



ESSENTIALS

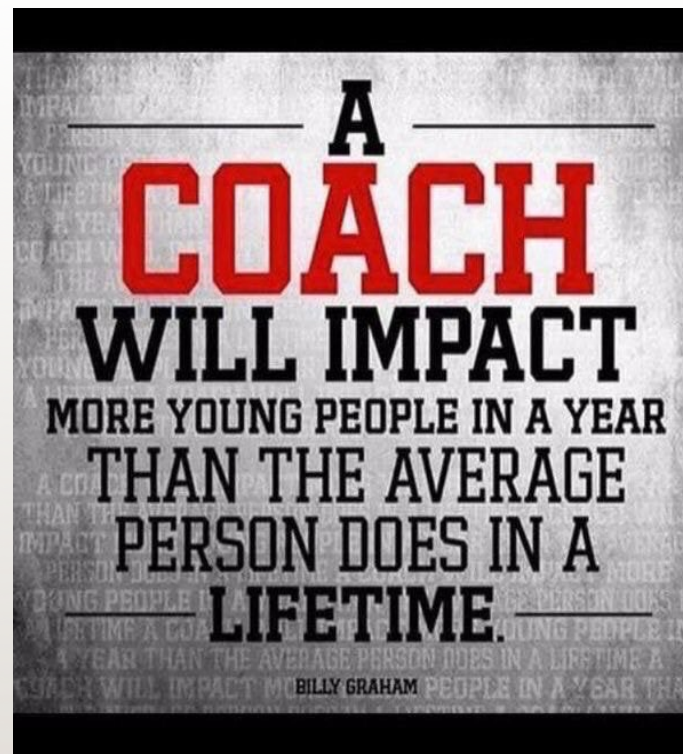
Fall 2023 - Winter 2024 Season



Coach Education & Development Program



Welcome to CMBA Coach Education & Development



CMBA Coach Education & Development

is designed to

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

Reference CMBA Website & Coach Requirements

Promote ***Best Practices*** & Effective ***Coaching Methods***

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



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***



CMBA Coach Education & Development

Page 3 in ESSENTIALS Manual

Why do players play basketball (sports)?

Why do you coach?

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



CMBA Coach Education & Development

Page 4 in ESSENTIALS Manual

CMBA Requirements

Expectations

CMBA Administration

Parent 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 6 in ESSENTIALS Manual

CMBA On-line Orientation

Go to: www.cmba.ab.ca

Coaches to complete the On-line Orientation Course



CMBA Coach Education & Development

EXPLODE—EXPLORE—EXECUTE

Explode

Rebound & Go

Pace

Full Speed—Go Faster

Explore

Take the first good Open Shot

Lay-up, 3 Point Shot, Attack the Rim

ROB Shot (page 24)

Execute

Execute Actions

Pass & Cut—Pass & Get

Spacing—Double Gaps & Single Gaps

B1-E2



CMBA Coach Education & Development

Pages 7-9 in ESSENTIALS Manual

Parent Meeting



CMBA Coach Education & Development

Pages 7-9 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

Pages 10-12 in ESSENTIALS Manual

Dealing with Difficult Parents



CMBA Coach Education & Development

Page 13 In ESSENTIALS Manual

Where To Begin / Practice Plan

Failing to plan is planning to fail – *John Wooden*

Do you have a Practice Plan?

How is your Practice Plan organized?

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 14 In ESSENTIALS Manual

5 Segments of a Practice Plan

Are all 5 segments in your Practice Plan?



CMBA Coach Education & Development

Page 15 In ESSENTIALS Manual

Sample Practice Plan

Note: all 5 segments are included in this Practice Plan

Athletic activities are an important component of player development.
(more on this later in the course)

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



CMBA Coach Education & Development

Page 16 in ESSENTIALS Manual

Actions, Style of Play & Coaching Concepts

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

Are you familiar with the ***Actions*** you want your players to use?

Review the ***Actions, Style of Play & Coaching Concepts***.

Explode—Explore—Execute



CMBA Coach Education & Development

Page 17 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

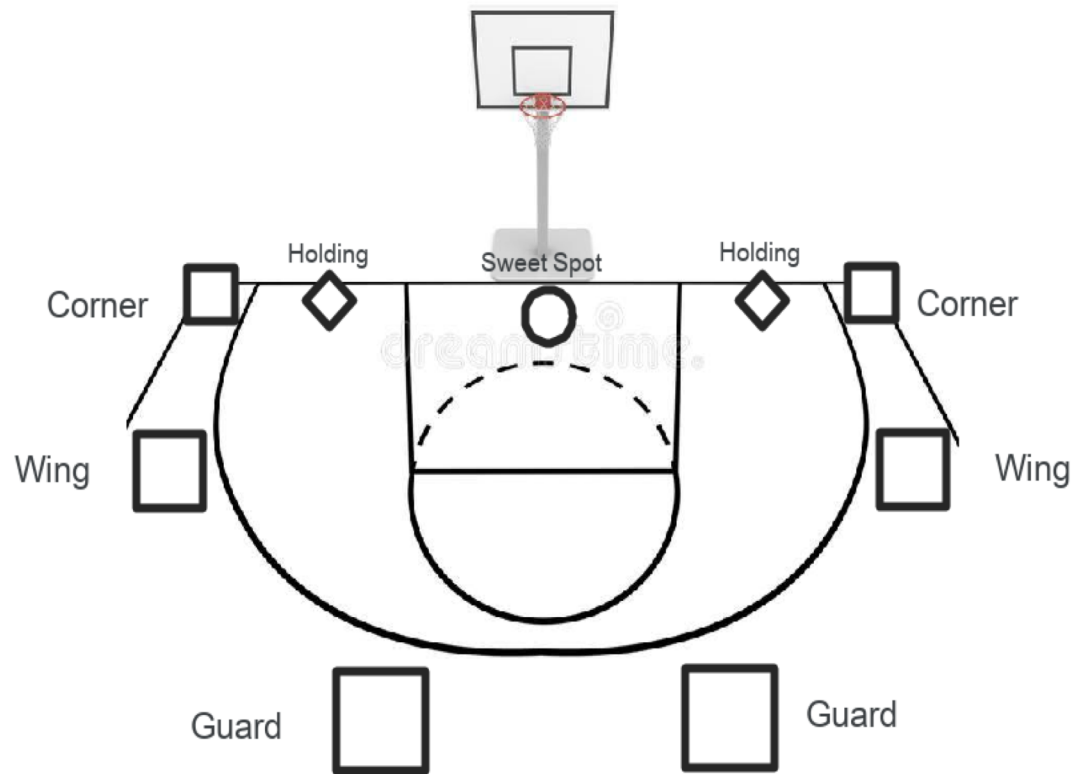
- (U11) - Know Where Your **THREE** Teammates Are
- Enhances Decision-making



CMBA Coach Education & Development

Good Offense Starts with Good Spacing

SPACING—a vital Concept



CMBA Coach Education & Development

Page 18 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

Page 19 In ESSENTIALS Manual

Every Practice Needs a Little TLC

TLC Notes



CMBA Coach Education & Development

Page 20 In ESSENTIALS Manual

Five Stage Teaching Method & Learning Styles

Explanation—Demonstration—Application—EDC—Repetition

The Greatest (Kenny Rogers)

Watch Your Language (Elephant & Giraffe)



CMBA Coach Education & Development

Page 21 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 22 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 23 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 24 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 25 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 26 In ESSENTIALS Manual

Explode—Explore—Execute (E3)

How will you implement E3 with your team?

Explode—Explore—Execute (E3)



CMBA Coach Education & Development

Page 27 In ESSENTIALS Manual

Global Player Development

Today's Trend for Player Development

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

Share your favourite Global Player development drill

Refer to the Nikola Jokic article (pages 28-33)



CMBA Coach Education & Development

Page 34 In ESSENTIALS Manual

Gold Medal Model (Profile)



CMBA Coach Education & Development

Page 35-36 In ESSENTIALS Manual

Creating a Style of Play & Outline

When it began

Top 20 Concepts

Building your ***Style of Play*** Outline

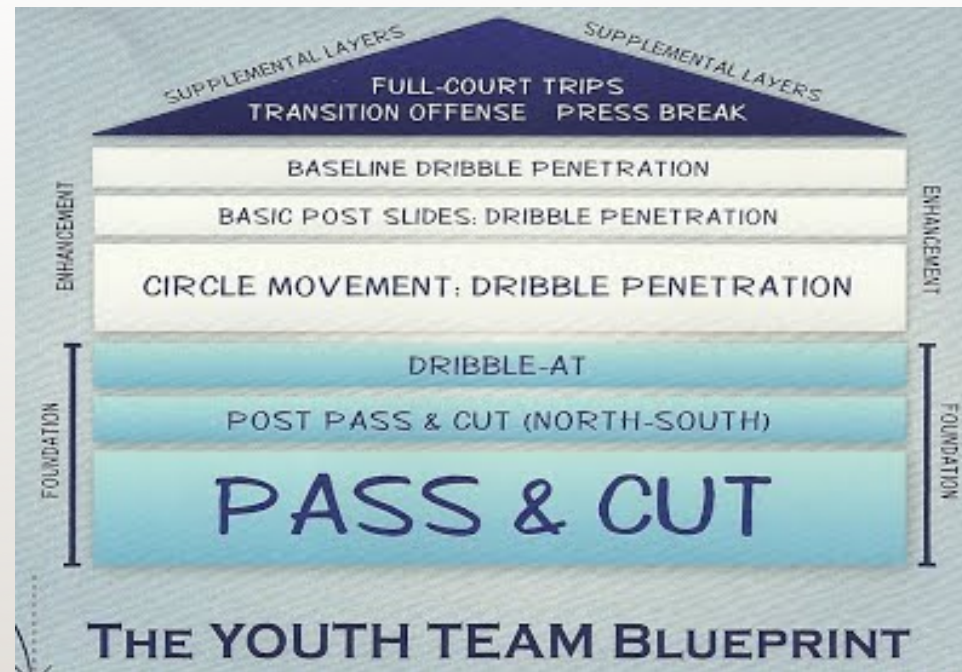


CMBA Coach Education & Development

Page 37 In ESSENTIALS Manual

Read & React Basketball—*Rick Torbett*

Read & React—9 Layers for Youth Basketball



CMBA Coach Education & Development

Page 38 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 39 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 40 In ESSENTIALS Manual

LTAD—Long Term Athlete Development



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



CMBA Coach Education & Development

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



coach.ca | 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



CMBA Coach Education & Development

Bonus Materials

Warm-up Games Approach

Take a TEMPerature Reading

Spacing

Single & Double Gaps



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

31 Drills & Games for Kids

31 BASKETBALL
DRILLS & GAMES
For Kids



*email **Mark Hogan** for a copy*



CMBA Coach Education & Development

Take a TEMPerature Reading

Error Detection Correction (EDC)

T = Technical

E = Emotional

M = Mental

P = Physical



CMBA Coach Education & Development

Spacing Actions & Concepts

Single Gap Actions

Double Gap Actions

Wave Actions



CMBA Coach Education & Development

BONUS Materials

Two (2) Series

2 = reverse ball to Second Side

2-1 = Same as 2 above

2-3 = reverse ball and set a PNR (2 letter e's in three & screen)

2-4 = reverse ball & execute 4 Down

2-5 = reverse ball & Attack the Rim/Paint (rhymes with ***Drive***)

