



Roots YBL Box Parent/Player Guideline

Rules

- 30 second shot clock on possession – post or hitting the goalie resets the clock
- Must play the ball on loose balls, no hitting when the ball is loose
- If you are killing a penalty, the ball cannot go back over half
- Crease dives are allowed as long as no contact made with the goalie

Penalties

- Absolutely NO BOARDING – hits in to the boards are penalties – even if there are on the side or front
- No cross checking from behind – automatic penalty and potential ejection if deemed dangerous/in to the boards
- Interference on loose balls or off ball
- Slashing – called at the referees discretion

Coaching Concepts:

Defense:

- Stay tight in the HUB (area in the middle of the floor above the crease), do chase players out toward the boards
- CROSS CHECK – do not slash (do not lunge at players though, controlled cross check)
- If someone gets beat 1 vs 1, off ball players need to be ready to help
- Change on the way up (play offense, then defense, then change) – QUICK SHIFTS

Offense:

- Cut through the middle, do not stand on the outside
- Try to get the ball low in the corner to start offense
- Set lots of picks! On ball and off ball (and if someone sets a pick, use it!)
- After you set a pick, ROLL to the net
- Keep the floor balanced – 3 guys on one side, 2 on the other
- After a shot or at the end of shot clock, get back on defense