



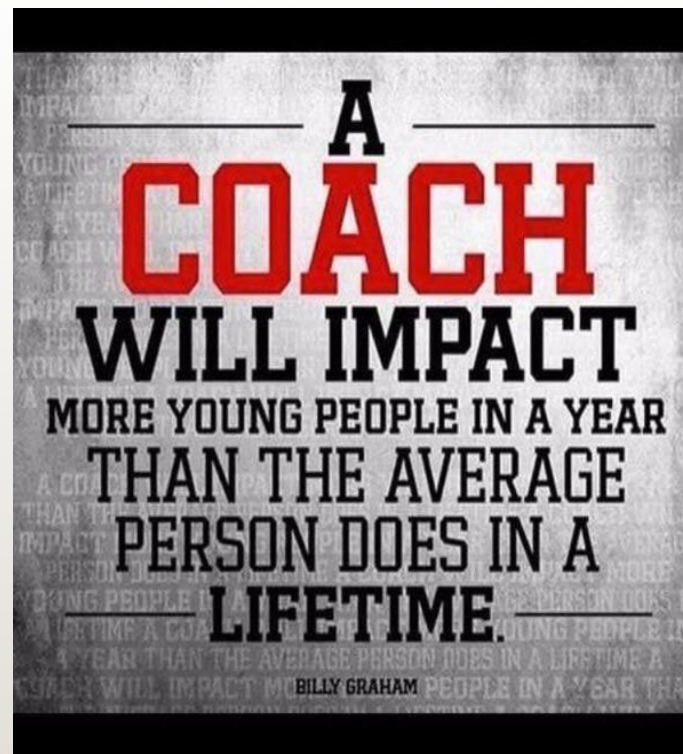
ADVANCED

Fall 2022 - Winter 2023 Season



Coach Education & Development Program

Welcome to CMBA Coach Education & Development



CMBA Coach Education & Development

is designed to

Promote ***Style of Play*** with an emphasis on ***Actions & Concepts***

Promote ***Best Practices*** & leading ***Coaching Methods***

Promote a ***Decision-Making Model*** for players

CMBA Website Review

CMBA Coach Education & Development

CMBA Website

CMBA Website Review

Game Report

Reporting Scores

Seeding Round Rules

Participation Agreement

Explode—Explore—Execute

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New CMBA E3 Materials



CMBA E3—Execute.1—Coach Nick

CMBA E3—Execute.2—Coach Brianna Finch

Saint Joseph's College of Maine—Part 2



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Page 4-12 in ADVANCED Manual

REVIEW

Essentials & Intermediate Review

Parent Meeting (Is it important?)

TLC (Teaching Learning Competition)

ABCD Teaching Phases

ABCD Debrief & Pre-brief

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Page 4-12 in ADVANCED Manual

REVIEW

Essentials & Intermediate Review

KPI'S (Canada vs China & U of M)

Explode—Explore—Execute (Do you use it?)

Measuring Drills (Do you do it?)

Scoring Priorities (Top 4 Essentials / Top 6 Intermediate)

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White Whistle Program



To create a positive experience and gym environment for
new basketball officials.

A referee wearing a white whistle is not to be challenged before, during,
and/or after games.

Remember we are all here for the kids!

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Style of Play, Actions & Concepts

Have you had success with your ***Style of Play***?

What were the most effective ***Actions*** you used with your team?

Which ***Concepts*** do you feel are most valuable?

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Getting to know your players

Survey Says...

The survey questions presented are a great way to get to know your players.

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Coaches Association of Canada

Responsible Coaching Movement



Rule of Two

Background Screening

Ethics Training



RULE OF TWO

The goal of the **Rule of Two** is to ensure all interactions and communications are open, observable and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. There may be exceptions for emergency situations.

GOOD RULE OF TWO IMPLEMENTATION PRACTICES

- The coach is never alone and out of sight with a participant without another screened coach or screened adult (parent or volunteer) present.
- Allow training environment to be open to observation.
- Ensure a participant rides in a coach's vehicle with another adult present.
- Consider the gender of the participant(s) when selecting the screened coaches and volunteers who are present.
- Eliminate one-to-one electronic messaging. Ensure that all communications are sent to the group and/or include parents.

Learn more: coach.ca/responsiblecoaching



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PVAD—Position, Vision, Anticipation, Decision-making

Positioning improves

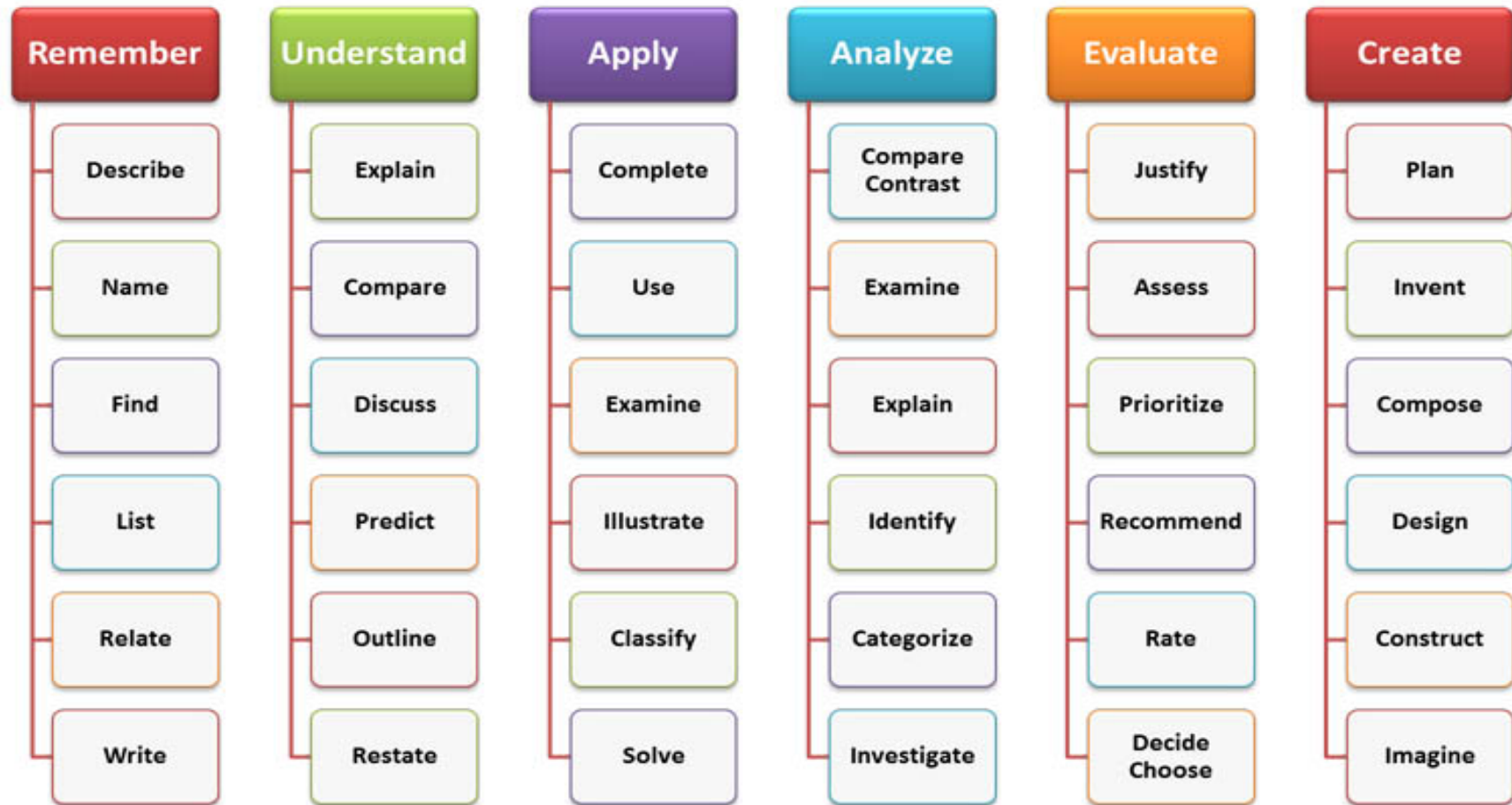
Vision which improves

Anticipation which improves

Decision-making

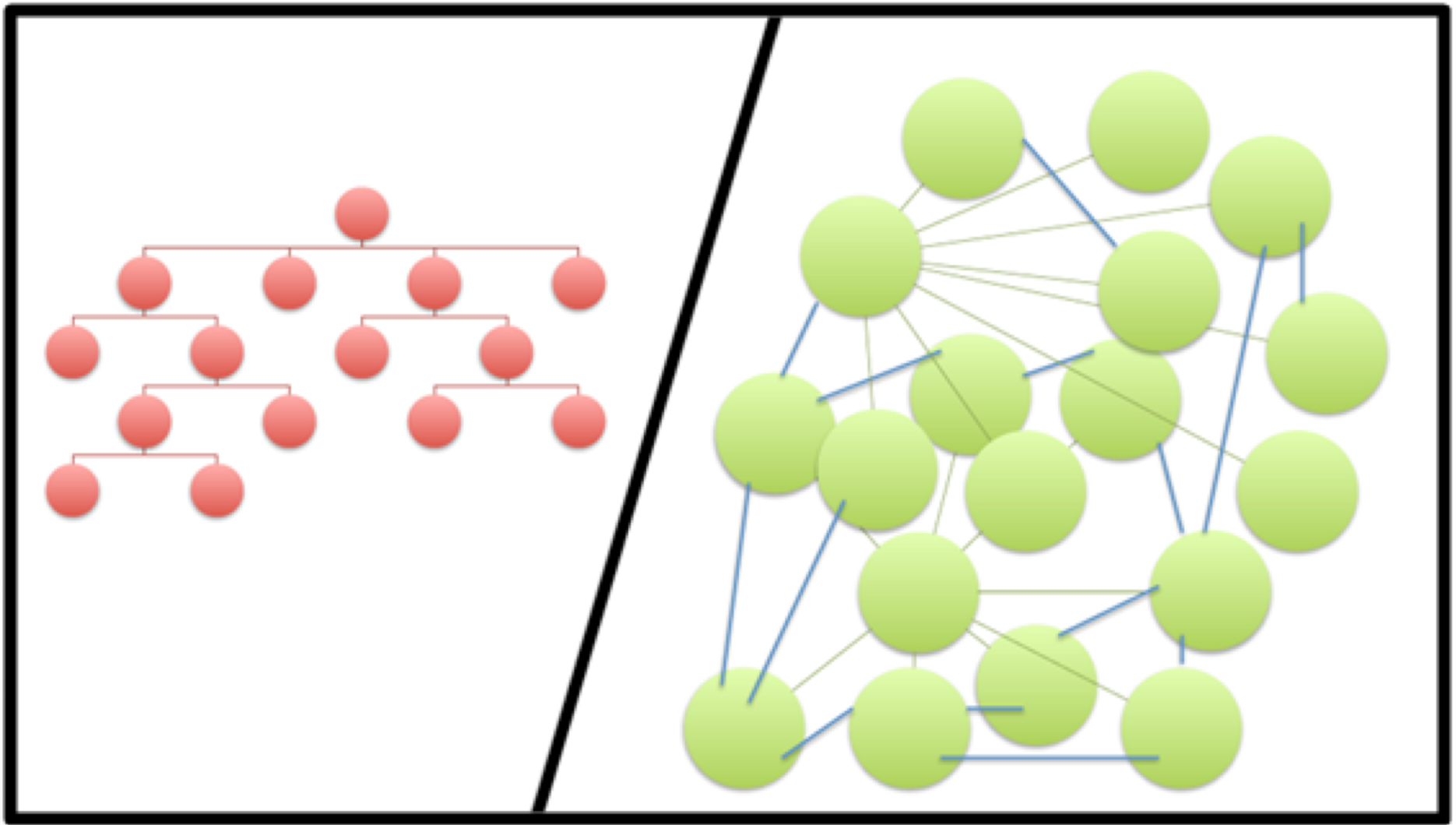
BLOOM's TAXONOMY – Teaching & Learning Progression

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Shared Leadership Approach – Connections

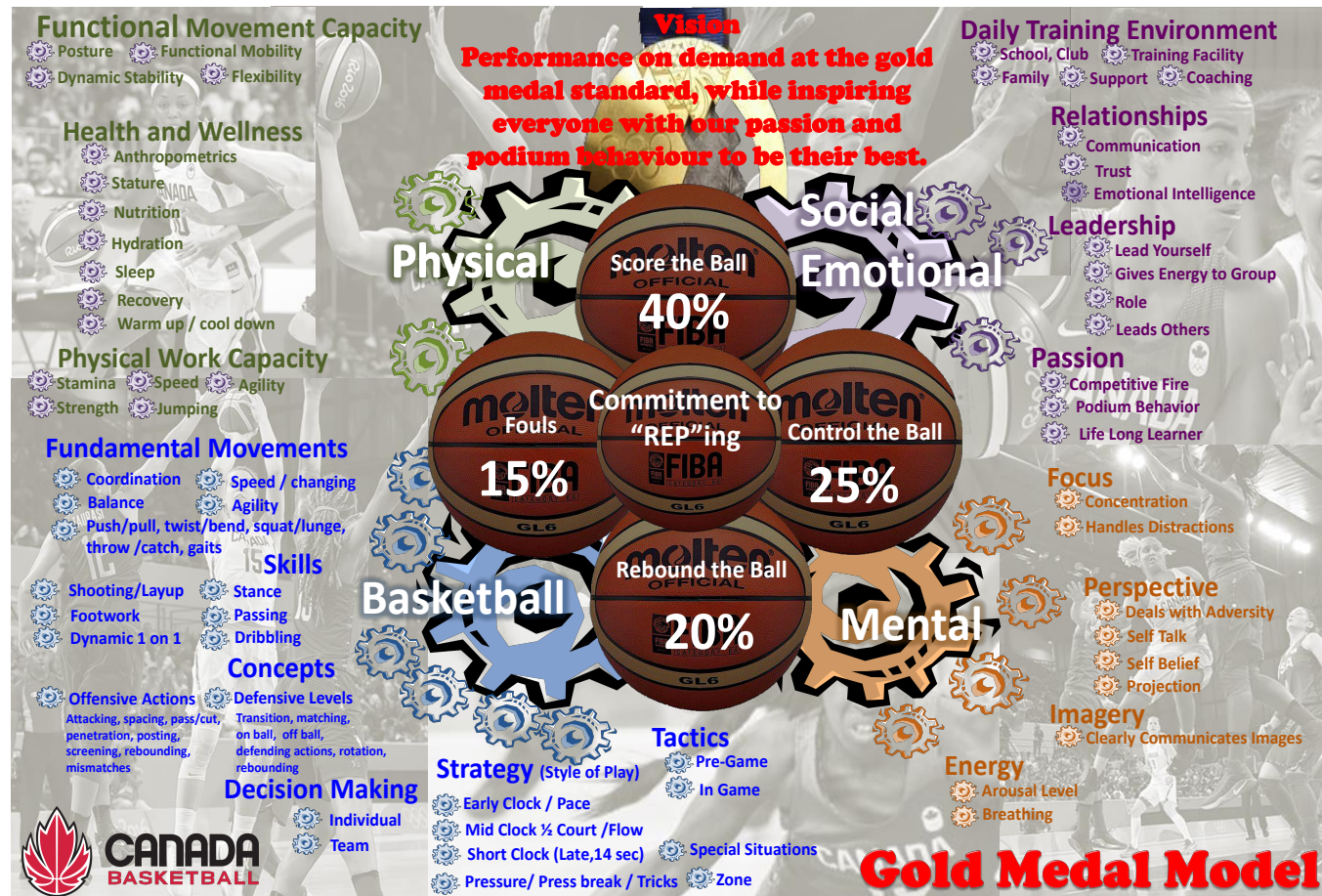
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Gold Medal Model (Gold Medal Profile)



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IPP—Individual Performance Plan

Based on the Gold Medal Model

IPP Excel Form

80 Performance Criteria

How to Implement the Activity
Planning Your Trip—Milestones

Email Mark Hogan for more information: markjonhogan@gmail.com

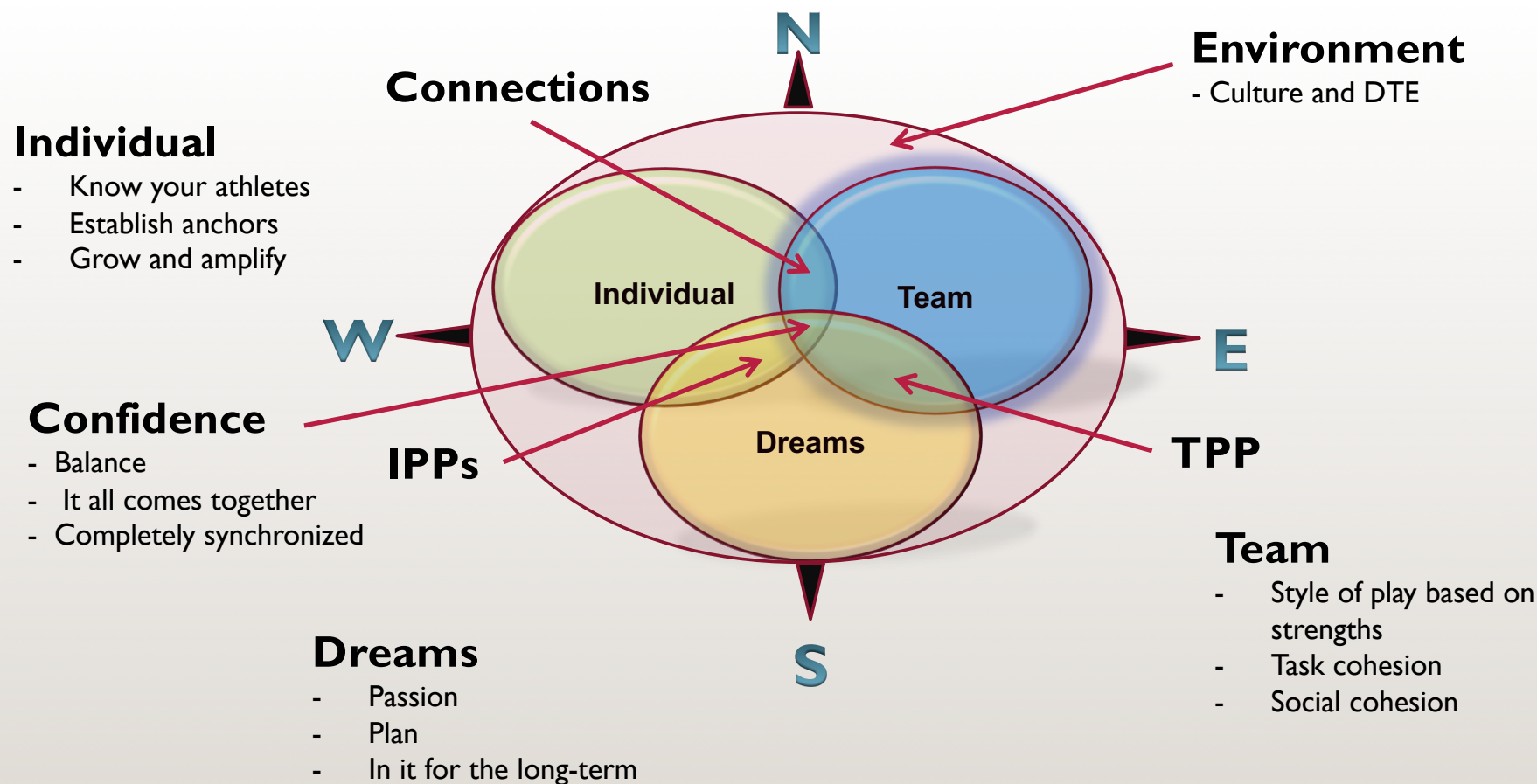
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Quality Coach

Coach Gold Medal Model

Developing Winners Who Can Perform in the Demands of the Storm



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Actions & Dominoes | Creating Advantages

Advantages

Actions & Dominoes

Actions are to Create Advantages

Small Advantages to become Big Advantages

Neutral may become an Advantage or a Disadvantage

One Action leads to another Action which leads to Another Action

Multiple Actions are Often Required until the Defense Falls (Dominoes)

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Establishing FLOW

1-2-3-4-5

1 = run our regular **Actions**

2 = get the ball to the **2nd side**

3 = set more **Screens**/picks (2 letter e's in three & screen)

4 = **4 Down** quick hit

5 = Rhymes with **Drive**

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Page 27-30 In ADVANCED Manual

TRACKING

What gets ***measured*** gets done!

What can you measure?

The best teams have a ***tracking*** method

You can ***track*** practices or you can ***track*** games

You can track individual performances or team performances

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LTAD—Long Term Athlete Development

5 S's of LTAD

Skills

Speed

Stamina

Strength

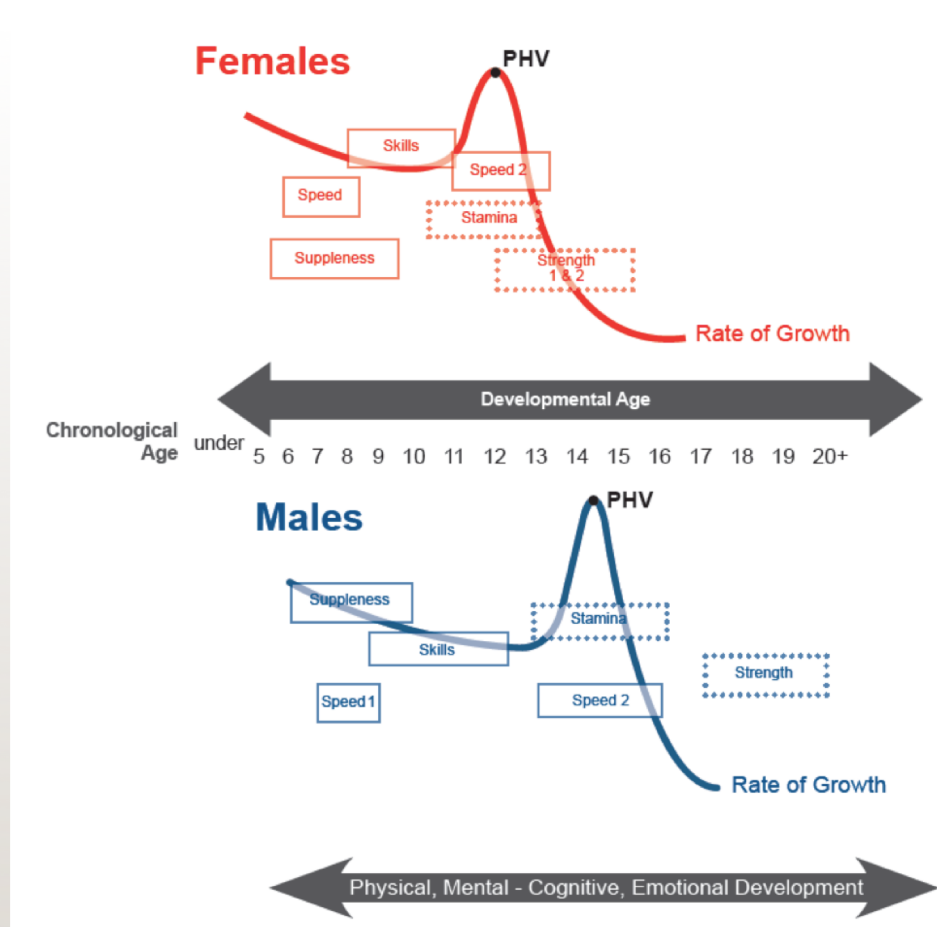
Suppleness

Not only are you developing ***Basketball Players***, you are also developing ***Athletes!***

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Peak Height Velocity

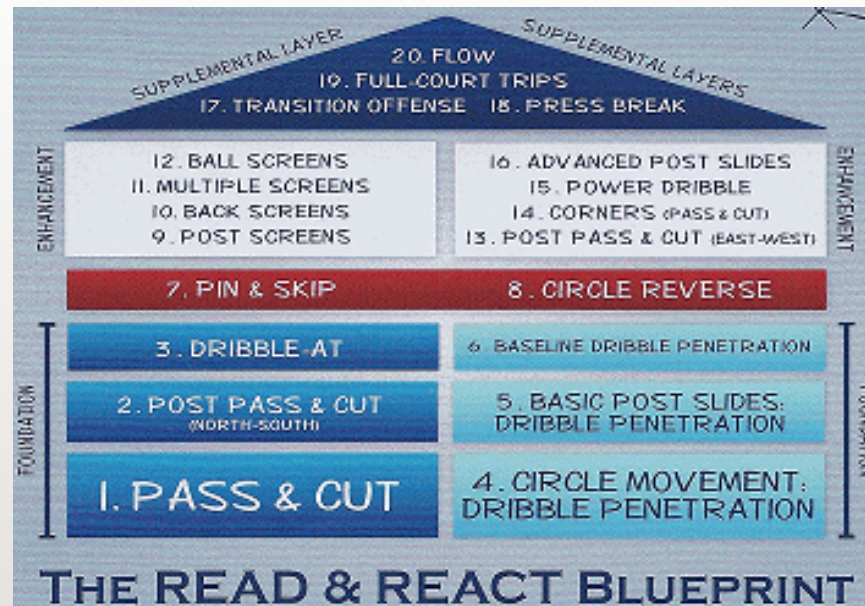


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Read & React Basketball—*Rick Torbett*

Read & React—20 Layers for Youth Basketball



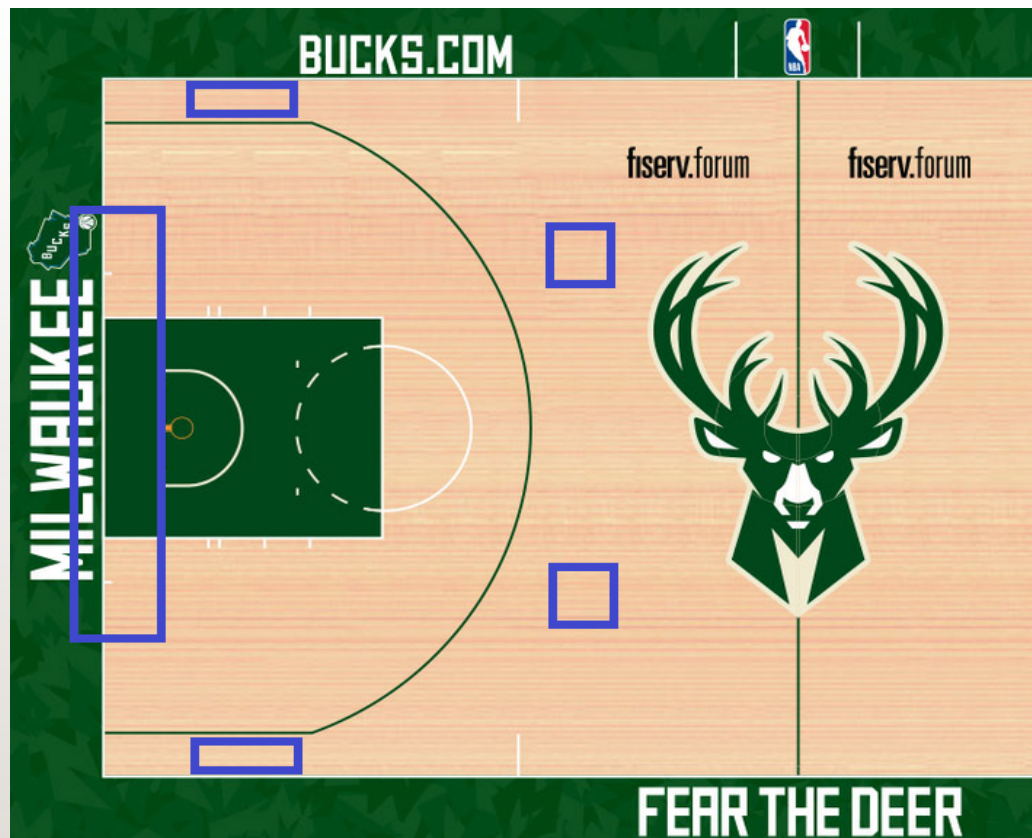
228 Page Read & React Document

[Click Here](#)

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Good Offense Starts with Good Spacing

SPACING—a vital Concept



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VIDEO

Read & React Basketball—*Rick Torbett*

Saint Joseph's College of Maine Video

(Part 2 - CMBA Website)



[Click Here](#)

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Read & React Basketball—Rick Torbett

Circle Movement Review

Girls Practice.1

Boys Practice.2

Watch Videos and provide a *Critical Review*

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Stages vs. Ages

Stage vs. Age

Loading & Unloading

Who + Why = What + How

Context

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Quick Hits

Phoenix (Wave Action)

Shooter (3 Point Action)

Curry (Regular, Big, Special, Hammer)

Hammer Screens (*see video*)

Fist (Post-up Action)

GDP (3 Player Action—Wave Action)

Combo (3 Player Action—Wave Action)

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Special Situations (Special Situation Clinic)

BLOBs

SLOBs

Jump Ball

ATO's

Quarter Change-ups

10 Series

Shot Clock

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Shot Clock Phases

Best teams in the world take early shots in the shot clock

6 Seconds – 12 Seconds – 6 Seconds

8 Seconds – 8 Seconds – 8 Seconds

Explode/Explore—Execute / Danger Zone

Players—Coach—Players

Danger Zone is Late in the Shot Clock—last 6 seconds

CB Moved 6 Shots From Late Clock To Early Clock After 2012

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Gold Medal Model—Defensive Priorities

Defend the Basket

Pressure the Ball—D21 & D9

Guard 1.5 Players

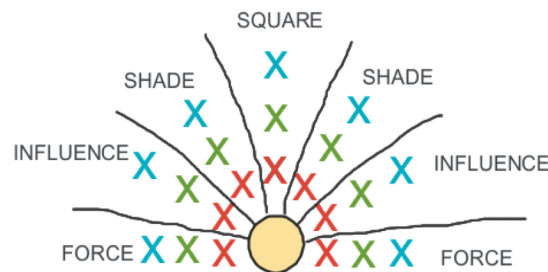
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Gold Medal Model—Defensive Priorities

D21

7 Angles
3 Distances

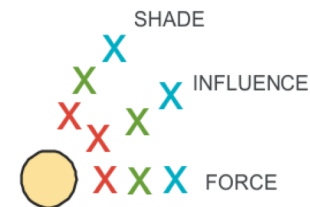


Red = Body
Green = Arm's Length
Blue = Sag or Gap

D9

3 Angles
3 Distances

Send to Weak Hand



Red = Body
Green = Arm's Length
Blue = Sag or Gap

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10 Commandments of Defense

Great Handout for your players

Players tend to relate to many of these defensive concepts.
Which, in turn, makes defense fun to play.

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10 Commandments of Defense

Which of the 10 Commandments resonate with you?

Which of the 10 Commandments do you currently use.

Solving problems (no. 10)

1. Preventer
2. Fixer
3. Eraser

How would you apply this Commandment to your team's defense?

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ADVANCED Review

Style of Play

Actions & Concepts

With a partner, review today's *ADVANCED* information...

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Feedback 101, 201 & 301

Feedback 101

Technical Skill Feedback

Feedback 201

Feedback after the Feedback

Feedback 301

Decision-making Feedback

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What is SISU?

SISU Begins
where
Perseverance Ends

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Prep for the On-court Session

Be Prepared To Participate On-court...and ***Bring your Child & a Friend/Teammate***

As with Players, Coaches Learn Better via Experiential Learning...

Competency Based Coaching is the New Standard for NCCP...

We have an Outline to Follow, *Unless...* Bring Your Questions!

We will Spend More Time on Style Of Play than on Individual Skill Development...

Offense takes Longer to Teach than Defense so We'll do more Offense...

Emphasis: Establishing Style of Play, Actions & Concepts | Read & React Offense...

Scrimmage (D Phase) vs. Breakdown Drills (ABC Phase) | ***Training Ugly Works!***

GOLD MEDAL PROFILE



WOMEN'S HIGH PERFORMANCE

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BONUS Materials

Overtime Materials

BONUS MATERIALS

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BONUS Materials & Review

P7R—Footwork & a KPI Skill

P7R is a great warm-up activity

Combines Fundamental Movement Skills with Technical Skills

We will do this activity on-court

Context: Stage vs. Age

BONUS Materials

Context



Who + Why = What + How

