

U13 3X3 Coach Development Programme

This programme is for all coaches; from those new to coaching to those with significant experience. You do not require prior knowledge of coaching nor basketball to benefit.

Novel coaches will receive a crash course in basic coaching concepts and an opportunity to implement them in a supportive environment. Experienced coaches will be able to extend their abilities through both practice with coach developers and discussions with other coaches.

The development programme comprises of two practice sessions and one tournament session within the U13 programme. You will be trained prior to events with brief pre-reading and a 30min



classroom session.

Coaches are then given the opportunity to practice their learnings with a small 3X3 team with support from CBA coach developers.

You can register here <https://forms.office.com/r/b5aBjc5HDA>

Programme Overview

Session 0 (Pre-Reading) - Values based coaching

Prior to the first session, we ask all coaches to read the following brief article on team culture to understand why the CBA so strongly emphasises our values of create Great Teammates.

<https://believeperform.com/tips-for-creating-a-strong-team-culture/>

Session 1 – Games and Constraint based drills

Sunday September 3rd 2023, Shirley Boys High School

12pm to 2pm Girls

130pm to 330pm Bottom age boys (2011, 2012)



3pm to 5pm Top age boys (2010)

Session 2 – Pushing and pulling feedback

Sunday September 17th 2023, Shirley Boys High School

12pm to 2pm Girls

130pm to 330pm Bottom age boys (2011, 2012)

3pm to 5pm Top age boys (2010)

Session 3 – Tournament Coaching

Sunday September 24th

Coaches assist in the management and feedback of teams. Note: 3X3 has no direct coaching but coaches will have opportunities to practice delivering feedback and developing their ability to read games with coach developers.