
SCAA Coaches' Guide

SCAA Athletic Coordinating Team

Introduction

**Coach : one who instructs or trains <an acting coach>;
especially : one who instructs players in the
fundamentals of a competitive sport
and directs team strategy <a basketball coach>**

[Source: Merriam-Webster dictionary]

- The purpose of this presentation is to provide all SCAA coaches with guidance on his or her responsibilities as a coach.
- This is intended to be a tool to aid you in your coaching. It is not intended to be all inclusive; we welcome your suggestions to make it a better tool for you.

Responsibilities

- Be familiar with and enforce SCAA policies
- Ensure adherence to the handbook and code of conduct
- Make effective use of the equipment and resources provided
- Act as conduit for all general information from SCAA to players and parents
- Teach...you are the coach. No matter the age or skill level, players expect the coach to provide guidance and instruction. (If you need assistance in teaching a concept or technique, don't hesitate to ask for help.)

Expectations

- Understand, support and be an enthusiastic advocate for the mission of SCAA
- Model the behavior expected as a representative of SCAA
- Ensure the highest confidentiality regarding member information
- Participate in special events and promote SCAA activities
 - All teams are required to have at least one sponsor. Encourage your players & parents to find multiple team sponsors; this is what funds our activities
 - Volunteer and encourage your players to volunteer at our various events
- Help the youth of the organization develop their basketball and leadership skills.

Communication

As the primary source of information for your players and parents,

- Establish a distribution list (e-mail, text, facebook, etc.) of players and parents or guardians and flow out all SCAA **general communication** in a timely manner
 - We highly recommend that you ask a parent to volunteer to assist you as a Parent Coordinator. He or she can help with communication as well as coordination of many of the team administrative duties.

- Establish a method (e-mail, text, phone call, etc.) to flow out **emergent communication** to players and parents
 - This includes changes in practice or game dates, times, and locations, etc.

Practices

- Be ready to start practice on time
 - Remember, your players will take your lead...if you show up late or unprepared, so will they.
- Expect players to be warmed up, shoes changed, equipment out, etc. when practice begins.
- Have a practice plan – know what skills you want the players to focus on and have drills outlined to work on those skills.
 - If you don't know of the appropriate drill or how to run it properly, ask for help
 - Plan for more than you think you can accomplish and make adjustments based on the players who attend; better to have more planned than to try to figure something out during practice
- If you require fitness training as part of your practice, have players arrive at an earlier scheduled time
 - Consider having players complete the fitness activities (running, warm up exercises, etc.) before the gym is available, if possible
 - Consider incorporating “two-fers” into your practice...drills that can double as warm up exercises
- Don't waste gym time for “punishment”
 - If your team performed poorly, did you prepare them appropriately?

Gym time is precious – don't waste it!

Games

- Have your players arrive at the game with plenty of time to get ready (30-45 minutes?)
 - Remember, your players will take your lead...if you show up late or unprepared, so will they.
 - Expect players to be ready; shoes changed, uniform on, etc.
- Get your players mentally ready for the game!
 - How you do this will vary depending on the age of your players and your style but some sort of preparation is necessary
- Conduct on the bench should coincide with SCAA policy: “trash talking, excessive behavior or language, back talk to referees is not allowed”
- Game strategy – consider incorporating players with weaker skills into the game early (or include him/her in your starting lineup). This helps to ensure playing time goals are met and may build the player’s confidence.
- Post Game
 - Exit the court quickly and clean up any garbage / recyclables
 - Recap the game with your players

**Good sportsmanship is expected at all times,
both on and off the court**

Invitationals

- Hosting a tournament requires significant time, coordination, and money.
 - Pay attention to notifications of schedule changes. Organizers often have to make last minute schedule changes; we will always try our best to communicate those changes (e-mail, website, facebook).
 - Request schedule changes in a timely fashion and understand that not all requests can be granted due to the domino effect of a single change.
 - Encourage your players to volunteer to referee, keep score, clean up, etc.
 - If an emergency arises and you are unable to coach at your assigned time, please make sure an assistant coach attends in your place.

 - Have your players arrive at the game with plenty of time to get ready (30 minutes?)
 - Remember, your players will take your lead...if you show up late or unprepared, so will they.
 - Conduct on the bench should coincide with SCAA policy: “trash talking, excessive behavior or language, back talk to referees is not allowed”
 - Post Game
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Awards & Scholarships

- Al & Norman Mar Scholarship
- Phil Mar Scholarship
 - The recipients of these awards are selected by separate scholarship committees from nominations submitted by the coaches and parent coordinators of the high school teams. Selections are based on attitude, sportsmanship, conduct on and off the court, as well as a willingness to help out in all aspects of the SCAA program. Recipients must have been members of SCAA for two years or more to be eligible.
- SCAA Scholarship
 - The recipients of this award are chosen through an application process which includes a written essay as well as a point system which evaluates the applicant's success with regard to grade point average, leadership, community service, and work experience. Applications are reviewed and evaluated by community representatives outside of SCAA membership.
- Phil Mar Memorial Coach of the Year Award
 - The recipient of this award is chosen by his or her fellow coaches based on attitude, sportsmanship, conduct on and off the court, and his/her support of the SCAA program.

Consider these awards throughout the season

Awards & Appreciation Banquet

- Final event of the season and opportunity to show our appreciation for all volunteers

- Format
 - Host – Board President
 - MC – Previous Year’s Coach of the Year

 - Each coach is given **five (5)** minutes to introduce his/her team, assistant coaches, and parent coordinator and present awards for “Most Inspirational” and “Coaches Award”
 - Most Inspirational – based on player votes
 - Coaches Award – selected by team coaches

 - Agenda includes:
 - Board Elections
 - Team Introductions
 - Hoopfest and 3-on-3 Tournament winners
 - Presentation of Awards and Scholarships
 - Slideshow of season highlights
 - Distribution of yearbooks (by team, given to coach for distribution)

Issues or Concerns

- Community Centers
 - Contact the on-site staff at the community center
- General Parks Questions
 - Doreen Deaver, Jefferson Community Center
- Player Discipline
 - As the coach, you have the authority to determine team rules and the corresponding discipline
 - If you would like assistance or need a sounding board, contact the Athletic Coordinating Team (ACT) or the president
 - act@scaayouth.org or president@scaayouth.org
- Spectators
 - Have a meeting with your players' parents / guardians to set the expectations for behavior during games. It is great to have enthusiastic fans but SCAA expects spectators to be respectful and show good sportsmanship
 - If a spectator's behavior becomes distracting or inappropriate during a game, contact the community center staff for assistance

Got a question?

Check our website, scaayouth.org or send an e-mail to the following addresses:

- Registration, team placement, refund requests, fee waiver requests
registration@scaayouth.org
- Coaching assignments, practice schedules, invitationals and events, player issues or concerns
act@scaayouth.org
- Fundraising or sponsorships
sponsorships@scaayouth.org

Don' t assume!

Please don' t give information unless you are 100% certain that your response is correct. Passing on inaccurate information causes unnecessary confusion and rework.

SCAA Coaches' Guide

Technical Skills & Knowledge

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Age / Grade	Individual Skills	Team Skills
Clinic	<ul style="list-style-type: none"> ■ Dribble with strong hand at a run ■ Be in a correct defensive stance ■ Defensive-slide ■ Run backwards 	<ul style="list-style-type: none"> ■ Box out ■ Man-to-man defense, triangle ■ Run lanes ■ Everyone does everything; no set positions ■ Everyone runs on both offense & defense
5 th / 6 th Grade	<ul style="list-style-type: none"> ■ Good shooting mechanics ■ Correct passing techniques ■ Fast dribble with strong hand; jog dribble with weak hand ■ Left & right lay-up / pivot 	<ul style="list-style-type: none"> ■ Box out ■ Man-to-man – with help (introduce zone D) ■ Fast break offense ■ Everyone does everything; no set positions ■ Everyone runs on both offense & defense ■ Pass to space, not bodies
7 th / 8 th Grade	<ul style="list-style-type: none"> ■ Dribble either hand, and able to change directions ■ Shoot lay-ups with left & right hand ■ Box out, pivot, drop step ■ Defend and run a pick & roll ■ Practice easy drills at game speed 	<ul style="list-style-type: none"> ■ Early offense ■ Man-to-man – identify shooter ■ Understand spacing ■ Set a screen ■ Defend screen, pick & roll ■ Position specific skills
High School	<ul style="list-style-type: none"> ■ Shoot a jump shot ■ Have a “go to” shot ■ Shoot set shot up to 18’ ■ shoot a turnaround and fade away ■ Understand continuous motion offense ■ Dribble full court, full speed, either hand, and able to change directions ■ Good ball moves in both directions 	<ul style="list-style-type: none"> ■ Zone defense ■ Identify passing lanes ■ Move and pass to open space ■ Know how to attack various defenses

Technical Skills & Knowledge

■ Drills

- Keep them short
- Don't keep running the same drill if it isn't working or your players aren't getting it. This just wastes time and creates frustration for everyone! (You may consider trying the drill again at another practice when everyone is fresh or asking another coach for ideas on how he or she teaches the same skill.)

■ Positions

- Assigning specific positions should be discouraged until 7th or 8th grade (the big kid in 3rd grade could be the small kid in 8th grade)
- Position each player for success

■ Rebounding

- Players should be taught the skills necessary for both defensive and offensive rebounding
- Defensive: all five positions should know how to box out

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■ Individual Skills

- Emphasis should be on getting familiar with basic skills and just having a basketball in their hands
- Offense – triple threat position
- Defense – left hand up, right hand down, watch the belly button

■ Team Skills

- Teach vocabulary of the game and basic rules
- Emphasis on court layout and general positioning
- Offense – how and where to screen
- Defense – teach triangle, how to help
- ***Have fun!***

Strong fundamentals are key at all ages

Players may have success at a young age with poor technique but if they are not corrected it may hinder their game development as they get older

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■ Individual Skills

- Emphasis on good mechanics and technique
- Offense – passing and shooting
- Defense – open to the ball

■ Team Skills

- Emphasis on understanding that the game is a team game (even if you have Michael Jordan!)
- Offense – how to back door, pick and roll, pick and pop
- Defense – how to identify shooter, awareness of zone defense but emphasis on man-to-man

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■ Individual Skills

- Emphasis on good mechanics and technique
- Offense – learn how to collapse the defense with pass and dribble
- Defense – how to close out and collapse correctly, how to intentionally foul

■ Team Skills

- Emphasis on understanding each player's role on the court
- Offense – how to overload, how to run and space a court without stopping to set up
- Defense – how to weak side; how, where, and when to double team; awareness of zone defense but continued emphasis on man-to-man

- Understand the foul situation and how many (fouls) to bonus

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■ Individual Skills

- Emphasis on mastery of advanced skills
- Offense – identify what the defense is trying to do and how to negate it, create match-up problems
- Defense – identify what the offense is trying to do, know how to stop it, understand how to defend against match-up problems

■ Team Skills

- Emphasis on reading opponent and choosing a strategy to counter attack their strengths
- Offense – be able to play at least half the game without dribbling; get as many offensive rebounds as you allow the other team to get defensively
- Defense – only allow shots from predetermined spots no offensive rebounds
- Clock and time management, learn how to win the game with situational awareness

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Coaching Odds & Ends

- Consider your coaching style and the age or needs of your team; each season will bring different kids which could drive adjustments to your approach
 - You may think about bringing in an assistant who has a different style from yours to accommodate different kids' learning needs
- Stay connected with your PC! He volunteers because he wants to be involved and to help you.
- Assistants
 - Make sure that you and your assistants have similar philosophies and goals; consider having a conversation about each of your expectations to avoid surprises
 - Use your assistant coaches to work with an individual player or small group that may need to focus on a specific skill.
 - Have your assistant coaches help with game management (playing time, substitutions, timeouts, etc.)