



Guangzhou Youth Basketball Coaches Playbook

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MISSION STATEMENT

To introduce our youth to basketball teaching Integrity, Discipline, Character, and Leadership in a non-competitive environment.

VALUES- (GYBL 4 C's)

Character- GYBL is looking to teach our athletes to respect and enjoy the game of basketball.

Commitment- GYBL asks that kids show up ready to participate, and be ready to have FUN...

Competition- GYBL promotes friendly competition between youth. We won't keep track of wins or losses.

Community- GYBL is a league created by volunteers who are looking to help teach our kids the game.



INTRODUCTION

Welcome to GYBL Basketball. This playbook is designed to provide coaches and parents with what you need to enjoy the GYBL Basketball League. The information in the coaches playbook is intended to guide you through the season and includes league values, game rules and coaching expectations.

We hope your children enjoy the league.

For additional information on game times, teams, schedules or AISG directions, please visit our website at WWW.GZHOOPS.com

We would like to thank our Sponsors for there support of GYBL-

- AISG, Utahloy, Institute of Western Surgery, EurAm, The Tavern, The Brew, Hooley's, Edge, All-Smile, Dr. Lu's Dentist, AMCHAM, mio espresso



Coaching Commitment & Expectations

Good coaching can make the difference in the child's experience as a participant in sport. That doesn't mean you yourself have to excel in the skills of basketball, but need to ***provide a positive atmosphere in which the kids will enjoy there experience.*** As a GYBL coach, you have a tremendous opportunity to make a positive impact in the lives of your players and their families. For these reason, it is important that you understand your responsibilities as coach:

- **Teach the fundamentals of Basketball..** GYBL is designed to teach fundamental basketball skills.
- **Teach the young athletes about Fair Play..** GYBL will keep game scores but want our coaches to teach the kids how to compete through fair play. Our league needs to also recognize AISG's player code of conduct.
- **Support the referee with positive comments..** Your lead will instill respect for authority and create a positive atmosphere for all who participate.
- **Team Communication..** Please insure that coaches communicate with parents and children if they are out of town. If both coaches are unavailable for the game, please insure to find a replacement. Please insure that your age division leader knows well in advance if helping finding an alternative coach is needed.
- **Communicating with Parents..** Weekly communication with your team is needed to provide game times to insure teams are ready to play. Games will need to start sharp.



Parental Commitment & Expectations

There are a couple area's of support needed from parent's to help make GYBL a success. The first area of support needed is to insure that your kids are at the courts on time and ready to play. Our practices and games are scheduled tight so we want to insure that we start on time. The second area of support needed is to respect and abide by GYBL's code of conduct....

- **Purpose (League is Fun)..** The league is designed to help teach our kids the game of basketball in a non-competitive environment.
- **As adults, we act as role models for athletes..** Please refrain from using profanity, deliberately distracting youth performance, condemning coaches or officials or any behavior that is disrespectful or jeopardizes the quality of the experience of our athletes as GYBL will not tolerate this.
- **Officiating Criticism..** Basketball officiating is a difficult and thankless task as officials are doing the best they can to be fair to both teams and therefore we expect that parents and athletes be respectful of there decisions.
- **Sportsmanship..** Your lead will instill respect for authority and create a positive atmosphere for all who participate.
- **Team Communication..** Please insure that parents communicate with coaches when they plan to be out of town so coaches can make appropriate adjustments to manage there roster.
- **Communicating with Coaches..** If there are issues with games, please be respectful in discussions with coaches for resolution. Our coaches are volunteers and should be treated as such.
- **AISG Code of Conduct..** Please see the website for AISG's code of conduct for our use of the schools facilities.



GYBL Game Format:

A unique element of this league is the game format:

- Rock paper scissor determines which team receives possession first.
- In jump ball situations, possessions will alternate.
- Games consist of two 18-minute halves and an 8-minute halftime.
- The clock stops every 6 minutes for predetermined substitutions.
- There will be no timeouts.
- Because the end of a six-minute segment does not signal a change of possession, the team with possession at the end of the six-minute segment will retain possession. So, there is no need for an “end-of-the-period” shot.
- Teams will switch goals at halftime.
- No league standings are maintained in any league. Such standings add unnecessary pressure and intensity.
- Coaches are allowed to walk the sidelines and encourage their players without stepping in the playing area.
- All coaches will adhere to the substitution rules as detailed below.

Substitutions-

This substitution system is designed to provide every player equal opportunity for improvement. The substitution system ensures that:

- Every child will play at least half of the game.
- Every child will have an opportunity to be in the starting lineup.
- In most cases, each child will play against someone of equal ability.
- Coaches are not open to making unfair substitutions or being accused of such.
- Coaches are free from monitoring playing time for each player.
- Playing time for all players is virtually even over the course of the season.



Implementing the System -

Substitutions on the first game day start with player A. Players A, B, C, D, and E start the first segment. The starting lineup for Game 1 is: Beth, Ann, Susan, Kim, and Mary. The second segment will allow Karen and Amy to play along with Beth, Ann, and Susan. The second segment includes players F, G, A, B, and C. See Week 1 table example below.

Week 1		First Half			Second Half		
Player's Name	18 min	12 min	6 min	18 min	12 min	6 min	
A BETH	1	3	5		2	4	
B ANN	2	4		1	3	5	
C SUSAN	3	5		2	4		
D KIM	4		1	3	5		
E MARY	5		2	4		1	
F KAREN		1	3	5		2	
G AMY		2	4		1	3	
H							
I							

Week 2		First Half			Second Half		
Player's Name	18 min	12 min	6 min	18 min	12 min	6 min	
A BETH		2	4		1	3	
B ANN	1	3	5		2	4	
C SUSAN	2	4		1	3	5	
D KIM	3	5		2	4		
E MARY	4		1	3	5		
F KAREN	5		2	4		1	
G AMY		1	3	5		2	
H							
I							

Substitutions on the second game day will start with player B. Players B, C, D, E, and F will start the first segment. The starting lineup for Game 2 is: Ann, Susan, Kim, Mary, and Karen. The starting line up shifts down one player every game. In the third segment, Kim, Mary, Karen, Amy, and Beth (players D, E, F, G, and A) will play. By halftime, every child has played 2 segments, and no child has been required to sit out more than six minutes at a time. Beth, player A, has played all three segments, however she will not play during the first segment of the second half. Substitutions on the third game day will start with player C. Players C, D, E, F, and G will start the first segment. See Week 2 table example above.

- The starting lineup for Game 3 is: Susan, Kim, Mary, Karen, and Amy.
- The starting line up for Game 4 is: Kim, Mary, Karen, Amy, and Beth.
- The starting lineup for Game 5 starts with: Mary, Karen, Amy, Beth, and Ann.

This rotation continues throughout the season.



Rules for Game Play

Outside of these special rules, the National Federation of High School Associations Rule Book governs play.

- Defensive players must stay within arm's reach of the player that they are guarding. (Isolation plays are not part of GYBL Basketball because they take away the opportunity for improvement for all players and contradict the spirit of the rules.)
- Double-teaming is not allowed. However, help defense is encouraged in the following instances:
 - a. In The Lane Area– If a defender is in the lane, and the player being guarded is within arm's reach, the defender is allowed to provide help by double-teaming. The intent of this exception is not to encourage a defender to remain near the lane at all times (“soft zone”) and double-team the ball each time it enters the lane. The intent is to teach a player “already in the lane” to play help defense.
 - b. Off Picks and Screens– Defensive switching is allowed on offensive picks and screens. At the appropriate time, players should return to guarding their assigned players.
 - c. During Fast Breaks– When an offensive player has beaten their defender, another defensive player may help. Upon stopping the fast break, defenders should return to guarding their assigned player.
- At the beginning of each 6-minute segment, both coaches should line up highest ranked players across from each other without giving verbal cues.
- Full-court presses are not allowed. Defensive players cannot guard their opponents in the backcourt.



Rules for Game Play

- Due to the shortness of the court, backcourt violations will not be called.
- The offense must purposefully attack the defense in every situation. After a warning from the referee, if the offense does not cross half court, a violation will be called, and the ball will be awarded to the opposing team.
- Referees will call and explain all violations and the penalty will be a turnover.
- These explanations will vary according to the age group and understanding of the players and should decrease as the season progresses. When possible, referees will verbally advise players of potential violations before the violation occurs. There will be no technical fouls or protest of games.
- No score will be given for a basket in the wrong goal. It will be treated as a turnover.
- Non-shooting fouls result in the ball being taken out on the side by the offended team.
- Players fouled in the act of shooting and making the basket are credited with the basket. The opposing team then takes possession.