

NABC – NATIONAL ASSOCIATION OF BASKETBALL COACHES

Teaching Tips

1. Why Coach?
2. Philosophy
3. Safe Experience
4. Competent And Caring
5. Lead and Teach
6. Working With Parents
7. Working With Officials

1. Why Coach?

- Provide lasting “values” experience
- Become a ‘difference” maker
- Follow your heart
- Maintain your convictions
- Instill positive values
- Build and develop their self worth
- Avoid short term ‘gains’ that might end up with long term ‘pains’
- Growth and development
 - Physical
 - Psychological
 - Social – team socializing
- Coach for the love of the game and the respect of the players
- Each player treated with dignity-earn their respect

2. Philosophy

- ”Athletes first, winning second”
 - Challenge them to have fun, play and LEARN!
 - Teach Fundamentals
- Develop fun and fundamentals
- Define ‘success” – such as ‘doing your best”

3. Safe Experience

- Physically
- Psychologically
- Socially

Healthy

- Learn + Grow
- Fun + Fundamentals
- Develop Love of the Game
 - Enthusiasm
 - Empower them with decision making

4. Competent + Caring

- Become qualified and competent
 - Education yourself
 - Certify yourself-take some on-line instruction
 - Attend clinics / camps
 - Teach the sport and develop youngsters
- Caring
 - Love the game
 - Love the Kids – If the kids think you don't care about them, they will not 'care' about what you know!
 - Keep a perspective

5. Lead + Teach

- Lead and teach with character and by example
- Develop a positive but demanding coaching style
- Servant leadership- every athlete has to lead themselves
 - Know yourself first – develop your unique talents, then serve others
- Develop character
 - Instill positive values
 - Respect – build self-respect and earn respect of others
 - Modeling + mentoring
 - More positive, less criticism
 - Shared inner spirit – the joy of your 'teams' inner circle – open to only you and your team
 - Doing the 'hard' right – teaching character by making the harder choice
- Model or demonstrate every skill
- One of the greatest gifts is your best example

Teaching

- Focus on skills, not just drills
- Select positive values and make good choices
- Use critical cues – word pictures - it will help the players to remember, i.e. "Chin it!" "Long and Low"
- Look for 'teachable' moments
- Use learning tools – keep a notebook
- Change behavior
 - consistent and persistent
 - accept and tolerate – or – confront and change
 - reinforce effort and performance – use 'instant replay' ask the kid to show what they did again 'in slow motion'
- Communicate 90% positive encouragement
 - You need to get information – do not use anger or emotion
 - Focus on behavior, not the person
 - Punish as a last resort
 - Timeout – reinforce what behavior is acceptable and when child can do so, let them rejoin

- Apply the “Laws of Learning”
 - Explain
 - Demonstrate
 - Players imitate
 - Repeat
 - Correct and reinforce (Review)

(Focus on what to do, not ‘what not to do’)

- Organize yourself and your program
 - Balance fun and discipline
 - Discipline is knowing what to do to be successful
 - Doing what you have to do to be successful
 - But doing it everytime

Young players have no idea what it means to be successful

- Admit when you make mistakes
 - Develop a mistake mentality
- Minimize rules and treat individually
- Treat players fairly, but do not treat them the same

6. Working With Parents

- Work and communicate with parents
- Communicate your philosophy
- Parents are always biased about their child
- One instructional voice
 - Most uncomfortable time for player is after the game
- Encourage balance – provide perspective

7. Working With Officials

“A good game, requires good players, good coaches, and good officials.”

- Respect the officials
- Accept and abide by the rules
- Rules are the necessary boundaries of the game
- Teach and know the rules
- Abide by the ‘intent’ of the rules
- Apply the ‘Circle of Affirmation” (see downloads) when dealing with officials, players, and parents.