



# Coach Information

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Facebook: [Bentleigh Lakers](https://www.facebook.com/BentleighLakers)

## Table of Contents

1. Club Structure.....	2
2. Contact details.....	3
3. Role of the AGC, Coaches and Team Managers.....	3
4. Coach Discount and Junior Coach Payment Policy .....	4
5. Coach Registration in PlayHQ.....	5
6. Coach Compliance – Child Safety, Coach Code of Conduct & Zero Tolerance .....	5
7. Junior Domestic By-Laws.....	7
8. Coach Polos and Hoodies .....	7
9. Training Equipment .....	7
10. Coach Compatibilities .....	7
11. Injuries and Insurance .....	7
12. Game Day incidents.....	8
13. Forfeits.....	8
14. Fill-ins.....	8
15. Training Courts, Times & Opening and Lock-up Procedures.....	8
16. Player Singlet Numbers .....	8
17. Heat Policy .....	9
18. Coach Development & Training Resources .....	9
19. Club Coaching Philosophy.....	9
20. Coaching Tips and Expectations for Junior Basketball .....	10
21. Coach Q&A.....	11

Abbreviations used:

AGC – Age Group Coordinator

BV – Basketball Victoria

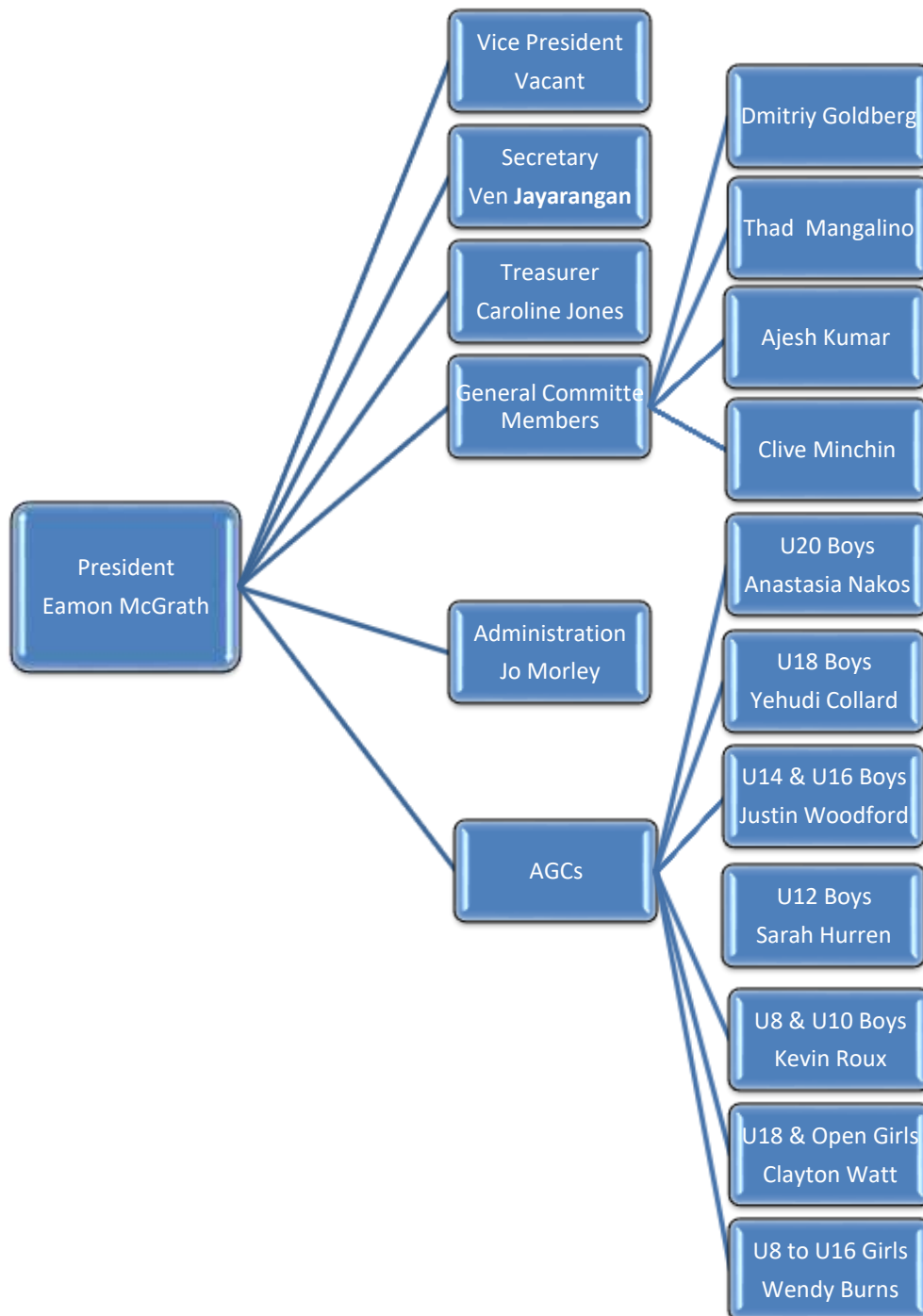
Club – Bentleigh Lakers Basketball Club

MBA – McKinnon Basketball Association

WWCC – Working With Children Check

If you have any questions about the contents of this document, please contact the administrator at [registerforlakers@gmail.com](mailto:registerforlakers@gmail.com)

# 1. Club Structure



## 2. Contact details

Position	Name	Phone	Lakers Email
President	Eamon McGrath	na	<a href="mailto:bentleightlakerspresident@gmail.com">bentleightlakerspresident@gmail.com</a>
Vice President	Vacant	na	<a href="mailto:bentleightlakersvicepresident@gmail.com">bentleightlakersvicepresident@gmail.com</a>
Secretary	Ven Jayarangan	na	<a href="mailto:secretaryforlakers@gmail.com">secretaryforlakers@gmail.com</a>
Treasurer	Caroline Jones	na	<a href="mailto:bentleightlakerstreasurer@gmail.com">bentleightlakerstreasurer@gmail.com</a>
Administrator	Jo Morley	na	<a href="mailto:registerforlakers@gmail.com">registerforlakers@gmail.com</a>

Age Group	Coordinator	Phone	Lakers Email
Boys U8/U10	Kevin Roux	0481 270 226	<a href="mailto:910boyslakers@gmail.com">910boyslakers@gmail.com</a>
Boys U12	Sarah Hurren	0416 053 541	<a href="mailto:1112boyslakers@gmail.com">1112boyslakers@gmail.com</a>
Boys U14	Justin Woodford	0407 995 033	<a href="mailto:1314boyslakers@gmail.com">1314boyslakers@gmail.com</a>
Boys U16	Justin Woodford	0407 995 033	<a href="mailto:1516boyslakers@gmail.com">1516boyslakers@gmail.com</a>
Boys U18	Yehudi Collard	0401 997 367	<a href="mailto:1718boyslakers@gmail.com">1718boyslakers@gmail.com</a>
Boys U20	Anastasia Nakos	0409 423 043	<a href="mailto:20boyslakers@gmail.com">20boyslakers@gmail.com</a>
Girls U8/U10	Wendy Burns	0402 823 006	<a href="mailto:910girlslakers@gmail.com">910girlslakers@gmail.com</a>
Girls U12	Wendy Burns	0403 823 006	<a href="mailto:1112girlslakers@gmail.com">1112girlslakers@gmail.com</a>
Girls U14	Wendy Burns	0404 823 006	<a href="mailto:1314girlslakers@gmail.com">1314girlslakers@gmail.com</a>
Girls U16	Wendy Burns	0405 823 006	<a href="mailto:1516girlslakers@gmail.com">1516girlslakers@gmail.com</a>
Girls U18/Open	Clayton Watt	0414 384 743	<a href="mailto:1718girlslakers@gmail.com">1718girlslakers@gmail.com</a>

## 3. Role of the AGC, Coaches and Team Managers

### Age Group Coordinator: Core Job Function

- Uphold the Club's Child Safe and Volunteer Codes of Conduct.
- Oversee the general management of teams in the age-group.
- Support the Club's committee in matters relating to complaints about or involving coaches/ players in the age group.
- Respond promptly to enquiries from potential new members.
- Introduce new members and provide relevant Club information.
- Recruit and support Coaches & Team Managers.
- Liaise with Team Managers regarding Club matters, including teams and player registration.
- Encourage Coaches & Team Managers to register in PlayHQ.
- Notify Team Managers when first-round fixtures are available on website.
- Liaise with Team Managers to receive feedback on grading and advise the President of any grading

concerns or requests for re-grading.

- Handle any enquiries from Team Managers and refer to appropriate Club representative as required.
- Assist with resolution of school security issues, as required.

### Coach: Core Job Function

- Uphold the Club's Child Safe and Coach Codes of Conduct
- Follow the Club's stadium opening and closing procedures.
- Be up to date with the Club's Coaching Philosophy
- Run weekly training sessions for the team or organise replacement coach as required.
- Communicate coaching strategies with parents (especially in younger age groups)
- Participate in the Club's coaching initiatives to improve coaching techniques.
- Attend weekly games or organise replacement coach as required.
- Remind players and parents of Club Code of Conduct requirements if required.
- Assist with issue resolution on, or post, game day if required.
- If you are a junior coach, liaise with your Team Manager to ensure a roster of parents is developed to ensure 1 adult is present at training to assist as required e.g., opening/closing procedures. If this has not been developed, then the Junior Coaches parent needs to be present at training.

### Team Manager: Core Job Function

- Uphold the Club's Code of Conduct
- Keep team contact lists up to date.
- Communicate training and game day information weekly.
- Maintain a register of player availability and communicate weekly. Arrange fill-ins as required.
- Produce and distribute a scoring roster for the team.
- Remind players and parents of Club Code of Conduct requirements if required.
- Assist with issue resolution on, or post, game day if required.
- Assist coach with team communication.
- Assist with Finals scoresheet fee collection and payment, if required.
- Assist with preparation of end of season presentation, as required.
- Ensure Junior Coaches have an adult present at all training sessions.

## 4. Coach Discount and Junior Coach Payment Policy

Coaches who volunteer are entitled to a discount on registration fees for each team they coach, and non-parent coaches are entitled to an end of season payment.

### Coach Discounts

Fee discounts will be applied according to the coach's tenure in the role and their coaching qualification. The coach must also meet all compliance requirements as defined by the Club. Parent coaches will have their discount applied to their child's registration. Junior coaches will have their discount applied to their own registration as a player or if they don't play to a sibling's registration.

**To be eligible for a coaching discount, the individual must be confirmed as a coach by the AGC, registered as the coach in PlayHQ at the start of the season and have completed their compliance requirements.**

Coaching Qualification	Seasons Coached*	Fee Discount (First Child)	Fee Discount (subsequent child)
None	<3 seasons	25%	0%
Club Level	<3 seasons	50%	0%
None	3+ seasons	75%	0%
Club Level	3+ seasons	100%	0%

## Payment to Non-Parent Coaches

Non-parent coaches will also receive payment for their coaching services at the end of the season as long as they have registered as a coach in PlayHQ and completed the compliance requirements.

	1 <sup>st</sup> season	2 <sup>nd</sup> season	3 <sup>rd</sup> + season
<b>Assistant Coach</b>	\$100	\$100	\$100
<b>No Qualification</b>	\$250	\$300	\$350
<b>Community Level</b>	\$300	\$350	\$400
<b>Club Level</b>	\$350	\$400	\$450
<b>Association Level</b>	\$400	\$450	\$500

## 5. Coach Registration in PlayHQ

All coaches must be registered in PlayHQ for the relevant season so they can be assigned to their team; the MBA can advise coaches of forfeits or fixture changes; so, they are covered by BV's insurance.

You can register using the publicised link up until registrations close. Otherwise, a specific link will be provided by your Age Group Coordinator or the Club Administrator.

There is no cost associated with this. If you're unsure about how to do this, please refer to <https://support.playhq.com/article/74-registering-as-a-player-team-manager-or-coach>

## 6. Coach Compliance – Child Safety, Coach Code of Conduct & Zero Tolerance

New coaches and non-compliant coaches will receive an email at the beginning of each season outlining the steps need to become compliant. It is important to understand the Club's expectations as there has been an increase in unacceptable behaviour in recent seasons.

Existing coaches can check their compliance by contacting the Club Administrator.

Compliance requirements are as follows:

Coach 18 years and over	Coach under 18 years	Team Managers
<ol style="list-style-type: none"><li>1. WWCC/Victorian Institute of Teaching registration (VIT)</li><li>2. Child Safe online training.</li><li>3. Child Safe Code of Conduct</li><li>4. Code of Conduct (Coach, Co-coach, or Assistant Coach)</li></ol>	<ol style="list-style-type: none"><li>1. Code of Conduct (Coach, Co-coach or Assistant Coach)</li></ol>	<ol style="list-style-type: none"><li>1. WWCC/ Victorian Institute of Teaching registration (VIT)</li><li>2. Child Safe online training.</li><li>3. Child Safe Code of Conduct</li><li>4. Code of Conduct (Team Manager)</li></ol>

### Child Safety

As a Junior Club we must comply with the *Working with Children Act 2005* and the *Child Wellbeing and Safety Amendment (Child Safe Standards) Act 2015*.

Bentleigh Lakers is a child Safe club, and we take our obligations seriously. Please refer to the Club's Child Safe Policy <https://bentleighlakers.com.au/child-safe-policy-2/> and the Club's Child Safe Code of Conduct which has been sent to you previously.

Remember that your actions may be well intentioned but unacceptable or misinterpreted by others. We want to emphasise that Coaches **MUST NOT**:

1. Seek to use children in any way to meet the needs of adults.
2. Ignore or disregard any concerns, suspicions, or disclosures of child abuse.
3. Use prejudice, oppressive behaviour, or language with children.
4. Engage in rough physical games.

5. Discriminate based on age, gender, race, culture, vulnerability, or sexuality.
6. Initiate unnecessary physical contact with children or do things of a personal nature that children can do for themselves, such as toileting or changing clothes.
7. Develop 'special' relationships with specific children or show favouritism through the provision of gifts or inappropriate attention.
8. Personally communicate with children outside the requirements of their role.

With respect to physical contact, Basketball Victoria elaborates on this – *“Physical contact between a coach and a player except that which would be considered usual social contact such as the shaking of a hand or a “high five” should be rare. Gestures which can be well meaning, or even considered by some to be acceptable, may be unacceptable to others. Sometimes physical contact can be misinterpreted as sexual harassment or even molestation. Particular care needs to be taken in coaching children. Ensure that if there is physical contact with a player that it is appropriate to the situation and necessary for the player’s skill development”.*

If you have any concerns about the safety of a child, please contact the Club’s Child Safety Officer, Jo Morley, at [registerforlakers@gmail.com](mailto:registerforlakers@gmail.com)

### Code of Conduct Coach

The Code of Conduct for Coaches will be sent to Coaches at the beginning of each season. In summary:

1. Remember that basketball is for enjoyment.
2. Be reasonable in your demands.
3. Teach understanding and respect for the rules.
4. Give all players a reasonable amount of court time.
5. Develop team respect for the ability of opponents including their coaches.
6. Instil in your players respect for officials and an acceptance of their judgement.
7. Guide your players in their interaction with the media, parents, and spectators.
8. Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
9. Be prepared to lose sometimes.
10. Act responsibly when players are ill or injured.
11. As well as imparting knowledge and skills, promote desirable personal and social behaviours.
12. Keep your knowledge current.
13. Ensure that any physical contact with a player is appropriate.
14. Avoid personal relationships with players.
15. Respect the rights, dignity and worth of every person.
16. Always respect the use of facilities and equipment provided.

### MBA Zero Tolerance Policy

Coaches must be compliant with the MBA’s zero tolerance policy  
<https://www.mckinnonbasketball.org/policies>

Coaches must not:

- Persistently or wilfully question or challenge the rulings of the referees.
- Berate or abuse game officials i.e., referees and score table personnel.
- Berate or abusive team officials.
- Berate or abuse players.
- Berate or abuse other parents or spectators.
- Berate or abuse any game day official.
- Display conduct which is inappropriate in a sporting environment.
- Wilfully choose to damage/remove MBA or people’s property.

## 7. Junior Domestic By-Laws

All coaches and team managers should familiarise themselves with the MBA's Junior Domestic By-Laws as it can often avoid confusion about player eligibility and similar issues and avoid team penalties.

<https://www.mckinnonbasketball.org/policies>

## 8. Coach Polos and Hoodies

Official Club coach hoodies or polos must be worn on game day. These are available free of charge at our on-line uniform shop by using a Voucher code which is available by contacting [registerforlakers@gmail.com](mailto:registerforlakers@gmail.com)

Please note that these may take up to 4 weeks to be ready for delivery.

On-line shop: [https://www.impactsports.com.au/club/bentleigh\\_lakers/](https://www.impactsports.com.au/club/bentleigh_lakers/)

## 9. Training Equipment

Coach whiteboards are available upon request. All players are required to bring a ball to training. The ball sizes for each age group are:

Under 8	Use size 5 ball
Under 10	Use size 5 ball
Under 12	Use size 5 ball
Under 14	Use size 6 ball
Under 16	Boys: size 7 ball, Girls: size 6
Under 18 and over	Boys: size 7 ball, Girls: size 6

## 10. Coach Compatibilities

The Club can request that the MBA considers coach or player compatibilities when determining the fixture e.g., Coach is coaching 2 teams, Junior coach who plays and coaches on the same day, a player's other commitment such as Saturday school sport.

Compatibility requests must be sent to your Age Group Coordinator as soon as possible. The MBA reserves the right to refuse any compatibilities.

## 11. Injuries and Insurance

Basketball Victoria's insurance covers injuries to coaches and players if they are registered in PlayHQ. If an injury occurs:

- During games, the injured player or parent/guardian must submit details via the MBA's injury portal <https://form.jotform.com/210808144391048>
- During training, the coach or Team Manager should advise the Club via [registerforlakers@gmail.com](mailto:registerforlakers@gmail.com)
- Advising the MBA or Club is for monitoring purposes only. The MBA or Club will not be processing any claims on behalf of the player.
- The player or parent/guardian is responsible for making a claim under BV's insurance. Basketball Victoria's insurance provider is V-Insurance Group (Corporate Authorised Representative of Willis)

and details regarding the level of coverage can be found via the V-Insurance Basketball website <https://vinsurancegroup.com/basketball/>

## 12. Game Day incidents

Where possible, game day incidents should be managed between the involved parties. If a satisfactory resolution isn't achieved then it should be raised with the Club as per the Concerns, Complaints and Grievances Policy <https://bentleightlakers.com.au/concerns-complaints-grievances/>

Other concerns, complaints and Grievances should also be reported as per this policy.

## 13. Forfeits

All forfeits should be advised to the MBA as soon as possible via the forfeit portal <https://form.jotform.com/210878390799070>

## 14. Fill-ins

The Team Manager should arrange fill-ins but you must ensure they comply with By-Law 6 <https://www.mckinnonbasketball.org/policies>

## 15. Training Courts, Times & Opening and Lock-up Procedures

The Club trains at the following venues:

- Valkstone Primary School – Mon to Thur 4pm-9pm, Fri 4pm-7pm
- McKinnon Primary School – Mon to Thur 6.30pm-8.30pm
- Hughesdale Primary School – Mon to Thur 4pm-9pm

To secure your preferred training time, please contact your AGC.

When using school courts for training, **all coaches are responsible for knowing and fully understanding the security & lock up procedures.**

School stadium usage is under contract, and the Club has strict obligations to ensure we look after the stadium and manage the security whilst it is in our care. If we don't meet these obligations, the Club will be at risk of losing access to the venues.

It is imperative that coaches:

- Read and understand the procedures for your training venue which can be found on the Club's website <http://www.bentleightlakers.com.au/> under the Policies & Procedures tab. Each Stadium has a different procedure.
- **Never leave** the Basketball Stadium unlocked if the court is unattended by another Lakers' coach.
- Don't accept offers from any cleaner to lock up. Please execute the lock up procedures and the cleaners can let themselves back in.
- Don't remove the keys, alarm fob or lockbox from the school.

Your AGC will advise you of the relevant lockbox code. Any issues with stadium security should be reported to your AGC immediately.

## 16. Player Singlet Numbers

Players must use a **Club Approved Singlet Number** – they must not choose their own number. To get a Singlet Number, players must contact [registerforlakers@gmail.com](mailto:registerforlakers@gmail.com)

Uniforms can be ordered online at [https://www.impactsports.com.au/club/bentleigh\\_lakers/](https://www.impactsports.com.au/club/bentleigh_lakers/)



In instances where there is a number clash, the AGC or coach must contact [registerforlakers@gmail.com](mailto:registerforlakers@gmail.com) to arrange a loan singlet.

## 17. Heat Policy

At 9am, the club will check the daily maximum temperature and if it is predicted to be over 35 degrees, training will be cancelled for that day.

Heat policy on match days is defined by the MBA <https://www.mckinnonbasketball.org/policies>

## 18. Coach Development & Training Resources

There are a number of Basketball Victoria coaching courses available. Each year the Club provides funding for our volunteer coaches to develop their coaching skills. If you would like to nominate to attend a course, please email [registerforlakers@gmail.com](mailto:registerforlakers@gmail.com).

### Community Level

Based around those with limited to no understanding of basketball and run for small groups.

### Club Level

Based around those that have been coaching for at least 12 months and looking to obtain further information about planning a season and developing player skills.

### Association Level

Those that have held their Club level accreditation for 12 months and are looking to further their coaching education to incorporate VC level teams, state teams and senior teams.

## 19. Club Coaching Philosophy

Coaching is a rewarding pastime, and we thank you for your support, but it can also be the cause of personal frustration for all parties involved (you, players and parents). We recognise that all our athletes have different incentives for playing, and your role as a coach is to try and ensure all your athletes are involved, engaged and motivated to improve.

Coaching an Under 10 team is quite different from coaching an Under 14 team and we also recognise the added complexity when your children are in the team.

We have created some guidelines on how you might choose to prioritise your coaching sessions (refer to Coaching Tips for Junior Basketball). As always, your discretion is advised. If you have an advanced team expand your sessions and vice versa. However, please recognise that some of your athletes may be at different levels and don't assume all understand everything you are saying.

The most frequently discussed question is court time. The current Club policy is all players SHOULD receive equal playing time. We understand that the referee's whistle doesn't always allow for this, but over the course of a season we hope you can even out the playing time.

We recognise that some games are more important than others, however, all players are on the team to learn and develop and everyone needs the opportunity to play and learn from different game situations. Only playing your strongest players definitely helps them develop but doesn't help your weaker players develop.

Your players will focus on winning, therefore, we encourage coaches to focus on development and development opportunities. Remember losing is not a negative, it is a steppingstone to future success. The most successful players are that way as they have learnt from their mistakes and had a diversity of experiences – wins and losses.

We also recognise that in the heat of the moment errors occur, please work with your team managers to help maintain the learning environment.

## 20. Coaching Tips and Expectations for Junior Basketball

The MBA has some great coaching tools on their website at <https://www.mckinnonbasketball.org/coaches>. We highly recommend this to all our coaches. In addition, our Club has the following expectations for each age group:

### Level 1 (7 to 9 Year Olds)

1. Layups - You should practice lots of lay-ups with both hands. Your goal should be to get all players to make lay ups with their left and right hands equally well!! Teach them to jump off the proper foot. They should jump off the left leg when shooting a right-hand layup. They should shoot off their right leg when shooting a left-hand layup. It will be difficult but work on it. You'll probably need to start close to the basket, with no dribble, and take just one step to practice the footwork. Once you add the dribble, they should dribble with their left hand when shooting left hand lay-ups. And vice versa.
2. Footwork - Teach them triple threat positioning, pivoting on their left and right foot without traveling, jump stops, and to square to the basket as soon as they catch the ball in a triple threat position. You should spend a lot of time on footwork!
3. Shooting form – Support their transition from the double-handed shot (strength) to a single-handed shot with supporting hand. By developing good technique early will help once their strength arrives
4. Ball handling - You should teach your players to dribble with left and right hands equally. Basic dribble moves such as the speed dribble, crossover, protect-the-ball dribble, and back-up dribble.
5. Athletic & movement skills - Teach them how to run, jump and land, skip, stop, move laterally, squat, lunge and any other basic movements.
6. Basic passes - Teach and practice the basic chest, bounce, and overhead passes.
7. Play plenty of 2 on 2 and 3 on 3 games to teach concepts (no dribble keep away). It gets the players more experience and allows them enough space to operate and use the new skills they have learned. Make sure to use plenty of age-appropriate drills & games.
8. Offense – Most of the time, it isn't necessary to use any structured or patterned offenses. First, get them comfortable on the court. They will start to figure things out on their own. Your main concern should be to have them move & not stand still.
9. If you use a few basic cuts and maybe screens in your shooting drills at the beginning of practice, then your players will already know how to move in a motion offense. Then you don't have to waste time teaching offense. Just let them play. Once players feel comfortable on the court, show them proper spacing. As they progress, you can start to introduce them to motion offense situations.
10. Basic cuts & how to get open - If time permits, you can introduce the basket cut and straight cut. I would suggest that you just work these cuts into your shooting drills at the beginning of practice. This will save loads of time.
11. Defence - Teach the basic stance, defensive slide, and basic off-ball principles. Don't worry about spending as much time on defence. As they get older, you'll gradually spend more time on defence. Focusing on it 5 to 10 minutes per practice would be more than sufficient.

Basic Off-Ball Principles: - Stay between man and the ball - Always stop the ball if it is in front of you!

### Level 2 (10 to 12 Year Olds)

You should expand into more advanced skills for everything mentioned above. But remember, if your 10- to 12-year-olds are inexperienced, you should start in Level 1. And at the beginning of each season, you should start at Level 1 until those skills are perfected. Then you can progress into the more advanced stuff below.

1. Lay ups - jumping off one foot and jump-stop lay-ups.
2. Teach more cuts: back cut, curl cut, etc.
3. Continue to focus on shooting form and introduce some movement for shooting drills (shooting off the dribble and off the catch). To learn more on shooting, we also have the Breakthrough Basketball Shooting Guide.
4. Ball handling & dribbling - teach more dribble moves such as the inside-out dribble (fake crossover), hesitation move, and between-the-legs.

5. Passing - continue to teach basic passes and introduce some advanced passes (baseball pass and wrap around pass). Use other drill such as machine gun passing and pass and switch.
6. Passing under pressure - you can use pair passing with a defensive player in the middle running back and forth to pressure the passer.
7. Teach basic screens.
8. Footwork - introduce jab steps and ball fakes (pass fakes and shot fakes).
9. Rebounding - introduce rebounding technique.
10. Basic post moves. drop step and jump hook.
11. Spacing - introduce more basic spacing concepts.
12. Offense - keep playing 2 on 2 and 3 on 3 to teach concepts. You can also start to introduce more motion offense situations and play some 5 on 5.
13. Defence - keep emphasizing and spend a little more time on the defensive stance, defensive slide, and off-ball principles mentioned in Level 1. If you feel that your players are ready, work on more off-ball defence principles. Teams are starting to play full court presses, explore teaching a basic press break.

### Level 3 (13 to 14 Year Old's)

You should expand onto more advanced skills for everything mentioned above.

1. Lay-ups - practice contested lay-ups. Also, you could start to teach players, same-leg same-shooting hand lay ups. I know that is against conventional wisdom but think about it for a second...your player just blew by a defender or is on a fast break. Do you want them stutter-stepping to give the defence time to recover and contest the shot? So, if that means jumping on your right-leg and shooting right-handed on the same side, so be it.
2. Continue to teach basic cuts and add more cuts.
3. Continue to emphasize shooting form. Practice shooting on the move off the pass and dribble.
4. Ball Handling & Dribbling - teach more dribble moves such as the spin move, behind-the-back. Incorporate some double-moves (crossover followed with a behind-the-back).
5. Passing - introduce some other advanced passes (dribble pass, behind-the-back pass, pick and roll pass).
6. Passing Under Pressure - You use Pair Passing with a defensive player in the middle running back and forth to pressure the passer.
7. Teach Basic Screens, consider including the screen and roll.
8. Footwork - continue to work on jab steps, pivots, and ball fakes (pass fakes and shot fakes).
9. Rebounding - put more emphasis on rebounding technique and spend more time on rebounding drills.
10. Post moves - keep practicing post moves mentioned above while introducing a few more when the players are ready drop step counter and up-and-under move.
11. Spacing - advance to higher levels of spacing drills.
12. Offense - introduce more motion offense situations. You should start to notice that your players are becoming much better at reading the defence.
13. Defence - Emphasise basics from previous levels and move on to rotations and playing split line.

## 21. Coach Q&A

Over the past several seasons we have received several questions from coaches, below are the most frequently asked questions and some tips and advice on how to respond:

How should I rotate my substitutions?

- Rather than trying to remember who has just been on or off – we encourage you to create a rotation list before the game. Remember, don't always have the same starting 5, all players need to start the game and get a chance to finish the game.

How to manage parents who contradict my coaching?

- If possible, communicate early in the season the approach you will be taking. Encourage your parents to come to training so they can see what you are working on. We recognise that what you do at training may take a few weeks to transfer to the game, so some parents might wrongly assume their kids are not making any progressions. Team Managers are also available as conduits for questions from parents.

How do I manage players who don't pay attention?

- We all struggle with this from time to time. Some kids simply find the artwork or the paint at training or the game more interesting. We recognise that kids will only process small amounts of information at a time, especially during games or time outs. We therefore encourage you to limit your feedback to 1 or 2 key points and get the kids to play it back to you.
- At training, segmenting your sessions will be helpful – for a one-hour training, have 6–10-minute segments each with a single focus. Games at the end of training are always fun but use this time to see how well they have transferred the learning from the rest of the session.

Do players need to come to training to play in game?

- In most instances we encourage players to come to training. We do understand that this is not always possible. Athletes who are playing representative basketball are still expected to come to training.

How do I manage the players who struggle to work with the team?

- Team bonding is an important aspect of the game, having a team BBQ or get-together during the holidays can be useful. Watch out for friends who play on a team together – familiarity should not be confused with favouritism. Friends will naturally pass to friends – this is also difficulty when new players join a team. Best to identify early on and create drills that ensure all players are involved. If you think it is something out of your area of expertise, contact the committee and we have experienced coaches who can give you a hand.
- Encouraging players to pass is essential and will hold them in great stead as they progress through their sporting careers. Superstar players in U10 may become supporting players in U14 before becoming superstars again – So developing team passing skills are essential. Coaches should reward the assist as much as the shot, in some cases over indexing on the assist reward, while minimising the feedback on the shot can be useful.
- Kids don't process being yelled information on the court, there is so much noise they tend to block out all forms of distractions. Shouts of "pass" or "look up" from the bench usually have a low impact – discuss your team goals at the start of the game and re-iterate them during time outs and half time – for those players who are still struggling, a well-timed substitution – quick reminder on the bench – and re-entering into the game may provide enough of a break to enable them to re-focus.

Should I have a captain?

- The Club does not promote the idea of a team captain for a season, however if coaches are looking to develop leadership within teams, we encourage you to consider having rotating leadership roles. This could include a team member running the warmup drill; or taking charge of component of a training drill; or rotating a captain each week, however, clarity of the role is essential.