

Youth Sports Coaches Training

Coaches Expectations

Follow The Link To Watch the Coaching Video:

[Coaching 101](#)

Program Information

1st/2nd Grade Little Jazz Basketball

Location & Schedules

Provo Recreation Center – 320 W. 500 N.

* Cougar Court & Thunderbird Court

Centennial Middle School – 305 E. 2320 N.

Check your time & location each game.

Schedules are available online at

provo.org/sports



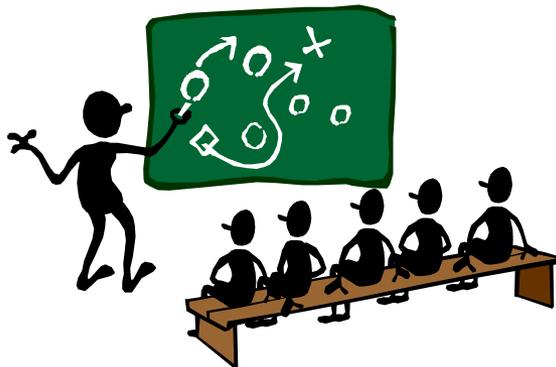
Program Information

Coaches Corner

Coach Responsibilities

Skills Clinic

- * First Session - Basic Skills Clinic
 - * Four 7-8 minute stations
 - * Shortened scrimmage game (two 7-minute halves approx.)



Program Information

Coaches Corner

Coach Responsibilities

Game Time

- * Practice: **15 minutes**
 - * Not just shooting baskets
- * Games: 4 – 8 minute quarters
 - * 1st/3rd Qtr. Breaks
 - * 27.5 junior size game ball
 - * Rim height: 8 ft.
- * Half-time: 3 minutes



Program Information

Coaches Corner

Coach Responsibilities

Game Rules

- * Man to man defense
- * Substitutions at dead ball
- * No full-court press
- * No stealing the ball



Program Information

Coaches Corner

Coach Responsibilities

Coach Responsibilities

“It is the coaches’ responsibility to ensure all players know and adhere to these rules.”

~ Provo Parks & Recreation
Player Code of Conduct

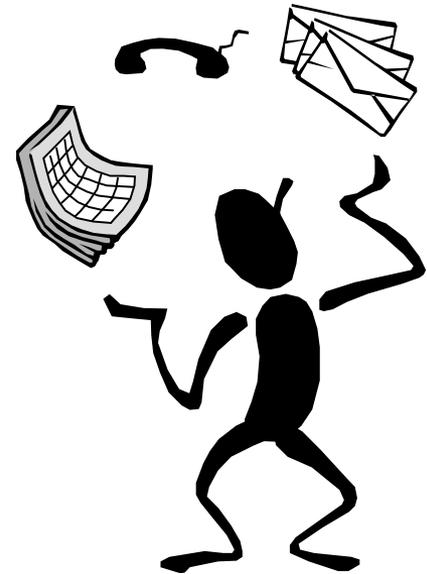
Coach Responsibilities

Before games begin:

- * Contact your players
- * Brief parent meeting
- * Assistant coaches (Subs)

All season:

- * Skill development
- * Involve everyone
- * Teach teamwork!



Program Information

Coaches Corner

Coach Responsibilities

Code of Conduct

- * Physical & verbal abuse are not tolerated
- * Unsportsmanlike language is prohibited
- * Drugs, alcohol, & smoking are not allowed at any games



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Coach Responsibilities

Coaches Incentive

* The criteria for the Incentive:

1. Coaches Meeting
2. Coaching 101 Video
3. **PRACTICE**
4. Sportsmanship
(Team must receive 65% sportsmanship points for the season to be eligible)



Sportsmanship Cards

- * Teams can earn up to 5 points each game

1st Grade Basketball				
March 24, 2016		C-1		
D1		5:00P		
		Sportsmanship Score		
Your Team				
Pelicans				
Opponent's Team	Bad	Normal	Good	
Blazers	1	2	3	4 5

- * Coaches grade the other team
 - * Please flip card over and tell me why you gave a 1 or a 5

Program Information

Coaches Corner

Coach Responsibilities

Presentation Viewing Credit

- * In order to receive credit for viewing the PowerPoint, please tell the front desk the following word when you pick-up your coaches packet & jerseys:

Sportsmanship

Coaches Corner

Coaches are seen as experts. Remember your players will act similar to the way you act.

~Conroy & Coatsworth, 2006

Skill Development

- * Returning players vs. New players
- * How to make everyone feel involved
- * What makes a strong team?



Program Information

Coaches Corner

Coach Responsibilities

Make it a great season
&
have fun!