

Practice 1: Parent / Player Meeting

PARENTS' MEETING:

Approximately 5-10 minutes prior to the start of first practice, one coach will conduct a parents' meeting while the other coach engages with the players. Always keep the lines of communication open between yourself and the parents. This initial contact with parents is the time to introduce yourself, the philosophy of the program, and your expectations regarding parents and players. (See "Items to discuss with parents" on page 23)

For Example:

"Good morning parents and thank you for enrolling your child in the Jr. NBA Program. My name is Coach "A" and I will be conducting the practices for the next twelve (12) weeks alongside my assistant, Coach "B". In this twelve (12) week basketball program, your child will have the opportunity to learn the basic FUNdamentals of basketball, like shooting, dribbling, passing and rebounding.

The program will also focus on the basic fundamentals of movement such as running, throwing, catching, and jumping to prepare each child to be successful in all sports, including basketball.

Our practice will be held every Saturday from 10am to 10:45am at the Canada Community Centre. Please make sure your children bring their basketball and wear their t-shirt each week. Please ensure that your child wears clean indoor shoes so the gym floor does not get wet and slippery. **No food is allowed in the gym due to allergies, however, please bring water for your children to drink.**

Please make sure that I have your contact information. Let me know in private if your child has any medical conditions, such as asthma, allergies, etc. Also, it is important to inform me if your child will miss the next practice.

Practice 1: Parent / Player Meeting Continued

Each week you will have the opportunity to go through some of the drills with your son or daughter. I think you'll be impressed with what your kid has learned.

We encourage you to stay to watch each practice and provide feedback. If you have any questions, please do not hesitate to contact me. Also check out the Jr. NBA Website at www.JrNBA.ca."

PLAYERS' MEETING:

This is an opportunity for the coach to get to know the players. Each coach must be welcoming and enthusiastic. Kids at this age may be nervous and lack confidence. We want to ensure that the kids can feel that they are in a **SAFE** environment and that the coaches care about them. At this time, it is a great way to introduce all the players to each other so they can make new friends. In addition, try to identify a **COMMON INTEREST** as an "ice breaker" for the kids.

For example:

Hello everyone! My name is Coach "B" and I will be teaching you the game of basketball for the next twelve (12) weeks. Basketball is a lot of FUN, but before we get into our fun activities, we must first get to know each other. Basketball involves teammates, so we have to get to know our teammates better by finding out something we have in common. I will start first, "Hello everyone, my name is Coach "B" and my favourite colour is red."

*All players will introduce themselves and say their favourite _____

- Colour
- Food
- Team/Player
- TV Show
- What grade they're in
- Etc...

Today's character goal is **POSITIVE ATTITUDE** and in order to demonstrate that you must make a new friend every practice.