



2025

# COACHES HANDBOOK



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# Introduction

This handbook is designed to serve as a practical guide and resource for all coaches within the GABA. Whether you're a new coach or a seasoned vet, this handbook provides the core philosophies, standards, tools, and best practices that define how we coach, lead, and grow together. Our goal is to ensure consistency, clarity, and excellence across all levels of coaching, while allowing space for your unique strengths and leadership style.

| Mission                                                                                                                    | Vision                                                                                                  | Values                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| Empower young athletes through basketball by teaching them the game and building a culture of respect, effort, and growth. | Create well rounded athletes who reach their full potential in sport, and set them up for their future. | <ul style="list-style-type: none"><li>• Servant Leadership</li><li>• Respect</li><li>• We &gt; Me Mentality</li><li>• Hard Work</li></ul> |

Welcome to GABA and best of luck for a great season ahead!

# INSTRUCTION FOR COACHES

1. Be positive and process-driven at all times. Coaches 'correct' they do not criticize.
2. Establish an individual rapport with the players; get to know their names and personalities as quickly as you can. Even just 30 seconds of conversations and checking in with each player every day, goes a long way.
3. Teach the game through simple and brief explanations and demonstration...avoid "over talking."
4. Avoid interrupting the drill unless it is a point that cannot be ignored. "Coach on the run"
5. Be active during sessions. Provide feedback to players, encourage and coach enthusiastically.
6. Help the players enjoy their session. Be competitive but also be warm, encouraging and do not be afraid to introduce humour...have fun.
7. Be on time.
8. Make sure players **hustle**, even between drills. We want them to have a sense of urgency.
9. If you are unsure of something, don't rush to pull rank on the players or use your position to intimidate. Coaches don't know everything. It's okay to take time to find an answer.
10. Know the Basketball philosophy, goals and objectives and work to them. Establish 2-4 primary learning objectives for each training, and ensure your team makes progress on those things.
11. Thoroughly organise practice sessions well before hand and review each session at its conclusion. Organise coaching roles for each drill, segment etc.
12. Schedule drink breaks throughout the session and monitor player hydration levels.

# CLUB PHILOSOPHIES & CULTURE

| Coaching Philosophy                                                                                                                                         | Player Development Philosophy                                                                                                                                           | Code of Conduct for parents and coaches                                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Emphasis on character, preparation, and effort.</li><li>• Focused on teaching life lessons through sport.</li></ul> | <ul style="list-style-type: none"><li>• Growth &gt; Results.</li><li>• Long term success</li><li>• Invest in the person before the player.</li><li>• Have fun</li></ul> | <ul style="list-style-type: none"><li>• Remember that basketball is for enjoyment.</li><li>• Instill respect for officials and an acceptance of their judgement.</li><li>• Respect referees and other officials.</li><li>• Always respect the use of facilities and equipment provided.</li><li>• Be a good sport.</li></ul> |



**“What matters most is playing the game the right way and having the courage to grow, as human beings as well as basketball players. When you do that, the ring takes care of itself.”- Phil Jackson**



# PLANNING

*Discover how to  
effectively develop  
your team*

**Easy steps for ensuring growth of your team includes the following:**

1. Always come prepared with a practice plan.
2. Know your personnel and include drills that will help to work on what the team is struggling with.
3. Ask for player feedback. They have a different perspective than you might, which could help to structure what skills and drills need to be prioritized.
4. Never get too old for fundamentals.
5. Prioritize team chemistry.

## Sample Training Plan

| Time | Drill/Activity                                                                                                                                                                   | Duration |
|------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| 3:00 | Skills/Warm-up<br>1.) Ball handling led by coach<br>2.) Passing drill ex: 3 man weave                                                                                            | 8 Min    |
| 3:08 | Team shooting/Finishing<br>1.) Horseshoe<br>2.) Two lines at the wings, dribbling in & finishing different moves at the rim<br>*Layup, euro step, spin move, reverse layup, etc. | 15 Min   |
| 3:23 | Drink Break                                                                                                                                                                      | 1 Min    |
| 3:24 | Defensive focused drills<br>1.) Shell Drill<br>2.) 1v1 closeouts from underneath the basket<br>3.) 4 square passing with 4 on offense & 3 of defense                             | 22 Min   |
| 3:48 | 5x5 half court.3 possession games                                                                                                                                                | 12 Min   |
| 4:00 | Wrap-up speech/breakdown<br>Reminders about upcoming games/next practices etc.                                                                                                   | 1 Min    |

# VALUABLE RESOURCES



- Drew Hanlen (Pure Sweat Basketabll)
- Slappin Glass
- Coach Frikki
- Alex Sarama
- By Any Means Basketball
- Basketball Immersion

## Books:



- *Leading with the Heart*– Mike Krzyzewski
- *Wooden: A Lifetime of Observations and Reflections On and Off the Court* – John Wooden
- *Eleven Rings* – Phil Jackson

## Websites



- Thehoopsgeek.com (for visual creation of a play/playbook)
- coachingtoolbox.net
- Proskillsbasketball.com

**“An investment in knowledge pays the best interest.” – Benjamin Franklin**

# ATHLETE TARGETS

Athletes of different ages should be hitting certain targets and milestones along their basketball journey. These targets should serve as a guide to coaches about what needs to be taught before moving on to the next age group. In this handbook you will find all the targets your team should be hitting. If you are unsure or need some assistance with coaching some of these aspects, please contact the GABA development officer.

It should also be noted that a zone defense is not allowed to be run until 16's

## Why these targets are important

- Ensures age-appropriate growth
- Helps track progress and identify gaps
- Supports long-term athlete development
- Helps their next coach to know what they have already learned, so they can add on to those pre-existing skills
- Provides strong foundation to continually build on.





# UNDER 8'S TARGETS

What all kids in under 8's should know or do before moving on to under 10's

1. Master all the basic forms of passing
  - a. Chest pass
  - b. Bounce pass
2. How to shoot a layup
3. Introduce "BEEF" shooting concepts.
  - a. Balance
    - i. Have a balanced stance, feet shoulder width apart, dominant foot slightly in front.
  - b. Eyes
    - i. Eyes up, finding the rim
  - c. Elbow
    - i. Elbow tucked underneath the basketball, not on the side
  - d. Follow Through
    - i. Holding one hand high, like they are reaching inside of a cookie jar.
4. Have a basic concept of spacing
5. Defensive principles such as:
  - a. Proper stance
  - b. How to slide

# Under 10's Targets

What all under 10's players should know or do before moving on to under 12's

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1. Shoot layup with dominant hand.
2. Form shooting from close range.
3. Be able to make overhead passes.
4. Introduce 5 out pass and cut principles.
5. Have good ball handling fundamentals.
  - a. Keeping the ball low when they dribble
  - b. Having their eyes up to find their teammates.
6. Close outs on defense.
  - a. Chopping feet
  - b. Getting low & staying low
  - c. Hands high on the initial close out.



# Under 12's Targets

What all under 12's players should know or do before moving on to under 14's

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1. Be able to shoot a layup with both dominant and non-dominant hand.
2. Be introduced to dribble moves such as the following:
  - a. Crossover
  - b. Between the legs
  - c. behind the back
  - d. Spin
3. Shooting
  - a. Correct shooting form (stance, elbow in, follow through)
  - b. Set shots from midrange (no jump shots needed yet)
  - c. Free throw form with routine (aim for consistency, not perfection)
4. Knowing the principles of rebounding
  - a. Box out, find a body
  - b. Outlet pass



# Under 14's Targets

What all under 14's players should know or do before moving on to under 16's

---

1. Be able to pass with both hands.
2. Dribble with both hands.
3. Have sharp change of direction.
4. Retreat dribble.
5. Recognize when a teammate has an advantage or if there is no advantage.
6. Posts
  - a. properly call for the ball with correct position of their body & hand high they want the pass in.
  - b. Sealing low, wide base.
  - c. Passing out of the post.
7. Guards
  - a. Create good passing angles
  - b. Be able to make a good entry pass into the post.
8. Cuts
  - a. Backdoor
  - b. Wing exchange
  - c. Baseline exchange
9. Jumping to the ball on defense.
10. How to properly set & use a screen.

# Under 16's Targets

What all under 16's players should know or do before moving on to under 18's

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1. Understand their lanes, and sprinting to them in transition
  - a. Post runs middle of the floor, guards filling the wings, PG brings the ball up the floor with a trailer.
2. Defensively
  - a. Bump the cutter
  - b. No face cuts
3. Moves at the rim
  - a. Layup
  - b. Euro
  - c. Spin
  - d. Reverse Layup
4. Proper Footwork when shooting (inside foot first).



# Under 18's Targets

What all under 18's players should know or do to prepare them for the next level

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1. Recognize the type of defense the other team is running.
2. Understanding rebounding responsibilities in man and zone defense.
  - a. Read ball trajectory on rebound.
3. Situational awareness
  - a. Clock
  - b. Fouls
  - c. Score
4. Communication is important at all stages of basketball, but it is imperative that they are being vocal on the court at this age if they want to continue playing.
5. Know how to guard someone who is right-handed vs. left-handed.
6. Controlling pace based on game context (slowing or speeding the game)





**Grow the game**

**Grow the player**

*put a Bounce in your step*

 (08) 9964 5255

PO Box 5079, Wonthella 6530 Western Australia

For more information and  
resources, please visit the  
Geraldton Amateur Basketball  
Association Website.

