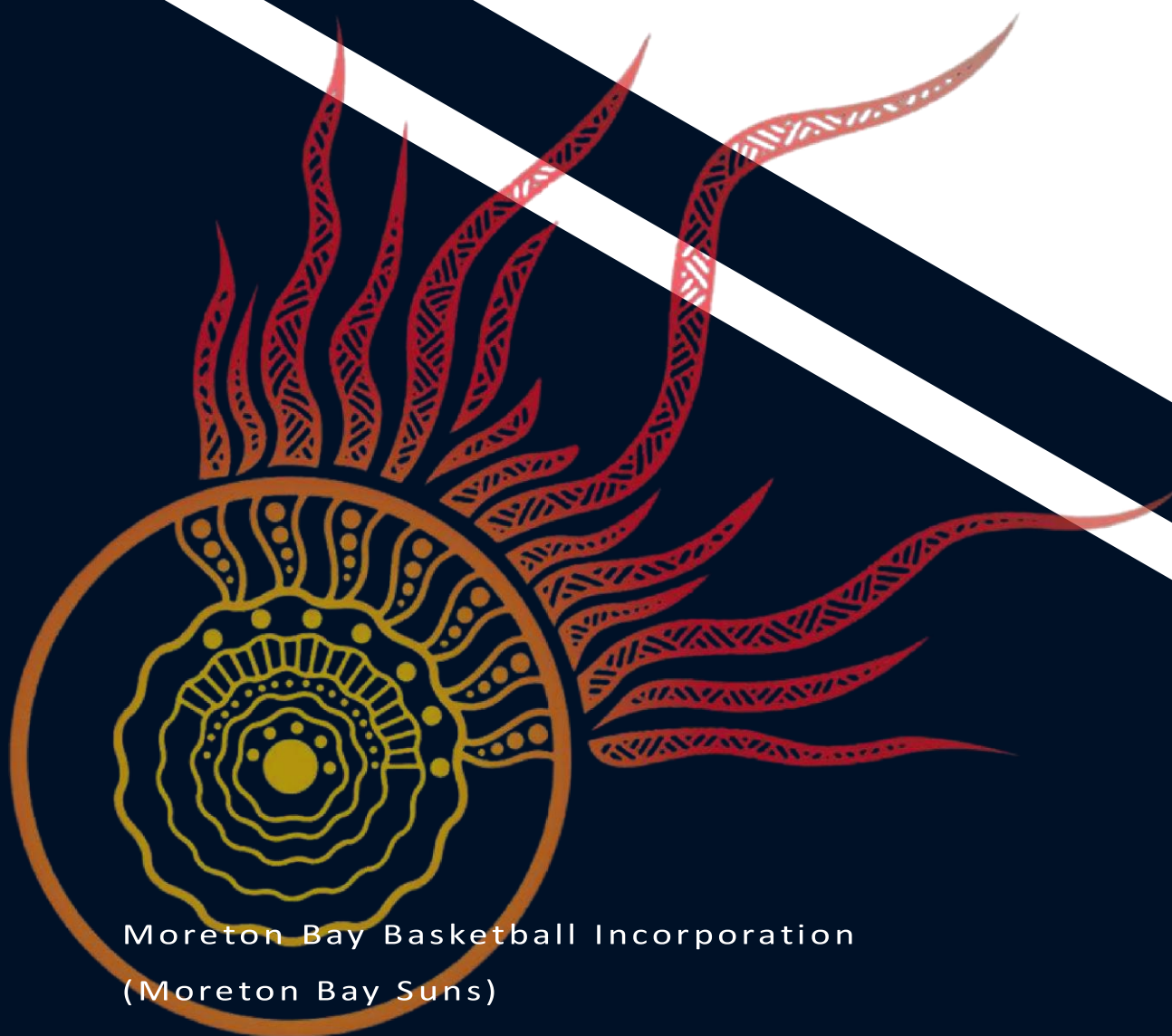




# MBBI COACHES MANUAL



Moreton Bay Basketball Incorporation  
(Moreton Bay Suns)

# CONTENTS

COACHES WELCOME	4
OUR MISSION AND VISION	4
o Mission statement	
o Philosophy	
o Our vision	
o Objective of the season	
MBBI COACHES CODE OF HONOR	4
BASKETBALL QUEENSLAND CODES OF BEHAVIOUR, COACHES	5
COACHES ROLES AND RESPONSIBILITIES	5
o Player development	
o Planning & conducting training (support role)	
o Game day duties	
o Communication	
o Safety and wellbeing	
o Administration	
o Collaboration	
o Team officials (coaches & managers) uniform standards	
THE IMPORTANCE OF JUNIOR DEVELOPMENT & THE ROLE OF COACHES	6
BLUE CARD REQUIREMENTS	7
VOLREC ELIGIBILITY AND REMUNERATION	7
FREE ONLINE COACHING AND RESOURCES	7
o Online coaches course	
o Coaching resources	
- Official Coaching & Development Platforms	
- Skill Development Videos	
- Warm-Ups & Fundamentals	
- Youth & Elite Pathways	
WORKING WITH TEAM MANAGERS	8
o Team manager responsibilities	
o Coaches' responsibilities in the partnership	
PLANNING YOUR SEASON	9
o Season plan	
o Skills and development goals	
o Grading	
o Club training	
COACHES TIPS AND QUICK GUIDE	10
GAME DAY INFO AND EXPECTATIONS	11
o Club games	
o Arrive early to prepare and greet players	
o Coordinate with score bench and officials	
o Provide encouragement and feedback during and after the game	
o Report any incidents or injuries to the club	
o Fill in players	
o Bench allocation	
o Game format & timing	

<ul style="list-style-type: none"> <li>○ Sportsmanship &amp; conduct</li> <li>○ Respect the referee</li> </ul>	
<b>BASKETBALL RULES AND TERMINOLOGY</b>	<b>12</b>
<ul style="list-style-type: none"> <li>○ Basketball Queensland 'no zone' rule</li> <li>○ Mercey rule</li> <li>○ Forfeit process</li> <li>○ Forfeit procedures and outcomes</li> <li>○ The difference between a foul and a violation?</li> <li>○ Substitutions and time outs</li> </ul>	
<b>EQUAL PLAYING TIME ROTATIONS</b>	<b>14</b>
<b>PLAYER DEVELOPMENT PATHWAYS</b>	<b>15</b>
<ul style="list-style-type: none"> <li>○ MBBI player pathways;</li> <li>○ Basketball Queensland development pathway</li> </ul>	
<b>SAFETY &amp; WELLBEING</b>	<b>16</b>
<ul style="list-style-type: none"> <li>○ Duty of car</li> <li>○ Risk assessment</li> <li>○ Injury prevention and management</li> <li>○ Child protection and safeguard</li> <li>○ Mental health and emotional wellbeing</li> <li>○ Inclusion and respect</li> <li>○ Parent and guarding communication</li> <li>○ Training and education</li> <li>○ Incident reporting and documentation</li> <li>○ First aid</li> </ul>	
<b>QR CODES</b>	<b>17</b>
<b>KEY CLUB CONTACTS</b>	<b>18</b>
<b>BOARD MEMBERS</b>	<b>18</b>
<b>OUR VENUES</b>	<b>19</b>
<b>COURT AWARENESS, MARKINGS &amp; DIAGRAMS FOR COACHING</b>	<b>20</b>
<b>APPENDIX</b>	
<ul style="list-style-type: none"> <li>○ <i>Appendix A for Skills development for each age group</i></li> <li>○ <i>Appendix B 'Team / Player Evaluation Form'.</i></li> <li>○ <i>Appendix C for Player Rotation Sheets</i></li> </ul>	

## WELCOME COACHES,

Welcome aboard and thank you for generously dedicating your time and expertise to coach basketball; your commitment is truly appreciated, and your guidance not only enriches the players' skills but also inspires a love for the game that extends far beyond the court.

At MBBI we aim to provide guidance and support throughout your coaching journey. This coaching manual provides coaches with knowledge and strategies to deliver a fun basketball experience for their team. Please let us know any additional support you require by emailing us at: [development@moretonbaysuns.com](mailto:development@moretonbaysuns.com)

Welcome to the Team!

## OUR MISSION AND VISION

### MISSION STATEMENT

Moreton Bay Basketball Inc. is dedicated to providing inclusive, innovative, and high-quality basketball experiences for the community. Our mission is to not only develop skilled athletes but also empower our members to become active community contributors through various community service initiatives. We aim to equip our junior members with life-long skills that will support their future employability and enable them to make meaningful contributions to the local community.

### PHILOSOPHY

Moreton Bay Basketball's philosophy is to provide the opportunity for people of all ages to develop their skills, learn life lessons and enjoy the game of basketball.

Opportunities are available for a social player looking to enhance their skills while playing for fun or to an advanced player with a competitive desire to become a complete player both physically and mentally, through our Sun's representative programs.

### OUR VISION

*"To be the leading community basketball association within the Moreton Bay Region, raising the profile of basketball and aims to make a significant positive impact within the local community, promoting inclusivity and community service among its members."*

### OBJECTIVE OF THE SEASON

Play, Engage, Enjoy.  
Concentrate on competitive games - even during practice.  
Foster self-esteem and confidence in athletes  
Athletes should have the most enjoyment as possible.

## MBBI COACHES CODE OF HONOR

- ❖ I will work hard to ensure that every session is enjoyable for all participants.
- ❖ I will create opportunities for every player to enhance their skills, fitness, and game strategies.
- ❖ I will support positive behaviour by offering praise.
- ❖ I will give constructive feedback in a private and respectful manner.
- ❖ I will encourage players to develop together as a cohesive team.
- ❖ I will motivate parents to positively support the entire team from the sidelines, not just their own child.
- ❖ I will maintain regular and respectful communication with players, coaches, managers, parents, and club officials.

## BASKETBALL QUEENSLAND'S CODES OF BEHAVIOUR, COACHES

- ❖ Remember that young people participate for pleasure and winning is only part of the fun.
- ❖ Never ridicule or yell at a young player for making a mistake or not coming first.
- ❖ Be reasonable in your demands on players' time, energy and enthusiasm.
- ❖ Operate within the rules and spirit of your sport and teach your players to do the same.
- ❖ Ensure that the time players spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
- ❖ Avoid overplaying the talented players; the just-average need and deserve equal time.
- ❖ Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- ❖ Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage your players to do the same.
- ❖ Show concern and caution toward sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.
- ❖ Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- ❖ Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.
- ❖ Respect the rights, dignity and worth of every young person
- ❖ Refrain from engaging in negative or destructive discussion or postings on social media about players, coaches, spectators, officials, administrators or other basketball participants, that may be viewed as abusive, harassing or offensive in nature

## COACHES ROLE AND RESPONSIBILITIES

As a coach, you play a vital role in shaping both the player and the person. Your influence goes beyond the court. You are a mentor, role model, and motivator. Your responsibilities include:

### PLAYER DEVELOPMENT

- ❖ Teach fundamental basketball skills (dribbling, passing, shooting, defense).
- ❖ Foster teamwork, sportsmanship, and a positive attitude.
- ❖ Adapt coaching methods to suit different age groups and skill levels.

### PLANNING & CONDUCTING TRAINING (SUPPORT ROLE)

- ❖ Assist lead coaches in delivering structured and engaging training sessions.
- ❖ Help set up drills and activities that are age-appropriate and skill-focused.
- ❖ Provide individual support and encouragement to players during sessions.
- ❖ Observe and offer feedback under the guidance of the head coach.
- ❖ Contribute to a positive and inclusive training environment.

### GAME DAY DUTIES

- ❖ Organise team line-ups and rotations.
- ❖ Communicate clearly with players about game schedules.
- ❖ Encourage fair play and manage player behaviour during games.

### COMMUNICATION

- ❖ Maintain regular contact with Team manager and club officials.
- ❖ Use team managers as the main point of contact with parents.
- ❖ Provide updates on player development as required.
- ❖ Address concerns professionally and promptly and avoid discussing sensitive issues in public or group settings.
- ❖ Keep communication clear, respectful, and timely.
- ❖ Escalate concerns to the Branch Managers or Junior coordinator when needed.

## SAFETY & WELLBEING

- ❖ Ensure a safe training and playing environment.
- ❖ Be aware of injury prevention and basic first aid procedures.
- ❖ Promote inclusivity and respect among all players.

## ADMINISTRATION

- ❖ Attend coach meetings and development workshops.
- ❖ Assist with player grading and team selections.

## COLLABORATION

- ❖ Work closely with assistant coaches, team managers, and club coordinators.
- ❖ Support representative pathways and development clinics.
- ❖ Encourage players to participate in club events and camps.

## TEAM OFFICIALS (COACHES & MANAGERS) UNIFORM STANDARDS

- ❖ Team officials are required to wear covered shoes.
- ❖ Team officials must don suitable attire that does not contain any inappropriate language, images, or slogans, and is not revealing.
- ❖ Whilst it is not mandatory, we encourage Coaches and Team Managers to wear Moreton Bay Basketball club merchandise.

Remember, every interaction with a junior athlete is an opportunity to inspire, educate, and empower. Your guidance can shape their experience in sport—and potentially their future.

## THE IMPORTANCE OF JUNIOR DEVELOPMENT & THE ROLE OF COACHES

Junior basketball is the foundation of a player's sporting journey. At this level, athletes are not only learning the rules and skills of the game—they're also developing confidence, discipline, teamwork, and a love for sport. A strong junior program helps:

- ❖ Build fundamental skills that support long-term success.
- ❖ Foster positive attitudes toward physical activity and healthy lifestyles.
- ❖ Create pathways for players to progress into representative and senior levels.
- ❖ Strengthen the club culture and community by engaging families and young athletes.

Investing in junior development ensures the future of the sport and the club, creating well-rounded athletes and individuals.

## WORKING WITH CHILDREN CHECK - BLUE CARD REQUIRMENTS

All Coaches are required to have a current Working with Children Check - blue card. Moreton Bay Basketball managers blue cards via the Blue Card Services Portal. To apply for a blue card follow the below steps;

1. Create a blue card service account - [Blue Card Services Applicant Portal](#)
  - o Remember to note down your account number.
2. Prior to applying for a volunteer blue card your account will need to be linked to Moreton Bay Basketball. To link your account email your blue card account number and date of birth to Amanda – [registrar@moretonbaysuns.com](mailto:registrar@moretonbaysuns.com)  
You will be notified once your account is linked.
3. Once you have received notification that your account is linked, you will be able to apply for a volunteer blue card via the blue card portal - [Blue Card Services Applicant Portal](#)

\*If you already have a blue card it is still a requirement to have your card linked to Moreton Bay Basketball. Please follow steps 1 & 2 above to have your card linked.

## VOLREC ELIGIBILITY & REMUNERATION

To qualify for a Volrec, you must fulfill the following requirements;

- ❖ Coach a team in the MBBi junior competition.
- ❖ Attend and assist in coaching session, at least a minimum of 50% (8) of club training sessions are required in each season.

While coaches are encouraged to attend as many training sessions as possible, a minimum attendance of 50% is mandatory. Attendance will be managed through a roster-based system. If you are unable to attend your assigned time slot, please arrange a swap with another coach. Once a swap is confirmed, you must notify the club by emailing [development@moretonbaysuns.com.au](mailto:development@moretonbaysuns.com.au) prior to your scheduled session.

MBBi provides a credit, which will be given as a discount code to all qualifying coaches. The discount code can be utilized during the registration of the new season to reduce the members' fees. This credit can be applied to the coach's preferred members account.

## FREE ONLINE COACHING COURSE & RESOURCES

### ONLINE COACHING COURSE

This is the first step in your coaching pathway and is designed to help prepare coaches across all sports for what to expect in their role. This is a minimum requirement within Basketball Queensland to coach at any level.

**Level of coaching:** Aussie Hoops and Club, **Accreditation:** Community, **Prerequisites:** No experience required

If you want to start your coaching journey and get accredited, sign-up for etrainu now and follow the below steps:

1. Sign-Up to etrainu - [click here!](#)
2. Select "Training Library".
3. Select "Basketball Queensland - Coaches".
4. Select "Community Coach".
5. Complete the course and requirements.



Once you have completed the community coaching course, send through your certificate to [amanda.donovan@moretonbaysuns.com](mailto:amanda.donovan@moretonbaysuns.com)

## ONLINE COACHING RESOURCES

To support ongoing learning and development, the following curated online resources and video tutorials provide coaches with practical tools, expert insights, and engaging drills that align with Basketball Queensland and Moreton Bay Suns' coaching philosophies.

### ❖ Official Coaching & Development Platforms

- Basketball Queensland Resources via etrainu, Access coaching courses, accreditations, and development tools: [🔗 etrainu – Basketball Australia Case Study](#)
- Basketball Australia Videos – BA Play, Coaching clinics, drills, and development content from Basketball Australia: [🔗 Basketball Australia – Coaching Resources](#)
- Aussie Hoops at Home – Ford Aussie Hoops YouTube Playlist  
Fun, skill-based videos for young players to practice at home: [🔗 Aussie Hoops at Home – YouTube Playlist](#)

### ❖ Skill Development Videos

- Teaching Passing & Catching – Peter Lonergan (Basketball Australia): [🔗 Watch on YouTube](#)
- 25-Minute Skill Workout – Coach Ashworth, 5 quick drills to improve team performance: [🔗 Watch on YouTube](#)
- Breakthrough Basketball – 50+ Drills Playlist, A comprehensive playlist of drills for all levels: [🔗 Watch on YouTube](#)
- Online Basketball Drills – 500+ Free Drills and Plays: [🔗 Visit Website](#)

### ❖ Warm-Ups & Fundamentals

- BBALR® Basketball Finishing Warm Up Drill: [🔗 Basketball Finishing Warm-Up Drill – BBALR](#)
- Teaching Lay-Ups – Marty Hughes: [🔗 Teach Layups in 5 Minutes – Marty Hughes](#)
- Skill Development for Junior Athletes – Sam Gruggen (Basketball NSW): [🔗 Watch on YouTube](#)

### ❖ Youth & Elite Pathways

- Jr. NBA – Skills and Drills Archive: [🔗 Jr. NBA Skills & Drills – NBA Classroom](#)
- Breakthrough Basketball – 200+ Drills for Coaches: [🔗 Breakthrough Basketball Drills Library](#)

## WORKING WITH TEAM MANAGERS

A strong partnership between the coach and the team manager is essential for the smooth operation of a junior basketball team. While the coach focuses on player development and game strategy, the team manager handles the administrative and logistical aspects of team management. Clear communication and collaboration between both roles ensure that players and families have a positive and well-organised experience.

### TEAM MANAGER RESPONSIBILITIES

#### ❖ Communication Hub

The team manager is the primary contact for parents and players. They relay information from the coach and club, including training schedules, game times, venue changes, cancellations, and club events.

#### ❖ Uniforms

Responsible for distributing, collecting, and maintaining team uniforms.



- ❖ **Game Day Coordination:**  
Helps organise players before games, manages attendance, and ensures players are ready and courtside on time.
- ❖ **Record Keeping**  
Tracks player attendance, availability, and any relevant notes (e.g., injuries, absences)..
- ❖ **Parent Liaison**  
Acts as a bridge between the coach and parents, helping to manage expectations, resolve minor concerns, and promote a positive team culture.

## COACH RESPONSIBILITIES IN THE PARTNERSHIP

- ❖ **Keep Managers Informed**  
Let the team manager know if there are behavioural, performance, or wellbeing concerns regarding a player, that may require parent communication.
- ❖ **Respect the Manager's Role**  
Trust the team manager to handle communication and logistics, allowing the coach to focus on coaching. Avoid bypassing the manager when communicating with parents unless necessary.
- ❖ **Regular Check-Ins**  
Touch base before and after games or training sessions to ensure alignment. Discuss any upcoming events, player issues, or club updates.
- ❖ **Support & Appreciation**  
Recognise the manager's contributions and encourage a collaborative, respectful working relationship. A well-supported manager helps the team run smoothly.

## PLANNING YOUR SEASON

Effective coaches have a clear understanding of their objectives for the season, including specific objectives for each game and training session. The Season Plan below gives an example of what coaches can focus on at each stage of the season.

The Skills Development for each age group is a useful tool to identify certain skills that every player and Coach should be working on during the season. *\* Refer to Appendix A for Skills development for each age group*

The season starts on 6th October 2025 and continues until 2nd April 2026. Please note that we do not play or conduct training the during School Holidays.

SEASON PLAN																				
GRADING				FIXTURES														FINALS		
WK 1	WK 2	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	BREAK	Rd 9	Rd 10	Rd 11	Rd 12	RD 13	Rd 14	Rd1 5	Rd 16	SF	GF
Evaluate skill levels Consider skill strengths within the team				Develop skills of players			Apply basic offensive and defensive strategies				Refresh and build skills of players			Increase competition Develop counter plays			Performance focus			

## SKILL DEVELOPMENT GOALS

Coaches should focus on cultivating age-appropriate skills to guarantee that players receive the best foundational training early on, while also allowing them to enhance their decision-making and strategies as they advance through each age group. The Team / Player Evaluation Form serves as a useful tool to capture an overview of your team's abilities and areas needing improvement. Additionally, it can be an excellent feedback resource to communicate with individual players about their strengths and areas for development. *\* Refer to appendix B 'Team / Player Evaluation Form'.*

## GRADING

All coaches are encouraged to attend and assist at gradings.

Players will be graded as individuals during the first two weeks. These individual grading sessions will be held at Morayfield Sports & Events Centre, Session times are to be confirmed. Team managers are not required to attend the first two weeks of grading.

The following two weeks, referred to as Round 1 (RD1) and Round 2 (RD2), will be team grading rounds. During these sessions, players will participate in their expected teams. However, adjustments may be made to team compositions and player placements to ensure a fair, balanced, and enjoyable season for all participants.

## CLUB TRAINING

MBBI values club training as an essential part of player development. All club training sessions run for 1 hour per week per age group and are held at Morayfield High School (via Buchanan Rd). Training is scheduled as follows:

### MONDAYS

U11 (5:30 – 6:30 PM)

U13 (6:30 – 7:30 PM)

INT (7:30 – 8:30 PM)

### TUESDAYS

JNG & SNG girls (5:00 – 6:00 PM)

U15 (6:00 – 7:00 PM).

We prioritise age group training over team-specific training because it encourages broader skill development, fosters connections across teams, and allows players to learn from a variety of coaches and peers. This approach helps build a stronger, more unified club culture while ensuring consistent development across all players.

While age group training is a required part of the program, teams are welcome to organise their own team training sessions outside of the scheduled club training. These sessions are not facilitated or organised by the club, and teams may choose to use any available council basketball courts located in local parks for this purpose.

Please note: Players participating in team training sessions held outside of official club training times are not covered by Basketball Queensland insurance, as these activities fall outside the scope of club-sanctioned events.

## COACHING TIPS & QUICK GUIDE

- ❖ Plan your seasonal goals by considering your team's strengths and areas that need improvement.
- ❖ Determine key focus areas and offer your team feedback and drills to enhance their skills during games, training sessions, and their personal practice time.
- ❖ Greet your players with enthusiasm and energy at every session, and provide a quick overview of the game plan.
- ❖ Set clear expectations for each activity, such as "Maintain your stance, move into space, and make strong passes," and reinforce these regularly.
- ❖ Players tend to respond better to positive reinforcement, so make sure to commend them for their effort and achievements.
- ❖ Offer on-the-spot coaching by giving individual feedback to players after their turn in a straightforward, respectful manner.
- ❖ When discussing the techniques and strategies you want to implement, engage the team and individuals with questions to ensure they understand and to reinforce your expectations.
- ❖ Utilize positive reinforcement to assist players in recognizing the most effective techniques or strategies.
- ❖ Don't forget to keep it FUN!

## GAME DAY INFORMATION & EXPECTATIONS

### CLUB GAMES

All club games will be held at the Morayfield Sport & Event Centre 298 Morayfield Rd, Morayfield

- ❖ U13 will play on Tuesdays, 5:00pm or 5:55pm
- ❖ U11, U15, INT, SNG & JNG will play on Thursday

Game days are a key part of the junior basketball experience, and coaches play a vital role in ensuring they run smoothly, safely, and positively for all involved. Below are essential procedures, information and expectations for coaches on game nights:

### ARRIVE EARLY TO PREPARE AND GREET PLAYERS

Coaches should arrive at least 15 minutes before the scheduled game time. This allows time to:

- ❖ Check in with the team manager
- ❖ Check for any last-minute changes to the team roster/schedule
- ❖ Greet players and help them settle in
- ❖ Conduct a short warm-up or team talk before the game begins
- ❖ Ensure players are wearing the correct club uniform (jersey, shorts, and appropriate footwear).

### COORDINATE WITH SCORE BENCH AND OFFICIALS

Before the game starts, coaches should:

- ❖ Confirm player names and jersey numbers with the score bench.
- ❖ Ensure substitutions and rotations are communicated clearly.
- ❖ Maintain respectful communication with referees and officials throughout the game.

This helps maintain professionalism and supports fair play.

### PROVIDE ENCOURAGEMENT AND FEEDBACK DURING AND AFTER THE GAME

During the game, coaches should:

- ❖ Encourage players positively, focusing on effort and teamwork.
- ❖ Avoid negative or aggressive behaviour toward players, referees, or spectators.
- ❖ Use timeouts and breaks to provide constructive feedback.

After the game:

- ❖ Gather the team for a brief debrief.
- ❖ Highlight positives and areas for improvement.
- ❖ Present Player of the match certificate and reward.
- ❖ Reinforce sportsmanship and thank players, officials, and supporters.

### REPORT ANY INCIDENTS OR INJURIES TO THE CLUB

If any injuries, behavioural issues, or incidents occur during the game:

- ❖ Notify the team manager immediately.
- ❖ Complete an incident report if required.
- ❖ Inform the Branch Manager or Junior coordinator as soon as possible.

Prompt reporting ensures the club can follow up appropriately and maintain a safe environment.

### FILL IN PLAYERS

- ❖ Fill in players can only be sourced from a lower age group and/or division currently participating and registered in the MBBI season.
- ❖ Each play-up fill in can play a maximum of three (3) games per season per team. After the third game, they must remain in the higher division
- ❖ Fill in players must be added to the team roster/Basketball Connect (iPads) for that fixture prior to the game commencement.

### BENCH ALLOCATION

- ❖ Home team (listed first on the draw) sits on scorer's table's left (facing the court).
- ❖ Away team sits on the right side.

## GAME FORMAT & TIMING

- ❖ Four 10-minute quarters (running clock unless specified).
- ❖ One-minute breaks between quarters and a two-minute break at halftime.
- ❖ No shot clock for most junior levels.
- ❖ Moreton Bay Basketball is dedicated to ensuring fair and balanced game time for all players in our junior competition, please see Equal playing time rotations section below.

## SPORTSMANSHIP & CONDUCT

- ❖ Coaches, players, and spectators must respect officials and their decisions.
- ❖ Technical fouls result in one free throw and possession for the opposing team.
- ❖ Two technical or unsportsmanlike fouls result in an automatic ejection.

## RESPECT THE REFEREE

With a high volume of teams and games this season, our referees—many of whom are new and still learning—will be under considerable pressure. All referees are supported by senior officials, and it is essential that they are treated with respect at all times.

- ❖ Please remind players and parents to respect referee decisions, even if they disagree with a call.
- ❖ Abuse or inappropriate behaviour toward referees will not be tolerated under any circumstances.
- ❖ For the 2025/26 season, Moreton Bay Basketball Inc. (MBBI) has introduced a Spectator Warning Card system. Coaches should familiarise themselves with this process and communicate it clearly to their teams.

## BASKETBALL RULES & TERMINOLOGY

TRAVEL	To run or move without bouncing (Dribbling) the ball or to move the 'Pivot' foot without bouncing the ball
DOUBLE DRIBBLE	1) Once a dribble has been completed a player may not start to dribble again. 2) To bounce the ball (Dribble) with both hands or in a manner that has both hands touching the ball.
OUT OF BOUNDS	when the ball goes out of the court. The team last to touch the ball will lose possession
FOUL	A foul is called on a player after illegal contact with an opposing player. A player fouled in the act of shooting will be awarded two free throws or one free throw if the shot was made
3 SECOND RULE	A player may only be in the offensive end key for 3 seconds at a time (This rule is not applicable in min ball OR under 10's)
JUMP BALL	A jump ball (or alternating possession) will occur when two players from opposing teams grasp and tug at the ball for possession (in juniors called quickly to protect the players)
TEAM FOUL	A team may be given 4 team fouls each quarter. Each foul after 4 the opposing team will be given two free throws
PERSONAL FOUL	Each player is allowed 4 personal fouls in each game. After any player reaches their 5th personal foul, that player may not take any further part in that game
BACK COURT	Once offensive team has moved ball into front court, they cannot back across the halfway line. (This rule is not applicable in mini ball)

**8 SECOND RULE** Once defensive team takes possession of ball in their half of court, they have 8 seconds to move ball across halfway line into their offensive half court. (This rule is not applicable in mini ball OR under 10's)

### THE DIFFERENCE BETWEEN A FOUL AND A VIOLATION?

VIOLATIONS	FOULS
❖ Are NOT recorded against the individual. The result of a violation is a turnover or possession	❖ Are recorded alongside the player who committed them on the score sheet. Players are allowed only 4 fouls per match and on the 5th are ejected from the game
❖ Travel, double dribble, carry ball, back court, and 3 seconds in the key	❖ Pushing, charging, blocking, hands foul and holding

### SUBSTITUTIONS AND TIMEOUTS

SUBSTITUTIONS	TIME OUTS
❖ Players of either team can be substituted when there is a stoppage in play. For example, if a travel is called the ball is awarded to the sideline either or both teams can sub	❖ The coach calls Timeouts. Coaches ask the score bench for the next available time out. After the opposing team scores (TEAM B) the other team (TEAM A) may be granted a time out. Time outs can also be granted at any stop in play

### BASKETBALL QUEENSLAND 'NO ZONE' RULE

In accordance with national guidelines for players under the age of 14, Basketball Queensland instigate a "No Zone" policy. This is to encourage the development of defensive and offensive skills in the younger athletes

### MERCY RULE

Any team that has a lead of twenty (20) points or more MUST retreat beyond the half court line on defence until the opposition has brought the ball into their offensive front court.

- ❖ It is the responsibility of the coach to ensure that his/her team adheres to this rule.
- ❖ Failure to retreat beyond the half court line may result in a warning and then a technical foul being charged against the coach.

### FORFEIT PROCESS

A team may be required to forfeit a scheduled game for various reasons. The following outlines the key circumstances and procedures related to forfeits under MBBI guidelines:

- ❖ Insufficient Player Numbers,  
MBBI requires a minimum of four players to be present and ready to take the court. If a team is unable to meet this requirement due to illness, injury, or absence, the game must be forfeited.
- ❖ Disciplinary Action  
A forfeit may be enforced if a team engages in unsportsmanlike conduct, including fighting, repeated technical fouls, or refusal to comply with referee instructions or league rules.
- ❖ Late Arrival  
If a team is unable to commence play within 10 minutes of the scheduled start time, the game will be declared a forfeit.
- ❖ Voluntary Withdrawal  
Teams may occasionally forfeit voluntarily due to internal challenges such as lack of preparation, low morale, or coaching transitions.

If a team anticipates the need to forfeit a game, the Team Manager must notify the Junior Coordinator as early as possible to allow for appropriate communication and planning.

## FORFEIT PROCEDURES AND OUTCOMES

- ❖ A scoresheet must be completed for all forfeited fixtures.
- ❖ The non-forfeiting team will be credited with a qualifying game; the forfeiting team will not.
- ❖ The official score will be recorded as 20 points awarded to the team present and 0 points to the forfeiting team.

## EQUAL PLAYING TIME ROTATION

Moreton Bay Basketball is dedicated to ensuring fair and balanced game time for all players in our junior competition, fostering development, teamwork, and a love for the game in every child. The following information explains fair game time player rotations for teams of 6, 7, 8 and 9 members.

### 6 PLAYER ROTATION

For a 6-player basketball rotation during 10-minute quarters (40 minutes total) with 5 players on the court at any time, we can distribute playing time as equally as possible while ensuring everyone gets ample court time. Each player will get about 6.67 minutes per quarter, or roughly 6 minutes and 40 seconds, totalling 26 minutes and 40 seconds for each player over the course of the game.

Key Points:

- ❖ Each player plays 6 minutes and 40 seconds per quarter, totalling 26 minutes and 40 seconds for the game
- ❖ The substitutions occur every 6:40 to ensure equal playing time while maintaining 5 players on the court at all times.
- ❖ The rotation is balanced, and all players get ample time to play while the team maintains a competitive edge.

This setup ensures that every player gets a fair amount of court time while allowing for constant rotation. If there are special situations, like foul trouble or specific matchups, slight adjustments can be made, but this rotation provides a solid structure for equal time distribution.

\* Refer to appendix C for Player Rotation Sheets

### 7 PLAYER ROTATION

For a 7-player basketball rotation during 10-minute quarters (40 minutes total), with 5 players on the court at any time, each player will get roughly 28.57 minutes of playing time over the course of the game. This can be divided by rotating players in and out every 4 minutes, which keeps playing time as even as possible while ensuring no player sits out too long. Here's a rotation chart that allows for equal time while keeping 5 players on the court at all times:

Key Points:

- ❖ 5 players are on the court at all times, with substitutions made every 4 minutes.
- ❖ Each player plays for 28 minutes in total across the game (7 x 4-minute segments), ensuring equal playing time.
- ❖ The rotation allows for fresh legs and provides every player the opportunity to stay involved in the game, while also allowing all players to sit for reasonable intervals.

This setup ensures that each player gets a balanced share of time on the court while maintaining the proper number of players on the floor. Adjustments can be made based on foul trouble or specific game needs, but this is a solid starting point for a 7-player rotation \* Refer to appendix C for Player Rotation Sheets

## 8 PLAYER ROTATION

To create an 8-player basketball rotation for 10-minute quarters (40 minutes total), with 5 players on the court at any time, each player needs to play for 20 minutes in the game. The strategy is to substitute players every 5 minutes to ensure everyone gets equal playing time. Here's a rotation chart for 8 players, ensuring 5 players are on the court at all times and that the playing time is balanced:

Key Points:

- ❖ Each player plays 25 minutes during the game, which is split into 4 segments of 5 minutes each.
- ❖ Substitutions happen every 5 minutes to ensure that 5 players are always on the court at all times.
- ❖ The rotation is designed to keep things fair and give every player an equal amount of time on the court.

How It Works:

- ❖ Quarter 1: Players 1, 2, 3, and 4 play for the first 5 minutes, and Players 5, 6, 7, and 8 play for the next 5 minutes.
- ❖ Quarter 2: Players 5, 6, 7, and 8 take over for Players 1, 2, 3, and 4.
- ❖ This pattern continues for Quarter 3 and Quarter 4, making sure all players have equal time on the court.

This setup ensures everyone gets 20 minutes of playtime while maintaining 5 players on the court at all times. Adjustments can be made for specific game situations (like foul trouble or matchups), but this provides a balanced structure for equal playing time. \* Refer to appendix C for Player Rotation Sheets

## 9 PLAYER ROTATION

For a 9-player basketball rotation during 10-minute quarters (40 minutes total), with 5 players on the court at any time, the goal is to ensure each player gets equal playing time while maintaining the correct number of players on the floor. Since each player should play roughly 22.22 minutes (about 22 minutes and 13 seconds) in total across the game, we'll create a rotation that substitutes players every 4 minutes to achieve a balanced rotation.

Key Points:

- ❖ Each player plays 22 minutes and 13 seconds over the course of the game, split into four 4-minute intervals.
- ❖ Substitutions are made every 4 minutes to ensure there are always 5 players on the court.
- ❖ This rotation ensures every player gets equal playing time while keeping the court balanced and fresh.

How It Works:

- ❖ Quarter 1: Players 1, 2, 3, 4 play the first 4 minutes. Players 5, 6, 7, 8 play the next 4 minutes, and Player 9 takes a 4-minute break.
- ❖ Quarter 2: Players 5, 6, 7, 8 play for the first 4 minutes. Players 1, 2, 3, 4 return for the next 4 minutes.
- ❖ This rotation continues for Quarter 3 and Quarter 4 ensuring that no player sits for extended periods and everyone plays a balanced amount of time.

This rotation setup gives every player approximately equal court time while ensuring there are always 5 players on the court, and it ensures that all players get time to rest and recover. \* See Player Rotation Sheets attached as appendix C

## PLAYER DEVELOPMENT PATHWAYS

At Moreton Bay Suns Basketball, in alignment with Basketball Queensland's (BQ) development framework, we are committed to providing clear, inclusive, and progressive pathways for athletes of all ages and skill levels. Our goal is to nurture talent, build character, and support players in reaching their full potential—whether that's enjoying the game socially or competing at the highest levels.

- ❖ Identify players with potential for representative teams
- ❖ Promote participation in holiday camos, clinics and development programs.
- ❖ Provide feedback and encouragement to help players grow
- ❖ Celebrate achievement and milestones.



### MBBI PLAYER PATHWAYS;

- ❖ Aussie Hoops (Ages 5–10) – Entry Level
- ❖ Rising Suns Academy (Ages 10–17) – Skill Development
- ❖ Junior Domestic Competitions (Ages 10–17)
- ❖ Representative Basketball (U12–U18) – Competitive Pathway
- ❖ QSL Youth, QSL, QSL 1

### BASKETBALL QUEENSLAND DEVELOPMENT PATHWAY

Basketball Queensland offers a structured high-performance pathway for talented athletes:

- ❖ Next Gen Program (U12 & U14)
- ❖ Future Development Program (FDP) (Ages 12–13)
- ❖ Queensland Emerging Teams
- ❖ Senior Domestic & QSL Representative Teams (Ages 18+)
- ❖ Coach and Referee Development

## SAFETY & WELLBEING

As a coach, you have a duty of care to provide a safe, supportive, and inclusive environment where every player can participate, develop, and thrive—physically, emotionally, and socially. To help you uphold this responsibility, the following tips and guidelines are provided to support the safety and wellbeing of all players under your care.

### DUTY OF CARE

Coaches are responsible for the health, safety, and welfare of their players during all team-related activities. This includes training sessions, games, travel, and any team events. Being vigilant, proactive, and prepared helps prevent accidents and ensures players feel secure and supported.

### RISK ASSESSMENT

- ❖ Inspect courts and equipment, for hazards (e.g., wet floors, broken hoops, loose floorboards).
- ❖ Ensure all equipment is in good condition and used appropriately.
- ❖ Be aware of environmental conditions (e.g., heat, rain) and adjust activities accordingly.

### INJURY PREVENTION AND MANAGEMENT

- ❖ Encourage warm-ups and cool-downs to prevent injuries.
- ❖ Encourage players to stay hydrated and request subs if needed.
- ❖ Ensure players wear appropriate footwear and any required safety gear.
- ❖ Follow concussion protocols strictly—when in doubt, sit them out.

### CHILD PROTECTION AND SAFEGUARDING

- ❖ Maintain professional boundaries at all times—avoid one-on-one situations without another adult present.
- ❖ Ensure you have valid Working with Children Checks (Blue Cards in Queensland).
- ❖ Be alert to signs of abuse or neglect and report concerns to the appropriate authorities immediately.
- ❖ Educate players about their rights and how to report inappropriate behavior.

## 5. MENTAL HEALTH AND EMOTIONAL WELLBEING

- ❖ Foster a positive, inclusive team culture where players feel safe to express themselves.
- ❖ Be approachable and listen without judgment if a player is struggling.
- ❖ Recognize signs of stress, anxiety, or burnout, and offer support or referrals.
- ❖ Encourage balance between sport, school, and personal life.
- ❖ Promote self-confidence and resilience through positive reinforcement.

## 6. INCLUSION AND RESPECT

- ❖ Treat all players equally, regardless of gender, race, ability, or background.
- ❖ Address bullying, teasing, or exclusion immediately and appropriately.
- ❖ Adapt training to accommodate players with different needs or abilities.

- ❖ Celebrate diversity and encourage team bonding activities that build mutual respect.

#### PARENT AND GUARDIAN COMMUNICATION

- ❖ Keep parents informed about training schedules, game times, and any incidents.
- ❖ Obtain signed consent forms for participation, travel, and medical treatment.
- ❖ Encourage parents to share any relevant health or wellbeing concerns about their child.
- ❖ Foster a collaborative relationship with families to support each player's development.

#### TRAINING AND EDUCATION

- ❖ Stay up to date with coaching certifications.
- ❖ Attend workshops or webinars on child safety, mental health, and inclusive coaching.
- ❖ Encourage players to learn about injury prevention, nutrition, and self-care.

#### INCIDENT REPORTING AND DOCUMENTATION

- ❖ Record all injuries, behavioral incidents, or safety concerns using a standard incident report form and forward to the relevant person (Branch Manager, Junior Coordinator)
- ❖ Maintain confidentiality

#### FIRST AID

MBBI, has a (1 only) qualified First Aid Officer on duty at all times during games nights and events.

The following information provides helpful tips for the coach to ensure player safety and respond effectively to injuries.

- ❖ Requesting first aid assistance
  - ❖ In the event of an injury, the First Aid Officer can be promptly contacted via radio communication, which is coordinated by the score bench personnel.
- ❖ During the game
  - Monitor Player Wellbeing: Stay alert for any signs of injury or distress among players.
  - Report Incidents Promptly: If a player is injured, request first aid assistance immediately and provide relevant details (e.g., how the injury occurred, symptoms).
  - Support First Aid Staff: Assist with crowd control or communication with parents if needed, while allowing medical staff to work without interference
- ❖ After the game
  - Follow up on Injuries: Check in with the first aid staff for a summary of any treatment provided and recommendations for further care.
  - Inform the player's parent or guardian about the injury, treatment received, and any follow-up steps required.
  - Report to Club Officials: Notify the Junior Coordinator or relevant club official if the injury is serious or requires ongoing management.
- ❖ Documentation
  - The First Aid Officer will complete all required documentation and accurately record the details of the incident and any injuries sustained.

#### QR CODES

To promote open and accessible communication, the club has implemented QR codes that allow members to submit complaints, feedback, and suggestions anonymously.

Team Managers are encouraged to distribute these codes to parents/guardians at the start of the season to ensure everyone has equal access to share their thoughts and contribute to a positive club environment.



## KEY CLUB CONTACTS

### BRANCH MANAGERS

Branch Managers are there to support you in your role as Team Manager and are your first point of contact for any coaching and team related enquires, complaints and feedback.

Branch Managers for MBBi:

- ❖ *For Heat, Wolves, Lakers, Bucks and Warriors teams*  
Emily Driscoll - [Emily.driscoll@moretonbaysuns.com](mailto:Emily.driscoll@moretonbaysuns.com)
- ❖ *For Bulls, Nets, Clippers, Hornets, Mavericks and Thunder teams*  
Dmitri Faolua - [dfaol1@eq.edu.au](mailto:dfaol1@eq.edu.au)

### COURT CONTROLLERS (CC)

Court Controllers are present to assist all MBBi coaches, managers, members, volunteers, and supporters by promoting a safe and enjoyable game event. We have 2 Court Controllers who can be identified by their Yellow MBBi shirts and will move between courts 1 & 2 and 3, 4 & 5 during game nights. They can be approached by any member/supporter, or a coach can request them to be contacted via radio at the score bench.

#### Competitions Coordinator:

Sheree Waddell  
[competitions@moretonbaysuns.com](mailto:competitions@moretonbaysuns.com)

#### Referee Coordinator:

Tom Waddell  
[tom.waddell@moretonbaysuns.com](mailto:tom.waddell@moretonbaysuns.com)

#### Score Bench Coordinator:

Jo Hockings  
[jo.hockings@moretonbaysuns.com](mailto:jo.hockings@moretonbaysuns.com)

## BOARD MEMBERS

### PRESIDENT

Clayton Richardson  
[clayton.richardson@moretonbaysuns.com](mailto:clayton.richardson@moretonbaysuns.com)

### JUNIOR CO-ORDINATOR:

Dannielle Weedall  
[dannielle.weedall@moretonbaysuns.com](mailto:dannielle.weedall@moretonbaysuns.com)

### SECRETARY

Kelly Page  
[kelly.page@moretonbaysuns.com](mailto:kelly.page@moretonbaysuns.com)

### SENIOR CO-ORDINATOR:

Lisa Oldham  
[lisa.oldham@moretonbaysuns.com](mailto:lisa.oldham@moretonbaysuns.com)

### TREASURER

Rebecca Le Bherz  
[Rebecca.LeBherz@moretonbaysuns.com](mailto:Rebecca.LeBherz@moretonbaysuns.com)

### REPRESENTATIVE DIRECTOR:

Kate Hare  
[Kate.hare@moretonbaysuns.com](mailto:Kate.hare@moretonbaysuns.com)

### REGISTRAR:

Amanda Donovan  
[Amanda.donovan@moretonbaysuns.com](mailto:Amanda.donovan@moretonbaysuns.com)

### DEVELOPMENT COORDINATOR:

[development@moretonbaysuns.com](mailto:development@moretonbaysuns.com)

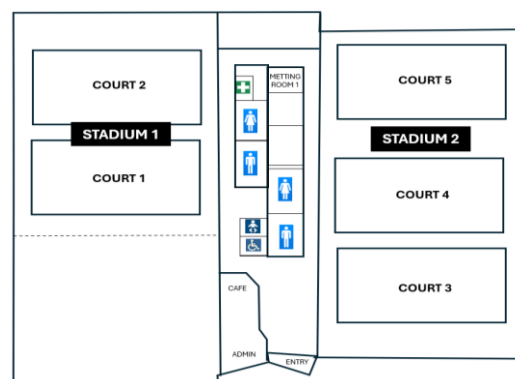
## OUR VENUES

### MORAYFIELD SPORTS AND EVENTS CENTER

298 Morayfield Road, Caboolture QLD 4506

Morayfield Sports and Events Centre is our home ground, hosting all club matches, home QSL games, representative training sessions, gradings and training and education workshops.

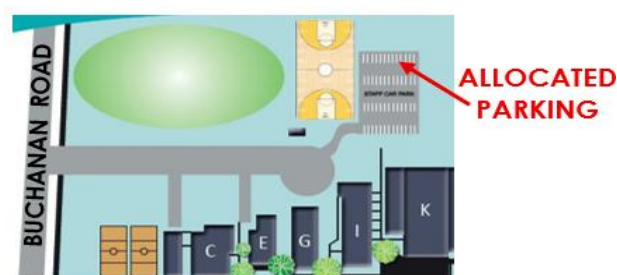
On game nights, MBBI utilises Meeting Room 1 as our office space. This room also serves as the base for the junior and senior coordinator, competitions coordinator, score bench and referee officials, where they manage scheduling and coordinate game operations.



### MORAYFIELD STATE HIGH SCHOOL

Visentin Road, Morayfield QLD 4506

Morayfield State High School is utilised for club training, representative team training, holiday camps, and development clinics. Entry to the sports centre is via Buchanan Road—please do not wander through the school grounds.



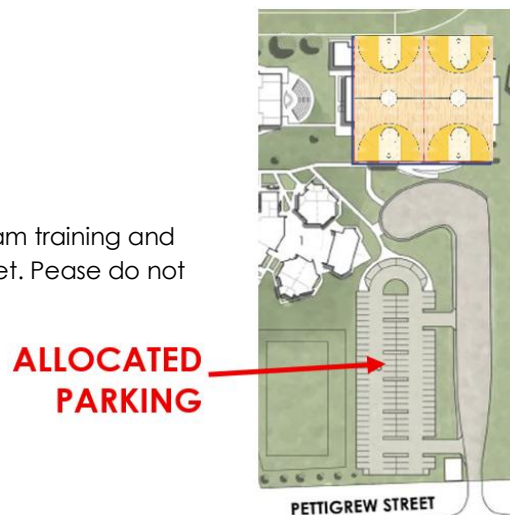
Parking is available in the designated car park located behind the sports centre; please refrain from parking on any of the grassed areas.

### ST COLUMBAN'S HIGH SCHOOL

100 McKean Street, Caboolture, QLD 4510

St Columban's High School is utilised for club training, representative team training and gradings. Entry to the Mary MacKillop sports centre is via Pettigrew Street. Please do not wander through the school grounds.

Parking is available in the designated car park located in front of the sports centre; please refrain from parking on any of the grassed areas.



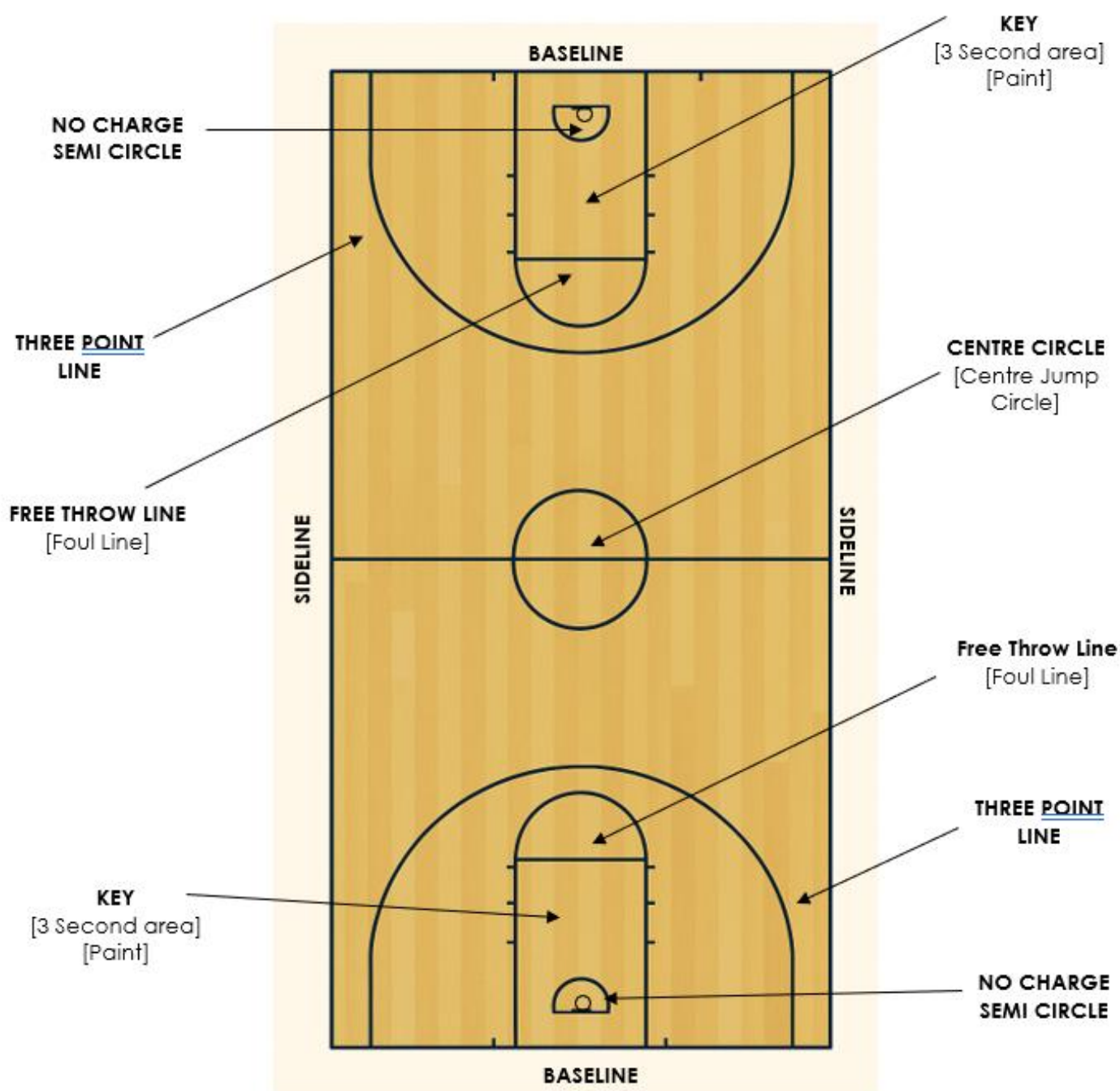
### BURPANGARY STATE SCHOOL

35 St STATION ROAD, Burpengary Queensland 4505

Burpengary State School is utilised for representative training and Aussie Hoops. Entry to the sports centre is via George Street. Please do not wander through the school grounds. There is street parking along George Street or at the front of the school.

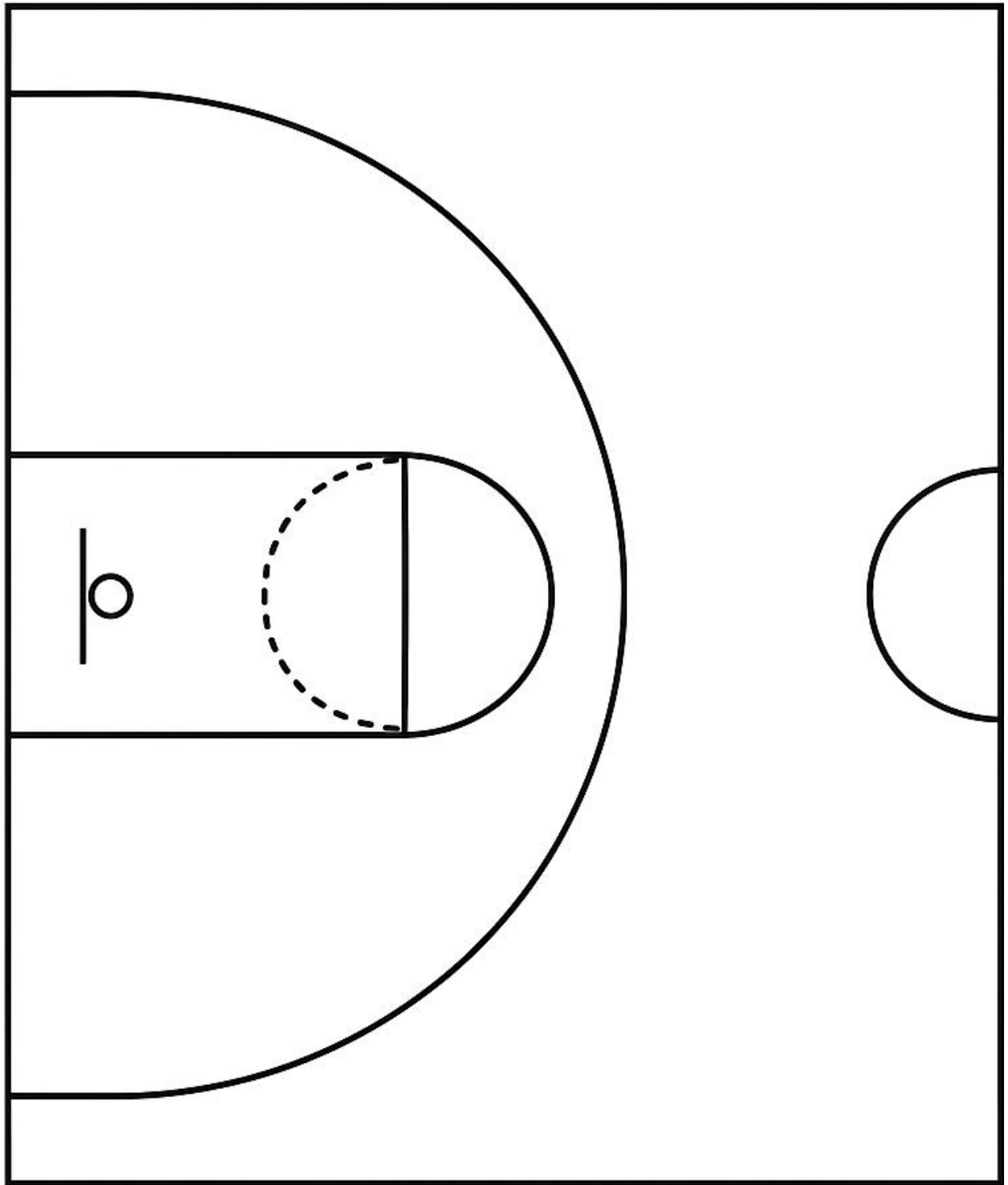


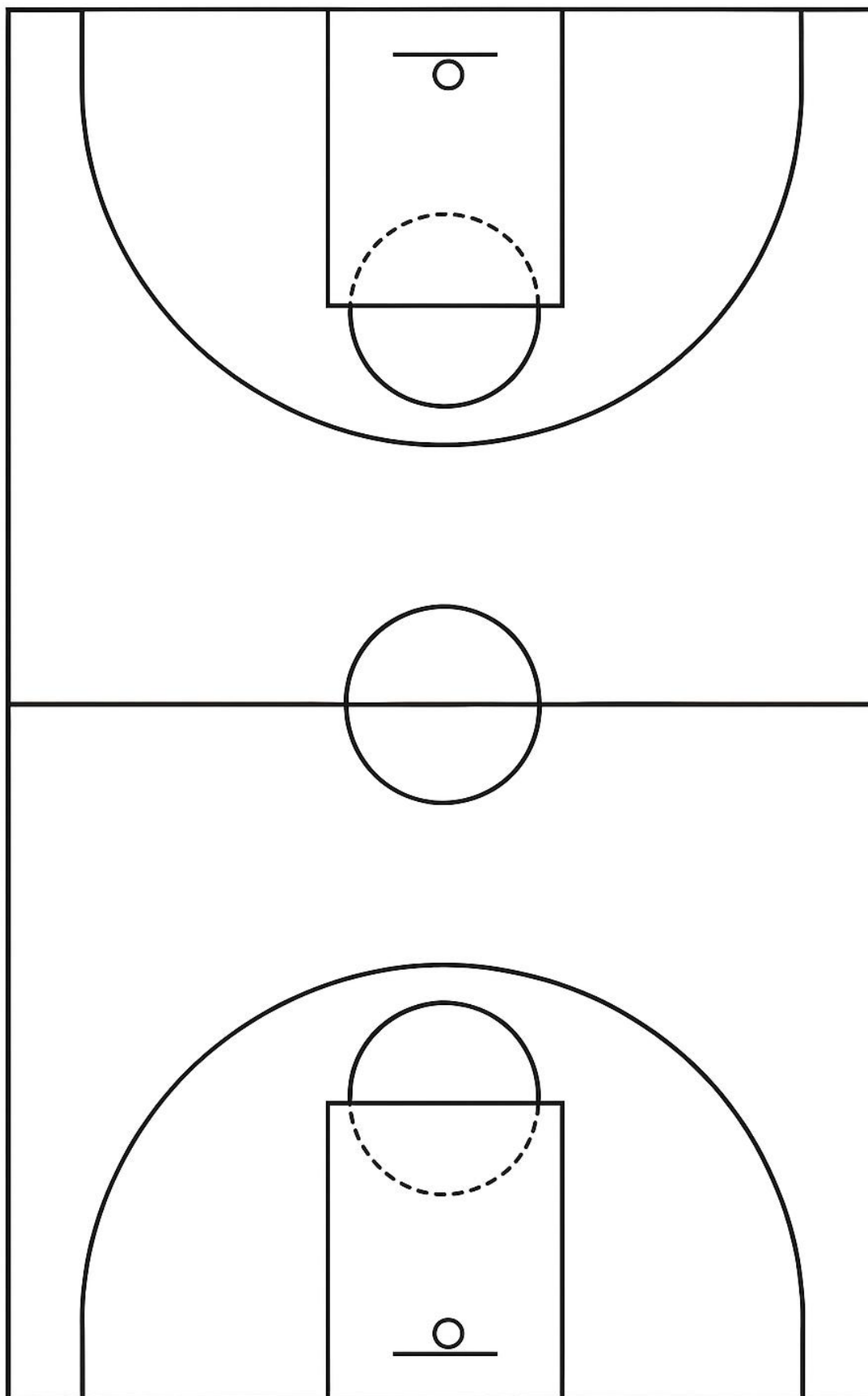
## COURT AWARENESS, MARKINGS & DIAGRAMS FOR COACHING



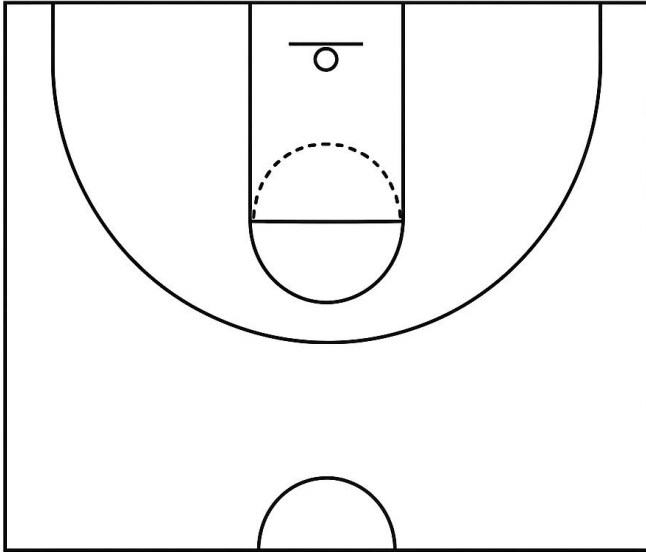
### USING HALF COURT AND FULL COURT DIAGRAMS

The below Half court and full court diagrams are helpful coaching tools designed to help coaches visually communicate game strategies, player positioning, and movement patterns. These diagrams can be printed and used during game time to quickly illustrate offensive and defensive plays, inbound strategies, or transition set-ups. By marking directly on the diagrams, coaches can provide clear, tactical instructions that players can easily understand and apply on the court. Having these visual aids readily available enhances team communication and supports more effective in-game adjustments.









---

---

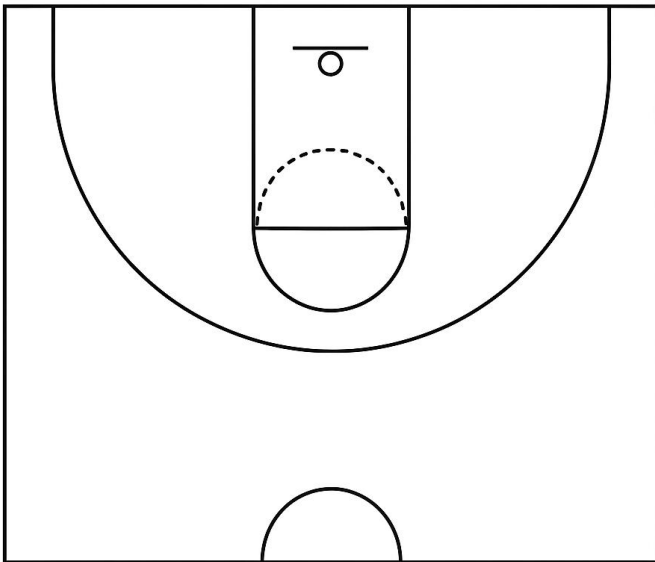
---

---

---

---

---



---

---

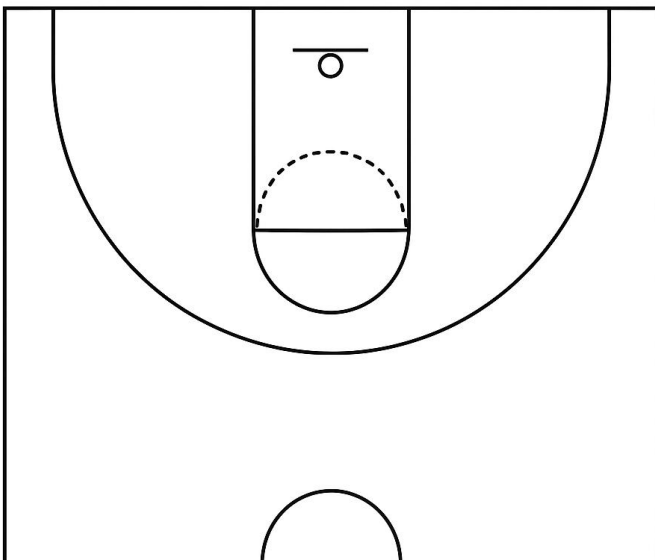
---

---

---

---

---



---

---

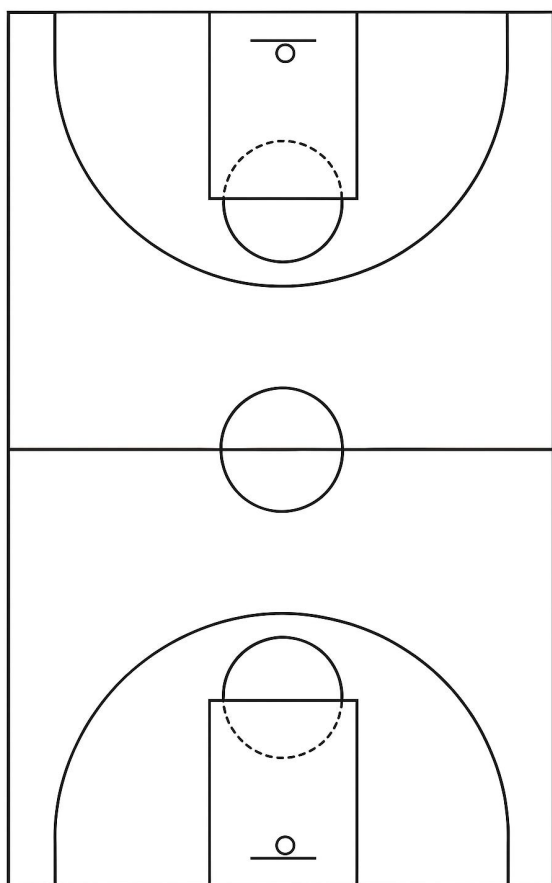
---

---

---

---

---



---

---

---

---

---

---

---

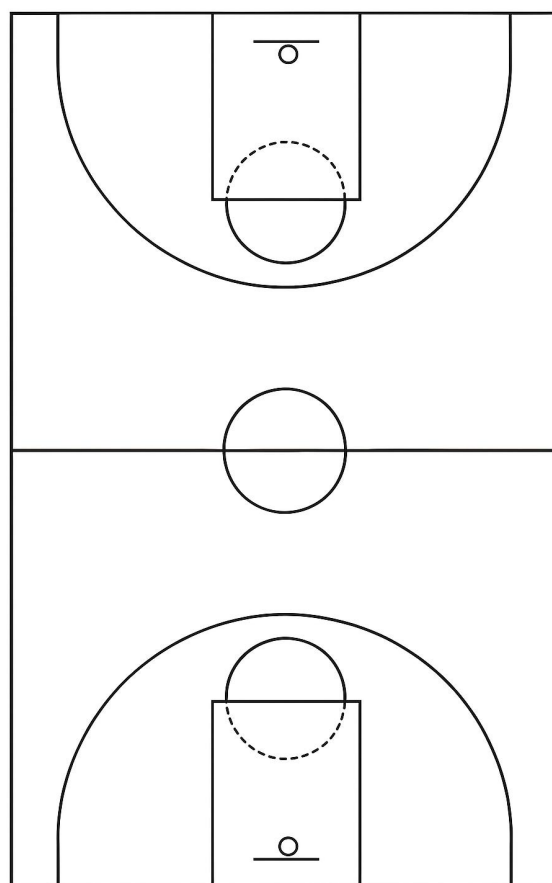
---

---

---

---

---



---

---

---

---

---

---

---

---

---

---

---

---

## APPENDIX A – SKILL DEVELOPMENT GOALS FOR EACH AGE GROUP

Player development is broken down to identify certain skills that every player and Coach should be working on during a player's development through the club at each age group level.

AREA OF EMPASIS	U10 /U11	U12/U13	U14/U15	U16/INTERMEDIATE	INTERMEDIATE / U18s
<b>PHYSICAL: ATHLETIC DEVELOPMENT</b>	❖ Exploration of movement	❖ Exploration of movement	❖ Athletic stance ❖ Running ❖ Stopping ❖ Athletic development	❖ Athletic Development ❖ Functional movement ❖ Jumping ❖ Lateral movement	❖ Athletic development
<b>PHYSICAL FOOTWORK AND MOVEMENT</b>	❖ Physical: ❖ Foot work and movement  ❖ (1 v 0)	❖ Running technique ❖ Change of pace ❖ Change of direction ❖ Stride stop ❖ Jump stop ❖ Stance, ready, position ❖ Triple threat ❖ Defensive stance ❖ Footwork ❖ (1 v 0)	❖ As per U10/U11 ❖ Stride stop ❖ Jump stop ❖ Pivoting forward/reverse off L and R foot ❖ Stepping. Jab step ❖ Triple threat ❖ With /without ball ❖ (1 v 0) ❖ (1 v 1) ❖ (2 v 0) ❖ (2 v 2)	❖ One on one tactics / footwork ❖ Triple threat ❖ Pivoting/squaring up ❖ Setting screens, footwork/stance ❖ V cuts ❖ L cuts ❖ Posting up footwork ❖ (1 v 0) ❖ (1 v 1) ❖ (2 v 0) ❖ (2 v 2)	❖ Warm-up and correct footwork with the basic technical skills ❖ Individual tactics footwork ❖ Posting/footwork 1. Leading and receiving to the perimeter ❖ Individual defense tactic 1. Defending / on-the-ball 2. Denial and off-the-ball positioning footwork
<b>PHYSICAL ON-THE-BALL DEFENCE</b>	❖ Defensive ❖ Ball/you/basket positioning ❖ Finding your player ❖ Defensive foot positioning ❖ Active hands in	❖ On-the-ball stance ❖ On-the-ball spacing to the ball ❖ Ball/you/basket positioning ❖ Match-up 1 v 1 ❖ Active stance ❖ Lateral power step	❖ Active stance ❖ Lateral movement ❖ power stance ❖ Advancing steps in stance ❖ Retreating steps in stance ❖ Stance / run/ stance	❖ U14s list ❖ Plus, close outs ❖ Full court containment and pressure ❖ Defending in the half court ❖ 1 v 1 half court/full court	❖ Under 16s list ❖ On-the-ball positioning v individual tactics ❖ Closing out and containing the drive ❖ Long close-outs ❖ Short close-outs ❖ Navigating the screen

	defensive stance	<ul style="list-style-type: none"> <li>❖ Forward and back steps</li> <li>❖ Recovery stance/ run/stance</li> <li>❖ Containment</li> </ul>	<ul style="list-style-type: none"> <li>❖ Close-outs</li> <li>❖ 1 v 0</li> <li>❖ 1 v 1 full court/half court</li> <li>❖ 2 v 2 full court</li> </ul>	<ul style="list-style-type: none"> <li>❖ 2 v 2 full court</li> <li>❖ 3 v 3 full court</li> </ul>	<ul style="list-style-type: none"> <li>❖ On-the-ball</li> <li>❖ 1 v 1</li> <li>❖ 2 v 2</li> <li>❖ 3 v 3</li> <li>❖ 4 v 4</li> </ul>
<b>TECHNICAL SHOOTING</b>	<ul style="list-style-type: none"> <li>❖ Ready position</li> <li>❖ Stance and balance / feet and knees shoulder-width apart</li> <li>❖ Form shooting</li> <li>❖ Wrist crooked/fingers spread under the ball</li> <li>❖ Elbow under the ball</li> <li>❖ Rhythm and timing</li> <li>❖ Step into the shot</li> <li>❖ Set shots</li> <li>❖ Free throw from the dotted circle</li> <li>❖ Power lay-ups (jump stop)</li> <li>❖ Running lay-up off the backboard</li> </ul>	<ul style="list-style-type: none"> <li>❖ U10s list</li> <li>❖ Catch the ball in the air into shooting stance</li> <li>❖ Free throw from the dotted circle</li> <li>❖ Jump stop lay-up off pass</li> <li>❖ Pivoting to shoot</li> </ul>	<ul style="list-style-type: none"> <li>❖ Free throw form</li> <li>❖ Lay-ups</li> <li>❖ Reverse lay-ups</li> <li>❖ Finger roll lay-up (underhand)</li> <li>❖ Power lay-ups</li> <li>❖ Set shots</li> </ul>	<ul style="list-style-type: none"> <li>❖ Free throws</li> <li>❖ Reverse Layups</li> <li>❖ Finger roll lay-ups</li> <li>❖ Set shots mid-range off pass</li> <li>❖ 3 pt shot</li> </ul>	<ul style="list-style-type: none"> <li>❖ Free throws</li> <li>❖ Differentiated lay-ups</li> <li>❖ Set shots</li> <li>❖ Jump shots</li> <li>❖ 3 pt shots range</li> <li>❖ Consider individual tactic situations for shooting</li> </ul>
<b>TECHNICAL Passing and receiving</b>	<ul style="list-style-type: none"> <li>❖ Hand positioning to pass and catch</li> <li>❖ Catching and passing from a ready position</li> </ul>	<ul style="list-style-type: none"> <li>❖ Catching on the run</li> <li>❖ Chest pass</li> <li>❖ Baseball pass</li> <li>❖ Consider baseball pass</li> <li>❖ Consider pass off the dribble (one handed)</li> <li>❖ Stride stop catch</li> <li>❖ Jump stop catch</li> <li>❖ Two handed catch</li> <li>❖ Passing and catching on the run</li> </ul>	<ul style="list-style-type: none"> <li>❖ Bounce pass</li> <li>❖ Chest pass</li> <li>❖ Overhead pass</li> <li>❖ Push pass off a dribble</li> <li>❖ Target hands for catch</li> <li>❖ Passing and catching on the run in front court</li> <li>❖ Backcuts</li> <li>❖ V cuts lead to receive</li> </ul>	<ul style="list-style-type: none"> <li>❖ Passing of the dribble</li> <li>❖ Leading and receiving</li> <li>❖ V cuts</li> <li>❖ L cuts</li> <li>❖ 2 v 2</li> <li>❖ 3 v 3</li> <li>❖ 4 v 4</li> <li>❖ 5 v 5 no dribble run offence</li> </ul>	<ul style="list-style-type: none"> <li>❖ Proficient at all age level skills</li> <li>❖ Able to lead versus denial defence</li> <li>❖ Team is able to run a passing offense with spacing and timing</li> </ul>

		<ul style="list-style-type: none"> <li>❖ Leading catching and stopping</li> <li>❖ Man ahead pass and catch</li> </ul>	<ul style="list-style-type: none"> <li>❖ 2 v 1 half/full court</li> <li>❖ 2 v 2 half/full court</li> <li>❖ 3 v 2 half court/full court</li> </ul>		
<b>TECHNICAL Use of dribble</b>	<ul style="list-style-type: none"> <li>❖ Ball handling drills</li> <li>❖ Stationary dribble</li> <li>❖ Speed dribble</li> <li>❖ Consider retreat dribble</li> <li>❖ Consider crossover dribble</li> <li>❖ Consider behind the back dribble</li> </ul>	<ul style="list-style-type: none"> <li>❖ Speed dribble</li> <li>❖ Control dribble</li> <li>❖ Change of pace dribble</li> <li>❖ Consider onside dribble</li> <li>❖ Consider behind the back dribble</li> <li>❖ Consider between the legs dribble</li> <li>❖ Consider spin dribble</li> </ul>	<ul style="list-style-type: none"> <li>❖ Retreat dribble</li> <li>❖ Crossover dribble</li> <li>❖ Behind the back dribble</li> <li>❖ Between the legs dribble</li> <li>❖ Spin dribble</li> <li>❖ Onside dribble</li> <li>❖ Two dribble moves combined</li> <li>❖ 1 v 0</li> <li>❖ 1 v 1</li> <li>❖ Moves on the move full court 1 v 0</li> <li>❖ 1 v 1 full court</li> </ul>	<ul style="list-style-type: none"> <li>❖ So in Dribble</li> <li>❖ Moves on the move at speed</li> </ul>	<ul style="list-style-type: none"> <li>❖ Use of dribble technical skills practice</li> <li>1. 1 v 1</li> <li>2. 2 v 2</li> <li>3. 3 v 3</li> <li>4. 4 v 4</li> <li>❖ Can break a defender down with good use of the dribble</li> </ul>
<b>TACTICAL Individual Tactic</b>	<ul style="list-style-type: none"> <li>❖ Passing</li> <li>❖ Use of the dribble</li> <li>❖ Shooting</li> </ul>	<ul style="list-style-type: none"> <li>❖ Triple threat</li> <li>❖ Pivoting</li> <li>❖ Protecting the ball while in stance</li> <li>❖ Give and go</li> <li>❖ Man ahead</li> <li>❖ Drive for lay-up</li> </ul>	<ul style="list-style-type: none"> <li>❖ Drive one-on-one</li> <li>❖ Rip and go</li> <li>❖ Ball quick pocket to pocket in stance</li> <li>❖ Jab and go</li> <li>❖ Crossover step and go</li> <li>❖ Without the ball</li> <li>1. Straight cut</li> <li>2. Slash arm/swing stroke</li> <li>3. Back cut</li> <li>4. V lead</li> <li>5. Flare lead</li> </ul>	<ul style="list-style-type: none"> <li>❖ Same as U14/U15</li> <li>❖ Basic one-on-one moves for a shot</li> <li>1. Can lead and shoot from 6 meters</li> <li>2. Onside move to basket</li> <li>3. Crossover one dribble jump shot</li> <li>4. Onside move two dribble jump shot</li> <li>5. Two dribble move kick back for the shot</li> </ul>	<ul style="list-style-type: none"> <li>❖ Same as U16s/Intermediate</li> <li>❖ Movement without ball</li> <li>❖ Full court and half court</li> <li>❖ Setting and using screens</li> <li>❖ Cutter</li> <li>❖ Screener</li> </ul>
<b>TEAM TACTIC Offence</b>	<ul style="list-style-type: none"> <li>❖ No dribble basketball</li> <li>❖ 2 v 0</li> <li>❖ 2 v 1</li> <li>❖ 2 v 2</li> </ul>	<ul style="list-style-type: none"> <li>❖ Fast break with passing</li> </ul>	<ul style="list-style-type: none"> <li>❖ Fast break</li> <li>❖ Man ahead</li> <li>❖ Driving lane / passing lane principle</li> <li>❖ 2 v 1, 3 v 2</li> </ul>	<ul style="list-style-type: none"> <li>❖ Same as U14s/U15s</li> <li>❖ Movement without ball full court and half court</li> <li>❖ Setting and using</li> </ul>	<ul style="list-style-type: none"> <li>❖ Team offence fast break</li> <li>❖ Half court team offence ball reversal</li> <li>❖ 5 out with/without</li> </ul>

			<ul style="list-style-type: none"><li>❖ Spacing: 5 out</li><li>❖ Ball movement/movement without the ball</li><li>❖ Passing and cutting/leading</li><li>❖ No screens</li><li>❖ Sharing the ball four out 1 in flex action</li></ul>	<ul style="list-style-type: none"><li>❖ screens</li><li>❖ Cutter</li><li>❖ Screener</li><li>❖ Fast break</li><li>❖ Half court team offense</li><li>❖ Ball reversal</li><li>❖ Establish post triangle</li><li>❖ Offence versus denial defense</li><li>❖ 5 out with/with out screens</li><li>❖ 4 out 1 in flex or shuffle</li></ul>	<ul style="list-style-type: none"><li>❖ screens</li><li>❖ 4 out 1 in flex or shuffle</li></ul>
--	--	--	--	---	--

## APPENDIX B – TEAM AND PLAYER EVALUATION FORM

The most effective method for determining what coaches need to improve is through evaluating the team and players. This process will highlight which skills should be prioritized. While it's not feasible to address everything, pinpointing key focus areas guarantees that players are developing various facets of their game. Evaluations of players and teams can be conducted several times throughout the season. At the end of the season, an evaluation can be finalized and submitted to your Branch Manager to aid in grading for the upcoming season.

TEAM AND PLAYER EVALUATION FORM															
Team Name:					Coach:					Age:			Division:		
Rating Scale:	1 = Excellent		2 = Good		3 = Satisfactory		4 = Below required		5 = Requires Improvement						
Players Name	Coachability	Fitness	Defence	Rebounding	Dribbling		Passing		Layups		Shooting	Total	Comments		
					RH	LH	RH	LH	RH	LH					

### RATING LEGEND

**COACHABILITY:** The capacity to heed the coach's advice and implement instructions effectively (listening and executing), demonstrating effort, teamwork, and the ability to execute plays.

**FITNESS:** Cardiovascular endurance, the capability to maintain play and move swiftly up and down the court, along with repeated efforts both with and without the ball.

**DEFENCE:** Maintaining a proper stance at all times, positioning on and off the ball, employing defensive slide techniques, staying in front of the ball, and executing quick help defence and rotations.

**REBOUNDING:** Consistently boxing out, jumping for the ball with arms extended, securing the ball with both hands, and making strong dribbles and outlet passes.

**DRIBBLING:** Keeping control under pressure and while in motion, dribbling with intent, and utilizing a variety of crossovers, retreat dribbles, and hesitation moves.

**PASSING:** Delivering strong, flat passes to the intended target area of the receiver, demonstrating good technique across various types of passes (chest, push, bounce, step-around, overhead, baseball).

**LAY-UPS:** Executing correct footwork, demonstrating accuracy, and showcasing a variety of finishes, both overhand and underhand.

**SHOOTING:** Establishing a strong base, maintaining balance, keeping the elbow under the ball, following through with only the shooting hand, and achieving accuracy from the appropriate range for the age group.



## APPENDIX C – PLAYER ROTATION SHEETS

### 6 PLAYER ROTATION SHEET

Key Points:

- ❖ Each player plays **6 minutes and 40 seconds per quarter**, totalling **26 minutes and 40 seconds** for the game
- ❖ **The substitutions occur every 6:40** to ensure equal playing time while maintaining 5 players on the court at all times.
- ❖ The rotation is balanced, and all players get ample time to play while the team maintains a competitive edge.

6 PLAYER TEAM (3 ROTATIONS PER HALF)						
Player Name	First half and clock time			Second half and clock time		
	20.00 -13.10	13.10-6.40	6.40 – 0.00	20.00 -13.10	13.10-6.40	6.40 – 0.00
	ON	ON	ON	ON	ON	OFF
	ON	ON	ON	ON	OFF	ON
	ON	ON	ON	OFF	ON	ON
	ON	ON	OFF	ON	ON	ON
	ON	OFF	ON	ON	ON	ON
	OFF	ON	ON	ON	ON	ON

## 7 PLAYER ROTATION SHEET

Key Points:

- ❖ **5 players are on the court at all times**, with substitutions made every **4 minutes**. •
- ❖ Each player plays for **28 minutes** in total across the game (7 x 4-minute segments), ensuring equal playing time.
- ❖ The rotation allows for fresh legs and provides every player the opportunity to stay involved in the game, while also allowing all players to sit for reasonable intervals.

7 PLAYER TEAM (4 ROTATIONS PER HALF)								
Player Name	First half and clock time				Second half and clock time			
	20.00-15.00	15.00-10.00	10.00-5.00	5.00-0.00	20.00-15.00	15.00-10.00	10.00-5.00	5.00-0.00
	ON	ON	ON	OFF	ON	ON	OFF	ON
	ON	ON	ON	ON	ON	OFF	OFF	ON
	ON	ON	OFF	ON	ON	OFF	ON	ON
	ON	OFF	OFF	ON	ON	OFF	ON	ON
	ON	OFF	ON	ON	OFF	ON	ON	ON
	OFF	ON	ON	ON	OFF	ON	ON	OFF
	OFF	ON	ON	OFF	ON	ON	ON	OFF

## 8 PLAYER ROTATION SHEET

Key Points:

- ❖ **Each player plays 25 minutes** during the game, which is split into **4 segments of 5 minutes each**.
- ❖ Substitutions happen **every 5 minutes** to ensure that **5 players** are always on the court at all times.
- ❖ The rotation is designed to keep things fair and give every player an equal amount of time on the court.

8 PLAYER TEAM (4 ROTATIONS PER HALF)								
Player Name	First half and clock time				Second half and clock time			
	20.00-15.00	15.00-10.00	10.00-5.00	5.00-0.00	20.00-15.00	15.00-10.00	10.00-5.00	5.00-0.00
	ON	ON	OFF	ON	ON	OFF	ON	OFF
	ON	ON	OFF	ON	OFF	ON	ON	OFF
	ON	OFF	ON	ON	OFF	ON	ON	OFF
	ON	OFF	ON	ON	OFF	ON	OFF	ON
	ON	OFF	ON	OFF	ON	ON	OFF	ON
	OFF	ON	ON	OFF	ON	ON	OFF	ON
	OFF	ON	ON	OFF	ON	OFF	ON	ON
	OFF	ON	OFF	ON	ON	OFF	ON	ON

## 9 PLAYER ROTATION SHEET

Key Points:

- ❖ **Each player plays 22 minutes and 13 seconds** over the course of the game, split into four 4- minute intervals.
- ❖ Substitutions are made every **4 minutes** to ensure there are always 5 players on the court.
- ❖ This rotation ensures every player gets equal playing time while keeping the court balanced and fresh.

9 PLAYER TEAM (4 ROTATIONS PER HALF)								
Player Name	First half and clock time				Second half and clock time			
	20.00-15.00	15.00-10.00	10.00-5.00	5.00-0.00	20.00-15.00	15.00-10.00	10.00-5.00	5.00-0.00
	ON	ON	OFF	ON	OFF	ON	OFF	ON
	ON	OFF	ON	ON	OFF	ON	OFF	ON
	ON	OFF	ON	OFF	ON	ON	OFF	ON
	ON	OFF	ON	OFF	ON	OFF	ON	ON
	ON	OFF	ON	OFF	ON	OFF	ON	OFF
	OFF	ON	ON	OFF	ON	OFF	ON	OFF
	OFF	ON	OFF	ON	ON	OFF	ON	OFF
	OFF	ON	OFF	ON	OFF	ON	ON	OFF
	OFF	ON	OFF	ON	OFF	ON	OFF	ON