

CONNECT *Sports* BASKETBALL



Connecting

- † Leadership
- † Integrity
- † Self Control
- † Sportsmanship

Through Sports

COACH BOOK

2022



WELCOME TO CONNECT SPORTS

Through Connect Sports, families and community come together to rejoice in the fellowship of Jesus Christ. Excellence in sports starts within each of us. If we know who we are and whose we are, we can build and develop with the excellence that God has created within each of us.

Connect Sports was created to foster the development of Christian faith, character and leadership in our youth. Our philosophy is born from the belief that God's great love calls us to compete with integrity and to demonstrate discipline in the context of competition. We believe that by pursuing excellence, student athletes learn character lessons, and our competitiveness drives us to be all we can be for the glory of God.

We believe something is happening in the lives of our youth that is bigger than the game and more important than success on the field or on the court. We know these are qualities they will take with them and use for the rest of their lives. Therefore, our goal is to connect families and community in Christ through sports for the successful development of our children's future.

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Last revised on 12/12/2019 by C.Richey

As a coach, you need to **connect** with your athletes mentally, spiritually, athletically and socially. A coach is a teacher who connects with the athletes' inner ability to learn and their desire to develop to the next level.

1. **Communicate effectively.** Every athlete learns differently and needs instruction through drills, illustration and example. This guide will provide several drills and illustrations to help you develop your athletes.
2. **Teach the rules of basketball.** Rules are our first building blocks to learning the game of basketball. Athletes need to understand the rules and why they are important. They also need to respect the rules in order to achieve success.
3. **Teach the game through drills.** Drills are a way of building foundations for the fundamentals that will successfully develop more advanced skills. This guide will give you the basics required for the game.
4. **Instill sportsmanship with a competitive spirit.** Learning sportsmanship is essential for any successful athlete. Sportsmanship is best learned by example. Remember your athletes are watching every move you make and are learning from your actions. Christ sets examples throughout the scripture that will be used in the Connect Sports devotionals. Be sure to teach the principles and model by example.

PRACTICE



SECTION ONE



Practice Chart

Below is a practice chart to help you organize your practices. This chart can be complimented with the Coach's own experienced methods or it can be used independently. A combination of both will provide you with a successful practice. For examples of illustrations of skills and drills, see pages 8-25.

Practice	Practice Focus	Rules to Cover
1	Get to know each other. Ground rules for Practice. Introduce and evaluate basic footwork, dribbling, and shooting skills.	Practice rules and format.
2	Re-introduce players and coaches. Discuss some common violations. Introduce and evaluate defense and shooting. Teach positions and responsibilities.	Traveling Double dribbling. Palming or carrying the ball. No double teaming.
3	Review traveling, double dribble and palming the ball. Introduce and evaluate rebounding. Inbounds plays.	No pressing in the backcourt. Free throws (5th and 6th grade only). Three-second rule. Remind players two fouls results in sitting out the rest of the period.

**Lead by
Example**



*So then, whenever we
have the opportunity, let
us practice doing good to
everyone, especially to the
family of faith.*
Galatians 6:10

Practice	Practice Focus	Rules to Cover
4	Review game performance. Court spacing. Discuss positions on the court. Skill development.	Review defensive rules. Games situations and court spacing. Common fouls. Help and recover defense.
5	Review game performance. Teach offensive movement. Continue to teach court spacing. Skill development.	Review commonly issued fouls and violations with players.
6-9 Through last practice	Continue skill development. Analyze game performances. Coach through improvements.	Review commonly issued fouls and violations with players.

Warm-Up Activities

It is important to warm up for the first five minutes of practice. You can use the following warm-up exercises or use a drill from an earlier practice.

† **Stretch**

- † **Connect the lines**—Have your players start off at the baseline, run to the nearest free-throw line, turn around and return to the baseline. Instruct them to run to midcourt and back, and then run to the far free-throw line and back. Finally, have them run from the near baseline to the farthest baseline and back. Allow them a one-minute break and repeat.

- † **Connect with the stars**—Have players reach their hands toward the sky and jump up and down reaching and jumping as high as possible.

- † **Basic drills**—Examples include: defensive shuffle, full-court lay ups and two- line passing.

Key to Diagrams

X	Player
→	Player movement without ball
...	Dribble
P →	Pass
S	Shoot
R	Rebound
—	Screen
COACH	Coach
① ② ③	Sequence
🔺	Cone

Skills and Drills

The following section reviews the fundamental skills of basketball, explains why each is important and emphasizes the skill's basic teaching points. Each skill is followed by a basic drill that reinforces the skill. This drill is acceptable for any age group as it introduces the concept of the skill.

Footwork

Proper footwork promotes balance, quickness, and readiness to make something happen on the court. Being proficient at this will improve a player's performance both offensively and defensively.

Ready Position

- † Players get into an athletic stance—feet shoulder width apart, arms and legs bent, and weight shifted slightly forward to the balls of their feet.

Triple Threat Position

- † Position the basketball in the “shooting pocket” with shooting elbow over knee.
- † Provides the player the option to pass, shoot or dribble.

Front Pivot and Reverse Pivot

- † Lift heel, protect ball, stay low, and lead with elbow.
- † Allows a player to pivot in one or more directions by keeping one foot planted on the ground to move away from defenders, while protecting the basketball.

Jump Stop

- † Allows a player to establish a pivot with either foot off a dribble or pass.
- † Leap/jump should be low to the floor (like sitting in a chair), not a high jump.
- † Both feet hit floor at the same time—good balance.
- † Land on floor in triple threat position.

Footwork Drills

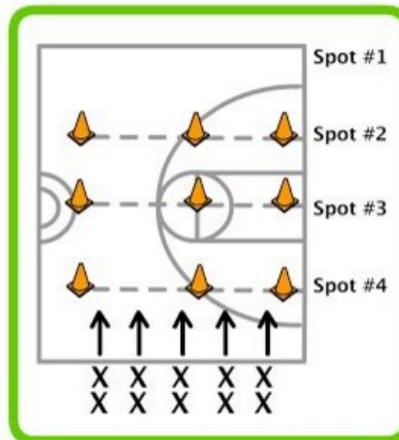
Pivot Drill (no basketball required)

- † Players should spread out in your practice area—no basketball necessary.
- † Players start in triple threat position, protecting an imaginary basketball.
- † Instruct players to establish a pivot foot.
- † Practice half-turns and front / reverse pivots.
- † Repeat with opposite foot established as the pivot.

Variation: Add basketballs and defenders after your players understand the above concepts. Allow them to practice the above skills after picking up their dribble and receiving passes.

Footwork Line Drills (no basketball required)

1. Players form lines on baseline or sideline—two players deep.
2. Use cones or mark the court for starting / stopping spots—minimum 3 spots.
3. No basketball necessary—players dribble and hold imaginary basketball.
4. Players will start/stop on voice command or whistle.
5. Players should stop at each spot with jump stop and land in triple threat position.
6. Pause between stops/starts to check for proper balance.




Rotate the following footwork line drills:

- † Jump Stop/Triple Threat
- † Jump Stop/Triple Threat/Right Front Pivot
- † Jump Stop/Triple Threat/Left Front Pivot
- † Jump Stop/Triple Threat/Right Reverse Pivot
- † Jump Stop/Triple Threat/Left Reverse Pivot

Have each player raise his or her hand in the air that coincides with the desired pivot direction. This will help each player pivot in the correct direction.

Variation: Add basket balls after your players understand the above concepts. Allow them to practice the above skills after picking up their dribble and receiving passes.



Repent, then, and
turn to God, so that
your sins may be
wiped out, that
times of refreshing
may come from the
Lord. *Acts 3:19*

Ball Handling and Dribbling

An adept ball handler and dribbler can make things happen on the court. Mastering these skills can help create open shots, obtain better passing angles, and lead to fewer turnovers. A great offensive player must be able to handle the ball!

- † Dribble with fingers, not palms—similar to typing on a keyboard.
- † Proper body position, with knees bent and body flexed at the waist.
- † Keep head up—see the court.
- † Protect the basketball—use your non-dribbling arm as an “arm bar”, meaning sticking it outward with the elbow slightly bent to protect the dribble from defenders reaching in.
- † Working both hands—be able to go right and left.
- † When picking up a dribble, end in triple threat position.

Reminder:

Double dribbling will be called more often as the season progresses. Please remind your players to be disciplined in this area..

Basic Dribbling Skills

Control Dribble (Use against defensive pressure)

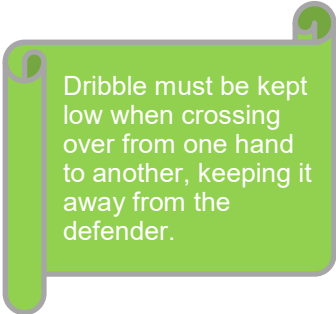
- † With body turned to the side, dribble basketball near the back knee.
- † Keep the dribble low and compact, below the knees.
- † Non-dribbling arm should be held out in front of the body to protect the ball from defenders—arm bar.

Speed Dribble (Use to push the ball up the court and on fast break situations)

- † Dribble is pushed out in front of the body but controlled.

Retreat Dribble (Use to avoid defensive pressure and to keep dribble alive)

- † Dribble backwards (hop back to avoid pressure)
- † Dribble requires a change in speed and direction.
- † Dribble teaches players not to habitually pick up their dribble when heavy, defensive pressure is applied.



Dribble must be kept low when crossing over from one hand to another, keeping it away from the defender.

Crossover Dribble (Use to break down a defender; good penetration move)

- † Dribble must be kept low when crossing over from one hand to another, keeping it away from the defender.
- † Use head and shoulder fakes to help “sell” the move.
- † Explode to the basket with speed dribble after the crossover.

Spin Dribble (Use to avoid defensive pressure and to dribble by defender)

- † Pull the basketball through low during the pivot.
- † Keep the basketball in the same hand until completing the pivot.
- † Pivot should be low and quick with head up.
- † Explode to the basket with speed dribble after the whirl pivot.

PRACTICE-SECTION ONE

Behind the Back Dribble (Use to break down a defender: good penetration move)

- † Use head and shoulder fakes to help “sell” the move.
- † Swing the basketball behind your waist, turning the hips and driving the ball down with a snap of the wrist.
- † Slap opposite back thigh during the exchange.

Ball Handling Drills (Team drills)

(One basketball per player or divide your team into two groups)

- † Ball Slams—With feet shoulder-width apart, have players slap the basketball with fingers spread wide. Players should “slam” the ball by alternating their right and left hands.
- † Fingertip Drill—With feet shoulder-width apart, players pass the basketball from hand to hand in front of the player using only the fingertips. Move ball from ankles, to knees, to waist, to chest, to head, and to above head using the finger tips. Encourage players to keep their arms straight.
- † Leg Wraps—With feet shoulder width apart players pass the ball around their leg. Can also have them dribble around their leg. Have them go around each leg.
- † Body Wraps—Players pass the ball around their head, then around their waist and finally around their knees. Then work their way back up.

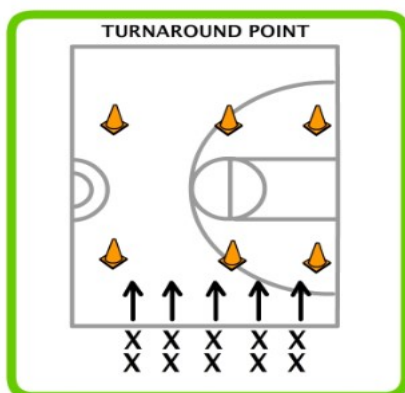
Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to **stand firm**. Ephesians 6:13

Dribbling Drills

Dribbling Line Drills (three to five basketballs required)

During all dribbling line drills, you should stand in front of the players to teach, encourage, and evaluate each player's performance.

1. Players form lines on baseline or sideline (two players deep) - one basketball per line.
2. Use cones or chairs to represent stopping/starting points or change—of—dribble spots.
3. Players will begin the drills in triple threat position.
4. Players will start/stop/change dribble on voice command or whistle.
5. Pause between stops/starts to check for balance, arm bar, and if head is up.
6. At the turnaround point, require jump stops with pivots.
7. Work opposite hand on return dribble.
8. Players should end drills with a jump stop. Giving the basketball to the next player in line.



Rotate the following dribbling line drills:

- † Speed Dribble.
- † Speed Dribble/Control Dribble—on command, stationary control dribble.
- † Speed Dribble/Retreat Dribble—on command, two to three dribbles backwards against imaginary defender followed by speed dribble.

Passing and Receiving

Passing and receiving a basketball allows a team to effectively move the ball quickly around the court. A team that has players with strong passing and receiving skills will spread the defense and be hard to guard.

Passing Teaching Points

- † Two hands on the basketball, with fingers on the sides of the ball.
- † Ball in middle of body.
- † Step toward target.
- † Push thumbs through ball and snap wrists, creating backspin on the basketball.
- † Extend arms completely as you follow through toward target.

Receiving Teaching Points

- † Both hands up in ready position—show a target.
- † Step toward the ball when passed—meet the pass and get into triple threat position.

Basic Passing Skills

Two-Hand Chest Pass

- † Basketball is held with two hands.
- † Passer targets the receiver's chest area.
- † Passer steps toward their target with either foot as the ball is thrown.
- † Snap the thumbs down extending the arms.

Two-Hand Bounce Pass

- † Basketball is held with two hands.
- † Passer aims for a spot on the floor about two-thirds (a little more than halfway) of the way to the receiver.
- † Passer targets the receiver's mid-section from the bounce.

Overhead Pass

- † Basketball is held with two hands above head.
- † Passer targets the receiver's chest area.

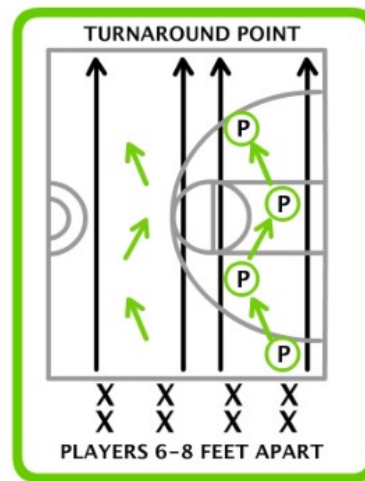


Passing and Receiving Drills

Distance Passing (One basketball for each pair of players)

Be sure to incorporate all three basic passes into this drill.

1. Pair up players and have them face each other six to eight feet apart.
2. Instruct players to pass the basketball back and forth using a chest pass.
3. After several repetitions, have each player take one or two steps backwards and continue passing.
4. Continue moving players back until they are passing from a challenging distance.



Two-Line Passing

Two pairs of players can perform this drill at one time.

1. Pair up players have them face each other six to eight feet apart.
2. Establish a starting and ending point.
3. One player in each pair needs a basketball.
4. Using defensive slides, players move down the court.
5. While sliding, instruct players to immediately pass the basketball back and forth using a chest pass, without traveling.

Note to Coach:
Emphasize leading partner with the pass.

Variations: Both players running up and down the court, rather than sliding. You may also require the receiver to perform a jump stop upon catching the basketball and immediately passing it to his or her moving partner.

Shooting

Shooting Teaching Points

- † Square up shoulders to the basket.
- † Ball on fingertips, not palms.
- † Opposite hand should be lightly placed on side of ball (balance/weak hand).

Practice BEEF Principles

- † Balance—Learn to prepare for the shot by stopping with the feet set, knees slightly bent, ready to jump (good triple threat position).
- † Elbow—Proper shooting alignment; ball should be directly over the elbow with the wrist cocked.
- † Eyes—Pick a spot (front of the rim, back of the rim, etc.) and focus on that target as the shot is being attempted.
- † Follow through—Release the ball smoothly, completely extend the arm, and snap the wrist, which should create good backspin on the basketball.

Shooting Drills

Lay-Up Steps (No basketball required)

Instruct your players to shout “STEP! HOP! SHOOT!” when performing this drill. Mirror this drill to practice left-handed lay ups.

1. Allow players to spread out in your practice area, at least four to five feet apart.
2. Players start in triple threat position, holding imaginary basketballs with heads and eyes up on the target.
3. On the STEP command, players step with their left foot (right-handed lay-ups).
4. On the HOP command, players raise their right knee and right arm toward the basket (visualize a string connecting a player's right arm and right leg).
5. On the SHOOT command, players extend their right arm as they shoot an imaginary ball.

Wall Shooting (One basketball per player or divide your team into two groups)

This is a great drill to keep idle players busy while running a drill on the court that may not involve your entire team.

1. Player stands four to five feet away from a wall.
2. Help the player find a reasonable shooting target on the wall.
3. Player assumes triple threat position.
4. Player shoots the ball at the target, concentrating on elbow in and full extension.
5. Player should finish the shot up on his or her toes with proper follow through, creating good backspin.

Variation: If coaching third through sixth-grade players, allow them to shoot using only their shooting/strong hand.

Two Line Shooting Drills (One or two basketballs required)

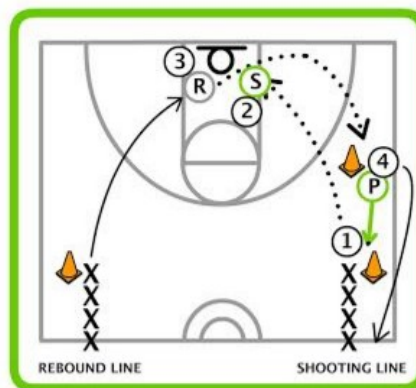
Players rotate lines after each turn. After several repetitions shooting from one side of the goal, change the designation of both lines and shoot from the other side of the court.

1. Players form two lines opposite the goal in each corner of practice area: a shooting line and a rebounding line (use cones to mark a starting point).
2. Shooting line: Assume an athletic position, showing ready hands to receive a pass.
3. Rebounding line: Players should block out an imaginary defender and rebound the ball above their head.
4. The player from the rebounding line secures the rebound and dribbles to a designated cone, makes a good jump stop landing in triple threat position, and uses proper passing techniques (chest, overhead or bounce pass) when passing to the next shooter in line.
5. Shooter receives the basketball and performs the drill as instructed by a coach.

PRACTICE-SECTION ONE

Rotate the following two line shooting drills:

- † Lay ups—Stress jumping off the proper foot and using the backboard (STEP! HOP! SHOOT!)



- † Pull-up Off the Dribble—Set a cone at desired shooting spot (stress good jump stop and use of backboard when shooting from appropriate angle).



Rebounding

When discussing offensive rebounding, remind players that each shot taken by a teammate is a pass to them! Rebounding is more about attitude than skill or talent. Be hungry for the basketball! Second chance points (put backs) can be a big contributor to a team's offensive production.

Rebounding Teaching Points

- † Defensive player stays between the opponent and the basket.
- † The player should turn so he/she is in between the basket and the opponent ("block out"). Then, push the opponent away from the rim with his/her back or hip.
- † Defensive players should yell "shot" to signal a rebounding opportunity.
- † Hold the "block out" position momentarily, with the head up and body facing the goal.
- † Secure the basketball.
- † Be strong with the basketball, keeping the ball at chin level with elbows out.

Rebounding Drills

Rebound Outlet Drill—no defender (One basketball required)

1. Facing the basket, players form two lines; one at the corner of the free-throw line (elbow), the other at the foul line extended (wing).
2. Coach stands at the other elbow with a basketball. Coach throws the ball off the backboard closest to him/her.
3. First player in line at elbow catches the rebound with strong hands, elbows out, and ball to the chin. He/she then pivots toward first player in the wing line and throws a two-handed chest pass.
4. Player from the wing line passes ball back to the coach.
5. Both players swap lines, and the drill is repeated with second players in each line.

"Offense sells tickets, defense wins games,
Rebounding wins championships."

Rebound Outlet Drill—with defender (One basketball required)

1. Facing the basket, players form two lines; one at each corner of the free-throw line.
2. Place one player at each wing area to serve as an outlet receiver.
3. The player in the front of each line will turn his back toward the basket (defensive player), facing the next player in the line (offensive player).
4. When the coach shoots the basketball, the defensive players will yell “shot” and pivot into the offensive players to obtain a good “block out”.
5. Offensive players cannot move.
6. Once a defender secures the basketball, he or she will pivot and throw a crisp overhead outlet pass to an outlet receiver
7. Players rotate from offense/to defense/to outlet receiver/to back of the line.

Variations:

- † Use one line instead of two.
- † When the ball is shot, the offense can move and try to score off a missed shot.



Defense

Defensive Teaching Points:

- † Stand with feet slightly wider than shoulder-width apart.
- † Knees bent, with waist slightly bent forward.
- † Good balance—ready to move and slide.
- † Place weight on the inside front of the feet but not on the toes.
- † Extend arms to the side, slightly bent.
- † Open hands so palms face the offensive player.
- † Ball/you/basket principle-When the player you are guarding has the ball, you should be between the offensive player and the basket.
- † Ball/you/player principle-When the player you are guarding does not have the ball, you should still be in between the player and the basket with your hand in the passing lane.
- † See the ball at all times.
- † Sprint down the floor on a change of possession, stopping any fast breaks.

Defense Drills

Defensive Slides (no basketball required)

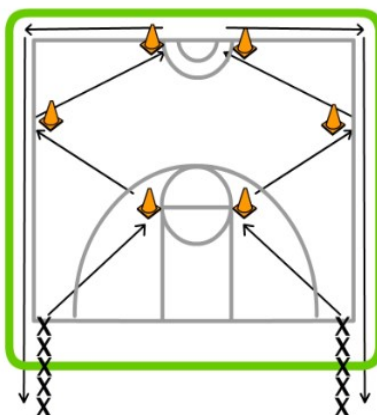
Focus on players' feet sliding (rather than hopping or skipping, do not cross feet) and players maintaining a proper defensive stance. Have fun with this drill! Allow players to express enthusiasm and desire by slapping the playing floor and yelling "DEFENSE!" on command. Drill should last 20-30 seconds. Allow a short rest and repeat as desired.

1. Allow players to spread out in practice area, at least four to five feet apart.
2. On command, players yell “DEFENSE!” and freeze in the defensive stance.
3. On command (either verbal or hand signals), players will slide left, right, up, and back.

Zigzag (no basketball required)

Focus on players making a drop step each time they turn (rather than crossing their feet) and on players sliding correctly while maintaining a proper defensive stance.

1. Form a line of players at one end of your practice area.
2. Set up cones in a zigzag pattern, spaced 10-12 feet apart (minimum three spots).
3. On command, the first player in line will assume the correct defensive stance and will slide in a zigzag pattern as dictated by the cones or chairs.
4. The next player in line starts as the preceding player reaches the first cone.
5. As each player reaches the final spot, he or she should sprint back to the end of the line.



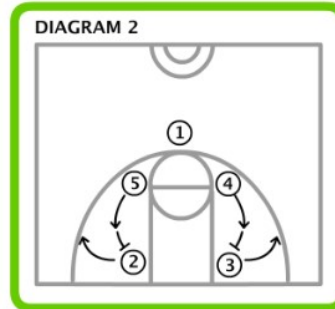
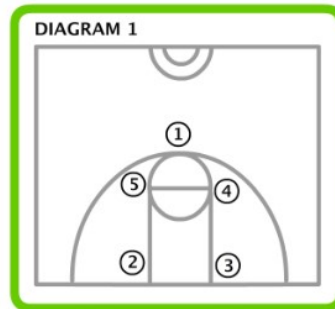
Offensive Plays

The following offensive plays are provided to help your team with floor spacing and floor balance.

Box Set – Motion

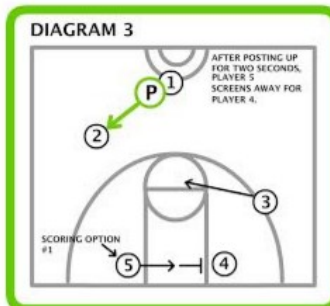
Scoring Options:

1. Player 5 posting up down on ball-side block.
2. Player 4 coming off of low screen.
3. Player 3 cutting to the free-throw line.



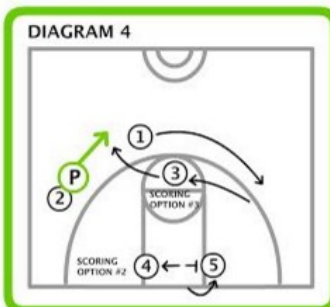
- † Players 2, 3, 4, and 5 are in the “box” offensive set (diagram 1).
- † Player 1 (point guard) yells “MOTION” or “GO” to start the play (player 1 should keep dribble alive until making a pass).
- † Players 4 and 5, who are standing outside the lane area at the wings, will screen down for players 2 and 3 (diagram 2).

- † Before the screens occur, players 2 and 3 will take two to three steps toward the lane area (to set up their defenders) and then make hard V-cuts to their respective wing areas (diagram 2).



- † Player 1 will pass the basketball to player 2 or 3 (assume player 2 in this example) who will square up to the basket (diagram 3).

- † Player 5, post player on the ball-side of the court, will post up for two seconds (diagram 3).



- † After two seconds, player 5 will screen away for opposite post player - player 4 (diagram 3).

- † As player 5 turns to screen away for the opposite post player, player 3 will cut toward the free-throw line and player 1 will "fill" his or her spot at the wing (diagram 3).



- † If a pass cannot be made to player 4 coming off the low screen or to player 3 on the cut to the lane area, player 3 will move to the top of the key area to receive a pass from player 2 (diagram 4).
- † If the pass is made to player 3 at the top of the key area, the team will be in the "box" offensive set again (diagram 5).

Box Set—Double Down

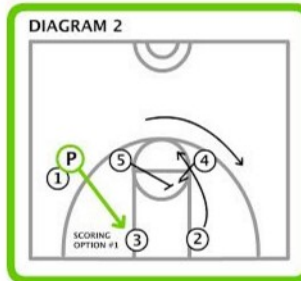
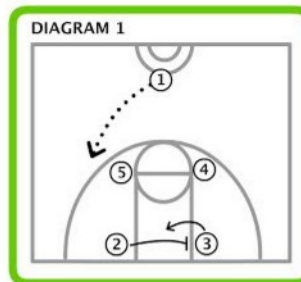
Scoring Options:

Player 3 coming off of low screen.
Player 2 coming off the double screen.

Procedure:

Players 2, 3, 4, and 5 are in the “box” offensive set.

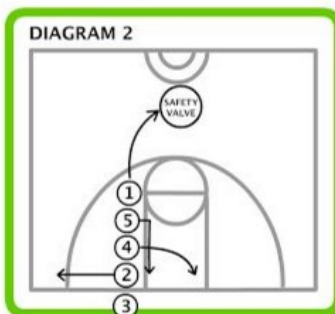
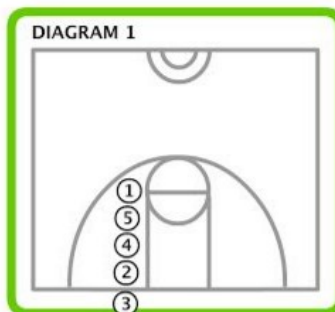
1. Player 1 (point guard) yells “DOUBLE” or “GO” to start the play (player 1 should keep dribble alive until making a pass).
2. Player 1 dribbles to right side of the goal - can go to right or left (diagram 1).
3. As player 1 dribbles to the wing area (attack zone), player 2 will screen away for player 3 (diagram 1).
4. Player 3 cuts to the ball-side block hoping to receive a pass from player 1 (diagrams 1 and 2).
5. As player 3 cuts to the ball-side block, players 4 and 5 will set a double screen in the middle of the lane for player 2 (diagram 2).
6. Player 1 looks for player 2 as he or she curls around the screen for an open jump shot (diagram 3).



Inbounds Plays

Stack-baseline

1. All four players line up straight across from the player throwing in the basketball (diagram 1).
2. When the passer slaps the basketball or yells “break,” the players move simultaneously as follows (diagram 2):
 - † First player in line breaks to ball-side corner.
 - † Second player in line cuts to opposite block.
 - † Third player in line moves straight down to block area toward the ball.
 - † Fourth player in line takes two to three steps back, serving as a safety valve.



Reminder: This play can also be used on the sideline, with players moving in the same pattern as above.



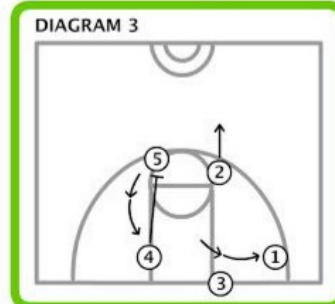
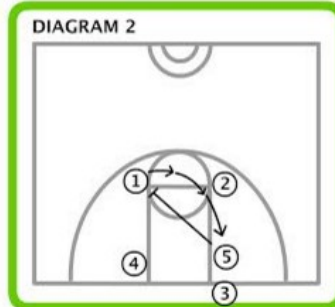
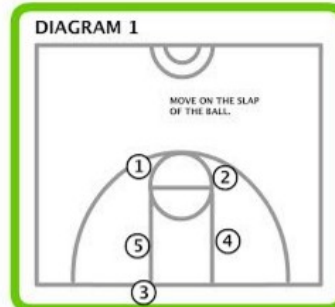
Box-baseline

- † Each player takes a spot outside the lane, with the post players (Players 4 and 5) at the block and the perimeter players (Players 1 and 2) at the wings. Player 3 will throw in the basketball (diagram 1).
- † When the passer slaps the basketball or yells “break.”

Box Option #1:

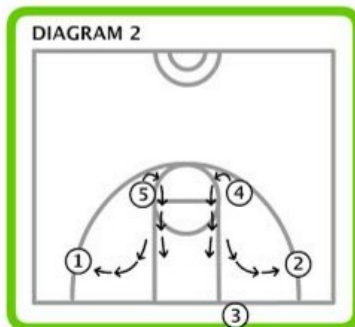
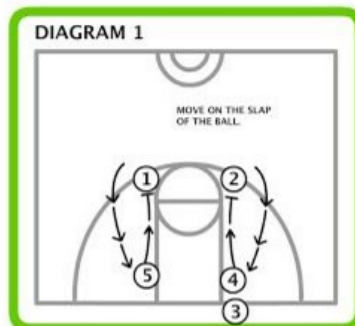
the players move as follows:

1. Player 5 sets a diagonal screen for Player 1 (diagram 2).
2. Player 1 waits for the screen and moves toward the basketball to the opposite block (diagram 2).
3. Player 1 waits for the screen and moves toward the basketball to the opposite block (diagram 2).
4. If Player 1 does not receive the basketball, he/she continues to the ball-side corner (diagram 3).
5. Player 4 rolls toward the middle of the lane after setting the screen (diagram 4).
6. Player 2 serves as a safety valve (diagram 4).



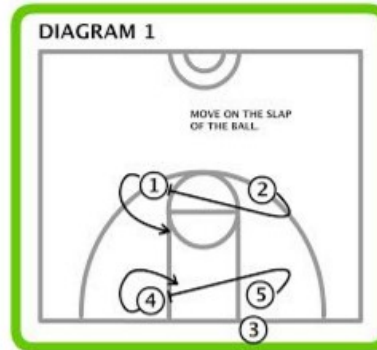
Box Option #2:

1. Players 4 and 5 screen up for Players 1 and 2 (diagram 1).
2. If a pass cannot be made to either 1 or 2, they each move to the closest corner (diagram 2).
3. After setting the screens, Players 4 and 5 should roll back toward the ball (diagram 2).



Box Option #3:

1. All four players will take one to two steps toward the closest sideline to set up their defenders (diagram 1).
2. Players 5 and 2 will both cross-screen for Players 4 and 1 on the weak side (diagram 1).
3. After setting a screen, Player 5 will turn around with ready hands (diagram 2).
4. Player 2 will roll back to ball-side wing to serve as a safety valve (diagram 2).



Note: For all inbounds plays, players should use fakes and jab steps to set up their defenders and get open. Encourage players coming off a screen to rub shoulders with the screener, and encourage ready hands.

Rules

PKK through 4th grade



SECTION TWO



Game Format

1. Referees lead both teams in prayer at center court and review rules before every game. This sets the tone and focus for the game.
2. A coin flip or other impartial method determines which team receives possession first in jump ball situations, possessions will alternate. This promotes fairness for both teams while adhering to the NFHS rule for jump ball situations.
3. Clock format—Running clock throughout the game, stopping only for pre-determined substitutions at the end of each segment.
4. Each game consists of six periods, each consisting of six minutes.
5. At the end of each segment, the team that receives the ball next is based upon the direction of the possession arrow.
6. All coaches will adhere to the substitution system. The substitution system allows for equal playing time for all players.
7. There are no timeouts. This allows more playing time and keeps the games on time.
8. Teams switch goals at halftime. This rule is in compliance with NFHS Rules. It also evens any advantage that may occur because of the court.
9. Any game ending in a tie should remain in a tie. No overtimes are played so games stay on schedule.
10. Standings add unneeded pressure to the game and therefore will not be maintained.
11. A post-game award ceremony between players and coaches, with family support, will take place after the game.

Rules for Play

Defense

1. Man-to-man defense will be played at all times. Zone defenses are not allowed. In a man-to-man defense, players are only guarding the opponent that closely matches their ability and height. This allows for a more competitive system for every player on the court while creating an equal opportunity for each player.
2. Defensive players must stay within arm's reach of the player they are guarding once their player reaches the 3-point line. Double teaming is not allowed. After a warning by the referee, a second illegal double team by the same player will result in one technical foul shot by the offense. The offense retains possession by in-bounding at mid court. However, help defense is strongly encouraged in the following instances:
 - † Lane Area—If a defender is in the lane and the player he or she is guarding is within arm's reach, the defender is allowed to provide help defense. Since many goals are scored in the lane, it provides the defense more opportunity to properly defend this area.
 - † Picks and Screens—Defensive switching is allowed on offensive picks or screens. The non-screened defender can help his or her teammate by temporarily switching until the teammate recovers to defend their offensive player. This is commonly referred to as "help and recover."
 - † Fast Breaks—When an offensive player has beaten their defender, another defensive player may help. Once defenders recover, they should return to guarding their assigned players. This rule is meant to prevent the defenders from helplessly watching the offensive player score without being able to help.

Rules for Play Continued

3. At the beginning of each segment, players will line up at half court and “match up” with whom they are guarding. This act is performed to promote equal player match ups. Equal match ups combined with man-to-man defense create five competitive pairings on the court.
4. Full court presses are not allowed. This will allow for more play to occur in the front court and create an equal opportunity for each child to participate both on offense and defense.
5. Due to the shortness of the court, over-and-back violations will not be called.
6. Once the offense crosses half court or the ball is inbounded from the front court, the defense can now guard in the backcourt. This allows the defense to defend full court if the offense retreats past half court.
7. A player committing two fouls in one segment must sit out the remainder of that segment (a referee will give a warning to the player after the first foul). The next player in the rotation comes in as the substitute and is rewarded some extra game time. This does not change the normal rotation as the fouled-out player does not re-enter the game until he or she is scheduled to do so. This rule allows the offending player time to regroup during the remainder of the segment while realizing that there is a consequence for the violation.

Rules for Play

Offense

1. The offense must purposefully attack the defense in every situation – no stalling. After a warning from the referee, a violation will be called resulting in a turnover. This will prevent a team with the lead from running the clock out by staying in the backcourt.
2. For Pre-K through 4th grade, all fouls will result in the ball being inbounded.
3. Isolation plays will not be allowed because they take away the opportunity for improvement for all players and contradict the spirit of the rules.
4. No score will be given for a basket in the wrong goal. It will be treated as a turnover. This will prevent further embarrassing a player for making this mistake.

Rules

5th and 6th grade



CONNECT Sports
BASKETBALL

Game Format

1. Referees lead both teams in prayer at center court and review rules before every game. This sets the tone and focus for the game.
2. A coin flip or other impartial method determines which team receives possession first. The possession arrow will be used to determine possession for the rest of the game.
3. The game will consist of two 15 minute halves.
4. The clock stops at all whistles and timeouts.
5. Each team gets three 30-second timeouts per game.
6. Substitutions are made at the coaches discretion. Every player **MUST** play at least 5 minutes per half.
7. Players must check in and out at the score table so that accurate records can be maintained.
8. Teams switch goals at halftime. This rule is in compliance with NFHS Rules. It also evens any advantage that may occur because of the court.
9. Any game ending in a tie should remain in a tie. No overtimes are played so games stay on schedule.
10. Standings add unneeded pressure to the game and therefore will not be maintained.
11. A post-game award ceremony between players and coaches, with family support, will take place after the game.

Rules for Play

Defense

1. Man-to-man defense will be played at all times. Zone defenses are not allowed. In a man-to-man defense, it is suggested that players match up and guard the opponent that closely matches their ability and height . This allows for a more competitive system for every player on the court while creating an equal opportunity for each player.
2. Defensive players must stay within arm's reach of the player they are guarding once the offensive player reaches the 3-point line. Double teaming is not allowed. After a warning by the referee, a second illegal double team by the same player will result in one technical foul shot by the offense. The offense retains possession by in-bounding at mid court. However, help defense is strongly encouraged in the following instances:
 - † Lane Area—If a defender is in the lane and the player he or she is guarding is within arm's reach, the defender is allowed to provide help defense. Since many goals are scored in the lane, it provides the defense more opportunity to properly defend this area.
 - † Picks and Screens—Defensive switching is allowed on offensive picks or screens. The non-screened defender can help his or her teammate by either temporarily switching until the teammate recovers, which is called help and recover, or switch on defense, which can allow an offensive mismatch.
 - † Fast Breaks—When an offensive player has beaten their defender, another defensive player may help. Once defenders recover, they should return to guarding their assigned players. This rule is meant to prevent the defenders from helplessly watching the offensive player score without being able to help.

Rules for Play Continued

3. Full court presses are not allowed. This will allow for more play to occur in the front court and create an equal opportunity for each child to participate both on offense and defense.
4. Due to the shortness of the court, over-and-back violations will not be called.
5. Once the offense crosses half court or the ball is inbounded from the front court, the defense can now guard in the backcourt. This allows the defense to defend full court if the offense retreats past half court.
6. A player committing five fouls in a game must sit out the remainder of the game.

Rules for Play Offense

1. The offense must purposefully attack the defense in every situation – no stalling. After a warning from the referee, a violation will be called resulting in a turnover. This will prevent a team with the lead from running the clock out by staying in the backcourt.
2. Shooting bonuses will occur at the 7th and 10th (double bonus) foul each half.
3. Isolation plays will not be allowed because they take away the opportunity for improvement for all players and contradict the spirit of the rules.
4. No score will be given for a basket in the wrong goal. It will be treated as a turnover. This will prevent further embarrassing a player for making this mistake.

RULES SECTION TWO

Rules for Play Continued

Action	PK-K	1st—2nd Grade
Stealing of the ball from dribbler allowed	No	No
Stealing of the pass allowed	No	Yes
Traveling called	Explain to them but no turnover	Yes**
Double dribble	Explain to them but no turnover	Yes**
3-second violation	No	Explain to them but no turnover
Shooting free throws	No	No
Scoring	No	Yes, but zeroing it after each period
Fastbreaks allowed	Yes*	Yes
Goal height	7ft.	8ft.
Ball size	Junior 27.5 Size 5	Intermediate 28.5 Size 6

***Referee/coaches should step in if one child is fast breaking every time.**

Rules for Play Continued

Action	3rd—4th Grade	5th—6th Grade
Stealing of the ball from dribbler allowed	Yes	Yes
Stealing of the pass allowed	Yes	Yes
Traveling called	Yes	Yes
Double dribble	Yes	Yes
3-second violation	Yes	Yes
Shooting free throws	No	Yes
Scoring	Yes	Yes
Fastbreaks allowed	Yes	Yes
Goal height	9ft	10ft
Ball size	Intermediate 28.5 Size 6	Intermediate 28.5 Size 6

****Referee should call, but explain with no turnover until week 3. This should be a teachable moment for the first two weeks..**

Forms



SECTION THREE



Substitution Charts

Week: _____		First Half			Second Half			
	Player's Name	1	2	3	1	2	3	Stickers
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

Week: _____		First Half			Second Half			
	Player's Name	1	2	3	1	2	3	Stickers
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

FORMS—SECTION THREE— PKK through 4th grade

Substitution Charts

Week: _____		First Half			Second Half			
	Player's Name	1	2	3	1	2	3	Stickers
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

Week: _____		First Half			Second Half			
	Player's Name	1	2	3	1	2	3	Stickers
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

Substitution Charts

Week: _____		First Half			Second Half			Stickers
	Player's Name	1	2	3	1	2	3	
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

Week: _____		First Half			Second Half			Stickers
	Player's Name	1	2	3	1	2	3	
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

FORMS—SECTION THREE— PKK through 4th grade

Substitution Charts

Week: _____		First Half			Second Half			
	Player's Name	1	2	3	1	2	3	Stickers
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

Week: _____		First Half			Second Half			
	Player's Name	1	2	3	1	2	3	Stickers
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

Substitution Charts

Week: _____		First Half			Second Half			
	Player's Name	1	2	3	1	2	3	Stickers
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

Week: _____		First Half			Second Half			
	Player's Name	1	2	3	1	2	3	Stickers
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

Post Game Award Stickers

As you coach Connect Sports, your goal, in addition to learning the game, is to help athletes achieve and develop success through a Christ-like attitude. Throughout the season you will reward each athlete a award sticker which reflects their achievements and performance during each game. Stickers will be awarded when you meet directly after each game. Please explain to your team how their actions, attitudes and words of encouragement on game day will determine what sticker they will receive.





WHITE: White represents CHRISTLIKENESS. Give this sticker if an athlete showed actions that were Christ-like by doing their best to support teammates, maintain a positive attitude and demonstrate unselfish team support.



GOLD: Gold represents HUSTLE. To be awarded the hustle sticker, the athlete must model that they showed exceptional effort to make their team a success whenever there is an opportunity to do so.



PURPLE: Purple represents the player who makes the most REBOUNDS!. This player must be on their toes and ready to support their team with a rebound whenever possible.



RED: Red represents a great OFFENSIVE player. Give this to a player who demonstrates great offensive skills moving the ball toward the basket, scoring points for their team.



BLUE: Blue represents a great DEFENSIVE player. Give this to a player who demonstrates great defensive skills by preventing points from being scored. This includes staying with the player they are guarding and staying in a good defensive position.

Player Award Chart

Coaches, please encourage diversification of player's talent by awarding each player with a sticker for each skill over the length of the season.

[illegible]

Names	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6	Game 7	Game 8



MINISTRY PARTNERS

(In Alphabetical Order)

Connecting Families and Community in Christ through Sports

Aurelius Baptist Church
4419 West Barnes Rd
Mason, Michigan 48854
Phone: (517) 628-2085
Website: aureliusbaptistchurch.org

Eden United Brethren Church
1938 Eden Road
Mason, Michigan 48854
Phone: (517) 676-1376
Website: edenubchurch.org

Mason Community Church
1000 E. Columbia Street
Mason, Michigan 48854
Phone: (517) 676-5322
Website: masoncommunitychurch.net

Mason First Church of the Nazarene
415 East Maple Street
Mason, Michigan 48854
Phone: (517) 676-5680
Website: masonnaz.org

Recreational Outreach Center
1706 W. Dansville Road
Mason, Michigan 48854

OUR WEBSITE: PLAYCONNECTSPORTS.ORG
FACEBOOK US AT: [PLAY CONNECT SPORTS](#)