

## 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.