



Basketball Coaches Workshops 2010

Presenter:

Colin Driscoll, CMBB Development Officer

Plan Ahead to Get Ahead

21st February

Where: Manurewa Recreation Centre When: Saturday 9am – 11am

Being an effective coach involves being a good manager and a good organizer. Time at practice is precious and the more time you spend organizing, the less time there is for learning and having fun. If you and your athletes are to achieve the goals you set together, you need to plan where you are going and what you have to do to get there. How you manage your athletes and organize your coaching sessions will reflect these goals.

Getting Started

28th February

Where: Manurewa Recreation Centre When: Saturday 9am – 11am

Coaching is about sharing your knowledge and experience, making sport fun and giving everyone a go. It's about teaching discipline, fair play and skills that will help athletes in all aspects of their lives. Coaches play an important role in making sure athletes learn to enjoy sport.

This workshop is designed to help you get started in coaching. It provides tips on the role of a coach, communication, teaching new skills to athletes, sport safety and planning. After Getting Started you may wish to develop your skills further by attending a SPARC Coaching and/or the Level 1 course. Information on other coaching courses will be provided at the workshop.

Team Offense and Defence

20st March

Where: Manurewa Recreation Centre When: Saturday 9am – 11am

Team Offense: Execute the passing game.

Basketball at its best is a team game, and the passing game or motion offense, is one of the most basic offenses for teaching team play to developing players. The passing game depends on the sound execution of fundamentals including moving the ball and moving without the ball, making intelligent decisions, and unselfish team play, especially in regard to shot selection. Players are guided by principles rather than a strict set of specific assigned responsibilities.

Team Defense: Win the Championship

A team's success depends on defense. Good defense inhibits your opponents by limiting uncontested shots. Teams with less than average offensive talent can be successful by playing hard, intelligent team defense. Skills covered. Playing defense on and off the ball. Defending the low post, flash cuts, and screens. Standard defensive rotations and finally some work on various zones.

Fastbreak and Two and Three Person Plays

27th March

Where: Manurewa Recreation Centre When: Saturday 9am – 11am

Fastbreak : Pass Ahead and Penetrate for Point Production

The fast break is exciting for both players and fans. The objective of the fast break is to advance the ball up the court for a high percentage shot, either by outnumbering the defense or by not allowing the defense an opportunity to set.

Two and Three Person Plays: Move Without the Ball

Basketball is a team game. Having the most talented players does not mean that your team will win. You must play as a team to win. Your team's success depends on your working together to allow all team members to fully utilize their offensive talents. To help your team create scoring opportunities you must be able to move without the ball. Moving without the ball includes helping yourself or your team; mates get open by setting or cutting off a screen and keeping your defender focused on your movements away from the ball, limiting defensive help on the ball.

Offensive Moves and Rebounding

2nd May

Where: Manurewa Recreation Centre When: Saturday 9am – 11am

Offensive Moves: Be a Triple Threat

Some players can score only when they receive an open shot. Better players develop offensive moves and become triple threats- to shot, pass or drive. To be a triple threat you must be able to make the outside shot, pass to an open teammate in better scoring position, and drive to the basket and finish the play with a shot or a pass to an open teammate for the score.

Rebounding: Want the Ball

Rebounding is the one game fundamental's that you cannot do too often. Possession of the ball comes more often from missed shots than any other way. The team that controls the backboard usually wins the game.

Passing, Catching and Dribbling

22nd May

Where: Manurewa Recreation Centre When: Saturday 9am – 11am

Passing & Catching: Make Your Teammates Better

At its best basketball is a game where 5 players move the ball as a team. Good passing and catching are the essence of team play, the skill that makes basketball such a beautiful team sport. Developing your ability to pass and catch makes you a better player and makes your teammates better.

Dribbling: Master Your Weak Hand

Dribbling is an integral part of basketball and vital to individual and team play. The ability to dribble with your weak hand as well as your strong hand is a key to advancing your level of play.

Offensive Defensive Footwork and Shooting

29th May

Where: Manurewa Recreation Centre When: Saturday 9am – 11am

Offensive and Defensive Footwork: Improve Balance and Quickness

Although Basketball is a team game, individual execution of fundamental skills is essential before you can play well as a team. Prerequisites for soundly executing each of the fundamental skills are balance and quickness. Balance means having your body parts under control and in a state of readiness to make quick movements. Quickness refers to your speed of movement in performing a skill (not just running speed).

Shooting: Enhance Confidence, Mechanics, Rhythm, and Range

Shooting is the most important skill in basketball and is, to a great degree, mental: You must have confidence in yourself to shoot well. As important as confidence is, to shooting, you also need shooting skill. It's the integration of the mental and mechanical aspects of shooting that fosters shooting success.