

# AUSTRALIND BASKETBALL ASSOCIATION

## COACHES NEWSLETTER



**Welcome** to the first edition of the ABA Coaches Newsletter.

Throughout the season, it is intended to provide our coaches with regular Newsletters that provides relevant information regarding coach development as well as tips to assist with coaching.

Should you have a particular query, please make contact with us and we will endeavour to source the information you are seeking.

### **Sportsmanship and the Role of the Coach**

It is early in the season and unfortunately we have experienced some incidents of poor sportsmanship and so this is an ideal time to reiterate to all coaches that good sportsmanship is when teammates, opponents, coaches, and officials treat each other with respect.

Kids learn the basics of sportsmanship from the adults in their lives, especially their parents and their coaches. Kids who see adults behaving in a sportsmanlike way gradually come to understand that the real winners in sports are those who know how to persevere and to behave with dignity — whether they win or lose a game.

The ABA encourages all coaches to remember that the most important goals of junior sport is to promote a sense of good sportsmanship.

### **This Weeks Coaching Tip**

- Make sure you establish a rule early on that players must keep the balls still while you are talking.
- Whenever possible use the correct size ball for the age group you are coaching.
- Try to have enough balls so that each team member can have one of their own. This will help a lot — the more ball handling players get, the faster they will improve.

### **ABA Coach Survey**

Recently all ABA coaches received a survey via email. The purpose of this survey is to enable the ABA to seek some general feedback from our 2013/14 season coaches to obtain information regarding coach development needs this season. This survey will assist the ABA in considering ways to support ABA coaches in developing their skills.

Whilst the return rate of these surveys has been limited it is encouraging to see many coaches expressing an interest in wanting to develop their coaching skills and knowledge.

For those coaches that are yet to return their survey, it would be appreciated if you could please return via email to Troy Jones or hand in the completed survey to the game office by Friday 8<sup>th</sup> November.

### **Game Sense**

In coming weeks the ABA will be offering coaches the opportunity to partake in a Game Sense sessions.

Game Sense is a new approach to coaching which uses games as the focus of the session. By focusing on the game, rather than on technique practice, players become more tactically aware and make better decisions during the game, whilst developing skills and most importantly, having fun. By focusing on the game, players develop a greater understanding of the game being played. The desired effect is that players become more aware and are therefore able to make better decisions during the game. At the same time, skills are being developed within a realistic and enjoyable context rather than practice in isolation.

Further information on these sessions to come.

### **How can we help you?**

- Is there a particular problem you are facing as a Coach?
- Are you struggling to find easy to follow training drills?

The ABA has access to a number of coaches who are willing to pass on their experience and knowledge. Let us know how we can help you.

**“Behind every good athlete, there's bound to be a good coach. Coaches play a vital role in the physical and emotional wellbeing of athletes, drawing on years of experience as an athlete, in a mentoring role, or just simply as a local community member keen to lend a helping hand”** – source – Department of Sport Recreation

