

# NBIAA

Northern Burlington Instructional Athletic Association  
P.O. Box 334, Columbus, New Jersey 08022

## Northern Burlington Instructional Basketball League

TO: All Basketball Coaches, Assistants, and Parents

RE: **2011 LEAGUE OBJECTIVES**

### **General Responsibilities:**

1. Coaches trained in a coaches training program (Rutgers S.A.F.E.T.Y., or NYSCA) that meet the New Jersey *Minimum Standards for Volunteer Coaches' Safety Orientation and Training Skills Programs* (N.J.A.C. 5:52)
2. Prepare for the season by studying the rules of the game and organizing efficient practices to teach strong fundamentals of the sport.
3. Explain all practice and game schedules to ensure that all players have the opportunity to attend as many practices and games as possible.
4. Review first aid principles and survey the court or field and equipment before games and practices to ensure a safe environment.
5. Encourage sportsmanship, teamwork and a strong work ethic in practice and games. Recognize leadership and initiative in players.
6. Stress strong fundamental play during games rather than setting winning as the goal. With strong fundamentals, winning takes care of itself.
7. Coach and lead by example when dealing with opposing coaches, officials, parents, and players by treating all involved with respect. You are a representative of your township and our league. Control the situation and take appropriate action when an individual--player, assistant, opposing coach, official, or parent--becomes disruptive, abusive, is out of control, is apparently abusing alcohol or some prohibited substance.
8. Encourage players to be physically fit and free of abnormal substances.
9. Coaches are responsible for players' actions while under their supervision. Every effort must be made to keep tabs on the players' actions and whereabouts.
10. After the completion of a game or practice, ensure that the bench and bleacher areas are free of litter and trash. If yours is the last game, secure control panel. Ensure that all players have rides home with parents or other responsible adults. Youths must never be left unattended.
11. Ensure that uniforms and other equipment are returned within one week of the end of the season.

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### 2011 NBIBL OBJECTIVES – First and Foremost, MAKE IT FUN!!!!

Secondly, **TEACH FUNDAMENTALS**. If you're not sure, **ASK**. We have talented and knowledgeable coaches in our league **AND** the NBCRHS coaches will help also.

Third, **teach and coach your players to COMPETE** in every game.

Finally, **SPORTSMANSHIP** is as important as winning. **Winning at any and all cost teaches NOTHING.**

**How you coach, how your players play, is MORE IMPORTANT than winning.**

### Mini-Ball Objectives (K): All league reps agreed that this level should be instruction focused, in a clinic type format for the first half of the season, with games being optional in the second half.

- 1) Teach fundamental dribbling, passing, shooting (B.E.E.F. – Balance, both Eyes on the basket, shooting Elbow straight, Follow-through), rebounding and defensive techniques.
- 2) Teach the concept of inbounding and teach what a foul is.
- 4) Demonstrate good sportsmanship and respect for teammates, opponents, coaches and officials.
- 5) Teach respect for equipment and facilities and pride in appearance and uniforms.

### Rookie Objectives (1<sup>st</sup> & 2<sup>nd</sup> Grades):

- 1) Teach fundamental dribbling, passing, shooting (B.E.E.F.), rebounding and man-to-man defensive principles, even while playing in the zone.
- 2) Teach what a foul is and the penalties for fouling.
- 3) Concepts of inbounding, types of defenses, including the evolution and understanding of the Minor Level rules as the season progresses and finally, basic offensive plays.
- 4) Demonstrate good sportsmanship and respect for teammates, opponents, coaches and officials.
- 5) Teach respect for equipment and facilities and pride in appearance and uniforms.

### Minor Objectives (3<sup>rd</sup> & 4<sup>th</sup> Grades):

- 1) Teach fundamental dribbling, passing, shooting (B.E.E.F.), rebounding and man-to-man defensive principles, even while playing in the zone.
- 2) Teach what a foul is and the penalties for fouling.
- 3) Concepts of inbounding, types of defenses, basic offensive plays.
- 4) Demonstrate good sportsmanship and respect for teammates, opponents, coaches and officials.
- 5) Teach respect for equipment and facilities and pride in appearance and uniforms.

### Major Objectives (5<sup>th</sup> & 6<sup>th</sup> Grades):

- 1) Teach the value of **practicing** the fundamentals of dribbling, passing, shooting (B.E.E.F.), rebounding and defense.
- 2) Teach the importance of conditioning. Encourage and recognize leadership and initiative
- 3) Teach the differences between man and zone defensive schemes.  
Practice man-to-man defensive principles, even if playing a zone.
- 4) Practice foul shooting.
- 5) Teach the value of multiple passes in an offense and more advanced offensive plays.
- 6) Demonstrate good sportsmanship and respect for teammates, opponents, coaches and officials.
- 7) Reinforce respect for equipment and facilities and pride in appearance and uniforms.

### Junior-Seniors Objectives (7<sup>th</sup> – 12<sup>th</sup> Grades):

- 1) Stress repetition in practice techniques for foul shooting, game shooting, dribbling, and passing.
- 2) Encourage conditioning and strength improvement to be more successful and competitive.
- 3) Teach, practice, study and implement more advanced defensive and offensive schemes.
- 4) Stress the value of hustle and determination throughout practices and games.
- 5) Encourage and recognize leadership and initiative.
- 6) Demonstrate good sportsmanship and respect for teammates, opponents, coaches and officials.
- 7) Reinforce respect for equipment and facilities and pride in appearance and uniforms.