



*Creating a
“lifelong basketball participant”*

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- Welcome
- The pinnacle
- Coaching styles
- Positive environment
- Game etiquette
- Why do kids play sport?
- Game coaching



What is the pinnacle?



Coaching Styles

Consider:

“How would I like to be coached?”



How can we make it positive?

Can you create 1 full page of encouraging words/phrases?

“Have a crack.”

“Love your effort there.”

“You are working so hard; it is great to see.”

“Tough luck, you are all good, move on.”

“I am really proud of how you went about that.”

“Good look/shot.” (if it’s the right one... regardless of if it goes in or not)

“Great pass/screen/cut.”



How can we make it positive?

Outside of what you say... Important to consider how you say it:

- *What's your body language / positioning saying?*
 - *What is your tone/volume saying?*
 - *Are you coming from a place of empathy?*
 - *Ensure that you are doing it in soundbites, not lectures...*
 - *Do you ask questions?*
- (Let them figure it out... don't tell them exactly what / how to do)*

Making it positive for all

**Everyone will follow your lead (parents and players)*

**We are responsible for making it positive for everyone (referees & opposition)*

**So, following game etiquette is important...*

Game Etiquette

- *Dress standards*
- *Shake opposition coach & players hands*
- *Profanity/hostile comments unacceptable*
- *Leave the referees alone (this includes indirect comments)*
- *Don't run up the score (e.g., pressing / timeouts when up big)*

Game etiquette = following the letter of the law & spirit of the game

What's Stopping Us?

**Competitive juices getting flowing...*

**We can get too emotional...*

**We let our ego get in the way....*



Why do kids play sport?



Why do kids stop playing sport?

9 REASONS WHY KIDS QUIT SPORT

 @playbytherules



It's not fun
anymore

...



Pressure to
perform

...



They are afraid to
make mistakes

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Why do kids stop playing sport?



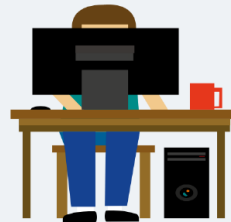
It's too competitive



Too much emphasis on winning



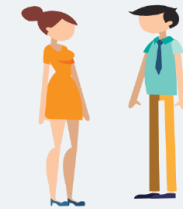
Not enough playing time



No longer interested in the sport



They have lost ownership of the experience



Pressure from parents and coach

There is a way to still be competitive

**Still focus on “winning”*

**But we change what “winning means” and make it more process driven rather than outcome driven*

Some examples of this:

When Down

-Can we keep the opposition to x amount of points this qtr?

-Can we get x amount of rebounds? Can we limit ourselves to x amount of turnovers?

When Up Big

-Ball Movement

(Change role of players... Ball must be passed over halfway.... Get to 2nd side / this part of our offence)

-Defence

(No stealing... Change our pickup points.... Work on rotations / different types of defences)

**Doing the above might result in you winning the game by less.... But will help the athletes more in the long-run*



Final Thoughts Around Game Coaching

- *Have a pre-game and post-game chat
(pre-game more technical, post-game more morale)*
- *Think ahead with your subbing (15min for everyone a good goal)*
- *Use your timeouts to stop runs*
- *Think about everything we've spoken about in this chat....
Remember: Positive Environment, What You Say & How You Say It*

Summary

- Thank-you
- Think about your key takeaways?
- A reminder about FREE online course to get your accreditation:
<https://www.basketballtasmania.com.au/development/coaches/>

