



November 2, 2009

Mechanics Meeting

White Plains HS

- 2 clocks
 - Areas of responsibility
 - Ball on court on timeout?
 - Bench decorum - coaching box established before the game
 - Correctable errors
 - Double whistles
 - End of game procedure
 - Game clock
 - Game management
 - Getting up and down the court
 - Going to the table
 - Hand signals
 - Kicked ball
 - Looking up as the lead at the basket
 - Made field goal and one free throw
 - Mirror the inbounds clock
 - Pre-Game
 - Resumption of play
 - Shot clock
 - Stay behind the ball coming up court
 - Strong side
 - Technical foul protocol
 - Time out procedures
 - Working the arc and not becoming a screen
 - pointing to spot ball
 - Staying with players after a foul while partner is reporting foul
 - T-shirts under uniforms must be same color as the dominant color of the uniform
 - Trail stays with player when the player dishes off ball in the paint
 - How to help out, as the lead, in a backcourt press situation.
 - Handling of coach after first T is given
 - **CONFIRM GAMES!**
 - Arrival: at least 30 minutes prior
 - NOT DRESSED!
 - Captains Meeting: 14:30
 - questions
 - sportsmanship
 - jewelry - hair beads
 - headbands - wristbands
 - subs reporting
 - resumption of play
 - speaking captains
 - Positioning: 2 and 3 Person System
- Reporting a foul:
 - clear a path - rough foul
 - communicate with partner
 - walk and talk
 - 2 hands
 - eye contact with home scorer
 - Granting a Time Out:
 - start the clock for timeout
 - court positioning
 - resuming play
 - Start and Stop of clock
 - Violation calls
 - Know the team fouls
 - Know who has 4 fouls
 - Know the timeout situation
 - Know the time on the clock
 - Know if the shot clock is working
 - Offensive fouls - no shooting
 - Communication with the Head Coach
 - Disqualified player procedure
 - Technical foul procedure
 - Under a minute
 - Last Second shot
- Ending the quarter/half/game
- ♦ Stay behind the ball
 - ♦ Strong side coverage
 - ♦ Work the arc
 - ♦ Trail/lead on the free throw
 - ♦ Blow the whistle
 - ♦ Sell the call
 - ♦ 2 Fingers
 - ♦ Last minute signal
 - ♦ Foul shooter displacement
 - ♦ Rebounder displacement
 - ♦ 2 eyes on the ball
 - ♦ Know the court coverage
 - ♦ Work off the ball
 - ♦ Hand checks - 1st half, 2nd half
 - ♦ Slow down on the foul calls
 - ♦ **Get off the court at the end of the game!**

Consistency