

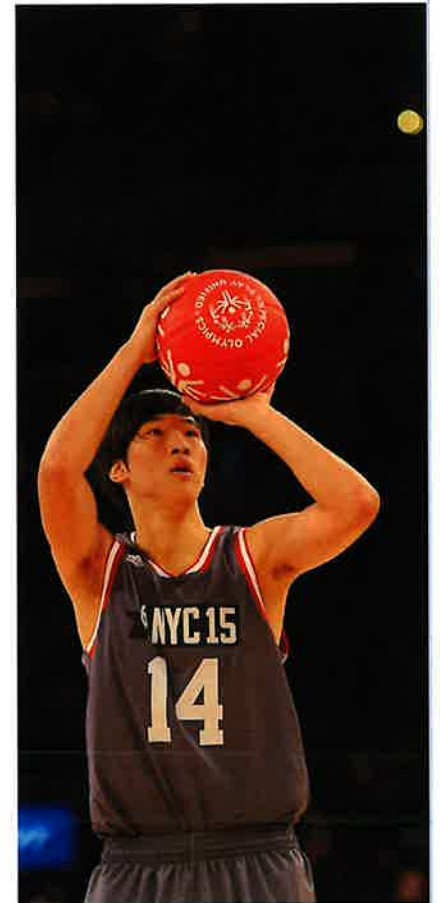
Equipment

& Attire

Basketball Equipment

The following is a list of the basic equipment required to run a basketball program:

- **Basketballs:**
 - Rubber covered basketballs are commonly used for practices, games and everyday play and are particularly suited for outdoor use.
 - Leather basketballs are recommended for indoor competition.
 - Inspect basketballs on a regular basis for proper inflation. Carry a small hand pump and valve needles with your equipment.
 - Male athletes use Size 7 basketballs. Female athletes use a Size 6 basketball. Athletes under 12 years can use a size 5 basketball.
 - Ideally, if possible, every athlete will have a basketball to allow them to regularly practice and improve.
- **Whistle:** use of a whistle by the coach teaches athletes that a whistle means they need to stop, look and listen as they will need to respond to a whistle used by officials during competition.
- **Scrimmage vests:** these allow athletes to distinguish teammates from opponents during training scrimmages. Vests that slip over the head are preferred and should be made from lightweight fabric.
- **Markers:** plastic marker cones or discs are useful during drills and for marking off skills assessment areas and Individual Skills Contest areas.
- **Chalk and/or masking tape:** Chalk can be used to mark areas on outside surfaces or to diagram plays on the floor or blackboard. Masking tape can be used to mark specific areas on the floor as for the Individual Skills Contest and the Skills Assessment Tests. X's marked on the floor can cue defensive positions during team play.
- **Clipboard or folder with training session plan:** Once a training session has started, it is easy to forget what should be done next. A clipboard with the training plan will greatly help the coach organize practice, share information with assistant coaches, stay on task and monitor progress.



Basketball Attire

To train and compete successfully in any sport requires an athlete to be outfitted in appropriate sport attire. Inappropriate clothing and equipment can impact an athlete's ability to move, as well as to play the game. An athlete dressed in a good looking, properly-fitted uniform and basketball shoes will feel good about himself or herself, be a part of a team and tend to play better.

Appropriate basketball attire is required for all competitors. As coach, discuss the types of sport clothes acceptable and not acceptable for training and competition. Discuss the importance of wearing properly fitted clothing, along with the advantages and disadvantages of certain types of clothing worn during training and competitions. For example, long-pant jeans to blue jean shorts are not proper basketball attire for any event. Explain that athletes cannot perform their best while wearing jeans that restrict their movement. Take athletes to other basketball competition and point out the attire being worn by the players. As coach, set the example by wearing appropriate attire to training and competitions.

Shirts

Shirts for practice should be T-shirt type or sleeveless and made of lightweight material. For competitions, the athlete should wear a clean uniform shirt that has a number on the front and the back. Check the competition rules regarding the size of the numbers. The shirt should fit properly and be long enough to tuck into the shorts.

Shorts

Shorts should be of a lightweight material, have an elastic waistband with no pockets, and allow freedom of movement in the hips and thighs.

Socks

One to two pairs of properly fitted cotton or cotton-blend socks are recommended to prevent blisters.

Shoes

Shoes are the most important item of clothing for the athlete. They must have a good tread for traction and while high-top basketball shoes provide the best foot and ankle support, any shoe with firm arch and heel support and a cushioned insole are appropriate. Ensure shoes do not leave marks on the court.

Head Bands

Head bands, rubber bands or ribbons are necessary for safety reason when the athlete needs to keep hair away from the face.

