



CYO Basketball Program Coaching Guidelines

CYO Basketball Program

Each level of basketball has an important place in the development of our program. Think of our program like a High School Program. The following are guidelines for you to follow.

We do not want to tell you how to run your team but we want your players to enjoy & learn from you.

Frosh and Sophomore Coaches

Your team is like the High School freshman team. This is the feeder program that develops players for the future. You want the largest group of players participating in each game so they can learn.

- Everyone should play equal time even if they are not equal in ability. Please plan ahead with a list of players so you will not forget to play someone. I understand that during a game you can forget who has been in & who has not. If something happens like this you must play that person longer in the next game and explain this to the parents.
- All the teams make the play-offs. Please talk to the parents now and explain that during play-offs playing time may be adjusted based on ability & how the game is going. However, every player should play.
- The sophomore teams are about TEAM DEVELOPMENT not winning. We want everyone to learn that it is more important to try than to win.

Please be aware that this can be the players & parents first experience with our program. We do not want them to have a bad experience. We want them to enjoy the experience and come back next year!

JV Coaches

Your team is like the JV High School Team. This is a more competitive basketball program. It is important to develop the player's abilities as they move to the next level.

- At this level the player who in practice & game situations shows better ability will play more time. No player should play or sit the bench the entire game. Be sure to keep track so all players are able to contribute to the team. We do not expect all players to play the same amount of time. However, they should get in the game.
- A great opportunity to play your non-starters additional minutes is when your team is much stronger than the opponents.

Please communicate with the parents so they will understand your plan for your team.

Varsity Coaches

Your team is like the Varsity High School Team. This is the most competitive basketball we play.

- Players with the best ability will play the most. An effort should be made to play as many kids from the team as you can. Some games this will be easier than others. Feel free to use the following criteria to determine playing time: skill, commitment, effort, and attendance.
- Please let the players know what they need to work on in order to challenge the starter for their position. Always look to improve the player's skill & self-esteem.

Explain up front to your parents your playing time strategy and keep the parents informed.