

## **1st Coaches Meeting: Sunday, October 6, 2019**

### **1. PRE-SEASON**

- A. PRACTICE SCHEDULES - tell of any changes
- B. SUPPLIES (BALLS, MED. KIT, PRACTICE JERSEYS)
- C. KEYS/CARD
- D. Online testing?
- E. PLAYBOOK
- F. NO ZONE - can trap/press man-man

### **2. OTHER SUPPLIES FOR YEAR**

- A. UNIFORMS/BALLS – JH uniforms & practice tops, balls are in JH cage
- B. SHOE ORDERS: Under Armour, store to come
- C. WATER BOTTLES
- D. SCOREBOOKS – pass out to 7/8
- E. SCOREBOOK KEEPER – get parent – sheet in front of book for signature
- F. CLOCK KEEPER – April will get
- G. GAME SCHEDULES
- H. BUS DEPART SCHEDULE, ride home from game (parents only) – note/sign-out sheet
- I. ELIGIBILITY – PASS 6 OF 8 CLASSES
- J. TEAM RULES
- K. PERMISSION SLIPS - elem, Mr. Gilbert ATHLETIC POLICY SHEET - jh

### **3. PARENT MEETING**

- A. 9-12 BASKETBALL KICKOFF: SATURDAY, NOV. 16 @ 6:00 – pitch-in meal for players, cheerleaders, parents - grades 9-12
- B. Elem & JH Parent Meeting: after a practice – Let April know ahead of time, for concessions sign-up?

DISCUSS RULES, EXPECTATIONS @ MEETING

- C. AFTER SCHOOL STUDY TABLES - Mon-Thur until 4

### **4. MEDIA**

- A. REPORT SCORES TO PAPER – WRITE ARTICLE: by noon on Monday  
865-3242 (PHONE/FAX) penews@blueriver.net
- B. ANNOUNCEMENTS AT SCHOOL – CALL Lynnda (865-2688 ext. 201), BLAIR (ext. 301)

- C. WUME 723-4484 Q100 936-9100

### **5. ATTITUDE OF PLAYERS – be demanding of this**

- A. GRADES
- B. IN SCHOOL AND ON TIME EVERY DAY – DAY AFTER GAME
- C. BEHAVIOR IN AND OUT OF SCHOOL
- D. REPRESENT SELF, TEAM, SCHOOL, COMMUNITY
- E. STRESS FUNDAMENTALS AND PLAYING HARD!

### **6. COACHES ATTITUDE**

- A. SUPPORT OTHER TEAMS
- B. TALK POSITIVE ABOUT YOUR PLAYERS, OTHER TEAMS AND OTHER COACHES. NEVER EVER BAD-MOUTH

7. DISCIPLINE

A. ALWAYS HAVE ANOTHER COACH OR SCHOOL OFFICIAL WITH YOU WHEN MEETING WITH A PARENT.

B. TELL ME ABOUT ANY SITUATION THAT COMES UP

I WILL MEET WITH YOU AND PARENTS IF YOU WOULD LIKE

8. TEAM MOTTO

9. T-shirts for elem, JH, practice jerseys for elem

10. SIZES for COACHES: travel suit

11. COACHES MEETING USUALLY EVERY OTHER SUNDAY 7:00

NEXT MEETING WILL BE SUNDAY, NOVEMBER 3

Quick overview of Man Offense and Defense

MAN OFFENSE

- will run '5 out Motion' or '4 out Motion', Fist + specials 5th-8th grade
- 4 out for a good post player

MAN DEFENSE

- help and get back / fight through screens / hedge
- can full or ½ court trap out of man