



P.O. BOX 770504
Orlando, FL 32877

Phone: 407.641.7176
allstars@allstarsabc.com

"People want to believe you are sincerely interested in them as a person. Not just for what they can do for you." – John Wooden
"First and foremost I am a teacher, I care. Caring is helping the players to develop." – Lou Holtz
"The coach is a teacher; his subject is the fundamentals." – Jack Ramsay
"A coach is someone who can give correction without causing resentment." — John Wooden

COACHES CODE OF ETHICS

I understand that my responsibilities as a Coach are of great importance and that my actions have the potential to significantly influence the young athletes I coach.

I therefore pledge to be responsible for my words and actions while attending, coaching or participating in an ALL STARS ARE BRIGHT event and promise to conduct myself in accordance with the **Code of Ethics for Coaches as outlined here.**

1. I will place the needs of the participants ahead of a personal desire to win.
2. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee nor encourage my players or any other person to do so.
3. I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee nor encourage my players or any other person to do so.
4. I will not use drugs or alcohol while at an ALL STARS ABC event and will not attend, coach or participate in any ALL STARS ABC event while under the influence of drugs or alcohol.
5. I will not engage in the use of profanity or encourage my players or any other person to do so.
6. I will treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability. I will encourage my players to also do so.
7. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee nor encourage my players or any other person to do so.
8. I will not initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee or encourage my players or any other person to do so.
9. I will remember that the game is for kids...not adults.
10. I will do my best to learn and adhere to the teaching, evaluation techniques, strategies and coaching philosophy of ALL STARS ABC.



COACHES – ONGOING RESPONSIBILITIES

- **Weekly team email** - sent to parents and players before Tuesday at noon. Recap the weekend's games, what the practice focus will be this week, and include a different player picture and highlight each week. Within the first week of practice, take a picture of each player and have each of them answer the questions below.
 - ~ What School do you go to?
 - ~ How many siblings do you have?
 - ~ What is your favorite dessert?
 - ~ Who is your most favorite basketball player of all time?
 - ~ What is your favorite hobby besides basketball?
 - ~ If you could have any super power, what would it be and why?
 - ~ What is your favorite motivational quote?
- **5 minute mid-season rap sessions** –schedule 5 minute rap sessions for each player on your team to be completed the week of _____. Depending on your practice time you can schedule all 10 players in one hour during your mid-season practice. Have your assistant coach lead practice that day or start your team off with 5 minutes of Instruction and Finish with 5 minutes of instruction. Example schedules below –

Mon. 10/24/2016	
6:05 PM	Player #1
6:10 PM	Player #2
6:15 PM	Player #3
6:20 PM	Player #4
6:25 PM	Player #5

6:30 PM	Player #6
6:35 PM	Player #7
6:40 PM	Player #8
6:45 PM	Player #9
6:50 PM	Player #10

- **Open communication policy** – if a parent/player would like to discuss anything throughout the season, be responsive and give them your honest feedback. If there are any escalations, please inform JaJa Richards immediately.



P.O. BOX 770504
Orlando, FL 32877

Phone: 407.641.7176
allstars@allstarsabc.com

COACHES – PRACTICE EXPECTATIONS

- **Players missing practice** - Players/Parents should text you **before noon** that day if their son or daughter has to miss practice – please keep attendance and hold each student-athlete accountable for any unexcused missed practices. If a player did not attend practice and you did not receive advanced notice, please reach out to the parent to see why they missed
- **Arrival time** – coaches arrive no later than 15 minutes prior to practice
- **Coaches missing practice** - If a head coach or an assistant coach needs to miss a practice, please notify JaJa Richards ahead of time so he can arrange a substitution. A coach needs to be present at every practice.
- **Rotate partners** - force players to partner with different girls/boys each drill/practice
- **Bullying or group cliques.** The players do not have to be best friends however they will respect each other on and off the court when they are involved with any activity ALL STARS ABC related. Please keep your eye out for any type of bullying or group cliques.
- **Plays** - Installing offenses (man to man only), quick hits, base line out of bounds play, side line out of bounds play, and a press.
- **Player Binders** - each player will receive a binder with skills and drills exercises, free throw tracking sheets, etc. Assign a homework assignment to the boys/girls at the end of the first practice each week ex. 100 free throws. They need to complete the homework assignment within a week's time and report out the following week along with showing a parent's signature confirming they completed this assignment.
- **Clean Up** - make sure the players AND coaches pick up the gym before leaving – empty water bottles, etc.



P.O. BOX 770504
Orlando, FL 32877

Phone: 407.641.7176
allstars@allstarsabc.com

COACHES - GAME EXPECTATIONS

- Arrive no later than a half hour prior to game time
- Bring dry/erase board or something to draw out plays
- Find one parent per game to work the clock/book
- Head coach will stand in the coach's box or sit in the first chair on the bench and be the main voice to the players currently on the court
- Assistant coach will sit next to head coach or at the end of the bench and focus on bench player engagement and substitutions based on the head coach's preference
- First 3 quarters of game MUST rotate all players (5 minutes ages 12-17) (4 minutes ages 8-11). Last quarter of game is free rotation.
- If you are beating a team by 20+ points, continue to work on the team offense/game and challenge players to play in different positions – guards posting up, posts handling ball etc. In these cases give bench players more minutes and do not shoot the ball at the end of the game if you have possession.
- When players are substituting they need to give the player that they are subbing in for a high five and the player coming out needs to communicate who he/she was guarding
- Encourage your players to watch other games and cheer on both teams
- Entire team should stay together on game day – no one should be on their own and no small groups formed even if it is an individual's choice to be alone
- Have the players AND coaches clean up the bench after every game

