

# SECTION 01

COACH OVERVIEW



01



**CANADA**  
BASKETBALL



# **1.0 COACH OVERVIEW**

Welcome to Steve Nash Youth Basketball – a national youth basketball program designed to develop fundamental skills, sportsmanship and a love of the game for basketball. This grassroots initiative supports and empowers community-based recreational groups and organizations across Canada in an effort to positively influence youth through basketball. Your role as a coach in Steve Nash Youth Basketball will give you an opportunity to mold character and develop young athletes. Even though you may only see them once or twice a week, you have the opportunity to have a major impact on their development; mentally, socially and physically.

Our coaches are entrusted with the responsibility of giving our young players every opportunity and resource available so that they can continue to develop both mentally and physically. As coaches in Steve Nash Youth Basketball, we must instill proper fundamentals and life skills so that our players possess the tools required to reach their potential.

The Steve Nash Youth Basketball Coaches Manual provides a blueprint for coordinating, teaching and operating a youth basketball program for children 5-12 years-old. Steve Nash Youth Basketball is designed to be easily implemented, regardless of your basketball background. The program contains individual components encompassing administration, coaching, officiating, skills development and modified rules for Steve Nash Youth Basketball games.

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## **1.1 – MISSION**

The mission of Steve Nash Youth Basketball is to help those that are interested in working with children to become successful teachers and coaches. We want to introduce coaches to the philosophy and core values of Steve Nash Youth Basketball. Recognizing that coaches of Steve Nash Youth Basketball may not have a vast amount of basketball knowledge or an extensive basketball background, the program will strive to educate coaches with user-friendly teaching manuals as well as a curriculum that is easy to follow.

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## **1.2 – PHILOSOPHY**

A good coach can be described as very loud and vocal while another could be calm and quiet. Ultimately, good coaches are not restricted to just one particular style of coaching. However, there is a wrong way to coach, especially when dealing with children and youth. As competitive as coaches sometimes are, being negative and disrespectful towards players, other coaches or officials is unacceptable and can set a bad example for your players to follow.

Your goal is to make playing basketball an enjoyable physical, social, and mental experience for your players. This is a time when kids should learn to work as a team in a positive and open environment. Regardless of your coaching background, your responsibility is to create a positive and safe learning environment in which kids can challenge each other and themselves to become better players and people.

Kids must feel as though they can make mistakes, as this is how they learn best. Encourage them to make as many mistakes as possible, and push themselves to improve. Without this kind of determination and without kids feeling as though it is alright to make mistakes, it will be difficult for them to improve.

Children are not good at judging their own ability, they depend on others to tell them how well they are doing in developing skills and how they compare with their peers. As such, coaches play an important role in shaping children's perception of themselves. The way in which a coach corrects a skill, reinforces a behaviour, or highlights an error plays an important role in either developing or impairing the self-esteem of young athletes. Good coaching is based on a positive approach and raising the confidence of young children through building on strengths rather than weaknesses.



### DEVELOP THE WHOLE CHILD

- Be an educator who promotes learning over outcome.
- Teach the program's five core values:
  - > FUNdamentals
  - > Learning
  - > Activity
  - > Success
  - > Respect
- Ensure the program is child-centered.
- Promote inclusion and belonging.
- Move with purpose and speak with passion.



## 1.3 - ROLE OF THE COACH

A coach is...

- A teacher, a friend and a role model for children, parents and other coaches.
- Organized, prepared, flexible and resourceful enough to meet goals.
- Fair and sensitive to everyone's needs.
- Patient and enjoys helping others learn and grow, not just in sport, but as a whole person.
- A teacher of the core values of the program.

**A good coach communicates clearly.** A picture is worth a thousand words. New skills should be clearly introduced with a demonstration.

**A good coach makes encouraging comments to the group.** Coaches should encourage their players by praising their efforts. Children like to be told they are doing a good job and working hard.

**A good coach provides specific instruction to individual children.** Coaches should recognize the individual differences of each child and addresses them differently/appropriately.

**A good coach provides opportunities for feedback and questions from the children.** Children should never be discouraged from asking questions.

**A good coach has happy children.** Children who enjoy working with a good coach leave practices happy and satisfied, ready to come back the next time.

## 1.4 - COACHES CREED

As a coach in the Steve Nash Youth Basketball program, I will...

- Teach and promote the program's philosophy and core values: FUNdamentals, Learning, Activity, Success, Respect.
- Ensure a safe learning atmosphere for the children at all times.
  - Make basketball participation fun and enjoyable for all children.
  - Act in a professional manner pertaining to dress, language and behavior.
  - Strive to learn the game, its concepts and its rules.
  - Lead by example in demonstrating fair play and sportsmanship to all players.
  - Be organized and prepared to teach, by dedicating the necessary time to learn preparation.
  - Ensure that all activities undertaken are suitable for the children's: Age and experience; Ability; Fitness level.
  - Respect and foster the uniqueness of each child while developing realistic expectations that are based on individual abilities.
- Place the emphasis in all activities on active involvement with a CHILD FIRST philosophy.
- Encourage and include the support of parents and interested volunteers.
- Be a positive role model for the children, parents/guardians and other volunteers.