



CHECK LIST FOR COACHES

Know your WHY

- Philosophy (why do you coach and what is important to you)
- Why is having a philosophy important?

Know your HOW

- How do you coach/teach? (athlete centred, dictator, push/pull of information etc.)
- How do you incorporate tools into trainings and what kind of drills do you want to use (video, music, assistant coaches, guest coaches, whiteboard, decision making, block teaching, whole-part-whole etc.)
- How do you communicate your expectations to staff, athletes, parents and others? (does everyone know their role?)
- How will be your general practice plan look? (Introduction, warm up, cool down, skill work, small sided games, decision making, advantage/disadvantage situations, recap, etc.)

Know your WHAT

- What kind of team are you? (fast break, unselfish/passing, defensive focused, offensive focused, pressing, trapping etc.)
- What are your most important primary (top 5) skills? (finishing, shooting, passing 1v1 D, etc.)
- What are the Points of Emphasis for each of these skills?
- What is your approach to games? (subbing, court time, feedback etc.)

Things to consider:

- How are you helping all of your athletes to develop?
- Are you aware of your regional and national style of play and what is appropriate for your level of athlete?
- How do you reflect on practices and games?
- How do you improve your coaching? (where, and who, do you go to for advice, guidance, feedback etc.)