



Our Founding Principles



1. Bettering our community, providing opportunities to serve and give back.
2. Fostering an environment that supports strong character growth for our kids.
3. Developing talents and skills that build confidence in sports and life.
4. Providing the highest level of competition possible.
5. Commitment to the program for a safe, fun, and rewarding experience.

The 3 Core Coaching Tenets



Adhere to these principles and you'll do fine

- 1. Create a positive environment and experience for the kids.**
- 2. Emphasize player development over winning.**
- 3. Don't be THAT coach!**

Winning and losing may seem important to some coaches, but what you teach the kids about values, respect, and fair play is paramount.

Division and Coordinators



Division	2021-2022 Projected Teams
D1G (7th/8th)	4
D2G (5th/6th)	2
D3G (3rd/4th)	2
D1B (7th/8th)	9
D2B (5th/6th)	8
D3B (3rd/4th)	6
Total	31

Division Coordinators:

- ❑ Girls: Bob McFarlane
 - ❑ bob.mcfarlane@foothillyouthbasketball.org
 - ❑ 408-623-4645

- ❑ D1B: Akhil Ahuja
 - ❑ akhil.ahuja@foothillyouthbasketball.org
 - ❑ 650-814-6064

- ❑ D2B: Vivek Gandhi
 - ❑ vivek@foothillyouthbasketball.org
 - ❑ 408-823-2734

- ❑ D3B: Rick Santamaria
 - ❑ rick.santamaria@foothillyouthbasketball.org
 - ❑ 408-242-1325

Division Coordinators (DCs)



When To (and not to) Contact Them

Don't contact them when...

1. **Players miss a practice or game.** Please call the parents to inquire why their daughter/son didn't show up.
2. **You need to reach another Foothill coach.** Their contact information will be provided at the beginning of the season by the DCs.
3. **You have a dispute with another Foothill coach;** call them and try working it out directly.
4. **You have a practice/gymnasium issue,** including "Goldilocks moment"; contact Arun Shankar @ 650-450-2474 / arun.shankar@foothillyouthbasketball.org.

Do contact them when...

1. **You cannot resolve a dispute** with a fellow coach.
2. **You have a player out for a season-ending injury.** The DC will then pull up a player off of the waitlist who doesn't have conflicts on your practice days/times. NB...after Dec 5 (first league game), all players are removed from the waitlist and you'll need to play the remainder of the season with 9 or fewer players.
3. **A player does not show up for practices and you've called the parents and your strong sense is that the player will continue to miss practices.** If this happens prior to Dec 12, then we may be able to get you a replacement player, provided there's agreement/cooperation from the parent (e.g., their willingness to drop out of the league).



Baker's Dozen Pro Tips that I've Learned From Coaching

- 1. Read the rulebook...multiple times.** It's not that long and will save you headaches in pre-empting conflicts with the referee, gym monitor, and opposing coach. Do you remember the episode of [insert any sitcom show], the one about the misunderstanding? Punchline...it's always about a misunderstanding. Ergo, read the rulebook, and ask your Division Coordinator if you have a specific question.
- 2. Say a few words about each player at the inaugural team gathering.** It's a welcoming gesture and nice first impression when the Coach mentions to a player why they were specifically chosen. *See appendix for sample.*
- 3. Recruit a Team Parent(s).** S/he can help you with logistics (practice/game email communications via Team Snap or similar, uniform pickup, picture pickup, etc.).
- 4. Recruit a wingman/wingwoman if you haven't already done so.** You're not alone on an island; it takes a village.

- 5. Create space for the players to gather/hangout.** You'll be spending the next 3 months together. Create a welcoming environment by offering post-practice outings for your Fri/Sat practices, ice cream gathering following Sunday's game, etc.
- 6. Prepare your practice agenda.** Even better, send it out in advance.
- 7. Confirm who will be at the game and set your game rotation before game day.** It'll reduce your anxiety, trust me.
- 8. Have jokes to relieve the tension.** Players get nervous before tipoff, timeouts, halftime and post-game.
- 9. Introduce yourself to the referees and get their names.** Demonstrate empathy for both good and bad calls.



Baker's Dozen Pro Tips that I've Learned From Coaching (cont'd)

10. Introduce yourself to the other coach. Bonus: invite their team to ice cream afterwards.

11. Have your team thank the scorekeepers, gym monitor, and referees. Win or lose, be the team that others wish to emulate.

12. Draft Night is chaotic (“chaos-order”) for first-time coaches. Have a plan as you don't want the 60 Second Timer to be your nemesis. Consider limiting the pool of players you want to draft by eliminating those with practice conflicts, and maybe those you didn't see or remember seeing; trust your eyes.

13. Karma is a real thing. Be better than the average person -- i.e., don't be mean.



Pre-Season Prep



Player Draft – When and Where



- **Girls** - All Divisions on [date to be confirmed]
 - Division 3: XX PM
 - Division 2: XX PM
 - Division 1: XX PM
- **Boys** - [date to be confirmed]
 - Division 1: XX PM
 - Division 2: XX PM
 - Division 3: XX PM
- Draft will be held virtually this year.
- **Compiled Player Evaluation Sheets will be distributed by the Division Coordinator.**

Player Draft - Process



- Compiled Ranking distributed prior to the draft
- Team Draft Selection Order is established
 - Coaches with sons or daughters evaluated as 1st round picks
 - Head Coach and Assistant Coach cannot both have 1st round sons/daughters
- The Draft Selection Order is serpentine by round
 - In odd numbered rounds (1, 3, 5, 7, 9) the draft order is Team #1, Team #2, etc.
 - In even numbered rounds (2, 4, 6, 8, 10) the draft order is reversed - i.e., Team #10, Team #9, etc.
- Coaches sons and daughters are considered automatic picks in the “Projected Round” designated on the Compiled Player Rankings sheet.

Player Draft - Process



- Each draft pick will be recorded in a Round/Team matrix to help coaches follow round by round, team by team selections
- Coaches will have 60 seconds to name his/her draft pick in each round
- The draft is concluded after 10 rounds
- Once the draft is concluded, teams may discuss trades
 - Players traded should both be from the same draft round
 - All trades must be approved by the Division Coordinator or Player Advocate
 - All trades must be completed prior to the conclusion of the draft

Player Draft - Tips



- Do not spend too much time, or overthink when preparing for the draft.
- Decide how much you will weigh your own evaluation scores, and how much you will weigh the Compiled Player Rankings.
- Be sure to draft a good mix of ball handlers and bigs.
- 8th, 9th and 10th round picks who can be developed into good players will have a big impact on your team's success.
- When in doubt, draft a player you know.

Top 5 Complaints About Coaches I Hear From Parents

1. **Coach is unorganized** (doesn't seem to know how to run practices)
[Suggestion: Have a practice agenda...better yet, send it out prior to the practice].

2. **My daughter/son really wanted to play on the team with their best friends.**
[Suggestion: Explain how the draft works and the aim to have parity among the teams].

3. **We're not winning very many games** [Suggestion: At the onset of the season - e.g., at your initial Parents Meeting, be upfront about your philosophy of what constitutes a successful season]. As an example, here are mine...the metrics I will hold myself accountable -- Have I achieved the following:
 - Did I create a positive environment and experience for your kids?
 - Did I emphasize player development over winning?
 - Did I give my very best at every practice and game (e.g., arrive on time, prepare a practice and game agenda, provide player feedback on strengths as well as considerations for improvement)?



Top 5* Complaints About Coaches I Hear From Parents (cont'd)

4. Coach is less knowledgeable about the sport [Suggestion: Be candid with them about your familiarity with the sport. Maybe do some homework by reading or watching clips on youth coaching. As a last resort, you can always contact me for advice with the caveat that the value of it is commensurate to what you're paying for it -- i.e., free].

5. My daughter/son doesn't get to play the position s/he likes
[Suggestion: Sit down before or after practice/game and explain to them why you have them playing that spot].

6. My daughter/son doesn't play enough in the 5th period [Suggestion: Do some self-reflection and limn your philosophy on 5th period playing time and rotation and share it with your players and parents.

* There is a bonus complaint because...well...there's always at least one person who likes to criticize 

Finally...and very importantly, the focus of Foothill Youth Basketball is not about pleasing the Parents.

Playing sports should be an enjoyable, positive, and rewarding experience.

IMHO, the most important thing a youth coach can give a child is a positive self image.



Game Day Prep



Game Day



- **Pre-Game**

- Set up your line-up and rotation
- Present a printed line-up sheet to the scorer's table
- Limited warm-up time, be ready
- D3: Game begins with free throws
- Home is white; Away is blue

- **Refs and Scorers Table**

- Pre-game meeting with refs, discuss division and rules
- Scorers are often local teenagers, be kind and respectful to them
- Set good example for parents and players

- **After Game**

- Meet with team briefly, keep it to no more than a few minutes
- Take lessons into next practice

Appendix - Sample Player Comments



Player name deleted	What I love about ___ is he plays with great joy and emotion. He cares about the game and giving it his all, but never at the risk of losing the brio he has for this sport. ___ epitomizes what a catalyst is for a team. He's going to energize and galvanize this group and help keep things in perspective. Along the way, he's going to teach all of us what it means to lead by example.
	Obviously, my son is the only player that I knew with certainty would be on the team. But even if he hadn't...I would have drafted ___, or someone who has the same qualities that he possesses: Won't ever quit on his teammates...Will play hard to the final whistle....Plays with a strength of will and spirit. Demonstrates great sportsmanship during and after games. ___ is a high character teammate, who I'm fortunate to have on the team for the 5th straight year.
	I've mentioned the high value of players who hustle, who rebound, make good passes, play rugged defense, and of course, those who can make shots. Another important element is something that ___ did very well during the tryouts. Helping your teammates get open...by setting screens for them. You impressed me with your actions that showed you thought of the team ahead of yourself. You play the game the right way and I know it's going to be a joy to watch you play this season.
	I call ___ the quintessential "blue collar" worker. He's got grit, he's got tenacity...the intangibles that are difficult to coach into a player. Coach Domas and I saw ___ at Evals and immediately noticed his court vision and awareness - his ability to see the entire play unfolding. In the scrimmages, he plays bigger than his actual size, and so I was surprised when I saw his measured height, because he's one of those kids who you swear is taller than what's listed. ___'s going to be a versatile and effective athlete who can play at the point, wing, or post.
	First impression I had of ___ is this..."He's wearing a sweatshirt to Evals and leaves it on throughout the scrimmage." So, he's either really cold and trying to combat hypothermia, or he's a kid that can flat out play the game regardless of his habiliments. Turns out it's the latter because, ___ is a BALLER. He impressed Domas and I with his quickness, defensive lockdown ability, and knocked down a couple of shots for good measure. Pretty good first...and lasting impressions.
	Which brings us to ___, listed last alphabetically. ___ opened up my eyes at Evals because he reminds me of myself at his age in the way he plays the game. He has what people refer to as "moxie" - a force of character. He doesn't care if he might be smaller than the rest, because he'll outhustle you...he'll outscrap you...he'll outthink you. I also had an inside track because his father and I both serve on the NJB board. And following the apple and tree analog, I knew ___ came from a family of kindness, which...for team chemistry reasons is critical.