

## Chico Middle School Club Basketball Association (CMSCBA) Coaches Expectations

- Be a role model, teacher and someone respected by players and parents. The goal of CMSCBA is to develop the player, to enjoy basketball, to learn basketball and to have fun while preparing for the next level of play.
- You are the coach. It is ok to develop a coach player relationship and care about things outside of the basketball court, you may ask about school and other interests of the child.
- The basketball season will be a life lesson-children will remember the Coach, not how many games the team won.
- We recommend that you have an assistant coach and a line of communication between coaches, players and parents. A team parent will help with this process.
- Be prepared and on time to practice and games. **On time means the gym is open and ready to welcome players at least 15 minutes before practice/game is supposed to start.**
- **Tryouts** - CMSCBA coaches will not post lists of players who made the team. Coaches will meet with each player to discuss the player's status on the team. No decisions will be made prior to the end of the 3rd day of tryouts.
- **No smoking or alcohol consumption allowed in front of athletes. No alcohol consumption prior to practices or games. No foul language.**
- Coaches will be required to be screened by DOJ/FBI live scan for criminal history prior to employment per AB3457.
- Coaches are not allowed to provide rides to players for your protection and ours. Please do not leave practice or game until all athletes are accounted for.
- Collect Grades when asked by board.
- Grade checks will be completed with Aeries Printout or copy of current classes and grades.

## Practice, Games and General Guidelines

1. Practice fundamentals every day, every practice should include dribbling, passing, layups, passing, man to man defense, shooting and free throws.
2. At the Middle School level two or three plays for man-to-man and one or two for zone. If you teach the plays correctly you will have the ability to score and include all players, the more plays you have the more confusion can be caused.
3. A practice plan is a requirement; you should have the plan broken down to the minute. 10-15 minutes of each drill is long enough time, as proven by successful coaching techniques. Keep children interested by doing numerous drills, keep all players involved so there will not be standing around.
4. **This is a team sport, the more players who participate, the more they feel involved. Everyone should have a role on the team.**
5. **Provide individual and team goals. Keep it basic and positive. Some players may have never played organized or competitive basketball.**
6. Practice should be a positive and fun learning environment. Incorporate fun and engaging drills involving basketball.
7. Conditioning drills should involve basketball. Do not punish players with running liners, they do not make you a better basketball player. Conditioning can be achieved by long layups, one on one press drills, passing drills, etc. There will be time when refocusing is necessary and a liner or two may be necessary.

8. Positive Attitude- this is required by both coaches and players. Maintain and require a positive outlook during practice, at games and in the classroom.
9. No swearing, derogatory comments or behavior is allowed at practice or games. Conduct yourself in a professional manner.
10. Be prepared, on time and set an example. Have a planned line up on paper. **Avoid subbing five at a time. It may become obvious to players and may decrease confidence level.** Mix it up so everyone is part of the team. A team should not have a squad of 2 separate 5 player subs.
11. Close games- Higher ability players may play more. However, games where you have a large margin are a great time to play subs. If this is done most players can achieve equal playing time through the season.
12. **Do not press or fast break if you are up by 20 points.** This is a time to practice plays, play subs and work on passing. This is a great time to refine skills.
13. Teach during the game. If you are telling a player something they did wrong, be sure to tell them how to correct the error. There is no need to be negative, have something positive to say to each player. Players will respond to directions if you provide corrections and positive comments.
14. **Support other CMSCBA teams by encouraging your players to attend the home games of the other teams. Show your school spirit.**
15. Be responsible for communication with players, parents and board.
16. Be prepared to report to the Board on a monthly basis, attend board meetings if interested.
17. Coaches may not give rides to or from games or practice to players.
18. As the CMSCBA program is designed to develop all players and improve basketball skills of all participants, coaches will attempt to allow all qualified athletes playing time during each game. Each player should be given the appropriate attention and assistance needed for their maximum improvement. Coaches will strive to get each player an *average* minimum of 25% of playing time in games. (During close games, higher level players might play more, but blow outs are a great time to play subs more, balancing out playing time.) This is a TEAM.....the more who are participating the more they feel like they are a team. Everybody should have an important role on the team.