



## BULLITS BASKETBALL CLUB

### Coaching Manual

### Summer 2017/18

#### **Club Policy**

Bullits is mainly a friendship based club but often the need arises to softly grade teams so that players are in teams where they are playing with their cohort and in the correct grade. Each age group offers at least A, B, C and sometimes D grade competitions so there is a fit for everyone.

Bullits teams play in a Domestic competition and there is an expectation that our club is **inclusive and players receive equal court time**. All players pay the same fees and players will not develop their skills sitting on the bench. If necessary, use a notepad to remind you of the players who have been on the court and those who have spent time on the bench. No players should be playing the whole 40 minutes of the game if there are subs. No matter how skillful they are!! Finals are different, but coaches still need to be reasonable in how they share court time come finals time.

Bullits expects that their coaches will be great role models for our players. Coaches need to be mindful that they are coaching **children** who play sport for fun. We are hoping that our players develop a lifelong love of the game. Keeping players on the bench or constantly criticizing them will not help them to develop a love for the game.

Coaches need to be good sports. The referees are human and often young kids. It is a hard gig and one that can be made even more difficult with an adult screaming at them. Explain to your players that referees are human and they make mistakes. The referee's decision is final! Please discipline players who appeal to the referees or even engage with the referees. They need to accept the referees decision.

Kids play basketball for fun. They are children and you need to ensure you give out plenty of praise along with some tips to improve their game. Encourage players to pass the ball ahead of them to players who are free rather than just dribble the length of the

court and shoot. This is developing good basketball habits as there simply comes a time when this kind of play will not work. All players need to be included in the game. Bench players who do not pass the ball to a player who is free in front of them- you'll be surprised at how quickly they'll learn once that happens!

## **Bullying**

The Club has a NO BULLYING Policy. Please discipline players who bully players on opposing teams as well as on their own team. Adult coaches need to deal with the bullying. Team Managers and other parents are expected to help with discipline/bullying issues if the team coach is under 18 years. If problems persist, then please contact Lisa Mouncer (Bullits President) for assistance.

## **Coaches Culture**

### **1. Passionate**

- Players feed off of coaches' energy/emotions. Be enthusiastic and high energy
- Love what you do – coaches can have a large impact on players
- Your passion inspires your players to coach/referee and remain involved in the game

### **2. Preparation**

- Prepare a plan for each training and do not just play a game at training.
- Think about skills to be prioritized based on performance in games and go from there
- Think about 2 or 3 **specific** things to focus on each game. e.g. sprinting on defense, talking and quick passing, boxing out...

### **3. Respectful**

- Towards referees, players, parents and other coaches – this is extremely important
- Treat others as you would like to be treated and never let negative emotions show through to your team – even if you are frustrated/angry.

### **4. Confidence**

- Believe in your own ability and your team.

### **5. Communication**

- Communicate clearly and have all players attention before you start speaking
- Listen as well as you speak and never swear, or talk negatively to your players.
- Explain, demonstrate, explain again- be clear but keep instructions simple. Never use your mobile phone during training or games

## 6. Enjoyment

- Bullits believes in letting friends play and have fun together, however, we also will try to accommodate players who would like to be graded and play in a team with players of similar ability. This is so we can continue to develop players and keep them interested in the game.
- It's ok to be competitive – but the overall goal is developing passion and skills. Have fun!

### Points of Emphasis

**Offense** – it is a good idea to avoid running many set plays in domestic basketball (especially for the younger age groups- U12s and under). It's better to teach basic principles.

**Transition** - getting the ball from the defensive end to the offensive end

**Rebounding:** after a rebound – pass it off to an outlet pass. Never let a rebounder put their head down and dribble.

**Running:** everyone sprints up the court after a rebound/steal/turnover. Don't let players jog or walk!

**Quick movement:** the ball carrier pushes the ball hard and looks to make a pass.

### Offensive strategies

**Space the floor:** Don't let players bunch together. Make a rule that no one is allowed to stand inside the key if they don't have the ball. For older age groups (top age U12s and older), make everyone to position themselves outside the 3 point line (5 out offense).

**Player movement:** Move the ball quickly – don't let it stay with one player for too long! Either pass and cut to the basket, drive to the basket, or set a screen. Always try to keep the ball moving.

**Rebounding:** “Box out” by making body contact and always run in for the rebound.

### Points of Emphasis - Defense

The association has a rule that all junior age groups to play man to man defense. NO ZONE DEFENCE. This is to make sure players are being taught to proper defense and how to help and recover.

**Matching up:** every player should have a player to match up on. Be strict on players who aren't paying enough attention to matching up on defense.

**No easy catches:** if a player's guarding an opponent next to the ball, make them deny the pass and increase the pressure.

**Protect the key:** force opponents to drive towards the left or right sides of the court, not through the middle of the key.

**Transition defense:** all players should be sprinting back on defense – no exceptions.

**Communication:** teach players to communicate on defense. Yell things like “Help”, “Ball” and “Split”.

**Team defense:** teach your team how to help each other on defense. A defender should never feel like they are solely responsible for defending an opponent – the closest teammates should always move their feet and help, and then recover. Teach your team defensive positions and how to talk in defense—mainly “Ball” (when guarding the player with the ball), “Help” or “Deny” (when guarding a player near the ball) and “Split line” (when a player is guarding an opponent on the opposite side of the court to the ball).

**Full court match up:** if appropriate, make your team match up from full court for portions of each game. This teaches them how to apply extra pressure and will stretch their defensive skills.

## Age Group Skills

Here is a guide for things to work on at trainings, and specific aspects to emphasize on game days.

<p><b>Body Movement:</b>  <b>U10</b>            Defensive stance            Jump stops/stride stops            Change of pace            Pivoting (reverse and forward)  <b>U12</b>            As above plus            Drop steps  <b>U14</b>            As above</p>	<p><b>Passing and catching the ball</b>  <b>U10</b>            Catch and square up to the basket            Chest and bounce pass  <b>U12</b>            Triple threat position            Fake a pass to make a pass  <b>U14</b>            Overhead passes            Posting up            Push passes (with one hand)            Pass while dribbling</p>
<p><b>Dribbling:</b>  <b>U10</b>            Stationary dribble/Moving dribble            Speed dribble            Left hand and right hand dribble  <b>U12</b>            Change of pace            Crossovers and retreat dribble            Eyes up when dribbling  <b>U14</b>            As above</p>	<p><b>Shooting:</b>  <b>U10</b>            Form shooting            Set shots            Overhand lay ups (both sides/hands)  <b>U12</b>            Power layups, finger rolls  <b>U14</b>            Euro-step (2 step) layups            Floater/runners            Reverse layups</p>
<p><b>Individual Offense skills</b>  <b>U10</b>            Catch and shoot            Driving to the basket  <b>U12</b>            Shooting off dribble            Triple threat            Jab steps            Shot fakes  <b>U14</b>            As above</p>	<p><b>Individual Defense</b>  <b>U10</b>            Defensive stance            Vision (peripheral vision)            Positioning (Help defense)            Communication  <b>U12</b>            Closeouts            Sliding footwork            Drop steps            Slide run slide</p>

	<b>U14</b> As above
<b>Rebounding</b> <b>U10</b> Timing the jump and protect ball after rebound Outlet pass after rebound <b>U12</b> Making contact and boxing out Positioning for a rebound <b>U14 as above</b>	

## Training Advice

**1. Plan your trainings** - even if only 5-10min, think about what skills could be made a priority. Once you identify 2 or 3 skills you would like to work on, run drills that focus on improving these. Try to run drills that focus on multiple skills at once (e.g. If doing something that focuses on passing, maybe add some dribbling or shooting as well).

**2. Teach fundamentals - Break skills down into learnable parts-** each drill should be teaching players a certain aspect of a skill. e.g. If you want to work on players footwork, then focus on specific aspects such as how to pivot or jump stop – don't try make the training more intense or try to move until you are satisfied that players demonstrate the skill.

**3. Don't waste time-** most domestic teams only get 45 minutes a week to train. Some only have half an hour! Try to avoid spending too much time talking to your players/parents during training. You can run through the previous game or any other talking points, but limited training time means you are generally better actually practicing.

**4. Think about what each training should achieve** - what improvements you would like to see out of each training. These can be small, but each training should be accomplishing some kind of improvement in the skills you have identified in your training preparation. Every player should have something to take away from each training. Don't run a drill for the sake of it, if it's not working on something specific that you want to improve on, then think about something else you could run instead.

**5. Make trainings appropriate to the team's age/skill level and attitude** - it's natural to feel frustration as a coach at times, especially if you feel like your team isn't listening. Trainings should always be challenging, but not too difficult.

If you feel that your team isn't engaged or taking the training as seriously as you would like, then think about ways to better engage them – such as making a drill more/less competitive, or allowing them to play a half-court game with specific rules. e.g. no dribbling, minimum number of passes before shooting etc. This can stop a team from messing around, but still tick the boxes you would like to achieve.

It's sometimes common to encounter players who aren't overly enthusiastic about playing basketball. Try to find ways to engage them and encourage their interest! That's your role as a coach, regardless of whether their enthusiasm picks up or not.

**Think about the following:**

Are you teaching fundamental skills?

Are you too concerned about winning or losing?

Are all players involved at all times in training?

Are the players' skills developing?

**Interesting thoughts and perspectives on coaching**

Create unselfishness as the most important attribute of your team – Bill Russell

The goal is to make practice more difficult than anything your players will face in a game – Bobby Knight

If you make every game a life and death proposition, you're going to have problems. For one thing – you'll be dead a lot – Dean Smith

If you're not talking, you're not playing defense – Doc Rivers

Recognise and reward players who put the team first – Don Meyer

Successful teams consist of people working hard, working together, and never worrying about who gets the credit – Don Meyer

**Online resources**

**YouTube:** lots of in depth videos on how to teach certain skills, ideas for drills and advice on planning, communicating and more useful information.

**Breakthrough Basketball:** [www.breakthroughbasketball.com](http://www.breakthroughbasketball.com)

**Hoops Playbook:** [www.hoopsplaybook.ca](http://www.hoopsplaybook.ca)

**Coaching Toolbox:** [www.coachingtoolbox.net](http://www.coachingtoolbox.net)

**Coaches Clipboard:** [www.coachesclipboard.net](http://www.coachesclipboard.net)