



# COACHES GUIDE

- **Basketball Tip-Off (Team Picture Day): Saturday, Jan. 6**
  - Schedules and uniforms distributed
- **Season: January 13 – February 24**



## **I am a Youth Athlete.**

**I am Brave and strong and talented.** But I'm still just a kid. I am not perfect. I am a work in progress. I need you to be patient while I test the limits of my body and work through the emotions that come with success and failure. When I make a mistake, I wonder if you'll be disappointed. When I reach my goals, I look to see if you are watching. I am a youth athlete. I love my sport. You call it competition. I call it playing the game. I want to win and have fun. I am a youth athlete. I am **your** youth athlete. Winning feels great, but your praise feels infinitely better. Please remember these things, and I promise to do my best to make you proud.

**Thank You Coach!** You make a huge difference and we appreciate you providing time and effort in making this season positive, fun and successful! If you haven't already, please make sure we have a completed [BACKGROUND CHECK](#) form on file.

The purpose of this guide is to help you! Please take a few minutes and read the ENTIRE guide. The guide will help you know your role and responsibilities as a volunteer coach. Our goal at the Club is to provide our kids with a fun experience; an experience that allows them to learn/develop skills, grow to love sports, and appreciate the benefits of physical activity. In this guide, you will find important information to help you with all aspects of coaching--everything from conducting your first parent meeting to teaching fundamentals. If you ever need access to more coaching information it is available in the **COACHES' CORNER** section on our website at [www.PowerOfTheClub.org](http://www.PowerOfTheClub.org). **Thank you for volunteering!!!**

## WHY YOU'RE IMPORTANT

Why do you want to coach? Do you want your kids to have an opportunity to play? Do you want to teach your kids to be the best they can be? What kind of coach do you want to be? People underestimate the impact that coaches have on young players. Coaches occupy a central role in the athletic setting, and their influence extends into other areas of their players' lives. As a coach you will have an impact on your players in their sports careers and in life, long after their organized playing days are over. You are a role model. Your actions and attitudes shape their view of the world and of themselves. Your actions also represent the Boys & Girls Clubs of the Lewis Clark Valley (BGCLCV), your team, and yourself. Please keep in mind the reason you want to coach, and remember your positive actions have a positive impact on young lives!

## ATHLETE FIRST, WINNING SECOND

**THE MISSION OF THE BGCLCV IS: TO ENABLE ALL YOUNG PEOPLE, ESPECIALLY THOSE WHO NEED US MOST, TO REACH THEIR FULL POTENTIAL AS PRODUCTIVE, CARING, AND RESPONSIBLE CITIZENS.** The BGCLCV athletic programs encourage participation, sportsmanship, and skill development in a fun, safe and supportive environment. Our programs are **NOT** intended to be ultra-competitive leagues. Coaches can get caught up in the "winning is everything" philosophy that characterizes many levels of our sports culture. This thinking leads coaches to lose sight of what youth coaching is really about. The value of playing far exceeds winning and losing. **Your primary goals should be to teach lifelong character lessons, fundamental skills & education, and the importance of teamwork and enjoyment of the game.**

## YOUTH DEVELOPMENT STRATEGY (BUIC)

How do we teach character lessons, skills, knowledge, and enjoyment? Coaches create an atmosphere with four club-tested tools: Belongingness, Usefulness, Influence and Competence. These four tools create the environment needed for boys and girls to reach their full potential.

**Belongingness** - A setting where players know they are accepted and belong. What we do not want is the sense that there are "groups or clicks," which create an uncomfortable environment for your players.

**Usefulness** - This gives your players the opportunity to do something of value for other people. For example, use a player to demonstrate a certain skill like dribbling.

**Influence or Power** - Creates the chance for the players to be heard and to influence other people's decisions. Power is knowledge and knowledge is the key to influence others.

**Competence** - The sense that a player can do something and do it well. This is a coach's obligation to find that players niche, where they fit in and have the ability to do something well as a player or as a teammate.

Use these key elements to teach players life lessons, skills, sport knowledge, and love of the game. If you do, you will make a difference in a kid's life.

## SUCCESS IS FOUND IN DOING ONE'S BEST

Children should be taught that success is found in striving to improve. Your players should be taught that they are never a "loser" if they give their best effort. Focus on your player's effort and enjoyment rather than on wins and losses. Emphasize effort and having fun! It's easy to recognize and praise an athlete who makes a great play. It's your job to recognize the athlete who tried hard but did not make the play. Recognize the pass that led to the basket or the rebound that gained a key possession.

See the small things that lead to the big plays...and reinforce those plays by pointing them out. Be on the lookout for effort to encourage your players to continue or increase their output. The legendary Coach John Wooden emphasized to his teams that success lies in doing one's best, in giving maximum effort regardless of the final score. Let that be the message you send your players; and always let them know that you see and appreciate their efforts.

## WINNING & LOSING

Children can learn from both winning and losing. It's important to maintain a healthy perspective and focus on player/team development. Winning isn't everything or the only thing. Young athletes can't learn from winning and losing if they think the only objective is to beat their opponents. Winning is an important goal, but it shouldn't be the most important objective. Children should leave our program having learned important lifelong lessons, enjoyed the experience, and improved as a player and teammate.

### When They Win

After a win, players have an opportunity to show good sportsmanship by continuing to treat their opponents with respect and dignity. As the coach, you should strongly remind your team to "win with class." Congratulate the other team by giving them a cheer; then line the teams up to shake hands (high fives) and to tell each other "good game." Take the extra step by encouraging your players to thank the referees. Never allow your players to taunt or humiliate an opponent. If it happens during a game, sit them out and explain that it will not be tolerated. If the negative behavior continues, notify the parent and the Athletic Director.

### When They Lose

Athletes should view losing as a teachable moment and an opportunity for growth/improvement. What can I/we do better next game? This might be the single most important lesson a child can learn from sports. This loss will not be the player's only failure in their lifetime. Teach your players that how they respond to failure is more important than failing itself! Following the game, have your players give the other team a cheer and then line up and shake hands (give high fives) and tell the other team "good game." Take the extra step by encouraging them to thank the referees. Praise hard work/effort and focus on 1-2 things they need to work on to play better in the next game.

## SPORTSMANSHIP

Behavior after a win or a loss is an important part of sportsmanship. Sportsmanship can be taught by encouraging clean play (no trash talking), developing a positive relationship with the officials, and coping with winning and losing. These are all lessons that can be taught at practice and re-enforced before your players play a competitive game. A large part of teaching sportsmanship is having the courage to enforce it if one of your players acts inappropriately. As the coach, it's up to you to model appropriate behavior with both your words AND your actions. Always remember - you are a role model...always!

## COACH'S CONDUCT

Our coaches have a responsibility to promote high standards of behavior in athletics. Eliminating negative behaviors is a key goal in our athletic program. This includes the treatment and respect of game officials (referees) and opponents. The BGCLCV enforces two major policies: the first is our Coaches-At-Will Policy stating the BGCLCV is free to terminate a volunteer for any reason at any time. Our **ZERO Tolerance Policy** below is the key to promoting and enforcing the expected standards of behavior. Please make sure you understand it.

*The Boys & Girls Clubs of the Lewis Clark Valley are proud of everyone involved in our athletic programs. In an effort to encourage and create a positive, safe & enjoyable environment, we enforce the ZERO TOLERANCE POLICY for all athletic events. We want everyone involved to enjoy athletics in a mature and responsible manner. Please remember that children play for FUN. Thank you for setting a good example of sportsmanship and being a positive role model for our Club kids.*

**We encourage and expect all coaches, spectators and players to:**

- Know and follow the rules
- Respect players, fans, referees and the referees' authority and decisions.
- Place safety, enjoyment and education above all else; including winning
- Remember that this is a game; and the goal of playing games is FUN
- Never engage in unsportsmanlike behavior
- Never use abusive or foul language
- Encourage in a manner that inspires without belittling others
- Encourage players to respect opponents, coaches and referees
- Avoid criticizing players for mistakes; mistakes are part of learning
- Be supportive of the teams & represent yourself in a positive manner

*Inappropriate behavior may result in expulsion from the current game and/or future games. If needed, a meeting with the Athletic Director will be set up to discuss further action. Decisions made will be fair and in the best interest of the athletic program and our club kids and members.*

## GETTING READY TO COACH

### PARENTS/PARENT MEETING

**PLEASE call each parent shortly after the coaches' meeting.** They are expecting a call ASAP and our office will get inundated with their calls if they don't hear from you. Let them know when and where your parent meeting and first practice will be.

The most important team meeting of the season should take place before the very first practice. Parents are part of the team. The younger the athlete; the more parental involvement is needed. Make certain you let the parents know that this meeting is mandatory. Prepare for the meeting and be ready for questions that could be asked by parents. Allow at least 15-20 minutes to cover important issues/questions. Here's a sample meeting agenda:

- **Welcome and greet each parent – develop a text and/or email distribution “tree”**
- **Introduce yourself** and any other volunteers.
- **Let parents know how they can help.** Have a list of volunteer jobs with responsibilities such as: an assistant coach, a telephone parent, a snack list parent, etc. Appreciate your assistants and be sure to thank them.
- **Handout parent guide and discuss Club philosophy & goals** - Players will participate, have fun & gain skills 1<sup>st</sup> over winning.
- **Stress their role** as a parent and the foundation of good sportsmanship in how they treat referees, opponents, etc.
- **Let the parents know your expectation of the players.** Have a short rule list: Be on time, be respectful, practices & games are positive places...no tolerance for negative talk/actions. Good sportsmanship is to be practiced at all times.
- Have parents bring **EQUIPMENT** to practice if needed (most kids have a basketball at home).
- **Communicate gym rule:** we are guests at our practice sites. No alcohol/drugs; no pets; no weapons. Keep it clean and be on time. No food or drinks, water is okay.
- Let the parents know you will be in charge of games and practices. Ask them to avoid using verbs when cheering. For example, have them avoid yelling: “shoot,” “pass,” etc. - this allows you as the coach to do your job with no interference.
- **Check to see if any child has special medical issues** you need to know about, answer any questions and let them know you're available to speak with them when your schedule permits (after practices, games, etc.)
- **Go over the practice schedule.** Try to be consistent and schedule days/times that work for all or most parents.

### DISCIPLINE

**Be fair, consistent, quick and clear.** There will be times during the season you will need to discipline misbehaving players. Let the team know you expect them to behave in a sportsmanlike manner at all times. Set the tone early if a player is misbehaving. Confront the behavior as soon as it happens. If a player isn't following a rule, have them sit out for a period of time. Correct the behavior, not the person. Avoid making it personal. Identify the specific action (i.e. “your level of effort and attention is not acceptable”). Kids enjoy playing and won't want to sit out. **Do Not** discipline players for physical errors - this produces fearful play. Mistakes in sports are an essential part of the growth process. Successful coaches teach how to fail, recover quickly, and to try again.

### CORRECTING PLAYERS

**You don't have to be soft to be a good coach.** In fact, to coach well, you're going to have to correct players. To be effective when correcting players, you must do it at the right time and in the right way. Almost all correction should happen in practice. Technical skill correction rarely works in competition. If you must correct a player during the game, then wait for a break in the action like a half time period and make brief simple adjustments. In most situations it is best to correct players privately unless there are several players who will benefit from hearing the same correction at the same time.

### INJURY PREVENTION/TREATMENT

- **Dehydration/Soreness.** Drink plenty of fluids and stretch before, during, and after practice and games. Get plenty of rest.
- **Cuts** - clean in cold water, dry thoroughly, applying dressing such as Neosporin and band aid(s).
- **Sprains & strains-** Use RICE method=Rest, Ice, Compress, Elevate. Rest the injured area. Apply ice to area to help reduce swelling. Compress with bandage wrap and elevate to help reduce swelling.
- **For severe injuries** - Call 911 immediately. Notify the athletic director ASAP if medical care is required as the result of an injury at practice or a game. Notify athletic director ASAP if a player is ever taken in for medical care.
- **Concussions** - Brain and head injuries are not to be taken lightly. Always err on the side of caution: **“When in doubt, sit them out.”** After sustaining a head injury player must be cleared by a physician before returning to physical activity.

## ABUSE PREVENTION

- The BGCLCV prohibits you from being alone with a player that isn't your own child. This protects you, the Club & your team.

## OFFICIALS/REFEREES/MONITORS

All BGCLCV officials are honest, impartial and have some level of previous experience. **However, most are not certified officials. They are learning on the job.** We will evaluate all of our officials and have periodic training sessions aimed at improving their performance. **ALWAYS** respect the referee's decisions; whether you agree with them or not. There is a time and a place for having conversations with officials. Always approach them respectfully and avoid confrontations. Never yell at a game official. Make a conscious decision to set a good example for your team. You're their role model. Site monitors/scorekeepers will be available at each facility. They are there to supervise. If you have an issue the referee can't resolve, then let the site monitor or scorekeeper know and they will contact the Athletic Director.

## GENERAL REMINDERS

### Promote Fun

Avoid getting too serious. Don't get crazy about winning; it's not our ultimate goal. Make sure you smile. Above all else, make sure the kids are having fun. If they're having fun, then they'll continue to play.

### Be patient

Young players are going to miss shots. They're going to make turnovers. They're going to commit fouls. They need the freedom to make mistakes. This is how they learn the game and develop their skills. It's your job to help them learn from those mistakes.

### Focus on the Fundamentals

Fundamentals learned at this level are going to be used for the rest of these player's careers. Don't waste an opportunity to teach your players that hustle and a good work ethic are also fundamental skills.

### Understand the rules of the game

Read the rulebook. The Boys & Girls Club leagues have rules tailored to the age of the player. Youth athletics have specific rules that aren't the same as other levels of athletics. You can't expect your players to know the rules if you don't. It is essential that you learn the rules, attend the preseason coaches' meeting and that you and any assistant coaches read and understand the league rules/guidelines. Make sure you know the rule for game participation in the particular sport you are coaching.

## UPCOMING SCHEDULE (TEAM PICTURE DAY, FIRST GAME DAY, MID-SEASON)

### Team Picture Day - Basketball Tip-Off – January 6th at the Lewiston Orchards Club

- Team shirts/uniforms will be given to coaches once they check in at the front counter on team picture day. Coaches will then distribute shirts/uniforms to players by size listed on roster and get team in line for team/individual pictures.
  - Distribute picture packet forms in your coach's packet at your parent meeting.

**First week of games – games & clinics will start on January 13<sup>th</sup>.** Schedules vary by grade levels/divisions.

**Mid-Season** – Gym monitors will distribute pictures, upcoming sport flyers, and **PARTICIPATION CERTIFICATES** to head coaches. Sign your player certificates and give them to each player after your last game or during a designated team function.

## COACHING BASKETBALL

Always be looking for resources to assist you to be a successful coach. You can find resources on our Coach's Corner link, located in the athletics section page of our website at [www.PowerOfTheClub.org](http://www.PowerOfTheClub.org).

## COACH AS A PROFESSIONAL - ORGANIZE AND PLAN

- The most important factors in team improvement are attention, effort, teaching ability and use of practice time.
- Find drills and techniques for performing specific skills that can help your players improve.
- Understand your teaching environment before you begin teaching a drill. Know your time limits, # of players, and space to prevent wasted time and maximize use of assistant coaches.
- Plan your practice so that drills that are new or require more thinking occur early in practice and drills done at the end of practice are the ones that require execution of fundamentals done correctly while tired.



- Start on time. Stay on time. End on time.
- Don't confuse activity with achievement. Achievement is activity that produces improvement in skill level.
- If a skill is going to take 20 minutes to teach, consider breaking it up into smaller periods (4 five-minute segments).
- Write your plan and follow your plan. Keep a record with comments in case changes need to be made next time.
- For increased intensity and motivation make all drills as competitive as possible.

## COACHING YOUR OWN CHILD

- Define all roles: understand when to be "coach" and when to be "parent." Teach your child the responsibilities they have and how to separate "player" from "son or daughter." During practices and games; you are "coach" and they are a "player." Have them call you "coach" during practices and games. As soon as practice is over you go right back to "Dad/Mom."
- Leave your instruction, coach's voice and whistle on the court and make a quick transition back to the unconditional love of a parent. Don't be the coach to your child at home; and don't parent your child on the court. Develop a clear separation of roles. Of the two roles, you will be a parent for life. You will only be a coach for the immediate season.
- Be careful about leaning too far either way when it comes to preferential treatment. Showing favoritism to your child will strain their relationship with teammates. But being too tough on your child can make the child question why they are being "punished," or treated unfairly. Treat them as a member of the team – Nothing more, nothing less.

## COACH AS A TEACHER

- Teaching is the key to skill improvement.
- **DDADA** - Describe. Demonstrate. Ask for Questions. Do it. Then adapt it if necessary.
- Talk little and DO a lot. Keep instruction to a minimum number of words and keep lines short with lots of reps & correction.
  - Talking too much while players are not moving will cause you to lose the most active of players.
- The game is the best teacher for players. Coaches and parents should think of themselves as guides to provide a rich environment for the kids to learn from and enjoy.

## MOTIVATE

- Great coaches encourage, motivate and allow players to enjoy playing.
- Coaches that find the correct mix of being demanding AND positive are the best motivators of young players.
- Motivation is relationship based. Do your best to care for, respect, and understand your players. Another good quote – people don't care how much you know until they know how much you care.
- Things that get rewarded get done and perpetuate themselves.
  - Choose to reward effort and behavior--not outcome or people.
- Use positive, direct communication. Correct privately and praise publicly.
  - Attach the name and the action to every praise and every correction. Look for positives on a daily basis.
  - The closer in time the correction is made; the stronger the learning effect
- Build on successes – small successes will lead to bigger successes.
- Be creative and enjoy your work- show your enjoyment. End each day on a positive note.
- Be positive. You'll find that it's contagious for your team.
- Teach, find and model individual worth. Find the good in every kid.
- **MAKING THE GAME TOO COMPLICATED AND NEGATIVE COACHING WILL DECREASE PLAYERS' MOTIVATION LEVELS.**

## MOTIVATION DURING THE GAME

- Be a model of confidence, concentration and poise.
- A lot of your messages will be sent through your body language; so, be aware of what you're saying and showing.
- Provide and model positive energy and direction for your team.
- Focus on the things you can control and don't waste your energy on anything out of your control. You can't control officials' judgment/calls, the size or skill of the opponent. You can control effort, motivation and behavior of yourself and the team.
- Don't spend a lot of time talking during games. Use quick simple instructions with key words used at practice. "Stay spread"
- Keep games simple. Teach less during games than at practice. Players are already overloaded and don't need much more.
- Stay positive and aggressive. Enjoy the games and your player's efforts with quick, simple expressions of appreciations.
- Keep your focus on your players. Don't be the center of attention.

- After the game, if you can't end on a positive note, say nothing at all and wait until the next day. **ALWAYS REMEMBER THAT THE GAME IS THE BEST TEACHER FOR THE PLAYERS. COACHES AND PARENTS SHOULD THINK OF THEMSELVES MORE AS FACILITATORS, MONITORS, GUIDES OR EVEN PARTICIPANTS, TO PROVIDE A RICH ENVIRONMENT FOR THE KIDS TO LEARN FROM AND ENJOY.**

## TEACHING THE FUNDAMENTALS & TEAM CONCEPT

The first fundamental to instill in young players is that sports are team games. Teach them no team is going to win unless each player contributes. Everybody has to learn the fundamentals and expected outcomes listed below, and hustle if the team is to play well and succeed. Make it clear that unless everybody does their part, the team has very little chance of playing well. This is the first step in building a team mentality. Let your players know the team always comes ahead of the individual. Stress the idea that every player is important, and that everyone must contribute to the team's effort. Most importantly, you have to mean those words. Don't fall into the trap of playing the same three players and not following the participation rule. Let every player know that he or she is going to be called upon to play and perform during every game.

## SAMPLE PRACTICE PLAN

### Stretching & Warm Up (10 minutes)

- Incorporate 3-5 minutes of stretching & warm exercises while going over practice plan/goals with the players.
- Back spin basketball into triple threat
- Back spin basketball into triple threat/shoot
- Back spin basketball into triple threat/drive and shoot

### Passing Fundamentals (5 minutes)

- Chest Pass
- Bounce pass
- Overhead pass

### Dribbling Fundamentals (10 minutes)

- Right hand / Left hand
- Crossover
- Between legs
- Spin
- With "shadow" defense (no contact or steals)

### Full court lay-ins (5 minutes)

- Right
- Left

### Interactive/Full-Court passing/dribbling/lap-up drills (5-10 minutes)

### Defense & Offense schemes & drills – (10 minutes each)

### Scrimmage/Game Simulation

- Full court
- End-of-practice shooting competition (free throws, 5-spot shooting, knock-out, etc.)

## SUCCESSFUL YOUTH COACHING

**Be the coach you would have liked to play for OR the best coach you ever had during your athletic career.** Think back to your own experience as an athlete. What kind of coach would you like to play for? Normally, coaches who are happy, positive, knowledgeable, and demanding in a way that is never demeaning will inspire people. Analyze your reasons for coaching – what is your motivation to coach?

Coaches of significance are leaders who aren't in it for themselves but for the good of those they lead. Coach and teach with the idea of being a positive influence on each of the young people in your care. Your success or failure as a coach will be in direct proportion to your ability to plan, teach, relate, motivate and to create a positive team climate.

***Thank you for your support of our basketball program...you are helping us build great futures (as well as the next generation of coaches and leaders!***