
Great Falls Basketball
2020-2021 Coaches Meeting

Great Falls Basketball 2020 – 2021

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Brian Buroker

Larry Zmuda

Karyn DeVito

Jace Johnson

Amy Kelly

Mary Lee

Karen Rewalt

Debbie Volpicelli

Commissioner

Director of Referees & Director Boys/Girls K-2

Director of Select

Director of Boys House Grades 7-12

Director of Girls House Grades 3-12

Director of Boys House Grades 3-6

Director of Referees, K-2, & Player/Coach Development

Director of Information & Scheduling

Director of Competition and Conducts

Director of Equipment

Treasurer

Secretary

At-Large Member

At-Large Member

Registrar, Scheduler, Facilities

Reminders!

- Website – must remain central source of info
 - Draft data is confidential and is not to be forwarded electronically once given to GGCs
 - Know your grade group local rules – see website for “Cheat Sheets” by grade group
 - Concussion Awareness Info is also on website
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Website Overview

- **All League information (Schedules, Rules etc.)**
 - Should be parents “First Stop” for information
 - Key Website Icons (House, Coaches, Master Calendar, Standings)

 - **Coaches: responsible for updating / maintaining certain information:**
 - Game Scores / Outcomes – **Home coach must update immediately following the game...use the computer, not the phone app**
 - End of year player evaluations
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Communication App

- Download the “**Game Changer Team Manager**” app
 - Must use same email address that you used to register as a coach
 - Detailed instructions will be posted on the website under the Coaches Tab
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Practice Rules

- All practices are 1 hour, ONE team per gym
 - Parents must sign in their player, or provide signed, dated GFHoops Covid Checklist
 - NO guest players permitted
 - NO scrimmages (other than within your own team)
 - ONE Head Coach and ONE Assistant Coach only,
 - All coaches and trainers must wear masks for entire practice
 - NO spectators at practice
 - MUST enter gym only at appointed time and must depart immediately at the hour's end- gym must be EMPTY for 15 minutes between practices. Be sure parents know they can NOT drop off early or pick up late, it is recommended that parents WAIT in their cars All players should bring his/her own **labeled** basketball. If scrimmaging during practice, wipe down basketball used for scrimmage prior to start of scrimmage and at end of scrimmage
 - All player should bring their own **labeled** water bottle and **labeled** personal hand sanitizer.
 - All players must wear a mask, upon arrival, when using restrooms, prior to departing and when not physically active on the court.
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Game Rules (once we are in FCPS gyms)

- Parents must sign in their player or provide a signed, dated Covid Checklist
 - Entry to gym permitted at game time ONLY-no one may enter early
 - Home coach must provide the Game Ball and should give it to the Referee upon arrival so that the referee can sanitize it prior to the game's start
 - No jump ball. Home team receives ball to start game, visitor will receive ball after halftime. If there is any overtime, there will be a coin flip.
 - ONE Head Coach and ONE Assistant Coach only
 - Masks are required at all times for coaches, desk referees and players/referees when not active on the court (ie players on the sideline must wear a mask when they are sitting out a quarter, when using the restroom or upon arrival/departure)
 - No high fives, hugs, post-game handshakes
 - Everyone must immediately depart the gym at the conclusion of the game, no post game meetings, chats etc.
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Covid Rules

- If you learn that a player or coach on your team has tested positive for COVID, you must immediately notify the league Administrator, Debbie Volpicelli at 703-389-3202 or debbie@gfhoops.com.
 - Fairfax County requires that we report all player, coach or team administrator COVID positive incidents as a condition of gym usage.
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Gym Status

Capacity is Tight but Manageable

- **Gym Upgrades:**
 - \$7,500 to replace adjustment mechanisms on main hoops at GFES and CRES
 - **Equipment Issues**
 - email debbie@gfhoops.com with photos
 - **Rescheduling for Gym Closures:**
 - This season, rescheduling gyms very unlikely is cancelled due to weather
 - **Cannot Practice Implications for Practice Times**
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Gym Behaviors

- We need to behave in gyms so we don't lose them
 - The gyms you use are someone's "classroom"
 - Police your group
 - At first practice, talk to parents and kids about the gyms
 - No food or drinks, except water
 - No bouncing balls in hall
 - **Respect practice start and end times**
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County Gym Contacts

Weekends & Weeknights

Coaches,

If you have an issue at a gym on a weeknight or weekend:

- First, try to find custodian on site
 - Call Director of Facilities, Debbie Volpicelli, at 703-389-3202
 - If you can not reach her, call the County at 703-609-8870
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VBD Test – Debbie Volpicelli

Volunteer Building Directors

- Coaches go to:
 - ❑ "Coaches" Icon on Website
 - ❑ Create an account
 - ❑ Watch the video
 - ❑ Take the test on-line.
 - ❑ Certificates - sent via e-mail. (Certification good for 2 years)
 - ❑ Please email your VBD Certificate to your GGC

 - Coaches – you are the face of the organization
 - ❑ Protect and enhance the GF Hoops reputation
 - ❑ The facilities we share must be treated with care and respect.
 - ❑ Leave GYMS in EQUAL to or BETTER shape than when you arrived.
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Assistance for Coaches

- **Coaching Practice Book**

- Will be posted on the web site for you

- **Helpful Websites:**

<https://www.breakthroughbasketball.com/>

<http://www.coachesclipboard.net/>

<http://www.basketballforcoaches.com>

Equipment

- Ball size
 - Regulation 29.5 – Boys 7 and higher
 - 28.5 – Girls 5 and higher; Boys 3 - 6
 - 27.5 – Girls 2-4

 - Whistles available

 - Clipboards
 - New coaches only
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Great Falls Basketball

Important Rule Changes for 2020-2021

All grades:

- Per VHSL rules: Change this season due to Covid - **No jump ball to start the game.** Visiting team will start the game with the ball; Home team will start the second half with the ball; if a game goes into overtime, a coin toss will determine possession.
- Reminder: **On free throw attempts, players may move when the ball is released.** “On free throw attempts, players occupying lane spaces may not vacate their lane space before the ball is released. Players not occupying lane spaces must remain on the court behind the three point line above the free throw line extended and may not be touching the line or floor inside the line when the ball is released. These players may not enter the space below the three point line until the ball hits the rim.”
- **Girls Grades 3rd & 4th** are combined this year and will use a 27.5” ball and play on a 9 foot hoop.
- **Grades 2nd – 5th:** Rule modification for help defense: “These groups must play man-to-man defense. There must be a reasonable “arm’s-length” distance between defender and the player they are covering. It is the responsibility of the defender to remain with the player they are covering. Double Teaming is allowed only when the shooter is inside the key and making a legitimate try for goal – this is called “Help Defense.”
- **Grades 2nd & 3rd:** Rule modification for defense: “The defense must retreat to below the blue line above the top of the key in order to allow for the offense to get across midcourt and set up the offense. If the ball has been passed over the three-point-line by the offense and then comes back out, the defense may pursue at that point.” (Note: the boundary line used to be the 3 point line; this line is simply an extension of the half court line)

Coach Tips and Best Practices

You Are The Key to Our Success!

- Model positive behavior – both in winning & in losing
 - Abusive behavior from coaches to refs
 - Coaches/parents calling fouls out too often
 - Refs got intimidated – embarrassing to GF Hoops
 - Our refs are kids
 - Spread playing time – come in with rotations
 - Manage your parents
 - Respect referees
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