Learning For Life is a subsidiary of the Boy Scouts of America and part of its many outreach programs.

-2012-

PLAYER HANDBOOK

LEARNING FOR LIFE

B A S K E T B A L L

CASCADE PACIFIC COUNCIL

January 2013

LFL Basketball

Players Handbook

Name _____

Team Name _____

School _____

City_____ State _____

Team Yell

_____

_____

_____

_____

_____

Date I Earned:

Leadership _____

Community Service _____

Sportsmanship _____

Dedication _____

Outstanding Player _____

Team Leader_____

Assistant Team Leader_____

Equipment Manager _____

Code of Conduct

All Participants of LFL Basketball must agree to the following terms regarding conduct during games practices and activities. Verbal and Physical Abuse will not be tolerated.

As a Player in the LFL Basketball program, I agree to:

- Remember that everyone wants to have fun.
- Never bully or yell at players.
- Wear proper safety equipment during games and practices.
- Remember the rules and spirit of the program
- Be well mannered and respectful.
- Respect the all players regardless of their gender, ability, cultural background, or religion
- Help others in *LFL Soccer*, including other teams or spectators.
- Remember that my behavior represents the team, my school, my family, LFL Soccer, and the Cascade Pacific Council.
- Respect the coach and referee.
- Understand that my attitude can influence games and practices.
- Refrain from using any offensive, suggestive or derogatory language.
- Never use Drugs, Tobacco, and Alcohol.

Failure to adhere to the Code of Conduct can result in expulsion from LFL Basketball.

Signature X _____ Date ____ / ____ / _____

By signing this Code of Conduct you agree to follow these guidelines as a condition for your involvement in the LFL Basketball program. Please remove and deliver one copy to your coach.

Coach's Copy

LEARNING FOR LIFE®
PreK-12 Programs Career Exploring

Developed and authored

by Jason Fillo

Cascade Pacific Council, BSA

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Player's Copy

Welcome to LFL Basketball! The fun exciting world of Basketball awaits you, as well as opportunities to challenge yourself on and off the field.

Basketball is a fast paced and exciting sport that has quickly become one of the largest and most popular recreational and competitive athletic activities . Millions of people all over the world support and play Basketball everyday. By participating in Basketball, you have joined that international community.

LFL Basketball will provide you with an opportunity to explore what it means to be part of a community. Friendships you form on your team, the exciting games you may play against other teams, the mentorship of your coach, and the interactions you have with your neighbors, help build and grow your relationship with your community.

LFL Basketball:

- **Play Basketball**
- **Build Community**
- **Gain Leadership Skills**
- **Challenge Yourself**

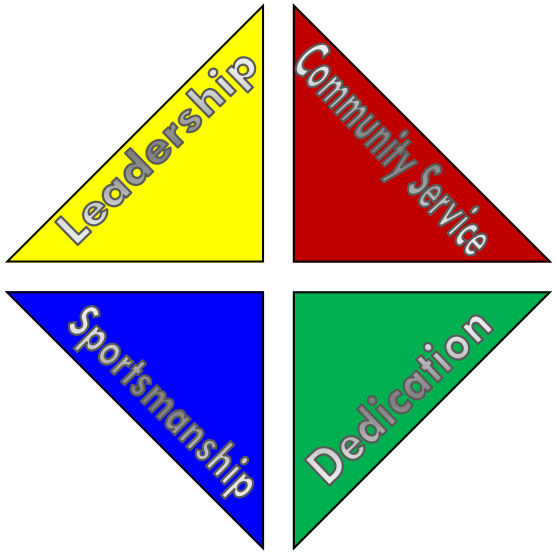
Advancement

In LFL Basketball you will have the opportunity to earn recognition in four categories of achievement.

- Leadership
- Community Service
- Sportsmanship
- Dedication

If you successfully complete all the requirements for one of the four areas of recognition you will receive a wristband from your coach, awarding you for your outstanding achievement.

If you complete all four areas of recognition, you will earn an additional Outstanding Player Recognition. This recognition is the highest honor in LFL Basketball, and proves to everyone that you are a true MVP.



Notes

LFL Basketball Uniform

Uniforms let everyone know that you are part of a team. Everyone on the team wears the same uniform and is just as important as the rest of the team.

What does a Uniform represent to you?

Who else wears Uniforms?

Uniforms also keep everyone safe. The uniform you wear is made for basketball, it keeps you cool when you do a lot of exercise and protects you from injury. It is important that you wear proper attire before beginning practice.

If you have religious or medical needs that may prevent you from wearing the above uniform. Have your parent or guardian talk to your coach to arrange an alternative dress.

✓	LEADERSHIP RECOGNITION	Coaches Initial and Date
	1. Be a Leader, i.e. Team Leader, Assistant Team Leader, or Equipment Manger. (p. 9)	
	2. Plan a drill, game, or other practice activity and present it to the coach and try it during one of the practices (p.10).	
	3. Use the EDGE method (p.8) to teach a fellow teammate a new skill.	
	4. Help create a Team Name and Yell.	
	5. Help coach lead stretches at the beginning of practice.	

During your time in LFL Basketball you will have many opportunities to lead. Learning to call plays during games, teaching Basketball skills to less experienced players, and helping your Coach during games and practices, will develop your skills as a leader.

If you display exceptional leadership potential your coach may even assign you to a leadership position and an opportunity to earn Leadership Recognition in your league.

Complete at least two of the above requirements to earn Leadership Recognition.

The EDGE Method

The EDGE method is a four step method for teaching a skill:

- Explain
- Demonstrate
- Guide
- Enable

Explain

First explain what you will be doing. Tell them the steps involved. Pictures might be helpful for this step. Ask a lot of questions.

Demonstrate

Show them how to do the skill.

Describe what you are doing.

Guide

Let them practice the skill. Guide and coach them as they try to do it themselves.

This step will take the most time.

Enable

Enable them by letting them do the skill themselves without any help.

☑	Dedication Recognition	Coaches Initial and Date
	1. Participate in all games and practices.	

Dedication

Having the discipline to show-up every day, the dedication to participate and give it everything you've got, shows great character. It shows that you are willing to challenge yourself and improve. Dedication is rewarded, on the Basketball court, at school, and in the work place.

☑	SPORTSMANSHIP RECOGNITION	Coaches Initial and Date
	1. Practice good Sportsmanship during all games and practices during the season.	

Sportsmanship

Practicing good sportsmanship during games and practices allows everyone to enjoy Basketball. Personal grudges or conflicts should not be brought to the court, they cause anger and ruin games.

Follow these guidelines to practice good sportsmanship:

- Never make-fun-of or bully other players.
- Handle conflicts with an adult and do not hold grudges.
- Never single out another player.
- Respect the referees and/or coaches, they are there to help you.

In the event of an injury on the court, pause game until the referee/coach resumes play.

At the end of games shake hands with every member of the other team as a show of goodwill.

LEADERSHIP POSITIONS

Team Captain

Team Leader

The Team Leader helps the coach during practices. The Team Leader motivates the team during practice to show-up and participate and supports their Assistant Team Leader and Equipment Manager. After practices the Team Leader steps down to allow the Assistant Team Leader a chance to hold their leadership position. The Team leader acts as line leader, keeping the team together when they move from place to place.

Assistant Team Captain

Assistant Team Leader

The Assistant Team Leader supports the Team Leader in all of their responsibilities. They are in training to hold the Team Leader position after their term is over. The Asst. Team Leader will act as the line end to keep the team together when the team moves from place to place.

Equipment Manager

Equipment Manager

The Equipment Manager is responsible for making sure that all the equipment is ready for practice, and that the court or practice area is clean after games and practices. After two weeks the Equipment Manager becomes Assistant Team Captain and a new Equipment Manger is appointed by the Team and the Coach.

Practice Drill or Game Template

Create your own Basketball drill to try during practice.

Player Name: _____ Date: _____

Coaches Approval: _____

Activity Description:

_____
_____
_____
_____
_____
_____

Skills Developed:

_____
_____
_____
_____

Notes:

_____
_____
_____
_____

Coach's Suggestions:

_____
_____
_____
_____
_____

COMMUNITY

Your community consists of your friends, family, neighbors, and the people you interact with on a daily basis. Anytime you talk to someone on the street or interact with them in a store or park, you are engaging with your community. It is important to strive to leave a positive impact through goodwill and cheerful service.

The impact that we make on schools and courts during games and practices, further impacts our communities. Cleaning up after your games and striving to leave properties better than you found them improves your community, the environment, and builds trust. The relationship of trust we can create with our communities will ensure that there are courts and gymnasiums available for Basketball for years to come.

Complete the following check list at the end of games and practices:

- Throw away trash.
- Take everything you brought with you.
- Put all the balls and equipment away.
- Leave it better then you found it.

Interview with a Community Leader

elected official, judge, attorney, principal, teacher, law enforcement or fire and rescue officer etc.

Date: _____

Person's name and occupation:_____

Questions you asked:

1. _____
_____

2. _____
_____

3. _____
_____

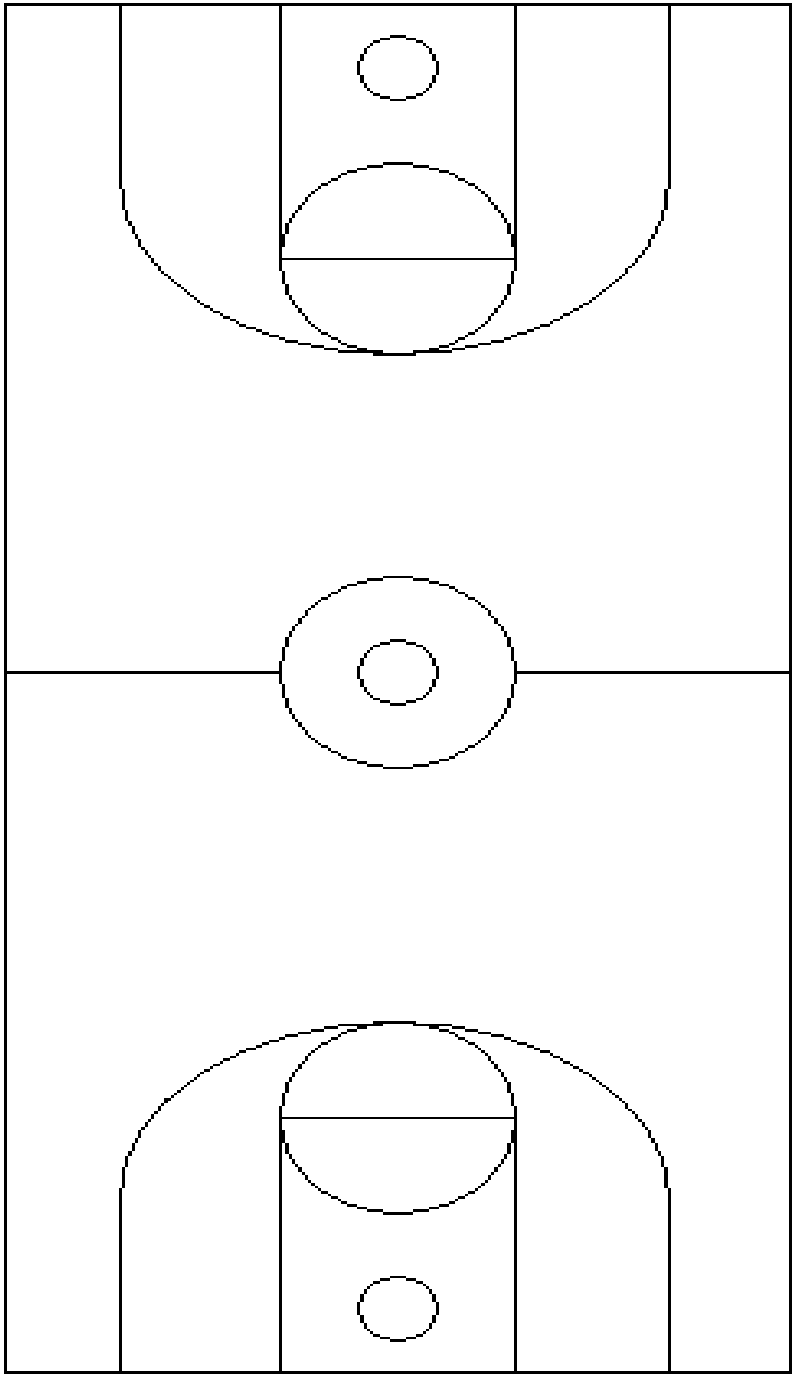
4. _____
_____

5. _____
_____

What the leader suggested you can do for your community:

_____
_____
_____
_____
_____
_____
_____

"Can you name all the lines?"



☑	COMMUNITY SERVICE RECOGNITION	Coaches Initial and Date
	1. Participate in a community service project (p.13).	
	2. Interview a public employee/leader in your community (p.14) .	
	3. Participate in court clean-up after games and practices.	
	4. Invite Friends or Family to a game or the Showcase.	

Community Service and Citizenship

On the Basketball court you learn what it means to be part of a community, a citizen. You have to work with the other players on your team in order to enact plays and score points. You have to respect the players on the other team to continue playing, make sure that everything is fair and equal. These lessons hold true in your interactions with your friends, family, neighbors, and community.

In LFL Basketball you will have the opportunity to practice the skills you learn on the court in your neighborhoods and communities.

COMMUNITY SERVICE PROJECT

A Service Project is an opportunity to help your community build and grow. It is an opportunity to engage with your community and improve the lives around you. Your league will organize a Community Service Project during the season, but you can complete your own service project individually or with your Team.

Complete the Community Service Project Reflection and present it to your Coach.

Ideas: Canned Food Drive, School Clean-up, Clothing Drive, Reading/Book Drive, Positive Message Posters for the school or gym, etc.

Community Service Project Reflection

Date: _____

My Project: _____

Projects Goal: _____

My Personal Goal: _____

How I achieved my goals:

_____

_____

_____

_____

_____

_____