coaches should channel this energy into positive development at a pace and level that is physically and emotionally appropriate to players' ages.

- Hold a parent orientation before the season starts. Explain the league rules, team goals, and your coaching philosophy. Set a time parents may contact you with questions or concerns. Gain their cooperation. Be tactful.
- Accentuate the positive. Criticism should be constructive and sandwiched with positive comments.
- Don't try to be a strict taskmaster. Children participate in sports to have fun, make friends, and improve their skills.
- Make practice fun. Use a variety of exercises and drills and break them up by introducing games.

- Demonstrate sporting behavior and communicate to your players that you expect the same behavior from them.
- Be alert to individual needs, and be flexible. Praise players' strengths and practice their weaknesses. This requires one-to-one coaching wherever possible.
- Coach yourself before you coach others. Practice your skills so that you can give competent demonstrations.
- Encourage players to compete against their own past performance rather than against the performance of others. Set realistic personal and team goals.
- Teach skills, tactics, and rules in practice and apply those lessons in games. Do not expect players to execute new instructions given during a game.
- Complexity is confusing. Explain moves using clear, specific explanations with appropriate terminology.
- Do your homework. Come to practices and games prepared with drills, games, and rosters. Keep your team organized, both on and off the court.
- Make sure everyone plays. Research has shown that children would rather play on a losing team than sit on a winning team.
- Do not over coach. Avoid talking too much or "preaching" to the players while they are seated. Most coaching should be done at practices. Allow players to learn from mistakes at games. During games, take notes about what needs improvement, and use them to plan your next practice.
- Do not "psych up" your team before games. Chances are they are nervous enough. Play down the importance of winning, and praise new skills and effort.
- Be aware of your players' stage of physical and mental development. They will vary in age and ability.
- If you are having difficulty with a player, first talk to his or her parents. If you continue to have difficulty, or have difficulty with a parent(s), contact AHPD staff.

Ages 5 to 8

Players in this group are very self-conscious, have a very limited attention span, and need constant movement. Encourage movement through games that encourage players to develop good shooting habits, dribbling skills, balance, and footwork. The emphasis should be in having fun. There should be no competitive pressure.

Ages 8 to 12

These players perhaps are better balanced physically and mentally than any other age group. They have a great sense of team loyalty, are quite competitive, and learn skills eagerly. Continue to develop shooting, dribbling, and passing skills, under defensive pressure as they are ready. Introduce defensive skills such as rebounding and setting screens.

Players and Playing Time

Coaches are expected to play team members who are in good standing for at least half of a game (2.5 quarters). If a player regularly misses practices or has discipline issues, the coach may play that player less than the required time, after informing the parents prior to the game. Do not decrease playing time without first discussing with the player's parents and the AHPD.

Teams must field a minimum of four players to start a game. The opposing team may play at full strength. If a team is not ready to play at the scheduled game time, the team will forfeit. In the

event one or both teams do not have the minimum number of players, the coaches may elect to scrimmage. The referees will NOT officiate a scrimmage.

A team may borrow a player from the opposing team to avoid a forfeit, if the opposing team has enough players and the opposing coach agrees. A team may not borrow a player that is not on the opposing team. **Utilization of non-authorized players will result in a forfeit.**

Practices and Games

Teams practice once a week beginning two weeks prior to the first game and continuing through the duration of the season. Day, time, and location of practices are determined by coach and gym space availability. Teams cannot practice until after the coaches' meeting.

Games are on Saturdays and Sundays. You will receive your roster and schedule at the coach meeting and are responsible for communicating team information to parents. You can also find schedules on the AHPD website.

Terrycloth wristbands: We provide wristbands to help the 1st and 2nd graders keep track of the player they are defending. At the beginning of each quarter, players should line –up to defend the matching color wristband they are wearing. Red guards red, blue guards blue and so on... Players need to swap out wristbands as they substitute each quarter.

In case of inclement weather, please check the AHPD website or call the weather hotline, 847.577.3003, extension 6. **Practices or games may be cancelled because of unsafe conditions at a facility or on the roads. Just because it snows, does not mean games will be cancelled.**

General Basketball Rules and Information

Any rule may be changed, deleted, or added by the league supervisor. All coaches and players will be advised of any rule changes prior to game time.

First and Second Grade - IHSA rules will apply with the following exceptions:

1. Teams should be at the gym ten minutes prior to game time.
2. Games consist of five 8-minute quarters.
3. All players must play at least two quarters.
4. Quarters one through four have a running clock. During quarter five, the clock will stop at the four minute mark for substitutions.
5. Players may be substituted out if they are injured.
6. One coach is allowed on the court to instruct players.
7. All players must wear gym shoes.
8. There will be no free throws.
9. Each team will have two time outs per game.
10. A jump ball will begin each quarter. Jump balls will also restart the game under the alternating possession rule.
11. The basket height is 8 feet.
12. The ball size is 27.5 (Junior's.)
13. **No zone defense**, only 1v1 defense. Defense is allowed to pick up at the top of the key.
14. After a change in possession, the defense must return to below the top of the key. No pressing.

15. Turnovers for double dribbling, traveling, and palming will be called at the discretion of the official. Officials will be lenient and consistent.
16. Three seconds in the lane won't be enforced, but coaches must teach their players the rule.
17. No player shall play more than three quarters of a game when their team has seven or more players at a game.
18. Ball screens – Only one player can set a screen on a ball. Players are allowed to switch screens. Double, triple, and quadruple screens are illegal. Fouls will be called for setting illegal screens, and the ball will be awarded to the defense.
19. **Unsporting conduct from players or coaches will not be tolerated.**

Third through Sixth Grade – IHSA rules apply with the following exceptions:

1. Games will consist of four 10-minute quarters.
2. If a team is up by more than 30 points in the second half, we will stop posting scores.
3. Quarters will have a running clock, stopping only for time outs and injuries.
4. In the last minute of the 2nd and 4th quarters, the clock will revert to official time and the clock will stop on all whistles.
5. There will be a one minute break at quarters and a three minute break at half-time.
6. Coaches must give the scorekeeper their roster prior to each game.
7. All players must play a minimum of two quarters, unless the player fouls out.
8. Once a player enters as a substitute, he or she must play the remaining length of the quarter without being substituted. Have players play a full quarter when possible.
9. **Third Foul Rule:** If a player picks up three fouls in the first quarter, he or she may be substituted.
10. **Fatigue Rule:** if a player becomes **exhausted** in any quarter, he or she may be substituted.
11. Substitutes must report to the scorer's table before entering the game.
12. The scorekeeper will whistle or buzz substitutes into the game.
13. No player shall play more than three quarters of a game when their team has seven or more players at a game.
14. Each team is allowed two time outs per half.
15. Each team is allowed five minutes after the scheduled start time to field a team.
16. **No zone defense**, only 1v1 defense.
17. No double teaming above the free throw extended is allowed. The first offense is a warning. The second offense is a team foul.
18. **No press rule:** The offensive team may bring the ball down court across the center line without any defensive interference. The dribbler is not considered across until both feet and the ball cross the center line.
 - a. All opposing players must return to their defensive court when:
 - i. A basket is made
 - ii. A defensive player has gained possession of a rebound
 - iii. A defensive player is in-bounding the ball in the opponent's defensive court.
 - b. If players violate the no press rule, the first offense is a warning. The second offense is a team foul.
19. The offensive team will have ten seconds to bring the ball across half court.
20. Fouls committed in the act of shooting will result in two free throws for a missed shot and one free throw for a successful shot.
21. A bonus one and one free throw will be in effect on the 7th team foul per half, two bonus

- shots on the 10th team foul per half.
22. Two free throws and the ball will be awarded for all technical fouls.
 23. Distance for free throws:
 - a. 3rd and 4th grade – 12 feet
 - b. 5th and 6th grade – 15 feet
 24. Offensive lane violations:
 - a. 3rd and 4th grade – 5 seconds
 - b. 5th and 6th grade – 4 seconds
 25. Any player or coach may be removed from a game for unsporting conduct. In severe cases, a player or coach maybe removed from the league.
 26. Teams are responsible for the conduct of their players and fans. If an official finds that an individual's conduct is disruptive to the game:
 - a. First offense: a warning to the team coach
 - b. Second offense: a technical foul against the team
 - c. Third offense: forfeiture of the game
 27. If a team receives three technical fouls during a game, it will result in a forfeit.
 28. Any coach or player who is ejected from a game must leave the gym immediately. Failure to do so will result in a forfeit.
 29. If a coach or player is ejected from a game, he or she is ineligible for the next game.
 30. If your team is up by 30 points or more, please challenge your team to slow the play down and complete more passes before shooting or bring your defense back to the free throw line instead of half court. It is an excellent opportunity to teach your players how to win with class.
 31. Players must wear official AHPD jerseys and gym shoes. We recommend shorts rather than sweat pants or jeans.
 32. Girls in 3rd-6th grade and boys 3rd-4th grade use a 28.5 (Women's) ball. Boys in 5/6th grade use an Official sized ball.
 33. The basket height for 3rd- is 9 feet and for 4th ,5th,6th grade is 10 feet.
 34. Three pointers will be allowed in 5th and 6th grade.