

# Ivanhoe Knights

## Frequently Asked Questions About Coaching Basketball

### **I have no coaching experience, how do I start?**

The most experienced coach started with none. Watch and help and learn from an existing coach. Read the information and guidelines on this and other basketball websites. Take a training course. Talk to Tim or Benno about how to start.

### **I've never played basketball, does this matter?**

No. Not at the junior level. Skills can be learnt and taught at the same time. And basketball is more than just ball skills and tactics. Teamwork, awareness and fitness are skills that need teaching too.

### **How do I get a team?**

Coaches are assigned to teams by the Team Selection Coordinator (TSC). This is done after registration day, and before Presentation night. Let either the Boys TSC or the Girls TSC know of your interest as soon as possible to ensure you are included.

### **Can I pick my team?**

No. The selectors do that. Parents can ask to coach the team that contains their son/daughter, which can usually be accommodated, but occasionally several parents volunteer for the same team.

### **Can I choose my team's training time?**

Once the coaches have been appointed, you will receive an email requesting to submit your training preferences to the Training Co-ordinator (TC). The TC will then consider the training schedule for all teams. Priority is giving to the younger teams for the earlier timeslots. As a general rule we don't train on Fridays or Sundays, only Monday to Thursday. The TC can also schedule extra training sessions during finals.

### **What happens when I can't make a training or game due to work, sickness or other emergency?**

If possible, you, the coach should arrange a substitute coach to take the session. This can be a player's parent, another coach, or a senior player from within the club. The TSC may be able to help you find someone. Some teams have a listed assistant coach to share the load and fill in for them.

### **I play in a team, and want to coach another. How does this work?**

Many players coach. Many coaches coach multiple teams. At the beginning of the each season each club lists their coaches' compatibilities (compats) with playing and coaching commitments. These are used by the association to roster games in a way that allows coaches to attend the games they need to. This can be done by making their games consecutively at the same venue, or with an hour between games so they can travel. That is why games fixtures are so difficult to work out and times change from week to week.

### **Do I need qualifications?**

No qualifications are required, but a current Working with Children Check card is mandatory for coaches over 18. This is cost free for volunteers.

See <http://www.justice.vic.gov.au/wps/wcm/connect/justlib/working+with+children/> for details. The club may assist you with costs for some coaches training courses. The club encourages all coaches to undertake the Level 1 coaching course run by Basketball Victoria. Contact the President or the TSC for more details.

### **Can I invite people to train with us?**

No. Only registered members of the Ivanhoe Knights can train with you for insurance reasons. You must keep the training activities within the venue, and not take players outside, e.g. to run around an oval, as they are only covered for insurance when inside the venue.

### **Am I responsible for the players at training?**

Yes. You have a duty of care to supervise the players and know their whereabouts at all times. You need to be prepared to offer medical assistance if a player is injured during the training session. This depends on your age, as coaches under 18 years of age receive support from the parents at training. You must ensure all players are collected from the venue after the training session.

### **What equipment will I need?**

You will need a basketball and non-marking shoes as per the venue's requirements. Other handy tools are a whistle, a clipboard with court lines marked (to show court positions and illustrate game play), and cones/markers for use in drills.

### **How do I run a training session?**

This depends on the age and skill level of your team, but a suggested structure is:

10mins – Shooting or layup practise (also allows time for latecomers to arrive)

10mins – Warm-up drill - ball handling, dribbling, running

15 mins – Skill development - passing, shooting, defending and/or focusing on anything that was identified in the game that needs improving

15mins – 4 on 4 match

10 mins – Fun activity and cool down

Plan your training session before you arrive and try to keep the players actively engaged in the activities so that there is minimal opportunity for mucking around. Don't forget to include drink breaks and remember to have fun! Talk to other coaches for more ideas. The website also has resources for coaches: <http://www.ivanhoeknights.org/coaching/index.htm>

