

# WELCOME TO COACHING IN CANTERBURY

CANTERBURY BASKETBALL ASSOCIATION



# An Introduction to Coaching Basketball in Canterbury

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\*Some of the content in this document is hyperlinked to the World Association of Basketball Coaches and other resources to allow you to explore content in more detail



## Welcome to Coaching in Canterbury

Welcome to coaching basketball in the Canterbury Region. We have a long history of basketball and currently boast one of the best club competitions in New Zealand.

[The Canterbury Basketball Association](#) (CBA) was born officially in 1972, when the Women's and Men's Associations amalgamated.

Currently, the CBA operate primarily in the community basketball space. This means, we manage and operate our regional club competition, which spans from Under 13 grades, all the way to Premier Men's and Women's. We also run the Whelan and Thomson Trophy Premier High School leagues. The CBA is also responsible for overseeing community programs in schools and clubs, and we work alongside these organisations to provide coach and program development.

Our Regional Representative, and High Performance, programs are operated in conjunction with the CBA by the Canterbury Regional Basketball Foundation.

### Coaching Options in our Region

One of the most exciting things about basketball in the Canterbury region is the variety of levels available to both players and coaches. Below is a list of the coaching options that are available in our region and nationally.

<b>Schools</b>	<b>Club Boys and Men's Teams</b>	<b>Club Girls and Women's Teams</b>	<b>Representative (Waitaha)</b>
<ul style="list-style-type: none"> <li>• Mini Ball Coach for year 3-4 children</li> <li>• Year 5/6 Coach</li> <li>• Year 7/8 Coach</li> <li>• Junior High School Team Coach, Years 9/10</li> <li>• Senior High School Team Coach</li> <li>• Social High School Team Coach</li> </ul>	<ul style="list-style-type: none"> <li>• U13</li> <li>• U15</li> <li>• U17</li> <li>• U20</li> <li>• U23</li> <li>• Division One</li> <li>• Premier</li> <li>• Social</li> </ul>	<ul style="list-style-type: none"> <li>• U15</li> <li>• U18</li> <li>• U21</li> <li>• Division One</li> <li>• Premier</li> <li>• Social</li> </ul>	<ul style="list-style-type: none"> <li>• U13 (Development Program with numerous teams)</li> <li>• U15</li> <li>• U17</li> <li>• U19</li> <li>• U23</li> </ul>



### **National Leagues for Women and Men**

- Canterbury Rams, CRBF
- Canterbury Wildcats, CBA

### **New Zealand National Team Programs**

As a region, we currently have multiple players and coaches involved in our national programs.

- U15
- U17
- U19 Junior Tall Blacks and Tall Ferns
- Tall Blacks
- Tall Ferns



## Basics of the Game

### Overview

Two teams of five players each try to score by shooting a ball through a hoop elevated 10 feet above the ground.

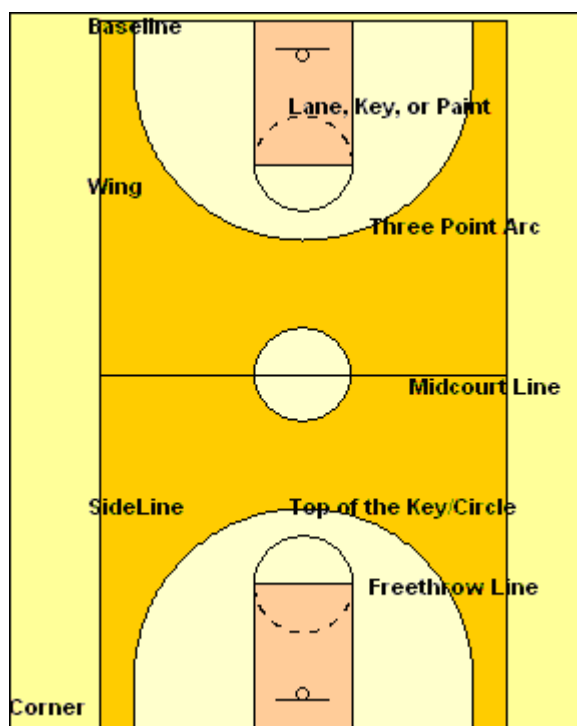
The team with the ball is offense, and the team trying to stop the offense from scoring and recover the ball is defence.

The court is divided into two main sections by the half court line.

Once the offensive team gets the ball over the half court line, it can no longer return to the back court.

The ball is moved down the court toward the basket by passing or dribbling by the offensive team.

The defence tries to steal the ball, contest shots, deflect passes, and collect rebounds.



### Basket Assignment and Tip-Off

Each team is assigned a basket or goal to defend.

This means that the other basket is their scoring basket.

At halftime, the teams switch ends.

The game begins with one player from either team at centre court.

A referee will toss the ball up between the two. The player that gets his hands on the ball will tip it to a teammate. This is called a tip-off.

### Points

- When a team makes a basket inside the 3pt line, they score two points and the ball goes to the other team.

- If a basket, or field goal, is made outside of the three-point arc, then that basket is worth three points. A free throw is worth one point.
- Free throws are awarded to a team according to some formats involving the number of fouls committed in a quarter and/or the type of foul committed. \*Does not apply in mini ball.
- Fouling a shooter always results in two or three free throws being awarded the shooter, depending upon where he was when he shot. If he was beyond the three-point line, then he gets three shots.
- Other types of fouls do not result in free throws being awarded until a certain number have accumulated during a quarter. (called “team fouls”) \* this rule only comes into play at high levels of competition

### **Fouls and Violations**

In addition to stealing the ball from an opposing player, there are other ways for a team to get the ball.

One such way is if the other team commits a foul or violation.

### **FOULS**

**Personal fouls:** Personal fouls include any type of illegal physical contact.

- Charging
- Pushing
- Blocking
- Holding
- Illegal pick/screen -- when an offensive player is moving. When an offensive player sticks out a limb and makes physical contact with a defender in an attempt to block the path of the defender. \*CBA recommends not using screening until u15 age.

### **Personal foul penalties:**

- If a player is shooting while a being fouled, then she gets two free throws if her shot does not go in, but only one free throw if her shot does go in.
- Three free throws are awarded if the player is fouled while shooting for a three-point goal and they miss their shot. If a player is fouled while shooting a three-point shot and makes it anyway, he is awarded one free throw. Thus, he could score four points on the play.
- Inbounds. If fouled while not shooting, the ball is given to the team the foul was committed upon. They get the ball at the nearest side or baseline, out of bounds, and have 5 seconds to pass the ball onto the court.



**Fouls that may be called in higher level games:**

- **Charging.** An offensive foul that is committed when a player pushes or runs over a defensive player. The ball is given to the team that the foul was committed upon.
- **Blocking.** Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.
- **Disqualifying foul** Violent contact with an opponent. This includes hitting, kicking, and punching. This type of foul results in free throws plus the offense retaining possession of the ball after the free throws.
- **Unsportsmanlike foul.** When a player makes physical contact with another player with no reasonable effort to steal the ball. It is a judgment call for the officials.
- **Technical foul.** Technical foul. A player or a coach can commit this type of foul. It does not involve player contact or the ball but is instead about the 'manners' of the game. Foul language, obscenity, obscene gestures, and even arguing can be considered a technical foul, as can technical details regarding filling in the scorebook improperly or dunking during warm-ups.

**OTHER VIOLATIONS-** situations or play that will result in the ball being awarded to the opposing team- known as a “turn over”.

- **Traveling.** Moving your pivot foot once you have stopped dribbling is traveling.
- **Carrying/palming.** When a player dribbles the ball with his hand under the ball.
- **Double Dribble.** Dribbling the ball with both hands on the ball at the same time or picking up the dribble and then dribbling again is a double dribble. \*The exception to this is if a player makes 1 dribble with both hands as the first and only dribble.
- **Jump ball.** Occasionally, two or more opposing players will gain possession of the ball at the same time. To avoid a prolonged and/or violent tussle, the referee stops the action and awards the ball to one team or the other on a rotating basis.
- **Backcourt violation.** Once the offense has brought the ball across the mid-court line, they cannot go back across the line during possession. If they do, the ball is awarded to the other team to pass inbounds.
- **Time restrictions.** A player passing the ball inbounds has five seconds to pass the ball. If he does not, then the ball is awarded to the other team.





## Subbing

- When you want to sub a new player on, or take a player off, you must notify the score bench that you wish to do so.
- The player that is subbing in should then go to the score bench and wait to be called into the game by the referee.
- At the junior level, a referee will only sub a player in on a dead ball (the referee has blown their whistle to stop the game).
- Subbing can become more tactical at senior levels.

\*At the junior level, we recommend starting a game with a combination of accomplished and progressing players, and then subbing to maintain that balance.

## Player Positions

While we recommend that junior (u13s) play positionless basketball and focus on enjoyment, skill development, and basic team concepts, it is good to know the player positions that are used at a higher level. A common mistake made in junior basketball coaching is to put players into “positions” that then limit their skill and concept development and increases the rate of withdrawal from the sport.

- **Centres** are generally your tallest players. They generally are positioned near the basket, but the modern game is encouraging more of these players to develop shooting, passing and dribbling skills.
- **Forwards (small forward or power forward)** are often your next tallest/biggest players. While a forward may be called upon to play under the hoop and set screens, they may also be required to operate in the wings and corner areas and many teams now have point/forwards that will take pressure off the Point Guard by advancing the ball up the court on offence.
- **Guards/Wings** These are potentially your best shooters and/or best ball handlers and they should be good at seeing the court, passing, and knocking down 3s.
- **Point Guards** These players are often a guard with great court vision, leadership, and ball handling skills. They can take on a coaching role on the floor and help direct play and distribute the ball.





# The Roles of Everyone Involved in a Game of Basketball

## **Role #1 – Player**

Players role during the game: Play the game of basketball.

The players have the most fun role of all... They get to participate in the game of basketball we all love so much!

Being a player involves giving 100% effort, having fun, and treating the game, opposition, and teammates with respect.

## **Role #2 – Referee**

Referee's role during the game: Enforce the rules and maintain order on the basketball court to the best of their ability. Ensure that the players compete in a fair and safe environment.

\*The ability and skill level of the referee does not change their role or the coach's role. They are still the referee and you are still the coach.

## **Role #3 – Coach**

Coach's role during the game: Be a positive leader. Continually motivate, facilitate growth, and support your players. Model positive interactions with referees, score bench, parents, and the school or club you are coaching for.

\*For youth basketball, we encourage the coach to ensure they distribute playing time fairly(according to the expectations they set at the beginning of the season), and encourage, educate, and motivate their players, all while making sure the players are having fun!

For higher-level coaches, winning can become a far higher priority and decisions become based on what gives the team the best chance for success.

## **Role #4 – Spectator/Parents and Family**

Spectator's role during the game: Watch the game and encourage the players.

The spectator role is to relax and enjoy the game and support their team or athlete. Any yelling should be positive and encouraging and should not include any directions for the players, coaches, or referees.

## **Role #5 – Score bench**

Score bench role during the game: Record points, fouls, and time outs on the score sheet or device used in that gym.

\*Parents or players will be required to do score bench at some point



## Top Tips for New Coaches

### Know your WHY

- Philosophy: what things are important to you. What do you want your players to get out of playing basketball?
- Why are you coaching?

### Know your HOW

- How do you coach/teach? (athlete centred, dictator, push/pull of information etc.)
- How do you communicate your expectations to athletes, parents, and others? (does everyone know their role?)
- How are you helping all your athletes to develop?

### Know your WHAT

- What kind of team do you have and what is important to them?
- What are your top 5 things to emphasize for this team? (fun, development, passing 1v1 D, etc.)
- What will your practices look like?
- What is your approach to games? (subbing, court time, feedback etc.)

### Things to consider

- Are you aware of your regional and national style of play and what is appropriate for your level of athlete?
- How do you reflect on practices and games?
- How do you improve your coaching? (where, and who, do you go to for advice, guidance, feedback etc.)



## Practice Planning Considerations for Junior Teams

### **Why do athletes 13 years of age and under play sport?**

- Fun
- Learn about the sport
- Social Interaction with peers
- Develop new skills and refine existing skills
- To play the sport - remember the big picture. Kids need to play to improve and practice skills.

### **What factors should I consider as a coach?**

- [Safety and needs of the players](#)
- Age and Stage of the players and how can I help their [long term development](#) (what skills and concepts are appropriate)
- What equipment do we have?
- What is my behaviour management plan?
- What are the 2-3 key area's we will work on today?
- What are my [Points of Emphasis/Teaching Points](#) for each drill?

### **What should a basketball practice include for athletes 13 years old and under?**

- Introduction of what will be covered in the session and why
- [Energizer or ice breaker](#) (can help ease fears, start session off positively)
- [Warm up- of body and brain](#)
- [Skills and drills](#)
- 1v1, 2v2, 3v3, 4v4, 5v5 with focus points to reinforce concepts or skills
- Cool Down and recap
- Reflect on the practice (coaches)

[\\*It is vital that junior players get to experience game like scenarios during team trainings](#)

### **How should I interact with athletes 13 years old and under?**

- [Be clear with your expectations](#) (to players and parents)
- Use positive and encouraging language
- Be aware of your volume and tone
- Be intentional with your delivery
- Use age appropriate language



# Coaching Courses and Resources

## Courses

The CBA is currently developing a comprehensive coach development program that works in conjunction with Basketball New Zealand to provide age and stage appropriate coaching information. When courses are available, they are posted on the CBA website and Facebook page. If you have any questions, you can contact our [Coach Development Manager Lori McDaniel](#).

- [Introduction to Coaching Course](#)( mini ball and Hoops coaching, 5-9 year olds)
- Intermediate/Kiwi Hoops Course (Year 5-9 coaching, u15 coaching)
- BBNZ Community Course/FIBA Level 1 (Senior High School and Representative Coaches)
- Secondary School Student Coaches (High School Students coaching other High School Students)
- Extension and supplementary clinics

## Resources

- [CBA website](#)
- [BBNZ website](#)
- [Jnr NBA](#)
- [WABC Introduction to Coaching Manual](#)



## WHAT IS FUN IN YOUTH SPORTS?

Amanda Visek from George Washington University talked to kids about what makes youth sports fun for them. In speaking to boys and girls of multiple ethnicities aged 8 to 17, Amanda identified (and ranked by importance) 81 different areas that these kids said make sport fun. We have listed the top 30 here for you:

1. Getting compliments from coaches
2. Playing well during a game
3. End of season team parties
4. Practicing with specialty trainers/coaches
5. Exercising and being active
6. Getting compliments from other parents
7. A coach who listens to players and takes their opinions into consideration
8. When a coach encourages the team
9. Making a good play (scoring, making a big save, etc.)
10. Having well-organized practices
11. Having your parents watch your games
12. Going to sports camp
13. A coach who knows a lot about the sport
14. Getting clear, consistent communication from coaches
15. Playing rough
16. Being challenged to improve and get better at your sport
17. Getting along with your teammates
18. Taking water breaks during practice
19. Using a skill you learned in practice during a game
20. Being strong and confident
21. Playing on a nice field
22. Having the freedom to play creatively
23. Being around your friends
24. Doing team rituals
25. Playing different positions
26. Staying in hotels for games/tournaments
27. Having nice sports gear and equipment
28. A ref who makes consistent calls
29. Keeping a positive attitude
30. Winning

Visek, A. J., Achrati, S. M., Mannix, H. M., McDonnell, K., Harris, B. S., & Dipietro, L. (2015). The Fun Integration Theory: Toward Sustaining Children and Adolescents Sport Participation. *Journal of Physical Activity and Health*, 12, 424–433. doi:10.1123/jpah.2013-0180



# Practice Plan

Time	Drill	Notes

Notes





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