

NBGC WINTER BASKETBALL '23 COACHING INFORMATION SHEET

Background Check – [NBGC Coaching Check](#)

- Run through Protect Youth Sports.
- Required once every 12 months.
- Ignore field asking for 7 years address history. Just enter current address.

Practice Scheduling - [NBGC Basketball Practice Times](#)

- Practices can last for 45 minutes
- Discovery League has weekly pre-reserved practice times inside the NBGC Clubhouse 45 minutes before their Saturday game-time. Coaches are welcome to schedule a weekday practice time in lieu of using pre-reserved slot.
- NBGC can provide balls, cones, other practice materials needed (while supplies last) if request is submitted ahead of time. Please return any borrowed items to an NBGC Athletics Staff member inside the building.
- Preseason Practices are run by NBGC Staff. Team coaches need not worry about bringing practice plans, materials, or equipment.

Game format information by league

	K-1st Grades	2nd-3rd Grades	4th-5th Grades	6th-8th Grades
	Daisy (girls) Discovery (boys)	Pebble (girls) Cadet (boys)	Junior (girls) Prep (boys)	Senior (girls) Tribe (boys)
Minutes/half	12 minute halves	16 minute halves	16 minute halves	16 minute halves
Players allowed on court	4	4	5	5
Sub patterns	Every 3 minutes	Every 4 minutes	Every 4 minutes	Every 4 minutes
Free subs	Last 3 minutes of game	Last 4 minutes of game	Last 8 minutes of game	Last 8 minutes of game
Timeouts	Two 30 second timeouts per half	Two 30 second timeouts per half	Two 30 second timeouts per half	Two 30 second timeouts per half
Switch baskets at halftime?	No	Yes	Yes	Yes

Notes

- Subs must be done at timed intervals to ensure that every player regardless of skill gets a chance to play.
- Every player must play at least half the game unless hindered by roster size.
- All players on the “bench” must be subbed into the game at each sub break if possible.
- Coaches are encouraged to assign different positions throughout the game so players can experience different aspects of playing.
- “Free subs” means that coaches can sub players in and out on any whistle and no longer have to adhere to the set substitution time intervals.

Coaching Duties

- All it takes to coach is a positive attitude and willingness to be a role model!
- NBGC is all about Sportsmanship, Teamwork, Leadership, Self-Reliance, and Honesty. We ask that coaches help model these ideals with their players.
- Manage in-game substitutions at NBGC's timed intervals
- We ask that all coaches be willing to accept players onto their team up to the designated roster limit. NBGC strives to create a welcoming environment and a safe place for all children to be able to play. To fulfill this mission, late registrants may be placed on your team after the season has begun.

Emails

- Optional coaching emails
 - o Brief introduction to team
 - o Weekly or biweekly email shouting out some team highlights and items the team will be focusing on in upcoming weeks.
 - o Practice scheduling
 - After viewing the link above, coaches should reach out to their team to poll for the best day/time for practice.
- Every now and then, we may ask coaches to reach out to their team to relay a message. Some common examples are:
 - o Getting a headcount for end of season events like Parents vs. Kids games & All-Star Games. Knowing how many players from each team will be in attendance will help NBGC determine which teams to combine for these events and how to schedule them.