

# COACH INFO SHEET



Created October 23, 2024

## Warm-up

Arrive 10-15 minutes early to have shoes on and ready to start of training. **NO OUTDOOR SHOES IN THE GYMS!**

If you see anyone enter the gym with outdoor shoes ask them kindly to remove them.

**U11 - U15:** 1 hour training session

**U17:** 1 hour & 30 minute training session

Please be mindful of your time, another team will be using the gym right after you.

## Use your warm-up efficiently

During practice prepare a 5 min warm up routine.

**Tip:** Use a stopwatch during midweek practice to determine the best use of time.

### Suggestion:

- 1x layup - right side, right handed
- 1x layup - left side, left handed
- 1x centre entry to a jump shot/layup

Allow enough time to Huddle the team, discuss tactics, set your starting 5 and have them move to center court approximately 30 secs before jump ball.

**Tip:** Select and notify the starting 5 during warm-up.

## NO Jewelery!

Players must removed all forms or Jewelery, including friendship bands, and facial piercing. They pose a danger to all players. If you see any of the following please have the player remove the items before heading to the court.

- Necklaces,
- Rings,
- Earrings,
- Bracelets, and
- Facial Piercings

Fingernails must be closely cut.

## Jerseys

**Home team wears dark jerseys,** see SportsEngine app, schedule, click game day and the team that follows "at" is home.

## Rules

Read the rules! The SAYBL Rules Grid 2024/25 are online.

## Games

Arrive 15 mins before the scheduled game time.

2023 SAYBL games will be played out of two St. Albert school gymnasiums, VJM and Elmer Gish. A new schedule was developed to insure all games are played within a reasonable time without delay.

Games are scheduled for 60 mins:

Warm-up	5 min
1st quarter	10 min
Intermission	1 min
2nd quarter	10 min
Intermission	3 min
3rd quarter	10 min
Intermission	1 min
4th quarter	10 min
30 Sec Timeouts	4 min (1x per quarter per team)

54 mins with 6 minutes contingency. We don't have enough gym time for stoppage time. **Do not stop the clock!**

It's important to understand the game clock will start within a minute of the scheduled game time and within 30 secs of quarter intermissions.

Enter the gym and locate the scorers bench game clock. When the previous game ends a countdown to the next game start will be displayed.

## Volunteers

Before warm-up gather 2 volunteers, 1 to help with the scorers table and one to monitor the door for 1 half. Connect with the other coach to arrange who door sits first. (Door monitors can watch the game from the Gym Door).

## Score Sheets

**Home Team is to supply the score sheets - Tip:** prefill and bring to the game. If you can't supply a prefilled scoresheet, ask the Away Team if they have before you start filling out one at the game. **Home Team must fill out the Home Team side.** Spare Score Sheets are available be on the score table.

Please review the sample score sheet on the Score Table along with tips on how to fill it out. Provide your team list to your volunteer to fill out. End of game, allow both teams to review the score sheet and one team to enter the score on SportsEngine.

## Refereeing

Our referees are Junior Referees with little experience. While they build their confidence and learn the ropes we ask for all coaches to be respectful of this. **If you see any parent become vocal to any referee please remind them that this is a development league for players, coaches and referees.** I can assure you that any missed calls are not deliberate. If a parent is still vocal, they will be removed.

We treat entry level teams with more leniency to allow the game to flow. Violations (travel, double dribble and carry etc.) might not be called all the time, however when a player gains an advantage from a violation the referees will make a call and demonstrate the correct skill.

**All fouls will be called regardless of the age group.** It's important for all players to understand what a foul is and correct mistakes to prevent habits or accidents. Safety of all players is paramount.