



Coach Handbook

May 2018

Coach Handbook

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Coach Handbook

Introduction

Welcome to Wests Basketball Club and thank you for taking on such a vital role in our club. We appreciate the time and effort that goes into coaching and as such endeavour to provide as much support as needed. We hope this handbook will provide you with enough information to get you started and feeling comfortable and confident in your role. Please do not hesitate to contact any members of the committee if you have any questions or concerns, or need additional support. Good luck with the season, we hope you enjoy the experience.

Club History

Wests Basketball Club is one of the longest serving basketball clubs in the ACT. Established in 1962, the Club currently fields over 25 teams in both male and female, junior and senior competitions. The Club has a long history of success in both mens and womens Premier League and is also consistently one of the most successful junior clubs participating in Basketball ACT competitions.

Club Committee Contacts

- | | |
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| <ul style="list-style-type: none">● Club Email<ul style="list-style-type: none">○ wests.basketball@gmail.com● President<ul style="list-style-type: none">○ Jaclyn Smith - 0418 416 922● Vice President (Juniors)<ul style="list-style-type: none">○ Tracey Beatty - 0406 537 160● Vice President (Seniors)<ul style="list-style-type: none">○ Men - Jarryd Heywood
0432 914 460○ Women - Kate Tominac
0416 200 943 | <ul style="list-style-type: none">● Juniors Registrar<ul style="list-style-type: none">○ Katie Barthelson - 0416 021 027
westsregistrar@gmail.com● Coaching Director<ul style="list-style-type: none">○ Jerry Lee - 0420 529 422● Uniform Coordinator<ul style="list-style-type: none">○ Meg Archer - 0419 491 611● Club Website<ul style="list-style-type: none">○ https://www.westsbasketball.com.au/ |
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Juniors Season information

- **Winter Season**
 - May 2018 - September 2018
- **Summer Season**
 - October 2018 - April 2019

Seniors Season information

- **Premier League**
 - March 2018 - September 2018
- **Summer Slam/Summer Open**
 - October 2018 - December 2018
- **Social Winter Season**
 - April 2018 - September 2018
- **Social Summer Season**
 - October 2018 - April 2019

Coaching Requirements & Expectations

Working with Vulnerable People Cards

- All coaches will need a Working With Vulnerable People card for their coaching responsibilities. It is completely free for volunteers to apply for a WWVP card and very easy to do. [Head to this link](#) to apply and once you receive the card, the club will need a copy for their records. If you have not done so, you may be liable for a fine of up to \$750. Please remember, WWVP cards are legislated to protect our young and vulnerable people.

Uniform Requirements

- All Division 1 players are required to wear the club's full uniform - including singlet and shorts. Wests playing shorts are available to purchase online at our uniform page, whilst singlets are provided by the club.
- All other divisions may play in pocketless black basketball shorts.

Uniform Distribution

- At the beginning of each season you will need to hand out singlets to the players in your team. Please use the form at the end of this document to record which player has which singlet. Once you have done so, please send a copy to the club's email - wests.basketball@gmail.com - for our records.
- At the conclusion of each season, you will then need to collect all the singlets back from the players and record this on the form. Once you have all the singlets back, please sign the form and send it to our club's email.

Bench Duties

- Each game, the team will share bench duties with the opposing team, with the expectation that parents complete this job. This means a duty roster will need to be organised and shared with parents before the season begins.

Coaching Requirements & Expectations

Winter Presentations

- At the conclusion of the Winter Season, the club will have a presentation day. It is an expectation that coaches attend this presentation, and select two players for awards (the awards are up to the coach, but generally it is an MVP award and a Coaches award)

Newsletter & Facebook/Instagram

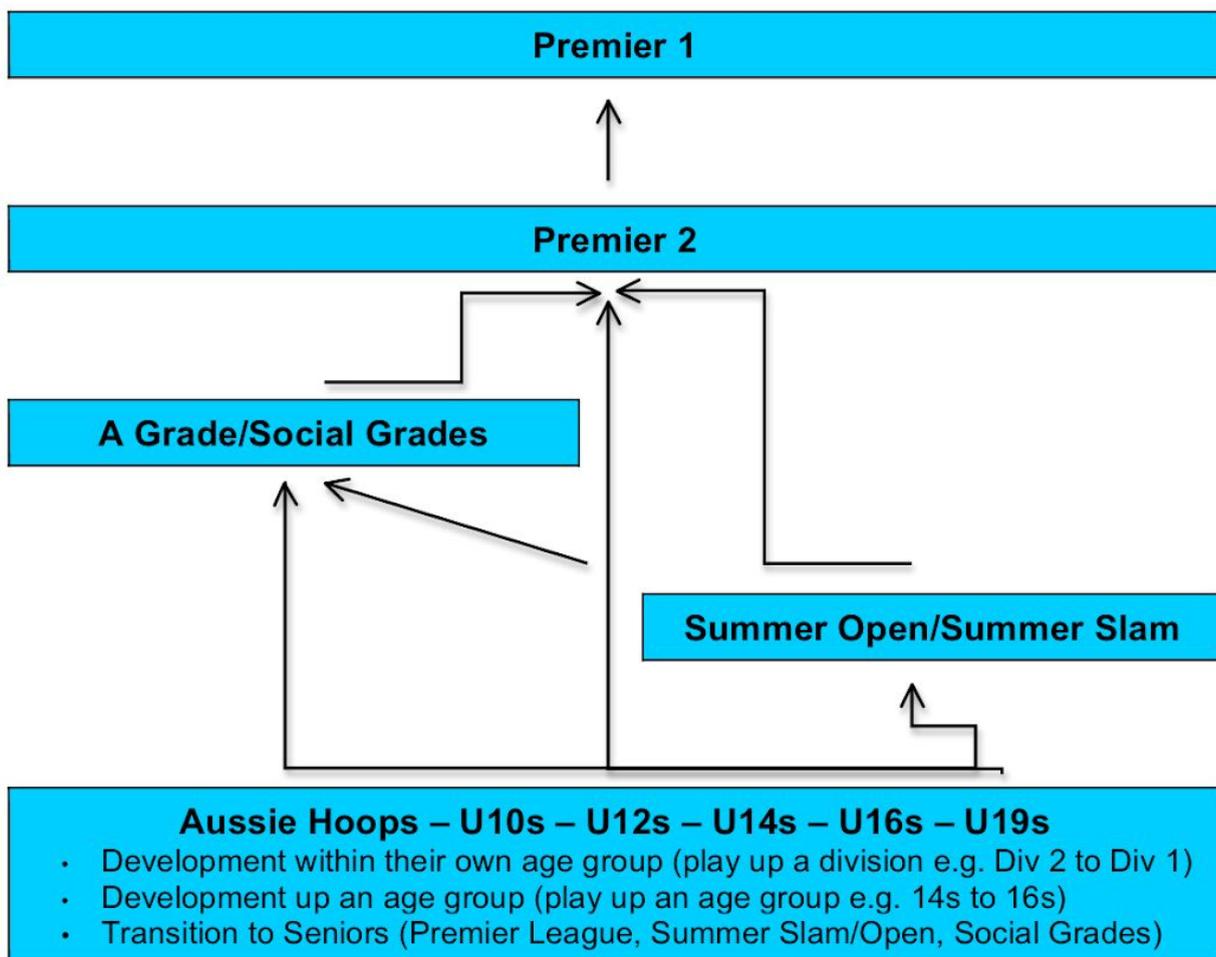
- The club has a social presence online with a monthly newsletter sent out and active Facebook and Instagram accounts.
- Any articles, write ups or news about eventful games or milestones for players are welcomed.
- We also love photos and videos but please ensure you seek permission from the parents/guardians of your players first, before sending them on.
 - If you have anything to share, message our Facebook or Instagram account or contact Jarryd Heywood directly at jarrydheywood@gmail.com.

Player Development

- We actively encourage the development of players within our club. It allows us to provide more opportunities to promising juniors, players new to game and players transitioning to seniors. There are generally 3 ways this occurs.
- **Within their own Age Group:**
 - A 'Development Player' can play in their own division (for eg. U16s Division 2) whilst also being allowed to play an unlimited amount of games in the higher grade level (for eg. U16s Division 1).
- **Up an Age Group:**
 - In rare cases, elite representative players in U14s or U16s can play up an age group to U16s or U19s as a development player. They would still continue to play fulltime in their normal age group, but may fill in for the higher age group when required.
- **Transition to Seniors:**
 - As players progress through U19s division 1 and 2, they are actively encouraged to trial for the club's Premier League Senior's program. In most cases they would first play Premier League 2, with the intention of playing Premier League 1 once they have finished playing juniors.
 - There is also an opportunity to play in the Summer Slam and Summer Open during October-December. This is an excellent opportunity to get a taste for senior basketball, playing against older bodies at a faster pace.
 - Once teams have finished playing U19s in lower grade levels, we would love for these teams to establish their own social grade team for seniors. They can continue to play for Wests and utilise the club's support when needed.
- If you feel there are players in your team who would benefit from any of the above development opportunities, please contact the Junior Vice President or Senior Vice President for more information.



West's Basketball Club - Development Pathway



Notes

- Our policy is to develop from within and guide our junior players through to our senior programs, taking into account their skill level, experience and physicality.
- We do not actively recruit players from other clubs, however, we do welcome those who seek to join our strong program, looking to develop their skills further.

Code of Conduct

Basketball ACT has developed a number of codes of conduct that are intended as guidelines appropriate for all involved in the sport of basketball; including though not limited to players, coaches, officials and spectators. These codes are guides within which each participating group should endeavour to operate to improve the basketball experience for all participants. To see the code of conduct for parents, spectators, players, coaches, officials and administrators [click here](#).

Coaches Code of Conduct:

- Hold a valid 'Working with Vulnerable People' card
- Conduct myself in a dignified manner relating to emotions, language, attitude, actions and punctuality at all times so as not to damage the reputation of Wests & Basketball ACT
- Develop team respect for the ability of opponents as well as for the judgement of referees, officials and opposing coaches
- Display control and professionalism and respect the rights, dignity and worth of every person you have contact with during the implementation of the program including; opponents, other coaches, officials, administrators, parents, athletes, and spectators
- Refrain from physical contact with athletes except where necessary for the development of the athletes' skill/s or athletic ability
- Be aware and understand the role/influence of the coach as an educator. Therefore impart knowledge in promoting skill, desirable personal, educational and social behaviour
- Never ridicule children for making mistakes or losing a game.
- Be reasonable in your demands on players' time, energy and enthusiasm.
- Remember that children play for fun and enjoyment and that winning is a small part of their motivation.
- Teach your players that the rules of the game are mutual agreements which no one should evade or break.
- Whenever possible, group players according to age, height, skills and physical maturity.
- Avoid over-playing the talented players. The "just-average" players need, and deserve time.
- The scheduling and length of practice times and competition should take into consideration the maturity level of players.
- Follow the advice of a physician / physiotherapist when determining whether a sick / injured player is ready to recommence training or competition
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players
- Seek to keep abreast of the latest coaching practices and principles, ensure that the information used is up to date and appropriate to the needs of the athletes while taking into account the principles of growth, strength, and development of children
- Adhere to the Basketball ACT Policy Statements regarding Social Media and Privacy and acknowledge there are consequences for breaches of these Codes of Conduct, some of which may be severe.

Code of Conduct

Parents Code of Conduct:

- Encourage children to participate if they are interested. If they are not, don't force them.
- Focus on playing the game, reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each game is accepted without undue disappointment.
- Encourage children to always play by the rules.
- Do not criticise children in front of others, but reserve constructive criticism for more private moments.
- Remember children are involved in sport for their enjoyment, not yours.
- Remember a child learns best by example. Applaud good play by all teams.
- Accept decisions of all referees as being fair and called to the best of their ability. Do not raise issues of disagreement publicly.
- Do not criticise opposing team members or supporters by word or gesture.
- Set a good example by your own conduct, behavior and appearance.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Avoid use of derogatory language based on gender, race or impairment.
- Realise that there are consequences for breaches of these Codes of Conduct, some of which are severe.

Code of Conduct

Spectators Code of Conduct:

- Remember children play sport for fun. They are not playing for the entertainment of spectators. They are not miniature professionals.
- Applaud good performances from each team. Congratulate all players regardless of the outcome.
- Respect the referee's decision. If there is a disagreement, follow the appropriate procedure in order to query the decision.
- Never ridicule or scold a child for making a mistake during competition. Be positive.
- Condemn the use of violence in any form, be it by spectators, coaches or players.
- Show respect for your team's opponents, without them, there would be no game.
- Encourage players to obey the rules and decisions of officials.
- Demonstrate appropriate social behavior by not using foul language, harassing players, coaches or officials.
- Avoid use of derogatory language based on gender, race or impairment.
- Realise that there are consequences for breaches of these Codes of Conduct, some of which are severe

Code of Conduct

Please ensure your players are aware of and consistently demonstrate their code of conduct.

Players Code of Conduct:

- Play by the rules.
- Never argue with an official. If you disagree, have your captain, coach or manager approach the referee during a break or after the game in an appropriate manner.
- Control your temper. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not acceptable or permitted in basketball.
- Work equally hard for yourself and for your team. Your team's performance will benefit so will you.
- Be a good sport. Acknowledge all good plays whether they are by your team or the other team.
- Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
- Cooperate with your coach, teammates and opponents. Without them there would be no competition.
- Play for the "fun of it" and not just to please parents and coaches.
- Avoid use of derogatory language based on gender, race or impairment.
- Be prepared to lose sometimes. Everyone wins and loses at some time. Be a fair winner and good loser.
- Realise that there are consequences for breaches of these Codes of Conduct, some of which are severe.

Coaching Resources

There is an enormous amount of resources available online to support and develop your coaching endeavours. As a club, we are committed to supporting our coaches, ensuring you feel comfortable developing your players and team in a respectful and enjoyable environment.

- **Role of the Coach - [Click Here](#)**
 - *This is a great place to start as it provides a general overview of basketball, including the court dimensions, playing positions, rules of the game and your role as a coach. If you are new to coaching or new to basketball, pages 12-16 of this document would be a great place to begin.*
- **Individual Body Movement & Ball Skills - [Click Here](#)**
- **Individual Offensive & Defensive Skills - [Click Here](#)**
- **Team Offensive & Defensive Skills - [Click Here](#)**
 - *These 3 documents provide an overview of the different body movements and skills needed in basketball. It looks at individual skills as well as team concepts and provides explanations, key teaching points and things to look for. As your players become more proficient at individual skills, or are playing in a higher age group or top division, you can start to implement and develop offensive and defensive team concepts. The documents explore a variety of skills and concepts, including running, pivoting, dribbling, passing, shooting, rebounding, getting open, offensive moves and defensive technique, movement off the ball, court balance, player spacing, screening, basic defensive principles and communication.*
- **General Training Drills - [Click Here](#)**
 - *This document will provide you with a range of drills that will work on all of the above skills. This includes passing, dribbling, shooting, rebounding, individual defence and offence and team development drills.*
- **FIBA Level 1 Coaches Manual - [Click Here](#)**
 - *If you are looking for something a little more detailed and comprehensive this document provides an extensive list of drills and activities that will take your team and players to the next level.*
- **Jr. NBA Coaching Resource - [Click Here](#)**
 - *The **Jr. NBA** is the premier resource for youth basketball players, parents, coaches and league administrators looking to learn more about the game.*

Coaching Resources

- **Basketball ACT Player Skills Matrix - [Click Here](#)**
 - *The objective of the Player Skills Matrix is to assist coaches in determining the skills and concepts that players should be developing at specific ages. The Matrix is a guide for coaches in assessing their player's current skill proficiencies whilst supporting coaches in developing their players for the higher age levels. The Matrix can also be used as a checklist to assist coaches in planning their weekly team training plans.*
- **Basketball ACT Coaching Information - [Click Here](#)**
 - *Head here for the latest updates about coaching courses or general coaching information in Canberra.*
- **Basketball Australia National Coaching Resource - [Click Here](#)**
 - *This online resource was released in October 2017, and is part of Basketball Australia's commitment to supporting coaches at all levels of the sport. It offers practical guidelines to coaches that will give them confidence that they're setting their players on the right path. You can find development activities in your region as well as watching an extensive video library of clinics. The website also includes blogs and factsheets from Basketball Australia's Centre of Excellence staff and other contributors.*
- **FIBA Official Basketball Rules 2014 - [Click Here](#)**
 - *A complete list of the FIBA Official Basketball Rules for your reference and development.*

Player Health, Safety & Welfare

Physical Health

- It is important you are aware of your players' physical health, including: medical conditions, physical fitness, injury prevention and injury management.
- With this in mind, please provide your players with adequate warm up time, drink breaks, substitutions, cool down and stretching time to ensure injuries are prevented. It is also vital you check if your players have any existing medical conditions before the season begins.
- If any injury occurs during training or games it is important you provide assistance to the player and work with the team manager (if applicable) and parents to manage the injury.
- An injury report should be filled out in the event of a serious injury, whether at training or games.
- Below is an example of appropriate management of the common soft tissue injuries associated with basketball, including ligament sprains, muscle sprains and muscle bruises.

Soft Tissue Injuries

RICER	1. REST	2. ICE
R EST I CE C OMPRESSION E LEVATION R EFERRAL	<p>REST</p> <p>In this context "rest" means that the casualty must be encouraged to immediately desist from further activity until the severity of the injury can be safely assessed.</p> <p>This may require some persuasion - the injured athlete may be highly motivated and sensations of pain and loss of function can be masked by the body's natural pain-killing chemicals - as First Aider you may have to be assertive.</p> 	<p>ICE</p> <p>Whether in the form of ice-cubes, a proprietary cold spray or wrap, or even a bag of frozen peas, ice should be administered to the injured area and applied for not more than 15 minutes in the first hour. This will help relieve pain and limit swelling.</p>  <p><i>NB direct application of ice to bare skin will burn and ADHERE - ALWAYS WRAP ice in a wet towel or cloth.</i></p>
3. COMPRESSION	4. ELEVATION	5. REFERRAL
<p>COMPRESSION</p> <p>Compression of the injured area will also help limit swelling. This is best applied to a limb in the form of an elasticated stocking - a length sufficient to provide a double thickness around the injury and far enough above and below to avoid swelling and pooling of tissue fluid around the bandage edges.</p> <p>Application may be over a cold wrap if required. If the casualty is in pain and has limited function, they might well prefer to apply the compression for themselves under your direction.</p> 	<p>ELEVATION</p> <p>Elevation of the injured body part allows gravity to help limit the swelling of the damaged tissues. It should not be forced, however, particularly where pain and loss of function might indicate an underlying fracture.</p> 	<p>REFERRAL</p> <p>It is vitally important for the First Aider to realise that even apparently minor soft-tissue injuries can disguise fractures and dislocations to bones and joints. Such injuries can only be accurately diagnosed by a Doctor.</p> <p>For this reason the First Aider should refer any such injuries to the nearest medical facility. The casualty should also be advised to see a qualified physiotherapist the same day, for an appropriate programme of rehabilitation.</p> 

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Coach Handbook

Mental Health

- Another important aspect of your coaching duties will be an awareness of your player's mental wellbeing. If you feel that something isn't quite right with one of your players and are unsure of what to do, please talk to their parents at the earliest time available. We would also encourage you to communicate your concerns with the appropriate club committee members.
- There are many resources available online to support the wellbeing of youth. If you feel comfortable doing so, we encourage you to share the following resources with your players at the time of need.

Mental Health Resources

	<p>eheadspace.org.au - 1800 650 890</p> <p><i>eheadspace is a secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional</i></p>
	<p>beyondblue.com.au - 1300 22 4636</p> <p><i>Beyondblue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.</i></p>
	<p>Lifeline.org.au - 13 11 14</p> <p><i>Lifeline provides 24/7 crisis support and suicide prevention services.</i></p>
	<p>Radaustralia.org.au</p> <p><i>RAD Australia connects LGBTIQ people to accurate, safe and respectful care and support in order to improve individual and community health and wellbeing.</i></p>
	<p>Child and Adolescent Mental Health Services (CAMHS)</p> <p><i>The CAMHS Community Teams provide assessment and treatment for children and young people under 18 years of age who are experiencing moderate to severe mental health difficulties.</i></p>
	<p>Smilingmind.com.au</p> <p><i>Smiling Mind exists to help build individual mental health and wellbeing through positive, pre-emptive tools based on mindfulness meditation</i></p>
	<p>https://www.ruok.org.au/</p> <p><i>A not-for-profit organisation dedicated to encouraging all Australians to connect and to have regular, meaningful conversations with anyone struggling with life.</i></p>

