

**2008 Weinstein JCC
Jr. NBA/WNBA Youth Basketball
Volunteer Contract**

Name: _____

Address: _____

Phone: (Home) _____ (Work) _____ (Email) _____

Athletic/Coaching Experience: (YES/ NO) Explain: _____

Code of Conduct

_____ Coaches must always conduct themselves in a manner that credits the Weinstein JCC and the Jr. NBA/WNBA Youth basketball program.

_____ Coaches must be courteous and may not use profanity at any time.

_____ Coaches must ensure that each parent and participant is aware of the dates and times of practice, games, picture day, award presentation and any other functions. (Only applies to your team)

_____ Coaches are expected to actively participate and show up on time for all functions including practice, games, picture day, award presentation and any other functions.

_____ Coaches shall respect and abide by decisions made by League Commissioner, referees and other Weinstein JCC staff.

_____ Coaches are expected to keep all comments directed towards parents and participants positive.

_____ As a coach, sportsmanship is your responsibility. Taunting, trash talking, unnecessary celebration, physical or verbal abuse, etc., of ANY kind, from players or coaches will not be tolerated.

_____ Coaches and players must shake hands with the opposing team after every game.

Contract

I understand that by signing this document I agree to volunteer coach for the Weinstein JCC Jr. NBA/WNBA Youth basketball program. I agree to conduct my duties in an ethical manner, and to reflect good sportsmanship and fair play at all times. I understand that if I do not abide by the rules and regulations, my responsibilities as a volunteer may be terminated.

I further agree to indemnify and hold the Weinstein JCC of Richmond, Virginia and its staff harmless from and against any/all liability for any injury, which may be suffered thru my participation in this program.

I have read, understood and agree to abide by the above Code of Conduct and Contract.

Signature _____

Print Name _____ Date _____

Jr. NBA/WNBA Practice Plans

Team Name: _____

Coach Name: _____ **Division:** _____

Warm-ups: 5 minutes

- Stretching (jumping jacks, toe touches, lunges, jogging in place, jogging down and back, etc.)

Ball Handling: 5 minutes

- Around the head, waist, legs
- Dribble with right and left hand down and back
- Dribble in place with right hand, dribble in place with left hand

Ball handling cues: use fingertips, flick wrist, legs shoulder width apart, knees bent, head up

Defense: 10 minutes

- Hay drill (have group of kids face you, you point in the direction you want them to slide)
- Zig Zag (set up cones, have kids zig zag to the cones in a defensive stance, reinforce the dropping of their foot to change position)
- Box drill (set up cones in a box, have kids sprint to first cone, slide to next cone and back petal to last cone)

Defensive cues: legs shoulder width apart, knees bent as if you were sitting in a chair, step slide don't gallop, hop or cross your feet, keep your head on the ball)

Shooting: 10 minutes

- Form shooting (have kids go up as close to the basket as possible working on making a swish- ball can't hit the rim)
- Lay-ups (split the kids up into 2 lines and have 1 line lay-up and the other line rebound)
- Spot shooting (set up several spots for the kids to shoot from)

Shooting cues: legs shoulder width apart, hips facing "square" to the basket, knees bent, shooting arm in an L-shape, guide hand on the side of the ball, extend shooting arm up past your ear, flick your wrist and hold your follow through, elbow must be in on shooting arm.

Player Positioning, Offensive and Defensive Plays, Other Drills: 15 minutes

- Please use this time to teach anything else you feel you need to introduce. If you need any assistance with a drill or explaining a concept please feel free to notify the league coordinator.

**Carole & Marcus Weinstein Jewish Community Center
Jr. NBA/ Jr. WNBA Basketball Program**

Philosophy

The Carole & Marcus Weinstein Jewish Community Center exists to strengthen Jewish identity and continuity by enriching personal, cultural, social and physical development, by fostering leadership and by promoting the welfare of the Jewish community as a whole.

League Contacts

ShaVohn Curley	Recreation Supervisor	804.545-8639
Scott Katz	Assistant Executive Director	804.545-8644

Please direct all weather related questions to the center at (804) 285.6500 or the weather hotline at (804) 285-0422. Option two regarding weather related questions is to call the contacts listed above. **March 22, 2008 will be used as our make-up game and awards day if needed.**

Jr. NBA/ Jr. WNBA Rules of the league

5&6/ 7&8 rules

- Games are 4 periods at 8 minutes each. Jump ball starts the game.
- Running clock however, clock will stop only during timeouts or injury.
- 2 timeouts per half. (they do not carry over)
- No overtime. Games will end in a tie if necessary.
- 2 minute halftime. Second half will start promptly at end of break.
- Each child must get equal playing time each game. Coach or assistant should keep a record of playing time.
- Fouls will not be recorded but will be called. If a child is getting out of control or fouling too much please sub him/her out of the game and explain what they did wrong.
- During a foul shot, players cannot leave until the ball has hit the rim. Free throws will occur only during shooting fouls.
- Teams may play man-to-man or zone defense. No pressing allowed!
- 5 players from each team on the court at one time. A team may play with a minimum of 4 players in case kids don't show up.
- All substitutions must be made during a dead ball. The child must report to the table if they are a substitute.
- After a made basket, rebound or turnover, defensive team drops back to defensive end of court immediately.
- Fast breaks are allowed!

- Referees will call games more loosely in the first few weeks as to traveling, three seconds in the lane etc. Warnings “may” be given with out loss of possession. Repeated violations will result in loss of possession.
- One coach can remain on the baseline with team. The purpose of this is primarily for positioning players and explaining rules not for implementing strategy.
- Baskets will be between 6 to 7 1/2 feet
- Referee has the final say on the court.
- Teams must shake hands at the end of each game promoting good sportsmanship.

9&10/ 11-13 rules

- Running clock however, clock will stop during timeouts or injury only.
- Game will consist of (2) 16 minute halves.
- 3 minute halftime. Second half will start promptly at end of break.
- 2 timeouts per half (they do not carry over). 1 timeout for overtime.
- Each child must get equal playing time each game. Coach or assistant should keep a record of playing time.
- Each child is allowed 5 fouls before they are eliminated.
- 7th team foul is a 1&1/ 10th team foul is automatic 2 shots.
- During a foul shot, players cannot leave until the ball has hit the rim.
- May play man to man and zone. **Teams may press the last 2 minutes of the 2nd half only.**
- 5 players from each team on the court at one time. A team may play with a minimum of 4 players in case kids don't show up.
- Fast breaks are allowed!
- All substitutions must be made during a dead ball. The child must report to the table if they are a substitute.
- If a player receives 1 technical foul he/she is out for the rest of that game.
- Referee has the final say on the court.
- Teams must shake hands at the end of each game to promote good sportsmanship.