

PIONEER BASKETBALL CLUB

SENIOR CLUB

COACHING

RESOURCES

2026



# SENIOR CLUB

## THANK YOU!

Pioneer is Christchurch's biggest basketball clubs, and we are proud to offer quality programs to over 4000 members in our community. One of our biggest programs is our Senior Club, with 27 teams in 2025 we have a huge number of players, coaches, managers and referees involved!

We know without a doubt that without legendary coaches like you we wouldn't be able to offer teams for our players. We appreciate all the time and effort you put into your teams, we won't ever be able to thank you enough.

To show you how much we value your commitment we want to offer you development opportunities and provide as many resources as possible. Please, if you ever need assistance from us just reach out.

## WHY?

Our goal is that throughout the season you feel supported and valued as a coach. We want to provide opportunities for you to grow alongside your players. This document has a few key resources to get you started.

It also ensures that all our coaches understand and know what the expectations, non-negotiables and values are for Pioneer. These are standard across all of our programs and adapted to suit Senior Club as needed. We have these policies in place to ensure that all players, coaches and supporters enjoy their experience in a safe and inclusive environment.

Alice (Club Manager) - [clubmanager@pioneer.nz.basketball](mailto:clubmanager@pioneer.nz.basketball)  
Ollie (Club Dev Officer) - [jcdo@pioneer.nz.basketball](mailto:jcdo@pioneer.nz.basketball)

# COACHING ROLE

## Requirements for PBC Senior Club Coaches:

- Attend the preseason coaches meeting on Sunday 15th March, 2-4pm At Hillmorton High
- Attend at least one of your age groups trials.
- Read, understand and follow PBC's policy on *equal opportunities and development*.
- Show respect for all opposition, officials, players and staff at all times when representing Pioneer (see code of conduct for more information).
- Portray themselves in a positive way, displaying the Pioneer values and code of conduct. The team culture created should reflect Pioneer's four values.
- Communicate with PBC staff if there are any issues or concerns. This includes any issues you may have experienced during games or issues with your training venues.
- Read, understand and demonstrate all PBC and CBA policies, rules and expectations.
- Coaches will not be able to coach any 17U and below games until they have completed the CBA sport tutor coach course. (Only applies to coaches of 13U, 15U, 16U and 17U teams).
- All coaches with players 18 years and under in their teams will be police vetted by the club prior to the season starting.
- Join the 2026 Pioneer Coaches WhatsApp group chat. The majority of informal communications will be through here, while formal communications will be via email.
- Wear tidy clothing. If available, wear Pioneer merchandise or a coaching shirt.
- Arrive early to practice and games to set a good example to players.

*Failure to meet these requirements will result in Pioneer staff involvement and may result in removal of you from the position.*

## Pioneer coaches are encouraged, but not required to:

- Seek additional development opportunities, e.g. work with a coach developer, attend CBA's Coach Connection/Signature League, do online workshops or courses and utilise Pioneer's resources.
- Share their knowledge and open trainings to other coaches where comfortable.
- Network and connect with other coaches in our region and within the club.
- Attend Pioneer run development sessions for coaching or refereeing.

# COACHING ROLE

## **Pioneer coaches are NOT expected to:**

- Respond to or deal with spectator complaints or abuse. Please direct these to Pioneer staff.
- Contact the CBA directly with concerns, disputes or requests. Please give these to PBC staff to follow up with the CBA.
- Pay for any team costs e.g. lollies, clothing, subs etc. The players are expected to cover these. If you have concerns about someone's financial ability, please contact PBC staff.
- Organise communication with the team or ensure players are turning up where and when they are supposed to be places. This is the managers role.

## **Pioneer coaches can expect from staff:**

- Regular communication via email or in a coach message group.  
Communication will be highest at the start of the season and at the end.
- Support during games as frequently as we can get (staff, community champions, committee). This support is to cheer on your team, take photos and check in after the game to see how you are doing.
- Staff will organise a suitable support person to attend games or trainings at your request to assist with anything (player management, technical/tactical, coach development etc).
- Invitations to courses, access to resources, coaching groups and other development opportunities throughout the year.

# COACHING ROLE

## Roles within teams

- Head coaches are responsible for planning and facilitating trainings, in-game management, and supporting players where needed. Where applicable, assistant and apprentice coaches support their head coaches in the coaching duties of the team. They are not expected to carry out manager duties. Coaches are also expected to show and reflect the club's values while with their teams.
- Co-coaches have equal responsibility within the team. Both coaches have an equal say regarding the planning and facilitating of trainings, as well as in-game management and player support.
- Pioneer often pairs a beginner/junior coach with a more experienced/senior coach, and they work in a head coach and assistant coach duo. In these scenarios, Pioneer strongly advises this head coach and assistant coach duo to also work in a mentor to mentee role, as a means to help develop our beginner/junior coaches.
- Team managers organise uniforms, team communication and ensure duty rosters and referee duties are filled before game day.
- Pioneer expects that ALL coaches are willing to collaborate with one another, especially those who share training slots. Collaboration can involve working with another coach with the same time slot to run a combined training, or work on the same drills for the purpose of player development. Coaches can also host 'open trainings' where other coaches are welcome to sit and watch for their own development. These are just a few examples - coaches are more than welcome to come up with their own ideas when collaborating with other coaches.

# PIONEER BASKETBALL CLUB

# IMPORTANT DATES

TRIALS						
<b>Pioneer Stadium - Tuesday</b> 24th March			<b>HillmortonHighSchool - Thursday</b> 26th March			
	<b>CT1</b>	<b>CT2</b>		<b>New - CT1</b>	<b>New - CT2</b>	<b>Old</b>
<b>6.30pm - 8pm</b>	B13 U	B13U	<b>6PM-7.30pm</b>	G13U	FC & G16U	BU17/ BU15
<b>8pm - 9.30pm</b>	M Preams	M Div 1	<b>7.30pm - 9pm</b>	MU23	MU20	
<b>Pioneer Stadium - Sunday</b> 29th March <i>Final Selection Day</i>						
<b>CT 1</b>		<b>CT 2</b>	<b>CT 3</b>	<b>Notes:</b>		
<b>10.30am</b>	Mid Week Women	Mid Week Men	Div 1 Men	<i>On Point Warm up education 15 minutes prior and scrimmages</i>		
<b>11.30am</b>	GU13	BU13	G16U/ FC	<i>On Point Warm up education 15 minutes prior and scrimmages</i>		
<b>12.30pm</b>	M Preams/M23	M20	BU17/BU15	<i>On Point Warm up education 15 minutes prior and scrimmages</i>		

Please note that all age groups have a trial AND a scrimmage. To be seriously considered for a team you must attend both trials. It is very important that we have all Div 1 and Mid week players attend their Scrimmage.

**All players must pay \$10 to trial. This is a one off fee, if you are asked to return for a 2<sup>nd</sup> trial you do not have to pay a second time.**  
You can pay on arrival with Cash, Eftpos or Bank Transfer.

Pioneer Basketball Club - CBA Winter Club team Trainings						
<b>Pioneer Stadium - Tuesdays</b>			<b>HillmortonHighSchool - Thursdays</b>			
<b>Starting 31st March</b>			<b>Starting 2nd April</b>			
	<b>CT1</b>	<b>CT2</b>		<b>New - CT1</b>	<b>New - CT2</b>	<b>Old</b>
<b>6.30pm - 8pm</b>	B13UBlue/B15U	G13U	<b>6pm - 7.30pm</b>	B13U Yellow/White	FC/GU16	BU17 (6-7pm)
<b>8pm - 9.30pm</b>	MPreams/U23	M Div 1 Blue	<b>7.30pm - 9pm</b>	M Preams/U23	MU20	<i>M Div 1 Yellow</i>
No Training for Mid Week teams unless requested						

By trialling for a team, you commit to attending team trainings.  
Team trainings are subject to change slightly depending on registration numbers.

Some Senior teams begin their season on Saturday 18<sup>th</sup> of April.



# PIONEER BASKETBALL

## CLUB VALUES

How can you SHOW  
Pioneer values  
through your  
actions and words?



### **Whanaungatanga -**

Relationships built through shared experience, whānau connections and kinship. Pioneer members develop a sense of belonging and connection with each other. Togetherness strengthens each member of our whānau.

**Respect / Manaakitanga** - Pioneer members treat all people with respect, we value and treat all individuals with dignity. Respect builds relationships of trust, safety and wellbeing.

**Integrity / Pono** - Pioneer members act with integrity. Honesty and strong morals influence all actions and words

**Excellence / Hiranga** - Pioneer members seek to better their own skills and performance through pathways and education.



# PIONEER BASKETBALL CLUB CODE OF CONDUCT



The Pioneer Basketball Club code of conduct applies to all members of our community. The code of conduct is a reflection of Pioneers values and is a condition of participation for all.

## PLAYER CODE OF CONDUCT

- Play by the rules
- Play in the spirit of sportsmanship, accepting referee decisions with grace
- Cooperate fully with your coach and teammates
- Treat teammates and opponents with respect. Without them you wouldn't have a game
- Work equally hard for yourself and your team.
- Be humble in victory and gracious in defeat - be prepared to lose sometimes
- Thank the opposing team and officials after each game

## COACH CODE OF CONDUCT

- Remember that children participate for pleasure, winning is only part of the fun
- Treat all players with dignity and respect
- Teach your players to follow the rules and respect opponents and officials. Lead by example
- Give every player an equal opportunity to develop their game
- Accept refereeing decisions with good grace
- Thank the opposing coach and officials after each game

## PARENT CODE OF CONDUCT

- Cheer for your child's team
- Allow the coach to do their job - support without interfering
- Be in control of your emotions at all times during a game
- Positive comments only to coaches, players and officials
- Show interest, enthusiasm and support for your child
- Allow your child the space to play the game- save constructive feedback for later
- Thank coaches, officials and other volunteers when they do a good job

# **PIONEER'S EQUAL OPPORTUNITY & DEVELOPMENT**

**At Pioneer Basketball Club, all players, coaches, and referees deserve equal chances to develop and grow.**

When playing for Pioneer Basketball club in the senior club competition all members have the right to develop their game and experiences as equally as possible. We have seen how important it is that all players in a team get to play as much as possible. It creates a better team environment, space for development and makes a huge difference during high pressure games or when injury and sickness strikes.

- ALL players will receive equal development time during trainings and experience drills and games from all positions on the court.
- In B17U and below grades, Men's and Women's Div 1, Men's and Women's Midweek, M20U Dev and M23U Dev grades, all players will receive equal minutes on the court during games within foul and injury constraints.
- In M20U A grade, M23U A Grade, and Men's/Women's Premier, all players will be given as many minutes as possible on the court. They may not be equal minutes but ALL players will get to play at some stage during the game.
- In the event a player from another team is brought in as an injury reserve, they still hold the right to receive court time. This falls in line with whatever grade the player is filling in for (B17U and below - equal court time, M20U and up - as many minutes as possible).

*This policy applies to all games throughout the season, including playoffs and finals games.*

Other clubs, schools and teams do not implement the same policy on court time. However, it is an important part of Pioneer's culture that players experience playing time. Everyone pays the same subs regardless of how much court time you spend on the court. Pioneer have resources and support persons to help coaches manage subbing and game management with this policy in mind.

We would appreciate communication from all if you believe this policy isn't being followed in your team (the sooner you contact us the better).

# HOW PIONEER CAN SUPPORT YOU

**There are a number of resources available to our coaches throughout the year. Please ensure you use them if needed!**

## **Pioneer Staff**

All Pioneer staff are here to support you, it's part of our role in the club to ensure you have the resources needed to do your job. If you have any questions, queries, grievances or complaints please get in touch asap so we can help you resolve them.

Your main contact is Alice at [clubmanager@pioneer.nz.basketball](mailto:clubmanager@pioneer.nz.basketball)

Our role is to take as much off your plate as possible so that you can focus on coaching and guiding your team throughout the season. Please direct any complaints or queries from parents, players or officials our way. Similarly, if you have any on court issues or need to lodge a complaint, please contact us.

## **Community Champions and Boomers**

Pioneer are lucky enough to have a team of dedicated Club Champions and Boomers to support our teams and members. CC's and Boomers are valued members of our club who support staff when we are unable. They can be called upon to cheer, support and interact with any of our senior club teams.

They have training in positive side-line behaviour and can assist you with your team, spectator or opponents behaviours. They know who to contact in times of need and may step in where appropriate. Their main job is to celebrate great sportsmanship, teamwork, positive behaviours and to provide you support when needed. They also take photos for staff when needed.

## **Coach Development**

We have plenty of resources available to share with all our club coaches. When we don't have what you are looking for, we can find it or get you in contact with experts who can help you. We have access to coaching courses and development opportunities if you are interested. We can sit with you at trainings and games, offer support or advice if wanted. Or we can direct you to someone who could be suited to 'mentor you'.

Alice and Matt, two of our development officers, are also currently training to be a BBNZ coach developer. Coach developers are trained to develop, support and challenge coaches to go on honing and improving their knowledge and skills in order to provide positive and effective sport experiences for all participants. This applies to both technical and tactical development, as well as dealing with the 'human' side of basketball.

# SOCIAL MEDIA AND COMMUNICATION



It's a great idea to set up a group chat with your team. Just be mindful of how you do so!

Here are some tips to keep you and your players safe.

## U16 and below

- Always communicate through group chats, not privately.
- If you need to chat with a player individually, always invite their parents and/or another adult into the chat.
- Never add/befriend someone on social media e.g. Snapchat, Instagram, Facebook
- Pioneer recommends the app 'Heja' for team communication. You can also invite parents into the group and make them 'silent observers'.

## U16-U18

- Limit individual chats with players, group chats are always better!

## General guidelines

- Ensure the method of communication you use is accessible for all. Don't assume everyone uses Messenger!
- Do not post photos of your team, especially if under age. Pioneer will take and share photos with players permission.
- Be kind online!

**Heja**

**SPORTS TEAM MANAGEMENT AND MESSAGING APP**

FOR COACHES, MANAGERS, PARENTS & PLAYERS

Download on the App Store

GET IT ON Google Play

The advertisement features a green background with a white smartphone in the center-left, displaying the Heja app interface. The text is in white and green, with the app name 'Heja' in a script font at the top left. The main title 'SPORTS TEAM MANAGEMENT AND MESSAGING APP' is in large, bold, white capital letters. Below it, the subtitle 'FOR COACHES, MANAGERS, PARENTS & PLAYERS' is in smaller white capital letters. At the bottom, there are two buttons: 'Download on the App Store' and 'GET IT ON Google Play'.



### Over Arching Messages

- Kids are not mini adults: emotionally, mentally, socially, physically
- Youth success/talent is not an indication of adult HP success
- We are aligned with Sport NZ, Balance is Better, Good Sports, global research and best practice approach to youth (U18) sport
- Do you players want to play again next year and would they play for you?

## Key Messages for Coaching Rangatahi (13-18)

- Aim to keep a Climate of Development v a Climate of Performance (pre performance learning may be occurring in some environments like Rep Teams and Senior High School Teams)
- Encourage positive competitive behaviours
- Allow rangatahi the space to become problem solvers
- Try to use games-based activities and decision making
- Try to use questioning to engage and include players in their own learning
- Provide clear messaging and communication to players, parents and organizations
- Encourage them to have at least one day of full rest per week and not be training more hours a week than years of age



# Step Framework

S.T.E.P. is an easy model used to remind you to think inclusively and adapt activities to suit all the participants

## SPACE

Height of the hoop.  
Size of the playing area.  
Distance to cover.  
Hoops closer or further apart.  
More space gives more reaction time and allowing children to make a decision and execute a skill.  
Less space demands a higher skill level to react quicker.  
If the playing area is too big for the skill set, success will be limited.

To regress a live game and make it easier, allow the play to be live in the entire half court. To progress it, only allow them to play in a quarter of the court

## TASK

Regress - simplify the rules.  
Progress - introduce more rules or make them more complex.  
Change roles.  
Time - allow more or less time.  
Adapt rules to allow more inclusion.  
Create new ways to be involved - seated, sideline, 1 hand.  
Assign different tasks within the group.

To progress an activity that focuses on passing, add a rule that the players can now only pass with their non dominant hand. To regress it, make defence play with their hands grabbing onto their own collars

## EQUIPMENT

Vary the size, shape or texture or weight of the balls.

- Can you use a bigger or smaller ball depending on their age or skill?

Bigger or smaller sized hoop.

Lighter and bigger balls are easier to catch, smaller balls and lighter balls are easier to "shoot" with.

For younger, smaller or new to the game players, learning to shoot with a size 5 may be beneficial



## PEOPLE

Less defenders gives the offence more success.

Large numbers in a group or a line mean less active engagement - split the group up whenever possible.

Smaller groups allow for more engagement.

Grouping by size, age or ability.  
Working independently, pairs or groups.

Progress a live game by adding more defenders than there are offence - 3v4. Regress a live game by removing a defender

# SIMPLE QUESTIONS TO ASK YOURSELF



## Before each coaching session.

What is my ROLE today?

What is the focus of today's session and how can I ensure I'm coaching that focus?

Am I looking professional and do I take pride in my appearance?



## During each coaching session.

Am I coaching today's focus and keeping tamariki engaged?

Does my body language portray interest and energy?

Have I used the names of the tamariki in my group when possible?

Am I using high fives or smiles when appropriate to connect?

Am I allowing learning by challenging the players in my group?

Am I rewarding hard work and effort over results?

## After each coaching session.

Did my players enjoy themselves and learn something?

Was I on task and focused?

Is there anything I can do to improve next session?

Do I need to ask for help or do I have any questions for staff or my peers?



# YOUR COACHING PHILOSOPHY.

A coaching philosophy provides a foundation for coaching practice and enables the coach to explain and justify WHY they are coaching in the way they do. Having to write down or explain to others why you do what you do also challenges you to be clear where your coaching approach has come from.

If you don't have a coaching philosophy yet, the following questions may help you to write one. It does not need to be long.

-Why do you coach?

-What do you value in the way you coach?

-What would your players say are your strengths as a coach?

-What sort of players do you want to develop?

-What qualities would you like to hear, if someone described a player you coached?

## Have questions?

- Alice Clarkson - clubmanager@pioneer.nz.basketball
- Ollie Wilkinson - clubdev@pioneer.nz.basketball

## Feedback

- Alice or ask a friend/fellow coach
- We can get in someone from BBNZ or CBA to do some observing of your coaching

## More coaching opportunities

- Inquire with Alice

# MORE RESOURCES

## More resources

- Our website has both a Coaches Hub and a Resources Hub!
- Pioneer has a huge database of resources for coaches, so ask Alice for anything specific you'd like help with
- Youtube
- BBNZ
- CoachMate - download BBNZ's app

**Download the free app now**

