



McKinnon Domestic Coaches Manual

Quick Guide

This document was created to help assist volunteers in coaching children of all ages within the McKinnon Basketball Association.

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You've been handed the keys to coaching a domestic team within the McKinnon Basketball Association. Being a parent, former or current player and transitioning to a coach can be a challenging situation, but also a very rewarding one. This will usually involve coaching 1 training and 1 game per round for the next 14-16 rounds. Below is a step by step guide to organising yourself for both trainings and games.

Our goal as coaches of grassroots participants should be:

- 1. Help foster a love for the sport of basketball (being active).**
- 2. Provide opportunity for development to occur.**

If you can always achieve the above, then we are providing value for the children. Some tips to achieve this are:

- Treat all children fairly (including your own)
- Keep things simple
- Better of being a master of one, than a jack of all trades
- Be a positive influence (control emotions)
- Refrain from talking about other children in front of your child
- Have fun and enjoy the ride of coaching!

Training

1. Prepare a session plan

Before the 1st session, it is highly important to have a plan for the session. Find out if you have a half court, how long your session is, how many children will be attending the session, what equipment you may have (basketballs, cones, whistle, etc). This plan can be handwritten, typed, or even in your notes on a tablet or phone. This will help get the most out of the session and provide a good opportunity.

An example of a session plan for 45 minutes is attached at the end. This session plan can be adapted to work with children of all ages and provide a good opportunity for game development.

2. Deliver the session plan

Tips to deliver a quality session:

- Get the drills started quickly (limit talk time)
- Use of whistle to stop drills
- Maximise the space
- Keep a ball in each child's hand for as long as possible
- While they are grabbing a drink, prepare the next drill.

3. End of session – Feedback

At the end of the session, we recommend the use of questioning to reinforce learnings for the day:

- What did we/you learn today?
- What did we/you do well?
- What was difficult?
- Did you have fun?

This feedback can be useful as it will help you understand the children you are coaching more, particularly in exploring what they enjoy about the sport.

GAMES

Games are a great opportunity for development, and as such should be focused on development over outcome. A study by the "Institute of study for youth sport" found children play sport for the following reasons in order:

- Fun
- Skill Development
- Excitement and Personal Challenge
- Achievement and Status
- Fitness
- Energy or Tension Release
- Friendship

I would strongly encourage having a **development focus** where growth and development of your players is most important.

1. Pre-Game

Before the game, you should meet with the children and talk about 1-2 points of emphasis for the team for that game. Example might be, "let's get out and run as early as possible" or "on all dead ball situations, find your player as quick as possible". As children gain experience, allow them to identify the 1-2 points point of emphasis.

Set out the starters. This should be on rotation each week; starters should be different ever game.

The court warm up should involve as much movement as possible. A good warm up activity would be 1 vs 1 Shoulder Races or Bump. If you only have 1 ball, consider doing a 2 vs 1 Drill, Shooting Series or a game.

2. During Game

Subbing:

- Use a subbing sheet, and rotate players evenly. These can be found at www.mckinnonbasketball.org/coaches

Time outs/Half Time:

- Address the entire group.
- Keep the point limited to 1-3 depending on group. Ideally if 3 points, consider 1 positive, 1 directive, 1 positive.

3. Post-Game

Similar to the Post Training, at the end of the game, use questioning to reinforce learning, for example:

- What did we/you learn today?
- What did we/you do well?
- What could we/you have done better?

This feedback can be useful as it will help you understand the children more, particularly in exploring what they enjoy about the sport.



Training Plan – Example

Team Name: _____

TIME	SKILL	DRILL/ACTIVITY	DESCRIPTION	NOTES
9min	Ball Handling	Dribble Knockout	Set out a designated area. Players compete to keep dribble alive, while trying to knock teammates basketballs. If ball goes out, perform skill challenge for day (between legs dribble).	Variations: <ul style="list-style-type: none"> - Left hand only - Must crossover every 2nd bounce
9min	Passing	Touchdown Game	2 Teams compete for possession. Game is played with no dribbles. Objective is 1 st team to score. To change possession, cross the 3-point line.	Variations: <ul style="list-style-type: none"> - Make 5 passes before you can score. - Deflection on defense means turnover.
Drink Break (1 FT each)				
9min	Shooting/Finishing	1 vs 1 Chaser Finishing	Offense starts slightly in front of defense. On signal, game begins live to 1 vs 1.	Variation: <ul style="list-style-type: none"> - Change angle - Bigger/Smaller Advantage
9min	Advantage/Disadvantage	2 vs 1 Cone Curls	Set up 2 cones across 3-point line	Variation: <ul style="list-style-type: none"> - Change angle Bigger/Smaller Advantage
Drink Break (1 FT each)				
9min	Game Play	3 vs 3 Game	Progression to 3 vs 3 FIBA Style Game Game to be played on 3 vs 3 FIBA Style rules, where ball is cleared from the 3 Point Line to change possession.	
1-2min	Post Practice – Recap		Review of training for learnings/teachings.	What did we learn today? What did you get better at today? What will you go away and practice from today?