



# ESSENTIALS

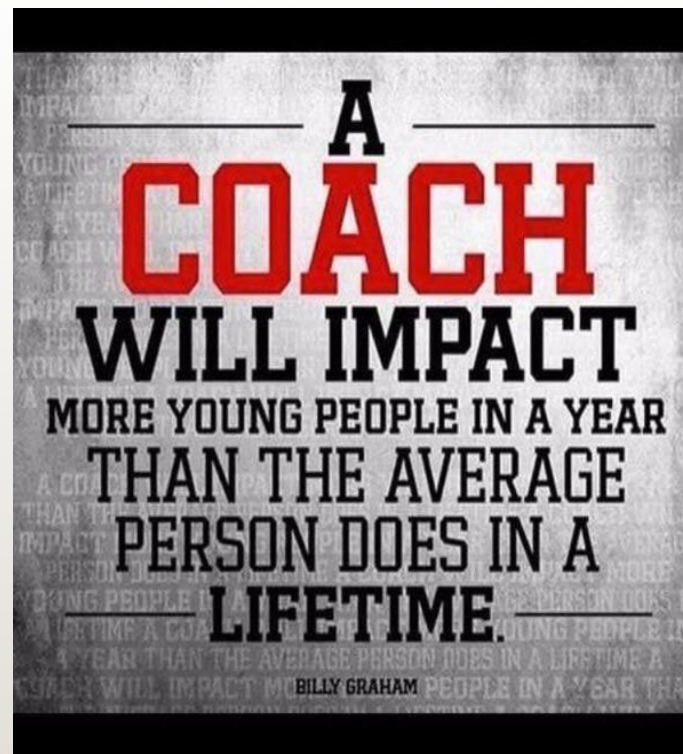
Fall 2022 - Winter 2023 Season



## 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

**Review** CMBA Website & Requirements

# CMBA Coach Education & Development

## Style of Play vs. Skill Development

---

Today's trend is for Players to learn **How to Play** the game

Traditional Approach (Skill Development) vs. New Trends (Style Of Play)

***Problem-Solving & Critical Thinking*** are keys to Team & Player Development



# CMBA Coach Education & Development

## Stage vs. Age of Player Development

---

### ***Best Practices***

Coach according to the ***Stage*** of your players

Most curriculums are based on ***Age***—U11, U13, U15, etc.

When going through the Essentials materials, be focussed on ***Stage*** vs. ***Age***

For more information on ***Stage*** vs. ***Age***, contact Mark Hogan at: [markjonhogan@gmail.com](mailto:markjonhogan@gmail.com)

# CMBA Coach Education & Development

*Page 4 in ESSENTIALS Manual*

---

Why do players play basketball (sports)?

Why do you coach?

What is your ***Style of Play?***



# CMBA Coach Education & Development

*Page 5 in ESSENTIALS Manual*

---

Getting Started

Expectations

Pre-Game Officials Meeting

# PARTICIPATION AGREEMENT

## GOVERNING CONDUCT FOR ALL COACHES, PLAYERS AND SPECTATORS

**MISSION STATEMENT** - CMBA provides basketball opportunities for youth in and around Calgary that is accessible, positive, fair and safe. CMBA will also provide leadership, promoting the values of teamwork, integrity and commitment, while developing skills at all levels of competition and a lifelong love of the game.

### UNDERSTANDING AND ABIDING BY THE RULES IS YOUR RESPONSIBILITY

- The rules of basketball should be regarded as mutual agreements, the spirit of which no one should try to evade or break. They exist for safety, proper order and enjoyment of the game for all involved

### RESPECT REFEREES, MINOR OFFICIALS, COACHES, AND SPECTATORS

- All officials play an integral part of the game. They **must** be regarded as honest in intentions. **Decisions of the officials must be accepted with good grace. Failure to do so may result in your removal from the gym. It may also result in a subsequent suspension.**
- The coach is volunteering his/her time so you/your child can enjoy basketball. Without the coach, there is no team, so be respectful and grateful for the coaches at all times.
- Respectful behavior **is required** before, during, and after the game.

### RESPECT THE RIGHTS, DIGNITY AND WORTH OF EVERY PERSON

- All persons connected with basketball are entitled to equal treatment and respect.

### RESPECT THE FACILITIES AND EQUIPMENT PROVIDED, INCLUDING THE GYM FLOOR

- Abuse of the facilities results in the loss of the gym for CMBA.

*Guests of any player, coach, official or spectator are the responsibility of that person and must abide by the same code of conduct.*

### OTHER EXPECTED BEHAVIORS WITHIN THE CODE OF CONDUCT:

#### Coaches

- When you win, be respectful and gracious toward you opponent. When you lose, be congratulatory and respectful
- Winning is desirable, but winning at any cost defeats the purpose of the game
- When your team is well ahead, take the opportunity to try new lines, plays and skills with your players, rather than running up the score
- Set a good example of sportsmanship for all children in the gym

#### Players

- When you win, be respectful and gracious toward you opponent. When you lose, be congratulatory and respectful
- Be fair always, no matter what the cost

#### Parents

- Set a good example of sportsmanship for all children in the gym
- Help make participation in CMBA a positive experience for your child and others
- Applaud good plays by both team



# CMBA Coach Education & Development

*Page 5 in ESSENTIALS Manual*

## 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!

# CMBA Coach Education & Development

## Addressing Officials

---

If you have a concern about either how the game is being officiated or calls that are being made:

- Please **address officials** in a timeout, quarter, or half time break.
- Please use the official(s) **first name** when addressing them. If you forget their name(s) refer to your team stat sheet, note pad, or whiteboard for their name.
- Please keep in mind the CMBA trains and has 14 year old officials that are just starting out in officiating (**beginners**). Keep your points limited in what you are concerned about. Then there isn't confusion about what you are primarily concerned about.



# CMBA COACH EDUCATION & DEVELOPMENT

*Page 5 in ESSENTIALS Manual*

## Pre-game Meeting—Referee Lead

---

Coaches / Officials / Gym Monitors / Team Captains

What is a **Gym Monitor**?

How effective is your Gym Monitor?

Are you familiar with CMBA's **Game Report** system?

# CMBA Coach Education & Development

*Page 5 in ESSENTIALS Manual*

## What is a Game Report?

---

A game report gives anyone playing, coaching, officiating, and attending a CMBA game the opportunity and ability to report both positive acts of sportsmanship, outstanding performance of officials and negative acts of sportsmanship, or poor performance that occurred in or around the game played in the CMBA League.

Game Reports are used by CMBA to identify both positive and negative behavior of players, coaches, officials, and fans. It is also used to support disciplinary action after investigation.

# CMBA Coach Education & Development

## Where Do You Find The CMBA Rules Of Play?

---



CMBA 2019-20 Rules of Play can be found on the CMBA web-site.

Click on the **Rules** on the top bar.

The table of contents lists all items from Section I to Section 8

[www.cmba.ab.ca](http://www.cmba.ab.ca)



# CMBA Coach Education & Development

## Getting to Know the CMBA Website

---

[www.cmba.ab.ca](http://www.cmba.ab.ca)

Explode—Explore—Execute

Reporting Game Scores

Game Reports

Resources

Schedules

Links

# CMBA Coach Education & Development

## Canada Basketball & CMBA E3

---



[www.basketball.ca](http://www.basketball.ca)



**E3:** Explode-Explore-Execute

[www.cmba.ab.ca](http://www.cmba.ab.ca)



# CMBA Coach Education & Development

*Page 6 in ESSENTIALS Manual*

---

## Parent Meeting

### Creating a Positive Gym Environment

### Style of Play, Actions & Concepts

# CMBA Coach Education & Development

*Page 6 In ESSENTIALS Manual*

## Parent/Player Team Expectation Meeting

---

Partner With A Coach To Discuss The 3 Questions Below

1. Why have a Parent/Player Meeting?
2. What topics do you cover in your Parent/Player meeting?
3. Is the Parent/Player Meeting required by CMBA?





# CMBA Coach Education & Development

*Page 6 in ESSENTIALS Manual*

## Positive Gym Environment

---

Creating a positive gym environment  
in practice and on game day

In practice

Before & after a Game

During a Game

# CMBA Coach Education & Development

*Page 6 in ESSENTIALS Manual*

## Style of Play, Actions & Concepts

---

Do you have an established ***Style of Play***?

Make a list of the ***Actions*** you want your players to use?

Make a list of the ***Concepts*** you want to use/teach?

## Explode—Explore—Execute

# CMBA Coach Education & Development

*Page 7-8 In ESSENTIALS Manual*

## Every Practice Needs a Little TLC

---

Create a list of effective **Teaching** techniques.

How do you know that your players are **Learning**?

What is your favourite **Competitive** drill?

# CMBA Coach Education & Development

## Games Approach To Teaching Skills

---

**FUN** is an Important Component of Teaching

### FUN Competitions

Big Island, Small Island

35-25

72 | 52 | 51 | 31



# CMBA Coach Education & Development

## Games Approach To Teaching Skills

---

### More **FUN** Games

T-Rex

Pirates

Super 7

Octopus

Frozen Cones

British Bull Dog

Dribble Knockout

***Sharks & Minnows***

Red Light Green Light

Rock Paper Scissors Football

# CMBA Coach Education & Development

*Page 37 In ESSENTIALS Manual*

## 31 Drills & Games for Kids

---

**31 BASKETBALL**  
**DRILLS & GAMES**  
*For Kids*



*...to be emailed to all ESSENTIALS Coaches by CMBA*

# CMBA Coach Education & Development

*Page 9-11 In ESSENTIALS Manual*

## Where To Begin / Practice Plan

---

Do you have a Practice Plan?

How is your Practice Plan organized?

***See Canada Basketball's Practice Plan Format***

Do you have all 5 segments in your Practice Plan?

What suggestions do you have to enhance your Practice Plan?

# CMBA Coach Education & Development

*Page 12 In ESSENTIALS Manual*

## Sample Club Practice Plan

---

Are all 5 segments in the sample Practice Plan?

Athletic activities are an important component of player development.  
*(more on this later in the course—page 35-36)*

Take note of: **B1-E2-C4**



# CMBA Coach Education & Development

*Page 13 In ESSENTIALS Manual*

## B1-E2-C4

---

### A Simple Concept that Works!

**B1**

**BEAT ONE** Defender

- Attack The Defender
- Read The Shoulder / Sever the Angle

**E2**

**ENGAGE A SECOND** Defender

- Pass To A Teammate
- Pass **Before** A Double Team Or Trap

**C4**

SEE Your **FOUR** Teammates

---

**C3**

- (U11) - Know Where Your **THREE** Teammates Are
- Enhances Decision-making

# CMBA Coach Education & Development

*Page 14 In ESSENTIALS Manual*

## Five Stage Teaching Method & Learning Styles

---

**Explanation—Demonstration—Application—EDC—Repetition**

The Greatest (Kenny Rogers)

Watch Your Language (Elephant & Giraffe)

Coach to Your Players' Learning Styles

Visual Learning is Number 1

# CMBA Coach Education & Development

*Page 15-16 In ESSENTIALS Manual*

## Take a TEMPerature Reading

---

### Error Detection Correction (EDC)

**T** = Technical

**E** = Emotional

**M** = Mental

**P** = Physical

# CMBA Coach Education & Development

*Page 17-18 In ESSENTIALS Manual*

## Feedback 101, 201 & 301

---

### Feedback 101

Technical Skill Feedback

### Feedback 201

Feedback after the 101 Feedback

### Feedback 301

Decision-making Feedback



# CMBA Coach Education & Development

*Page 19 In ESSENTIALS Manual*

## ABCD Teaching Technique

---

**A** = No Defense

**B** = Guided Defense

**C** = Live Breakdown Drills

**D** = Live 5v5 (4v4 for U11)

***Training Ugly!***

# CMBA Coach Education & Development

*Page 20 In ESSENTIALS Manual*

## ABCD Debrief Technique

---

Arguably the most important technique to teach:

### ***Decision-making & Basketball IQ***

**A** = Agree

**B** = Build

**C** = Challenge

**D** = Deeper

# CMBA Coach Education & Development

*Page 21 In ESSENTIALS Manual*

## Measuring Drills

---

Measuring Drills will Produce Greater Results

Rebounding Example

Lay-up Example

Share your Favourite Drills that can be ***Measured...***

# CMBA Coach Education & Development

*Page 22 In ESSENTIALS Manual*

## ROB Shot—BRAD Shot—REP'ing

---

ROB

Range  
Open  
Balanced

BRAD

Back  
Rim  
And  
Down

REP'ing

Reminders  
Encouraging  
Praise



# CMBA Coach Education & Development

*Page 23-24 In ESSENTIALS Manual*

## Creating a Style of Play & Outline

---

When it began...

Top 20 Concepts...

Building your Style of Play Outline...

# CMBA Coach Education & Development

Page 25 In ESSENTIALS Manual

## Gold Medal Model (Profile)



# CMBA Coach Education & Development

*Page 26-27 In ESSENTIALS Manual*

Explode—Explore—Execute (E3)

---

## The Foundation of Team Development

See Canada Basketball Article on pages 26-27

*See Resources on **CMBA Website***

(Coaches Corner tab to E3 tab)

# CMBA Coach Education & Development

*Page 28 In ESSENTIALS Manual*

## Explode—Explore—Execute (E3)

---

### Exercise

How will you implement E3 with your team?



# CMBA Coach Education & Development

*Page 29 In ESSENTIALS Manual*

## Global Player Development

---

### Today's Trend for Player Development

How would you coach a lesser-skilled player?

What drills do you do to support or hinder Global Player development?

Share your favourite Global Player development drill...

# CMBA Coach Education & Development

*Page 30 In ESSENTIALS Manual*

## Gold Medal Profile

---

### Canada's SWNT Top 4 & Top 6 Scoring Priorities

1. Attack the Rim

2. 3 Point Shot

3. Free Throws

4. Mid-range Shot

1. Attack the Rim

2. Attack the Paint

3. Free Throws

4. 3 Point Shot from the Corner

5. 3 Point Shot from the Top

6. Mid-range Shot

**Coach Activity**—what drills do you do to support these Top 4 Priorities?

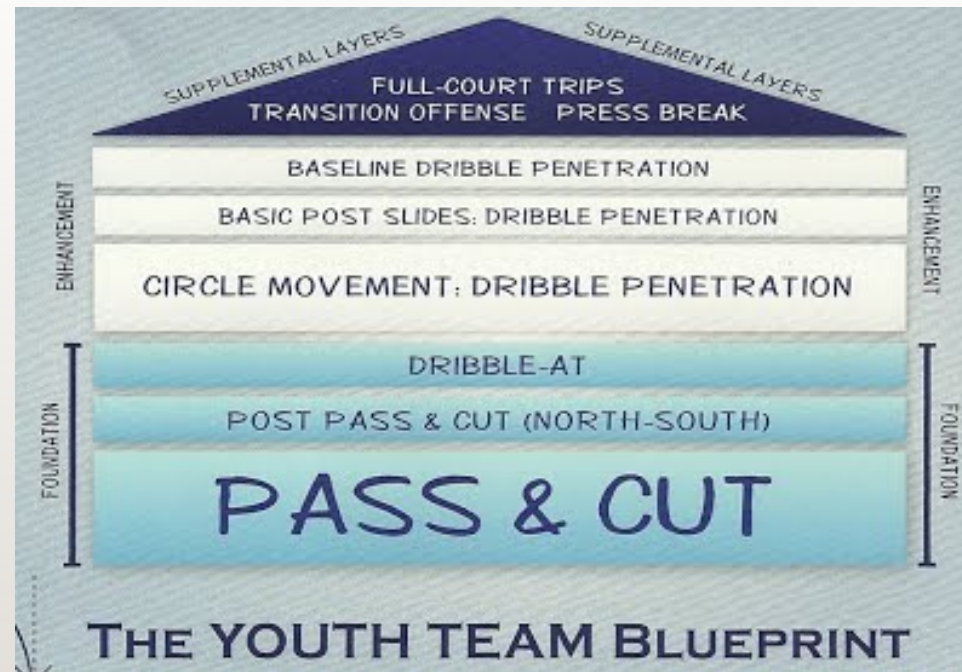
# CMBA Coach Education & Development

Page 31 In ESSENTIALS Manual

## Read & React Basketball—*Rick Torbett*

---

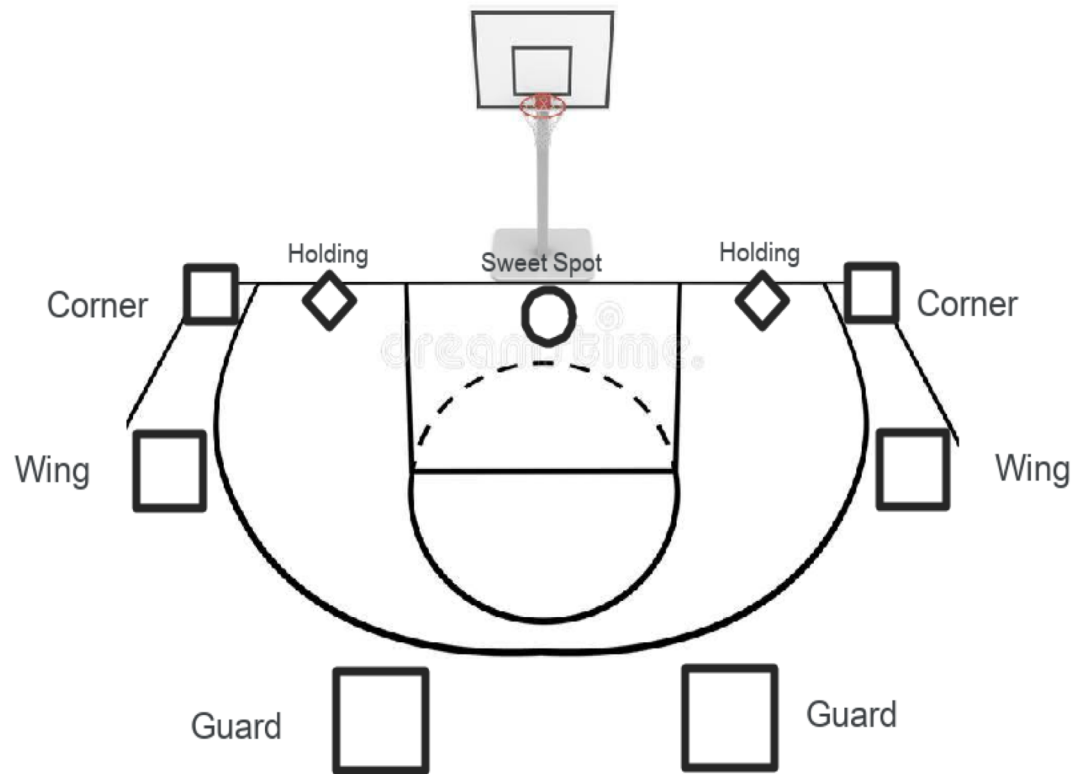
### Read & React—9 Layers for Youth Basketball



# CMBA Coach Education & Development

Good Offense Starts with Good Spacing

## SPACING—a vital Concept



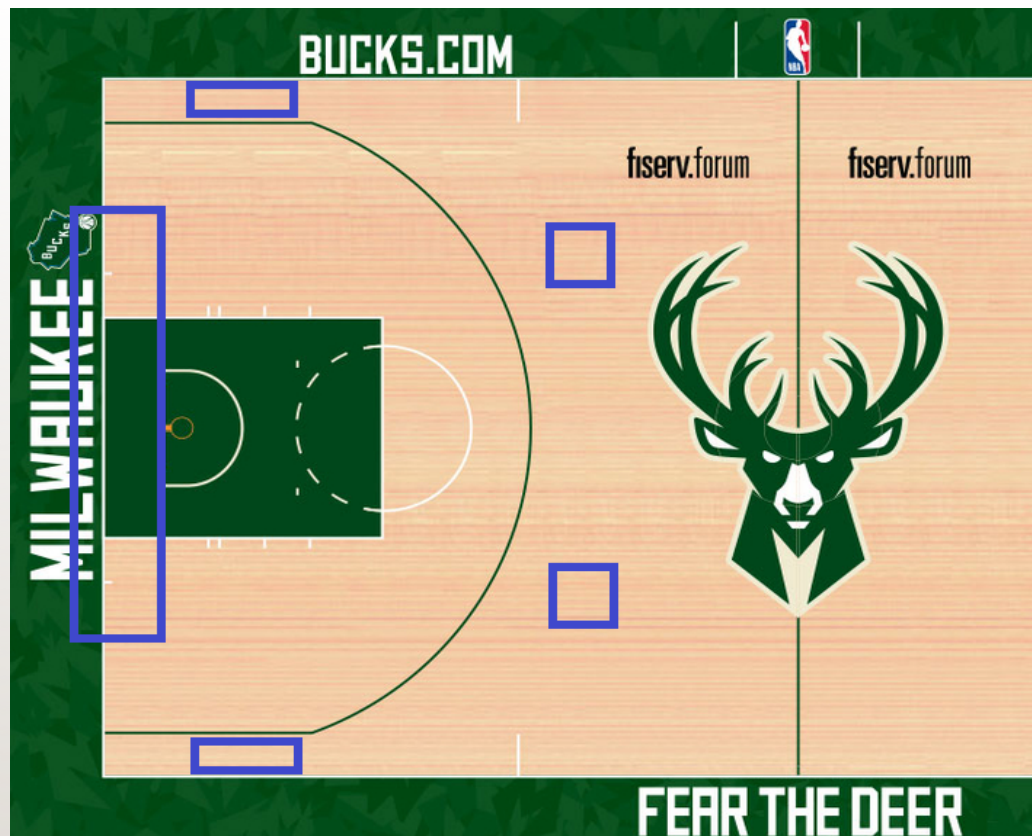


# CMBA Coach Education & Development

Good Offense Starts with Good Spacing

## SPACING—a vital Concept

---



# CMBA Coach Education & Development

*Page 32 in ESSENTIALS Manual*

Read & React Basketball—*Rick Torbett*

---

## Single Gap Actions

Pass & Cut, Pass & Slip, Pass & Pick, Pass & Get

Dribble-At: Backdoor, Post-up, Laker Cut, Draft Drive, COD Move

B1-E2

# CMBA Coach Education & Development

*Page 32 in ESSENTIALS Manual*

Read & React Basketball—*Rick Torbett*

---

## Double Gap Actions

Attack the Double Gap (B1-E2)—Attack the Rim/Paint

Dribble-At: DHP, Keep, Slip, Pick

## Wave Actions

(ESSENTIALS?)

Combo, GDP

# CMBA Coach Education & Development

Read & React Basketball—*Rick Torbett*

---

## Circle Movement Review



# CMBA Coach Education & Development

*Page 33 In ESSENTIALS Manual*

## Top 3 Defensive Priorities

---

Defend the Basket

Pressure the Ball

Guard 1.5 Players

What drills do you do to support these 3 defensive priorities?

# CMBA Coach Education & Development

*Page 34 In ESSENTIALS Manual*

## ***Solving*** Defensive Problems

---

Preventer

Fixer

Eraser

Players tend to enjoy being a defender based on being one of these 3 problem-solvers.

# CMBA Coach Education & Development

*Page 35-36 In ESSENTIALS Manual*

## LTAD—Long Term Athlete Development

---



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

# CMBA Coach Education & Development

Page 38 in ESSENTIALS Manual

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](https://coach.ca/responsiblecoaching)

Coaching Association of Canada  
Association canadienne des entraîneurs

Page 38 in Manual



# CMBA Coach Education & Development

## Style of Play Review

---

### Style of Play

### Actions & Concepts

### Coaching Techniques

With a partner, review today's ESSENTIALS information...

# CMBA Coach Education & Development

## 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!***



# FIBA Americas Champions Three Consecutive Olympics

