



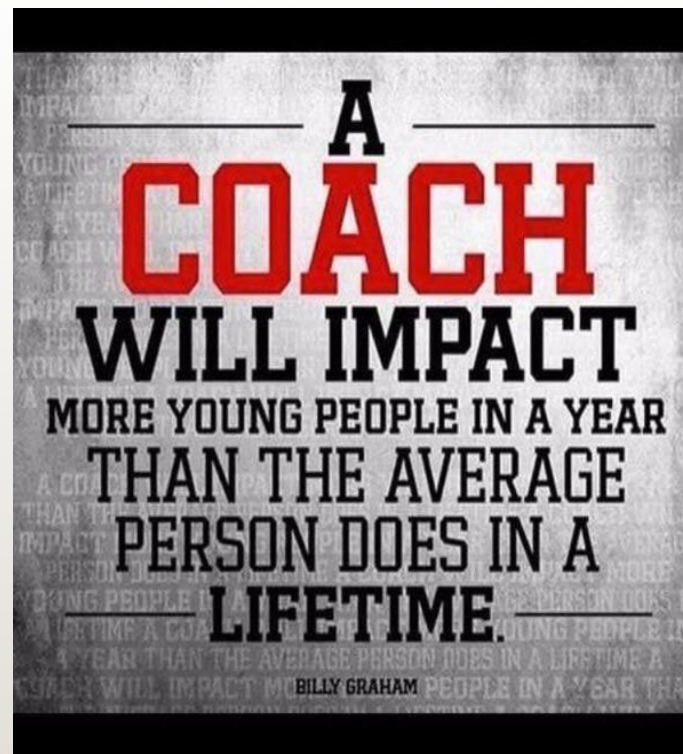
INTERMEDIATE

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 Policies & Procedures***

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Style of Play vs. Skill Development

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

Traditional Approach (Skills) vs. New Trends (Style Of Play)

Decision-Making Model is key to Team & Player Development

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Page 4 in INTERMEDIATE 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

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CMBA Website

www.cmba.ab.ca

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Explode—Explore—Execute

Explode

Explore

Execute

Foundation of Establishing Your Style of Play

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INTERMEDIATE Expectations

What are your expectations
for the classroom (Theory) and
on-court INTERMEDIATE sessions?

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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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Game Report

Game Report

Know where to do this on the CMBA website...

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Page 4 in INTERMEDIATE Manual

Pre-game Meeting—Referee Lead

Coaches / Officials / Gym Monitors / Team Captains

Do you find the Pre-Game Meeting with officials Effective?

How effective is the Gym Monitor program?

How do you run your Pre-Game meeting with your team?

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Page 5 & Page 6-8 In INTERMEDIATE Manual—Canada Basketball article

Parent/Player Team Expectation Meeting

Partner With A Coach To Discuss The 3 Questions Below

1. What key topics will you cover in your Parent/Player Meeting?
2. Would you agree that a Parent/Player meeting is valuable?
3. Is the Parent/Player Meeting required by CMBA?



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Page 5 in INTERMEDIATE Manual

Positive Gym Environment

Creating a positive gym environment
in practice and on game day

In practice

Before & after a Game

Is your demeanor in a game important re: creating a positive environment?

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Page 5 in INTERMEDIATE Manual

Style of Play, Actions & Concepts

Have you had success with your team's ***Style of Play***?

Which ***Actions*** were most effective with your ***Style of Play***?

Which ***Concepts*** covered in ESSENTIALS did you find most valuable?

Explode—Explore—Execute

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Page 9 in INTERMEDIATE Manual

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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Page 10 in INTERMEDIATE Manual

Style of Play, Actions & Concepts

How would you assess your ***Style of Play*** last season?

How have you promoted ***Style of Play*** with your team?

What specific things do you implement to promote ***Decision-Making***?

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Page 11 in INTERMEDIATE Manual

Style of Play, Actions & Concepts

Review of

Actions & Concepts

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Getting to Know the CMBA Website

www.cmba.ab.ca

Explode—Explore—Execute

Reporting Game Scores

Game Reports

Schedules

Links

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Canada Basketball & CMBA E3



basketball.ca



E3: Explode-Explore-Execute

cmba.ab.ca



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NEW! CMBA E3 WEBSITE - *EXAMPLE*



CMBA E3—Execute.1—DHO: Coach Nick
CMBA E3—Execute.2—DHO: Coach Brianna



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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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Ethics in Coaching

Responsible Coaching Movement

1. Rule of Two 2. Background Screening 3. Ethics Training

Identify ***Ethical*** issues when it comes to coaching.

How might these ***Ethical*** issues be prevented?

What steps should you take to deal with an ***Ethical*** issue?

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Page 12-13 In INTERMEDIATE Manual

KPI's—Key Performance Indicators

Starts with a ***Hunch***

Canada vs. China

University of Manitoba

What ***Hunch*** might you turn into a KPI?

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Page 14 In INTERMEDIATE Manual

Practice Planning & Season Planning

What ***Actions & Concepts*** do you want to cover this season?

How can you possibly cover everything?

Identify your priority ***Skills, Actions & Concepts*** you want to cover?

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Page 15 In INTERMEDIATE Manual

Every Practice Needs a Little TLC

Share a ***Competitive*** drill with a partner

What is the typical ***Tempo*** of your practice?

Do your drills match your ***Style of Play***?

(especially shooting drills)

Article on Page 17 / Article on Page 18-19

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Page 16 In INTERMEDIATE Manual

Measuring Drills

Measuring Drills will Produce Greater Results

Rebounding Example

Lay-up Example

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

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Page 18-19 In INTERMEDIATE Manual

Every Practice Needs a Little TLC

ANOTHER INTERPRETATION OF

TLC

Teach in A Phase
Learn in B Phase
Compete in C & D Phase

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Page 20-22 In INTERMEDIATE Manual

Practice Planning—ESSENTIALS (Review)

How have your Practice Plans improved?

Most important aspects of your Practice Plan

5 Segments of a Practice Plan

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Page 23 In INTERMEDIATE Manual

P7R—Footwork & KPI Skill

P7R is a great warm-up activity

Combines Fundamental Movement Skills with Technical Skills

We will do this activity on-court

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PVAD—Position, Vision, Anticipation, Decision-making

Positioning improves

Vision which improves

Anticipation which improves

Decision-making

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Page 25-26 In INTERMEDIATE Manual

ESSENTIALS (Review)

ABCD Teaching Phases (Loading & Unloading)

ABCD Debrief (& Pre-brief)

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Page 27-28 In INTERMEDIATE Manual

Feedback 101, 201 & 301

Feedback 101

Technical Skill Feedback

Feedback 201

Feedback after the Feedback

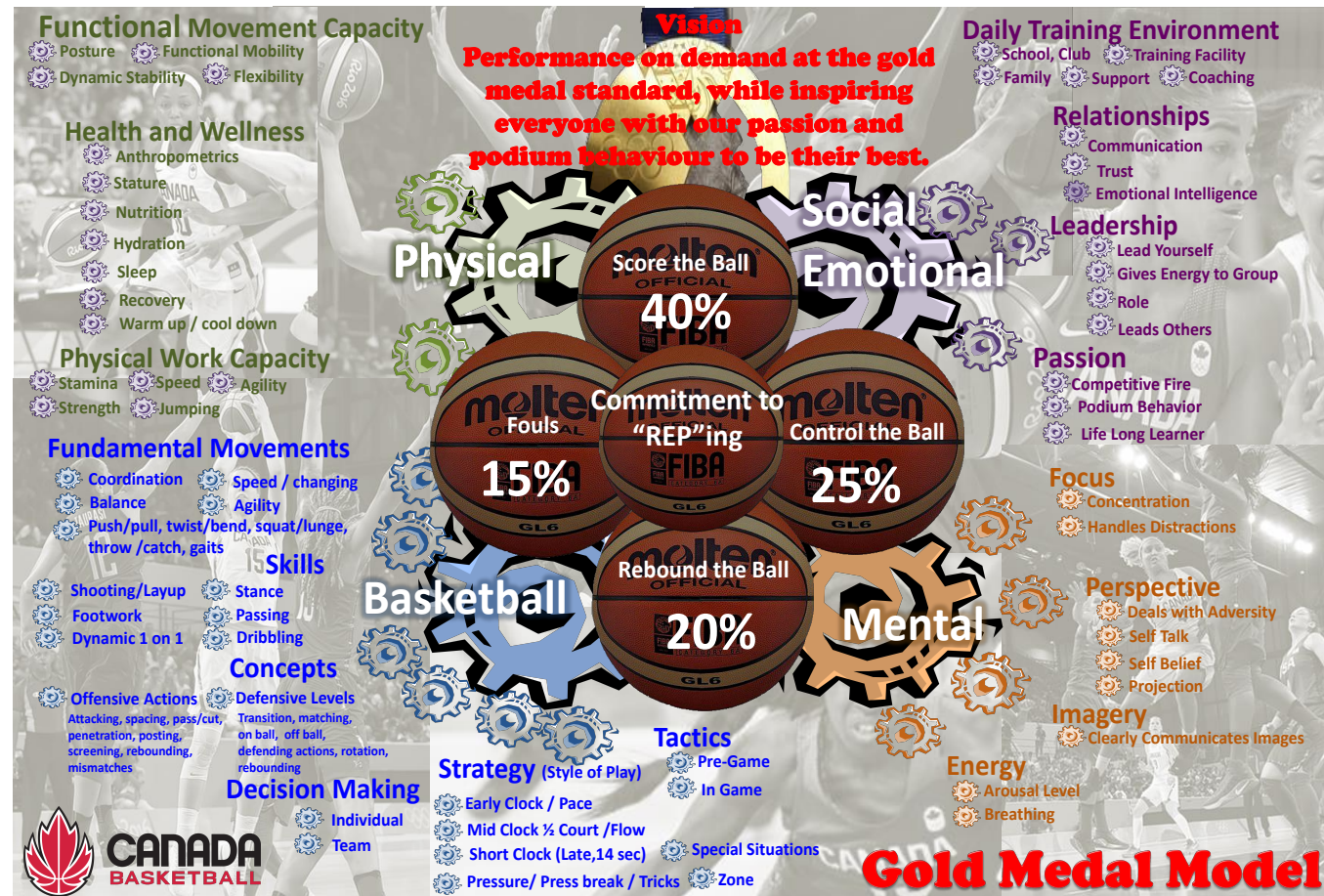
Feedback 301

Decision-making Feedback

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Gold Medal Model (Gold Medal Profile)



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Page 30-31 In INTERMEDIATE Manual

Creating a Style of Play

Where did it come from?

- 2012 Olympics put the wheels in motion

Top 20 Style of Play Concepts

Implementing Style of Play—Outline

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Page 32 In INTERMEDIATE Manual

Explode—Explore—Execute

Explode

Rebound & Go

Explore

Early Shot Clock Shot

Execute

Actions & Dominoes / Style of Play

Perhaps the most important **Core Foundation** for **Style of Play**

Page 33-34 CB Article

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Global Player Development

Global Player Development

How do you support GPD?

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Measuring Success—The Four Factors



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Scoring the Ball

Top 6 Scoring Priorities

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 Shots

Coach Activity—what drills do you do to support these Top 6 Priorities?

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ROB Shot—BRAD Shot—REP'ing

ROB

Range
Open
Balanced

BRAD

Back
Rim
And
Down

REP'ing

Reminders
Encouraging
Praise

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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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Page 39-40 In INTERMEDIATE Manual

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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Page 41-43 In INTERMEDIATE Manual

Attacking the Pack Line Defense

Many teams today play a sagging defense
to prevent attacking the rim and
encourages long-range shots

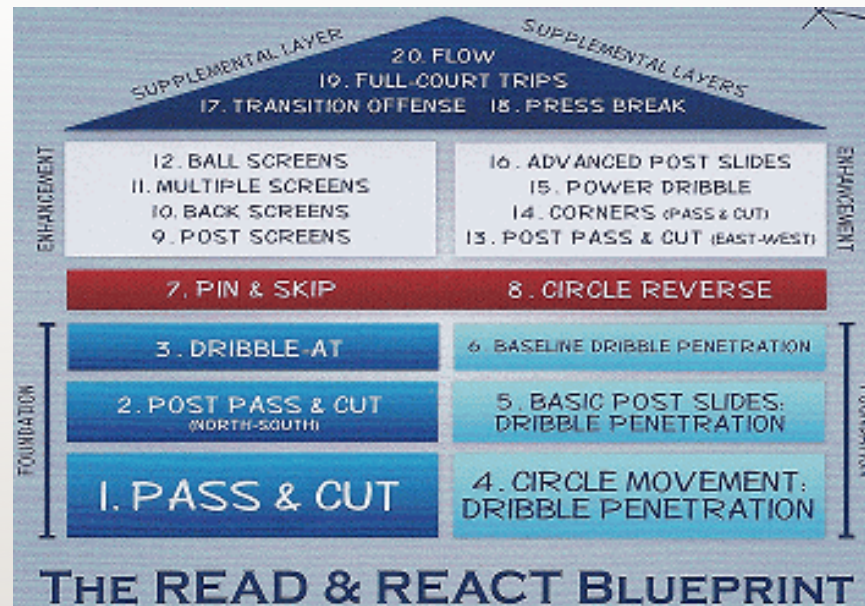
This article provides you with information on How To
beat a sagging or Pack Line defense

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Page 45-46 In INTERMEDIATE Manual

Read & React Basketball—*Rick Torbett*

Read & React—20 Layers for Youth Basketball

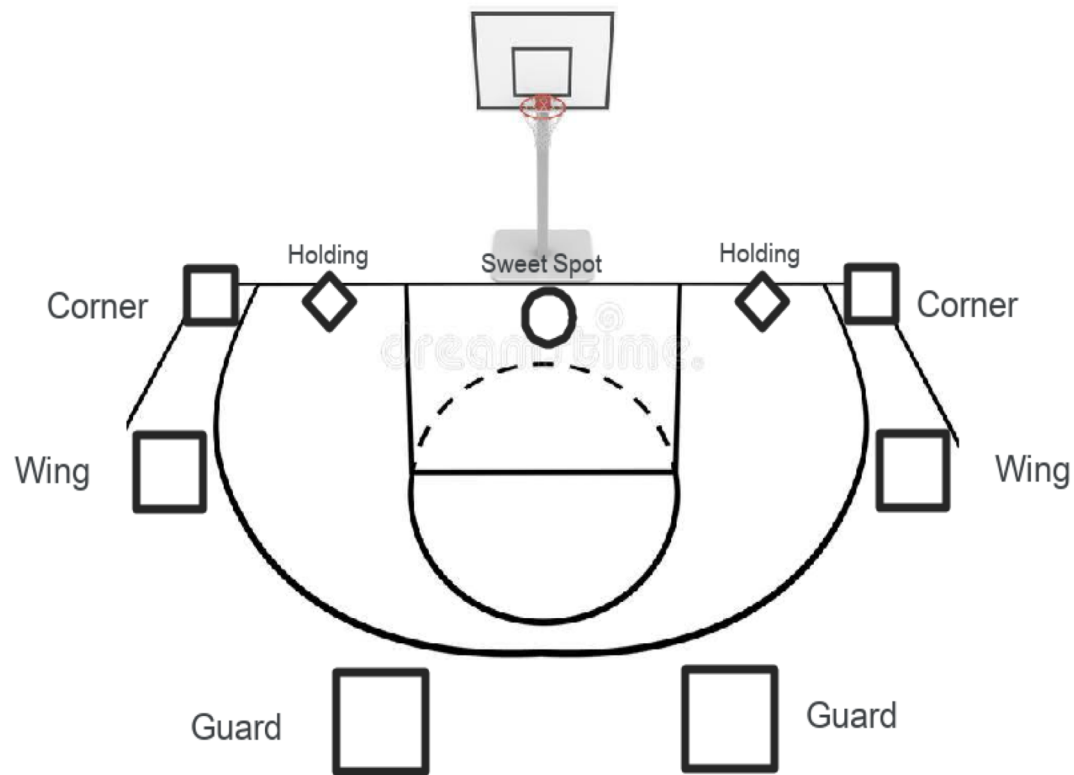


228 Page Read & React Document

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Good Offense Starts with Good Spacing

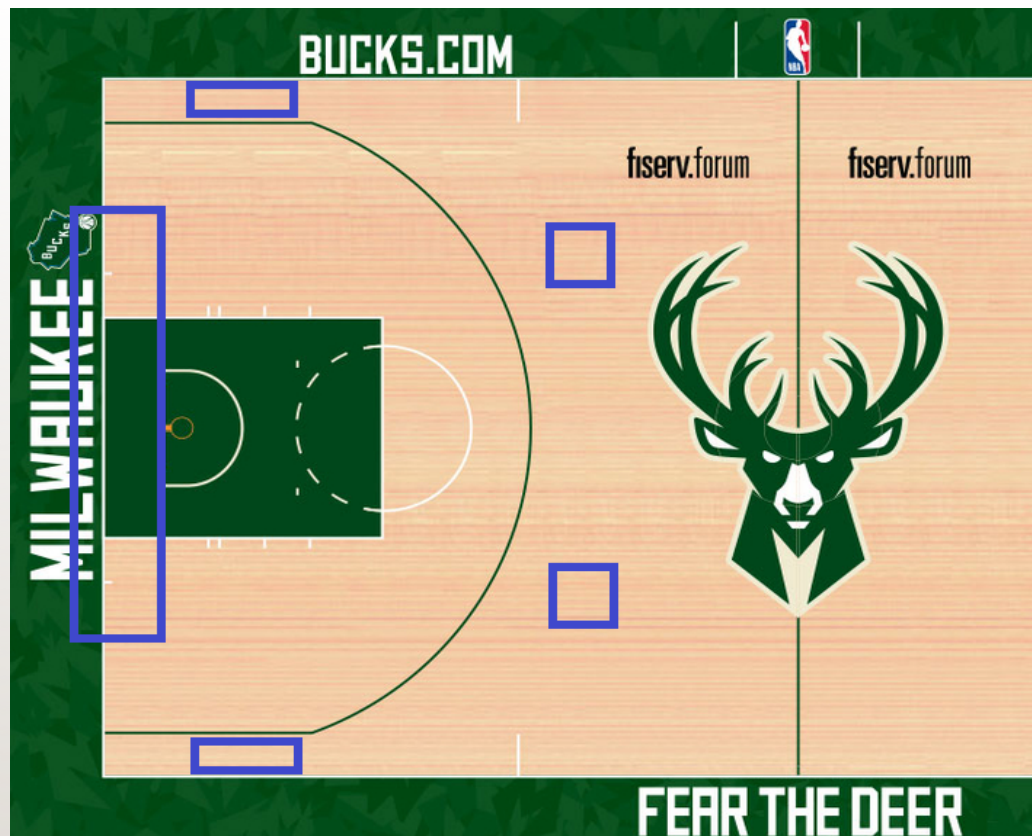
SPACING—a vital Concept



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Good Offense Starts with Good Spacing

SPACING—a vital Concept



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VIDEO

Read & React Basketball—*Rick Torbett*

St. Joseph's College of Maine Video

(Part I of 2 Part Series - CMBA Website)



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Read & React Basketball—*Rick Torbett*

Circle Movement Review

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INTERMEDIATE Review

Style of Play

Actions & Concepts

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

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Page 49-51 In INTERMEDIATE Manual

Transactional vs. Transformational Coaching

Which are you?

Transactional vs. Transformational

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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

LTAD—Long Term Athlete Development

5 S's of LTAD

Skills

Speed

Stamina

Strength

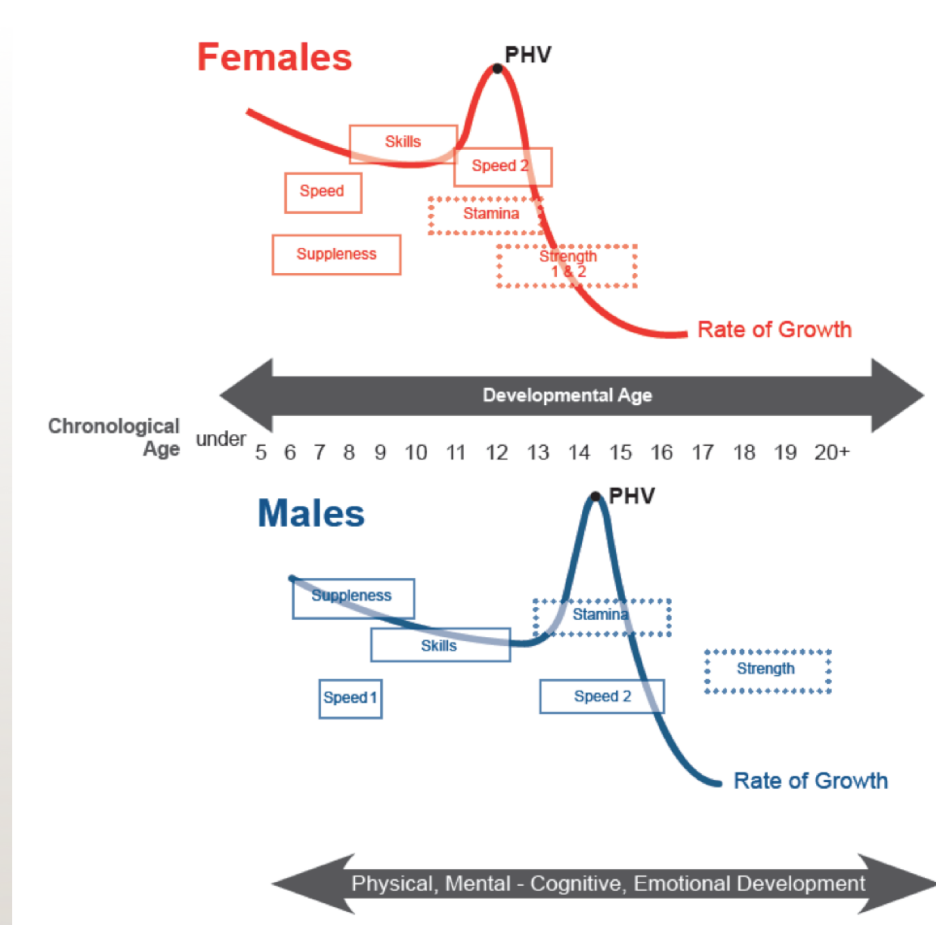
Suppleness

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

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BONUS Materials

Peak Height Velocity



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BONUS Materials

LTAD—Essentials Review

Athletic Abilities

Athletic Abilities	Developmental Age in Years																		
		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20			
Aerobic Power (intense, short efforts of 2-10 min)	F	⊗	⊗	⊗	⊗	⊗	⊗			⊗	⊗	⊗	⊗	⊗	⊗	⊗			
	M	⊗	⊗	⊗	⊗	⊗	⊗			⊗	⊗	⊗	⊗	⊗	⊗	⊗			
Aerobic Endurance (long efforts)	F	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗			
	M	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗			
Speed-Endurance	F	⊗	⊗	⊗	⊗	⊗	⊗			⊗	⊗	⊗	⊗	⊗	⊗	⊗			
	M	⊗	⊗	⊗	⊗	⊗	⊗			⊗	⊗	⊗	⊗	⊗	⊗	⊗			
Strength-Endurance	F	⊗	⊗	⊗			⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗			
	M	⊗	⊗	⊗			⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗			
Maximum Strength	F	⊗	⊗	⊗	⊗	⊗	⊗	⊗			⊗	⊗	⊗	⊗	⊗	⊗			
	M	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗		⊗	⊗	⊗	⊗	⊗			
Speed-Strength (muscular power)	F	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗		⊗	⊗	⊗	⊗	⊗	⊗			
	M	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗			⊗	⊗	⊗	⊗	⊗			
Flexibility	F	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗			
	M	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗			
Speed (efforts of 8 seconds or less)	F	⊗	⊗	⊗			⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗			
	M		⊗	⊗	⊗				⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗			
Speed (fast cadence of movement, short efforts)	F	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗			
	M	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗			
Agility/Balance/ Coordination	F	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗			
	M	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗			
Basic Techniques	F		⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗			
	M			⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗			
More Advanced Techniques	M																		
	F																		
Tactics and Decision- making	F	⊗	⊗	⊗			⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗			
	M	⊗	⊗	⊗			⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗			

Legend: ⊗ Should be avoided ⊗ Optimal training age □ Not a priority
 ⊗ In moderation √ As needed by the sport
 F Female M Male

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BONUS Materials

Shot Clock Phases

Best teams in the world shoot early shot clock shots

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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BONUS Materials

Actions & Dominoes

Actions

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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BONUS Materials

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**