
Great Falls Basketball 2019-2020 Coaches Meeting

Tuesday, November 12, 2019

7:00PM – 8:30PM

Forestville Elementary School

Larry Zmuda
Commissioner

**Great Falls Basketball
Welcome and Introductions**

Agenda

GF Hoops Overview

Website Review

Gyms & VBD Test

Training Program

Equipment

Referee Program

Leadership by Example

Breakouts with GGCs

Coaches/Assistants

L Zmuda/M Tyler

B Buroker/D Volpicelli

Debbie Volpicelli

Christie Shumadine

Lori Smith

Michelle Claude

Matt Tyler

All

All – match up

Great Falls Basketball 2019 – 2020

Matt Tyler

Michelle Claude

Brian Lochhead

Margaret Brown/Philip Nickles

Bill Swiacki

Sandra Musser

Larry Zmuda

Christie Shumadine

Brian Buroker

Lori Smith

Jace Johnson

Amy Kelly

Debbie Volpicelli

Commissioner

Director of Referees

Director of Coaches

Director of Select

Director of Boys House Grades 7-12

Director of Girls House Grades 3-12

Director of Boys House Grades 3-6

Director Boys/Girls K-2 &

Director of Player and Coach Training

Director of Information & Scheduling

Director of Equipment

Treasurer

Secretary

Administration

Reminders!

- High school grade groups will remain open until after Langley tryouts, subject to coaching limits
 - Website – must remain central source of info
 - Draft data is confidential and is not to be forwarded electronically once given to GGCs
 - Know your grade group local rules – see website for “Cheat Sheets” by grade group
 - Concussion Awareness Info is also on website
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Program Logistics

A Snapshot

- 1000+ Players (900+ House/100 Select)
 - 1,800 Parents (conservative estimate!)
 - 122 Teams (110 House/10 Select/2 Development)
 - 110 Referees
 - 630 House League Games
 - 1,890 Referee Assignments
 - 985 Uniforms
 - 7 Gyms
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“Thank You!!” to Our Volunteers

- 13 Board Members
 - 15 Grade Group Coordinators (GGCs)
 - 110+ Coaches
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Sandra Musser

**Director of Girls House
Grades 3 - 12**

Girls Director and GGCs

Director – Sandra Musser

Grade 3 – Tricia Landi

Grade 4 – Caren Backus

Grade 5 – Julie Baron

Grade 6/7 – Tara Reynolds and Ally Weingast

Grade 8-12 – Heather O'Donovan

Larry Zmuda

**Director of Boys House
Grades 3 - 6**

Director Boys (Grades 3–6) & GGCs

Director – Larry Zmuda

- Boys Grade 3 – Julie Collins
 - Boys Grade 4 – Karyn Devito
 - Boys Grade 5 – Mary Lee
 - Boys Grade 6 – Dianne Emery
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Bill Swiacki

**Director of Boys House
Grades 7 - 12**

Director Boys (Grades 7-12) & GGCs

Director – Bill Swiacki

Grade 7 - Susan Luce

Grade 8 - Heather O'Donovan

Grade 9-10 - Larry Zmuda

Grade 11-12 -Larry Zmuda

Brian Buroker/
Debbie Volpicelli

**Director
Information & Scheduling**

Website Overview

- **All League information (Schedules, Rules etc.)**
 - Should be parents “First Stop” for information
 - Key Website Icons (House, Coaches, Master Calendar, Standings)

 - **Coaches: responsible for updating / maintaining certain information:**
 - Game Scores / Outcomes
 - End of year player evaluations
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Website Overview

■ Team Connect

- - download app Sports Team Connect
 - - prepare welcome email
 - - schedule
 - - attendance
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Debbie Volpicelli

Facilities

Gym Status

Capacity is Tight but Manageable

■ **Gym Upgrades:**

- Working on replacing basket at GF Elementary
- High School now playing at Langley. No more slippery floor at Cooper.

■ **Equipment Issues**

- email debbie@gfhoops.com with photos

■ **Rescheduling for Gym Closures:**

- Planned closings- rescheduled week by week in advance...check your emails regularly
- Unscheduled closings, generally due to weather, will not be rescheduled.

■ **Cannot Practice Implications for Practice Times**

Gym Behaviors

- We need to behave in gyms so we don't lose them
 - The gyms you use are someone's "classroom"
 - Police your group
 - At first practice, talk to parents and kids about the gyms
 - No food or drinks, except water
 - No bouncing balls in hall
 - **Respect practice start and end times**
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County Gym Contacts

Weekends & Weeknights

Coaches,

If you have an issue at a gym on a weeknight or weekend:

- First, try to find custodian on site
 - Call Director of Facilities, Debbie Volpicelli, at 703-389-3202
 - If you can not reach her, call the County at 703-609-8870
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VBD Test – Debbie Volpicelli

Volunteer Building Directors

- Coaches go to:
 - ❑ "Coaches" Icon on Website
 - ❑ Create an account
 - ❑ Watch the video
 - ❑ Take the test on-line.
 - ❑ Certificates - sent via e-mail. (Certification good for 2 years)
 - ❑ Please email your VBD Certificate to your GGC

 - Coaches – you are the face of the organization
 - ❑ Protect and enhance the GF Hoops reputation
 - ❑ The facilities we share must be treated with care and respect.
 - ❑ Leave GYMS in EQUAL to or BETTER shape than when you arrived.
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Key Dates

Nov 6 (Wed) – Nov 10 (Sun)	House League Player Evaluations
Nov 16/17	K-2 Program Begins
Nov 14	Training for House League Coaches (6:30-9:00 pm)
Nov 13-19	House League Player Allocation/Drafts
Nov 14 (Wed)	House League game schedules published to web site
Nov 20 (Wed)	House Practices Start (or as soon as your draft is completed)
Dec 7/8	House League Regular Season Begins
Dec 23- Jan 3	All Gyms Closed – No Games/No Practices
Jan 4	House League Games Resume
Jan 6	House Practices Resume
Jan 11 (Sat)	Picture Day
Feb 22/23	First week of playoffs
Feb 28	Coach/Volunteer Appreciation Mixer @ Brix
Mar 7/8	Final Playoff Weekend and All Stars

Christie Shumadine

**Director of K/1/2
and
Player and Coach Training**

Player & Coach Training

Agenda of Topics

■ Player Training and Development

- Focus on developing sound fundamentals
- Safety
- Make it fun

■ Coach Training Program

- Led by former professional player Jessilyn Conicelli Spencer
 - Thursday, November 14th
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Player Training

- **Coaches** - Primary Source of Training and Development
 - **Professional Trainers**
 - K/1st Grade – 10 weeks skills and drills plus fun competitions
 - 2nd Grade – 11 weeks, 90 minute format
 - 30 minutes trainer led drills
 - 30 minutes team practice led by coach, assisted by trainers
 - 30 minutes controlled scrimmages and competitions
 - Final 4 weeks – official full court games with refs/clock
 - 3rd thru 8th Grade
 - Professional Trainer assists teams on an as requested basis
 - Coaches to identify areas of need *in advance*
 - Professional trainers lead team specific sessions
 - Need to provide at least one week advance notice
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Training for Coaches

- **Jessilyn Conicelli-Spencer**
 - Mandatory attendance for first year coaches
 - **Thursday, November 14th at Great Falls ES**
 - 6:30 – 7:45 session for 2nd – 5th grade
 - 7:45 – 9:00 session for 6th – 12th grade
 - **Offering Age Group Appropriate Drills**
 - Demonstrate Drills
 - How to Structure Practices
 - Develop Practice Plans
 - Q & A Sessions
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Assistance for Coaches

■ Coaching Blitz

- ❑ If you want a training session in December/January, send a request to: christie@gfhoops.com and we will set you up with a trainer at your practice session
- ❑ Need one week advance notice, no last minute requests

■ Helpful Websites:

<https://www.breakthroughbasketball.com/>

<http://www.coachesclipboard.net/>

<http://www.basketballforcoaches.com>

Lori Smith

Director of Equipment

Equipment

- Ball size
 - Regulation 29.5 – Boys 7 and higher
 - 28.5 – Girls 4 and higher; Boys 3 - 6
 - 27.5 – Girls 2-3; Boys 2

 - Whistles available

 - Clipboards
 - New coaches only
 - Given to GGCs as part of uniform packages

 - GGCs to pick up equipment at 350 River Bend Road after Thanksgiving
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Dick's Sporting Goods Sponsorship

- Dick's Day November 16th
 - 20% off coupon
- 10% off coupon on website
 - Good all season



Season Ending Awards

	Elementary School (3-6)	Middle School	High School
League 1 st Place	Trophy	None	None
Tournament 1 st Place	Trophy	T-Shirt	T-Shirt
Tournament 2 nd Place	Trophy	None	None

- ❑ GCCs to pick up League Trophies at 350 River Bend Rd
- ❑ Tournament Trophies delivered to gyms

Michelle Claude
&
Senior Training Referees

The Referee Program

Referee Program

Michelle Claude

- ❑ Recruits Referees
- ❑ Trains Referees
- ❑ Manages Referee Performance
 - Reviews game feedback from gym coordinators, coaches, and others
 - Provides feedback to referees
 - Upper grades – some grade levels will run 4-man crews again this season, subject to ref availability

- Nick Claude
 - ❑ Assigns Refs to Games
 - Keeps Work Records
 - Computes Pay
- Liam Brennan, Christian Johnson, Ryan Kermanchi, Will Kiser, Myles Lobato, Emma Norris, Jonathan Reiss, Michael Shumadine, Holden Smith, Tre Vasiliadis, Cole Walmsley, Sam Zmuda
 - ❑ On-court ref trainers in grade 3 and grade 4 games

Referee Program

100+ Referees

Experience	2019
1	23
2	14
3	17
4	12
5 & 6	22
College/Adult	33

Referee Program

Senior Training Refs Perspectives

- Your best refereeing experience in GF Hoops was....

 - Your worst refereeing experience in GF Hoops was...
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Senior Training Refs Perspective cont.

- Your “pet peeve” that coaches do....
 - Something refs do that is wrong and it REALLY bothers you. (for example, my pet peeve is when a ref calls a “reach” or “over the back”...not something we call in GF Hoops)
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Basketball Rules - Myth vs. Truth

All Contact is a foul

The mere fact that contact occurs does not constitute a foul. Incidental contact with an opponent is permitted and is not a foul. A foul should be called when:

- The player causing contact gains an advantage
- Player causing contact put the opponent at a disadvantage

In order for a defender to draw a charge, he/she must be stationary.

The defender does not have to be stationary; he/she can be moving laterally, backwards, or can be jumping vertically, provided he/she is maintaining a legal guarding position and does not move into the offensive player (must be in a vertical “plane”)

Over the back is a foul

Only if illegal contact occurs

During a spot throw-in if the thrower-in steps on the line it is a violation

Sidelines and endlines are out-of-bounds. Thrower-in may step on the line (but not over it) during a throw-in

If a diving player secures a loose ball and slides on the floor, it is a traveling violation

Not traveling if his/her momentum causes them to slide on the floor while diving for the loose ball

A coach may say anything they want provided he/she is in the coaching box

Regardless of whether a coach is in the coaching box, it is a technical foul to make unsporting comments.

If an offensive player remains in the lane for 3 (or 5 for grade 3) seconds, it is a violation

3-second (or 5-second) clock resets after each try for goal. There can be no lane violation during a rebounding action (no one has possession during a rebounding action)

Great Falls Basketball

Synopsis of House League Playing Rules

Here is a brief outline of key House League playing rules. We strongly encourage you to review the complete rules so that you are fully aware of how we do things in Great Falls Basketball. The full rules can be found on the GF Hoops website. "Rules Cheat Sheets" for each grade group can also be found on our website.

Key Rules Common to All Age Groups

- Players may not wear watches, rings, necklaces, earrings, bracelets, hard casts (even if wrapped) or other items that could present a safety hazard to themselves or other players.
 - A game consists of 4 quarters of 8 minutes duration each.
 - Each player **MUST** play in two (2) complete quarters, one in each half; no player may play more than three full quarters unless all other players will have played at least three full quarters.
 - Substitutions can only occur at the midpoint of the 4th quarter or when there is an injury.
 - Each team is allowed 2 one minute time-outs per half. Time-outs cannot be carried over from half to half.
 - If needed, overtime periods are 3 minutes in duration. In overtime, each team is allowed 1 one minute time-out (no carryover of unused time-outs from regulation play or one overtime period to another).
 - A team forfeits if the team is unable to field 4 players within 5 minutes of scheduled game start.
 - If previous game runs late, next game starts five minutes after the previous game ends.
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Great Falls Basketball

Examples of Exam Questions

True or False

- An airborne shooter is considered to be in the act of shooting.
 - A technical may be assessed to a coach who uses profane language.
 - The ball is considered out of bounds if it touches the backside of the backboard.
 - It is a foul if a player excessively swings his/her arm(s) or elbow(s) even when no contact occurs.
 - In GF Hoops, Team A has 3 players present at the start of the game, but is expecting 2 more players at halftime. Game may start on time.
 - During a dribble from backcourt to frontcourt, the ball is considered in the frontcourt when the ball and both feet of the dribbler touch the court entirely in the frontcourt.
 - If there is a discrepancy between the clock and the scorebook, the referee shall accept the record of the scorebook.
 - A player who is moving with the ball is required to stop or change direction to avoid contact if a defensive player has obtained a legal guarding position in his path.
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Matt Tyler

**Director of Coaches
&
League-Wide Behavior**

NEW Skill Evaluations and Team Drafts

Logistics

■ Skill Evaluations

- Read the process document before tryouts
- Skill Areas:
 - Full Court Lay Ups
 - Full Court Jump Shots
 - Extended 5x5 play
 - One overall score
 - 30 – 35
 - 25 – 30
 - 20 – 25
 - 15 – 20
 - 10 – 15
 - 5 – 10

■ Drafts (player allocations)

- Goal: Balanced Teams
- Information sharing
- No substitutes may draft in your age group
- No pre-assignment of asst coaches if they have a child in the group
- Board Member attending has final say in any issues

Coach Tips and Best Practices

You Are The Key to Our Success!

- Model positive behavior – both in winning & in losing
 - Teach children the game
 - Spread playing time – come in with rotations
 - Manage your parents
 - Respect referees
 - Introduce yourself to desk refs before games
 - Diffuse situations before they get out of hand
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Coach Tips and Best Practices (cont.)

- Encourage and help our youth coaches
 - Use me as a resource throughout the season
 - Text email or call and make sure you ID yourself to me if texting
 - All assistant coaches must be registered - only two coaches on sidelines at a time
 - Explore internet resources for coaching/practice ideas such as:
breakthroughbasketball.com
 - Have fun!
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Coaches Issues From Prior Years

DONT's

- Flagrant Fouls
- Running up the score
- Too many “coaches” yelling during game
- Harsh coaching
- Improper substitutions
- Abusive behavior from coaches to refs
- Coaches taunting each other

DOs:

- 5 pass rule, no press, no 3 pointers, change player positions
 - At most two assistants
 - Be positive AND instructive
 - Have a playtime game plan (beforehand)
 - Control your players/yourself – no trash talking and unsportsmanlike conduct
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Behavior Incidents From Prior Years

■ Issues

- ❑ Spoke to several coaches after games
- ❑ Behavior of assistant coaches deplorable in some instances
- ❑ Parents and coaches battling on some issues
- ❑ Harsh coaching styles addressed
- ❑ Some coaches not asked back
- ❑ Players suspended and ejected from league

■ Themes

- ❑ Parents thought refs weren't calling games closely enough and it was too physical
- ❑ Parents thought their child was being called too frequently for fouling
- ❑ Coaches/parents calling fouls out too often
- ❑ Refs got intimidated – embarrassing to GF Hoops

Parent Messages – please tell them

- Goal: Model Positive Behavior for the kids.
 - This is more than basketball.
 - It's about teaching good sportsmanship.
 - Zero Tolerance: for verbally abusing the refs.
 - They are an important part of our program.
 - Contact your coach or Michelle Claude...don't yell at the refs.
 - Yelling raises the tension in the gyms and impacts the players very negatively.
 - Their play tends to get more physical and emotional and it makes the situation worse.
 - Remember: Our refs are kids.
 - Think - about the impact of yelling at children in a public forum
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Coach Messages

- Same points as parents -- plus the following:
 - You went to the Coaches meeting and know what we expect. You acknowledged Code of Conduct when you registered
 - Be a positive role model
 - You need to focus on positively coaching the kids, not arguing calls.
 - Most parents spoken to acknowledged that they handled the situation poorly and were apologetic.
 - We had mixed results with the coaches.
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Wrap Up

- Q and A
 - Breakouts with GGC' s
 - Coaches meet Assistants – could all assistants please stand? Now coaches who want an assistant please stand...ok let's match up!
 - Get Practice Slots
 - Determine draft date, time, and location if possible
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