



SILENT SUNDAY

SUNDAY, OCTOBER 4, 2015

WHAT IS SILENT SUNDAY

Silent Sunday is FOR THE PLAYERS. The goals of Silent Sunday are simple:

1. To allow players to have fun and enjoy the game.
2. To permit players to talk to each other on the court, to experience the game and not feel the pressure of sideline distractions.
3. To foster independent thinking of our players, letting the game be the teacher.

FOR SPECTATORS

This is rec basketball, not a tournament, nor the NBA/WNBA. Relax on the sidelines. Encourage players with your applause only. Enjoy that players (our children) are CHILDREN and that they already know as much as they do. Yelling, shouting, parent-coaching and cheering will be strongly discouraged from spectators or even coaches.

FOR REFEREES

We hope that this weekend affords all our refs (youth and certified) a more respected and congenial refereeing experience, without facing any critical commentary from coaches, players or spectators. Refs should be free to concentrate on executing a fair game. There are no special rules and penalties to enforce nor are refs the enforcer of the requested sideline silence.

FOR COACHES

We'll leave it up to you how much you "coach" from the sidelines. Consider, for this day, to let players call plays and test their instincts. Speak privately to individual players on the sidelines. Call a time out, use halftime to talk with your team. When possible communicate through substitutions or hand gestured play calling. Get your bench players involved and communication between players will be encouraged. Take notes, watch and listen how your players communicate and see who your leaders are. Evaluate your own coaching. Like school, practice is like homework and games are tests that measure what they've learned. Prepare ahead of time for this weekend.