COACHING TEMPLATES

Bundle

A print-ready practice toolkit for players, parents, and coaches.

INSIDE THIS PRINTABLE EDITION

- Player Practice Planner
- Parent Practice Planner
- Coach Practice Planner
- Blank Basketball Scouting Report (2 pages)

BETTER IQ. BETTER GAME.

HOW TO USE THIS BUNDLE

Print it. Plan it. Put it to work.

This is a printable PDF edition of the Hoops IQ Coaching Templates Bundle. Use the pages to bring more intention to individual practice, family support, team teaching, and opponent preparation.

1. Print on US Letter paper

For the cleanest result, select “Actual size” or 100% scaling in your print dialog.

2. Use the planner that fits your role

Start with the Player, Parent, or Coach practice planner, then use the two-page scouting report before a game or matchup.

3. Keep the pages working

Bring completed pages back to practice, conversations, or film review so the next step stays clear.

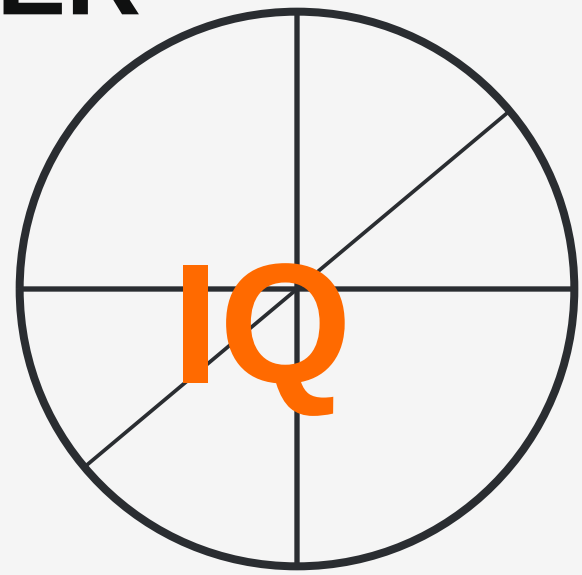
PRINTABLE PDF EDITION

These templates are designed for printing and handwriting. This bundle does not include editable DOCX files.

HOOPS IQ

PLAYER PLANNER

BUILD THE HABITS BEHIND BETTER BASKETBALL DECISIONS.



SEE MORE.
PLAY SMART.

NAME

SEASON / PROGRAM

PRINT-FIRST EDITION

12 guided pages for intentional basketball growth

PLAYER PAGE 02

YOUR STANDARD

Decide how you want to show up before the week decides for you.

MY PLAYER IDENTITY

The teammate I choose to be

THIS WEEK I WILL

Win the little moments

WRITE IT DOWN

PLAYER PAGE 03

WEEKLY GAME PLAN

Use this page to turn a big goal into daily, controllable actions.

ONE FOCUS

What matters most this week?

DAILY ACTIONS

What I can own Monday through Sunday

MON

TUE

WED

THU

FRI

SAT

SUN

WEEKLY REFLECTION

PLAYER PAGE 04

SKILL TRACKER

Track quality reps, not just time spent in the gym.

SKILL / MOVE

The skill I am building

QUALITY REP TARGET

Number of focused reps

DATE	FOCUS	QUALITY REPS	WHAT CHANGED?

COACH / TRAINER FEEDBACK

PLAYER PAGE 05

FILM STUDY

Watch with purpose. Pause when the game gives you a teaching moment.

GAME / CLIP

Opponent, date, or link

QUESTION I AM CHASING

What do I need to see more clearly?

WRITE IT DOWN

PLAYER PAGE 06

DECISION JOURNAL

Basketball IQ grows when you name the read, the choice, and the next adjustment.

SITUATION

Score, clock, coverage, or matchup

BETTER READ

What I will recognize sooner

WHAT I NOTICED ON FILM

PLAYER PAGE 07

PRACTICE PREP

Arrive with a clear intention and one cue you can carry into live play.

TODAY'S CUE

Short, specific, and repeatable

COMPETE WITH

Energy, voice, pace, or poise

WRITE IT DOWN

PLAYER PAGE 08

GAME DAY

Simple prep creates calm. Focus on your first job, not the whole game.

FIRST JOB

My first defensive or offensive responsibility

ONE RESET

How I respond after a mistake

WRITE IT DOWN

PLAYER PAGE 09

POSTGAME REVIEW

Honest reflection makes the next rep better.

BEST DECISION

A moment I want to repeat

NEXT ADJUSTMENT

A moment I will improve

BEFORE TIP

- [ ] Know the matchup
- [ ] See the coverage
- [ ] Talk early
- [ ] Trust the first read

AFTER THE FINAL WHISTLE

- [ ] Thank a teammate
- [ ] Write one lesson
- [ ] Refuel and recover
- [ ] Let the game go

GAME NOTES

PLAYER PAGE 10

IQ STUDY

Learn the language of the game: spacing, timing, leverage, and matchups.

CONCEPT

A principle I am studying

TEACH IT BACK

Explain it in your own words

HOW WELL DID I EXECUTE?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

1 10

WHAT THE FILM WILL SHOW

PLAYER PAGE 11

READINESS

Great decisions require energy, recovery, and attention.

SLEEP / FUEL / HYDRATION

What supports my performance today?

BODY CHECK

What I need to manage or communicate

WRITE IT DOWN

PLAYER PAGE 12

MONTHLY RESET

Keep what is working. Edit what is not. Build the next version of you.

WIN THIS MONTH

A habit, read, or skill that improved

NEXT MONTH'S EDGE

The clearest priority ahead

WRITE IT DOWN

HOOPS IQ

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PARENT PAGE 02

YOUR SUPPORT STANDARD

The best support protects the player's love for the game while making room for growth.

OUR FAMILY VALUE

What we want basketball to teach

MY ROLE

How I will support without taking over

REFLECTION

PARENT PAGE 03

WEEKLY SUPPORT PLAN

Plan the conversations, logistics, and recovery that let your player arrive ready.

THIS WEEK'S PRIORITY

One thing that helps most

CALENDAR CHECK

Practices, games, travel, recovery

PLAN

- [ ] Confirm schedule
- [ ] Pack fuel and water
- [ ] Protect recovery
- [ ] Make time to connect

NOTICE

- [ ] Energy
- [ ] Body language
- [ ] School load
- [ ] Joy for the game

WEEKLY NOTES

PARENT PAGE 04

GAME DAY SUPPORT

Keep the message simple. Let the player compete, learn, and own the experience.

BEFORE THE GAME

The one message I will give

AFTER THE GAME

The first question I will ask

MY CALM CHECK

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

WHAT I WANT TO REMEMBER

PARENT PAGE 05

THE RIDE HOME

The ride home can be a reset, not a replay.

PLAYER-LED QUESTION

What they want to talk about

LISTENING CUE

How I will make space

MY CALM CHECK

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

WHAT I WANT TO REMEMBER

PARENT PAGE 06

FILM CONVERSATION

Use film to build curiosity, not criticism.

MOMENT TO REWATCH

A clip or sequence

OPEN QUESTION

What did you see?

WHAT THE PLAYER SAYS THEY SAW

PARENT PAGE 07

CONFIDENCE BUILDER

Notice effort, courage, and growth that do not show up in a box score.

EVIDENCE OF GROWTH

What I saw improve

WORDS TO USE

Specific, honest encouragement

REFLECTION

PARENT PAGE 08

RECOVERY CHECK

Sleep, fuel, school, and stress all affect the game.

WHAT IS GOING WELL

A routine to protect

WHAT NEEDS ATTENTION

A support need to address

PLAN

- [ ] Confirm schedule
- [ ] Pack fuel and water
- [ ] Protect recovery
- [ ] Make time to connect

NOTICE

- [ ] Energy
- [ ] Body language
- [ ] School load
- [ ] Joy for the game

WEEKLY NOTES

PARENT PAGE 09

COACH COMMUNICATION

Clear, respectful communication keeps the focus on development.

PURPOSE

The outcome I need

QUESTION TO ASK

Short, calm, and specific

BEFORE I REACH OUT

- [ ] Is this about development?
- [ ] Have I heard my player's perspective?
- [ ] Can I ask this calmly?
- [ ] Can this wait until the right time?

CONVERSATION NOTES

PARENT PAGE 10

SIDELINE RESET

Be the calmest adult in the gym.

MY TRIGGER

What pulls me out of the moment

MY RESET

A phrase or action I can use

MY CALM CHECK

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

WHAT I WANT TO REMEMBER

PARENT PAGE 11

SEASON REFLECTION

Celebrate the whole player, not only the result.

PROUDEST MOMENT

Who they are becoming

NEXT SUPPORT STEP

How I can help next

REFLECTION

PARENT PAGE 12

FAMILY HUDDLE

End the cycle with a clear, shared plan.

KEEP

A routine or mindset that helped

CHANGE

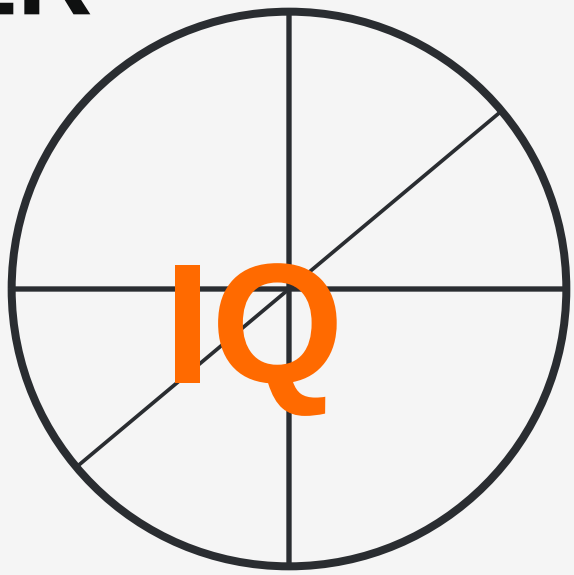
One adjustment for next month

REFLECTION

HOOPS IQ

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COACH PAGE 02

COACHING COMPASS

Anchor the week in one standard your players can see, hear, and repeat.

TEAM STANDARD

The behavior we will demand

COACHING CUE

The language I will use

COACH NOTES

COACH PAGE 03

PRACTICE ARCHITECTURE

Design a practice that teaches the game while protecting intensity and clarity.

PRACTICE OBJECTIVE

The game problem we are solving

NON-NEGOTIABLE

The behavior we will reinforce

ARRIVE

TEACH

COMPETE

TRANSFER

REFLECT

PRACTICE REFLECTION

COACH PAGE 04

PLAYER DEVELOPMENT

Make individual growth visible, specific, and connected to team basketball.

PLAYER

Name and current role

DEVELOPMENT EDGE

The next most important skill or read

COACH NOTES

COACH PAGE 05

FILM BREAKDOWN

Build film sessions around a single teachable problem, not every mistake.

CLIP THEME

What the group needs to see

TRANSFER CUE

What must show up on the floor

CLIP NOTES AND TEACHING SEQUENCE

COACH PAGE 06

GAME PLAN

Simplify the plan until your players can execute it under pressure.

OPPONENT PROBLEM

What they create consistently

OUR ANSWER

Coverage, matchup, or tempo

OFFENSE

- [ ] Tempo
- [ ] Spacing
- [ ] Primary action
- [ ] Late-clock answer

DEFENSE

- [ ] Matchups
- [ ] Ball screen coverage
- [ ] Transition rule
- [ ] Rebounding priority

GAME NOTES

COACH PAGE 07

ROTATION NOTES

Use rotations to solve game problems and develop trust.

LINEUP QUESTION

What this group needs to create

PLAYER CONVERSATION

What they need to understand

GROUP	PURPOSE	MINUTES	CHECK-IN

ROTATION OBSERVATIONS

COACH PAGE 08

SCOUTING REPORT

Identify the few tendencies that change possessions.

TOP TENDENCY

What must be taken away

COUNTER

What we do when they adjust

OFFENSE

- [ ] Tempo
- [ ] Spacing
- [ ] Primary action
- [ ] Late-clock answer

DEFENSE

- [ ] Matchups
- [ ] Ball screen coverage
- [ ] Transition rule
- [ ] Rebounding priority

GAME NOTES

COACH PAGE 09

TIMEOUT PLAN

A timeout should create one clear action and one calm breath.

WHEN TO USE

The moment or signal

MESSAGE

The sentence players need

MESSAGE CLARITY

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

WHAT I NEED PLAYERS TO HEAR

COACH PAGE 10

POSTGAME DEBRIEF

Separate emotion from evidence. Let the game teach.

WHAT WON

A repeatable behavior

WHAT COST US

The next adjustment

COACH NOTES

COACH PAGE 11

CULTURE CHECK

Culture is what your team repeats when the coach is not talking.

EVIDENCE

A behavior that shows growth

REPAIR

A relationship or habit to address

COACH NOTES

COACH PAGE 12

COACH REFLECTION

Close the month with honest notes on teaching, connection, and clarity.

KEEP

What I will continue

EDIT

What I will tighten next

COACH NOTES

HOOPS IQ

SEE MORE. PLAY SMART.

BLANK SCOUTING REPORT

OPPONENT _____ DATE _____ LOCATION _____ SCOUT _____

TEAM SNAPSHOT

TEAM IDENTITY	TEMPO / STYLE	PRIMARY ACTIONS

PERSONNEL & MATCHUPS

#	PLAYER	POS	MATCHUP	COVERAGE	KEY TENDENCIES / NOTES

OFFENSIVE GAME PLAN

OUR PRIORITIES	ATTACK TARGETS	PRESSURE POINTS

DEFENSIVE GAME PLAN

TAKE AWAY	RULES / ADJUSTMENTS

OPPONENT _____ DATE _____ LOCATION _____ SCOUT _____

MATCHUP BOARD

MATCHUP	ADVANTAGE / RISK	ADJUSTMENT / CUE

IN-GAME NOTES

FIRST HALF READ	SECOND HALF ADJUSTMENT

SPECIAL SITUATIONS

ATO / TIMEOUT	BLOB / SLOB	END GAME

POST-GAME REVIEW

WHAT WORKED	WHAT WE ADJUST

FINAL SCORE _____ RESULT _____ IQ GRADE _____ NEXT FOCUS _____