



## Warrandyte Basketball Association

### Policy: Training Policy Redbacks

**Date:** 16.7.2016

#### **Purpose:**

WBA provides guidelines for training to ensure all playing members benefit from the time-spent working together. Basketball Training is a time coaches have the biggest opportunity to impact the basketball skills of a player. Basketball Training should be safe, fun and develop relationships and basketball skills.

#### **Implementation:**

Players and parents

- A minimum of one team member parent must be present at every training.
- Every player must bring their own ball
- Every player must bring a water bottle.
- Players must be wearing appropriate footwear and clothing before they can commence training -No school shoes/ black soul shoes on court
- All siblings must be supervised by an adult and are **not permitted** to play with a ball or any other toy in the vicinity of the court whilst the training is in progress.

Coaches

- The coach must visually check the area of the court and surrounds for any hazardous items that could cause an injury if a player fell on or ran into them.
- Ensure that players have warmed up before undertaking any strenuous training.
- If a player is forced to cease training due to any injury or contact that player may not resume training without the permission of a parent or guardian.
- Coaches should consider the physical size and ability level when matching players for training drills.

- Anti social behaviour will not be tolerated If the coach is unable to manage a problem within the team. The club can also provide support via the program director and the committee.
- In the event of the temperature exceeding 30 degrees Celsius, coaches at their own discretion can cancel training for their team. Coaches must notify each player within their team if training is cancelled.
- Coaches must consider drink breaks and ensure players are sufficiently hydrated and have regular rest breaks, in particular if the outside temperature exceeds 30 degrees Celsius.

**Review:** This policy will be reviewed on a regular 12 months-year basis  
19.7. 2017

**Definitions:**

**References:**

<http://www.basketballforcoaches.com/about-page/>