

BASKETBALL COACH INFORMATION

Website

- Basketball Parents Information
- Basketball Coach Information
- Concussion Guidelines
- Weather Updates
- Locations/Directions
- Practice/Game Schedules
- Court Layout
- Basketball Rules
- Code of Conduct
- Safe Child
- Contacts

General

- Parents are required to read [Concussion Guidelines](#) when registering.
- Dick's Sporting Goods Parish Athletics 20% off weekend TBD; Parish Athletics will be at their Apex location (Saturday 9AM – 1PM) handing out \$10 Gift Cards to coaches as long as they last.
- Team Parent (Manager): Utilize them to schedule team snacks/pickups of shirts & medals/etc.
- YouTube is full of basketball drills.
- Remember the game rules are the rules.

Weather

- Use one or two methods to cancel practices/games: Web/Email.
- We will make decisions on practice and game cancellations as soon as we can.
- Cancellations are based on weather conditions of site and travel.

Safe Environment

- Parish Athletics sports programs are considered a family event.
- Parents/guardians are responsible for supervising their child/children.
- Parents/guardians supervising are for children safety and coach's protection.
- Coaches/parents/grandparents are not background checked.

Schedules

- PreK games are normally between 9AM and 12 PM.
- Schedules are released after we finalized the number of teams which depends on finalizing coaching help.

Rosters

- Last season's players have option to return the same if registered by the guaranteed date.
- After guaranteed date placement by date the player registered and/or our coach's needs.

- Placement based on player's request if available.
- Schedules are released after we finalized the number of teams which depends on finalizing coaching help.

Rules

- On website.
- General rules and guidelines
- Ball Sizes
- Goal height
- Duration of games

Issues

Games/Practices

- Bring issues to the staff attention; we want to address problem ASAP.
- It's easier to address issue when they are happening than later.
- There is always staff on site during games/practices.

Contacts

- Email Trish register@parishathleticsnc.org; Austin Austin.parishathleticsnc@gmail.com; Anthony areese@stmm.net.

Skills Emphasized

- Dribbling (right-handed; left-handed; "trying" not to look at the ball)
- Set Shot
- Defensive Position
- Zone and Man-to-Man Defense
- Rebounding
- Proper Bounce Passes
- Teamwork
- Good Sportsmanship (example: cheer for your team; not against the other team, accepting on-court calls)

Divisions

PreK

- Basketball size: Smaller than a youth size ball; light weight.
- Goal height: Six feet.
- Size of court: One half of full court for older players.
- Game length: Four 7-minute periods/ 5-minute halftime.
- Number of players per team on court: 5 vs 5.
- Defense: Zone using dots.
- Scores not kept.
- One coach per team on court during game.
- Coaches act as referees.

- All children should have equal playing time.
- Strong and weak players should be mixed during game.

Kindergarten

- Basketball size: Smaller than a youth size ball; light weight.
- Goal height: Six and half feet.
- Size of court: One half of full court for older players.
- Game length: Four 8-minute periods/ 5-minute halftime.
- Number of players per team on court: 5 vs 5.
- Defense: Zone using dots.
- Scores not kept.
- One coach per team on court during game.
- Coaches act as referees.
- All children should have equal playing time.
- Strong and weak players should be mixed during game.

1st Grade

- Basketball size: Youth size ball; light weight.
- Goal height: Seven feet.
- Size of court: One half of full court for older players.
- Game length: Four 10-minute periods/ 5-minute halftime/1-minute between periods.
- Number of players per team on court: 5 vs 5.
- Defense: Zone using dots.
- Scores not kept.
- One coach per team on court during game.
- Coaches act as referees.
- All children should have equal playing time.
- Strong and weak players should be mixed during game.

2nd Grade

- Basketball size: Youth size ball; light weight.
- Goal height: Eight feet.
- Size of court: One half of full court for older players.
- Game length: Four 10-minute periods/ 5-minute halftime/1-minute between periods.
- Number of players per team on court: 5 vs 5.
- Defense: Zone using dots.
- Scores not kept.
- One coach per team on court during game.
- Coaches act as referees.
- All children should have equal playing time.
- Strong and weak players should be mixed during game.

3rd & 4th Grade

- Basketball size: Youth size ball; light weight.
- Goal height: Eight feet.
- Size of court: Full court.
- Game length: Four 10-minute periods/ 5-minute halftime/1-minute between periods.
- Number of players per team on court: 5 vs 5.
- Scores not kept.
- Referees will be provided.
- All children should have equal playing time.
- Strong and weak players should be mixed during game,

5th & 6th Grade

- Basketball size: Women's (28.5" circumference)
- Goal height: Ten feet.
- Size of court: Full court.
- Game length: Four 10-minute periods/ 5-minute halftime/1-minute between periods.
- Number of players per team on court: 5 vs 5.
- Scores not kept.
- Referees will be provided.
- All children should have equal playing time.
- Strong and weak players should be mixed during game.

First Weekend

- Practice/Scrimmage.
- Shirts for all players will be given to the team parent or coach.
- PreK – 2nd Grades: Coaches meet and agree on time divide between practice/scrimmage; one coach per team on field during scrimmage.
- 3rd – 6th: Coaches meet with referee before the scrimmage to discuss rules/subbing/etc. One coach for each team can be on the field during the scrimmage.

Medals Weekend

- Medals (Team Parent or the coach can pick up in kitchen); if one of your player's medal is missing, we will have blanks to give them. We will mail them one with their name on it.
- There will be a picnic after medals are handed out.

Divisions

PreK

- Basketball size: Smaller than a youth size ball; light weight.
- Goal height: Six feet.
- Size of court: One half of full court for older players.
- Game length: Four 7-minute periods/ 5-minute halftime/1-minute between periods.

- Number of players per team on court: 4 vs 4 or 5 vs 5.
- Defense
- Scores not kept.
- One coach per team on court during game.
- Coaches act as referees.
- All children should have equal playing time.
- Strong and weak players should be mixed during game

Kindergarten

- Basketball size: Smaller than a youth size ball; light weight.
- Goal height: Six and half feet.
- Size of court: One half of full court for older players.
- Game length: Four 7-minute periods/ 5-minute halftime/2-minute between periods.
- Number of players per team on court: 4 vs 4 or 5 vs 5.
- Scores not kept.
- One coach per team on court during game.
- Coaches act as referees.
- All children should have equal playing time.
- Strong and weak players should be mixed during game

1st Grade

- Basketball size: Youth size ball; light weight.
- Goal height: Seven feet.
- Size of court: One half of full court for older players.
- Game length: Four 10-minute periods/ 5-minute halftime/1-minute between periods.
- Number of players per team on court: 4 vs 4 or 5 vs 5.
- Scores not kept.
- One coach per team on court during game.
- Coaches act as referees.
- All children should have equal playing time.
- Strong and weak players should be mixed during game

2nd Grade

- Basketball size: Youth size ball; light weight.
- Goal height: Eight feet.
- Size of court: One half of full court for older players.
- Game length: Four 10-minute periods/ 5-minute halftime/1-minute between periods.
- Number of players per team on court: 4 vs 4 or 5 vs 5.
- Scores not kept.

- One coach per team on court during game.
- Coaches act as referees.
- All children should have equal playing time.
- Strong and weak players should be mixed during game

3rd Grade

- Basketball size: Youth size ball; light weight.
- Goal height: Eight feet.
- Size of court: Full court.
- Game length: Four 10-minute periods/ 5-minute halftime/1-minute between periods.
- Number of players per team on court: 5 vs 5.
- Scores not kept.
- Referees will be provided.
- All children should have equal playing time.
- Strong and weak players should be mixed during game

4th – 6th Grades

- Basketball size: Women's (28.5" circumference)
- Goal height: Ten feet.
- Size of court: Full court.
- Game length: Four 10-minute periods/ 5-minute halftime/1-minute between periods.
- Number of players per team on court: 5 vs 5.
- Scores not kept.
- Referees will be provided.
- All children should have equal playing time.
- Strong and weak players should be mixed during game

First Weekend

- Practice/Scrimmage.
- Shirts for all players will be handed out.

Medals Weekend

- Medals (Team Parent or coach can pick up in kitchen; if one of your player's medal is missing, we will have blanks to give them. We will mail them one with their name on it.
- There will be a picnic after medals are handed out.