

# Canada Basketball Super Clinic

May 28-30, 2021

## Carly Clarke—Ideas from our Canadian National Team

Canada Basketball SWNT

Coach Carly opened her presentation by expressing gratitude for the opportunity to work with world-class staff, world-class coaches and world-class athletes. She has worked with Canada Basketball for over a decade and genuinely appreciates the opportunity to do so.

The overview for her presentation was on *Planning*, *Simplicity* and *Efficiency*.

It is easier to adapt to a plan than it is to create as you go. The importance of having a season-long plan was stressed because a detailed plan with clarity of the end goals is designed to set the course—if necessary, adapt as you go.

PRE-CAMP PLANNING						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 16	May 17	May 18	May 19	May 20	May 21	May 22
			TRAINING CAMP - TAMPA	TRAVEL TO TAMPA ISOLATION DAY 1	ISOLATION DAY 2	ISOLATION DAY 3
			May 23	May 24	May 25	May 26
			TRAINING CAMP - TAMPA			
IST INTAKE	IST INTAKE	PRACTICE 9:00AM-11:00PM	PRACTICE 9:00AM-11:00PM	PRACTICE 9:00AM-11:00PM LIFT 4:00PM	PRACTICE 9:00AM-11:00PM	PRACTICE 9:00AM-11:00PM LIFT 4:00PM
			May 27	May 28	May 29	May 30
			TRAINING CAMP - TAMPA			TRAINING CAMP - TAMPA
REST & RECOVERY DAY	PREHAB/PP 10:00AM-11:00AM PRACTICE 11:00AM-12:00PM	PRACTICE 9:00AM-11:00PM LIFT 4:00PM	PREHAB/PP 10:00AM-11:00AM PRACTICE 11:00AM-12:00PM	PRACTICE 9:00AM-11:00PM	PRACTICE 9:00AM-11:00PM LIFT 4:00PM SELECTION MEETINGS	TRAVEL TO PUERTO RICO

7:00-8:00 AM Testing  
8:00 AM Breakfast  
8:45 AM Taping  
9:30 AM Technical Meeting  
10:00 AM Individual Prep on court  
10:30 AM Practice  
1:00 PM Cool Down  
1:30 PM Lunch  
2:30-5:30PM Treatment Slots  
3:00-5:30 Mental Performance Slots  
5:30-6:15PM Additional Therapy Slot  
6:30 PM Dinner  
7:15 PM Staff Meeting

An important aspect of the SWNT planning is *Scenario Planning*. For example, what are the time zones of the competitions? What are the specific game times? Will there be back-to-back games? Will the competitions be a tournament format or exhibition games?

These and other considerations are important to plan for with the national team, whereas, for most coaches at the community, club or school level usually do not need to plan like this.

Having said that, all coaches need to plan for the scenarios that will occur within their context. Scenario planning, then, is an important aspect of a coach's overall plan—seasonal and/or daily.

*Technical & Tactical Planning* are also major contributing factors to athlete performance. "Everything we do impacts performance." Our SWNT training regimen must be focused on loads, peaks, recovery, nutrition, rest, etc. "Everything we do impacts performance."

This is another important consideration for community, club and school coaches—certainly not at the level of a national or elite team, but being cognizant of what impacts performance in your context is huge.

*Team Building* and *Building Connections* are also huge considerations for our SWNT. Energizers before every team meeting are utilized (brings the team together), techniques to support player interactions are employed (example: no cell phones are allowed at team meals—players are expected to engage with teammates and/or coaches during meals), etc.

*Connections* are key to building strong teams and strong relationships.

# PHYSICAL READINESS

Load monitoring  
Lifting through training  
Pre-hab  
Cool Down  
Recovery

**Physical Readiness** is a requirement for elite level teams. How they load (deliberate and calculated loading) and the monitoring of loads are done daily and weekly—and adjusted accordingly.

Lifting weights is done through the training regimen to maintain athlete strength. Again, the lifting load is monitored.

Pre-hab is important for injury recovery. Players cannot afford to be injured in such a short window, therefore, prime importance is placed on pre-hab training.

All coaches at all levels should incorporate injury prevention techniques at all times—the safety of players is paramount.

During the course of the SWNT training schedule, **Recovery Days** are scheduled—these are not off-days, they are recovery days. The use of **intentional language** has become an important component of player development in recent years.

*How intentional is your language with your players? Intentional language is a coaching technique worthy of research, if you have not already done so.*



Our SWNT believes that every 1% makes a difference. Everything they do every single day makes a difference. Therefore, establishing standards and expectations are critical to team success.

When your team knows **Why** they are doing what they're doing, there is greater buy-in and a common purpose is established. Buy-in strengthens the team.

SWNT Mantra—everything the coaches and players do are encapsulated within:

Dynamic  
Relentless  
Together

Another example of SWNT intentional language is that they hold *Technical Meetings*, not team meetings.



Meetings are 30 minutes max.

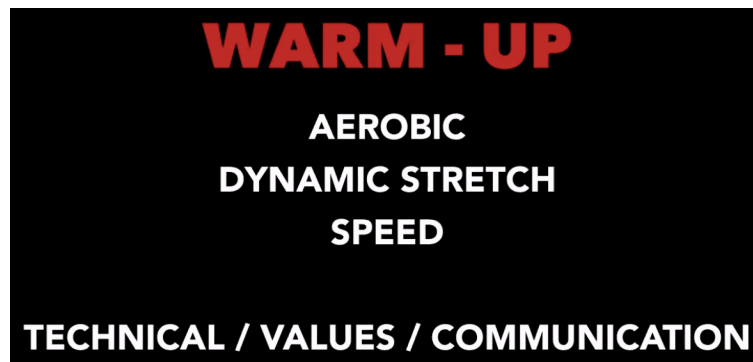
An energizer of some sort begins every meeting.

Athletes are involved in the meeting—this creates engagement.

3 Key Objectives are highlighted at each meeting—less is more (a common theme)!

Intentional Language is utilized as well as other communication techniques such as a whiteboard, film, etc.

An effective *warm-up* before practices and games has been implemented by the SWNT. Again, everything they do (including warm-ups) is important and intentional.



Coaches are encouraged to implement the *everything we do is important* approach to coaching. Further to this, implementing an attitude to *do it right* complements the above approach.

Our SWNT spends most of their practice time in 5on5 and 4on4 situations. Breakdowns are important, however, given the window the SWNT has to prepare, they must prepare for game-like scenarios—5on5 is more game-like than any 3on3, 2on2 or 1on1 breakdown.

*Coaches must take into consideration their own context to determine how much 5on5 they want to do versus a number of breakdown activities. Research has shown that for the most part, coaches do not play enough 5on5 in practice.*

**Tracking performance**—monitoring and tracking performance provides objective information as to what an athlete's performance was or what a team's performance was. Numbers don't lie, therefore, accurate tracking paints a revealing portrait of player and team performance.

A typical stat sheet of FGM, FG%, etc. does not provide accurate enough information pertaining to what's most important for the team's Style of Play.

Having said this, once again, less is more. You cannot track everything—too much information can be paralyzing for players. Determine what is most important and track accordingly.

For example:

How many times did the ball get into the paint?

Was it a two-foot stop in the paint or a one-foot take-off?

How many times was the ball reversed to create an open shot?

How many shots were contested and/or uncontested?

Was a good decision or a poor decision made?

Did good execution or poor execution result in a turnover or a made basket?

These and others are good examples of tracking performances & decisions as to what's most important.

Turnovers:	
Type	Total
Poor Decisions	19
Poor Execution	59
Pressure	38
Shot Clock	0
Total	116

Shot Quality:						
	Total	Makes	FG%	% of Attempts	% of Attempts	
1 - Bad	6	1	16.7%	1.8%	1.8%	1 - Bad
22 - Contested 2	31	4	12.9%	9.3%	16.8%	2 - Contested
23 - Contested 3	25	1	4.0%	7.5%		
32 - Uncontested 2	43	21	48.8%	12.9%	38.4%	3 - Uncontested
33 - Uncontested 3	85	33	38.8%	25.5%		
41 - At Rim (1 Foot)	76	37	48.7%	22.8%	42.9%	4 - At Rim
42 - At Rim (2 Feet)	67	39	58.2%	20.1%		
Total	333	136	40.8%	100.0%	99.9%	Total

There are several Style of Play tracking components a coach can create and use to obtain objective information. Once you start to track specific performance actions and/or concepts, you will see improved performance by your players and team.

**Remember, what gets measured gets done!**

You decide what is important for your team to do, performance-wise. When you track performance, it generally gets done.