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COUNTY PERFORMANCE CENTRE (CPC)

COACHES GUIDE

AIMS

Based directly on the England Basketball APC Player Pathway the aim is that the CPC serves the Buckinghamshire basketball community as a programme that teaches the fundamentals and the individual skills to coaches and players to underpin the game played by 11/12 year olds.

VISION

The CPC will be a programme that is of professional standard in all areas and will focus on quality of coaching and teaching.

It will be a positive and enthusiastic programme of learning which teaches the understanding of the skills and why they are important at this stage of development. The programme will identify and develop future county and regional players by establishing standards that improve the players' skills as well as an understanding of why those skills underpin their future.

OBJECTIVES

1. Teach the individual skills well so that players leave the programme knowing and understanding the skills.
2. Teach the player "why" the skill is important.
3. Teach the player "how" the skill is performed. How does it look? How does it feel?
4. Teach the "breakdowns" and use effective teaching cues for the whole/part/whole teaching.
5. Teach the player "when" the skill is performed and is most important.

WHAT TO TEACH?

- Individual skills most appropriate to group.
- Use the CPC Core Curriculum for talented U12 players as a guide.
- Offence before defence.

WHAT ARE THE AREAS OF EMPHASIS?

- Teach "why" the skill is important and "when" to perform it in a game. This will result in better game understanding by our players.
- More emphasis and teaching of movement, footwork and balance, specifically running/stopping (jump and stride stops)/pivoting (inside foot, forward & reverse pivots)/stepping (to pass/jab/crossover to drive. All of these out of the ready stance. The

result will be players will be able to move more efficiently and maximise their natural athleticism which will lead to more controlled decision making.

- Teach the “basketball stance” more effectively. Make the ready position home base from which all controlled movement comes. Demand that players stay in stance longer (use a count). Stay lower longer in all that we do. This will result in better balance and ultimately speed and reaction within the game.
- Teach the use of hands in all that we do in the basketball game and with fundamentals and skills. Teach why hands are important. “Target hands” in catching the ball when running/leading or in the ready position. “Hands as targets” always. This will result in better passing and less turnovers
- Defensive hand position; “hands up on defence”, “pistols positions” in off ball defensive positioning. Hands up to rebound “elbows out” to take up space and be ready for anticipation of a rebound. “Open the window” when posting. “Arm bar” when dribbling/posting. “Hand in face” of shooter when defending the shot. Inside “dig hand” versus all crossovers back to the middle. “Hand in the passing lane” on ball v dribble pass threat and in denial. Emphasise the use of hands in all we do. However make sure it is out of stance or in stance. The result will be better defensive players.
- Offensive hands; Use “slash arm” or “swim stroke” when cutting or going body to body in a game. With “arm bar” we will get better offensive players. “Open the window when posting.
- In dribbling teach: better posture and form when speed dribbling and in the control dribble. Control dribble, retreat and advance control dribble, from the “ready stance position .This will result in better ball protection against pressure and better position to counter and make passes out of ‘dead ball’ situations with less poor decision making caused by panic or timing.
- Vision when playing. “Eyes for the ball”, always on defence. In transition defence demand players keep their eyes on the ball when running back in transition defence. The extension is “peripheral vision” when playing defence with back to the basket.
- Understand that players need the physical competences to perform the technical skills in order to perform the tactical.

Happy Coaching!

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