
LARCHMONT MAMARONECK BASKETBALL ASSOCIATION (LMBA)

LMBAbasketball.com

About Coaching : 2009-2010

Coaching Assignments:

There are two coaches per team. If there is a specific coach you wish to be paired with, please indicate this at registration. If you are interested in coaching, but uncertain about your knowledge and experience we encourage you to sign up as an assistant coach. We will make every effort to pair you with a more experienced coach who can help you get started.

Grades 1- 3 Clinics:

Clinics will be held on selected weekend afternoons between December 1 and March 29. Initial clinic sessions will be comprised of skills development and practice; later sessions will incorporate scrimmages against other teams. For grades 1 and 2, the sessions will be led by an LMBA Instructor who will demonstrate drills and supervise practice and games. Grade 3 clinics are run entirely by the coaches.

Grades 4 - 12 League Play:

We anticipate boys and girls leagues of Grade 4, Grade 5, Grade 6, Grades 7/8, and High School. There will be one hour or so of practice time per week, and weekend games. Grade school league teams are formed through drafts; HS league teams are formed by coaches.

Grades 4 and 5 usually practice sometime between 6:00 – 8:30; grades 6 and above usually practice sometime between 8:00 – 10:00, at Mamaroneck UFSD school gyms. Coaches will choose their practice slots at the drafts. Games will be held on selected weekends between December 1 and March 29, and are primarily scheduled at Rye Neck High School Gym and Mamaroneck High School-Palmer Gym.

Coaching Clinic:

On Thursday November 19, 7:00 – 8:30 at Chatsworth Avenue School Forest Park Gym there will be a coaching clinic. The emphasis will be on running effective practices using specific drills.

Coaching Responsibilities:

Coaches are expected to behave in a responsible and mature manner. Coaches are expected to effectively communicate with the league. Specifically, coaches are required to read and (if necessary) respond to league emails on a timely basis, and are responsible for knowing the information in them.

Skills Assessment:

On Saturday November 14 at RNHS Gym all draft-eligible players (grades 4 – 8, and 3rd graders wishing to play up) are required to demonstrate their ability in basketball fundamentals during a two minute drill, and will be rated by the coaches.

The schedule will be:

Grade 4:	1:00	2:15
Grade 5:	2:15	3:30
Grade 6:	3:30	4:45
Grades 7/8:	4:45	6:00

League Drafts for grades 4-8:

At least one coach from each team is required to attend.

Boys league drafts will be held on Sunday, November 22 at St Augustine's/FAS Cafeteria in back.

Girls league drafts will be held on Monday, November 23 at St Augustine's/FAS Cafeteria in back.

The schedule for both days will be:

Grade 7/8:	6:00	7:00
Grade 6:	7:00	8:00
Grade 5:	8:00	9:00
Grade 4:	9:00	10:00