



**MMYBL  
MINI-METRO BASKETBALL  
5-6th Grade  
"A" Team**

**Players Handbook  
2018-19**

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# **Team Mission for 2018-19:**

**EXECUTE AS A TEAM!**

**WIN AS A TEAM!**

## **Team Code**

**W**e are accountable to each other

**I**nsist on hard work, dedication, and execution

**N**obody out-works, out-hustles, or has more energy

***NOBODY!***

### **From Coach Brian**

Last season was about winning through growth.

We learned and grew a lot but... We didn't play like Cougars

This season play like a Cougar.

Play with power and precision. Learn the plays, Execute them as drawn-up.

Demand practices that make us better. Demand dedication to win from everyone

Our offense will rip a defense to shreds. Our defense will stop offenses cold

Execute as team.

Win as a team.

# **Practice**

## **Practice Habits**

1. Show up 10 mins before practice, warm-up, get ready start on time.
2. Goof off ? We Run! Get Lazy? We Run! Show-up Late for practice? We Run!
3. Disrespect teammates or coaches? Kicked out of practice.  
Kicked out of 2 practices ? Find another team ! No Energy Vampires!
4. Practice Uniform is: T-shirt/Jersey, Shorts, Basketball shoes, Water bottle.  
Show up out of uniform you will not participate.
5. NO EXECPTIONS to these Standards

## **Practice Crucible**

The Practice Crucible forges a competitive spirit, rewards proper execution of skills, drills and plays, and highlights excellence in practice by individual efforts. Coaches announce standings at the end of practices. Rankings will be shown to players at the start of every practice.

**Top 5 Players for the week start the next game.**

1. Weekly System-10 points max per week
2. 5 Pts up for grabs each practice
3. 1 point per individual skill/drill competition winner.  
There is only 1 winner or winning team
4. 1 points per player on winning team for a team drill or scrimmage.
5. You will earn 0 points for each drill you miss when you skip practices or are late and miss drills.

# Practice First 10 Minutes

The first 10 minutes of practice sets the tone for the rest of practice.

The first 10-minutes are player led, Coaches supervised.

Players own how the first 10 minutes are run.

The activities for the first 10 minutes are listed below.

<u>Time</u>	<u>Warm up exercise</u>	<u>Duration</u>	<u># Balls</u>	<u>Notes</u>
00:00-2:00	Full Court Free-Shoot	2mins	1 per player	Players must practice layup/shot @ each end
2:00-4:00	Basketball Decision Training (BDT) 0 second shooting	2mins	1x player	Players use no dribble, pound or cross dribble to work on pick-up to shot.
4:00-8:00	3-V-3 Screen Away 3-V-3 Ball Screen	4 mins	1x6 players	3-v-3 play for 10 seconds. Offense must set proper screens or it's a turnover.
8:00-10:00	Knockout	2 Mins total	1x player	2 mins if no winner game is over <b><u>PART OF DAILY CRUCIBLE</u></b>

## **PRE-PRACTICE STRETCH/WARMUPS** DONE ON YOUR OWN PRIOR TO 1<sup>st</sup> WHISTLE **Get to practice 10 mins early, do these in the hall** **Ownership starts here!**

<u>Stretch/ warm up</u>	<u>Length</u>	<u>Notes</u>
Side to Side kicks	10 reps each leg	Make sure you have plenty of space away from others.
Squats	10-20 reps	Back Straight through out, sitting down/ butt touching heels, explode up to toes
Hamstring Stretch	2 times counting to 10	Can be done on ground or standing. Touch your toes/ankles, legs straight/ knees slightly bent and hold for 10 count
Quad Stretch	Count of 10 for each leg	Standing (brace against wall if needed) gently stretch, do not hyper flex your knee.
Arm Huggers/ Circles	10-20 reps	Move arms in circular motion or do huggers. Make sure you have plenty of space.

Coach will show you how to do these stretches right at the first practice.  
After that its on you and your team mates to do them.

## **Defensive Play:**

We are a defense first team and we play like Cougars.

We are tough and we attack and stop our opponents' offense. We are like Cougars: steal the ball back, rebound, hustle into our offense to pounce.

We play tough, ball pressure, man to man defense to steal the ball, deny the shot. When we trap we are like Cougars, steal the ball, stopping their play.

### **Play like Cougars**

**Get the ball, Stop the shot, deny the pass**

## **Offensive Play:**

Our 5-Out based offense will tear apart defenses.

This offense creates big advantages to score by setting up small advantages first. To shred a defense we have to cut it up with sharp passes, quick cuts, solid screens and make our shots.

We have to pass first, dribble second. Dribbling is slow. Passing is quick. We have to run our offense quickly and get to our spots to create advantages to score.

### **Play like Cougars.**

**Tear apart an offense with quick passes, quick cuts, solid screens.**  
**Get to your spot in the play and shoot the ball.**

### **Defensive System Rules**

**1. Man to Man half court:** close out the ball, help and recover to prevent penetration, stay between your man the basket. **Push the ball handler toward the sideline**

**2. Communicate:** call screens and switches, once you feel beat call **HELP!**

**3. Press:** the first 2 minutes of each half or when down by more than 6 points.

### **Offensive System Rules**

**1. Get open for shots before you receive the ball. Work for the ball, do not stand and call for it.**

**2. Pass first, Dribble second to move the ball.**

**3. Jump to all passes into a triple threat stance (shot, drive, or pass) and be ready to pass, dribble or shoot.**

## Nutrition

During the season you'll need to fuel your body with good foods to perform at your best. This means cut down on chips, soda, candy and eat more good sources of carbs, protein, veggies and fruit and more water.

**What should I be eating day-to-day?** On a caloric basis, 45-65% carbohydrates (pasta, breads, fruits, cereal), 10-30% protein (meat, nuts, beans), 25-35% fat (oils, butter). Make whole grains, fruits, and vegetables a large part of your diet, because these foods contain more fiber, vitamins, and minerals than fried foods, pastries, chips, and soda.

**Before a game or workout** Ideally, eat your pregame meal about 3 hours before a game or workout followed by a lighter snack about an hour before. But if this isn't possible, try to eat at least an hour before a game or workout. Stick with high-carbohydrate, low-fiber, low protein options the closer to the game or workout time you get. Also, the closer to the game or workout time, the fewer calories you should consume.

**During a game** Primarily carbohydrate-containing snacks are an excellent way to replenish your glycogen stores for the second half. Sports drinks are a good option for those not comfortable eating at halftime or shortly before a game.

**After a game or workout** Consume a carbohydrate- and protein-containing snack or meal as soon as possible after finishing your game or workout to replenish your glycogen stores. During the first hour after exercise, your body is most efficient at producing glycogen.

**Fluids** Fluid intake is important; a 2% or greater loss of body weight from fluid loss can decrease performance. You should be drinking about 8-10 glasses of water per day and 10-12 cups on practice/game days. About 3 cups of fluids are needed for each pound lost. If you're sweating, make sure you're drinking during breaks. . Feeling thirsty means that you may already be dehydrated, so do not depend on thirst to guide your fluid intake.

	<b>Good Eats</b>	<b>Bad Eats</b>
	Breakfast: Eggs, Sausage or Bacon (a little not a ton), yogurt, fruit, toast with Peanut Butter, whole grain cereals. Milk or similar liquid protein.	Breakfast: Sugary Cereals, Waffles or pancakes with lots of syrup, candy.
Daily	Lunch: Sandwiches; ham turkey, tuna, chicken or similar, fruit and veggies, nuts. WATER!  Dinner: Whatever Mom or Dad makes is what you should be eating.	Lunch: Greasy Pizza, burgers, hot dogs, lots of chips or salty snacks, candy, ice cream. Soda or sugary drinks  Too much of McDonalds, Betty Crocker, Swanson, etc...
Before Practice or a game	Water, Water, Water. Protein from a sandwich or protein shake or something similar. Good carbs from fruit, veggies, etc. Granola bars, popcorn, pretzels	Chips, candy, soda, big heavy meals or sources of calories.
After Practice/game within first hour	Chocolate milk, protein shakes, granola bars, Gatorade/PowerAde, Water	Big Heavy meals, lots of sugary drinks or sugary food.

# **MINI-METRO LEAGUE**

## **SPORTSMANSHIP**

### **EXPECTATIONS**

We encourage displays of good sportsmanship and positive behavior from all players, coaches, officials, parents and fans throughout the Mini-Metro League season and playoffs. We expect all of the above to cooperate by supporting the participants and officials in a positive manner. Please cheer positively for your team but refrain from negative comments to opposing teams, players, coaches, and officials. Although this is competitive basketball for grades 5 & 6 and 7 & 8, it still should be fun. At this developmental age, we must keep in mind our role of modeling positive behavior and providing positive experiences for our children. Overall, the results are not of enough importance to cause any problems or create difficulties for the officials. We request that everyone give one another the benefit of the doubt and if you have nothing positive to add, then please refrain from commenting. We ask that you respect the school buildings and pick up after yourselves so that we can continue to use these facilities in the future.

Thank you for your cooperation.

Mini-Metro League Officials



# Fouls

Fouls in AAU Mini Metro Ball will be called more regularly.

Here is a list of fouls you need to be aware of.

**You will foul out in Mini Metro after 5 personal fouls.**

- **Blocking** - When a player uses their body position to prevent their opponent from advancing.
- **Charging** - When an offensive player runs into a defender who has an established position.
- **Elbowing** - When a player swings their elbows in an excessive manner and makes contact with their opponent.
- **Holding** - Using the hands to interfere with or limit an opponent's freedom of movement.
- **Illegal Screen** - The player setting the screen is still moving when the defender makes contact with them. This is a form of blocking which prevents the defender from moving around the screen.
- **Hand Check** - When a defender intermittently or continuously uses one or both hands on an opposing player, usually the ball handler.
- **Holding** - Using the hands to interfere with or limit an opponent's freedom of movement.
- **Over-the-Back** - Jumping on and over the back of an opposing player who is attempting to rebound the basketball.
- **Reaching In** - When attempting to steal the basketball, the defender extends their arm and hand and makes contact with the ballhandler.

## Thoughts for the Season

***"Luck is the residue of design"***

**-Branch Rickey, Baseball Hall of Famer**

***"I've got a theory that if you give 100% all of the time, somehow things will work out in the end."***

**- Larry Bird, Basketball Hall of Famer**

***"Excellence, then, is not an act but a habit."***

**-Aristotle, Greek Philosopher**

***"We're going to have to work. We're going to have to play well. Nothing will be given to us."***

**-Steph Curry, Golden State Warriors**

***"Winning here is a conscious decision"***

**-Master Chief Taylor, US Navy**

**BUDS/SEAL Instructor on day 1 of BUDS training**

***"If you allow the poor performance to continue you can't expect to improve performance, and you can't expect to win."***

**– Jocko Willink, Retired Navy SEAL,  
Author of 'Extreme Ownership'**

## **SOCIAL MEDIA CONTACTS**

**Heja Team App: search for Mini Metro Cougars**

**Facebook: @mmyblminimetro2018**