

## **The Iowa Intensity Youth Sports Coaching Philosophy (Basketball)**

### **Attributes of a Coach**

An Iowa Intensity Youth Sports coach is fully committed to the players and the time required developing them into a team. Intensity coaches will be able to demonstrate a strong background knowledge in the sport of basketball. Coaches will be respected individuals with unquestioned integrity.

### **Coaching Practice**

Each practice will have an emphasis on the development of fundamental (advanced when applicable) basketball skills. One practice a week will include at least 5 minutes of teaching life skills, such as sportsmanship, leadership, teamwork, etc. Practices are expected to be demanding physically, including conditioning in order to be able to handle the offensive and defensive philosophies that will be employed. Foul language and overt aggression towards players will not be tolerated.

### **Coaching the Games**

Each player on the roster will play in games; coaches will attempt to have playing time fairly equal. This is to give each player the chance to develop, gain experience under game conditions, and learn to fight through adversity in game situations. Near the end of games, playing time may not be equal while attempting to win. Coaches will not berate officials; they are to set an example to the players by being on best behavior and teaching the players to fight through adversity without resorting to such actions. Foul language and overt aggression towards players will not be tolerated.

### **The Offense and Defensive Philosophy**

Iowa Intensity Youth Sports will play like our name states, with “intensity,” which means that in most circumstances we will be playing a transition offense that attacks the opponent and full-court defensive pressure to create turnovers and help transition offense. Each team will be given the same basic man-to-man and zone offenses, inbound plays, and defenses to run, but coaches may add additional ones as well. Iowa Intensity teams will run both man-to-man and zone defenses to give players experience with both to further their basketball development.

### **Setting Goals**

Coaches will be expected to meet with players periodically to establish goals for the players to develop their game on their own time. Monitoring these goals will help the player attain them and learn the discipline necessary to improve. Goals should be relevant, attainable, and measurable.

### **Head/Assistant Coach Roles**

Head coaches are expected to be at each practice and game unless the Executive Director and Assistant Coach are both notified two weeks in advance. Head coaches are to communicate with the Executive Director a couple times per week in order for everyone to be fully informed of anything that is occurring with the team. Head coaches will be paid on contract on an hourly rate per practice and a per game basis unless the head coach elects to coach on a volunteer basis. A coach with a son or daughter on the team will not be compensated. Coaches will be paid in December, March, June and August of each year per the contract at a rate set by the Board of Directors.

Assistant coaches will be on a volunteer basis and will help coaches make sure that the head coach is following the Iowa Intensity Youth Sports Coaching Philosophy. If not, they should inform the coach, if the coach then doesn't adhere the assistant coach should inform the Executive Director immediately. The Assistant Coach will step into the Head Coach's role at times when the Head Coach can't make it to a practice or a game.

### **Respect for Players/Parents**

Iowa Intensity Youth Sports coaches will respect players and parents at all times on or off the court. There will not be berating of players at any time. If an issue arises, contact the Executive Director.