

STAR BASKETBALL

COACHES MEETING



- INTRODUCTIONS -

MATT - COORDINATOR

BILLY - ASSISTANT COORDINATOR

RON - BEHIND THE SCENES



STATS

LAST SEASON (2025)

354

REGISTERED PLAYERS

THIS SEASON (2026)

386

REGISTERED PLAYERS

GROWTH OF 32 PLAYERS

- ❖ WE ADDED 20 PLAYERS FROM THE WAITLIST FOR PRE-K AND K AND ADDED 2 TEAMS TO THAT DIVISION.
- ❖ WE ADDED 40 PLAYERS FROM THE WAITLIST FOR THE 1ST AND 2ND AND ADDED 4 TEAMS TO THAT DIVISION.

- JOB DESCRIPTIONS -

HEAD COACH

ASSISTANT COACH

TEAM PARENT

- HEAD COACH -

JOB : HEAD COACH

DESCRIPTION

- 1.) HEAD COACH MANAGES AND RUN THE PRACTICES AND GAMES, SETTING UP THE PRACTICES AND GAME STRATEGIES, USING THE MOJO APPLICATION OR ON PAPER FROM THE RECSOURCES THAT WE HAVE GIVEN YOU.
- 2.) COMMUNICATION WITH THE PARENTS.
- 3.) MANAGE THEIR ASSISTANT COACHES AND TEAM PARENT.
- 4.) ARE RESPONSIBLE FOR THEIR PARENTS AND PLAYERS.
- 5.) ARE RESPONSIBLE FOR MAKING SURE THAT ALL PLAYERS ARE PICKED UP BEFORE LEAVING THE GYM.
- 6.) ARE RESPONSIBLE FOR FINDING REPLACEMENTS IF THEY CANNOT ATTEND A PRACTICE OR GAME.
- 7.) COACHES ARE RESPONSIBLE FOR CONCUSSION, SAFE SPORT TRAINING, AND BACKGROUND CHECKS.

- ASSISTANT COACH -

JOB : ASSISTANT COACH

DESCRIPTION

- 1.) HELP THE COACH WITH THE PRACTICES AND GAME PLANS.**
- 2.) HELP THE COACH WITH PRACTICE DRILLS AND SETTING UP THE PLAYERS FOR GAMES.**
- 3.) HELP THE COACH MANAGE THE TEAMS.**
- 4.) COMMUNICATE WITH THE PARENTS.**
- 5.) ALL ASSISTANT COACHES ARE RESPONSIBLE FOR CONCUSSION, SAFE SPORT TRAINING AND BACKGROUND CHECKS.**

- TEAM PARENT -

JOB : TEAM PARENT

DESCRIPTION

- 1.) HELP THE COACH AND ASSISTANT COACH AS NEEDED WITH PRACTICES AND OR GAMES.
- 2.) THE TEAM PARENT IS RESPONSIBLE FOR TEAM COMMUNICATION, MAKING SURE THAT ALL PARENT KNOW WHAT IS GOING ON. (MAKING SURE THAT EVERY PARENT KNOWS HOW TO USE THE SPORTS PLUS APP.)
- 3.) THE TEAM PARENT IS RESPONSIBLE FOR SNACK SCHEDULE FOR GAMES ONLY NO PRACTICES. YOU CAN USE SPORTS PLUS GROUP CHAT, VOLUNTEER MODULE, TEXTS OR OTHER APPLICATIONS TO GET THIS INFORMATION OUT TO THE PARENTS.
- 4.) THE TEAM PARENT IS IN CHARGE OF COLLECTING MONEY FOR THE TROPHY OR MEDAL FOR THE END OF THE SEASON.
- 5.) THE TEAM PARENTS ARE RESPONSIBLE FOR CONCUSSION, SAFE SPORT TRAINING, AND BACKGROUND CHECKS.

- CODE OF CONDUCT -

COACHES / PLAYERS / PARENTS

- WE HAVE ONE CODE OF CONDUCT THAT EMBODIES ALL OF THESE 3 CATEGORIES.**
- YOU READ THROUGH THIS CODE OF CONDUCT WHEN SIGNING UP YOUR PLAYER FOR THE LEAGUE.**
- IF YOU EVER WANT A PAPER VERSION YOU CAN EMAIL RON AND HE CAN SEND IT TO YOU AS A PDF DOCUMENT.**

- QUESTIONS -



- IMPORTANT DATES -

DATES

- ❖ PRACTICES START - THE WEEK OF **JANUARY 6**
- ❖ FIRST GAME STARTS ON - **JANUARY 23 AND JANUARY 24**
- ❖ LAST GAME ENDS ON - **MARCH 6 AND MARCH 7**

ELEMENTARY = GYM CLOSURE DATES
2/2 THROUGH 2/7

MIDDLE = GYM CLOSURE DATES
1/19 - 2/7 - 2/16 -2/21 - 3/3 - 3/5

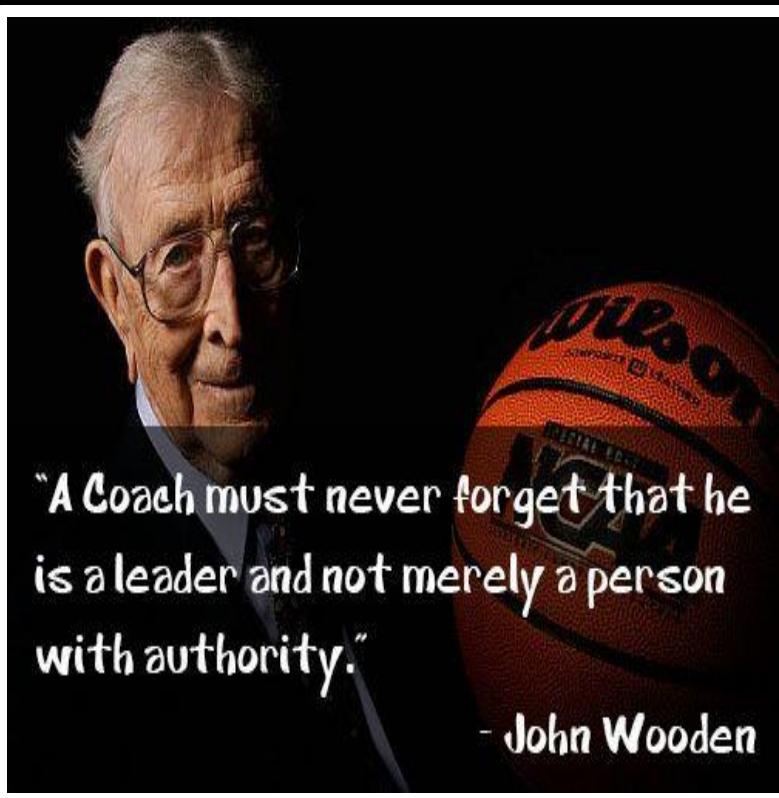
- PARENT MEETING -

MEETING TOPICS

PLEASE HAVE YOUR PARENT MEETING EITHER BEFORE OR AFTER ON YOUR FIRST DAY OF PRACTICE.

- INTRODUCE YOURSELF**
- TELL THEM THAT YOU WILL BE USING THE CHAT SECTION IN TEAM SIDELINE AS YOUR MAIN WAY TO COMMUNICATE WITH THEM**
- SEE IF SOMEONE WILL BE YOUR ASSISTANT COACH**

❖ **PLEASE MAKE SURE THAT YOU GET AN ASSISTANT COACH BEFORE YOU END THAT MEETING..... EVEN IF YOU HAVE TO VOLUNTELL SOMEONE TO BE YOUR ASSISTANT COACH. =]**



"A Coach must never forget that he is a leader and not merely a person with authority."

- John Wooden

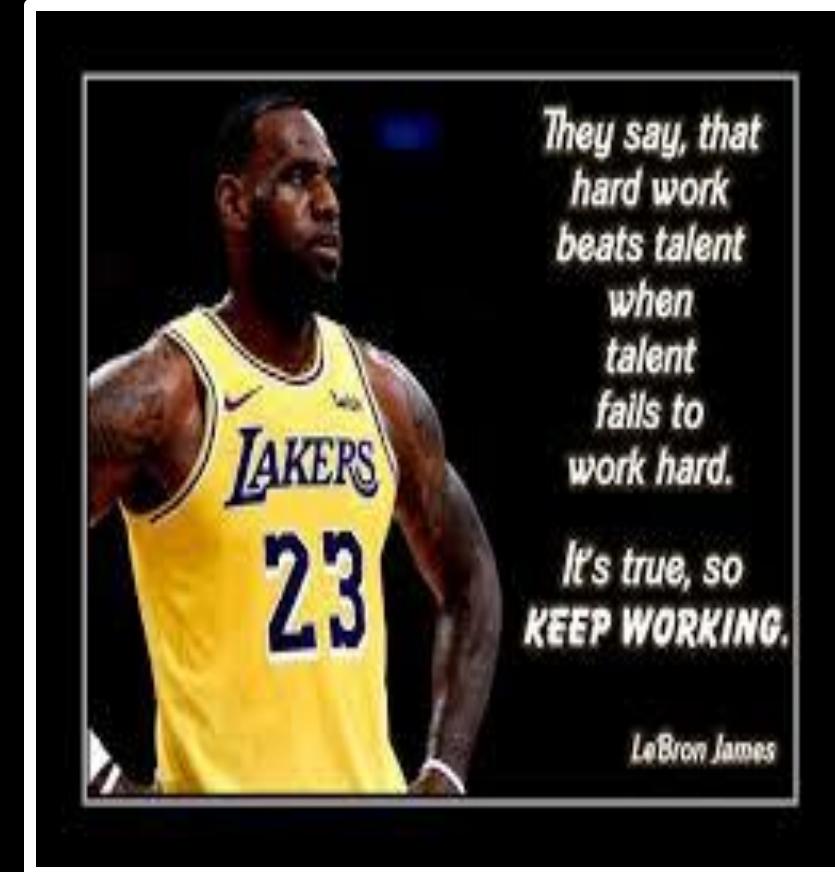
TEACH

A TRULY AMAZING
COACH
is hard to find, difficult to part with
and **IMPOSSIBLE**



TO FORGET

MOTIVATE



They say, that hard work beats talent when talent fails to work hard.

*It's true, so
KEEP WORKING.*

LeBron James

MENTOR

- TRAINING SESSION PLAN -

BASKETBALL TRAINING SESSION PLAN

DATE: _____ TOPIC: _____

- ◊ WARM UP - (5 MINUTES)
- ◊ DRILL # 1 - (10 MINUTES)
- ◊ DRILL # 2 - (10 MINUTES)
- ◊ SCRIMMAGE AND GAME SCENARIOS - (20 MINUTES)

- MOJO COACHING APP -



MOBILE APP : MOJO

LOGIN

CLICK HOME – UNDER THE BROWSE TRAINING VIDEOS AND PLANS ***CLICK*** HOME TRAINING – ***CLICK*** BASKETBALL

Youth Sports Coaching | MOJO Sports

- COACHING RESOURCES -

WEBSITE

LINK

NBA JR. - PRACTICE PLANS

[Starter Practice Plans - NBA.com: Jr. NBA](#)

YOUTH DRILLS

[Microsoft Word -
YouthBasketballDrills&PracticePlanBooksv1-05.doc](#)

TACTICS

[Basketball Coach Weekly - Introduction to
basketball tactics](#)

YOUTUBE - FUNDAMENTALS

[Fundamentals Of The Retreat Dribble](#)

- GAME SCHEDULES -

- PRACTICE SCHEDULES -

MOBILE APP : TEAM SIDELINE

**FORGET
PASSWORD**

LOGIN

EVENTS / ROSTERS / CHAT / EMAILS

REVIEW GAME EVENTS AND PRACTICE EVENTS

STAR ELEMENTARY < COURT >

INFORMATION

- ❖ THE TEAMS THAT PLAY AT THIS SCHOOL WILL SPLIT THE COURT. ONE TEAM WILL PRACTICE ON THE NORTH SIDE OF THE GYM AND THE OTHER TEAM WILL PRACTICE ON THE SOUTH SIDE OF THE GYM AT THE SAME TIME.
- ❖ PLEASE MAKE SURE THAT YOU START YOUR PRACTICE ON TIME AND END 2 MINUTES EARLY SO THE NEXT TEAM CAN TRANSITION IN AND START THEIR PRACTICE ON TIME.

**REC EMPLOYEE WILL BE
RUNNING STAR ELEMENTARY**

STAR MIDDLE < COURT >

INFORMATION

- ❖ THE TEAMS THAT PLAY AT THIS SCHOOL WILL SPLIT THE COURT. ONE TEAM WILL PRACTICE ON THE NORTH SIDE OF THE GYM AND THE OTHER TEAM WILL PRACTICE ON THE SOUTH SIDE OF THE GYM AT THE SAME TIME.
- ❖ PLEASE MAKE SURE THAT YOU START YOUR PRACTICE ON TIME AND END 2 MINUTES EARLY SO THE NEXT TEAM CAN TRANSITION IN AND START THEIR PRACTICE ON TIME.

**BILLY WILL BE RUNNING STAR
MIDDLE SCHOOL**

- COURT EXPECTATIONS -

INFORMATION

- ❖ PICK UP YOUR TRASH AND THROW IT AWAY
- ❖ HOME TEAM AND AWAY TEAM SITS ON THE SAME SIDELINE
- ❖ FANS WILL SIT IN THE BLEACHERS (@ Middle School)
- ❖ FANS WILL SIT ON THE SIDELINE (@ Elementary School)

**NO WALKING THROUGH
THE SCHOOL
(STAY IN THE GYM)**

**MAKE SURE YOU USE THE
CORRECT SIZE BALL**

- EQUIPMENT -

- ❖ PICK UP YOUR EQUIPMENT FROM THE BLACK BALL CART BEFORE PRACTICE AND PUT AWAY YOUR EQUIPMENT AFTER PRACTICE IN THE BLACK BALL CART.

- SAFE SPORT COURSE -

SAFE SPORT

THE REASON FOR TAKING THE COURSE
PROTECTING YOURSELF AND YOUR PLAYERS

SafeSport Courses for All | U.S. Center for
SafeSport (uscenterforsafesport.org)

BACKGROUND CHECK

INFORMATION

[City of Star \(quickapp.pro\)](http://City of Star (quickapp.pro))

- QUESTIONS -



- COMMUNICATION -

COACHES COMMUNICATION

- ❖ WE EXPECT THAT THE COACHES WILL SEND OUT TEXT MESSAGES THROUGH THE TEAM SIDELINE APP
 - DISCUSS PRACTICE INFO (AVAILABILITY)
 - DISCUSS GAME INFO (AVAILABILITY) AND (HOME OR AWAY COLOR)
 - DISCUSS ANY CANCELLATIONS THAT YOU NEED TO CANCEL DUE OF PERSONAL OR WORK ISSUES.
- ❖ PLEASE MAKE SURE THAT YOUR PARENTS MARK OFF THEIR PLAYERS AVAILABILITY FOR PRACTICES AND GAMES.

**HOME – BLUE
AWAY – BLACK**

- CONCUSSION -

HEADS UP INFORMATION

<https://www.cdc.gov/headsup/youthsports/training/index.html>

- FIRST AID -

INFROMATION

[First aid - Mayo Clinic](#)

- QUESTIONS -



- REFEREES -

AGE GROUPS

TEENS FOR THE YOUNGER AGES AND ADULTS FOR THE OLDER

*** * * AGE BREAKDOWN * * ***

PRE-K and K / 1st and 2nd GRADE

(THESE AGE GROUPS WILL USE 1 TEEN REFEREE.)

3rd and 4th GRADE / 5th and 6th GRADE / 7th and 8th GRADE

(THESE AGE GROUPS WILL USE 2 ADULT REFEREES.)

- REFEREES -

COACHES AND REFEREES

BEFORE EVERY GAME THERE WILL BE A REFEREE COACHES MEETING

* * * THIS MEETING WILL HAPPEN DURING TEAM WARMUPS * * *

THINGS THAT WILL BE DISCUSSED IN THIS MEETING....

- 1.) THE COACH IS IN CONTROL OF THE PLAYERS, PARENTS AND FANS FOR THEIR TEAM.
- 2.) THE REFEREE IS IN CONTROL OF THE GAME AND THE REFEREE WILL REMIND YOU OF SOME OF THE IMPORTANT RULES FOR THAT AGE GROUP.

- REFEREES -

COACHES

BELOW ARE THE ITEMS THAT YOU ARE IN CONTROL OF

** * * YOU ARE IN CONTROL OF YOUR PARENTS AND FANS. * * **

IF A PARENT IS TALKING TO THE REFF IN A DISRESPECTFUL MANNER ...

- 1.) THE REFEREE WILL GO OVER TO THE COACH AND ASK THE COACH TO GO AND TALK TO THAT PARENT TO CONTROL THE SITUATION AND TELL THEM TO STOP.
- 2.) IF IT DOES NOT STOP THE REFEREE OR CITY STAFF MEMBER WILL ASK THE PARENT TO LEAVE THE BUILDING AND WILL NOT BE ALLOWED TO COME BACK FOR THE REST OF THE GAME.

BASKETBALL RULES

Star Idaho
Recreation



- BALL SIZE / HOOP SIZE -

DIVISION SPECIFICATIONS

BELOW IS THE BALL SIZE AND HOOP SIZE

- PRE-K & K = 22-inch Ball and 6-foot Hoop (with extension)
- 1 & 2 = 25.5-inch Ball and 8-foot Hoop
- 3 & 4 = 27.5-inch Ball and 9-foot Hoop
- 5 & 6 (GIRLS) = 27.5-inch Ball and 9-foot Hoop
- 5 & 6 (BOYS) = 28.5-inch Ball and 10-foot Hoop
- 7 & 8 (GIRLS) = 28.5-inch Ball and 10-foot Hoop
- 7 & 8 (BOYS) = 29.5-inch Ball and 10 -foot Hoop

- QUESTIONS -



- DRAFT SCHEDULE -

- **3rd and 4th Grade (GIRLS) @ 9:00 to 10:15**
- **3rd and 4th Grade (BOYS) @ 10:45 to 12:00**

- **5th and 6th Grade (GIRLS) @ 12:30 to 1:45**
- **5th and 6th Grade (BOYS) @ 2:15 to 3:30**

PLEASE ARRIVE 20 *MINUTES* BEFORE YOUR DESIGNATED START TIME.

- 3rd and 4th (GIRLS) -

TOTAL PLAYERS	36
# OF TEAMS	4
# OF PLAYERS PER TEAM	9

- 3rd and 4th (BOYS) -

TOTAL PLAYERS	60
# OF TEAMS	6
# OF PLAYERS PER TEAM	10

- 5th and 6th (GIRLS) -

TOTAL PLAYERS	42
# OF TEAMS	4
# OF PLAYERS PER TEAM	10 or 11

- 5th and 6th (BOYS) -

TOTAL PLAYERS	52
# OF TEAMS	6
# OF PLAYERS PER TEAM	8 or 9

- DRAFT GAME PLAN -

**WE WILL NEED
YOUR HELP**

The length of the DRAFT is 1 hour and 15 minutes from start to finish.

We will be working on...

- Individual Ball Handling Skills** such as (Dribbling / Passing / Shooting)
- Movement Skills** such as Traveling with the Ball
- Small Sided Games**
- Shooting Games**

**COACHES WILL BE ABLE
TO PICK 6 PLAYERS**

- QUESTIONS -



THANK YOU COACH !

—
YOU ARE GOING TO DO GREAT THIS SEASON.

