



Coach Chronicle March 2008

Welcome to the BCWBS Coach Chronicle. You are receiving this publication because you are a valued member of the BC Wheelchair Basketball Society. To submit information to the Coach Chronicle please email the editor by the 15th of the month.



Sport BC's Athlete of the Year Awards Banquet

Sport BC's Athlete of the Year Awards is the longest-standing sport recognition event in the country. Awards in 16 different categories are given each year to athletes, coaches and officials based on their performance and contribution to sport in the province.

Sport BC hosts this annual gala event to celebrate the achievements of BC's best and brightest sport participants. This year BCWBS members Richard Peter and former wheelchair basketball player Michelle Stilwell (Athletics) are finalists in the Athlete with a Disability category. The 42nd Annual Athlete of the Year Awards banquet will be held on March 5, 2008 at the Hyatt Regency Vancouver.



Canadian Sport Centre Coach Assessment Surveys

How are you coaching? Coaches are always monitoring and assessing athlete performance. What about the assessment of your coaching performance? The Canadian Sport Centre Pacific has developed two surveys to provide coaches with feedback on how they support athletes in training and competition environments. Surveys can be completed by athletes, mentors, peers, parents and other stakeholders that observe your coaching. To find the surveys check out the Canadian Sport Centre Pacific website.



Tip of the Month: The Art of Teaching Basketball

Thoughts to Consider:

"Successful teams play hard, play smart, and play together."

Get coaching done prior to, not during the game.

Practices should be designed with the objective of preparing a team physically, technically, and mentally for game competition.

If you are having problems during games, go back and work on basic fundamentals and execution. Do not change or add new plays.

Do your homework. Practices should be well organized and planned. Every drill must have value or purpose otherwise throw it out. Alternate physically tough and easy drills. Include individual work in each practice.

Emphasis should be focused on execution and hustle. Insist on proper execution at all times. No nice tries!

Physical habits do not change in a game. It is imperative to start building correct habits and techniques from the start.

Coach the players not the system.

It's not what you run, but how you run it that counts.

Basketball is not a game of offenses and defenses but a game of effort and execution. Insist on a team effort at all times.

KISS = "Keep it simple stupid."

Great teams are a result of the best players being the hardest workers. No one steps on the floor without full hustle attitude. Get rid of the non-workers.

Come to play. Motor learning and timing requires practicing at game speed.

Use proper coaching and teaching methods.

Practice makes perfect is only true if the proper mechanics are being employed.

Be sure to teach when and why as well as how. There are certain fundamentals every player must master, and in addition each position also has specific fundamentals to learn.

Whenever possible introduce and demonstrate one day, practice and correct on the next day, and then review (analyze) and reinforce as needed.

Teach using quick mental pictures. Associate a technique with a name by using one syllable words if possible ("Ball", "Shot", "Down", etc.)

Make precise corrections. Do not get caught up with lengthy explanations.

Do not waste other players' time to correct one individual. On first time mistakes, stop action and make everyone aware of correction. On repeated mistakes, substitute or wait for break in action to correct.

Do not waste time. If a drill is going poorly, stop it and go onto something else. Come back to it later or next practice.

End all practices on high note or successful achievement (made pressure free throw, shooting contest, half court shot, etc.).

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