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Building a Program

KSS Senior Girls Basektball



**Coaching Philosophy**

As a coach, I have a basketball coaching philosophy in which I promote the following:

* teamwork
* helping others
* positive attitudes
* playing hard
* taking responsibilities for one's actions
* to always try one's best

I'm not just trying to teach basketball skills, but also life skills my players can use throughout the rest of their lives.  I have to align my coaching goals, what skills I will teach my players, my practice plans, and my assessment of players to see the most success for my teams.  A team that has long-term success does not get there by some random chance, but by dedicating many hours to practice, having individual and team goals, having the right mix of players, and by playing hard every game and practice.  Measuring success is not necessarily about the wins and losses in a season, but measuring how much fun the team had, how much they had learned, developed, improved, and matured to become better players, students, and citizens.

1. **Coaching Leadership**

I believe it is important to be recognized as a leader in the area of coaching. To accomplish this I will continually seek out new knowledge and educational experiences, to push myself beyond what I think my capabilities are now and to what they can be.

2. **Student-Athlete Development**

I believe strongly in developing the student/athlete as a whole person. My hope is to guide them in taking personal responsibility for their actions by becoming self-disciplined in life, in the classroom, and in their basketball development. My mission is to aide student-athletes to be the best they can be as a:

1. Person

* Competitive
* Unselfish
* Honest
* Self-disciplined
* Self-controlled
* Loyal
* Proud to be part of the KSS AAA Senior Girls Basketball Program

1. Student

* Committed to improve
* Attends class
* Seeks help from teacher or others when needed
* Completes assignments
* Has an open relationship with teachers
* Graduates

1. Basketball Player

* Competes always
* Works on her game year round
* Be in outstanding physical condition

1. Teammate

* Unselfish, focus on team goals
* Have a respect for and belief in teammates
* Work together
* Be completely committed to the coach, team, and program

I believe that as a coach I am accountable not only to the student/athlete, but to the school.

**Mission Statement**

I will choose the best players’ possible for the KSS Senior Girls Basketball team. That includes girls that are coachable, that have basketball skills, that have respect for themselves and others on the team, that take responsibility for their actions, that are competitors, and that value team before self. I will help them get both mentally and physically prepared to compete each day. I will help them play together and develop teamwork. I will get them to play hard, to play unselfishly, and to respect others. I will encourage them to enjoy being on the team and to have positive attitudes towards themselves and others.

**Vision Statement**

Establish a basketball program that has the following:

1. Promotes academic success with all of the players.
2. Recognized as one of the best conditioned, hardest working, most unselfish, and most mentally tough teams in the BC Senior Girls Basketball Association.
3. Graduates are well prepared, intellectually and emotionally, to be successful in life after their high school careers.

**KSS Senior Girls Program**

The following statements reflect what I believe to be the foundation of a successful KSS basketball program:

1. **Coachability**

* A player listens to and implements what the coaching staff has told them at each and every practice
* A player listens to and implements what the coaching staff has told them at each and every game
* A player supports her coaching staff to the best of their abilities
* Follow directions for the betterment of the team, not choosing to follow their own path for self-glory

2. **Respect**

* A player should not only have self-respect, but also respect for others on her team, coaching staff, other teams, and officials.
* To be a good team member, a player will respect those around her. This involves positive encouragement, not talking about other players or coaching staff, and positive attitude towards the team.
* Each player needs to believe in her ability to succeed and that she has value on the KSS Sr. Girls team, whether she is a starter to someone who has limited minutes.

3. **Values**

* Commitment and dedication to excellence
* Belief in the importance of the overall development of the student-athlete
* Self-esteem and confidence are integral to the athlete’s development
* Trust in all those involved in our program
* Integrity at all times is all we do

4. **Take Responsibility**

* There are no shortcuts to success.
* Take responsibility for all things, no matter how small they are.
* Being responsible sometimes means making tough, unpopular decisions.
* Admit to and be accountable for your mistakes. This is the only way you will get better.

5. **Ethics**

* Emphasize academic, physical, and emotional development of student-athletes.
* Be aware of and available to assist student-athletes with problems outside of basketball.
* Coaches must conduct themselves at all times in a manner consistent with their values and how they expect the athletes to conduct themselves.

6. **Self-Discipline**

* Self-discipline helps you believe in yourself.
* Group discipline produces a unified effort toward a common goal.
* When disciplining others, be fair, be firm, and be consistent.

7. **Put the TEAM before yourself**

* Teamwork takes work and must be taught.
* Teamwork allows common people to obtain uncommon results.
* Not everyone on the team can be or should be a leader. Role players are critical to group successes.
* In group success, there is individual success.

8. **Being a competitor**

* Competition separates achievers from the average.
* You can’t always be the most talented player, but you can be the most competitive.
* Be a competitor in practices and in games. Leave everything on the court.

**Building and Developing the KSS Senior Girls Basketball Program**

In building and developing the KSS Senior Girls Basketball Program, the main focus must be on choosing players, community involvement, player development, and team development.

1. **Choosing Players**

A. Philosophy

* Choose quality people first and basketball people second.
* Focus on coachability, respect for others and themselves, work ethic, and ethics.

B. Team Network

* Have a good relationship with the KSS junior girls coach.
* Have a good relationship with the KSS administration and Athletic Director.
* Develop a relationship with the middle school coaches (KLO and Dr. Knox) and teams
  + Host a camp or training sessions with both schools invited.
* Develop a relationship with KSS Senior Girls Basketball Alumni.
  + Identify – create a database
  + Send out bi-annual emails
  + Get them involved with the program

2. **Community Involvement**

1. Media Relations

* Build rapport
* Provide league game and tournament information – media guide with game scores, player highlights, etc…

1. Alumni Relations

* Build rapport and create accessibility to the program (ie. webpage)
* Give a feeling of connection to the program
* Identify and send out regular emails to alumni

1. Middle School Involvement

* Put effort to make KLO and Dr. Knox players have a connection to the KSS Basketball Program.
* Develop and Maintain Successful Mini-camps for KLO and Dr. Knox Middle School.
* Encourage the younger generation of KSS potential players to come out to games.

1. Develop and maintain a “high profile” KSS Senior Girls Home Tournament (*Best of the West)*

* Involve alumni
* Create a committee
* Get more community involvement (ie. sponsorship, etc…)
* Invite Top Ten teams. Make connections with coaches around BC

1. Maintain KSS Senior Girls Webpage

* Current team information (stats, updates, game scores, player profiles)
* Past player and team information and success

3. **Student/Athlete Development**

1. Academic

* Encourage the girls to complete all missed classwork, missed tests, etc... in a timely fashion after tournaments or league games
* Promote doing homework on the road (provide “quiet” room when needed)
* Encourage all players to have a good rapport with their teachers and to communicate when they will be missing classes (fill out “skip sheets”).
* Get extra help (ie. tutor) if needed
* Send out emails to KSS staff about up and coming trips/games, as well as asking for any feedback on the girls’ academic progress or concerns they may have.

1. Physiological
   * Summer Training (with outside training coach)
   * Nutrition
   * Stretching or Yoga
   * Overall training (aerobic, strength, plyometric, agility)
2. Psychological
   * Team cohesion
   * Mental imagery
   * Goal setting
   * Arousal management/control
   * Confidence

4. **Team Development**

A. Before the Season of Play Starts

1. Begin the season with an overview of your philosophy and where you see the team going.

* Discuss with players how they define success – for themselves and for their teammates
* Ask the players if they deserve to be successful in the AAA Senior Girls Basketball League. Emphasize that if we work harder than our competitors, we will deserve to win.
* The coaching staff will judge players based on:
  + How well they run the floor (both ways)
  + How well they play defence
  + How well they rebound
  + Work ethic and fitness level
  + Character – honesty, loyalty, mental toughness, integrity
* Develop an overriding theme for the season. Post it for all to see and read (AAA girls cupboard)
* With the players, develop a “Team Vision” (goals).
  + Tactical Plan – Characteristics of the team:
    - Fast break team
    - Defensive team
    - Rebounding team
    - Hard working team
    - A team who plays well together
  + Technical Plan – Setting Individual Goals
    - Set short term goals
    - Make goals realistic, but slightly out of reach
    - Create a vision and maintain a focus on it daily
      * All-star at AAA girls provincials
      * Honour Roll
      * Created great friendships with your teammates

1. Develop Action Plan
2. Daily/Weekly Player Practice Self-evaluations

* Players will be asked to fill out a daily or weekly self-evaluation on different aspects of their game during practices. Within this will be weekly goals, affirmations, quotes, etc… I am trying to promote SELF RESPOSIBILITY, for each player to take responsibility on their own play and effort.

1. Post-Game Self-evaluations

* Players will be asked to fill out a post-game evaluation. Before the start of the game, they will write out two goals – one offensively and one defensively. They are to monitor how well they did achieving their goals, what they could do to improve, etc…

1. Coaches will “push the girls” – push them in practices and games. No one is guaranteed playtime. Total effort is needed.

* A player manager will be present at practices to time the girls on all running drills, to record any information (ie. Free throws, number of lay-ups, etc.), to record team achievements, and to video the girls in different drills.

1. All Staff need to be highly motivated to achieve success.

* Be organized
* Prepare for games vs. teams we know of
* Plan practices and games
* Continue to monitor and revise team and self-goals.
* Continually try to improve coaching abilities

1. Develop a relationship with each player

* To motivate players you must gain their trust and develop a relationship with each player.
  + Each player will have one-on-one meetings with coach at least 3 times during season
  + Coach will review self-evaluation and goals each player makes
* Promote use of motivational sayings and slogans.

1. Emphasize the Building of a Program for KSS

* Talk about it
* What kind of program do the athletes want to build
* Stress long time goals for the program (not just looking at one season at a time)

1. Always be positive

* Look for solutions
* Stay positive in tough times.
* Learn from your mistakes. Losing forces you to re-examine goals.
* Win and lose graciously

1. Clearly define expectations and roles for myself, staff, and players and review them often.

* As a coach, know my strengths, weaknesses, and needs.

**Team Trainer**

The “team trainer” will be present at all practices/games and will help the team achieve their individual and team goals. Duties that the team trainer will perform are as follows:

* + 1. Take individual stats on players during practice on such things as timed runs, free throws, individual skills, drill winners, etc…
    2. Take team stats on different drills during practice (ie. in 5 ball, how many in 3 minutes)
    3. Film certain aspects of the practice (ie. team and individual team shooting)
    4. Enter in game stats into an Excel program to be displayed on the AAA Girls’ website.

Extra duties

1. Take first aid course to help on the bench or at practices with minor injuries.
2. Take a taping course to be the team’s trainer.
3. Phone restaurants for reservation for pre-game meals.

**Expectations of a KSS Senior Girls Basketball Player**

**Be committed to your academics** – Go to all your classes, be on time, plan ahead and talk to your teachers when we travel or your having problems. Communicate!

**Be committed to having “class”** – treat others how you want to be treated, on and off the court.

**Be committed to hard work** – on and off the court. Hard work pays off and we deserve to be one of the top teams in the Province. We can only do this if we work harder than other teams and players.

**Be committed to becoming a smart player** – each player must be ready to learn, both in practice and in games. Players must be committed to developing into players who understand the game. They must be good listeners and learn by watching and doing. We must make good decisions and play with poise. We prepare mentally for practices and games.

**Be committed to our team attitude concept** – we will not be a top 10 team in the province if we do not believe in a team concept. The team is bigger than any one player. We want unselfish players.

**Be committed to a winning attitude** – by working hard, setting team goals, and being committed to the team concept, our team can have success. Success doesn’t always mean winning. Players and coaches will evaluate ourselves on reaching our potential and meeting our goals. We never quit in a game and always put our full effort into each game and practice.

**Believe in your teammates** – communicate with your teammates in a positive manner. Don’t undermine anyone, instead encourage and support them. We understand that we are all different – be tolerant of teammates and others.

**Believe in yourself** – have confidence, think positive, realize you have something to offer the KSS Basketball team. If you have a bad game or practice, realize that you can change that by setting new goals, talking to your coach, and pushing yourself harder in the next game or practice.

**Believe in your coach** - I am here to help make you a better person and better basketball player. Ask questions. Learn to take tough coaching. Don’t undermine the coach by doing your own thing. I am doing what I think is right for the team and for you.

**Specific Guidelines and Expectations**

**General - Act with Character and Class**

* + - 1. **Be on time** for all meetings, games, departure times, or whatever we have planned.
      2. Be physically and mentally prepared for practices and games.
      3. Road Trips
* Curfews will be determined
* Games are the #1 focus
  + - 1. Reaction to Coaches
* Accept criticism
* Give respect
  + - 1. In Community or on Tournament
* Respect others
* Remember that you are not only representing yourself and our team, but KSS as a school.

**Practices**

1. **Be on time** for practice. Practice times are posted on the KSS Athletics Calendar. Check it during the week as it often changes.
2. Arrive to the gym at least 15 minutes ahead of time properly dressed and shoes on. Warm-up as a team prior to practice. Being late is unacceptable unless you have discussed the reason in advance with the coach.
3. Every student-athlete is expected to be at every practice. If you are to miss a practice, the coach is to be notified in advance. If you have a job, or other commitments, give your game and practice schedule to your manager/coach ahead of time so you won’t run into any conflicts.
4. No cell phones 15 minutes prior to practice or during practice.

**Game situations**

**Before Games:**

1. Establish a game preparation
2. Student-athletes that have not been at school on game day will not play in the game that night.
3. Be on time – home games we are at the gym an hour before; tournaments usually 45 minutes to 1 hour.
4. Players late for pre-set game arrivals will have a consequence in the game. For example, if a starter is later than 5 minutes late, they will not start the game.
5. No cell phones once players have arrived to the gym prior to a game
6. We do individual goals – what do you want to accomplish in the game

**On the Bench:**

1. Be aware of the contribution that referees and minor officials make to the game. Thank them after every game. Accept calls without comment or criticism. Your coach or captain should be the only ones conversing with the referees about calls.
2. Any players that receive an on-court technical foul will be substituted out at the first possible moment.
3. Be a “class act” which means we place our bags behind the bench in a nice order, we pick up our garbage from the bench, we clean up any mess we’ve made. We make sure the locker room is cleaned up after we leave.
4. Be positive
5. Ask Qs but when appropriate
6. Know what you are doing
7. Count down shot clock
8. Stand up when a player comes off the floor and high five

**Time Outs:**

1. Run off the court
2. Get off the bench so players on the court can sit down for a break
3. Be quiet and listen – what I am telling the girls on the court pertains to everyone

**Subbing:**

1. Make sure you know what we are doing on offense and defense
2. Make sure you know who you are checking

**Half-times:**

1. We go to the team room together
2. If not in team room, we are on the bench or shooting on the court – no talking to parents, siblings, or friends

**Extra**

1. Attitude in the game: players get pulled out of the game for many reasons – poor play, need of rest, other players need to get into the game, etc… It is your job to be ready when called back in the game. Figure out what you need to do or ask the coach for pointers.
2. Be aware of the time your coach puts into your basketball experience. A player with a problem or issue, especially one involving the coach, needs to be resolved as soon as possible. An on-going problem can cause a problem for the whole team and be a source of dissension. This weakens the performance of the whole team.
3. Please come talk to me if you have concerns – I would rather talk to you personally, then through your parents
4. If you don't think you can do that, please talk to the captain and we can set something up after that.

This is AAA basketball – I want it to be fun, but also put forth the most competitive team

I will hold players accountable for their actions, on and off the court. Team “runs” are consequences to team mistakes.

Players and coaches will develop the team guidelines (rules) TOGETHER.

* 1. They will be simple
  2. Be applied to all team members, regardless of the quality of the player.
  3. Sequential order of discipline will be as follows – taking away privileges, not allowed to practice, game suspension, suspended from team.
  4. Areas for rules – tardiness to practices, games, pre-determined leaving times; team consequences (ie. not getting back on defense, turnovers), class attendance or school work.

**Team Cohesion and Teamwork**

1. Bring team together for pre-season socials/functions.

2. Define the role of players. Be honest with players when describing their role on the team.

3. Have pre-game meals together

4. Require players show respect for each other. Players should recognize a teammate’s contribution.

* Daily support with actions – point out good passes, huddles, slapping hands, high 5s, etc.
* Picking up players who fall down or dive on floor.
* Stand up to high 5 players who come off the court to the bench

5. Have team involved in goal setting and guidelines.

6. Regardless of how much time each player receives, all team members are responsible for our team’s success.

7. The team will always be above the individual.

8. Never blame one player or a portion of the team for the team’s failures. We win and lose as a team.

9. Keep your criticism positive. Nothing can destroy team morale more than negative criticism by one player. If a teammate makes a mistake, she needs encouragement and a pat on the back.

10. Take responsibility for your own actions. Instead of pointing blame, or getting angry at your coach or your teammate, think of things you could have done to make the situation better.

**Grade 10 Players on Senior Girls Team**

At times, grade 10 players will be asked to play on the KSS Senior Girls Basketball team. This could be due to several reasons:

1. They are talented enough to play on the team, they have played provincial ball or club basketball, and they fit into the style and work ethic of our team.
2. The senior girls program needs more players to field a full team.

Grade 10 girls that are selected to play on the KSS Senior Girls team will only be asked to play up if they have the potential to see a lot of minutes on the court. I don’t believe in taking a girl up from Grade 10 unless they will get solid minutes (ie. 6th/7th player off bench or a starter). Once chosen to be on the team, they are fully part of the team.

**Post-Secondary Play**

If any player is interested in playing basketball at the college or university level, I am willing to help them achieve that goal. In the pre-season individual talks I will ask players if they have a goal of playing post-secondary basketball. If it’s a realistic goal, I will help them to the best of my abilities by:

* Contacting college and university coaches via text or email
* Letting college and university coaches know our schedule
* By trying to get the “best fit” for each player interested in post-secondary play