



FIVE STAR BASKETBALL PACKET

***PRACTICE:**

Sunday | Tuesday | Thursday

*Practice schedules subject to change

Coach Malcolm McCreight
Coach Lester Ruffin

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Note: The last 3 pages of this packet should be submitted to the coach along with a copy of your child's most recent report card.



Five Star Motto

Remember what we believe:

“Defense wins games, Offense determines the margin of victory, and Rebounds win championships.”

Five Star Goal

“Our goal is not to win. It’s to play together and play hard. Then winning takes care of itself.”

- Coach Mike Krzyzewski

Remember, you are a winner! A winner has a goal, a plan, works hard, and never quits.

YOU ARE A WINNER!

Report Card Rules

- The coaches **MUST** see **ALL** report cards. If the report card is not seen, you will not play in (1) game.
- If you make below a 'C' average on a report card, you will not play in (1) game and have the following penalties:
 - 'D' average and/or 'N' in conduct = 24 laps
 - 'F' average and/or 'U' in conduct = 36 laps, 10 down & backs, and 100 push-ups
 - 'Incomplete' = 100 laps, 50 down & backs, 100 push-ups and probation until the next report card
- Failure to provide the report card = 300 laps, 150 down & backs, 300 push-ups and you will not play in 3 games

Education is important. Concentrate on making good grades. You cannot participate if you are unsatisfactory in class. Put grades and academic success at the top of your list. Check with your teachers periodically on your progress. Remember, they want you to be successful and they will help you if you seek the help.

Conduct Policy

- Earrings or piercings should not be worn during practice or in a game.
- Horse-playing is not allowed during practice or before a game.
- Being disrespectful, fighting, or use of profanity will result in indefinite suspension from the team. Being a member of this team is more than learning how to dribble and shoot a basketball. This is a family and family sticks together.
- After the final buzzer at games, line up to shake hands with the opposing team and immediately report for team huddle.
- Remember you are trying to sell yourself as a winner and an athlete. Wear appropriate clothing and wear it in a way that makes you look like both.

Team and Player Expectations

Your chances of being a successful player may be in direct proportion of your ability to live up to the following sets of expectations:

- Be a gentleman/lady at all times.
- Be a team player always.
- Be on time whenever time is involved.
- Be a good student in all subjects - not just basketball.
- Be enthusiastic, industrious, dependable, loyal, and cooperative.
- Be in the best possible condition – physically, mentally, morally.
- Keep emotions under control.
- Work constantly to improve without becoming satisfied.
- Never criticize, bully, or harass a teammate.
- Never miss or be tardy for a class or an appointment.
- Never expect favors.
- Never waste time.
- Never make excuses.
- Never lose faith or patience.

THE PLAYER WHO GIVES HIS BEST IS SURE OF SUCCESS

- Politeness is a small price to pay to get the goodwill and affection of others. It will reap huge benefits in the end.
- Basketball is a game of habit; it takes time and patience to develop proper habits. Players should be working on something at all times while they are on the floor.
- Fundamentals, Condition, Competitive Spirit, Morals, Diligence, and Enthusiasm are the cornerstones and heart of any successful team.
- Play hard and don't complain.
- When you get the ball, react quickly and you may sweep your opponent off their feet. If you lose the ball, become defensive-minded immediately.

Practice and Game Rules

- Be on time. Please arrive **15** minutes early for practice and **20-30** minutes early for games to allow for uniform changing and proper stretching.
- Teaching and instruction will be provided by the Coaches only.
- There should be no sitting down unless stated by the Coach.
- Try to notify one of the coaches ahead of time if there is a problem with coming to practice.
- Coaches will not tolerate inappropriate language, behavior, or conduct in the gym during practice and/or games.
- Only proper gym attire will be permitted
- Jerseys should be always tucked into shorts during practice and games.
- When a coach calls you over, sprint (**do not walk**) to hear the instructions.
- When a coach is speaking, everyone should be quiet and giving their undivided attention.
Look, Listen, and Learn. Remember to look the coach in the eye when he is talking.
- When standing on the sideline or sitting on the bench, pay close attention to the drills and instructions given by the coaches to the current players on the court. This will ensure that you will know what to do when it's your turn.
- When you enter the gym, the coaches demand **100%** effort and intensity from you.
- No negative comments or teasing fellow teammates. Encouragement and positive reinforcement only.
- Get better one day at a time. Try not to make the same mistakes in the game that are made in practice. Learn from the mistake, try not to repeat it, and move on to be better.
- Warm up, shoot free-throws, and work on your weaknesses before practice begins.
- Conditioning comes from hard work during practice and proper mental and moral conduct.
- Poise, self-confidence, and self-control come from being prepared.

FIVE STAR PHILOSOPHY

The following is a brief overview of our philosophy as it relates to basketball game and practice organization. The philosophy we adhere to is one of positive reinforcement both on and off the court. Presented are thoughts and ideas from our programs leadership that can be used and adapted for any program.

FIVE STAR Offense

Our offensive philosophy is 94 feet. Most players believe and parents would agree that the most exciting time to watch the game of basketball is when it's up-tempo and when there is a fast break. This type of game not only produces victories, but it appeals to the highly skilled student-athlete.

The most effective way of producing a fast breaking, up-tempo team is to run some type of point guard break. This is a numbered system which allows players to release quickly down the floor in designated spots after securing the rebound. This system allows the team to fill into their spots after the initial break to enhance ball reversal and quick scoring. If this secondary break is not a viable option because of the number system, the players are in the correct position to initiate our half court game without resetting. In half-court offense, patience and recognition will be taught to ensure the type of shot we desire. Point of emphasis will be teaching the players to recognize the difference between fast break and impatience.

FIVE STAR Defense

Our defensive philosophy is based on the same principles as our offensive philosophy in that our defensive pressure should be end line. We are firm believers in pressuring the ball from the inbound pass to the shot attempt. It is our belief that using this constant and insistent pressure, the opponents will not only turn the ball over, but will begin to wear out and become mentally and physically fatigued as the game progresses. When the opponent is tired, they may tend to make careless mistakes. Obviously, this will be to our advantage.

To accomplish this, the coaches will teach the following:

- 1-2-1-1 full court press
- 1-3-1 full court press
- 2-2-1 full court press
- 2-1-2 full court press
- Full court man-to-man

Our commitment to this pressure will not end once the ball crosses half court. The coaches will teach a pressure half court man-to-man, 2-3 half court zone, 1-3-1 half court zone, and 3-2 half court zone. This intense pressure will then carry over to rebounding and into the initiation of our fast break.

What it means to be a basketball player...

Dedication

Work in the off season – that’s where the improvement is made. Spend your time with a ball wisely and work on fundamentals. Live with a ball – it will be worth it. Play as much as you can without being told. This spells success for the team as well as for the individual.

Tradition

This is based on winning. We will start it now. Remember, winning only results from hard work done the right way. Others have paved the way – do your part in keeping our success going.

Loyalty

Not only to the coaching staff but to your teammates and yourself. Recognition for a team and an individual only comes about from winning. Therefore, everyone must do his/her best to be fundamentally prepared.

Pride

Be proud to be a basketball player in your program. You must believe that you’re in the best possible program that you could be in (anywhere). Pride comes about through doing your best, getting prepared, and from being on a winning team. You have to be a winner before you can be a champion.

Unity-Togetherness

That something ‘extra’ that all great teams have. It is built on closeness and respect for each other.

What is a Team?

A team should be more than a group of assembled people. It is a collection of individuals guided by a common purpose, striving for the same results. Because each member makes a unique contribution, a team represents a powerhouse of potential. Team members must be willing and able to put aside personal likes and dislikes for the good of the common team purpose. With a good team, the ‘whole’ is greater than the ‘sum of parts’.

Communication

- Each player must talk to each other
- This will help the players work together to establish a tightly knit man-to-man defense
- There should be constant chatter between the 5 players. The gym should be alive with these phrases:
 - “I got ball”
 - “Screen left” or “Screen right”
 - “I got your help”
 - “I’m fronting – help on the lob”

Three Key Points to Know

- 1) You don't have much time or space in a basketball game. You **MUST** make a strong move and either score or pass with 2-3 dribbles. You need to get in scoring or passing position without wasting time, space, or energy.
 - 2) Quickness and footwork are very important. You don't have to be the fastest, but you do need to move with a sense of urgency. This doesn't require strong muscles; it requires quick reaction time in the brain.
 - 3) Be in proper basketball positioning. This means that you turn and face the basket:
 - feet are shoulder width apart
 - feet are pointed towards the basket
 - knees flexed
 - both shoulders pointed towards the basket
- If you are right-handed, keep the ball on your right side. If you are left-handed, keep the ball on your left side.
- When you 'drive', you get past your defender and move towards the basket with speed and quickness. Being good at driving has many advantages. You can get easy lay-ups or find your teammates in a good scoring position. Most of the time you will get fouled, which results in the chance to earn points in free-throws.

Keys to Success

- Pressure the ball
- Deny penetration into the lane
- Deny easy entry passes into the low post
- Take away easy baskets
- Communication

"Accept a loss as a learning experience and never point fingers at your teammates." – Michael Jordan

Sportsmanship

One of the finest objectives of athletics is to develop a keen sense of fair play and respect for the rules of the game. If these are not a by-product of your participation in athletics, then either you or the program is at fault.

- Know the rules and play by them.
- Playing dirty seldom contributes to a victory, but it has helped many teams go down in defeat.
- "Getting even" takes your mind off the game. Maybe you misjudged the act that is taking your mind from the task at hand. Basketball is a contact sport. Every bump or nudge is not intentional. This comes from activity.
- Don't complain or gripe. Bad calls by the officials will balance themselves out by the end of the game.
- Be a gracious winner.
- There is no place in sports for flagrant fouls.
- Losing your temper removes you from the game. This adds nothing to your team's position, but it may help the opponent.
- Be a fierce competitor.
- You represent many people when you are out on the court – your parents, your coach, your community and of course yourself. Be sure that you represent all of them in the best way possible.

Pre-Game Notes

DEFENSIVE ABSOLUTES:

- **NO EASY BASKETS** whether in transition or the half court. Make the opponent work/earn everything they get.
- **NO 2nd SHOTS** of any kind. Too many good defensive efforts are wasted because of failure to get the defensive rebound. This can be demoralizing in many situations.
- **NO UNCONTESTED SHOTS** which reiterates the first point in that we don't want to allow easy and free looks at the basket. Don't allow mediocre shooters to become good ones because you don't contest the shot.
- **NO PENETRATION** in the paint/post area. This means no penetration off the pass as well as the dribble. When the ball enters the middle of the floor and in particular the post area, there are too many options available for offense. Try to limit the things they can do by keeping it out of the middle. If it does get inside, then attack the ball and dig it out as quickly as possible. Offensive rebounding is also a way a team can get the ball in this area and we have already stated in Point #2 that can't happen.
- **PRESSURE THE BALL** as much as possible. Point #3 certainly implies pressure on the shot. Pressure the dribble, the pass, and the catch as well to take the individual or team out of their comfort zone. Making the opponent dribble, pass, or catch going away from the basket is a good rule of thumb. How much you're able to pressure may vary from game to game or year to year depending on your personnel, which goes back to Point #1.
- **COMMUNICATION** pulls it all together. It lets you know that your players understand what you are trying to accomplish. It creates team cohesiveness and promotes unselfish play. It says you are in this together and it takes everyone doing their part to be successful.

OFFENSIVE ABSOLUTES:

- **BE FUNDAMENTALLY SOUND** in the basic skills of basketball. This means the ability to dribble, pass, catch, shoot and rebound the ball without mistakes. It also means the ability to cut, screen, and space yourself properly. If you cannot execute the fundamentals of the game, it makes difference what you try to do offensively – you won't be successful. John Wooden has always said that you need to “quickly and properly execute the fundamentals of the game.”
- **GET EASY BASKETS** whenever possible. This would apply to both transition basketball and half court basketball. This can have a divesting effect on the opponent if you are able to get easy baskets repeatedly and then the opponent has to work to get something at the other end of the floor.
- **SHOT SELECTION** is of critical importance. Players need to know their roles, accept their roles, and fulfill their roles to the best of their ability. Basketball is not an equal opportunity sport!
- **OFFENSIVE REBOUNDING** can make up for a lot of shortcomings. Crash the boards with aggression and get at least 50% of all offensive rebounds available to you. Rebounding is how you win championships.
- **GET THE BALL INSIDE** for the higher percentage shot. The obvious way to get the ball inside is to feed the post. However, driving the ball to the basket, getting into the lane area in transition, passing the ball to a player cutting through the lane, and offensive rebounding are others. All are excellent scoring opportunities that put constant pressure on the defense.
- **MAKE YOUR FREE THROWS** whenever you get to the free throw line. Many coaches make it a goal to make more free throws than the opponent gets. There is nothing wrong with that, but regardless of whether you are able to do that or not, you must make your free throws when you get to the line. It's been said that 20% to 25% of a team's scoring opportunities come at the free throw line. This is especially true at “crunch time” of the game.

Parent/Guardian Policy

The coaches look forward to an exciting, enjoyable year with you and your son or daughter. We'll work hard, play hard, and we're sure the players will reap the benefits associated with both recreational and competitive sports. So that we can have the most positive, productive season possible, we ask that you adhere to the following practices:

❖ **Attitude**

- We expect a positive attitude from all players and will not tolerate negativity towards teammates or other teams.
- All players should have willingness to work hard.
- Basketball is a **TEAM** sport. We expect **TEAMWORK**.

❖ **Missing Practices or Games**

- If your player must miss a practice or game, please notify the head coach/assistant coach as soon as possible.
- Try not to miss practices or games unless there is a legitimate excuse.

❖ **Problem and/or Complaint Procedure**

- Focus on the player. If you feel there's a problem, talk to your child to verify he/she feels the same way. Sometimes parents can make a bigger deal of issues than our kids would like us to...
- If you do have a problem or complaint, we encourage you to call the coach to discuss it, but under these conditions:
 - ***Do not call when you are angry.***
 - ***Do not call or attempt to discuss the matter before or during a practice/game.***
 - ***Schedule a time to discuss the situation.***
- Understand that the discussion will focus on your child and his/her situation only.
- Recognize that you might not always hear what you want to hear. Please remember that the coaches are giving their personal time to help your player enjoy recreational and competitive basketball. They deserve respect for the time and effort they devote to the team and the program.
- Please don't criticize coaches or other team members in front of your child, other players, and other parents.
- Only **COACHES** will communicate with referees. Technical fouls should not result from a parent's actions.
- Coaches are in charge on the court during practices and games.
- **NO COACHING FROM THE STANDS. Players need to HEAR the direction given from the coach and FOCUS.**

Player Policy

Always conduct yourself in a first-class manner. Remember we all represent **FIVE STAR ACADEMY**.

- ❖ Have Fun!

- ❖ Attitude
 - Hard Work
 - Never Quit
 - Be Aggressive
 - Always be Positive
 - Be Confident
 - Have Team Spirit
 - Pay Attention
 - No back-talking or arguing with coaches or referees
 - No Profanity
 - Control your Emotions
 - Ask Questions if you don't Understand

- ❖ Playing time will be based on sincere effort, determination, attitude, and attendance.
- ❖ Repeated violations will result in a conference with your parents to correct the situation.

Player/Parent Contract



I, _____ (Parent) give my consent for
_____(Player) to join the Five Star Basketball organization. I agree to have my child at every practice and game on time. I will contact the Coaches in advance if there is a conflict or if he will be late. I agree to support our team and to always conduct myself in a proper manner. This means no yelling at officials, gossiping about coaches, players, or other teams. I will make every effort to speak with a coach if I or my child have an issue. I agree to always display a positive attitude.

I, _____ (Player) will give 100% effort at every practice and game. I will be a team player and demonstrate good sportsmanship towards teammates, opponents, coaches, officials, and other parents. I will maintain passing grades and satisfactory conduct throughout the academic term.

Parent Signature _____

Date _____

Player Signature _____

Date _____

****Please submit this form to the Coach along with a recent report card***

Contact Information

Child _____ Age ____
Last Name First Name

Parent _____
Last Name First Name

Address _____

Home Phone () _____ Cell Phone () _____

Emergency Contact(s)

Contact #1 _____
Last Name First Name

Relationship to Child _____

Home Phone () _____ Cell Phone () _____

Contact #2 _____
Last Name First Name

Relationship to Child _____

Home Phone () _____ Cell Phone () _____

**Please submit this form to the Coach*

Five Star Player Profile

Player Info

Name:

Age:

Date of Birth:

Address:

City:

State:

Zip:

School:

Parent Info

Name:

Phone:

E-mail:

Siblings that play basketball

Name:

Age:

Date of Birth:

Name:

Age:

Date of Birth:

Name:

Age:

Date of Birth:

Name:

Age:

Date of Birth:

In case of a medical emergency, please provide someone outside your household that you would want us to contact if you are unable to be reached.

Contact Name:

Phone:

Relationship to Player:

Please provide health background and any other health-related instruction you feel may be needed in time of an emergency.

Medical Conditions (Asthma, etc.):

Special Instructions:

Participating in sports is physical and injuries may occur. I assume all risks and hazards incidental to the conduct of the activities. I do further hereby release, absolve indemnity, and hold harmless the sponsors, coaches, and/or all of them in case of injury or sickness during any practice or game. I likewise waive all claims against sponsors, coaches, or instructors. If unable to be contacted, the coach has permission to obtain proper medical attention.

Parent/Guardian Signature:

Date:

****Please submit this form to the Coach***