



Cairns Basketball Inc

Coaching Style



What is a good coach?

Professional	Hard Working	Enthusiastic
Honest	Positive	Respectful
Inclusive	Patient	Great communicator

What type of coach do you want to be?

Autocratic	<i>Strict, close control over team. Makes decisions on their own, keep direct supervision over players and team</i>
Democratic	<i>Values input of team but final decision rests with them. Participative approach; boosts player morale & confidence</i>
Laissez-Faire	<i>Rights and power to make decisions is given fully to players. Little or no direction/feedback given by coach</i>
Transactional	<i>Set tasks for players. Reward/punish players based on results. Players are given freedom as long as they reach tasks</i>
Transformational	<i>"Big picture" approach. Vision of how to overhaul players attitude and challenge them to take everything to new level</i>

Have your own style, but your style should constantly evolve; make changes to cater for your players.

At the end of the day, be the kind of coach you want for yourself or for your children.

Learning Techniques

Not everybody learns the same way. As a coach you need to know your players well enough and meet their individual learning requirements. To basically summarise, most people sit somewhere on the VAK Model;

Visual-Audio-Kinaesthetic (VAK) Model:

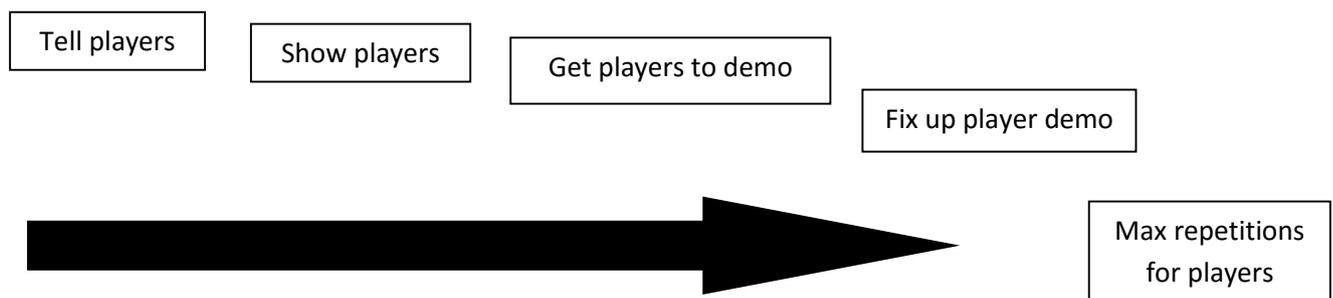
Visual	<i>Learn best through seeing. Think in pictures and need to create vivid mental images to retain information</i>
Audio	<i>Learn best through listening. Think in words rather than pictures</i>
Kinaesthetic	<i>Learn through moving, touching and doing. Remember and process information through physically interacting</i>

Typically most people learn best by doing (kinaesthetic), followed by seeing (visual) and lastly by listening (audio).

This is why it's important for coaches to do less talking and get players going. Everything you do should be participant focused. Be discrete in your coaching and try to "coach on the run" as much as possible.

"Maximum repetition, minimal and efficient instruction is key!"

In order to cater for everyone's learning style, when introducing a new play/drill it is best to apply the following approach:



Give players the opportunity to ask questions and clarify what you

Session Organisation

Being prepared and providing a safe and competitive training environment for your players is the key to running a good session.

“Failing to prepare is preparing to fail!”

Pre-Session

<i>Session plans printed</i>	<i>Clock setup with time</i>	<i>Spare basketballs ready</i>
<i>Brief huddle with players before session – set expectations / areas to improve</i>		

During Session

- Warm-up
 - Dynamic warm-up
 - Footwork/body movements
 - Skills and Drills
 - 5v0 Playbook
- Defence
 - Breakdown drills
 - Slowly progress up to playing 3v3, 4v4 or 5v5
- Offence
 - Breakdown playbook
 - Start off 3v3 and slowly progress up to playing 5v5

Post Session

<i>Debrief team</i>	<i>Meet 1v1 if required</i>	<i>Cool down: Static stretching</i>
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What makes a good drill?

Name	<i>To make it easy for players to remember the drill, give it a name!</i>
Rotation	<i>For efficiency make it clear to players how to rotate between reps (i.e. defence to offence. follow pass)</i>
Competitive	<i>Make the drill game like. Have a time and score. First to X or encourage players to beat their previous score</i>
Coaching Points	<i>Be clear and concise in what you want. Maximum of 3 things to focus on each time. Don't just drill for the sake of it</i>

If you are limited for time then use drills that work on multiple skills. Be smart and efficient with the time you have.

Make sure your session doesn't just consist of drills; give your players the opportunity to play games where they can incorporate the skills you have been working on.

If it's not working then CHANGE IT:

C oaching style	Be more/less demanding, adjust expectations
H ow players score	Get a point for getting a stop, not a score
A rea of play	Play inside half court instead of full court
N umber of players	Play 2v2 instead of 3v3
G ame rules	Restrict how many dribbles a player can take
E quipment	Use of cones, tennis balls, extra basketballs
I nclusion	Is everyone active and involved enough in the drill?
T ime	Avoid doing the same thing for more than 10mins