

Forming a coaching Philosophy

We recognize that basketball is a game, and that kids are attracted to the sport primarily because it is fun. We will never lose sight of this fact. We believe that successful basketball and fun basketball can live together in a program devoted to TEAM BASKETBALL. Our coaching staff is concerned with and committed to each player in our program and at every level of their development within the context of team basketball. We believe that the game of basketball should be practiced and played in a certain fashion, taking into account the age and skill levels of our young players. In order to achieve this, we must first take a firm grasp of :

1. The rules of the Game
2. The fundamentals
3. Team effort

We also take a firm stand on quality over quantity. A two hour practice is worthless if there isn't a quality effort given to executing the fundamentals of the game. With an equal effort by all, coaches and players, a one hour practice can be equally rewarding as a two hour practice. We also believe that the players feed off the coaches energy and confidence. The first step in becoming a successful coach is formulating an effective philosophy. While you will ultimately have to handle this assignment on your own, we do have some helpful hints :

1. Basketball, like all other team sports, is predicated on the effective execution of fundamentals.
2. As a coach, you are a leader and your subject is the "Fundamentals for Team Basketball".
3. Winning is more related to good defence than strong offence.
4. Execution of break-down drills under simulated game conditions are essential to team success.
5. Players draw more confidence from a poised, alert coach who anticipates changes.

Remember, it's a game

- Never forget why you became a coach. Hopefully, it's because you love the sport and you enjoy working with and helping people. If that's the case, don't lose sight of your passion and enjoyment for the game.
- With this in mind, find ways for you and your players to have fun. That's why you're both there.
- Your coaching philosophy will develop with time and will most likely evolve with the ever-changing demands and challenges you face.

Therefore, while we can't develop or adapt your philosophy for you, the tips above may help you find some clarity and insight into what you want to accomplish. *Good Luck !*