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SECTION I: Welcome

Welcome to the City of Moorpark Recreation Division's youth basketball league. As you will read in the following pages, our program places a major emphasis on skill development and sportsmanship. In fact, these two areas of focus are integrated into every facet of our program. They are reflected in our philosophy and rules, our expectations and training, and our recognition and awards. You might ask yourself, 'What about important life skills (e.g. dedication, commitment, teamwork)?' or better yet, 'What about FUN?' Well, we're actually glad you asked, because that's where YOU come in!

Your role as a coach and mentor is invaluable, and the positive attitude and behavior you model and promote, will not only impact your players, but enhance the league as a whole. The rules and guidelines herein and designed to support you in these efforts. By utilizing development and sportsmanship as our measurement for success, we honor your commitment to character and skill development and celebrate your focus on fun and fundamentals. Thank you for being a part of our team!

Section II: Code of Conduct and Ethics

The National Alliance for Youth Sports (NAYS) was created in 1981 as a non-profit organization dedicated to the improvement of youth sports for children. NAYS has established a Code of Ethics for Players, Parents and Coaches; the City endorses and applies these codes to our programs.

Code of Conduct

The benefits of recreation are endless - promoting health, building strong families, and creating a sense of community. To ensure the quality of programs and public safety, all program participants, parents, spectators, coaches, and volunteers must abide by this code of conduct.

- All persons shall act with respect towards others (players, coaches, parents, and City staff) and respect their privacy and personal safety.
- All persons shall treat public and private property, City facilities, and equipment with respect.
- Always observe program rules and regulations.
- Behave in a responsible manner, always exercising self-discipline.
- Cooperate with or assist the City staff in maintaining safety, order, and discipline.

Coach's Pledge

- I will place the emotional and physical wellbeing of my players ahead of any personal desire to win.
- I will remember to treat each player as an individual, remembering there is often a large spread of emotional and physical development for the same age group.
- I will praise my players for their efforts.
- I will look to point out the positives.
- I will stay calm when my players make mistakes; helping them learn from their mistakes and not criticizing.
- I will treat my players with respect, avoiding put-downs, sarcasm, or ridicule.
- I will organize practices that are fun and challenging for all my players; reminding myself, and my players to laugh and keep a sense of humor.
- I will emphasize teamwork and help my players to think "we" instead of "me".
- I will lead by example in always demonstrating fair play and good sportsmanship.
- I will ensure that I am knowledgeable of all rules of each sport I coach, and I will teach these rules to my players.
- I will use coaching techniques appropriate for each of the skills I teach.
- I will remember I am a youth coach, and all games are for children, not adults.
- I will maintain a "fun is #1" attitude.
- I will do my very best to keep playing time equal for all players on the team no matter the players ability/skill level.
- I will be a role model for good sportsmanship:
  - Winning without gloating
  - Losing without complaining
  - Treating **my opponent and officials** with fairness and courtesy

Potential Reasons for Dismissal

Below are examples of potential reasons a coach may be removed from the program. The list is not exhaustive and does not reflect all potential reasons for dismissal.

- Abusive language or disrespect towards a staff member, volunteer, another participant, or member of the public.
- Yelling at, or threatening children in any way, including the threat of not being able to play in a game.
- Holding practice outside of scheduled practice day/time and at another location outside of the Arroyo Vista Recreation Center gymnasium or City approved location.
- Touching a child in any way (except to demonstrate proper form for skills appropriate to the sport they are coaching).
- Being alone with a child at any time (except the coach's own child, stepchild, grandchild, sibling, or niece/nephew).
- Having phone, text messaging, or email contact with any child on the team. (All contact must be made through the child's parent or legal guardian).
- Possession or usage of alcoholic beverages or illegal drugs on the City of Moorpark property and/or interacting with the program participants while under the influence of drugs or alcohol.
- Possession of dangerous or unauthorized materials such as firearms, weapons, or other similar items on City property.
- Conduct endangering the life, safety, health, or well-being of others.
- Displaying disregard for City property and/or equipment.
- Failure to follow City of Moorpark policy or procedures.

IMPORTANT

- A volunteer coach for the City of Moorpark shall not drive or transport any other City basketball league participant in the coach's vehicle, other than the coach's own child, stepchild, grandchild, sibling, or niece/nephew. This rule shall be strictly enforced for liability protection reasons.

SECTION III: General Information

1. **Rosters, Schedules and Uniforms:** Rosters will consist of at least five (5) and no more than ten (10) players per team. Rosters are distributed to coaches at least one week prior to the commencement of practices. Rosters include player's name, age, and parent/guardian's contact information.

   Schedules will be distributed to coaches no later than the first week of practice. Schedules will include the team's name and game dates/times. A picture day schedule will be distributed at least two weeks prior to picture day. Our goal is distributing uniforms prior to each team's first practice, but no later than the first game.

2. **Parent Meeting:** As part of your responsibilities as a coach, you are required to hold a pre-season parent meeting. The importance of this meeting has been demonstrated by the overwhelming amount of feedback we've received from parents and coaches over the years. Below is a list of suggestions and recommendations for your meeting.
   - Schedule your parent meeting 15 minutes before, or immediately after, your first practice. To improve attendance, be sure to notify parents of this meeting in your introductory email and/or phone call.
   - Explain your coaching philosophy.
   - Discuss key league rules, *especially playing time requirements and how you will utilize free subbing in the 4th quarter!*
   - Discuss the importance of sportsmanship, not only for players and coaches, but parents and spectators as well.
     Tip: The best way to deter bad sportsmanship is to encourage good sportsmanship through specific examples and recommended actions.
   - Discuss your practice and game goals and expectations.
   - Review schedules and rosters.
   - Discuss what parents should do if their child will miss a practice or a game.
   - Discuss appropriate practice and game attire (e.g. only non-marking athletic shoes are allowed, no jewelry, watches, etc.)
   - Discuss a snack schedule.

3. **Practices:** Coaches should provide available practice times when confirming their participation. Each team will be allotted one (1) practice per week for one (1) hour. All practices shall utilize half of a full court only. No additional practices are allowed outside the allotted and scheduled practice times. All practices must be held at AVRC, unless otherwise permitted by the league director in writing. Practice equipment will be available for pick up in the AVRC office. Please be sure to keep the practice site clean and safe. After the practice is complete, have your players collect all equipment and trash, and place all balls back in the ball bag.

4. **Picture Day:** Date and time will be listed on the picture day schedule. Please arrive on time!

5. **Team Party:** You can choose to have a team party as an end-of-season celebration, and it can be scheduled in place of your last practice or after your final game. If we are able to do so, the City of Moorpark may provide vouchers to local pizza restaurants to help offset the cost of any party. Otherwise, team parties are at the coach/parents' cost.

6. **Awards**: Awards will be available the last game of the season. If there is an End of Season tournament, awards will be given out after the team's last game. You can distribute these during a team party if you wish to hold one, or after the last season game. It is always encouraged to give a few kind remarks about each child as they're receiving their award.

7. **Comments, Compliments and/or Concerns:** If you need to reach league staff for any reason, please call the AVRC office, Monday through Friday, from 9 AM – 6 PM, at (805) 517-6300.

SECTION IV: Coaching Philosophy & Ideas for Great Coaching

Coaching youth sports is not an easy task. The pressure and excitement you may feel can be overwhelming at times, but in the end, the experience is incredibly rewarding.

Some questions you should ask yourself prior to your first practice are:

- What are your goals for the season?
- What are the most important things for you to teach?
- What do you want your players to get out of this experience?

The answers to the questions above will help solidify your coaching philosophy and keep you and your team focused on the common goal of enjoying and learning the game of basketball.

The 4 keys to being the best coach you can be for your team:

1. Actively promote and champion concepts such as sportsmanship, teamwork, positivity, and respect.
2. Take full advantage of league rules. We don't keep score for Mites and Rookies, and there is no regular season champion in the Junior and Teen's divisions. Use this format to support your focus on each player's skill development over game strategy.
3. When correcting a player's action make sure to use the "compliment sandwich" method. First state something positive the player did, give player a specific correction you want made, restate the first positive thing you said.
4. Keep game strategy simple for success.

Other Good Coaching Tips:

- Help your team understand the meaning of sportsmanship and be aware that your actions speak louder than your words.
- Strategically plan practices to meet the needs of players with varying skill levels and abilities. If you're not sure how to do this, just ask we can help!
- Encourage your team members to support one another and acknowledge each other's accomplishments and efforts.
- Emphasize teamwork and help kids think "we" instead of "me".
- Make it a priority that your team treat opponents and officials with respect and courtesy.

SECTION V: Rules and Regulations



The City of Moorpark will have jurisdiction over all rules and regulations that govern the Youth Basketball League. In the event of a conflict or a problem with interpreting a rule, the decision of City of Moorpark Recreation Staff will be final. The City of Moorpark reserves the right to amend the following rules if deemed to be in the best interest of the League and will notify all coaches of these changes.

A. The National Federation Basketball Rules will be used with the exception of the following rules:

1. **Bench:** Only uniformed team members and head/assistant coaches that have completed the volunteer coach process are allowed to sit on the bench. All others must sit in the stands. Players are not allowed to remain standing at their bench during gameplay. **In addition, teams with more than one coach may only have one coach standing at a time during gameplay.**

2. **Minimum Player Rule – Borrowing Players:** Teams are required to have a minimum of four (4) players to start a game. If a team does not have enough players, they may borrow a currently registered player from another team in the same division and a practice game may be played.

3. **Fouls:** Personal fouls will be recorded in all divisions except Mites and Rookie. Any player(s) who receive five (5) personal fouls will be removed from the game. Free-throws will not be shot in the Mites or Rookie divisions.

4. **Zero Tolerance Rule:** The City of Moorpark reserves the right to determine any disciplinary action in accordance with this rulebook and the player's code of conduct. This includes any suspensions or actions taken in the event of any player(s) being ejected from the game for any reason. The City of Moorpark wants the game to be fun and safe for all involved. Any form of verbal or physical assault is strictly prohibited. The City of Moorpark staff onsite may remove any player, coach, or

spectator from the premises and the league at any time if they engage in any type of verbal or physical assault.

5. **Coaches Responsibilities – Conduct:** Coaches are required, at all times, to assist the officials with any conduct problems that may arise. Coaches are responsible for the sportsmanlike conduct of their players, spectators, and themselves. Unsportsmanlike conduct such as yelling at the opposite team, and/or officials, derogatory comments, and foul language may be penalized by a technical foul and/or removal from the game, and/or any games left in the season. Players, coaches, and spectators shall first receive one (1) warning from the referee and/or scorekeeper table for breaking the league rules or code of conduct. If the violations continue, a technical foul (and team foul) will be given. Free throws on a technical foul may be shot by anyone on the opposing team. If an official is verbally threatened or physically attacked by a coach or spectator, the game will be forfeited and that coach or spectator may not be allowed to coach, attend, or be on the premises of the AVRC for any of the remaining games for the season.

6. **Technical Fouls (see League Rules by Division for addition detail):** Any player who receives a technical foul will be required to sit out of the game (on the bench) for the remainder of the quarter up to the remainder of the game. If a coach receives a technical foul the "seat belt" rule will be implemented wherein the coach must stay seated for the remainder of the game. If the spectators/fans of a team receive a technical foul, the foul is assessed to the head coach, however, the "seat belt" rule will not apply. If a player receives a second technical foul during the same game, the player will be removed from the game.

APPENDIX A: HEADS UP SAFETY IN YOUTH SPORTS

Dehydration and Heat Illness

Why Kids Are at Risk:

1. Children absorb more heat from a hot environment than adults. The smaller the child the faster they heat up.
2. Children release less heat through sweating.
3. Children usually don't drink enough fluids to replenish sweat losses during prolonged exercise.
4. Young athletes may be more easily distracted when occasions allow for them to rest and rehydrate.

Signs of Dehydration and Heat Illness

If dehydration progresses unchecked, the risk of heat illness increases. Heat illness is best understood in three separate degrees: HEAT CRAMPS, HEAT EXHAUSTION and, the most serious and deadly form, HEAT STROKE.

Dehydration

Dehydration during exercise is a common problem. Some young athletes can begin to suffer the consequences of dehydration if they become dehydrated by just 2 percent of their body weight. That's why it's important to recognize the warning signs:

- Noticeable Thirst
- Muscle Cramps
- Weakness & Fatigue
- Decreased Performance
- Nausea
- Headache
- Lightheaded feeling or dizziness
- Difficulty paying attention

Treat the symptoms of dehydration immediately, as this is crucial in preventing more serious conditions such as heat exhaustion.

1. Rest in a cool place.
2. Consume a sports drink that contains the adequate amount of electrolytes.
3. Prevent dehydration in the future by consuming fluids before, during & after exercise.
4. Allow for ample time to rehydrate.

Heat Exhaustion

If dehydration goes untreated, the likelihood of heat exhaustion may increase. Common symptoms of heat exhaustion are:

- Dizziness and fatigue
- Chills
- Rapid pulse

Treatment of heat exhaustion is similar to that of dehydration and should take place immediately. This treatment includes:

1. Rest in a cool, shaded area and place ice cold towels on the body.
2. Drink a sports drink that contains the adequate amount of electrolytes.
3. Lie down with legs elevated to promote circulation.
4. Athlete should begin to feel better relatively soon; if not, assume heat stroke.

Heat Stroke

Heat stroke is a medical emergency! When it is not recognized promptly and treated properly, it can result in death. If rapid cooling does not occur, damage could be extreme, resulting in fatal consequences. Symptoms and results of heat stroke include:

- Very high core body temperature
- Altered central nervous system function (i.e., confusion or unconsciousness)
- Otherwise, healthy athlete collapses during intense exercise in the heat

Remember that athletes get better relatively quickly with heat exhaustion, and they get worse with heat stroke. The important thing to remember is that heat stroke must be treated immediately by doing the following:

- Immediate cool-down by whatever means possible.
    - An ice bath in a "cool pool" is preferable because of the superior cooling rates

(holding head out of bath)
  - Ice packs over as much of the body as possible
  - A cool shower
  - Cool, wet towels
  - Water spray
- **SEEK MEDICAL ATTENTION IMMEDIATELY** (always transport a suspected heat stroke victim to the hospital).
- Do not drink fluids since nausea and vomiting are extremely common.

Safety Rules

- Players must remove any jewelry (necklaces, rings, earrings, etc.) to prevent a hazard to opponents and themselves.
- If a child has a special need, check with the parents on how to address that need.
- **If there is an injury during practices or games, please notify recreation staff.**
- First-aid supplies you might want to have on hand:
  - Band-Aids
  - Gauze pads
  - Ice packs
  - Athletic tape
- Procedure for Serious Accidents
  1. Do not move the individual if they may have a back or neck injury.
  2. Get in touch with parents and proceed from there, helping in every way.
     a. If parents cannot be contacted or the situation requires immediate medical attention, call 911. Stay with the child until help arrives.

Concussion in Youth Sports

What is a Concussion?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles.

The Facts

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without** loss of consciousness.
- Concussions can occur **in any sport**.
- Recognition and proper management of concussions when they first occur can help prevent further injury or even death.

Recognizing a Possible Concussion

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in a rapid movement of the head.

-and-

2. Any change in the athlete's behavior, thinking, or physical functioning. (See the signs and symptoms of concussion.)

Concussion Signs and Symptoms

Signs Observed by Coaching Staff	**Symptoms Reported by Athlete**
Appears dazed or stunned	Headache or "pressure" in head
Confused about assignment/position	Nausea and/or vomiting
Unsure of game, score, opponent	Balance problems or dizziness
Moves clumsily	Double or blurry vision
Answers questions slowly	Sensitivity to light and/or noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, groggy
Shows behavior/personality changes	Concentration or memory problems
Can't recall events prior/after hit or fall	Confusion

Action Plan: What to do When a Concussion is Suspected

1. **Remove the athlete from play.** Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head.

Ensure that the athlete is evaluated right away by an appropriate health care professional. Do not try to judge the severity of concussions.

CARDIAC EMERGENCY & AED SAFETY

The City is committed to providing a safe environment for all participants in its youth sports programs and complies with applicable California youth sports safety requirements, including California Health and Safety Code §124238.5, as amended by Assembly Bill 310 (Nevaeh Youth Sports Safety Act).

Coach CPR/AED Certification

Beginning January 1, 2027, coaches participating in City youth sports programs shall maintain current certification in cardiopulmonary resuscitation (CPR) and operation of an automated external defibrillator (AED), as required by California law. Certification shall be renewed at least every two years through an accredited training organization consistent with nationally recognized, evidence-based cardiovascular care guidelines.

Cardiac Emergency Response Plan

The City shall maintain a written Cardiac Emergency Response Plan for its youth sports programs. The plan shall identify the location of AEDs and procedures to be followed in the event of a sudden cardiac arrest or other cardiac emergency. The plan shall also identify the responsibilities of coaches, recreation staff, participants, and other appropriate personnel during an emergency.

The Cardiac Emergency Response Plan shall be reviewed annually with applicable coaches and staff. Coaches and staff shall receive information and training regarding the plan and emergency procedures.

AED Access

Beginning January 1, 2028, youth sports participants shall have access to an AED during official practices and matches in accordance with California law. AED equipment shall be maintained and tested in accordance with the manufacturer's guidelines and applicable federal and state requirements.

Parent/Guardian Notification

Parents and guardians of enrolled youth sports participants shall receive an annual electronic communication containing the Cardiac Emergency Response Plan or a link to the plan, the location(s) of applicable AEDs, and the designated staff members to be notified in the event of a sudden cardiac event.

Failure of a coach or staff member to maintain required certifications or comply with applicable emergency procedures may result in removal from coaching or participation responsibilities until compliance is restored.

APPENDIX B: COACHING TIPS, HINTS, AND DRILLS

Before and During Practice:

- Make sure kids have plenty of water breaks.
- Make practices fun and interesting. Keep drills relatively short.
- Model desired skill or trait.
- Use encouragement and positive reinforcement as your primary method of motivating.
- Reward effort, not just good outcomes.
- Be patient and allow your players to have fun.
- Have a practice agenda to make practice run smoothly.
- Put kids' safety above everything else.

Sample Practice Agenda:

- Warm-up (running, stretching, exercising, etc.)
- Drills
- Scrimmage Conditioning
- Review (go over the practice and what you worked on)

Warm-Ups:

All athletes should warm-up for a few minutes before stretching and working out. A good warm-up exercise is jogging around the basketball court two or three times.

Stretching:

When stretching, stretch lightly, don't bounce, breathe out while extending the stretch, and hold each stretch for 10 to 20 seconds. Here are some basic stretches good for preparing for practices and games.

- Start at the top of your body. Move neck from side to side and around front to back a few times.
- With arms out to the side, make five small circles, five to the front and then five to the back.
- Make five large circles the same way loosening up the arms and shoulders.
- Put one arm out in front and pull it across the chest using the other arm.
- Keep stretching the arm straight across the chest. Change arms and repeat two or three times with each arm.
- Put one arm straight in the air, and then place it behind your head. Bend it at the elbow so that the arm and hand are pointing down the back. Place the opposite hand on the elbow and push down slightly. Repeat two or three times with each arm.
- Bend at waist, keeping your legs together, bend knees slightly, and try to touch your toes. Try not to lock your knees. Bend slightly front, back and side to side.
- Stand with your legs shoulder-width apart. Turn your body to either side.

- Sit upright on the floor with one leg straight and the other positioned so that the heel touches the opposite thigh. Exhale and bend forward at the waist, and grasp ankle or foot. Hold and relax for 20 seconds, and repeat with the opposite leg.

Endurance Building:
Aerobic fitness and cardiovascular endurance are good exercises to build endurance.

- Tuck Jump - Jump in place, pull both knees to the chest while in the air. Do this for 20 seconds.
- Shuffle Slide Jumps - While facing the front of the backboard, jump and touch as high as possible on the right side of the backboard. Land a shuffle to the middle of the key, jump and touch the net, land and shuffle to the left, jump and touch as high as possible on the left side of the backboard. Repeat back to the right for a total of six jumps.
- Slide Drill - Stand midway between two imaginary lines 20 feet or more apart. Assume a defensive position with your knees bent, head up, and arms out. Slide back and forth and touch the imaginary lines with your feet, making sure that your feet do not touch each other as you slide. Continue the drill for one minute.

Footwork Drills:
These drills help improve speed and movement on the court. Try not to sacrifice form for more repetitions or a faster performance.

- Lane Slide Drill - Use this drill to increase lateral speed, quickness, change of direction and speed on the court. Start on one side of the foul line and slide from one to the other, advancing up the court, and back. It is important to stay in a low stance bending the knees and keeping the back straight (almost like sitting in a chair), and try not to cross feet. Do this drill for one minute, then rest for one minute, completing three sets.
- Backboard/Net Touch - This drill strengthens lower legs for quickness and explosive, repetitive jumping. Stand under the net or backboard, jump ten times off both feet with the right hand trying to touch the net, then the left hand. 20 touches equal one set. Repeat three times resting for one minute between each set.
- One Foot Running Jumps - Use this drill to improve sprinting, balance, pivoting and jumping. Start on the baseline under the basket, sprint to the foul line, and touch it with either hand, pivot, and sprint back to the backboard, jumping as high as you can off one foot. Repeat exercise five times on each foot. Repeat three times, resting for one minute between each set.
- Jumping Line Drill - Use this drill to improve jumping skills. Stand sideways to any line on the court, place your feet together, stand on the balls of your feet and jump side to side using your arms for balance. Try not to drag your feet, jump over the line completely. Each set lasts for 30 seconds. Do three sets, resting for one minute between sets.
- Follow the Leader - Have all the players form three lines facing front and arm's length apart. Each player should be in the ready position. The coach stands in front of the team and points to the right, left, front, or back. Each player follows the direction in proper

defensive stance and movement. Then the coach pretends to shoot and the team then yells "shot," and simulates blocking the shot.

Ball Handling Drills:

The purpose of ball handling drills is to give the player a feeling of where the ball is in relationship to their body. Handle the ball with the fingertips, not the palms. Spread and relax the fingertips.

- Cradles - The ball is held between the legs, right hand on the ball in front of the legs, left hand on the ball behind the legs. Then, releasing the ball, the player quickly reverses the arm position, grabbing it with the right hand behind and left in front. Some who have not done this will struggle at first. Encourage them to keep trying, and sooner or later they will catch on.
- Clap-N-Catch - Hold the ball straight out in front or against the body at waist level. Release, clap the hands behind the back, and grab the ball again before it touches the floor. This drill increases quickness and confidence.
- Figure Eight - Pass the ball from hand to hand between the legs in a figure eight pattern. Then, as this gets easier, a player can walk while moving the ball in the same way, and eventually the player will be able to run while doing it.
- Hike Drill - Bounce the ball backward between the legs, reach around, bending down, and catch it behind the legs. Then bounce it back again, forward, catching it once again in front, in the original position.
- Tippling - Without grabbing the ball, a player flips it back and forth with the fingers, arms outstretched at right angles from the body. Gradually, the arms are raised as the tippling continues, until the ball is up over the head. It is then slowly lowered again.
- Roll 'Em - Have players roll the ball down the court and back using only the thumbs and fingertips. This drill can also be used as a defensive drill by having the players shuffle their feet while rolling the ball down the court.

Dribbling Basics:

- Dribble with one hand at a time only.
- Always be in ready position- hips low, knees bent, back straight.
- Contact the ball with the pads of the fingers, no slapping.
- Hold chin and eyes up to maintain balance and increase peripheral vision.
- Dribble below waist and to the side when being guarded closely.
- Dribble above waist and out in front for speed.
- Protect the ball with your non-dribbling hand or arm.
- Practice dribbling with both the right and left hands to help increase performance in the weaker hand.

Dribbling Hints:

- Keep your dribble as long as possible until a shot or pass opens up.
- Do not dribble immediately after receiving a pass or rebound. Check your passing and shooting options first.
- Vary the speed and direction of the dribble.
- Use crossover dribble.
- Stay away from sidelines and corners to avoid being trapped.
- Avoid dribbling into a crowd of players; the ball is likely to get stolen.
- Be assertive and confident when dribbling.

Dribbling Drills:

- Dribble Around - Dribble around the right leg, then the left leg, then both legs, and then switch directions.

- Walking Dribble - Beginning with one leg forward, bounce ball between legs. Continue bouncing it as you walk forward, pushing it between the legs each time.

- Crossover Drill - Start at the baseline moving to the right at a 45 degree angle, taking a few strides dribbling with the right hand. Then plant the right foot, push off hard, with body now moving 45 degrees left. At the same time, push the ball in front of the body from right to left in a low dribble. Continue to move down court in a zigzag pattern.

- Steal Game - Pair up players, each with a ball. Have players keep their dribble, protecting it with the non-dribbling hand or arm, while trying to steal or knock the other's ball away. Switch hands and start over.

- Two-Minute Tag - Use half a court with four or more players, each with a ball. Everyone dribbles left- handed for two minutes. One person is "it" and they try to tag the other three players. If someone is tagged, they are "it." After two minutes, start over and switch hands.

- Monkey See, Monkey Do - A leader (one of the team captains or the coach) faces the group. They must watch and copy what the leader is doing. The leader can dribble the ball switching hands, going between the legs in a figure eight switching directions, etc. The leader may also pass the ball around and around the body at the waist, neck, and overhead.

- Red Light, Green Light - This drill works on dribbling as well as jump stops. When the coach says "green light," players dribble from one end of the court to the other. When the coach says "red light," players must jump stop, holding the ball in both hands. Any

player who loses control of the ball, or moves before "green light" is called, must go back and start over.

- Dribbling Around Cones - Set up cones on both sides of the court and split the team in half. The first person on each team must dribble around the cones changing angle with each cone. Once at the end, the player returns, does a jump stop and passes to the next person in line. Focus on dribbling with the head up, as well as changing hands and speed.

- Dribble & Pivot Race - Teams line up at the half court line in alternating order. Each player dribbles to a cone, pivots in the direction away from it, continues to the next cone, etc., until a lay-up can be made. The player must sprint along the sidelines, and pass the ball to the next player when the half court line is reached. Players must keep their heads up to avoid collisions with other dribblers.

- Dribble With Two Balls - Vary what you do and be creative. Start with a steady waist-high bounce, then lower the height, change the speed of each ball, then walk, run, etc.

Passing Basics:

Release the ball quickly; do not hesitate.

- Make sure to have visual contact with the receiver.
- Make sharp and snappy passes with little spin.
- Time passes to avoid interception by defense.
- Don't pass so hard that the receiver cannot catch it, or too slow so it is intercepted.
- Use fakes to improve passing angle.
- Use different types of passes when appropriate
  - Chest Pass
  - Bounce Pass
  - Overhead Pass

Basics of Receiving

- Always keep eye contact with the passer and the ball.
- Position hands chest high, extend arms, open palms for reception.
- Communicate non-verbally by using the hand as a target.

Passing Drills:

- Up & Down Drill - The coach faces the player, who is in the lane ten feet away facing him. The ball is rolled on either side of the player, who bends quickly, grabs it, straightens, and fires it back to the coach, who may move to his left or right. A variation is to have the player grab the ball, pivot, make a lay-up, take the ball as it comes through the net, pivot again, and fire back to the coach.
- 3 Person Drill - Split the team into groups of threes. Two players are passers, and the third is the defender. The passers pass the ball to each other while the defender tries to intercept it. If the defender touches the ball, the passer who passed the ball becomes the defender.
- Partner Passing - Split the team into pairs facing each other between the free throw lanes with one side starting with the ball. Have the players work on chest passes, two-handed bounce passes and one-handed bounce passes. Have the pairs move farther apart to work on overhead passes and baseball passes.
- Shotgun Passing - Split the team in groups of six, one player under the basket, the other five line up in a semicircle on the free throw line. The drill begins with one player in the semicircle shotguns a chest pass to the player under the basket. The player under the basket fires it back to the next player in the semicircle and so on down the line. This drill should go on for about one minute per player. Variations can be made with the speed of the pass, or the type of pass.
- Monkey in the Middle - Just like the childhood game, one player is the "monkey" and stands in between the two passers. The monkey tries to steal the ball by guarding and harassing the passers. If the monkey steals a pass, that passer is now the monkey.
- Reaction Drill - The coach holds the ball ten feet behind the player, who is facing away from him. As the coach releases the ball, the coach blows the whistle. Upon hearing the whistle, the player must pivot and grab the ball. The pass may be high or low, a roll on the floor left or right, or a lob overhead.
- Basic Passes Drill - This drill allows players to practice chest, bounce, overhead and baseball passes. The player at the front of the line passes to the player at the front of the opposite line, then runs to the end of the opposite line. Focus on good, accurate passes as well as pass reception.

Shooting Mechanics:

- Feet and shoulders square to the basket with feet shoulder width apart, dominant foot slightly in front.
- Focus the eyes on a target when shooting the ball.
- Control the ball with the fingertips, not the palm.
- Keep fingers spread.
- Place the guide hand on the side, or slightly below the ball.
- Cock the wrist back.
- Keep eye focused on the back of the rim.

- Start the shot with the balls of the feet, then knees, bent for power, then extend up and out all the way through the arm toward the target.
- Last contact with the ball should be made by the index and middle fingers giving the ball backspin and arch.
- Follow through with the wrist, and extending the arm all the way out**.**

Shooting Helpful Hints:

- Remember to follow up on every shot made to get the rebound if the shot is missed.
- Allow shots only within shooting range of the player.
- Use the backboard whenever possible.
- Players lacking strength should start with the ball lower and exaggerate shot execution.

Shooting Drills:

- One-Arm Shooting - Stand in front of the basket, holding the ball with your shooting arm, palm up, and other hand behind your back. Slowly turn your wrist inward causing your shoulder to drop, putting your arm in the proper "L" position. With the ball on your fingertips and head high, shoot the ball high, exaggerating your form and follow through, finishing with your fingers pointing over the rim of the basket. Shoot from the same spot five times, then take a step back until you have gotten to the top of the key.
- Chair Shooting - This drill helps improve shooting the ball instead of throwing it. Place a chair about eight feet in front of the basket. Shoot 25 shots, rest for one minute, and shoot 25 more.
- Floor Form Shooting
- This allows you to work on follow-through, develop a soft touch, and learn to read the spin of the ball by holding it across the seams. Lying flat on your back, relax your shooting hand as you are holding the ball over your chest. Make sure your arm is in the "L" position. Shoot the ball directly up in the air, completely extending the elbow, wrist, and fingers. The ball should come back into your hands. Shoot 25 shots, rest for one minute, and shoot 25 more.
- Free Throws
    - Make sure you are balanced.
    - Keep eye on the target.
    - Use the same shooting mechanics for a regular shot
    - Take a deep breath before the shot.
- Foul Shot Golf - This drill allows you to work on foul shooting through repetition. If your foul shot hits nothing but net you earn a "birdie", "par" if you just make the shot, and "bogey" if you miss the shot. You get three shots for one round, and you play six rounds to equal 18 holes. The player with the lowest score wins.
- Blind Form Shooting - This drill helps visualize what should be done mechanically on free throws. Wear a blindfold or close your eyes as you are ready to shoot your free throws. Use the proper free throw form on your shot without the ball at first. This will simulate

the shot and lead to good form shooting. Using the proper mechanics, shoot the ball visualizing exactly where the shot needs to be. Take 10 shots at a time; 30 total.

Rebounding Drills:

- Sky and Score - This drill improves timing for offensive rebounding. Have all players line up at the free throw line. Coach takes a shot, purposely missing and the first player in line gets the rebound and puts the shot back up. Vary the missed shots so players can watch to see where the ball will rebound and anticipate where to position themselves.
- Glass Cleaner - Using this drill will help players with boxing out techniques and outlet passing. Have the team line up at the top of the key. Have two players move down into the lane, and a third move to an outlet position. Coach stands at the free throw line and the two players in the lane are rebounders. The player closest to the basket is on defense and yells "shot" when the coach shoots. The defender must box-out the offensive player, get the rebound and quickly pass it to the outlet. The outlet passes the ball to the coach and goes to the end of the line at the top of the key. The offensive rebounder is now on defense, and the defensive rebounder becomes the outlet, and the first person in line becomes the offensive rebounder.
- Burnout - Three players start out in the key as rebounders, and the coach or teammate takes shots, trying to miss, from outside of the key. The sole objective of the rebounder is to get every rebound that does not go through the hoop. When a player gets a rebound, the other two rebounders play defense and try to stop him from scoring. Continue the drill until a player makes three baskets.
- Three on Three Box Out - Three players are on offense, three are on defense. The coach shoots the ball trying to miss. The defenders must box-out the offense, get the rebound, and prevent them from scoring.

APPENDIX C: COACHING RESOURCES

Positive Coaching Alliance (PCA)
PCA is a foundation dedicated to transforming the culture of youth sports so that kids have a positive, character-building experience. They offer free tips for coaches, parents, and athletes as well as workshops and online courses.
www.positivecoach.org

LA 84 Foundation
The LA 84 is a nonprofit foundation that is committed to serving youth sports. They provide information for coaches and also provide various coaching clinics
www.la84foundation.org

Kendrick Fincher Hydration Foundation
The Kendrick Fincher Hydration Foundation offers important facts about hydration and what can happen if you are not properly hydrated.
www.kendrickfincher.org

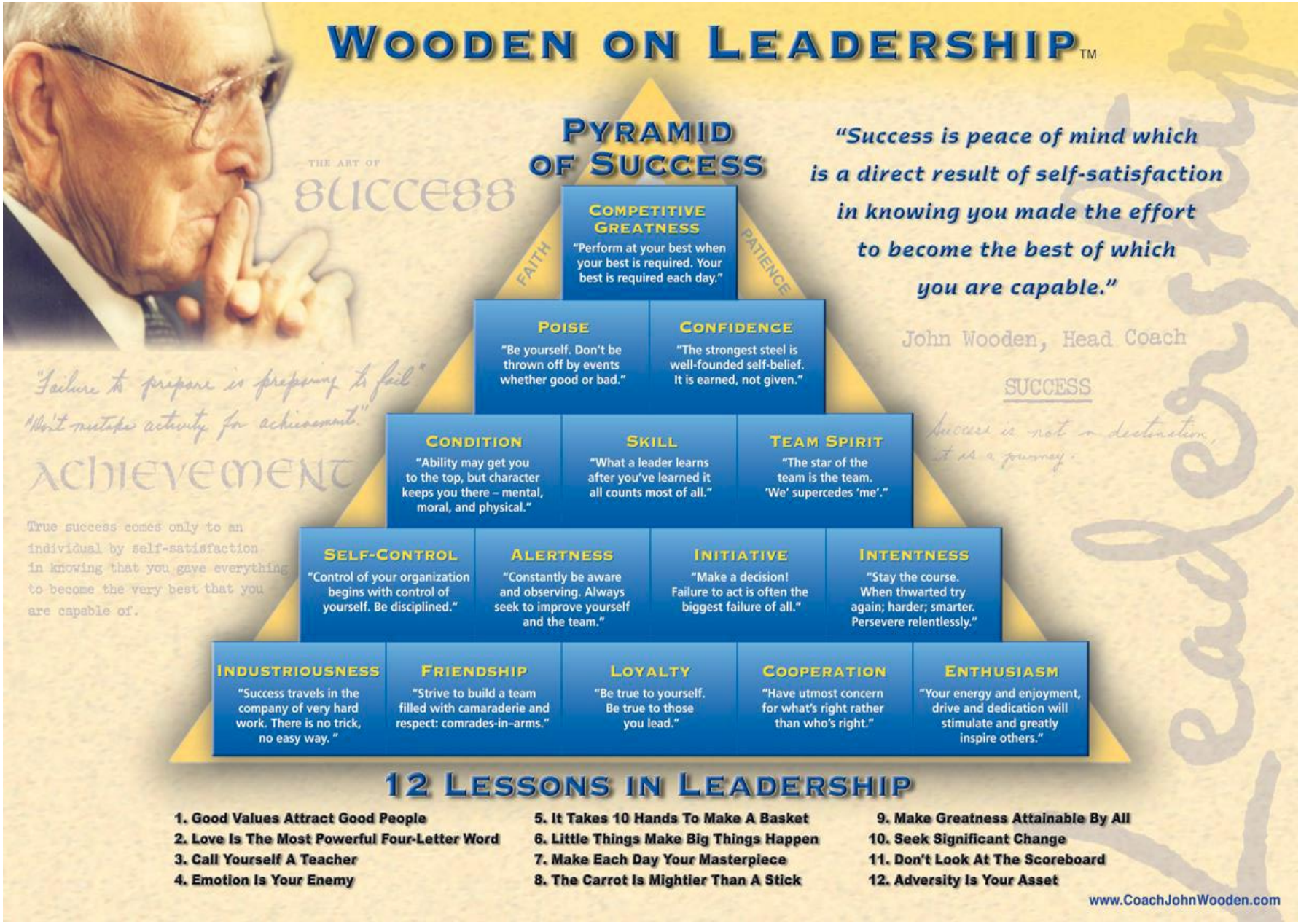
Southern California Municipal Athletic Federation – SCMAF
The Southern California Municipal Athletic Federation is a non-profit organization comprised primarily of municipal recreation services that provides resources to both Recreational programs and their coaches.
www.scmaf.org

Moorpark Youth Sports Information

Website:

www.morparkca.gov/youthsports

Youth Sports Office
(805) 517-6300
avrc@moorparkca.gov


WOODEN ON LEADERSHIP™
PYRAMID OF SUCCESS
"Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable."
John Wooden, Head Coach
COMPETITIVE GREATNESS
"Perform at your best when your best is required. Your best is required each day."
FAITH
PATIENCE
POISE
"Be yourself. Don't be thrown off by events whether good or bad."
CONFIDENCE
"The strongest steel is well-founded self-belief. It is earned, not given."
CONDITION
"Ability may get you to the top, but character keeps you there – mental, moral, and physical."
SKILL
"What a leader learns after you've learned it all counts most of all."
TEAM SPIRIT
"The star of the team is the team. 'We' supercedes 'me'."
SELF-CONTROL
"Control of your organization begins with control of yourself. Be disciplined."
ALERTNESS
"Constantly be aware and observing. Always seek to improve yourself and the team."
INITIATIVE
"Make a decision! Failure to act is often the biggest failure of all."
INTENTNESS
"Stay the course. When thwarted try again; harder; smarter. Persevere relentlessly."
INDUSTRIOUSNESS
"Success travels in the company of very hard work. There is no trick, no easy way."
FRIENDSHIP
"Strive to build a team filled with camaraderie and respect: comrades-in-arms."
LOYALTY
"Be true to yourself. Be true to those you lead."
COOPERATION
"Have utmost concern for what's right rather than who's right."
ENTHUSIASM
"Your energy and enjoyment, drive and dedication will stimulate and greatly inspire others."
12 LESSONS IN LEADERSHIP
1. Good Values Attract Good People
2. Love Is The Most Powerful Four-Letter Word
3. Call Yourself A Teacher
4. Emotion Is Your Enemy
5. It Takes 10 Hands To Make A Basket
6. Little Things Make Big Things Happen
7. Make Each Day Your Masterpiece
8. The Carrot Is Mightier Than A Stick
9. Make Greatness Attainable By All
10. Seek Significant Change
11. Don't Look At The Scoreboard
12. Adversity Is Your Asset
www.CoachJohnWooden.com