

# WINTER BASKETBALL

## K-Clinic & Rookie Coaches Manual



### **K-Clinic/ Rookie Mission Statement**

The Sno-King Youth Club Kindergarten Clinic/Rookie Clinic is intended to provide an environment where the players learn sportsmanship, skills, and fair play as they participate in healthy, enjoyable recreation. Our success by achieving this goal is measured by how the children feel about their contribution to the game when they leave the court.

## CUSTOMER SERVICE PAGE



Sno-King Youth Club: (425) 775-2633

Sno-King Youth Club Fax Number: (425) 776-0607

Office Contact: Steve Escandón – Club Director  
Ext 226  
Email: [steve@skyc.net](mailto:steve@skyc.net)

Nick Babineau – Athletic Director  
Ext 224  
Email: [nick@skyc.net](mailto:nick@skyc.net)

Daylene Castle - Administrative Assistant  
Ext 221  
Email: [daylene@skyc.net](mailto:daylene@skyc.net)

Website: [www.skyc.net](http://www.skyc.net)



## **POLICIES AND PROCEDURES for K-Clinic and Rookies**

### **A. Practice and Game Schedules:**

Practice schedules are selected at the coaches meeting. The game schedules are handed out no later than the third practice date.

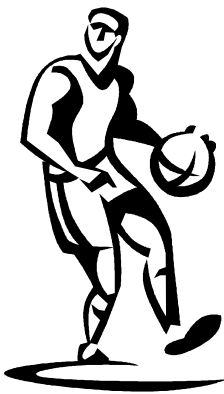
Rookies: 6 weeks (1/2 hour practice + 1/2 hour game= 1 hour)

### **B. Uniform Selections:**

Kindergarten uniforms are issued to each coach by the Sno-King Youth Club. Sno-King teams are only allowed to wear uniforms that are issued to the coach by the Sno-King office. Team Sponsors, approved by SKYC, may choose to have their Company name or the Last name of the players screened on the back of the uniform.

### **C. Parent Meeting:**

Sno-King Youth Club encourages all coaches to hold a parent meeting at the first practice. The meeting should be to inform the parents of the Sno-King philosophy, and coach's expectations for the ten-week kindergarten league and the six-week Rookie league. The parent meeting is also a proper time to give any information relative to any schedules if not already done by email.



## **Purpose:**

The Purpose of this manual is to instruct both the player and the coach in a practical clinic consisting of one-hour sessions. These sessions are set up to be fun for both the player and coach.

# **“YOU ARE THE COACH”**



## **When coaching kindergarten age players, there are some important things to keep in mind.**

1. These are children, and their attention span is very limited
2. They **DO NOT** respond well to technical and longwinded instructions
3. They **DO** respond to FUN!
4. This age group more than any other needs encouragement and attention. (some more than others)
5. Plan your practice. Read over your material and be prepared, it will make a big difference.
6. Always have a backup plan, if something is not working, move on and try it again later. You can usually tell if something is not working by the expression on their faces.
7. Encourage the parents to attend and participate
8. Good sportsmanship, respect for coaches, and others should be stressed throughout the clinic.
9. Teach them to be gracious, win or lose. ( Winning isn't everything)
10. Remember that you are the coach and role model for your team. The example you provide will show through in their conduct on the court toward officials and other players. You have a chance to change the patterns of the past and bring in a new generation of players that truly love and understand the game of basketball

## K-Clinic Information Sheet

**Practice Begins:** January 8<sup>th</sup>, 2011

- Runs for nine (9) weeks
- \*\*No games on MLK Jr. Weekend or President's Weekend\*\*

You will have **3 practices** and **6 games**

**Each child will receive:**

- SKYC t-shirt
- Mini-basketball

**Picture Day:** January 22<sup>nd</sup>, 2011 (Times TBA)

- Make-ups: Feb. 12th, 2011

## Rookie Information Sheet

**Clinic Style:** ½ hour practice followed by a ½ hour game

**Clinics begin:** January 8<sup>th</sup>, 2011

- Runs for six (6) weeks
- \*\*No games on MLK Jr. Weekend or President's Weekend\*\*

**Each child will receive:**

- SKYC t-shirt
- Mini-basketball

**Picture Day:** January 22<sup>nd</sup>, 2011 (Times TBA)

- Make-ups: Feb. 12th, 2011

## **K-Clinic and Rookie Rules**

The Rookie and K-Clinic Basketball clinics are meant to be positive experiences for children ages 3-6 (pre-school and kindergarten). Coaches are responsible for providing a fun and exciting atmosphere in which the kids learn the basic skills, drills and rules of the game of basketball. This is not a clinic that focuses on winning and losing. The score is not important and should not be emphasized or formally kept.

### **K-Clinic Basketball Game Rules (Rookie rule exceptions in *italics*):**

1. Everyone plays an equal amount of playing time.
2. Encourage everyone to have FUN.
3. 4 – 10 minute quarters (running clock) (10 minute half).  
(*Rookie: 2 – 8 minute quarters*).
4. There are no free-throws taken (change of possession only).
5. No technical fouls.
6. Encourage playing all positions at this age level.
7. Five (5) players on the court at one time. (*Rookie: Four (4) at a time*).
8. One coach from each team may be on the court during the run of play to referee the game. A volunteer will run the clock.
9. No backcourt pressing.
10. Each game/practice or practice/game lasts no longer than one hour.  
Everyone from each team must be off the court by the end of the hour.
11. Each player must wear sneakers of some kind.
12. Each player must wear an issued uniform from Sno-King Youth Club.
13. Both coaches are to hold a brief conference before the game, so that both coaches know the expectations of the other coach.