

***Travel Basketball Coaching  
Handbook 2014/2015***





# ***Travel Basketball Coaching Goals***

- 1. Make sure each player has a positive season.***
- 2. Make Basketball fun.***
- 3. Emphasize fundamentals.***
- 4. Install good work habits.***
- 5. Coach individual & team improvement.***
- 6. Teach sportsmanship.***
- 7. Teach life lessons.***
- 8. Win as many games as possible.***



# *Head Coach Role*

- 1. Possessor of all knowledge – know the game*
- 2. Teacher – know how to teach it*
- 3. Director of player personnel- be consistent & don't play favorites*
- 4. Motivator- motivate & inspire*
- 5. Puzzle Master- adapt & change*
- 6. Grand Planner- maximize use of time*
- 7. X's & O's Guru- strategy, tactics, don't overwhelm with to much information*
- 8. Bench Coach- game decisions*
- 9. Parent Handler – calm & professional*



## ***Assistant Coach Role***

- 1. Order Follower – first mate for captain***
- 2. Number one Supporter – Loyal to Head Coach***
- 3. Advisor – Be honest, share opinions & input***
- 4. Pinch Hitter – Be ready to step into role***
- 5. Head Coach in Training – learn all you can, buy books, attend clinics, watch & learn***



# ***Getting Started***

- 1. Player-Parent Meeting***
- 2. Communicating with the team***
- 3. Rules & Expectations***
- 4. Enforce the rules***
- 5. Tardiness & Absences***
- 6. Disruptive Behavior***
- 7. Poor Sportsmanship***
- 8. Disciplining Players***



# ***How To Run Effective Practice***

- 1. Plan, Plan, and Plan***
- 2. Start on time***
- 3. Keep things moving***
- 4. Game speed & intensity***
- 5. Condition with the ball***
- 6. Stick to the Schedule***
- 7. When introduce new skill/drill-demonstrate***
- 8. Plan for maximum player participation***
- 9. Repetition, Repetition, and more Repetition***
- 10. Adjust your daily plans as you go.***
- 11. Fundamentals***
- 12. Develop list of core practice elements***
- 13. Vary the Pace***
- 14. Scrimmages***



## ***Daily Dozen Practice Elements***

- 1. Fundamentals (dribbling & passing)***
- 2. Shooting***
- 3. Free Throws***
- 4. Rebounding***
- 5. Half Court Offense***
- 6. Individual Offensive skills***
- 7. Press Offense & Fast Break***
- 8. Individual Defense***
- 9. Half-Court Defense***
- 10. Presses & Transition Defense***
- 11. Controlled Scrimmages***
- 12. Special Situations***



# ***Travel Basketball Tryouts Agenda Suggestions***

- 1. Introduction Talk & Warm Ups***
- 2. Conditioning Drills***
- 3. Station Work/Drills***
- 4. 1 vs. 1***
- 5. 3 vs. 3***
- 6. 5 vs. 5***
- 7. H2O Breaks as needed***