

Hello Coaches and Team Managers,

Welcome to our new Coaches and Team Managers for Winter 2021. Included below are notes and key resources from last night's Coach and Team Manager Induction. New and existing coaches and team manager are asked to take some time to familiarize yourself with this information. We will shortly update the Coach and Team Manager chat groups as well. Please reach out if you need additional support or have suggestions for coach development sessions.

Regards

Janine Briggs (Coach and Player Development)

Coach and Team Manager Notes

Thanks for joining the Aberfeldie Jets Coach and Team Manager Induction. As one of our army of Aberfeldie Jets volunteers, thank you for making it possible for over 900 children to experience the game of basketball. If you have any questions (for things not covered on the Jets website ☺) please email coaching@aberfeldiejets.com.au.

Included below is some of the key information, links and resources mentioned during the induction.

Key messages for all coaches

- We support the [No zone philosophy](#) and don't teach or play zone in U10 -U14 so that players can learn good fundamental defensive skills. If you want some assistance in teaching man to man defense here's a good [clinic to watch](#).
- We have a [fair court time policy](#) - Coaches should provide equal court time during regular rounds to enable all players to develop

Policies and key information you should be familiar with (if you can't find it below check the [Jets website](#) or the [KBA website](#)):

- Code of Conduct apply to all, found here on our [website](#)
- [Keilor Basketball Association Participant Behaviour Policy](#)
- The club communicates with Coaches/Team Managers mainly via TeamApp – make sure you have it set up and check regularly. So that you don't miss email communications add @aberfeldiejets.com.au to your safe senders list.
- White singlet policy can be found [here](#)
- T-Shirts are NOT permitted to be worn underneath uniforms. Fit Bits / Watches or any other hard equipment is NOT permitted to be worn on the wrist
- [Injuries and medical exemptions](#) including when to communicate with the club.
- The fall back, [mercy rule](#), is in place for all regular season games (excludes grading and finals). The fallback (mercy) rule is where, when a team is leading by 20 points or more (10 points or more in U10's), the leading team is required to fall back behind their own three (3) point line following a successful shot attempt, or whenever the opposition team in-bounds the ball.
- [Heat policy](#)
- Only need four players to take the court, if you need fill in players contact Kylee ASAP, this needs to be no later than Thursday. We cannot find fill in players on the day. Notifying

- walkovers, where you cannot field a team of four or more players) please let Kylee know ASAP. (See [Fill in players and walkovers](#))
- Bylaws and rep rules can be found [here](#).
 - You can find information here on [How to score a basketball game](#)

Training

- Some reminders
 - If you have a parent help at training, they must have a WWCC and be registered with the club.
 - Clear the court after your allocated training time, keep it fair for others. Last session not to run over as this violates our contractual arrangements with the venues.
 - Ensure you are familiar with the opening and closing procedures of your training venue. All coaches are responsible for ensuring keys are passed from coach to coach after each session and returned to the relevant lockbox after training. If you are not training advise coaches before and after your session so plans can be made related to keys.
- Preparing for training
 - Create a plan for the season and then a training plan for each week. The [Basketball Skills Checklist](#) of skills by age group is a useful resource.
 - Basketball Australia advocate a games centered approach to developing players rather than a more traditional technique and drills approach (although there is a place for drills in, especially in older players to build skills). This is a good resource on the [Game-sense approach](#)
 - Here's some more traditional training resources – [weekly training plans](#) and [drills](#). There are a whole lot more on the Jets [website](#)

For game day:

- Plan your subs in advance. Here are two resources you can use ([Basketball Issaquah Washington](#) and [Bendigo Basketball Association](#)). Suggestions:
 - sub every 3-5 mins
 - try and have a mix of abilities on the court at any time
- Teams with two coaches, please note only one coach can stand up at any one time. Penalty for two coaches standing at any one time is a bench technical foul. You may not receive a warning prior to the technical foul.
- Coaches to wear the new Jets polos
- Our [Aberfeldie Jets Coaches Manual](#) is a great starting resource for new coaches and includes an example communication to parents to assist in establishing expectations upfront.

Coach Resources and Development

As discussed at the induction it can be easy to get lost in the resources, youtube videos, podcasts and general information out there. Here are my favorites – I would suggest using them as your primary resources, at least initially.

- [Basketball WA – Domestic Coach Guide](#)
- [World Association of Basketball Coaches – FIBA site](#)
 - The [Mini-curriculum](#) is a great starting point with guides on teaching players aged 5-12 using a games-based approach
- [Basketball Tasmania’s Game Sense Ideas for Basketball](#) mentioned earlier
- [Jr NBA](#) for Practice plans and instructional videos aimed at 5-12 year olds
- Best suggestions for coach development
 - Basketball Victoria Community Coaching courses (we are looking to schedule something in the next couple of months)
 - [Wyndham Basketball’s Domestic Coach](#) series of webinars they ran during lockdown last year are worth a look.

Go Jets!