Serving Annandale, Burke, Clifton, Fairfax City, and Springfield since 1966

Developmental League

1st/2nd Grade Girls & 2nd Grade Boys

Coach Handbook

2026

Fairfax County Gymnasium Rules

Fairfax County

NCS

Neighborhood and Community Services

GYMNASIUM USE HOT SHEET

Role of the Volunteer Building Director:

- Must be present at all times.
- Is responsible for the supervision of all players and spectators.
- Is responsible for interpreting all Neighborhood and Community Services (NCS) rules and regulations and ensuring that all groups comply.
- Must make sure that the facility is left in the condition that it was found.
- Must report all usage problems and facility damage to NCS or your league administrator.

Important Phone Numbers:

- Inclement Weather and Cancellation Hotline: 703-324-5264
- NCS Fax Number: 703-324-5546
- General Information Number: 703-324-5533, TTY 711

Expectations for Groups Using a Facility:

- No food or drink allowed on school property with the exception of water bottles!
- Respect the authority of the custodians, school staff, and NCS staff.
- Carry a permit at all times. Electronic version is acceptable.
- Respect and abide by your permitted times.
- Spectators and players are restricted to the gymnasium only.
- Respect school property. Please do not remove chairs and/or tables from other areas. The facility must be left in the same condition in which it was found.
- Notify NCS if you WILL NOT be using the facility or if you see a facility not in use as soon as possible.
- AT NO TIME shall the following be permitted on school property: alcohol, tobacco products, illegal drugs, or weapons.
- Always practice Character Counts:

Citizenship	Respect	Responsibility
Fairness	Caring	Trustworthiness

What to Do in Case of a Usage Problem:

1. Call the Neighborhood and Community Services on-call staff at 703-609-8870, TTY 711
   - Monday-Friday: 5:00 – 10:15 p.m.
   - Saturday: 8:00 a.m. – 10:15 p.m.
   - Sunday: 8:00 a.m. – 10:15 p.m.
2. Call School Security at 571-423-2000, TTY 711

Gym Usage Tips

- Encourage parents to only send/bring water - No Gatorade or other type of drink that if spilled creates sticky residue even if cleaned
- Please do not use or move school equipment other than the basketball rims we are allowed to adjust.
  - For example - we are not allowed to use any exercise mats or allow children or family members to climb on, sit on, use, etc.
- Limit movements to door and gym. No wandering the halls. This prevents us from getting blamed for vandalism or other issues.
- Respect those using the gym before and after you.
- Keep your players off the court while others finish.
  - Organize your players and leave the court at the end. If you need to finish a conversation, conclude with your team and/or parents in the parking lot.
- DO NOT conduct post-game snack distribution in the gym.
  - Move to the school entrance or sidewalk.
- Supervise children making bathroom visits, especially if they are outside of the actual gym. Ask for parental assistance.
- In the event of winter weather, encourage families to change children into their court shoes before entering the gym.
- Report any damage to Ellie Van Tassel (ellie.vantassle@bryc.org) whether caused or discovered by us.
  - After-school programs and other Fairfax County clubs utilize gyms.
  - We can be forced to pay for damages and/or lose facilities.
- **Please respect the schedule. Start on time. End with enough time to allow those after their allotment.**

1st/2nd Grade Girls League Rules

Logistics

- Play is 5 vs. 5 with 27.5 (size 5) youth basketball
  - Four (4) players required to start
- Basket height set to 8 feet (lower all the way down)
- Players on the court wear colored wristbands for match-up purposes to facilitate man-to-man.
  - Prior to each period, the coaches shall match opposing players and give them the same wristband color.
  - Players should be matched by size and ability.
- Full Court
- Free throw line set at 9 feet (mark 6 feet in front of court line)
- Four (4) eight (8) minute quarters, running clock
  - Tie at the end of regulation results in one (1) three (3) minutes overtime
- Clock run by parent volunteer from either team
- Jump ball to start game
- Score kept. If a team is ahead by 20 points, scoreboard shall be set to zero for both sides and no longer used.
- One (1) thirty-second time out per quarter
- Substitutions on dead ball.

Game Management

- All defense is man-to-man. No double team or zone.
  - On substitutions, attempt to align players/wristbands appropriately.
- Stealing and blocks allowed by player guarding
  - Loose balls fair game ie. lost dribble
  - No hip check or other form of contact to cause loose ball's
- No traveling or double dribble
  - At beginning of each game, coaches may confer with referees about enforcement.
- No picks
- Fouls called but not tracked; no fouling out
  - overly aggressive players should be corrected.
- No back court defense or press
  - Teams allowed to bring ball up past center court line
- Throw ins are taken out of bounds
- All players are given a fair chance to play all positions.
- **NO COACHES ALLOWED ON COURT OR UNDER RIM DURING PLAY. COACHES MUST REMAIN IN BENCH AREA.**

*Referees are scheduled for your games.

*Coaches are responsible for finding a parent volunteer to control the clock.

2nd Grade Boys League Rules

Logistics

- Play is 5 vs. 5 with 27.5 (size 5) youth basketball
  - Four (4) players required to start
- Basket height set to 8 feet (lower all the way down)
- Players on the court wear colored wristbands for match-up purposes to facilitate man-to-man.
  - Prior to each period, the coaches shall match opposing players and give them the same wristband color.
  - Players should be matched by size and ability.
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- Free throw line set at 9 feet (mark 6 feet in front of court line)
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PATIENCE

Remember you are coaching *kids.*
They need teaching but they also need the opportunity and *freedom to make mistakes.*
Your role as a coach is to teach and then help your players learn from their mistakes. Rather than expecting your players to play flawlessly, allow them to demonstrate mistakes.
This approach requires a substantial amount of patience but will maximize long-term player and team development.

Coordination Drills

GETTING USED TO A BASKETBALL

Before your player can start dribbling, they need to get used to being around a basketball without being scared to hold it, catch it, or dribble it. Hand-eye coordination is important to becoming a skilled player. If your player struggles with hand-eye coordination, the good news is that this is something that can be improved with practice.

DRILL 1 - CIRCLE BASKETBALL AROUND WAIST

Players stand facing the coach while holding their basketball with both hands, waist high. On the coach's command, the players circles the basketball around their waist. After a few times, have the players stop and then circle the ball in the opposite direction.

DRILL 2 - CIRCLE BASKETBALL AROUND LEGS

Players stand facing the coach while holding their basketball with both hands, waist high, feet together. On the coach's command, the players bend over at the waist and circle the ball around their ankles (ensure players feet are as close together as possible). After a few times, have the players stop and then circle the ball in the opposite direction.

DRILL 3 - CIRCLE BASKETBALL AROUND HEAD

Players stand facing the coach while holding their basketball with both hands, waist high. On the coach's command, the players circle the ball around their head. Ensure the players are moving the ball from one hand to the other, rather than just waving the ball in a circular motion around their head. After a few times, have the players stop and then circle the ball in the opposite direction.

DRILL 4 - THROW BALL IN AIR AND CATCH

Players stand facing the coach while holding their basketball with both hands, waist high. On the coach's command, the players throw the ball up in the air and catch it without moving from their spot. Have them start by throwing only a foot or two into the air. Once they master this without moving from their spot, have the players increase the height of the throw.

Ball Handling/Dribbling

SKILL 1:

HOW TO HOLD A BASKETBALL

- Teach young players to hold the basketball with two hands, one on each side of the basketball.
- Players should spread their fingers, with their thumbs pointed up at waist level.
- Give young players a sense of confidence handling the basketball.

POINTS OF EMPHASIS

- Slight knee bend
- Strong grip on each side of the basketball
- Head up
- Spread fingers, thumb up

SKILL 2:

FAMILIARITY WITH THE BASKETBALL

- In this skill, the player will become acquainted with the basketball by moving it from hand to hand, controlling it through all movements.
- It is important to ensure that the player is confident handling the basketball while remaining stationary.
- Once players become consistent with this movement, they can begin to move the ball with greater speed from hand to hand.
- Have the player create a popping sound with the basketball against the hand as speed increases.

POINTS OF EMPHASIS

- Slight knee bend
- Control of basketball from hand to hand
- Head up
- Spread fingers, thumb up

Ball Handling/Dribbling

DRIBBLING POINTS OF EMPHASIS

- Controlled dribbling (no slapping).
- Hand placement on basketball.
- Hand pushes through the basketball; downward wrist movement
- Use both hands equally
- Dribble no higher than the waist.
- Head up.

Ball Handling/Dribbling Drills

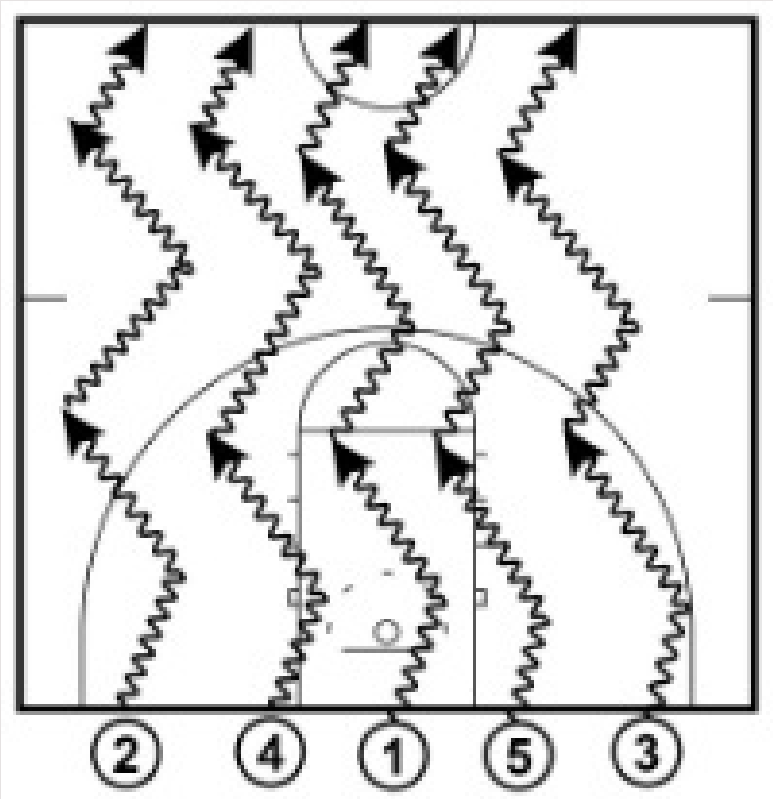
Dribbling Lines

Overview:
This is a simple drill to teach the basics of dribbling to new players. It's a good way to introduce new moves without overwhelming them and will also help to improve the technique of the movements players already know.

Setup:
Every player has a basketball and lines up on the baseline. If you have more than 8 players, create two lines on the baseline instead of one.

How it Works:
The coach will instruct the players to use different dribbling movements to dribble up to either the half-court line or full court.
Tell them the dribble movement you want to be performed first, and then say "go."
Here are a few to use:

- Right hand up, left hand back (and vice versa)
- Crossovers
- Dribbling backwards



Coaching Points

- Players must keep their heads up at all times.
- Once they develop good technique, focus on the players pushing off with their outside foot when making a move.

Ball Handling/Dribbling Drills

Dribble Knockout

Overview:
This drill works on ball-handling and protecting the dribble. All players dribble around in a small area and the goal is to knock other players' basketballs out of the area while keeping your own basketball alive.

Setup:
The coach needs to determine the area the players will be dribbling in. This will depend on the amount of players you have but will usually be the three-point line or the 1/3 court line. All players must have a basketball.

How it Works:
On the coach's call, all players begin dribbling and attempt to knock each other's basketball out of the playing area.
As more and more players get out, the coach must pause the game and make the playing area smaller. This continues until you have a winner.

Coaching Points

- If a player fouls someone else, kicks a basketball, or picks up their dribble, they're out. It's the coach's job to keep an eye out for these things.
- Constantly remind players to keep their head up.
- Have a designated area or activity for players that get out to do while the game continues!

Ball Handling/Dribbling Drills

Collision Dribbling

Overview:
Similar to dribble knockout except players aren't allowed to hit the basketball of the other players away. Instead, the aim of the drill is to navigate through and dodge all the other players using dribbling moves and by being creative with the dribble.

Setup:
All players have a basketball and are in a small space determined by the coach.

How it Works:
On the coach's call, all players will start dribbling around each other in the small space aiming to keep their dribble under control.
This drill is meant to improve ball handling because players are forced to react to other players and can't predetermine their actions. It also forces all players to keep their heads up or they'll run into someone!

Coaching Points

- Don't allow players to all dribble in the same direction or it will be too easy.
- Keep reminding the players to keep their heads up.
- Encourage players to use both hands. Not just their strong hand.

Ball Handling/Dribbling Drills

Dribble Tag

Overview:
All players start with a basketball and when a player is tagged, they're out and must sit down on the side of the court.

Setup:
The coach must decide on how big to make the playing area or how many players to have play at once. This depends on the amount of players on your team.
After that, pick two players to be the taggers and have everyone else spread out around the court.
Taggers have a basketball.

How it Works:
When the drill starts, the taggers attempt to tag as many dribblers are possible.
When a dribbler is tagged, they are now out and must wait on the sideline for the rest of the players to be caught.
This continues until there is one dribbler left and they are the winner!

Coaching Points

- If the taggers are struggling to tag anyone, consider allowing them to run around without having to dribble a basketball.
- Vary the size of the court and amount of taggers depending on the amount of players you have.
- If the dribbler commits a dribbling violation they are automatically out.

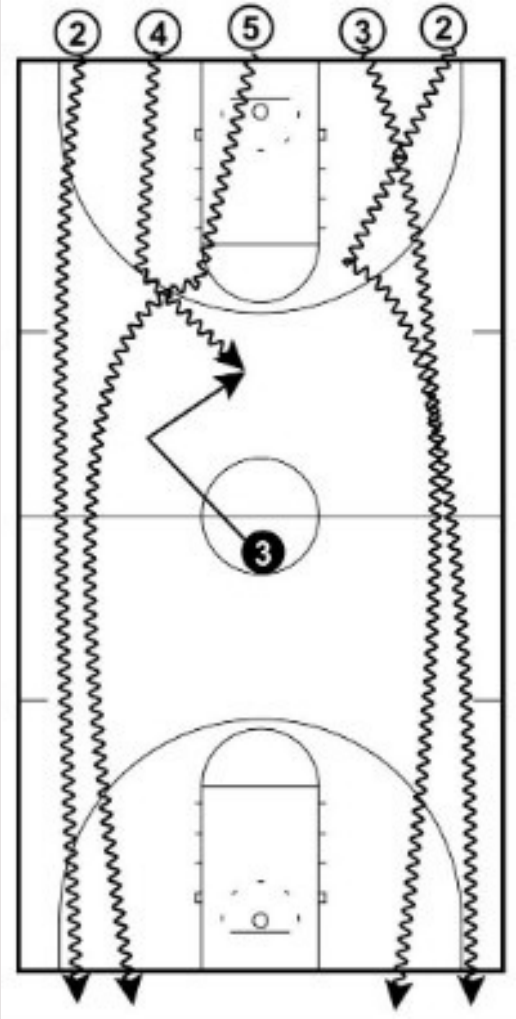
Ball Handling/Dribbling Drills

Sharks and Minnows

Overview:
The aim of the game is for the minnows (dribblers) to dribble from baseline to baseline without getting tagged by the sharks (taggers).

Setup:
The drill starts with the coach selecting one or two "sharks" who will be the taggers.
Everyone else will start on the baseline and have a basketball. These are the "minnows."

How it Works:
On the coach's call, the minnows must attempt to dribble to the other baseline without getting tagged by a shark.
If a shark does tag them, they must stand in the spot they were tagged, place the basketball between their feet, and are now sharks. If a minnow comes within reach of them, they can tag them to get out.
The last player standing that hasn't been tagged is the winner!



Coaching Points

- If there's a dribbling violation by a minnow, they are immediately out.
- Implement a time limit if players are taking too long to get from one side to the other.

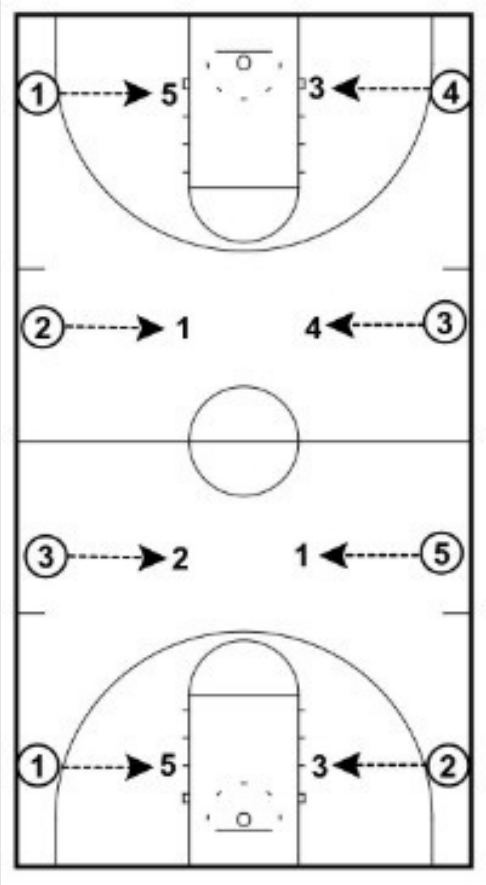
Passing Drills

Partner Passing

Overview:
Partner passing teaches the absolute basics of passing and allows your players to practice the different types of passes and the correct technique.

Setup:
Players get into pairs and should have one basketball between them.
Once the players are in pairs, they must stand on a line parallel from their partner.

How it Works:
The coach will explain the type of pass they want performed and then the players will pass back and forth to each other.
At this age, you should teach bounce pass, chest pass, and overhead pass.
Every minute or so, the coach can change the type of pass the players are performing or increase the distance they are apart if it's too easy.



Coaching Points

- Make sure you mis up the type of pass you want them to perform.
- Don't allow players to be silly and throw the basketball too hard at their partner.
- Make sure all coaches are teaching the same passing technique so the players don't get confused.

Passing Drills

Stationary Monkey in the Middle

Overview:
The main goal of this drill is to teach the basics of spacing between players and also to teach decision making on the catch.
By keeping players stationary in this drill, we show them that it's easier to keep the ball away from the defense if they're spread apart.

Setup:
Select one or two players to be the defenders and get the rest of your players to spread out in a small area, like the three-point line.
The team on offense will only need one basketball.

How it Works:
When the drill begins, the defenders will run around trying to steal the basketball from the offensive team.
The defenders goal is to get a deflection or a steal.
The offensive players must stay in one space and pass the ball around to each other keeping the basketball away from the defenders.
After a minute or two, swap the defenders.

Coaching Points

- Allow the defenders to spring around wildly while chasing the ball.
- Encourage the offensive team to make quick decisions when they receive the basketball.
- Make sure everyone is getting a turn to pass on offense. If not, join in the game and pass them the basketball.

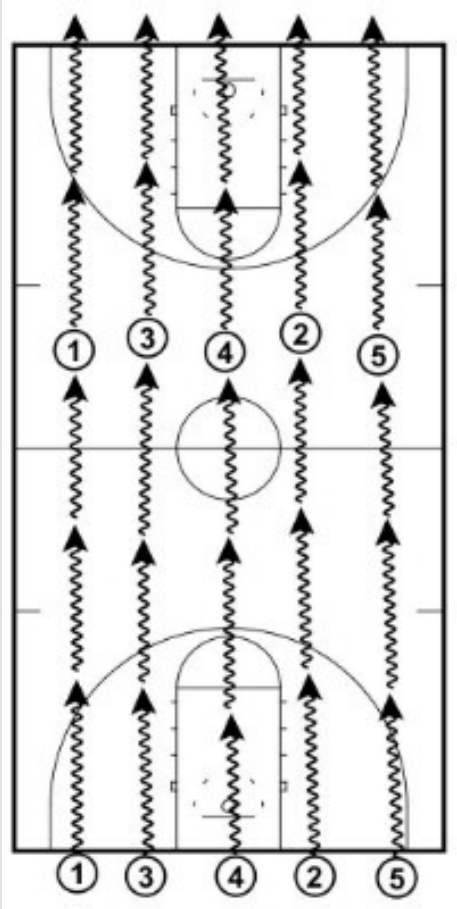
Footwork Drill

Red Light, Green Light

Overview:
This is a simple but effective drill that will improve and allow you to teach jump stops. You can also do this drill as a dribbling / stopping effort.

Setup:
The drill starts with every player living up along the baseline holding a basketball.

How it Works:
Everyone starts on the baseline with their knees bent, butt down, and holding the ball with two hands at waist level (this is called triple threat position).
The coach will then lead the players up the court by calling out “red light” and “green light.” On “green light,” the players begin dribbling at a comfortable pace towards the opposite end of the court. When the coach says “red light,” the players must immediately perform a jump stop and pick up their dribble. This continues until the players reach the other end of the court.



Coaching Points

- Players must not jump too high on the jump stops.
- Make sure players are in good stance when they land after the jump stop. Knees bent and head up.

Footwork Drill

Four Corners

Overview:

This is a great drill for working on jump stops, pivoting, and passing.

It will allow the coach to teach the different kinds of pivots and is a drill players can enjoy.

Setup:

The coach must first create a large square in the half-court by placing four cones an even distance apart. There needs to be another cone or D-man in the exact middle of the square. You can see recommendation for placing these cones in the diagram.

Split your team up into four groups and send each group to a cone. The cones will be the starting position for each line. The person at the front of each line has a basketball.

How it Works:

The first thing the coach must do is tell the players which way they'll be passing (either right or left) and which kind of pivot they should use.

When the coach calls out "go," each player with a basketball dribbles in towards the middle cone, performs a jump stop a couple of feet away, pivots, and then passes to the next line before joining the end of it.

The next player in line that catches the basketball does not start until the coach has called out "go" again.

Coaching Points

- Each player must be pivoting the same direction so that two balls don't end up being passed to one line.
- Make sure to reverse the direction half way through the drill.
- Use front and reverse pivots and make sure players aren't traveling.
- Explain to the players that it's better to jump stop with a small hop. The higher they jump, the more off-balance they'll be when they land.

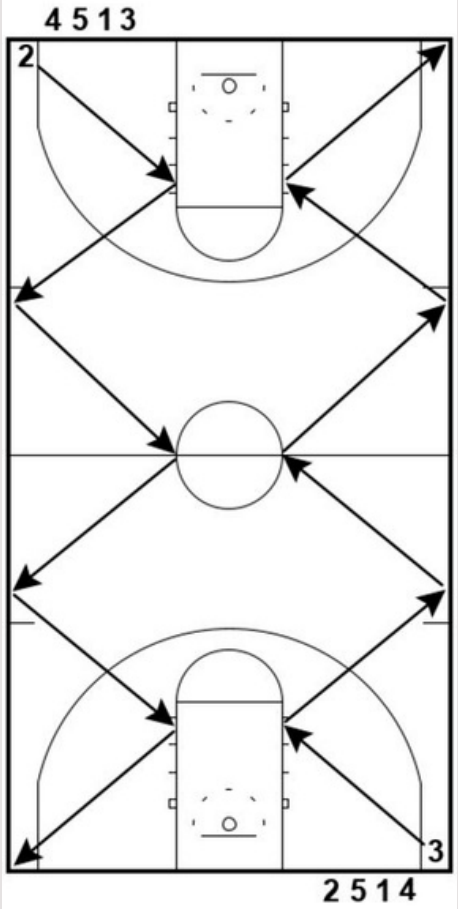
Defense Drill

Zig-Zag Slides

Overview:
Zig-zag slides are a great drill for beginner players. This drill teaches how to defensively slide properly and also how to drop step when playing defense.

Setup:
The drill begins will al players on the baseline lining up on one of the corners. No player should have a basketball.

How it Works:
The first player will defensive slide from the corner to the high post and perform a 90 degree drop step so that they are now sliding back to the opposite sideline.
This process of sliding from one side to the other and drop stepping continues until the player reaches the opposite baseline.
They come back down the opposite side of the court using the same method.



Coaching Points

- Teach all players how to defensive slide and drop step at the beginning of the drill.
- Make sure players are in a low stance and don’t have their legs straight.
- Players should never cross their feet!

More Resources

USA Basketball Youth Development

Basketball for Coaches