



Pearcedale Basketball Club

Coach's information sheet

Training

- Drills; working out drills that suit your age group can be tricky. If you need help with some ideas, new ideas or a particular area that you think your kids need to work on, contact the club and we will put you in touch with either one of our experienced coach's who work with kids of your age level, or get some outside coaching mentors from Casey or Frankston to assist. Coaching clinics are advertised from time to time and you are more than welcome to attend, sometimes the club will be able to pay for these too.
- Plan ahead; most coach's agree that planning your training is key to keeping kids on track and getting the most out of your hour of time with them. Some age groups work well to have games within training too.
- Tips to practice at home; encouraging kids to practice at home is key to developing their own individual skills. If you need assistance with what sort of things they can do at home again contact the club and we will assist to help your kids grow in the game and get confidence within themselves on game day. It also encourages parents to take a role with their kids sport.

Game Day

- Pre-game warm up; A good routine for warm up's is a great way to get the kids focused on the game ahead and allows you to get their attention. It also allows you to see what sort of skill level the opposition has and work on match up's if that's something you want to work on at your kids level.
- Sub's; Some coach's like to have a schedule for who is coming off when and other's like to work it out on the day. Whichever type you want to be is completely up to you. If you are interested in an easy to use excel sheet that works on the amount of players you have, and gives you an indication of times to ask for subs that makes it fair for each player, send an email to the club and this can be provided. Remember you can only ask for a sub at certain times of the game so if you are not sure just give the umpire a heads up when the time comes that you want to sub and they will call the next available one.
- Rules; each age group has a different set of rules for the game, younger ages get away with travel, double dribble etc to a certain degree depending on the umpire and how the game is going, as well as the skill level of the kids. Older age groups have much stricter rules and transition between the two can be frustrating for the kids. Make sure you are familiar with the main rules, however don't feel you have to memorise all. Use training days to work on things the kids are being pulled up on regularly to teach the kids skills they need to work on these things. The umpires will always make sure the kids understand what they are being pulled up on, however sometimes the words they use or the speed of the game means the kids don't completely understand which can be confusing and upsetting for them, make sure you address this with the kids.
- Team spirit; Basketball is a team game, individuals especially at younger levels often get a bit carried away and it can be difficult to get them to understand that using their team mates is the way to play. Encouraging team spirit by hands all in shouting the team name before taking the court, end of game gatherings where the coach can discuss the game and give encouragement are important steps to get the kids engaged together. If you feel your team are struggling contact the club we will put you in touch with someone to give you more tips on getting the team together.
- Awards and vouchers; our club will often source lollies, vouchers or awards for the kids and generally these will be distributed through either the team manager or coach depending on what suits the team. You may receive messages from our marketing person time to time regarding availability of these. If you are looking to have individual awards that either yourself or the coach would like to create let the club know and we will help wherever possible.

Most of all Have Fun and have a good relationship with your team manager!