

# BASKETBALL COACHING

## Roadmap

Pre-Season

In-Season

End-of-Season

Off-Season

1

Develop Handbook and Standards / Terms

Define your vision, Offensive and defensive philosophy, Program growth, Parent involvement, Communication, Pre-Season meeting, Expectations

2

Administrative Duties

Finalize schedule, Book travel, Finalize playbooks, Checklist of duties, Inventory, Tryouts form and expectations, Scouting schedule, Fundraising, Open gyms, Meet parent reps and managers

3

Define Purpose and Core Values

Pre-Season coaching meeting, Purpose and core values, Team pillars / Motto

6

Build Team Cohesion

Relationship building activities, Identify roles and team dynamics, Communication with all parties, Support fall athletes and sports

5

Set Target Outcomes

Set team and individual goals and outcomes, Smart goals, Monitor progress, Define practice, game, monthly and season outcomes

4

Connect Values to Philosophy

Establish a philosophy, Evaluate other successful coaching philosophies, Use and discuss pyramid of teaching success, Athlete centered coaching philosophy

7

Deal with the Unexpected

Covid-19, Injury, Illness, Transfers

8

Develop Basketball Players

Strengths, weaknesses, Nutrition and weights, Sleep and recovery, Social media, Roles and leadership, Parent night / Youth night / Senior night

9

Optimize Learning

Methods of delivery, Film sessions, In practice teaching, Team scouts, Off court team and individual learning, Assistant coaches duties, Plans to implement offense, defense, etc

13

Mid-Season Evaluation and Pivot

What is and isn't working, What are you doing correctly? Handling illness and injury

12

Game Day Prep

Pre-game, During game (Substitutions, X and O's, Situations), Half-time, Post-game

11

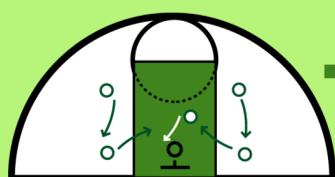
Scouting and Pre-Game Readiness

Delivery, Game situations, In-season promotion of team and youth

10

Practice Planning

Breaking practice into key components, Evaluate how you conduct practice, Time / fFow / Pace



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14

Post Season Evaluation

Build on evaluations, Evaluate data and debrief, Self-examination, Growth-Mindset

15

Recognize and Build on Strengths

Display strengths, Incorporate strengths into performance conversations and feedback, Cross-training among teammates who have specific strengths

16

Banquet and Season Ending Celebration

Make it a special/positive event, Celebrate seniors or older players, Invite family, friends and community

19

Work on Performance Gaps and Evaluation Data

What skills do we need to work on? How to improve our basketball and people skills? College recruiting discussion, Summer team selection, Open gym, Camp and skill work

18

Deep Dive Pivots or Changes

Brainstorm changes, Research options, Select final ideas, Test during the summer, Leader and captain selection, Hire / Fire coaches, Managers for next season

17

Next Season Scout

Look at schedule and what aspects you need to work on, Critical reflection, Outside scout

20

Collaborate and Learn

Clinics, Mentor, Read, Network

21

Try New Ideas

Experiment Growth-mindset, Decide on needs for next season

22

Recharge and Build Relationships

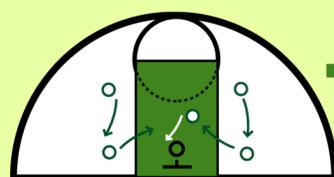
Work on yourself and your relationship, Build relationships with players, Team gatherings, Community building

23

Summer Camp and Budget

Pick times and dates, Find workers and plan outline, Finalize camp and next-season budget

To Pre-Season



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# Pre-Season (Envision)



*The aim of this stage is to have a clear plan for the pre-season, from developing your standards and philosophy to handling administrative duties – so that you can move forward into the season and beyond.*

## 1. Development of Handbook and Standards / Terms

- Define your vision and culture blueprint
- Offensive and defensive philosophy (X's and O'S)
- Program growth and plan
- Parent involvement and communication
- Team and player communication
- Pre-Season team and parent meeting
- Coaches and players expectations



## 2. Administrative Duties

- Finalize game and practice schedule
- Book buses and travel
- Finalize playbooks and player notebooks
- Checklist of duties (Managers, Assistant coaches, etc.)
- Inventory (uniforms, balls, etc...)
- Tryouts form and expectations
- Scouting schedule for coaches (Dates, Locations)
- Fundraising (Player, Parent, Community)
- Open gyms (Times, Locations)
- Meet parent reps and managers

### 3. Define Purpose and Core Values

- Pre-Season coaching meeting
- Coaching purpose and core values
- Why do you coach?
- Team pillars / Motto

### 4. Connect Values to Philosophy

- Establish a philosophy (Individual, Team, Program)
- Evaluate other successful coaching philosophies
- Use and discuss pyramid of teaching success
- Athlete centered coaching philosophy

## 5. Set Target Outcomes

- Set team and individual goals and outcomes
- Smart goals (Specific, Measurable, Attainable, Realistic, Timed)
- Monitor progress
- Define practice, game, monthly and season outcomes

## 6. Build Team Cohesion

- Relationship building activities
- Identify roles and team dynamics
- Communication with all parties
- Support fall athletes and sports

## 7. Deal with the Unexpected

- Covid-19 (Plan for having a season or not having a season)
- Injury and illness
- Transfers

# In-Season (Enact)



*The aim of this stage is to put your pre-season and off-season plan into action and create a winning program. You must be willing to monitor and adjust with every changing situation.*

## 8. Develop Basketball Players

- Work on players strengths
- Work on players weaknesses
- Nutrition and weights
- Sleep and recovery
- Social media
- Roles and leadership
- Parent night / Youth night / Senior night

## 9. Optimize Learning

- Methods of delivery of key materials
- Film sessions
- In practice teaching
- How will team scouts be done?
- Off court team and individual learning
- Assistant coaches duties (Practice, Games, Post-game, etc)
- Plans to implement offense, defense, etc

## 10. Practice Planning

- Breaking practice into key components
- Evaluate how you conduct practice
- Time / Flow / Pace

## 11. Scouting and Pre-Game Readiness

- Delivery
- Game situations
- In-season promotion of team and youth

## 12. Game Day Prep

- Day of game
- Pre-game
- During game (Substitution, X and O's, Situations)
- Half-time
- Post-game

## 13. Mid-Season Evaluation and Pivot

- What is working and what is not working
- What are you doing correctly as a program?
- How to handle illness and injury

## End-of-Season (Evaluate)



*The aim of this stage is to wrap-up the season and have closure with the existing team. Collect and review results for all parties.*

### 14. Post Season Evaluation (Players/Parents/Coaches/Program)

- Build on evaluations
- Evaluate data and debrief (Players/Parents/Coaches)
- Self-Examination
- Growth-Mindset

### 15. Recognize and Build on Strengths

- Display strengths
- Incorporate strengths into performance conversations and feedback.
- Cross-training among teammates who have specific strengths



## 16. Banquet and Season Ending Celebration

- Make it a special / positive event
- Celebrate seniors or older players
- Invite family, friends and community

## 17. Next Season Scout

- Look at schedule and what aspects you need to work on
- Critical reflection
- Outside scout

## 18. Deep Dive Pivots or Changes

- Brainstorm changes (Offense / Defense / etc)
- Research idea options
- Select final ideas (Things you want to improve for the following year)
- Test during the summer
- Leader and/or captain selection
- Hire / Fire coaches
- Managers for next season

# Off-Season (Enhance)



*The aim of the off-season stage is for you and your program to grow. Standardize what works and change what is not working.*

## 19. Work on Performance Gaps and Evaluation Data

- What skills do we need to work on?
- How will you improve our basketball and people skills?
- College recruiting discussion
- Summer team selection
- Open gym (Times, Locations)
- Team camp, individual camp and skill work

## 20. Collaborate and Learn

- Clinics
- Mentor
- Read
- Network



## 21. Try New Ideas

- Experiment
- Growth-Mindset
- Decide on needs for next season

## 22. Recharge and Build Relationships

- Work on yourself and your relationship
- Build easy and hard relationships with players
- Team gatherings
- Community building (Parents, School, Players)

## 23. Summer Camp and Budget

- Pick times and dates
- Find workers and plan outline
- Finalize camp and next-season budget