

**DANSVILLE GIRLS  
YOUTH**



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## **DANSVILLE GIRLS YOUTH BASKETBALL ASSOCIATION**

### **Mission Statement**

*The mission of the Dansville Girls Youth Basketball Association is to provide an equal opportunity environment for all participants with an emphasis on sportsmanship and community pride while teaching the fundamentals of Basketball.*

DCAA Basketball provides an opportunity for Dansville-area kids in grades K-6 to participate in age-and-skill-appropriate basketball programs. The program seeks to create a positive experience for each kid through the following key elements:-

1. Fair and respectful treatment of each kid
2. Solid teaching in the fundamentals of the game at an age-appropriate level
3. Parent coaches when possible and practical
4. Coaches matched up with their proper coaching level
5. A careful eye toward cost containment and affordability for families
6. The program may occasionally add additional elements, such as 7th/8th grade programs or off-season teams
7. K-2 program will be in clinic format, emphasizing the most basic fundamentals and rules; competition will be intramural
8. 3rd-6th grade programs will teach age-appropriate content, and include interscholastic competition

## **Coach Expectations**

DGYBA coaches should:

1. Coach in accordance with the DGYBA Mission Statement. (See attached)
2. Follow the Coaches' Code of Conduct.
3. Treat each kid respectfully
4. Provide a safe physical and emotional environment
5. Teach the game appropriately
6. Treat kids as equally as possible
7. Provide reasonably equal playing time for each kid
8. Handle parental inquiries and relations with class
9. Not be antagonistic toward other coaches, parents, referees, etc.
10. Coach with as little personal ego as possible
11. Participate in the Monroe County/Livingston County league. ?????
12. Have one to two practices per week in accordance with the Gym Schedule and the practice schedule distributed prior to the season.
13. Compete in at least two tournaments. ?????

## **Player Expectations:**

DYGBA players should:

1. Work hard to improve
2. Have fun
3. Not bully or intimidate teammates or opponents
4. Put team goals above personal goals
5. Respect appropriate directives from coaches

## **Conflict Expectations**

1. Conflicts between parents and coaches should be resolved civilly, and follow this protocol:
  - a. First discuss between affected parties, after appropriate cool-down period. Not immediately in the heat of the moment.
  - b. If not solved, next involve Basketball Commissioner
  - c. If not solved, final step would involve DCAA President
2. All conflicts involving other schools should be brought to the attention of the Commissioner
3. Conflicts involving fans during games, including inappropriate treatment of referees, facilities, players, or other fans may result in request of involved parties to dismiss themselves
4. Unwillingness of such parties to dismiss may ultimately result in the cancellation of the event

## **Player Learning and Skill Expectations**

### **FIRST- THIRD GRADE LEVELS**

1. Focus on fun.
2. Teaching will be in clinic form with no formal games
3. Developmental skill breakdown is as follows:
  - Basic rules: double dribble, travel, fouling, carry, inbounding
  - Court layout
  - Dribbling- use of both hands, crossovers, know when to dribble
  - Passing- chest/bounce/overhead passes, passing without defense, both hands
  - Shooting-stationary layups, form shooting
  - Rebounding-basic box out, positioning between man and the ball
  - Footwork-pivoting, triple threat, jump stops
  - Defense- stance/slides, on ball defense, between man and basket, know where ball is

## FOURTH AND FIFTH GRADE LEVELS

1. Focus on fun.
2. Avoid playing more than twenty-five (25) games.
3. Rotate kids in as many different positions as possible and keep playing time equal.
4. Attempt to introduce basic basketball skills including dribbling, passing and shooting as well as individual defensive positioning and plays.
5. Introduce basic basketball terminology (backdoor; high post/low post; pick and roll; give and go)
6. Play a lot of 2 on 2 and 3 on 3 in practice.
7. Avoid cuts at all costs (assuming the total tryout numbers are reasonable). It is understood that all cuts are a specific situational thing.
8. Developmental skill breakdown includes all previous skills plus:
  - Rules: All basic offensive and defensive rules, free throw situations
  - Dribbling-spin moves and hesitation, dribble with purpose, guard arm, head up
  - Passing-passing under pressure, accuracy, know when to use each pass, find open player
  - Shooting- begin to create shots for herself, mid range shots, jump shots, layups on the move with both hands, basic post shots (drop steps)
  - Rebounding-using proper technique, finding their player, adding the actual rebound
  - Footwork-footwork in the post, squaring up, x-outs
  - Defense- add in deny and help positions, closeouts
  - Screening-ball screens, screen and rolls
  - Cutting- v cuts, face cuts
  - Motion Offense- 5 out, pass and cut, ball screens, seal on the cut, dribble attack
  - Transition-outlet, push tempo by dribbling up the court

## SIXTH GRADE LEVEL

1. Focus on fun; but increase the competitive atmosphere somewhat depending on the kids interest and level.
2. PT should be as equal as possible with some variations based on opponent, score and situation.
3. Kids should play more than one position.
4. Increased attention to skill development: dribbling, shooting, passing and individual defense.
5. Increased attention and focus on good shooting form and fundamentals.
6. Introduce team defensive concepts and rebounding/box out emphasis.
7. Cuts should be avoided if at all possible. It is understood that all cuts are a specific situational thing.
8. Play no more than 30-35 games.
9. Play a lot of 2 on 2 and 3 on 3 in practice.
10. Developmental skill breakdown includes all previous skills plus:
  - Situational concepts- inbound plays, clock management
  - Dribbling-between the legs and behind the back
  - Passing-pass fakes, passing to the post
  - Shooting-shot fakes, quick release, foul shots
  - Rebounding-exploding to the ball after the box out, jumping
  - Footwork-speed and agility emphasis, step throughs and rip throughs
  
  - Defense-turning the offense, help and recover, double teaming, communication
  - Screening-off ball screens, perfecting screen and roll, getting through screens
  - Cuts- back cuts
  - Transition-quicker outlets, push the ball down middle, fill the lanes
  - Press- basics of man to man press, deny inbounds, apply pressure
  - Press break- getting the ball in successfully, ball screens, basic passes (reversal, center, sideline)
  - Motion Offense-5 out/4 out 1 in, add pass and screen away, post movement, back cuts

## SEVENTH AND EIGHTH GRADE LEVELS

1. The competitive atmosphere should again increase (similar to the third and fourth grade and fifth and sixth grade levels). The bar to play seventh and eighth grade travel should be a little higher. Cuts are unfortunately part of the process, and may occur on a year to year basis.
2. Increased skill development should be stressed including individual offensive moves and shooting form. The players should be expected to make a higher level of commitment to this level of travel basketball.
3. Increased coordination with the Dansville School Programs should be encouraged. The kids should learn the same offenses, same defenses and skill emphasis as prescribed by HFL coaches.
4. PT is not equal; but each kid should get meaningful PT in each game.
5. Developmental skill breakdown includes previous skills plus:
  - Situational: Make defensive/offensive adjustments and run scenarios on coaches cue
  - Dribbling-speed dribble, back dribble, dribble with purpose
  - Passing-Skip passes, breaking the glass, pass off the dribble, strong hands
  - Shooting-creating shots off the dribble, more complex post moves (baby hook, up and under), mid range jump shots, some 3 point shots, shooting off the cut/screen
  - Rebounding-making sure every player is boxed out every time
  - Footwork- on post moves, coming off a screen, jab steps
  - Screening-back screens, post to post screens, sliding under screens
  - Cuts-post dive, recognizing when to use which cut,
  - Defense-deny on inbounds, double down, keep offense out of middle, spacing
  - Transition-passing up the court to push, hitting cutter in stride
  
  - Press- forced traps, cutting off sideline, slowing the ball down
  - Press break- hitting middle/sideline cutters, reduce dribbling, reverse ball
  - Motion offense- add in more post-guard concepts, using different types of screens, dribble push through, ball reversals to attack or feed post

