

J SOCIAL SPORTS

2017-18 Guidebook

J-Social Youth Sports

Building Character one Fundamental at a Time

We are shaping our future through community, activity and integrity by providing sports programming that focuses on team work, fundamentals and a love for the game.

Midot (J-Social Youth Sports Values)

- Kehilla (Community)
- Pe-ilut (Activity)
- Yoh-sheer (Integrity)
- Ah-voh-daht Tseh-vet (Teamwork)
- Yesodut (Fundamentals)
- Ohev Ha-Mischak (Love for the Game)

What We Believe...

The J-Social Sports Program brings the community together by uniting athletes, coaches and parents through a variety of sports. The inclusive and competitive atmosphere will instill athletes with valuable life lessons as taught and modeled by coaches and parents. Coaches will provide a fun and athlete centered program that focuses on the process of fundamental skill development. Parents will act as spectators and demonstrate the highest levels of respect and sportsmanship as they cheer on all participants.

Teamwork: A good teammate cheers and encourages his or her teammates

Work Ethic: We don't practice until we get it right we practice until we cannot get it wrong.

- Pre-K (Soccer only): This program will introduce our youngest athletes to the concept of team sports, teamwork and playing by the rules. The players will have fun giving their best effort while developing listening skills.
- Kindergarten: This program will introduce our youngest athletes to the concept of team sports, teamwork and playing by the rules. The players will have fun giving their best effort while developing listening skills and their own sense of self.
- 1st Grade: As the players continue to build on lessons learned in previous grades the players will experience patience, and perseverance through goal setting and the work ethic it takes to achieve these goals.
- 2nd Grade: Our players will begin to battle with concepts of integrity and honesty as they experience competition.

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- 3rd Grade: How our players express themselves will be on display as they learn to win and lose with grace, handle their nerves as they thrive under pressure and show resiliency as they begin to deal with adversity within the sport.
- Grades 4-6: As our program continues to build on past lessons our players will come full circle and once again teamwork will be the main focus. Players of varying talent levels will learn to play together. Players will begin to show their commitment level to the sport while experiencing humility by taking risks to learn court and field discipline.

What We do...

J-Social Youth Sports creates a love and passion for the game through a developmental youth sports program that teaches fundamental skills.

Our athletes will become extraordinary players by doing the ordinary things extraordinarily well.

Soccer Curriculum:

Include Evaluation sheets and processes

Basketball Curriculum:

For All Leagues suggested practice plans and teaching methods will be supplied by Coaching Director.

At the end of the season the coach will provide the player and the parent with an evaluation form based on the players progress throughout the season.

Core fundamentals our players will learn.

Offense:

- Claw Fingertip Dribbling Technique
- Pop Passing Technique for all Passes
- BEEF and Pizza Pie to Cookie Jar Shooting Form
- Power-up Jumping Footwork for Shooting
- Back Cuts, Basket Cuts, V-Cuts, Ball Screens, Down Screens

Defense:

- Sitting Defensive Stance
- Reach-Step Defensive Slide Footwork
- Ball-You-Basket On-Ball Positioning
- Ball-You-Player Off-Ball Positioning
- Jump To The Ball Defensive Movement

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Rebounding:

- Butt in the Gut Boxouts
- Hit and Go Explosive Rebounders
- Alley Crashing Offensive Rebounders

Who We Are...

Sports and Leagues Director.....Josh Goldstein
Sports and Fitness Office Coordinator..... Tanya Johnson
Soccer Coaching Director..... Todd Wallace (Dallas Cosmos)
Basketball Coaching Director..... Josh Goldstein (JCC of Dallas)
Coaches Parent and Community Volunteers

Coaches Program:

Our Coaches will follow our specific proven curriculum and provide our athletes with an unforgettable experience focusing on fun, skill development and fostering a love for the game. Not only will our coaches focus on the values of the program, but they will build their teams through athlete centered teaching. Our coaches will model proper sportsmanship, integrity, respect. Our coaches will communicate and provide a safe environment for athletes to grow. They will cheer and support our players while offering proper critiques to improve player performance.

When We Do It...

Youth Soccer League Dates:

Sunday, August 13, free clinic for those who have already registered

Sunday, August 20, free clinic for those who have already registered

Thursday, August 24, Registration Deadline

Sunday, August 27, Team Practices (Each team can also practice one night that week)

Thursday, August 31, Opening Night Pizza Party

Team Practices continue after Labor Day (Monday, September 4)

Games Begin the week of September 10 - November 4 Teams continue to receive one practice per week.

Sunday, November 5, End of Season Ice Cream Party

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Youth Basketball League Dates:

Sunday, November 5, free clinic for those who have already registered

Sunday, November 12, free clinic for those who have already registered

Friday, November 17, Registration Deadline

Sunday, November 19, Team Practices

Tuesday, November 28, Opening Night Pizza Party

Team Practices continue after Thanksgiving Weekend (Sunday, November 26)

Games Begin the week of December 2 - February 10

Winter Break December 23 - January 1

Sunday, February 11, End of Season Ice Cream Party

What We Need To Wear...

Players will receive an official JCC League jersey top to be worn on game days.

Soccer players should wear soccer cleats, shin guards, soccer sock and shorts with their jersey on game day.

Basketball Players should wear high top basketball sneakers and shorts with their jersey on game day.

Soccer players should wear soccer cleats, shin guards, soccer sock, shorts and a t-shirt to team practices or clinics.

Basketball Players should wear high top basketball sneakers, shorts and a t-shirt or tank top to team practices or clinics.

Food Policy...

- No Food or drink in the gymnasium besides water
- The JCC Practices a Kashruth Policy
 - Please do not bring unkosher food or snacks to games or practices at the JCC.