

MOUNT PLEASANT RECREATION DEPARTMENT
FUNdamental BASKETBALL MANUAL

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MOUNT PLEASANT RECREATION DEPARTMENT

INFECTIOUS DISEASE GUIDELINES

The Mount Pleasant Recreation Department has published these guidelines in an effort to minimize the possibility of transmission of any infectious disease during practices or games.

These guidelines primarily address blood-borne pathogens such as the Hepatitis B virus and the Human Immunodeficiency Virus (HIV). However, these guidelines also outline common sense precautions against the spread of less serious, but other contagious diseases. It is the intent and desire of the MPRD that all activity by the participants enrolled should be carried out with the safety of the environment. We encourage all volunteers who are part of these programs in any capacity to help us carry out these aims and objectives.

BLOOD-BORNE PATHOGENS

Blood-borne pathogens such as Hepatitis B and HIV are serious infectious diseases, which are present in blood as well as other bodily fluids such as semen, vaginal fluids and breast milk. While there are a number of such diseases, Hepatitis B and HIV are the most common known.

Hepatitis B is a virus, which results in a dangerous inflammation of the liver. Its victims can suffer long-term consequences and recurrences and the disease can be deadly if not treated. HIV is the virus that causes AIDS or Acquired Immunodeficiency Syndrome, which weakens the immune system, thus making a person susceptible to infections their immune systems normally would fight off. AIDS is incurable and deadly.

When giving first-aid to others, an individual should wear protective gloves (such as rubber surgical gloves) any time blood, open wounds or mucous membranes are involved. The individual should wear clean gloves for each person treated or when treating the same person more than one time.

If the individual gets someone else's blood on his/her skin, protective gloves should be worn and the blood wiped off with a disposal alcohol swab.

Note: If blood gets on a uniform during practice or a game, the uniform should be wiped with a disinfectant such as isopropyl alcohol (rubbing alcohol).

If an individual begins to bleed during practice or a game, play must be stopped and the individual should be removed from the game. If there is blood on the floor and/or bench, the floor and/or bench should be cleaned using a disinfectant solution of household bleach and water. The recommended mixture is ten (10) parts water to one (1) part bleach. (Example: 1/2 bleach to one (1) gallon of water). The surface should then be rinsed with clean water to avoid participants getting the disinfectant in their eyes. The person doing this cleanup should wear protective gloves.

The individual removed from practice or a game due to bleeding must have the bleeding stopped and any wound covered before being allowed to return to the practice or game. If the bleeding begins again, the practice or game should be stopped and the potentially contaminated surfaces cleaned. The manager or umpire/referee would be the judge as to the number of times the practice or game would be stopped before the individual is disqualified from further participation in that practice session or game.

The person who has treated an injury where there is blood present or has cleaned a potentially contaminated surface should wash their hands with soap and hot water whether or not protective gloves are worn.

Disposable towels should be used in all cleanup. Towels, gloves and all protective materials used in the cleanup, as well as items used to stop the bleeding, should be placed in a sealed container lined with a plastic bag. These bags are not to be reused and should be disposed of on a daily basis.

Any official who gets blood on himself/herself should do the same as the participants in a practice or game. A disinfectant such as isopropyl alcohol (rubbing alcohol) should be used to wipe the blood from an area.

Although Hepatitis B is a much more common virus than HIV, it is HIV and AIDS more than any other disease that has served to heighten public concern over blood-borne pathogens.

It is most important to carry out suggested procedures in the interest of safety and the health of children who participate in our activity on a day-to-day basis. If this is done, parents and others can be assured that we are concerned about the total well being of the youngsters entrusted to our care.

The precise risk of HIV transmission during exposure of open wounds or mucous membranes such as eyes, ears, nose and mouth to contaminated blood is not known. However, evidence would suggest it is extremely low. In fact, the possibility of contracting HIV in this manner is much less than the possibility of contracting Hepatitis B or other blood-borne infections.

Everyone must understand that while it is theoretically possible for HIV to be transmitted by blood from one individual through the wound or mucous membrane of another individual, the probability of this occurring is extremely low. One must not assume, however, that the chance of transmission of HIV in this manner is zero. Proper and adequate precautions should be taken to ensure that no transmission can occur.

INFECTIOUS DISEASE GUIDELINES
CONTINUED

WAYS TO PREVENT THE TRANSMISSION OF BLOOD-BORNE PATHOGENS

If blood is present, positive steps can be taken that will lessen the possibility of transmission of blood-borne pathogens, such as Hepatitis B or HIV, if the person who is bleeding has such a disease.

It is most important that the adults who work with youngsters in youth activities are aware of what steps should be taken in the event an accident occurs and there is a presence of blood. If there is blood present, this situation should be treated with respect regarding its ability to transmit infectious disease.

If the participant has an open wound on their body, they should cover this wound prior to the start of a practice or game. When this is done, the participant will decrease the risk of transmission of a blood-borne pathogen from their open wound to the open wound or mucous membrane of another person or vice versa.

It is essential that good hygiene be used by all adults and youth participants. Towels, cups and water bottles should not be shared.

OTHER CONTAGIONS

Contagions such as the Influenza Virus, the Common Cold virus and the Mononucleosis virus are generally transmitted by respiratory secretions, saliva and nasal discharge. This occurs through the air when an infected person sneezes or coughs, or by oral inoculation from contaminated hands and surfaces. The possibility of becoming infected with one of these viruses is greater indoors than outdoors. If a person is infected with one of these viruses, they possibly will have an incubation period of a few hours or days. Colds and Influenza are usually known by the individual who may be affected and normal symptoms include: muscle aches, pains in joints, fever and chills. If an individual is affected, they should not be allowed to practice or play in a game due to the weakness that would be present from these viruses. It is important to observe sound hygienic practices when this occurs and towels, cups and water bottles should not be shared among participants.

MOUNT PLEASANT RECREATION DEPARTMENT

PERSONNEL

Executive Staff

Steve Gergick, Director
Jimmy Millar, Deputy Director
Sarah Garner, Office Manager
Melissa Estrada, Account Clerk
Kristen Watson, Administrative Clerk

Athletic Division

Matt Hansen, Athletic Division Chief
Terri Steed, Recreation Coordinator/ Volleyball/Basketball
Jay Rhodes, Recreation Coordinator Football/Track
Scott Koth, Recreation Coordinator/ Softball
Diana Drake, Administrative Assistant
Ryan Johnson, Recreation Coordinator/Baseball/Wrestling
Garrett Heatherington, Recreation Coordinator/Fundamentals
Ian Evans, Recreation Coordinator Soccer
Shelli Davis, Recreation Coordinator/Tennis
Matt Blakeney, Recreation Specialist
Eric Duhamel, Recreation Specialist
Haley Vaughn, Tennis Specialist

Program Division

Stacey Harrington, Program Division Chief
Tina Carter, Program Coordinator
Molly Hubbard, Aquatics Coordinator;
Aaron Parry, Recreation Specialist, Aquatics
Anne Selner, Recreation Specialist
Florine Russell, Recreation Specialist
Mark Friedrich, Recreation Specialist
Sherrie Pompeii, Senior Program Coordinator
Nicole Holladay, Recreation Specialist/ Seniors
Sandi McGee, Administrative Assistant
Rhea Pitts, Administrative Assistant/ Seniors

Office Personnel

Chris Braggs, Administrative Assistant
Deborah Llaro, Administrative Assistant
Tiffani Walker, Administrative Clerk
Karen Washington, Administrative Clerk

COACHES CODE OF ETHICS PLEDGE

I hereby pledge to live up to the Mount Pleasant Recreation Department Code of Ethics as coach.

I will place the emotional and physical well being of my players ahead of any personal desire to win.

I will remember to treat each as an individual, remembering the large spread of emotional and physical development for the same age group.

I will do my very best to provide a safe playing situation for my players.

I promise to review and practice the necessary first aid principals needed to treat injuries of my players.

I will do my best to organize practices that are fun and challenging for all my players.

I will lead, by example, in demonstrating fair play and sportsmanship to all my players.

I will insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players.

I will use those coaching techniques appropriate for each of the skills that I teach.

I will remember that I am a youth coach, and that the game is for children and not adults.

Date: _____ Signature _____

MOUNT PLEASANT RECREATION DEPARTMENT

**FUNDamental BASKETBALL
TOWN BASKETBALL FACILITIES**

- I. Jones Center Gym - 391 Egypt Road, Mt. Pleasant**
- II. Park West Gym – 1251 Park West Blvd., Bldg. 103, Mt. Pleasant**
- III. Oceanside Academy - 580 Faison Rd, Mt Pleasant, SC 29466**
- IV. Town Hall Gym – 100 Ann Edwards Lane, Mt. Pleasant, SC 29464**

ABSOLUTELY NO COOLERS, WATER BOTTLES, DRINKS, FOOD, CHEWING GUM OR BLACK SOLED SHOES (THAT SCUFF FLOORS) WILL BE ALLOWED IN ANY OF THE GYMS LISTED ABOVE DURING PRACTICES OR GAMES. VIOLATORS WILL BE REMOVED FROM THE GYM. THE RECREATION DEPARTMENT USES THESE FACILITIES AND IT IS EXPECTED OF ALL PLAYERS, COACHES, AND SPECTATORS TO RESPECT THE SCHOOL AND MT. PLEASANT PROPERTY AT ALL TIMES.

MOUNT PLEASANT RECREATION DEPARTMENT
CRITICAL DATES

TBA	Coaches Meeting
November 1/2 (Tentatively)	Practices begin
November 28-30	NO Practices/Games – HOLIDAYS
November 22/23 (Tentatively)	Games Start
December 27/28	NO Practices/Games – HOLIDAYS
January 3/4	NO Practices/Games - HOLIDAYS

**WE ASK THAT ONCE YOUR GAME HAS ENDED PLEASE MOVE OFF OF THE COURTS SO
THE GAME FOLLOWING MAY BEGIN PROMPTLY!!!
**REMIND PARENTS ABOUT SHORTS WITH POCKETS. REMEMBER, ABSOLUTELY NO
ZIPPERS OR POCKETS****

MOUNT PLEASANT RECREATION DEPARTMENT

TEAM REQUIREMENTS

A maximum of 10 players will be placed on each team roster during the season.

The divisions are: 5-6 year olds Coed
 7-8 year olds Separated boys & girls

League age will be determined by how old the child is on September 1, 2018.

- **No 4 year old will be permitted to waiver into the 5-6 year old league.**

PLAYER ELIGIBILITY

All players must fill out a registration form and pay a fee in order to participate in the Basketball program. Scholarships are available on an individual basis. Contact Sarah Garner for assistance concerning the scholarship program at least 10 days prior to registration.

Children must have a copy of their birth certificate, or other acceptable document proving date of birth on file at the Recreation Department. First time participants must provide original documentation.

No accident insurance is provided by the Recreation Department. Any injuries that result from playing Basketball are the responsibility of the participants/parents.

PLACEMENT OF PLAYERS ON TEAMS

The method used to divide these teams is as follows:

1. The head coaches' child (ren) will be allowed to be on the same team that their parents coach.
2. Every effort will be made to place children by side of town and school.
3. Please note; special requests to be placed on a particular team, coach or team mate are no longer honored.
4. Siblings will play on the same team unless parents request that they play on separate teams.

Please note; no special requests to be placed on a particular team, coach or team mate will be honored.

All deletions and additions to the team roster will be made by the Athletic Division, not by coaches. NO TRADES WILL BE ALLOWED. Players can not participate unless registered with the Mount Pleasant Recreation Department. Any coach who adds or removes players will be suspended from coaching until a meeting is held with the Athletic Division Chief. Sponsors may wish to sponsor the team which their child is placed on.

MOUNT PLEASANT RECREATION DEPARTMENT

**FUNDamental BASKETBALL
GAME RULES**

Timing:

- All game times are running clock.
- All age divisions will play on eight (8) foot baskets. All age divisions will use the youth size basketball (27 inch).
- No personal fouls, scores, or league standings will be kept in this league.
- No backcourt guarding (**no defense will be permitted to set up between the half court line and the defensive end hash mark**). No jump ball. The home team will receive the ball first.
- **One coach per team is permitted on the court during games.**

Shorts, which have pockets or zippers, are NOT permitted in Basketball practices or games. Absolutely no pockets!! Players will be asked to change their shorts if they come to participate in a game or practice. (Shorts will not be provided by the Recreation Department).

Practice Days: On these specific days, you will be allotted a one (1) hour time period, using one (1) goal. There will be two (2) teams on the same court, please **NO** scrimmaging. We urge you to **TEACH** during this practice time. Use this time wisely, as you are not allowed any other practices other than the days that are deemed practice days.

Game Days: These days consist of a fifteen (15) minute **PRACTICE** period, two (2) sixteen (16) minute game periods with a five (5) minute half time. *During 15 minute practice period, teach/practice a basketball skill.*

Substitution/Playing Requirements:The clock will stop at four (4) minute intervals for one (1) minute. Each player must play at least two (2) four (4) minute intervals each half without substitution.

VIOLATION OF THE PARTICIPATION RULE WILL BE A ONE SATURDAY SUSPENSION FOR THE COACH. TWO (2) VIOLATIONS OF THE PLAYING REQUIREMENT WILL RESULT IN DISMISSAL OF THE COACH FROM THE PROGRAM.

MOUNT PLEASANT RECREATION DEPARTMENT

EQUIPMENT AND UNIFORMS

The Recreation Department will provide game jerseys for all participants.

Only those game jerseys that are issued by the Recreation Department will be allowed to be worn in the games. All players must have on a uniform or will not be allowed to play in the game.

All players must wear Basketball shoes for all games and practices. No black-soled shoes that scuff floors will be allowed.

Basketballs will be located at each gym for games and practices. They must be left at the gym when the team is finished using them. Each team will receive two (2) basketballs to use for practice days/times. Coaches may bring two (2) additional 27-inch basketballs on **practice days only**.

Shorts, which have pockets or zippers, are NOT permitted in basketball practices or games. Absolutely No pockets! Players will be asked to change their shorts if they come to participate in a game or practice. (Shorts will not be provided by the Recreation Department). Otherwise, they will not participate.

SCHEDULE INFORMATION

The Recreation Specialist will reschedule any games that are postponed because of reasons beyond anyone's control.

The official team name is the sponsor's name. That name will appear on the game schedule.

WEBSITE INFORMATION

For current information concerning basketball, you can access our website at www.tompsc.com.

For snow, ice, fog or weather issues register on Rainedout.com by visiting www.tompsc.com and clicking the link. Notifications will be sent via rainedout.com no sooner than 4:30pm on the playing status of games. However, "when in doubt, dress out."

AWARDS

All players will receive participation medallions. Medals will be distributed to the coach at the last game. The coach will be responsible for handing out the medals.

MOUNT PLEASANT RECREATION DEPARTMENT

CONDUCT

All players must remain on the bench during the game except when substituting and time-outs.

One coach per team will be permitted on court.

At no time during or after a game may a coach or player argue a call.

At no time before, during, or after a game shall a coach or player yell or raise his or her voice at a coach or Recreation Department personnel.

Absolutely no fighting will be permitted by any coach or player. Violators will automatically be suspended from further league participation until a meeting is held with the Athletic Division Chief.

Any coach who pulls his or her team from the court before the contest has ended will be suspended for the rest of the season.

All coaches will conduct themselves according to socially accepted standards and the Coaches Code of Ethics Pledge. Violators may be suspended by the Recreation Department.

***ONLY BASKETBALL SHOES WILL BE ALLOWED IN OUR FACILITIES.**

Do not contact the sponsors for additional money.

Any coach, player and/or parent using inappropriate language will be removed from the game. Multiple violations will result in the removal from the league. The Recreation Department reserves the right to dismiss any coach who does not conduct themselves according to any of the above policies.

Any coach/manager allowing an illegal player to participate will receive no less than a one year ban from participating in any Mount Pleasant Recreation Department League.

There shall be **NO SMOKING** in the gym by players, coaches, managers, or parents. Violators will be asked to leave or removed from the facility.

Players ordered off the court by the coach shall obey. The ejected player must leave the premises. Failure to comply will result in the player being given a minimum of a three (3) game suspension.

Players suspended for flagrant violation of rules cannot play again until reinstated by the Athletic Division Chief. A player will not be reinstated until **AFTER** a meeting with the Athletic Division Chief.

Switching jerseys during the game is not allowed and will result in **ALL** players switching jerseys removed from the game and suspended for the next game.

All persons that are in the bench area of a team shall be considered as part of the team and treated as such. **Only players on the official team roster are allowed on the bench.**

Any player ejected from a game will automatically be suspended for the next game, regular season or post season game.

Additional disciplinary action for players, coaches, managers, and fans will be as follows:

OFFENSE	1ST OFFENSE	2ND OFFENSE
1. Abusive/offensive language said out loud, but not directed at anyone	Current game plus 1 week suspension.	Current season suspension.*
2. Abusive/offensive language directed at coaches, staff, players or spectators	Current game plus 3 additional game suspension.	Current season suspension.*
3. Threat of physical abuse directed at coaches, staff players or spectators.	Suspension for current season plus 1 year probation.	During probation period suspension for remainder of probation period plus 2 years probation.
4. Fighting with teammates, from fans, officials, staff, or opposing team.	Suspension for current and next season plus 2 year probation.	Permanent suspension all adult sports.
5. Defacing, damaging, or suspension destroying Town property or equipment.	1 game suspension up to permanent suspension	Current season depending on circumstances and repair/replacement costs

*If suspension occurs at last game of regular season, suspension will carry over into the next regular season that player participates in.

****3RD OFFENSE** or more, disciplinary action will be at the discretion of the Athletic Division Chief.

Additional disciplinary action for any violation or offense not specified will be at the discretion of the Athletic Division Chief. There are no further appeals to the Athletic Division Chief's decisions.

FACILITY SUPERVISORS

There will be a Facility Supervisor at each gym identifiable by a neon green t-shirt or sweatshirt. They are Recreation Department employees, and as such, represent the final authority for each situation.

Please familiarize yourself with these people. If you have any concerns, suggestions, or information, please tell one of our Facility Supervisors. They have a Game Summary Form that they are required to complete at the conclusion of the contests at a particular site. This form is used to pass information on to the Athletic Division Chief on a daily basis.

RELEASE OF CONFIDENTIAL INFORMATION

The rosters that are provided to each coach contain important, yet confidential information. Each and every coach has the responsibility to insure that this information remains confidential. The MPRD has taken steps to abide by the wishes of many parents in keeping this information confidential.

Do not just randomly make copies of your roster to give to every parent on the team. Some parents do not want their phone numbers or child's birth date to be given out. Please respect everyone's wishes in this matter. If you want to form a phone tree or have a team mom/pop, ask the parents for their phone number/address. This way, if they do not want to participate in this manner, they have the option to say no.

Do not make multiple copies of the roster for convenience. The chance of leaving a copy somewhere in the gym or on the bench becomes greater with the more copies that you have.

If anyone approaches you at the gym requesting such information for a promotion, tell them no. Request their name and phone number and have them get in touch with the MPRD. Notify the Facility Supervisor or any MPRD personnel at the site. Call and notify the MPRD as soon as possible.

When requesting a roster to be faxed to your office, make sure that you get the fax promptly and that no other copies are available or thrown in the trash.

Please take the extra time and steps to help insure that this information does not accidentally fall into the hands of people who do not need it. All of our children are precious to us. It's worth the extra effort to help keep them out of harms way.

THE COACH

He is called “coach”. It is a difficult job, and there is no clear way to succeed in it. One cannot copy another who is a winner, for there seems to be some subtle, secret chemistry of personality that enables a person to lead successfully, and no one really knows what it is. Those who have succeeded and those who have failed represent all kinds – young and old, inexperienced and experienced, hard and soft, tough and gentle, good-natured and foul-tempered, proud and profane, articulate and inarticulate, even dedicated and casual. Most are dedicated, some more than others, but intelligence is not enough. All want to win, but some want to win more than others, and just wanting to win is not enough in any event. Even winning is often not enough. Losers almost always get fired, but winners get fired, too.

He is out in the open being judged publicly almost every day or night for six, seven, or eight months a year by those who may or may not be qualified to judge him. And every victory and every defeat is recorded constantly in print or on the air and periodically totaled up.

The coach has no place to hide. He cannot just let the job go for a while or do a bad job and assume no one will notice as most of us can. He cannot satisfy everyone. Seldom can he even satisfy very many. Rarely can he even satisfy himself. If he wins once, he must win the next time, too.

They plot victories, suffer defeats, and endure criticism from within and without. They neglect their families, travel endlessly, and live alone in a spotlight surrounded by others. Theirs may be the worst profession – unreasonably demanding and insecure and full of unrelenting pressures. Why do they put up with it? Why do they do it? Having seen them hired and hailed as geniuses at gaudy party-like press conferences and having seen them fired with pat phrases such as “fool” or “incompetent”, I have wondered about them. Having seen them exultant in victory and depressed by defeat, I have sympathized with them. Having seen some broken by the job and others die from it, one is moved to admire them and top hope that someday the world will learn to understand them.

ORGANIZING GOOD PRACTICES WITH LIMITED TIME AND SPACE

1. Be organized.
2. Have a well thought out plan.
3. If you have assistant coaches, try to include them in the planning stages. Use assistants in practice. Make sure you teach them ahead of time. They should know what you expect.
4. If you are teaching something new, be sure to work it out on the floor before going to practice. It is easy to get confused.
5. Use your time and space wisely. Give good explanation and correction. Avoid too much standing. If you have players on the sideline, either give them something to work on or make sure they are paying attention.
6. Stick to the basics. Remember, fundamentals are important. The best offensive plays in the world will not help you be successful if your players do not know how to execute the fundamentals.
7. Evaluate each practice as soon as you finish. Include your assistant coaches. Determine what worked. What did not work. What you will need to do next.
8. Refer to your pre-season calendar whenever you make changes in practice plans. Try to stay on track as much as possible.
9. Be a good communicator. Find the easiest, most effective way to get your points and concepts across to players.

Communication – Including Parents as a Part of the Plan

1. Meet with Parents at the beginning of the season.
2. Communicate to them those things which are important:
 - a. Player expectations and team rules.
 - b. League rules.
 - c. Practice and game schedules.
 - d. Injuries – procedures, etc.
 - e. Your philosophy of coaching the team.
 - f. Role of the parent.
 - g. Transportation problems and organization.
 - h. Parents Code of Conduct
3. Some general tips:
 - a. Be congenial, courteous, and communicative.
 - b. Let them know you are the one who is in the position to make team decisions.
 - c. Whenever problems or questions arise, talk to them only about their own child. Do not talk to them about other players on the team.
 - d. Make parents your supporters, not your adversaries.

SPECIFIC SKILLS/DRILLS THAT WILL HELP

Proper mechanics of the chest and bounce pass.

- Chest pass –
 - Have your feet shoulder-width apart and slightly staggered, knees bent, shooting hand on top of the ball and your other hand to the side, with the ball chest high and elbows out.
 - Aim for the receiving players' chest.
 - Push off your back foot and take a step with your front foot.
 - Then extend your arms straight at the receiver's chest.
- Bounce pass –
 - Keep the same ideas in mind as the chest pass, but keep in mind that the bounce should not be too close to the receiving player.
 - Aim for a spot three-quarters of the way between you and your teammate.

Defensive strategy

- The two main defensive schemes in basketball are Man-to-Man Coverage and Zone Coverage. If executed right, both will work.
 - Man Coverage – The key here is to assign a specific player for each of your guys to guard. For example, “Billy, you cover #8.” With that, your player will follow his opponent all over the court and make sure to contest every pass their way, as well as any dribble or shot. Please make sure to tell your player to avoid swatting at the player, as any contact with the ball-handler will result in a foul.
 - Zone Coverage – In this setup, players are assigned to a specific “zone,” or area, which they will contest any player or pass that comes through their space. The most common scheme is 2-1-2, in which you have your two players at the front of your defense, one in the middle, and two staying in close to the basket. All players are able to move laterally out to contest the dribble, but once a player passes, the defender lets the next phase of the zone coverage pick it up.
 - Man Coverage is the easiest to pick up at this age, but it may not hurt to get the players accustomed to Zone as well.

Shooting Mechanics

- The player should be standing with feet shoulder width apart, similar to the starting mechanics of the Chest Pass. Make sure to have the shooting hand on top of the ball and your other hand to the side.
- When ready to attempt the shot, the player should bring the ball to eye level and then jump up and push the ball up and out towards the basket, keeping the dominant hand behind the ball, while the other hand helps to aim the shot. Once the player has begun pushing the ball forward, the “side” hand should come off.

Helpful websites for practices and drills:

<https://www.basketballcoachweekly.net/>

<https://www.basketballforcoaches.com/basketball-drills-and-games-for-kids/>

<http://ymcanwnc.org/wp-content/uploads/2015/10/Youth-Basketball-Drills-and-Practice-Plans.pdf>

<http://basketballhighway.com/>