



Coaches Manual

Coaches Manual

Green Shoots

The Green Shoots programme is a national youth basketball programme that is designed to develop fundamental movement skills and implement a LTAD (Long Term Athlete Development) plan for Basketball Ireland culminating in selection for Irish under 15 development squad. Our goal is to make basketball a fun, enjoyable and social activity for children.

We have to prioritize the technical teaching with respect to the tactical teaching: the tactical only gives short-term results; the technical skills will follow the player for his/ entire career.

As a coach on the Green Shoots programme, one should always adhere to the following principles:

- Coaches should encourage players by praising their efforts as children like to be told that they are doing a good job.
- Coaches should recognise the individual differences of each child and work to address them differently/appropriately. There are different types of learning such as visual, verbal or kinaesthetic.
- New skills and games should be clearly introduced with a demonstration.
- Players learn 80% from what they see and only 20% from what they hear.
- If you are not capable of demonstrating, use your best player.
- During the demonstration, slow down when you want to emphasize the key part of the movement. If necessary, break the whole skill into several components.
- The most important and rewarding aspect of our job is coaching, and children who enjoy working with a coach leave the session happy and look forward to coming back next time.
- Sometimes allow the players to analyse their execution of the fundamentals. Let them realize if they can see and/or understand their mistakes.
- Break down the movement to correct the part that has to be analysed.
- Divide the corrections of the single player (while practice is running) from the collective corrections (stop the practice only every once in a while).
- The quantity and the rhythm of the corrections add to the quality and the intensity of the entire practice.

Stages of the development process

1 FUNDamentals

All participants will learn the fundamental movement skills at the appropriate stages of development. Basic skills such as balance, running form, jumping, and landing, throwing and catching will be introduced at the appropriate stage of development. Children will also be taught the correct technique for body weight squats and lunges. Through proper training in movement, children will develop an appreciation for physical activity and properly execute sport-specific skills.

2 Specialization

Specializing in sports such as basketball can lead to a lack of basic fundamental movement skills, overuse injuries, early burnout and early retirement. At an early age, children should be encouraged to try different sports and activities in order to build a more rounded athlete experience. A range of sporting activities will aid in children's overall athletic maturity and development for when they do specialize later on. Young athletes should also experience all positions while in the Green Shoots programme regardless of height.

3 Development Age and Maturity

We as coaches must recognise that not all children develop at the same rate. On average, females will develop faster than males and this should be catered to. We cannot apply the same LTAD model to all ages regardless of age or gender. Coaches must accept that participants in this programme will be learning skills and movement patterns for the first time and it is important not to rush their development or apply adult models to children's training sessions. LTAD and Athlete Development Model (ADM) strive to develop the whole athlete, which not only includes the skills of the game but also their mental, cognitive and emotional development as well.

4 Continuous Improvement

The game of basketball is constantly changing and evolving. We must strive to stay up to date with basketball trends and rule changes. Pathways for athlete development, including games or exercises should be shared without prejudice to all coaches in Ireland who are interested in implementing this system. Best practice implemented at all levels will aid in the overall development of basketball in Ireland

Stages of LTAD (Canada Basketball)

Canada Basketball has developed eight stages of Long Term Athletic Development. The following is a detailed summary of these stages that has been slightly modified to suit the needs of the Green Shoots programme. Basketball Ireland can learn from international best practice and cherry pick what has worked for governing bodies who have implemented Long Term Athlete Development strategies in the past.

1 Active Start (Males/Females 0-7 years)

Basketball is a late maturing sport, therefore it is not recommended that formal training or organised sessions that focus on form or skills are recommended.

2 Fundamentals (Male/Female 7-10 years)

To learn the basic basketball skills through modified games while still emphasizing fundamental movement skills in a fun and inclusive environment.

- **Technical Skills 20% (individual player)**
- **Multi-player game 30%**
- **Movement skills 20%**
- **Basketball skills 30%**

- Focus on fun inclusive games that incorporate basketball skills
- Focus on movement skills, running, jumping, landing, animal movements
- Include LTAD skills, squats, lunges, stretching (body weight)
- Ensure a fun and accepting environment
- Allow and encourage children to make mistakes while attempting games and exercises.

Decision Making

While playing basketball, athletes must be capable of thinking and acting for themselves without the aid of coaches. In training, the coach must provide the players with problems and encourage them to find a solution. Too often, coaches TELL players the solutions without allowing the players the valuable experience of learning. Mistakes in the early stages of development are acceptable and even encouraged in order to increase a depth of understanding. With this in mind, coaches should progress through the following phases of teaching.

Athletic Growth

1. Build athletes first and basketball players second

If players do not acquire the appropriate fundamental movement skills, these skills become the limiting factor in performance later on. For example; if a player cannot move from a lunge to a one-foot balance he/she will not be capable of correctly executing a one-footed layup.

2. Agility and Coordination

Coaches must spend time working to increase the player's ability to change direction and move in a synchronized manner. Players need to have the ability to use both hands and feet. This will greatly enhance their technical ability. Agility is an important component when training physical qualities such as strength, power and technique.

Agility is "A rapid whole-body movement with change of velocity or direction in response to a stimulus" (Sheppard 2006).

3. Balance

The more effective a player's balance, the quicker they will be able to move. In order to move with control, one first must find their balance. For example, if a player has his/her head too far forward in their defensive stance, in order to move backward, he/she must first get their head over their body before they can push backward. This costs valuable time.

4. Proprioception

Proprioception is the awareness of the body segments in time and space. Players should be aware of how their body moves and be capable of reacting quickly. A simple example of this can be demonstrated by telling a player to close their eyes and holding their hand behind their head, the innate sense that your hand is behind your head is proprioception. This sense is important to train in lower limbs for the prevention of ligament injuries.

4. Speed

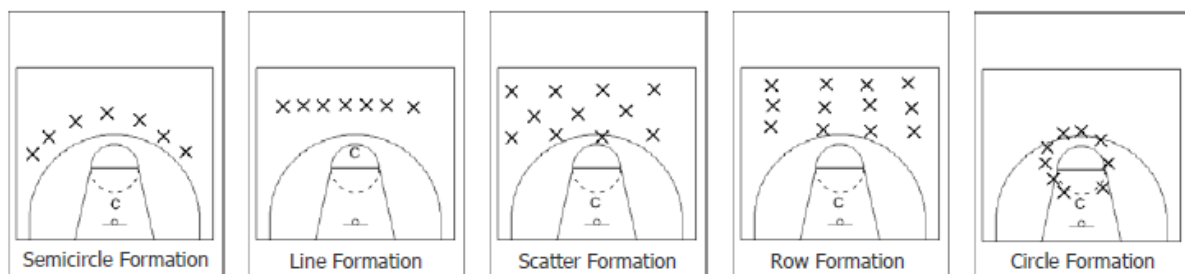
Speed needs to be trained every day. Players must constantly work to improve the speed at which they execute their skills. Caution!!!! The speed at which you execute your skills should never be faster than your vision, balance and co-ordination. For example, a player cannot dribble at maximum speed with his/her head down. This player

will not be able to see open teammates or if defenders are in his/her path. A player must be in full control of their body while operating at speed.

Teaching Techniques

1. Teaching formations

Learning can be enhanced by varying the physical arrangement of children for discussions and demonstrations. Ensure that children can see and hear you at all times while you are talking. Children should be close enough to make eye contact with you. If teaching in a circle, do not stand in the middle as it cannot be guaranteed that children can hear you or make eye contact.



*Note that when using the circle formation, try not to instruct from the centre of the circle. Participants behind you may have trouble hearing and seeing and lose interest or become discipline problems. In a circle formation, one should stand on the perimeter with the children, as part of the circle.

2. Five stages of skill development

Initiation (Technique Training) - First exposure to skill or game

Acquisition (Decision Training) - Learning and performing the skill

Consolidation (Guided Competition) - Can perform the skill while under pressure

Refinement (Live Competition) - Can perform consistently under pressure

Creative - Comfortable enough with the skill to vary and effectively perform

3. Helping children to listen and concentrate

Practice listening by teaching the kids to run in and form a semi-circle, challenge the kids to see how quickly they can perform this task.

Listen to the children and, within reason, allow them to voice their thoughts and concerns.

Become friends with the children and adopt a friendly, non-threatening posture.

Do not talk for too long, explain the task quickly, demonstrate for the group and allow the children to try the activity for themselves. They will be less likely to become distracted and will learn much quicker by experiencing the task for themselves.

Sample Lesson Plan

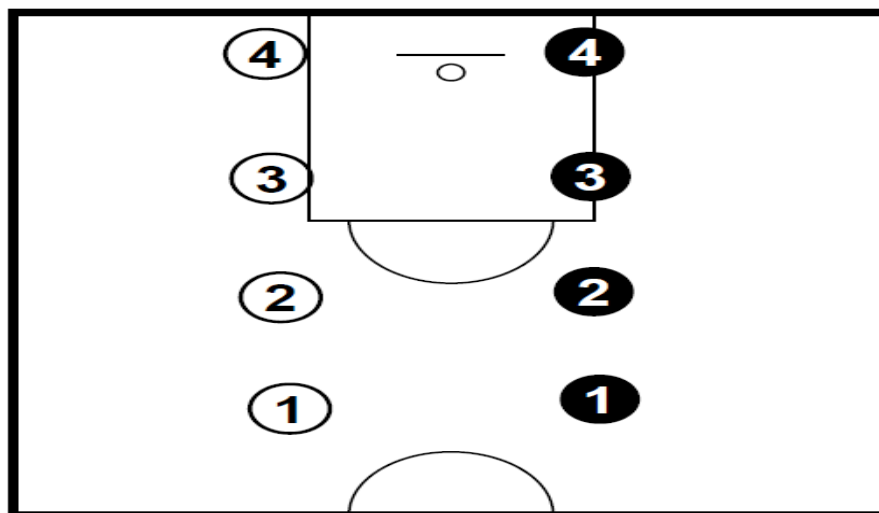
Getting Stated	Variable	Inspect venue, arrange equipment, greet children
Warm-up	5 minutes	Dynamic warm-up or use a fun game to get the children moving
Technique Training	20 minutes	Squats, lunges, animal movements
Fun Games	35 minutes	Can use games provided
Ball Handling Games	20 minutes	Individual, Pairs and Groups
Cool down and say goodbye	10 minutes	Take time to say good bye to each individual

Ball Handling

Equal time should be spent developing both left and right hands

1. Partner dribbling

Partner Dribbling
Drill Station



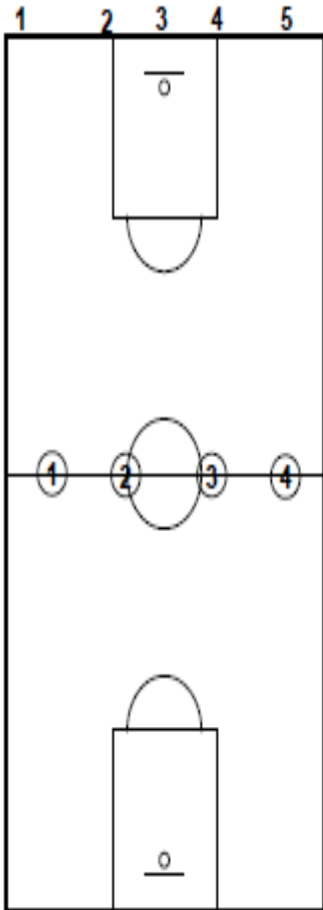
- Each player should have a ball. Players dribble the ball while facing each other. Each player will take turns to hold up a finger count. The opposite player must yell the number. Coaches can vary the type of dribble being used. The purpose of this drill is for players to be comfortable keeping their heads up while dribbling the basketball. This drill can be altered by getting players to “High Five” when they hear the whistle.

1.1 Partner competition

- Two players stand opposite each other with a cone (tennis ball, disk etc.) in the middle. Players will dribble the ball until they hear the coaches whistle, upon hearing the whistle both players will reach to pick up the cone. The first player to pick it up wins. Coaches will vary the type of dribbling.

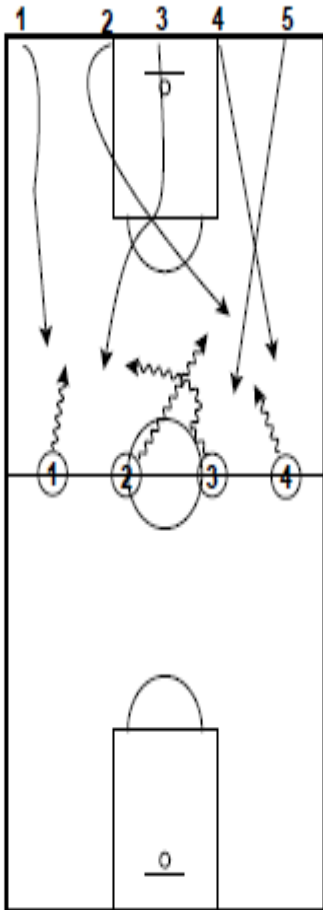
2. Bulldog

**Bulldog
Drill Station**



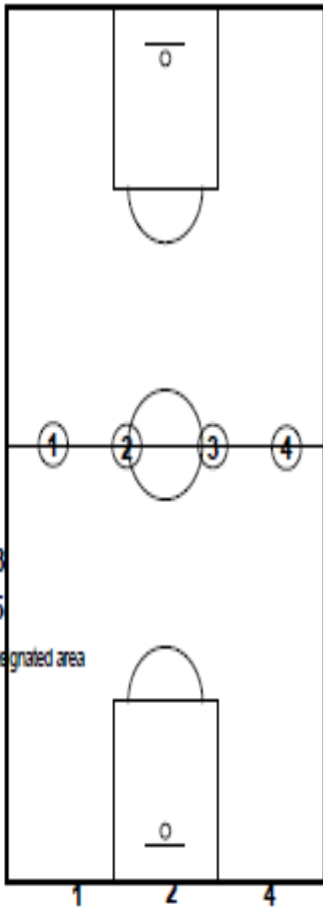
Three or four players line up on the half way line with a basketball, the rest gather on the baseline without a ball.

**Bulldog
Drill Station**



When the whistle sounds, the players on the baseline must run and make it to the other baseline without being tagged by the ball handlers on the half way line.

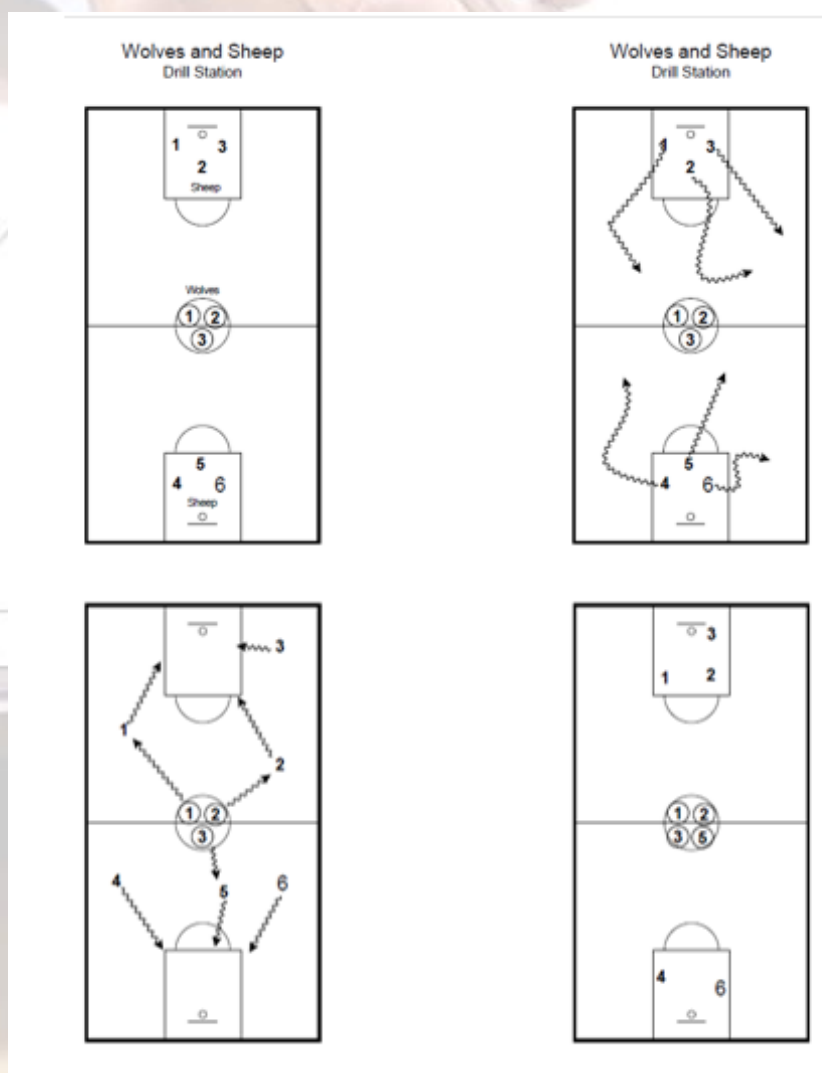
**Bulldog
Drill Station**



Players that are tagged must stand in a pre-designated area and have to do ball circles around waist and legs until the game is over.

3. Wolves and sheep

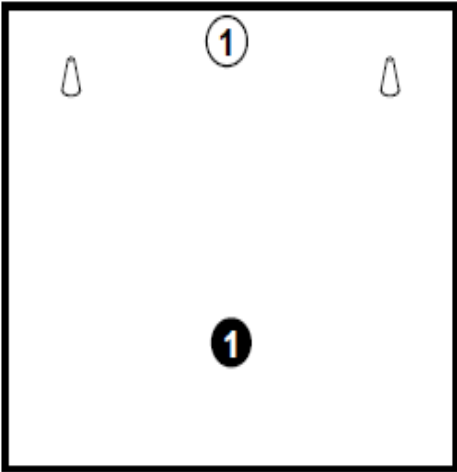
- Two or three good ball handlers are in the centre circle. Others are evenly divided in each key area (sheep's pen). When the coach yells "The wolves are out", the sheep can come out of their pens and dribble around the court. When the coach yells "The wolves are home", the wolves can dribble out of the centre circle and can tag the sheep, while dribbling. If the sheep are tagged before they can get back in the pen, they will become wolves for the next hunt.



4. Dribble Dodge-ball

Dribbling Dodge Ball
Drill Station

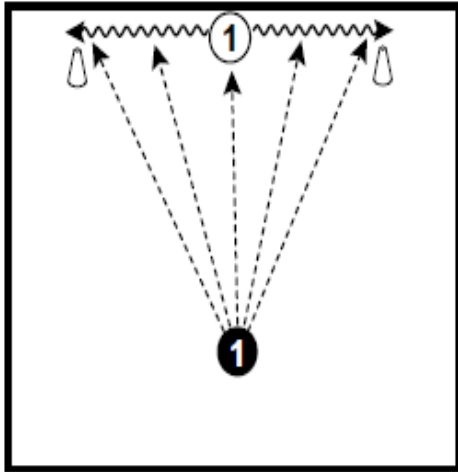
Wall or Bleachers



Place two cones about 15 feet apart about three feet from a wall. A player with a basketball starts in the middle, facing toward half-court to start. Another player will have a soft, spongy ball to throw at the dribbler. A deflated volleyball is normally good for this drill. Very good drill for agility, dribbling moves, and keeping your head up.

Dribbling Dodge Ball
Drill Station

Wall or Bleachers



The dribbler dribbles from cone to cone, keeping their dribble and dodging the soft ball thrown by the other player. However, the dribbler can stay in one place however long they want to.

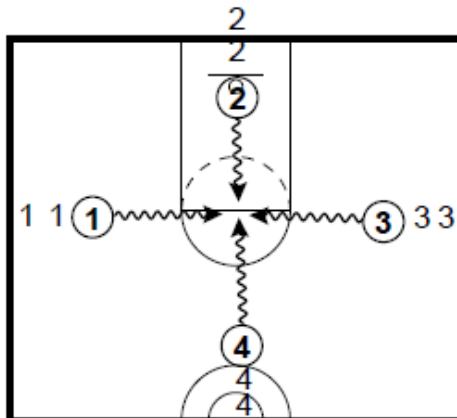
The rule is dribble moves must change each time they dribble between cones (i.e. cross over dribble the first time; between the legs the next time; behind the back, etc.). The tosser only gets five tosses to hit the dribbler. If the dribbler is hit with the soft ball they change with the thrower.

4.1 Team Dodge Ball

- Every player will have a basketball and is required to keep their dribble alive for the duration of the game (even when throwing).
- Two teams are selected and must stay in their pre-designated half of the court. Several soft balls such as deflated volley balls are introduced as dodge balls. Players on the two teams try to throw and hit players on the opposing team. When a player is hit with the dodgeball then they must sit out. If a dodgeball is caught by a player they can reintroduce a teammate to their team. A team will win the game when all opposing players have been knocked out.

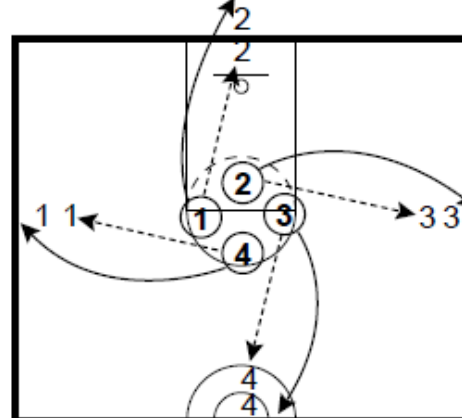
5. Hall of Fame Passing

Hall of Fame Passing
Drill Station



Players dribble to the center, jump stop and pivot towards a line and pass, then go to the end of the line that you passed to. Do the following pivots (presuming right handed shooter, with right foot in front): 1. Pivot off the front foot 2. Reverse pivot off the back foot 3. Reverse pivot off the front foot 4. Double pivot- pivot 180 degrees one way then swing around and pass.

Hall of Fame Passing
Drill Station



Coaching Points

- Players need to keep their stance low, knees bent, to pivot correctly
- Players may get confused with the direction of their pivoting. Let them show initiative to talk and figure it out.

Variations

- One way to make the drill more games based once players have mastered the variations is to let players pivot how they want, but they cannot repeat the same pivot that was done before them, and they cannot pass to a player with a ball.

Video of this and other passing drills can be found here:

<http://buff.ly/2igxQC8>

Sample Games

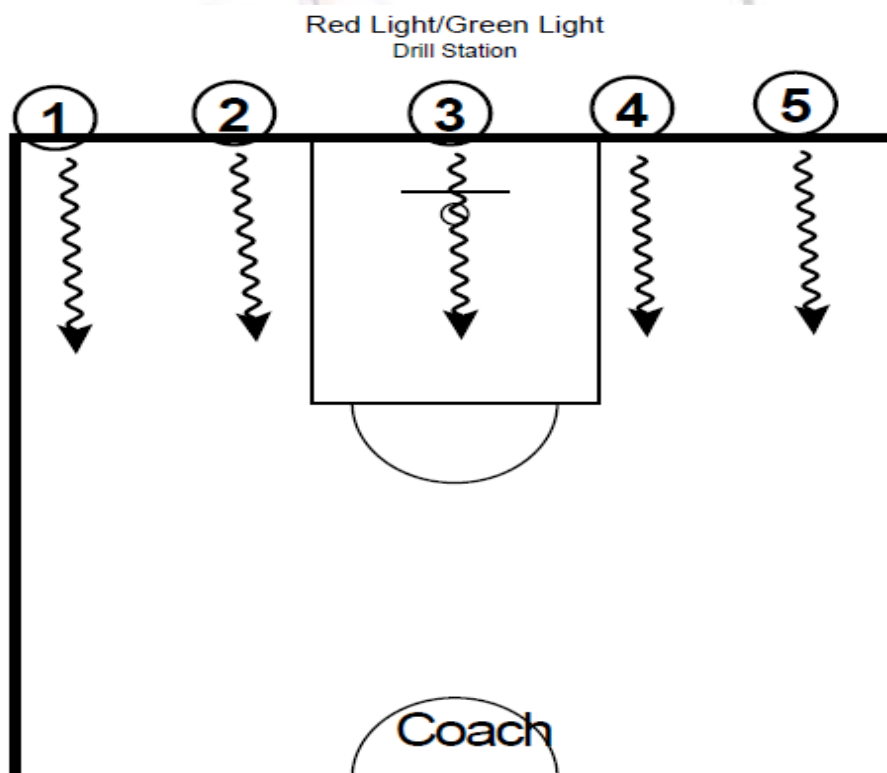
1. Animal Movements

- Players spread out along baseline
- Coach instructs players to move like animals towards opposite baseline; coach may instruct players to add in animal noise as well.
- Repeat multiple times, having players act like a different animal each time.

Examples: Kangaroo, frog, snake, gorilla, bear, t-rex, lizard etc.

*Coach should have some fun and demonstrate some of the movements, Make this fun and encourage children to go outside of their comfort zone

2. Red light, Green Light



Each player has a ball and will line up along baseline. A coach or player will start with his/her back to the group at the other end. When the coach says "green light," the players proceed to move forward. When he/she yells "red light," all players must freeze on the spot. Anyone that is caught still moving must move back to the baseline and start over. Emphasis is on changing direction and speed and being under control.

3. Evolution

Players are scattered in an area on the court

- All players start out as an egg and bend down in a tuck position with arms around their knees so they look like an egg.
- When the game starts, each player must find another egg, introduce themselves and play a game of Rock, Paper, Scissors.
- The player that loses stays an egg and the player that wins becomes a chicken, placing their arms as wings and making chicken noises as they walk around.
- The chicken looks for another chicken and the egg looks for another egg to introduce themselves to each other and play Rock, Paper, Scissors.
- If the player wins as a chicken, they become a lizard, down on all fours and rotating hips and leg forward to move forward.
- The lizard looks for another lizard and plays Rock, Paper, Scissors. The winner will become a dinosaur, placing their hands out and roaring like a dinosaur; if players lose as a lizard, they go back to being a chicken.
- Dinosaurs then find other dinosaurs who they play and if they win they become an ultimate being, if they lose as a dinosaur they go back to being a chicken.
- Ultimate beings raise their hands over their head like superman and look for other ultimate beings to play.

4. Follow the Leader

Choose a player to be the first leader, every participant has a ball

- Players follow the leader around the gym as leader performs various ball familiarization drills.
- On whistle, the leader goes to the end of the line and the next player in line becomes the leader.
- Leaders should be encouraged to be creative and use challenging tricks (various types of body circles, toss & catch etc.)
- Make sure that all players have the opportunity to lead the group.

5. Turtle Chase

- Two players are on and must chase the rest of the group. If a player is caught, they must lie down on their back and put their legs and hands in the air. To be freed a player must roll them over onto their stomach. Make sure to swap players after a few minutes.

6. Stuck in the Mud

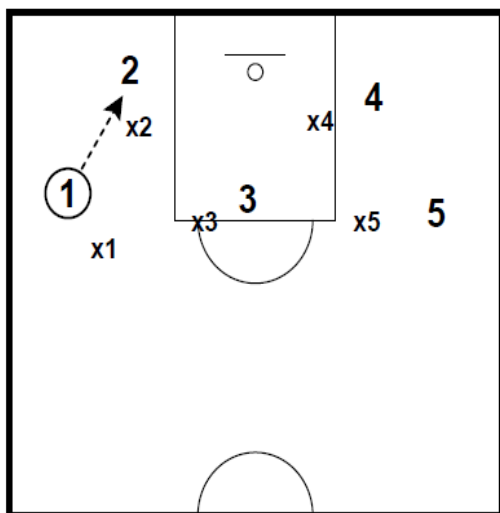
- Similar to turtle chase except when players are caught they must come to a stop and balance on one leg with trunk leaning forward. To be freed a “free” player must two hand high five, (high and low) the balancing player. The player with the safety ball cannot free players.

7. Rats and Rabbits

- Players partner up and stand opposite each other either side of the line going rim to rim. One line of players are named rabbits and the other rats. If the coach calls rabbits, rabbits must make try and get to the side line without getting caught by the rat. If the coach calls rats, the rabbit chases the rat. All FMS can be done prior to the coach calling rats or rabbits.

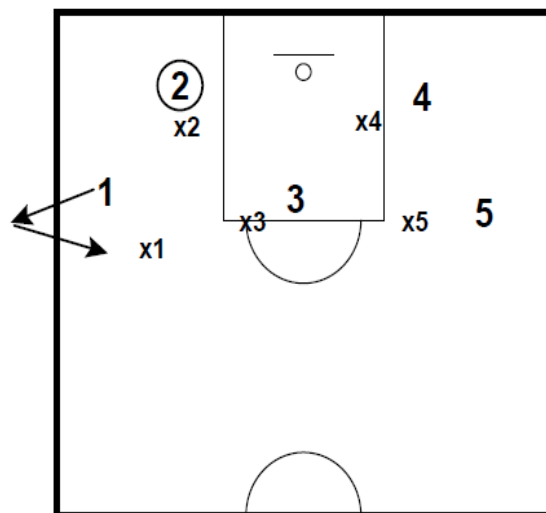
8. 50 pass game

50 Pass Game
Drill Station



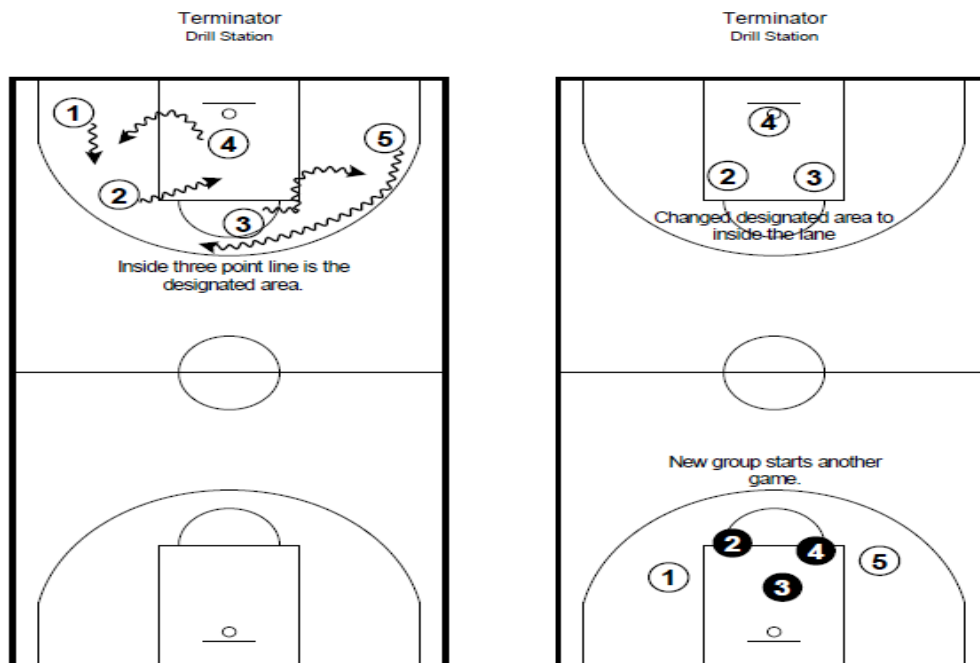
Split group into two teams using bibs or like colours (of equal ability). Players use half court. Players are not allowed to dribble the ball. Each team must try to complete fifty passes to win the game. Each team counts out loud as they complete each pass.

50 Pass Game
Drill Station



Once a player passes the ball they must run and touch the wall or sideline before re-entering the game. Possession always changes to other team when a violation (or dribble) occurs, or the ball is held or the ball goes out of bounds (irrespective of who it came off when it went out). When a team gets possession back they continue pass count from where they got to on last possession. First team to fifty wins the game.

9. Terminator



- Select area on court (size will depend on number of players) this area can be determined by the number of participants and will decrease as the game progresses. Areas on the court including the key, the 3 point line or a half court should be used.

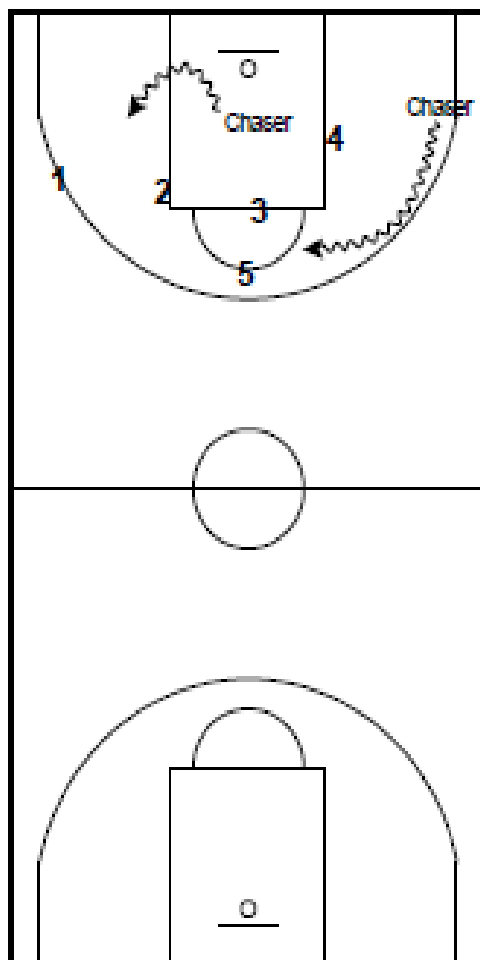
All players have a ball. They must keep dribbling their ball while trying to knock the ball of other players outside of the designated area.

If the ball goes outside of the designated area then you are "out".

Players who are out will move to the other side of the court and start a new game. As one group gets smaller the other will grow.

10. Dribble Tag

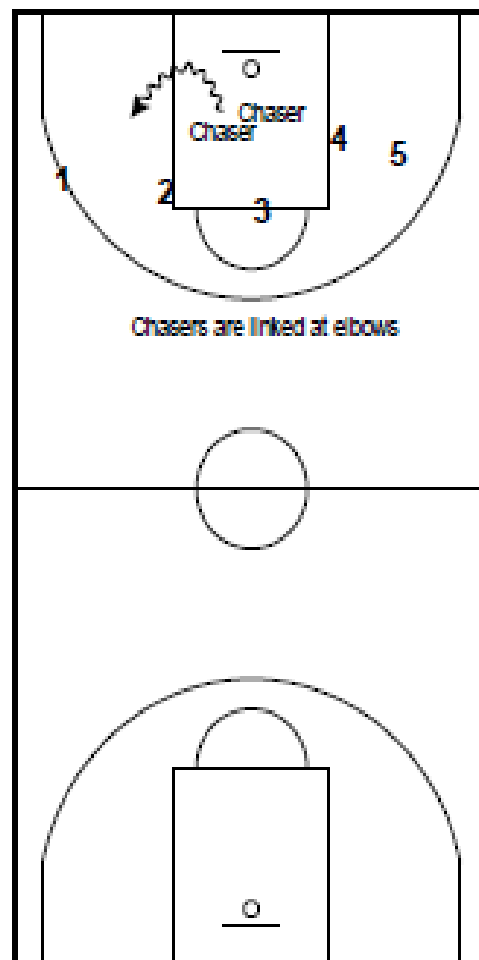
Dribble Tag
Drill Station



One player will be selected to be the chaser (more than one chaser should be selected). The chaser(s) will have a basketball and will be required to dribble the ball at all times. The objective of the game is to touch another player with their free hand while dribbling with the other. When this objective is met the ball will pass to the player who is touched and there is now a new chaser.

Game can be made more difficult by requiring the chaser to dribble the ball with their non-dominant hand.

Dribble Tag
Drill Station

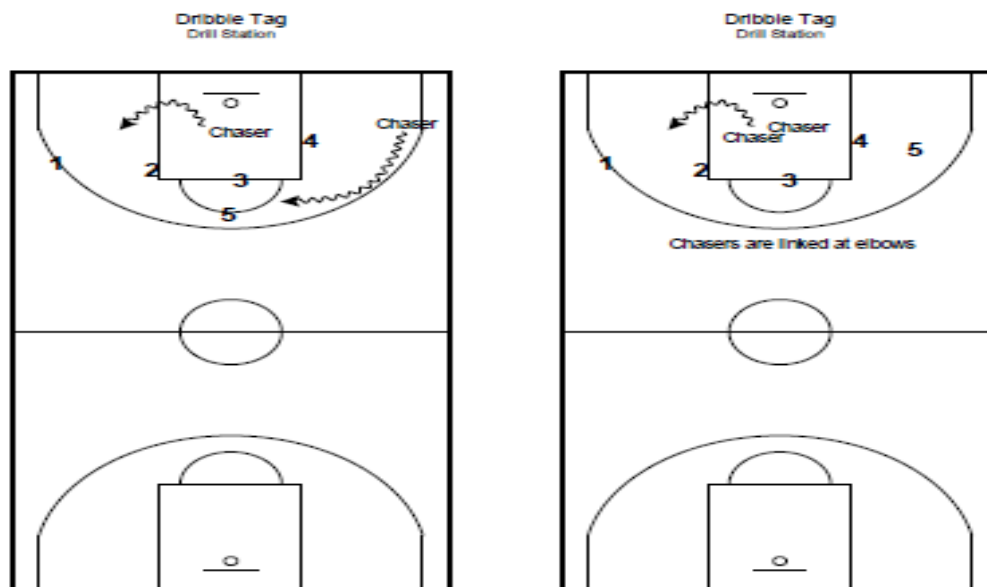


Chase may also be played by pairing up all players.

Players must form a link by connecting to each other at the elbow. Each pair must communicate and work together as a team to achieve their objective. The same rules apply but players must remain paired in their link at all times during the game.

Another ball known as the "safety ball" that is recognisable and established before the game is to be passed amongst those players who are free. If you have the safety ball you cannot be caught or touched by a chaser.

11. Pivot Tag



- Two or more players are selected as chasers; they have a basketball or soft ball for younger participants that cannot be dribbled throughout the game. The ball must be passed between the chasers while other players are free. When a chaser catches the ball they must establish a pivot foot and proceed to pivot in any direction. Objective for the chasers is to touch free players with the ball while pivoting (ball must not be thrown at free players). Once a free player is touched with the ball they will grab a bib and join the chasers.

The chasers must work together to catch all free players. Communication, passing and utilizing the pivot is vital to the chasers to advance through the game.

- A pivot takes place when a player who is holding the ball establishes one foot that cannot leave the surface of the playing floor. The other foot may move in any direction. The established pivot foot can only leave the surface when the ball is dribbled.

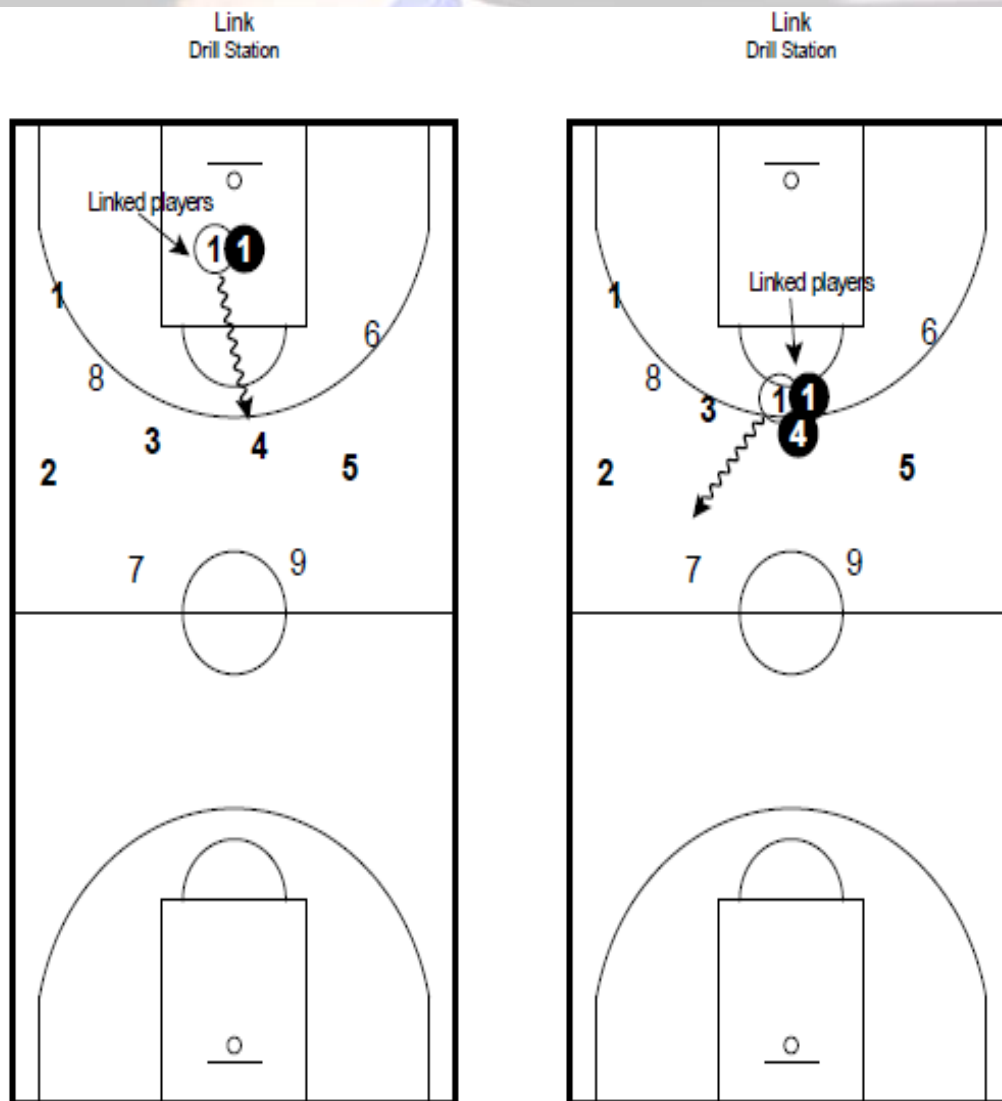
A safety ball may be added.

12. Pass Tag

- Two players will be selected as the chasers and given bibs. The chasers will not have a basketball and may catch any player that does not have a ball. Up to ten basketballs are introduced to the game and a player with a ball may not be caught. The objective is for the free players to pass the balls not allowing

the chasers to catch a free player. Once a chaser catches a free player they will exchange places and the new catcher will receive the bib.

12. Link



Two players are selected and will form a link at the elbow, everybody else is free. One player will have a basketball and must dribble with free hand while the other tries to catch or touch free players. When a player is touched they will join the link. Throughout the game the link will grow as free players are caught.

Objective for the link is to work together and effectively communicate until only one free player remains.

The objective of the free players is to not be touched or caught and avoid becoming part of the growing link.

This game can be modified by placing a maximum number of players on a link. For example, if the link gets to seven players, the seventh player caught will begin a new link and all others will be free. You can also have more than one link operating at a time.

Player Code of Conduct

Through your selection to the Green Shoots programme, you will be bound to abide by Basketball Ireland's Code of Conduct. You will be required to observe the highest standard of behaviour. As an ambassador for your club and county, and for the game of basketball in general, it is important that you understand fully what is required of you throughout the entire time you are at a coaching session or on team duty and whilst in the care of the squad. The management team undertakes to provide for your wellbeing while you are on official Irish duty.

In accepting a place on the Green Shoots programme you are required to observe the following:

1. Observe any instructions requested by the team management or Green Shoots representative.
2. Demonstrate the highest standard of behaviour and conduct at all times, both on and off the court, to all management, officials, volunteers, staff and members of the public.
3. Behave in a sportsmanlike manner as befits the conduct associated with an Ireland international player and display a professional attitude to personal organisation, training and dress.
4. Not to be absent from the practice or organised team sessions without informing the manager.
6. Arrive promptly for all sessions/meetings as directed by the coaches.
7. To report all injuries / illnesses, no matter how trivial, to the coaches before starting the training session.
8. Not to use bad language either on or off the court.
9. Bullying of any kind will not be tolerated.

10. And most importantly of all: **HAVE FUN**

Volunteer Policy and Procedures

Basketball in Ireland could not survive if it was not for the dedication of volunteers at every level of the game. This may include and is not limited to coaching teams, providing transport or playing administrative roles within clubs or committees. Basketball Ireland aims to support and work alongside the volunteers to the best of our ability.

Volunteering is the commitment of time and energy, for the benefit of the local community and society as a whole. Volunteer activities are undertaken on a not-for-profit basis and of a person's own free will.

Basketball Ireland will consider involving anyone in the Green Shoots programme who is over the age of 16, who hold a minimum of an Introductory Level coaching course and is Garda vetted to work with minors in accordance with the National Vetting Bureau (Children and Vulnerable Persons) Acts 2012-2016.

*“All those who are to be Garda Vetting under the organisation of Basketball Ireland **MUST be registered members of Basketball Ireland** for the season that they are being vetted in and they **must input their valid BI Pin** on the BI Garda Vetting Identification Form **Section 1**. Any forms received that do not provide valid BI Pins will be sent back to the applicant unprocessed. If an individual is a volunteer within a club, they must register as same and input a short description on what they do in the club that deems vetting necessary e.g. Helping the coach with underage training sessions etc.”*

Individuals must be able to demonstrate a commitment to the aims of the Green Shoots programme. Volunteers may only be placed if their needs and goals match that of the Green Shoots long term athlete development plan.

Volunteers are entitled to a fair and equal workplace and will be included in the operation's long term decision-making process wherever practical. As representatives of the organisation, volunteers are expected to present a positive image of the programme and actively perform their duties to the best of their ability.

Your goal is to make playing basketball a fun, enjoyable and social experience for young players. Regardless of your coaching background, your responsibility as a volunteer is to create an atmosphere that is positive and fun in which children can challenge each other in a safe environment. Our ultimate aim is create a love of basketball and to equip children with the skills needed to enjoy lifelong participation.

Policy Document 2011

Basketball Ireland Code of Conduct for all Members

Part 1: Code of Conduct

1. Application

This Code of Conduct (the 'code') is binding on:

- a) All voluntary members of the Board of Directors, Standing Committees and Sub Committees of Basketball Ireland as listed above.
- b) All officials and employees of Basketball Ireland.
- c) All players, coaches and officials who are members of Basketball Ireland or with whom Basketball Ireland have entered into agreements.

(Hereinafter referred to as 'covered persons').

2. Objectives

This Code is introduced to:

- a) Ensure that the policies and decisions of Basketball Ireland are implemented professionally and in an objective and accountable manner.
- b) Re-affirm the commitment of all covered persons to act in the best interests of Basketball Ireland at all times.
- c) Provide a further deterrent against conduct, behaviour and practices which may be detrimental to the best interests of Basketball Ireland and/or the game of basketball ('the game').

3. Responsibilities of Covered Persons

3.1 Covered persons must:

3.1.1 Perform the functions of their office in good faith and honestly.

3.1.2 Act in the best interests of Basketball Ireland and take all necessary steps to assist Basketball Ireland in achieving its objectives in such a way that Basketball Ireland's credibility and integrity is not compromised.

3.1.3 Conduct themselves in a manner worthy of their position within Basketball Ireland

3.1.4 Act with due care and diligence in the discharge of their functions for and on behalf of Basketball Ireland.

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3.1.5 Disclose to Basketball Ireland any direct or indirect personal or private business interest that they or their spouses, partners or business associates may have which may conflict with Basketball Ireland's interests.

3.2 Covered persons may not:

3.2.1 Engage in conduct, behaviour or practices that may be detrimental to the best interests of Basketball Ireland.

3.2.2 Engage in any conduct or behaviour inappropriate to their role within Basketball Ireland.

3.2.3 Disclose confidential information entrusted to them or obtained as a result of their position as covered persons, unless legally obliged to do so.

3.2.4 Disclose information, unless legally obliged to do so, in a way which may damage the reputation of Basketball Ireland or the game.

3.2.5 Use their position or privileges as covered persons for private gain or to benefit another person improperly.

3.2.6 Commit or be responsible for, and / or party to, any form of discrimination including, but not limited to, discrimination on the basis of race, colour, gender, sex, ethnic or social origin, religion or political persuasion.

3.2.7 Do anything which is likely to intimidate, offend, insult or humiliate any person on the grounds of his or her race, colour, gender, sex, ethnic or social origin, religion or political persuasion.

3.2.8 Harass any person on any grounds whether physical, mental, professional or sexual.

3.2.9 Accept:

Hospitality, either personally or on behalf of persons accompanying them, whether relatives or otherwise, which is excessive in the circumstance.

Gifts other than gifts of nominal value in accordance with prevailing local custom and given and accepted as a mark of respect or friendship: provided that gifts which exceed €100 in value should be declared to the appropriate Basketball Ireland structure and handed over to it unless it decides otherwise.

Goods or services, which may influence or affect judgement in the conduct of Basketball Ireland's affairs.

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Give gifts or perform favours of any kind where it could appear designed to influence others improperly or which may influence or affect judgement in the conduct of Basketball Ireland's affairs.

4. Breaches of the Code

4.1.1 An alleged breach of the Code shall be investigated by the Board of Basketball Ireland or an individual or individuals appointed by the Board specifically for that purpose.

4.1.2 The Board or appointed person(s) shall determine the procedures governing the investigation of an alleged breach of the Code at their discretion on condition that the rules of natural justice are complied with.

4.1.3 If the Board determines that a breach of the Code may have been committed, they shall refer the matter through the Chairperson of the National Disciplinary Committee or their representative for adjudication.

4.1.4 If the National Disciplinary Committee determines that a breach of the Code had been committed, it may impose any of the following penalties:
Censure and removal from any/all officially held positions.

Suspension from all Basketball Ireland related activities for a defined period.

Suspension from all Basketball Ireland related activities permanently.

I hereby commit to agree to this code as a member of Basketball Ireland

Name:

Position:

Date: