

Coaching Resources

PLAYING TIME RESOURCES

There are AYBL-specific rules for the house, travel and HS leagues. Please acquaint yourself with and pay special attention to the sections on "Playing Time Rules" and "Code of Conduct" in the AYBL rules. These rules are for the 2019-2020 season. The AYBL rules, as well as the rules from PRCS for the MS Travel League, are linked or available for download below.

AYBL's playing time rules are one of the cornerstones upon which our league is built. These rules ensure that all players get the opportunity to play and compete in every game. We consider these rules to be among our most critical and want to make sure that coaches fully understand and comply with them.

Prior planning is the key to success in managing playing time. Read through and acquaint yourself with the section of your rules covering playing time (**3.1, PLAYING TIME RULES**). Before your game, map out your player rotations and ensure that they conform to three basic rules when you have seven or more players available:

- The playing time rules are keyed to actual full quarters played, not the equivalent cumulative minutes played. Meaning you cannot play someone for 2 minutes in quarter 1 and 5 minutes in quarter 2 for a total of 7 minutes in the first half equating to 50% of the first half's available minutes.
- All Players must play 50% of the first half and 50% of the 2nd half for a total of 50% of the game.
- No Player may play more than 75% of the entire game (in regulation).
- Substitutions **MUST** be made at the closest deadball to 3:30 remaining in each quarter. Failure to do so will result in a "direct" technical foul against the bench where the head coach will then serve a 1 week game suspension as a result of violating our league's "code of conduct."

There are different limitations with six (6) players or less, of course. In order to make this as easy as possible, the league has provided below a playing time template that you can download and use to build your lineups each week, as well as an Excel workbook explaining multiple playing time scenarios for teams with 7 or more players. **WE STRONGLY ENCOURAGE ALL COACHES USE THE TEMPLATE TO CREATE PLAYING TIME SHEETS FOR EACH GAME, TO ENSURE AN EQUITABLE PLAYING TIME DISTRIBUTION AND HAPPIER PLAYERS AND PARENTS.**

AYBL PLAYING TIME TEMPLATE & OPTIONS BASED ON ROSTER SIZE

PRACTICE RESOURCES - DRILLS, OFFENSES, DEFENSES, BLOBS, SLOBS AND PRESS BREAKS

The Below is a collection of drills, offenses, defenses, baseline out-of-bounds (BLOBs), sideline out-of-bounds (SLOBs) and Press Breaks

Raven Short - Defensive Concepts - 2019 Coach Clinic

Stephen Shockley - Transition Drills - 2019 Coach Clinic

Kent Kling - Offense - 2019 Coach Clinic

TEACHING HELP SIDE DEFENSE

Coaching Manual