



# INTERMEDIATE

Fall 2023 - Winter 2024 Season

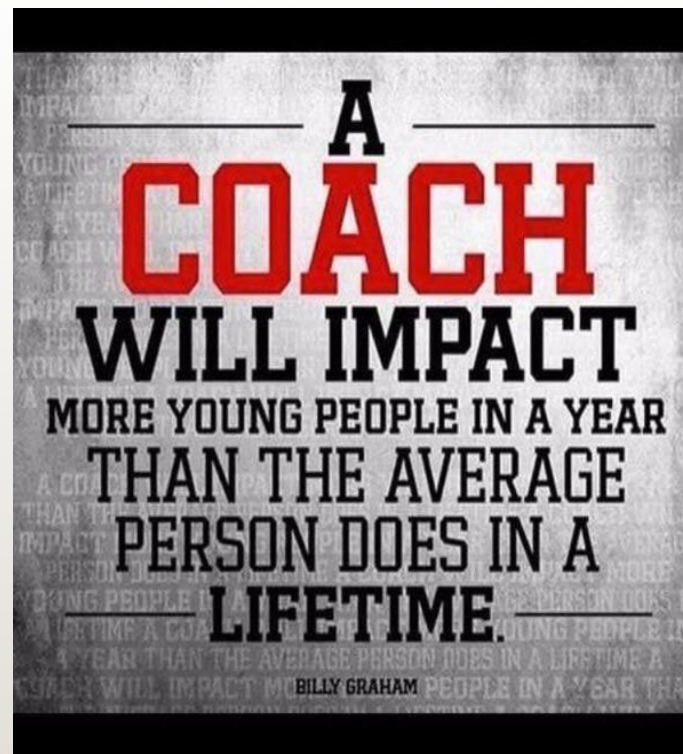


## Coach Education & Development Program



# Welcome to CMBA Coach Education & Development

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# CMBA Coach Education & Development

is designed to

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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***



# CMBA Coach Education & Development

## Style of Play vs. Skill Development

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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



# CMBA Coach Education & Development

*Page 3 in INTERMEDIATE Manual*

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How successful was your ***Style of Play*** last season?

Share your ***Style of Play*** with another coach.

What would you do differently this season?





# CMBA Coach Education & Development

*Page 4 in INTERMEDIATE Manual*

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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 4 in INTERMEDIATE Manual*

## INTERMEDIATE Expectations

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





# CMBA Coach Education & Development

*Page 6 in INTERMEDIATE Manual*

## CMBA Website

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

Coaches to know CMBA website & requirements!



# CMBA Coach Education & Development

*Page 7-9 in INTERMEDIATE Manual—Canada Basketball article*

## Parent/Player Team Expectation Meeting

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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?



# CMBA Coach Education & Development

*Page 10-12 in INTERMEDIATE Manual—Canada Basketball article*

## Dealing with Difficult Parents

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# Dealing with difficult parents





# CMBA Coach Education & Development

*Page 13 in INTERMEDIATE Manual*

## Actions, Concepts & Style of Play

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### ESSENTIALS Review

&

### INTERMEDIATE Additions



# CMBA Coach Education & Development

***NEW!*** CMBA E3 WEBSITE - *EXAMPLE*

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



# CMBA Coach Education & Development

*Page 14-15 In INTERMEDIATE Manual*

## Creating a Style of Play

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Where did it come from?

2012 Olympics put the wheels in motion

Top 20 Style of Play Concepts

Implementing Style of Play—Outline





# CMBA Coach Education & Development

*Page 16-17 in INTERMEDIATE Manual*

## Explode—Explore—Execute

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Explode

Explore

Execute

Foundation to establish your ***Style of Play***



# CMBA Coach Education & Development

*Page 16-17 In INTERMEDIATE Manual*

## Explode—Explore—Execute

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**Explode**      Rebound & Go

**Explore**      Early Shot Clock Shot / ROB Shot

**Execute**      Actions & Dominoes / Style of Play / Shot Clock

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



# CMBA Coach Education & Development

## Shot Clock Phases

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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



# CMBA Coach Education & Development

*Page 18 In INTERMEDIATE Manual*

## Top 6 Scoring Priorities

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1. Attack the Rim
2. Attack the Paint
- 3. Free Throws**
4. Three (3) Point Shot from the Corner
5. Three (3) Point Shot from the Top
6. Mid-range Shots

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





# CMBA Coach Education & Development

*Page 19 In INTERMEDIATE Manual*

## P7R—Footwork & KPI Skill

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P7R is a great warm-up activity

*Combines Fundamental Movement Skills with Technical Skills*

*We will do this activity on-court (warm-up)*



# CMBA Coach Education & Development

*Page 20-21 In INTERMEDIATE Manual*

## 5 Segments of Practice Planning

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# ESSENTIALS Review

## Sample Practice Plan



# CMBA Coach Education & Development

Page 22 In INTERMEDIATE Manual

## Season Planning

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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?



# CMBA Coach Education & Development

*Page 23-24 In INTERMEDIATE Manual*

## Every Practice Needs a Little TLC

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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)





# CMBA Coach Education & Development

*Page 25-26 In INTERMEDIATE Manual*

## Feedback 101, 201 & 301

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### Feedback 101

Technical Skill Feedback

### Feedback 201

Feedback after Feedback 101

### Feedback 301

Decision-making Feedback



# CMBA Coach Education & Development

*Page 27-28 In INTERMEDIATE Manual*

## KPI's—Key Performance Indicators

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Starts with a ***Hunch***

Canada vs. China

University of Manitoba

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

*Essentials Coach can't get kids to execute Actions*



# CMBA Coach Education & Development

*Page 29 & Page 31 In INTERMEDIATE Manual*

## ESSENTIALS (Review)

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### ABCD Teaching Phases *(Loading & Unloading)*

### ABCD Debrief *(& Pre-brief)*



# CMBA Coach Education & Development

*Page 30 In INTERMEDIATE Manual*

## Measuring Drills

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

Measuring Drills will Produce Greater Results

*Have you experimented with Measuring?*

(ESSENTIALS Review)

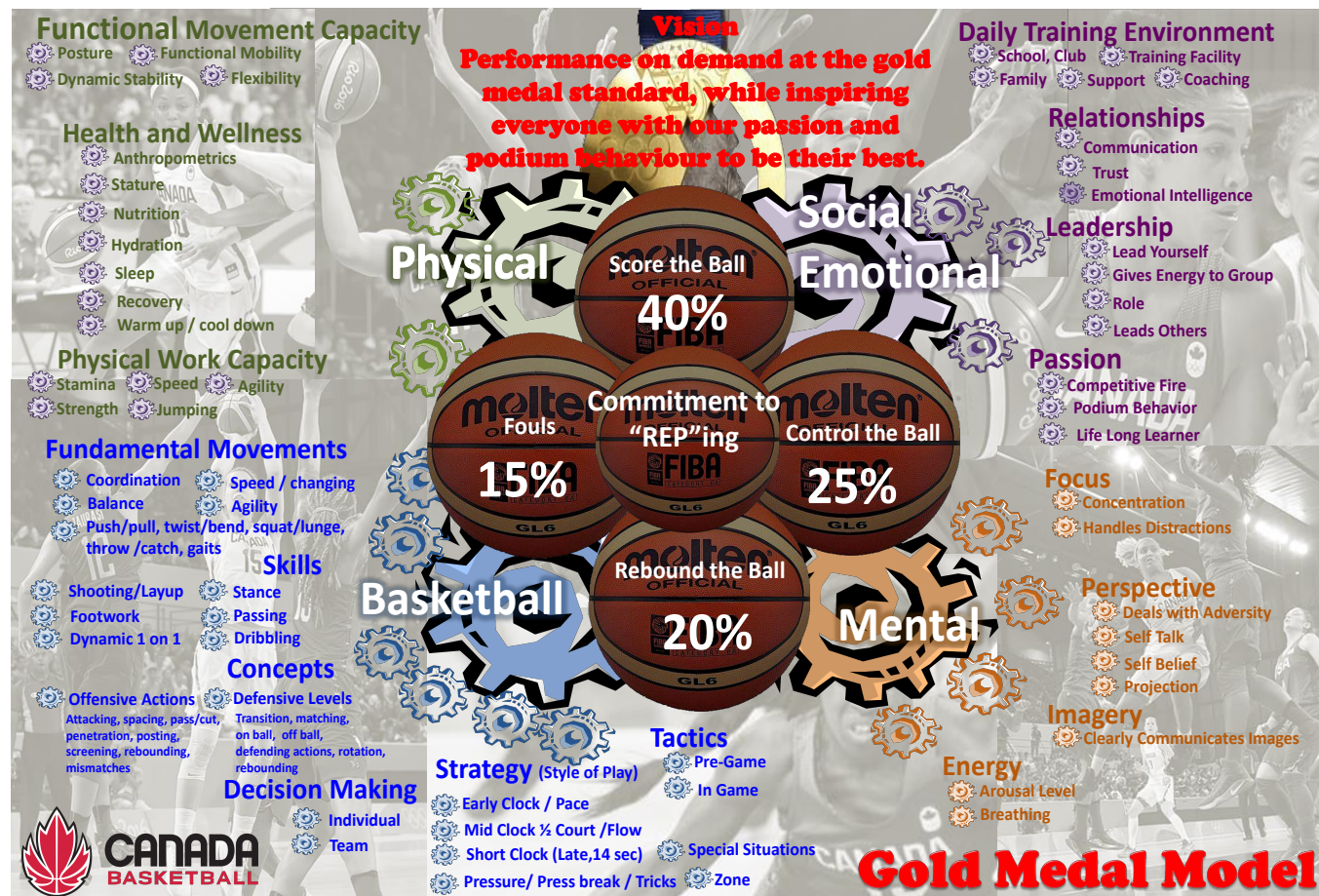




# CMBA Coach Education & Development

Page 32 In INTERMEDIATE Manual

## Gold Medal Model (Gold Medal Profile)



# CMBA Coach Education & Development

*Page 33 In INTERMEDIATE Manual*

## ROB Shot—BRAD Shot—REP'ing (ESS Review)

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ROB

Range  
Open  
Balanced

BRAD

Back  
Rim  
And  
Down

REP'ing

Reminders  
Encouraging  
Praise



# CMBA Coach Education & Development

Page 34 In INTERMEDIATE Manual

## 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	FM	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗
	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

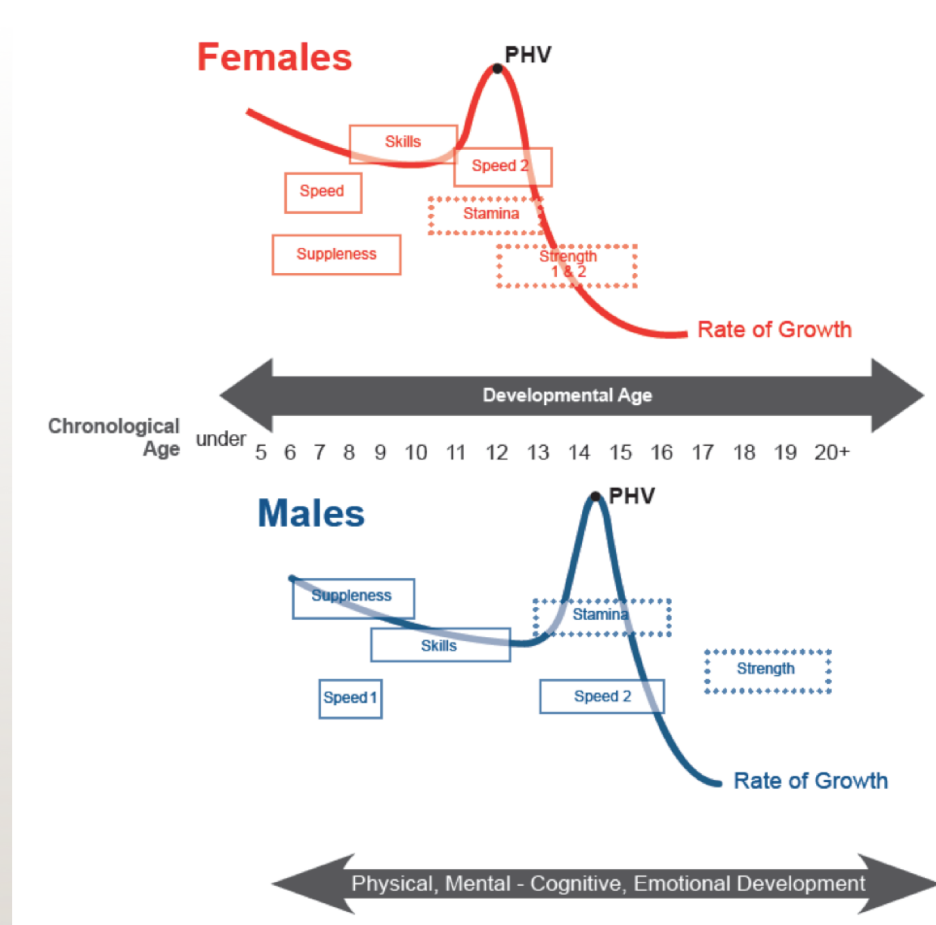




# CMBA Coach Education & Development

Page 35 In INTERMEDIATE Manual

## Peak Height Velocity





# CMBA Coach Education & Development

## LTAD—Long Term Athlete Development

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### 5 S's of LTAD

Skills

Speed

Stamina

Strength

Suppleness

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



# CMBA Coach Education & Development

Page 37 In INTERMEDIATE Manual

## Read & React Basketball—Rick Torbett

### Read & React—20 Layers for Youth Basketball



228 Page Read & React Document

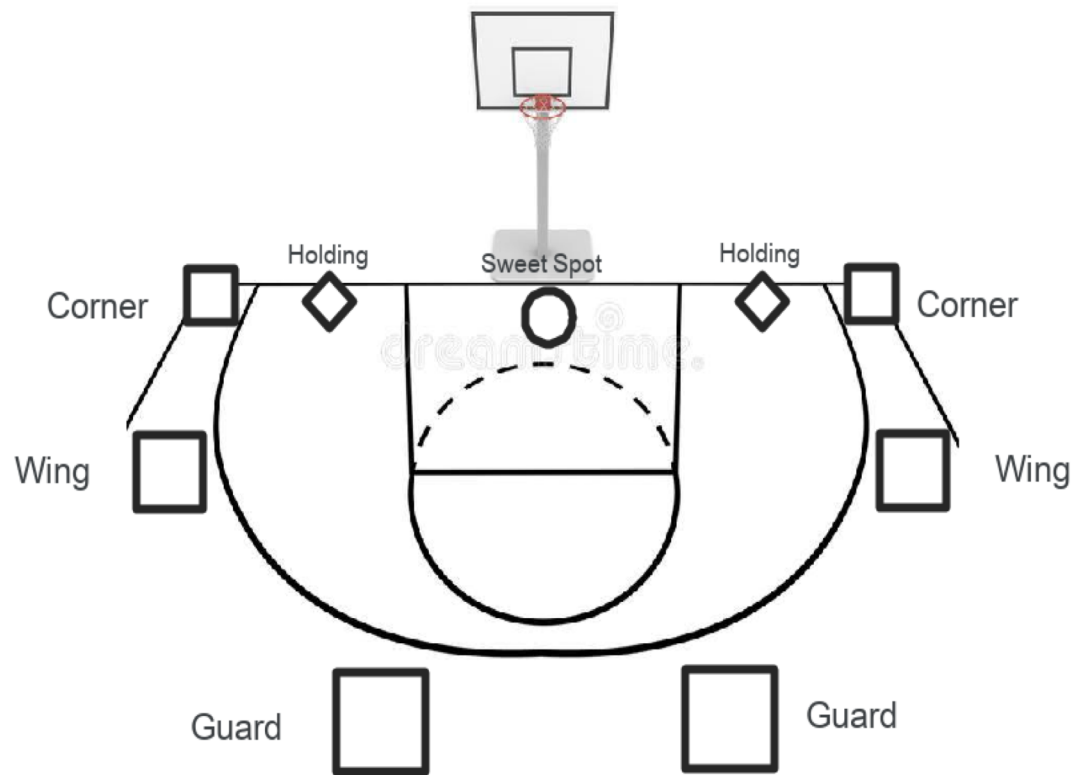


# CMBA Coach Education & Development

Good Offense Starts with Good Spacing

## SPACING—a vital Concept

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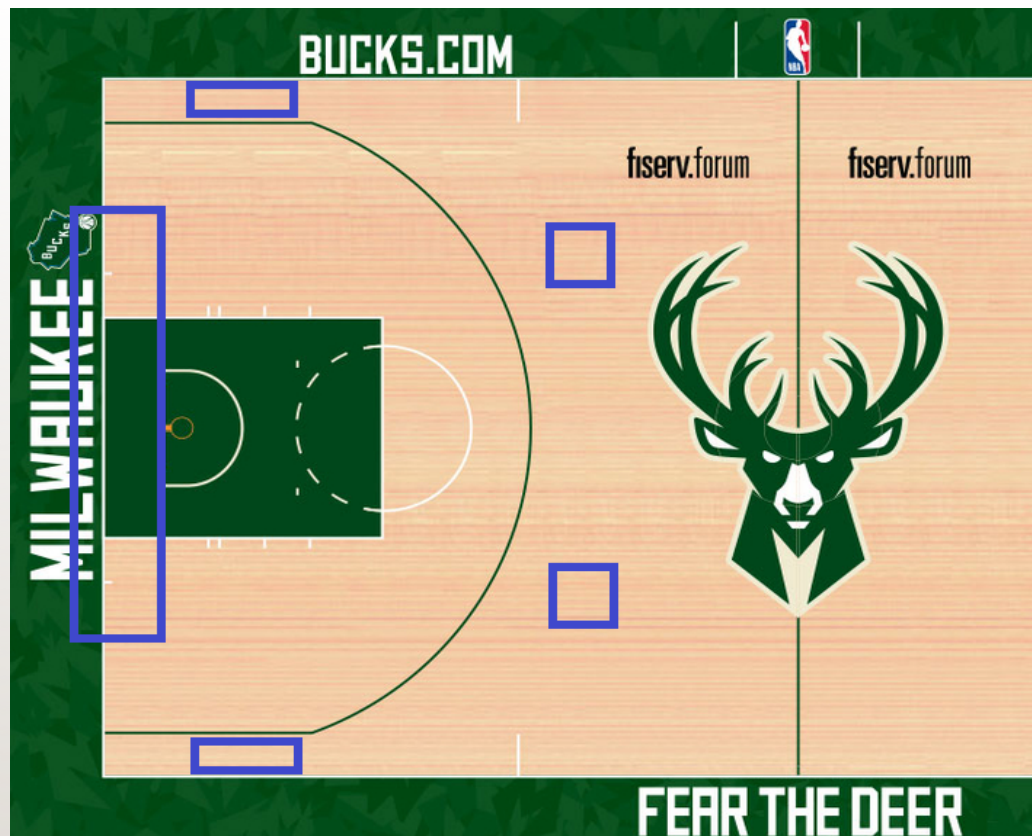


# CMBA Coach Education & Development

Good Offense Starts with Good Spacing

## SPACING—a vital Concept

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# CMBA Coach Education & Development

*Circle Movement Videos*

Read & React Basketball—*Rick Torbett*

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## Circle Movement Videos

(Layer 4)





# CMBA Coach Education & Development

VIDEO

Read & React Basketball—*Rick Torbett*

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## St. Joseph's College of Maine Video

(Part I of 2 Part Series - CMBA Website)



# CMBA Coach Education & Development

## Global Player Development

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# Global Player Development

*How do you support GPD?*



# CMBA Coach Education & Development

*Page 39 - Page 44 In INTERMEDIATE Manual*

## Global Player – Positionless Player

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### NIKOLA JOKIC ARTICLE

PAGES 39-41

### POSITIONLESS PLAYER ARTICLE

PAGES 42-44



# CMBA Coach Education & Development

*Page 45-46 In INTERMEDIATE Manual*

## 10 Commandments of Defense

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Great Handout for your players!

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



# CMBA Coach Education & Development

*ESSENTIALS Review*

## Gold Medal Model—Defensive Priorities

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Defend the Basket

Pressure the Ball—D21 & D9

Guard 1.5 Players





# CMBA Coach Education & Development

*Pages 13-14 & 38 In INTERMEDIATE Manual*

## INTERMEDIATE Review

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Actions

Concepts

Style of Play

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

*Pages 13-14 & 38*



# CMBA Coach Education & Development

## Prep for the On-court Session

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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**



# CMBA Coach Education & Development

*BONUS Materials*

## Overtime Materials

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# BONUS MATERIALS





# CMBA Coach Education & Development

*BONUS Materials*

## Actions & Dominoes

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### 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)





# CMBA Coach Education & Development

## Measuring Success—The Four Factors

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# CMBA Coach Education & Development

*BONUS Materials*

1-2-3-4-5

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1 = run our regular **Actions**

2 = get the ball to the **2<sup>nd</sup> side**

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

4 = **4 Down** quick hit (isolation action)

5 = Rhymes with **Drive**



# CMBA Coach Education & Development

*BONUS Materials*

## Two (2) Series

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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**)



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

Coaching Association of Canada / Association canadienne des entraîneurs

