



MEDFIELD
BASKETBALL

Medfield Youth Basketball

Coaches Meeting

Intro

The objective of the meeting is prepare coaches for the upcoming season.

Details related to policy, safety, equipment, and team administration will be covered.

By the end, we hope you'll have an understanding of MYBA and the objectives of our organization.

MYBA Overview

MYBA is a 100% volunteer led, non-profit organization with IRS 501(c)(3) status. The organization depends on parents/guardians to serve as Board members, act as coaches, administer specific programs, and other key roles to ensure the success of the league. With over 600 children playing in the program on a yearly basis, active volunteerism is critical to the success of the organization.

Medfield Youth Basketball's MISSION is to provide a safe and balanced learning environment for players of all abilities that develops the skills, character, sportsmanship and teamwork of Medfield school children grades 1-8. All children are encouraged to participate, regardless of skill level. We want children to have a positive experience and come back every year. The MYBA coaching philosophy is to create an atmosphere for:

- *Improving physical well being and having fun*
- *Learning and developing skills*
- *Creating positive social interaction*
- *Instilling teamwork*
- *Creating a spirit of good sportsmanship*

Competitive games are played, as appropriate for each age level. Equal playing time for all participating in the In-Town program is mandatory and the opportunity for players to play a variety of positions is highly encouraged.

<https://www.medfieldbasketball.org/page/show/4000335-medfield-youth-basketball-mission-statement>

Coaching Expectations

“There’s no straighter road to success than exceeding expectations one day at a time.”

Approach your opportunity to coach with the correct level of commitment and responsibility.

Be a role model. The kids will look up to you and follow your example.

This is a valuable learning opportunity for you too. We’re here to support you!

Coaches must come to practice with a practice plan and a positive state of mind.

Keep in mind players will be at different talent levels.

Make sure to have fun and to keep the children engaged.

The attention span of a young child is short. It will be best to keep the drills short but also to keep the time between drills to a minimum.

Tell players to bring water and ball to every practice

Team Communication

- Send introduction message. Let parents know you’re excited!
- Stay in touch during the season. Weekly, message on game follow up is ideal.
- Use SportsEngine App - it will make your life easy.

What is a Practice Plan?

To maximize the usefulness of the practice, always come prepared with a plan.

- Always do a warm up to get them moving!
- Don't try to do too much at one practice. Focus on 2 or 3 things per practice.
- Scrimmage - 20 to 25 minutes. You must keep coaching! Keep scrimmages under control

Warm Up - 5 minutes

Dribbling - 15 minutes

- Proper form: fingertips, head up
- right hand, left hand, alternate hands
- Up and down the court

Passing - 15 minutes

- Proper form: Form W, from and to the chest
- Chest passes, bounce passes
- Pass with defender
- Receive ball in Triple Threat

Shooting - 15 minutes

- Layup proper form
- Shooting drill

Defense - 10 minutes

- Proper stance, Feet no hands

Scrimmage - 20 minutes

- Start and continue with instruction
- Positioning! Offense and Defense
- Spread the floor and do not stand still
- Pass in bounds from side
- Simple motion offense - pass and cut away
- V-cut

Running Practice

Have a practice plan - detailed sample on website but an overview of how to approach it

A practice plan is not playing 30 minutes of knock-out while you check your phone
Be engaged

Keep them moving and active. Kids need to be **highly** active!

Avoid long speeches, long lines, and long running drills

When in doubt, get them running

Kids want to feel successful. Encourage and be positive. They will look up to you.
Have fun! The kids are participating to have fun.

Different skill levels - don't bring it down. Keep pushing better kids. You can make smaller groups to get more touches.

Program Overview

Know the rules of the program you are coaching.

Treat referees respectfully.

Treat fellow coaches respectfully.

Lead your teams by example.

High School Coaches page on website with resources and information.

All rules are available on the MYBA website.

Important Rules

- 5v5 with assigned referees
- 1 hour 10 minutes for each game slot
- 5 minute maximum warm up. Games must start promptly and finish on schedule
- Game is 2, 25 minute running time halves. Last 2 minutes of each half and overtime is stop time.
- Overtime - 3 minutes

<https://www.medfieldbasketball.org/hscoaches>

<https://www.medfieldbasketball.org/rules-grade-level>

It's all about the kids

We want children to have a positive experience and come back every year.



Thank you!

Medfield Youth Basketball is not possible without your volunteerism. You are MYBA.

Contact us:

President - Dave Bartolotta

In-Town Coordinator - Danny Blood

Tara Dunn and Chuck Abba



MEDFIELD
BASKETBALL

<https://www.medfieldbasketball.org>

<https://www.medfieldbasketball.org/board-members-roles>