



Team Malone (06) – 2022-2023 Season – Coach Josh Allen

Hey everyone! I'm excited about this season of Junior Jazz. We're going to be mad ballin' out this year, hope you're all ready. As we get ready for practices to start soon, I put together this introduction sheet/ overview for all of you and your ballers.

My name is Josh Allen, my son is Finnegan(Finn), he will be on our team as well. This is my second year coaching Junior Jazz, and I really enjoy it. I've coached on high school girls teams in the past so working with boys has been a different experience, but just as fun. While having fun and enjoying the game is crucial, learning the various skills involved and teamwork are just as important. My primary focus for our teams are teamwork, fundamentals, conditioning, and defense. In my experience those are the hardest to learn, but very crucial to having success in the future and enjoying the game.

My expectation of the players is to come to every practice and game with a positive attitude, exhibit sportsmanship, a willingness to learn, and expect to be tired! My expectation for parents/supporters is to cheer for **everyone** on the court, but cheer louder for our team! All of our supporters, please keep in mind the players are learning and have different skill/interest levels and that competition is encouraged, negativity of any kind can be very discouraging. Remember to treat other coaches, fellow supporters and referees with the utmost respect during games and/or practices. If there is an issue that needs to be resolved, please bring it to my attention.

Here's some info for you to have for practices/games and individual practices:

- The proper size ball for this age is 28.5.
- DO NOT BRING YOUR OWN BALLS TO PRACTICES OR GAMES (Sandy City is very specific about this.)
- If the weather is wet/snowy for practices/games, please bring shoes for the court and change into them inside, so we keep the court dry and safe.
- Jerseys will be handed out later in December or early January. I will remind everyone before each game whether we are home (white side) or away (gray side) of the jersey.
- Water bottles are ok, but must have a lid to prevent spilling. The facility water fountains will all be available.
- Sandy City schedules our first two practices, after that I will schedule one practice per week, probably Tuesday or Wednesday evening. Location TBD, but either will be where games are or another school slightly closer. While attendance is not required, please make all efforts to attend practices.
- Parents may be asked to help during games with score keeping or other various tasks don't be intimidated, feel free to step up!
- If you would like to volunteer to provide a snack/treat after the game for the team, that would be awesome. (Something individually packaged like a snack or drink, doesn't have to be a lot or elaborate.) If your baller has food allergies, let me know.
- Please no phone-watches worn during games/practices.
- For general team-info I will just use the text thread that I send the link to this document in to communicate with all of you. If you would like to volunteer for treat for that week, please reply there, so everyone knows. Otherwise, no responses are necessary in the text thread. For all other individual things (missing game/practice, general questions, etc.), please just text me individually.



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Individual practicing isn't required, but encouraged. If you do practice individually, here are some of the things I recommend working on:

- Dribbling:
 - Walk & Dribble; both hands and changing hands without looking at the ball.
 - Run and Dribble; both hands and changing hands without looking at the ball.
 - Stop & starting, ball control without looking at the ball.
- Passing: (Using either a solid PARENT-APPROVED wall or a partner)
 - Chest passing
 - Bounce passing
- Shooting:
 - Free-throws (Sink those baskets from the charity stripe!)
 - From the paint (the rectangular area around the hoop)
 - Jump-shots around the court from within the 3-point line
 - 3-pointers

The next thing to hear from me will be when/where our first practices will be, probably around the first week of December. If you have any questions or concerns please shoot me a message and I look forward to working with you and your ballers this season!

~Coach Allen