



### Albuquerque Youth Basketball League

Coaches Mandatory Meeting
Bantams – Juniors
September 1 or 8, 2010
7:00-8:30 PM
Seniors October 12, 2010
NMAA Hall Pride and Honor



- Coach Team Registration
- Individual Player Registration
- Online Card Payments \$5 Convenience Fee (Credit or Debit Late fee \$10)
- Team Roster and Uniforms Bantam-Junior by Oct. 1 and Seniors Nov. 1
- Rules
- Schedules and Team Schedules
- APS Holidays and Vacations





#### **AYBL** Website

- Ihoops.com (NBA-NCAA-NFHS)
- Concussions
- Swine Flu
- Gym Rules
- Maps to Gyms with Schedules (doors to enter that are open)
- Gym Rules (food and drinks, etc.)

### Team Web Pages













- Add Coaches Contact
- Team Rosters
- Practice Schedule (not by event but days) week and time)
- Game Schedule
- Maps to Gyms
- Open Doors and Parking



### Coaches Requirements

- Attend Mandatory Rules Meetings
- Assistant Coaches must also attend know rules avoid sportsmanship issues
- Register online for AYBL liability insurance –
   Coaches Code of Conduct
- Complete Concussion Online Training (25 minutes and print certificate)
- Secure practice gym time school
- Legal Dispute: Agree to binding arbitration with AYBL and Attorney Michael Danoff



## NFHS Concussions Risk Management

- Click on Concussions
- Register Course (email and password)
- Complete 25-30 minutes online
- Certificate of Completion
- Email Certificate pdf file to Gene
- IF IN DOUBT SIT THEM OUT



### Player Registrations

- Online and Mail In
- Deadline Oct. 1 or Nov. 1 (\$10 late fee)
- UNIFORM SIZE
- Walk Up Registrations Sept. 18-25
- Parent Code Conduct
- Proof of Age (On file or show)
- Copy Birth Certificates (illegal)
- Protest filed: Will suspend player until proof of age provided to AYBL



### Team Rosters – Uniforms Submit Online

- Submit Online Oct. 1 or Nov. 1, 2010
- Parents email coach registration forms with all contact information for TEAM ROSTER and UNIFORM SIZES
- Coach, assistant coach, and team parent contact information
- TEAM NAME and team colors (all reverse to white by NFHS rules)
- Late after Oct. 1 or Nov. 1 have scrimmage vests with #'s in uniform box for first 1-2 games.



# AYBL Coaching Clinics To Be Posted Website

- www.lhoops.com link for Training for Coaches
- UNM Steve Alford Davalos Center
- LCHS Frank Castillo LCHS Practice and Dry Erase Board Session After
- Thunderbirds Santa Ana Star
- UNM Women's Don Flanagan



# Team Uniforms and Uniform Rules

- Reverse to white
- Colors posted on website (uniforms)
- All head, wristbands, and t-shirts must match
- Jerseys tucked in
- AYBL shorts are mandatory
- No long sleeve under armour or pants (long knee socks okay)
- Shorts under game shorts can not be exposed
- WALK UP REGISTRATIONS TRY ON UNIFORMS FOR SIZING, STYLE, AND FIT!

# Uniforms – Reversible Posted Website











# White Jerseys For Home Team Rule 3-4-6b New









#### Uniforms Worn Properly REFEREE

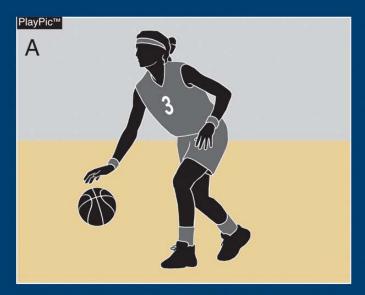






#### Guidelines for Headbands/ Wristbands Established Rule 3-5-3





Legal - Same color as jersey or white



Illegal - Different color than jersey and not white



#### **Uniforms**





Illegal undershirt - must be same color as uniform

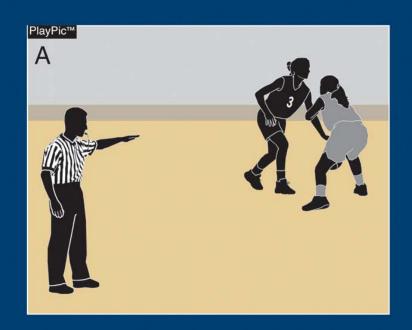


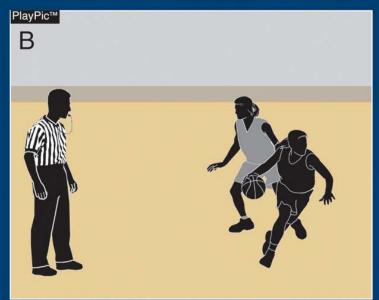
Legal arm sleeve - worn for medical reasons



### Closely Guarded Count Clarified Rule 4-10









# Medical Items Rule 3-5-2d New







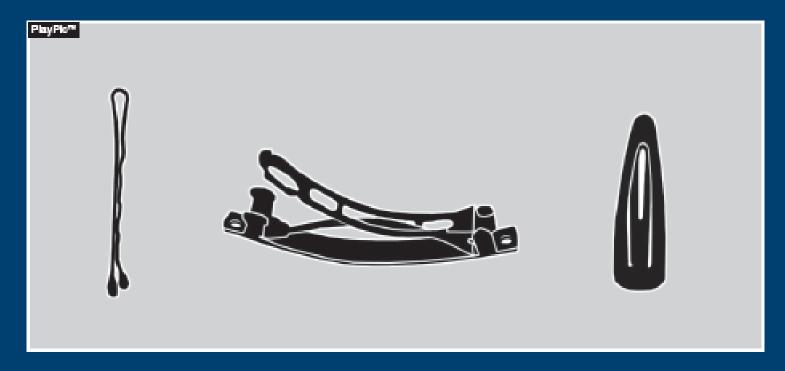
# Headwear Clarified (3-5-3d)

- Clarified that hard items worn on the head are prohibited
- Items include, not limited to:
  - Barrettes
  - Bobby pins
  - Beads



# Beads, Barettes and Bobby Pins Rule 3-5-3d





**ILLEGAL** 



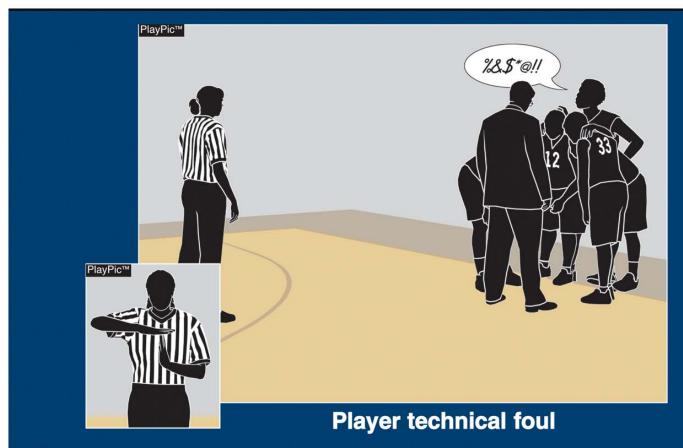
# Basketball Rules Points of Emphasis

- Always Penalize if:
- UNSPORTSMANLIKE
- SAFETY ISSUE
- ROUGH PLAY
- GAIN ADVANTAGE
- CONSISTENCY IS KEY



#### Player vs. Bench Personnel Clarified Rule 4-34-1, 4-34-2

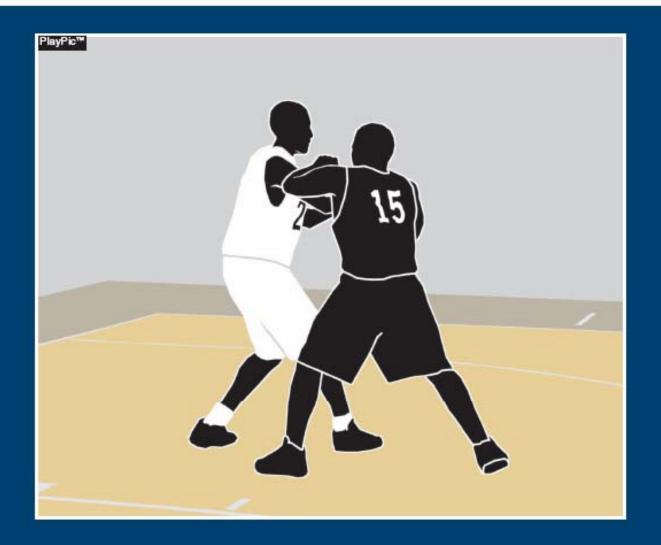






#### Displacement – Post Play REFEREE.



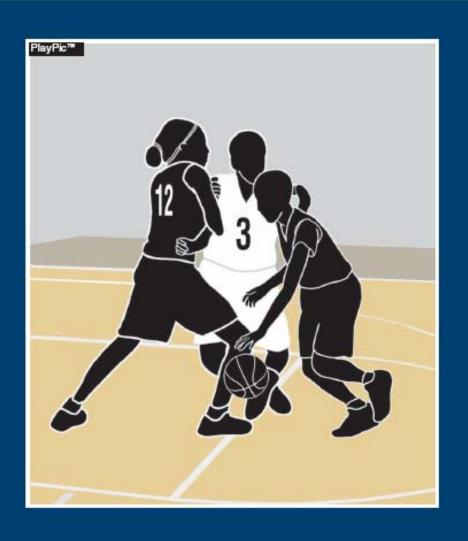


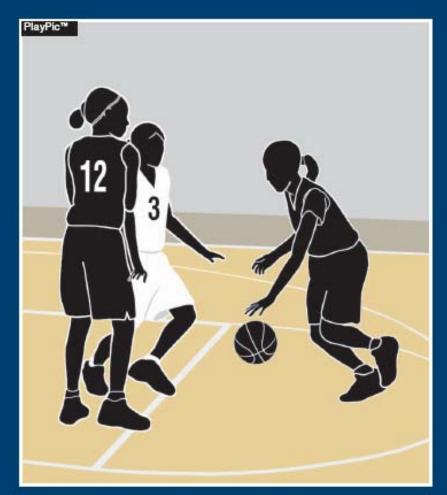




#### Displacement – Screening REFEREE.









# Safety Concerns 3-7





**FINGERNAILS TOO LONG** 



SHARP EDGES

#### Three-Seconds

- Rough post play is reduced when the three-second rule is properly enforced.
- Defenders cannot defend/deny in the post indefinitely.
- When offensive post players are permitted to "camp out" – defenders get more physical in an attempt to move them out.



#### **Three Seconds**







# Game Schedule Main Page Both Team Pages

- Conflict forms due October 15, 2010
- Too many block off dates or weekends for other sports not in season – drop team from AYBL
- Majority games and space APS Friday nights, all day Saturdays prior 4pm, Sundays after church (high schools).
- Block off weekend have games on Monday Thursdays nights
- Assistant coaches may have coach team if head coach has too many block out dates.
- No games Thanksgiving or Winter Break.
- Have games MLK and President's Day weekends.



# Age Divisions Age Cut Off Date

- Age on August 1, 2010
- Bantams 8-9 Boys Silver 8; Gold 9; Girls One Division
- Juniors 10-11 Boys Silver, Gold and Girls Gold and Platinum (maybe one)
- Senior Boys: Silver 12-13, Gold 13-14, Platinum 13-14 AAU Teams
- Senior Girls: Gold 12-13, Platinum 13-14



- Require 8 teams per division for schedules (7 opponents x play 2x = 14 games + tournament)
- Less 7 teams can not split (play each other 3-4x causes sportsmanship issues)
- Moving Up or Down: 1 each trade schedules and works
- Rebuild schedules; teams play each other 2x before you play other teams 1x
- Gene not Superman Expectations
- Be Honest: Do not "sandbag"



## AYBL Budget Busters Just Say "No"

- Scholarships low income no taxes private non profit call County
- Pay to play by deadlines or late fee can post date checks for paydates
- Reorder Uniforms: Team Rosters
- Reschedule Games: Cost \$60
- Uniforms not on time for Picture Day
- Cancel Games 48 hour rule: Cost \$60
- Trash Food or Drinks- Pay APS Overtime \$28 per hour



### School Practice Gyms

- Coach and Parents ask at neighborhood school where players attend
- Follow gym rules (hand out) leave gym cleaner than you found it or they will blame your team
- Use broom in corner and dustpan
- Certificates liability (1 million), property damage (\$100,000), and excess medical (\$2,500)
- APS, Parochial, City, County, or Private
- No permit or rental fees this year
- APS may charge next year for game gyms only due to 20% PNM and 3% Water Utility
- May charge \$3 Adult and \$2 for Tournament Semis and Championships
- PICK UP CERTIFICATES WHEN LEAVE AT TABLE



# Drop off Team Packets @ NMAA Office

- Hours 7:30 4:00 pm
- After 4:00 pm North Door White locked mailbox drop off not waste trip
- Complete packets to front desk
- Ask Jackie or Alissa place Gene's mailbox
- Walk Up Registrations Here at NMAA





#### ROOTS of the Game

- RESPECT FOR RULES OF GAME
- OFFICIALS
- OPPONENT
- TEAM
- SELF



#### T.E.A.M. FOR PVWH

- TEACH
- ENFORCE (COACHES AND OFFICIALS)
- ADVOCATE
- MODEL





Short 2-3 minute tour new AYBL Website



## Questions??? Frank Castillo - Registrar

Office: 823-2327 (Bear) Ext. 224

Hotline: 237-1649

Email: <u>fcastillo2@comcast.net</u>

Job Share

 Gene helping high school football and basketball at NMAA



# Bantam Coaches Stick Around and Move Up

- Bantam rule modifications
- Teach motion, flex, or two game offense that involves all your players
- Emphasize fundamentals and weak hand and cross-overs
- Teach man to man defense and principles



## Coaches Input Abide by Rules

- Establish with coaches input so AYBL can train referees for consistency
- Bantam parents have learn rules
- Referee.com power points for AYBL league and bantam rule modifications
- Keep it simple so players can execute
- Good teaching = Good coaching



### Man to Man Principles

- Pressure the ball (half court)
- Triangle: Point pistols for man, ball, and defensive player: ball man relationship
- Deny passing lanes up the line
- Cut off baseline drives
- Defend the post: full front, play behind, ¾ front low or high side
- Helpside defense lob pass to post
- Stop dribble penetration
- Cut off baseline drives



#### No Zone Defenses

- **2-3 Zone or 2-1-2**
- 3-2 Zone or Match Up Zone
- 1-3-1 Zone or Trap
- 1-2-2 Zone
- Box and 1
- Triangle and 2
- Guard area of court instead of man



# Traps or Double Teams Allowed Inside 3 Point Arc

- Helpside defense on full front low post and lob pass to the post
- Double down play behind low post with guard or wing (not triple team)
- Baseline drive defense rotates and helps
- Guard penetration pinch and recover
- Trap or help on clear out or isolation play inside 3 point arc (four corners)
- No traps or double teams outside 3 point arc (full court, half court, corner) until 4<sup>th</sup> quarter.



# Full Court Press Man to Man 4<sup>th</sup> Quarter Only

- Full court man to man press
- No traps or double teams outside 3 point arc for consistency until 4<sup>th</sup> quarter
- In 4<sup>th</sup> quarter only—on full court press you can only double team player with the basketball (trap)
- No zone presses full, ¾ court, of half court.
- Examples: 2-2-1, 1-2-2, 1-3-1 ¾ court or half court
- Call off press if 20 points ahead



# Closely Guarded and Screens – Illegal Screens

- Within 6 feet for held ball (5 seconds)
- Wait a 3 point arc if other team or player is quicker
- Discourage rough play and illegal back screens (one step, initiate contact, legal screen)
- Discourage mismatch big on little screens to avoid injuries and illegal contact (Concussions)