



# Team within a Team

## ASSISTANT COACH ROLE WITHIN PRACTICES

Initially a conversation needs to be held between the Head Coach and the Assistant Coach covering the following:

1. What does the Assistant Coach feel is his / her strengths overall whilst practice coaching.
2. What does the Assistant Coach feel is his / her weaknesses overall whilst practice coaching.
3. How does the Assistant Coach feel s/he can bring the most value to the programme.
4. What fundamental skills, technical and tactical skills would the Assistant Coach feel comfortable implementing.
5. What skills outside those of the normal in coaching does the assistant coach possess, examples such as ability to do team bonding activities, strength and conditioning, recovery, video footage feedback, play book creation, player dvds, quotes, nutrition, researching, motivation etc etc.
6. What does the Head Coach feel are his / her strengths and weaknesses whilst practice coaching
7. What is the Head Coaches philosophy and coaching style?
8. How as a team within a team, can you deliver the best practice season possible.
9. What is your joint vision for the team?

## PARAMETERS OF THE ASSISTANT COACH ROLE

It is vital that the Head Coach lets the Assistant Coach know what s/he expects in regards to the Assistant Coaches role during practice.

Some key points may be:

- Never dispute / disagree in front of the players and parents — always show a united front. This is a two-way relationship; neither coach should ever undermine the other.
- Head Coach to be prepared, have a practice plan, it makes the Assistant Coaches job easier if they understand what the practice will be covering.
- Both Coaches be early to training, and spend some time discussing each other's role within the practice.
- Head Coaches to let Assistant Coaches know if there are any focuses that they are to undertake during the practice, i.e. a general focus of defense, or a more specific role of ensuring all drills finish with a box-out and an outlet.
- The Head Coaches points of emphasis should be picked up by the Assistant Coach during practice and reinforced throughout.
  - Feedback / corrections to the players as a group should in the main be given by the Head Coach, if the Assistant Coach sees a trend that they wish to address, they bring to the attention of the Head Coach. Or they ask the Head Coach if they can address the team, it can be a good idea to have a signal so that the Assistant Coach can get the attention of the Head Coach. If you have two or three coaches stopping practices constantly there becomes no flow. Additionally there should be no AND'S .. .. it is unproductive to have the Head Coach give points of emphasizes or make corrections, to then have the assistant coach throw in an "AND don't forget . . ."
- It is vital that throughout practice, that the Head Coach asks the Assistant Coach if they have anything to add, and acknowledge to the team if the Assistant Coach raised a good point. Use the eyes and mind of the Assistant Coach; otherwise you may as well be there by yourself.
- Feedback corrections to individual players should either be on the run or with athlete taken aside, Assistant Coach should not stop practice to make individual correction. Once Head Coach calls players in, Assistant Coach must finish up individual correction / feedback quickly. Head Coaches must understand that individual time is valuable time and not become impatient, but rather start the next part of the practice trusting the Assistant Coach to insert player in once finished.
- Assistant Coaches must keep to time, if given a set time to implement a skill or activity, understand that one of the Head Coaches roles is to keep practice to task and time, so if the Head Coach gives the signal it is time to move on, then it is time to move on. ● Assistant Coach must understand that if Head Coach does not feedback information to the players that s/he has raised, it is not personal or invaluable information but rather the Head Coach has different points of emphasizes at this time.
- Use drink breaks to discuss what is happening, what should be happening and what is about to happen next.
- If the Head Coach stipulates during the training that an activity is going to be player led, Assistant Coach must not jump in and start directing, step back, and allow the players to lead.
- Have a thorough review process of the training, Head Coach to seek honest feedback from the Assistant Coach.

An Assistant Coach, can warm the team up, stretch them, warm them down, pick up the balls after training . . . but if these are the only roles that the Head Coach allocates, then s/he is doing her [his team a disservice, by not fully utilizing the set of skills available.

As Coaches we tell players that communication is key . . . sometimes we need to listen to our own advice!!

A team cannot be productive and united ... if its staff is not productive and united.

In regards to Accommodation & Travel organization please see financial processes.

#### Tournament Time

- Find out who the tournament controller and referee coordinator are and know where to find them if you need them.
- Have team lists with player numbers handy, as you will be required to fill out score sheets. Find out if you are required to fill out score sheets for the first game only, or for every game.
- Double check that you have filled the score sheets in correctly, all names entered against the correct number.
- Check players are in correct uniforms.
- If your team has no assistant coach, ensure you put your own name down, in case of coach being ejected.
- Ensure team is dressed alike in a tidy appropriate manner — no beanies, no offensive t-shirts, no purple t-shirts when everyone else is dressed in white.
- Have knowledge of the rules of the tournament to assist the coach if required.

#### Game Time

- Ensure all players have shoes on, uniform on and have used the toilet facilities before the coach calls for them. Check players have removed all jewelry.
- Collect valuables. (Best to tell players not to bring valuables to game), keep clothing and team items together. ● Ensure all players have two drink bottles filled with suitable fluids, and are appropriately placed by team bench.
- Take team statistics if coach instructs.
- Fill drink bottles ensure players are constantly hydrating. Hand out sweat towels etc.
- Deal with any injuries - it is the coaches job to go on court to get any injured child. Many coaches will hesitate to rush out due to once a coach goes on court, the injured player must sub out, regardless of how serious the injury may be.
- Encourage the team.
- Resist being a backseat coach, encourage the team, don't fry and coach the team.

#### Post Game

- Collect score sheets, statistics.
- Be supportive after poor performance
- Watch for cliques forming and isolated individuals.
- Monitor parental contacts and the effects of the same.
- Ensure team knows schedule of what is happening next.

#### Discipline

- The coach in association with the manager should uphold discipline,
- Try and create a healthy culture within the team, one that represents Tauranga City Basketball in a positive light

#### Post Tournament

- Within 2 weeks provide manager report.
- Attend Managers debrief with Tauranga City Basketball Director of Development.

#### Limitations

- Please be aware that any purchases or hireage of facilities, which has not been approved by TCBA may be deemed a personal cost which will fall back on the players and management.

#### Code of Ethics

- Treat all players and opponents with respect
- Inspire a love of basketball and a desire to compete fairly.
- Discipline those on team who display unsporting behavior

- Remember that the association sporting area is like a classroom, with moral and legislative obligations required of the manager at all times.

#### Code of Conduct

- Managers MUST have a current drivers license.
- Management must not consume alcohol, smoke or use inappropriate language in the presence of players.
- Support the Coach by both word and action.
- Observe and monitor player behavior in relation to Player Agreements.
- Dress in a manner, which reflects well on yourself and Tauranga City Basketball.
- Make every effort not to place yourself in a compromising situation with team members.
- In the case of parent complaints/comments, the Team Manager and Coach will discuss the issue before handling the situation with utmost diplomacy. Should such an issue be considered serious, the Director of Development should be called on to assist.
- In the case of player complaints/comments or inappropriate behavior, the Team Manager and Coach will discuss the issue before handling the situation with utmost diplomacy. Should such an issue be considered serious, the Director of Development should be called on to assist.

#### Most Important

- Never be afraid to ask for advice from other managers, or the Director of Development. e Enjoy the experience.

#### Final Thoughts

There will be bumps along the road, however as long as the coach and the manager support one another, and work well as a team within a team they can overcome the unexpected together.

This job description is viewed as a living document, it is expected that ongoing revision and change will take place regularly as systems are refined. If you can think of any additional points that should be made to make the next manager's job easier, please do not hesitate to contact me.

Good luck and really do enjoy the experience.

Best wishes

Rachel Gwerder  
Director of Development - Tauranga City Basketball