



Bullits Basketball Club Coaching Manual

SPRING SEASON, 2022

Thank you for agreeing to coach a Bullits team for Spring Season 2022.

If you are a parent coach, you should have received \$100 off your child's fees for this season. If you did not receive your discount, please email president@bullits.org.au with the team details and your bank details and you will be refunded \$100.

If you are a junior coach, you will be paid \$250 in a lump sum at the end of the season. If you have not filled in a Junior Coach Application Form on our website and provided us with your bank details, you will not get paid. You will find the form under "Coaching" at www.bullits.org.au. The club subsidises \$100 and your team will be invoiced an additional \$150 to cover your payment.

There is an expectation that coaches attend all games and training sessions throughout the season. Obviously, illness or other things happen. Junior coaches will not be paid the full amount if they miss more than 25% of games and training sessions. Please make sure your Team Manager knows if you are going to miss a game or training session.

Coach Requirements

All Bullits Coaches need to:

1. Register on Playhq. Click on this link: <https://www.playhq.com/basketball-victoria/register/f5bfe0>
2. Create an Everproof Account- www.everproof.com. This is where all of your qualifications and Club/Association requirements are stored. You will enter your Coaching Course, Working with Children, and other qualifications in this account.
3. All coaches 18 years and over need a current Working with Children Check (WWC). These are free.
4. Here is the link if you need to get one: <https://www.workingwithchildren.vic.gov.au/>
5. Complete a Community Coaching Course (formerly Level O). This is the minimum requirement of the SBA for all coaches. The cost of the course is \$20. The club will reimburse the \$20 once the course is completed. Send a copy of your receipt to president@bullits.org.au with your bank details for reimbursement.

Coaches are encouraged to complete a Level 1 Coaching Course. The club will also pay for these.

6. Complete two online Play by the Rules Courses:

<https://www.playbytherules.net.au/>

- Child Protection Course
- Harrassment and Discrimination Course

7. Complete a Member Statutory Declaration Form and have it witnessed by a Justice of the Peace. You can find a copy of the form here:

<https://www.southernbasketball.com.au/wp-content/uploads/2018/09/MEMBER-PROTECTION-DECLARATION-disclosure.pdf>

Coach Code of Conduct and Club Policy

All Bullits coaches must agree to the Bullits Code of Conduct Policy. Go to www.bullits.org.au. Bullits is mainly a friendship based club but sometimes 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. Coaches cannot refuse players of similar ability to their teams and must agree to have at least 8 players if required.

There is an expectation that our club is **inclusive and players receive equal court time**. Finals are different, but coaches still need to be reasonable in how they share court time come finals time.

The club expects that coaches will be great role models. Coaches need to be good sports. Referees are human and often young kids. They make mistakes but the referee's decision is final! Please discipline players who appeal or engage with referees. Coaches must shake hands with the referees and opposition coach at the end of each game. Players must also shake the hands of all players on the opposing team at the end of each game.

Kids play basketball for fun. Give plenty of praise. 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 and is good for all in the team. All players need to be included in the game.

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 any bullying. Team Managers/parents are expected to help with issues if the team coach is under 18 years. If problems persist, email: president@bullits.org.au

Training

Training sessions are 45 minutes. There will be a Bullits Trainer present at all training sessions to assist coaches. They can give ideas for drills, run sessions, or work with individual players on certain skills. Please use the trainers to assist with your sessions. Players who are feeling unwell will be asked to stay away from training.

Things to remember:

- Be respectful towards referees, players, parents and other coaches - this is extremely important.
- Communicate clearly and have all players' attention before you start speaking. 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.
- Bullits believes in letting friends play and have fun together, but we also will try to accommodate players who would like to be graded and play in a team with players of similar ability.
- Avoid running too many set plays (especially for U12s and under). It's better to teach basic principles.
- After a rebound pass it off to an outlet pass. Don't put their head down and dribble.
- Everyone sprints up the court after a rebound/steal/turnover. Don't let players jog or walk.
- 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.
- All teams U14 and below, must play man to man defense. NO ZONE DEFENCE. This is to make sure players are being taught proper defense and how to help and recover.

Age Group Skills

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

<p>Body Movement: U10 Defensive stance, Jump stops/stride stops, change of pace, pivoting (reverse and forward) U12 As above plus drop steps U14 As above</p>	<p>Passing and catching the ball U10 Catch and square up to the basket, chest and bounce pass U12 Triple threat position, fake a pass to make a pass U14 Overhead passes, posting up, push passes (with one hand), pass while dribbling</p>
<p>Dribbling: U10 Stationary dribble/Moving dribble, speed dribble Left hand and right hand dribble U12 Change of pace, crossovers and retreat dribble, eyes up when dribbling U14 As above</p>	<p>Shooting: U10 Form shooting, set shots, overhand lay ups (both sides/hands) U12 Power layups, finger rolls U14 Euro-step (2 step) layups, floater/runners, reverse layups</p>
<p>Individual Offense skills U10 Catch and shoot, driving to the basket U12 Shooting off dribble, triple threat, jab steps, shot fakes U14 As above</p>	<p>Individual Defense U10 Defensive stance, vision (peripheral vision), positioning (Help defense), communication U12 Closeouts, sliding footwork, drop steps, slide run slide U14 As above</p>
<p>Rebounding U10 Timing the jump and protect ball after rebound, outlet pass after rebound U12 Making contact and boxing out, positioning for a rebound U14 as above</p>	

THANKS FOR BEING A BULLITS COACH!