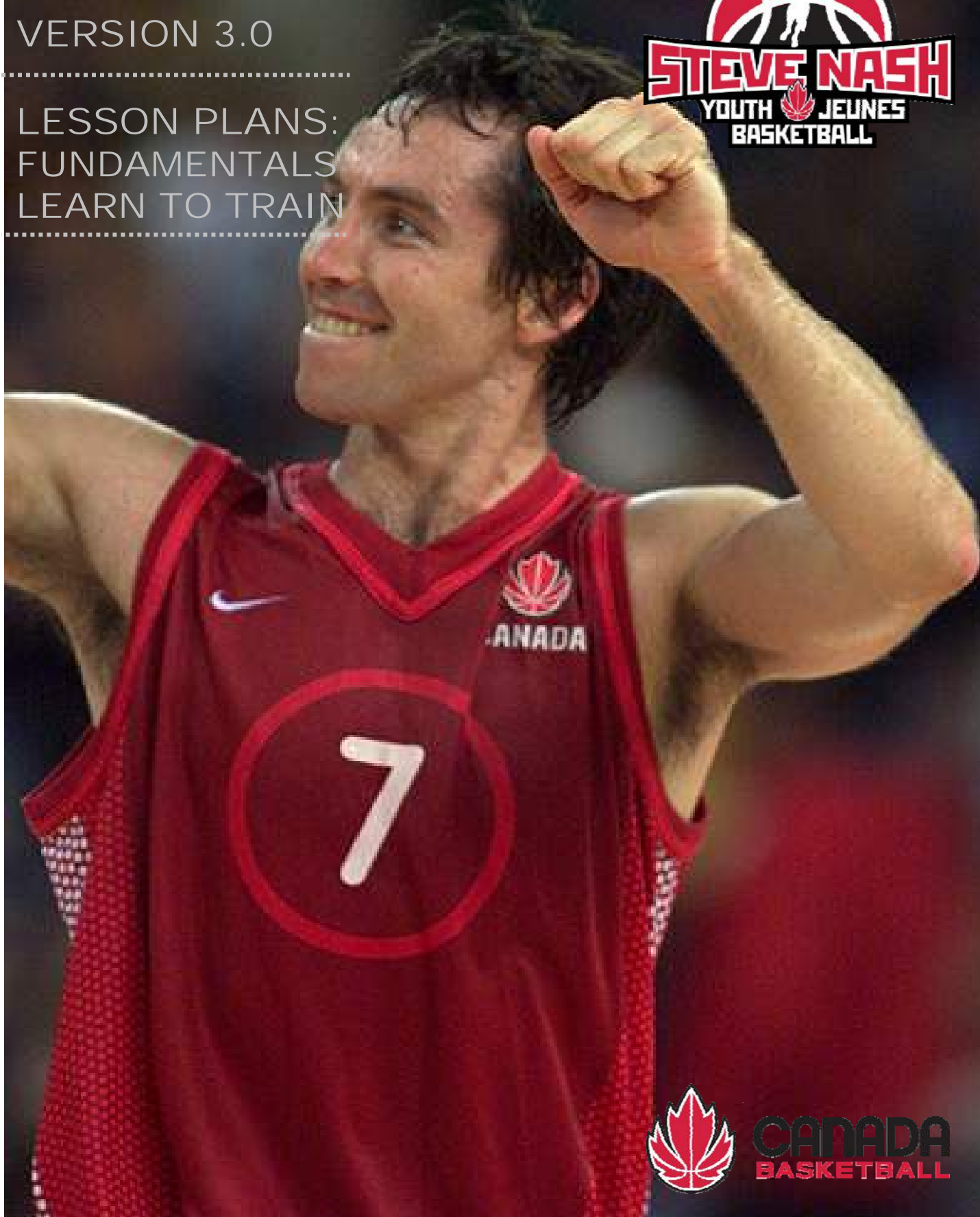


COACHES MANUAL

VERSION 3.0

LESSON PLANS:
FUNDAMENTALS
LEARN TO TRAIN



CANADA
BASKETBALL



Dear Steve Nash Youth Basketball Coach:

Thank you for becoming a SNYB coach! We are thrilled to have you as part of the program and hope you are excited to be coaching youth basketball in your community. To help make your SNYB coaching experience a positive one, we have designed a 12-week practice plan/curriculum to assist you in properly running your Steve Nash Youth Basketball program at the FUNdamental and Learn to Train stage. Each set of practice plans has been carefully designed to teach the fundamental movement skills and fundamental basketball skills in a fun and exciting manner using the *games approach* teaching principle and *loading* principle.

The main objective of the Steve Nash Youth Basketball program is for the children to have fun, through the game of basketball, 'measure success with smiles'. Secondary objectives are:

- To assist the children in the development of their fundamental movement skills: running, jumping, stopping, starting, catching and throwing.
- To introduce fundamental basketball concepts in a fun inclusive environment.

Allow a brief time for free play at the start of each session. This allows for children to become acclimatized to the environment. It also encourages the children to learn on their own. Use this time to observe their behavior. Give positive feedback based on your observations.

The **fundamental movement skills** are encouraged in the early stages in order to develop the whole child. Many children may miss learning these skills if not stressed appropriately. Many school yard games can be used to teach these skills. Within the Steve Nash Youth Basketball lesson plans, the games approach teaching principle is employed to allow players to learn and practice different basketball skills in a fun and exciting way. The idea behind a *games approach* is to use mini or modified games to teach a skill, instead of focusing on the traditional method of drills and teaching through repetitions. Drills can become too repetitive and young players may lose interest quickly. Children love to play games! Keep practice fun while learning the game of basketball is critical for development and continued involvement.

At all stages, the games approach to teaching basketball has several additional benefits. Players develop critical thinking, decision making, and improve teamwork and sportsmanship. It is your job as the coach to modify how the game is played so certain skills can be developed. For example, a games approach to teaching passing would be to play 3-on-3 with the rule that there is no dribbling allowed.

The **fundamental basketball skills** taught are of a very basic nature. Shooting, passing and dribbling are the main skills at the earlier stages of development. Again, make use of fun games to practice these skills. Avoid becoming too technical. Start with the basic concept and progress through the loading principle.

Loading in Steve Nash Youth Basketball refers to the continual progression of a drill or modified game to increase the level of difficulty and making it more challenging for the participants. You need to ensure there is a balance between challenge and boredom and this can be accomplished through loading. The idea is to start with a basic drill or modified game and as players begin to reach a certain level of success, you add or load a new component to the activity, making it more challenging.

The lesson plans that we have designed are only a blueprint. They are a very basic, condensed version of what we hope you will be creative with and continue to improve as you experience success through the program. Do not depend solely on the practice plans. Please use your SNYB Coaches Manual as a reference guide and refer to it for diagrams, detailed explanations, and additional drills and how to load. Depending on the skill level of your players and the dynamics of your SNYB group, you as a coach can decide what is appropriate and where more or less loading is required.

Good luck coaching. Be creative, add drills and games that will excite the players, and most of all, have fun!

Canada Basketball



PRACTICE PLAN TEMPLATE

The following is a sample lesson plan that contains all of the recommended components with appropriate time allocation.

PRACTICE SECTION	TIME	KEY ELEMENTS
<p><u>GETTING STARTED</u></p> <p>INTRODUCTION – Greet participants and let them know what will be taking place.</p> <p>WARM-UP – Prepare the body for the efforts of the training session.</p>	<p>VARIABLE</p> <p>2-3 MIN</p> <p>5-12 MIN</p>	<p>Before Practice Begins:</p> <ul style="list-style-type: none"> Inspect facilities/ Organize equipment/ Greet athletes <p>At beginning of practice:</p> <ul style="list-style-type: none"> Review goals of practice and activities planned <p>Warm-up:</p> <ul style="list-style-type: none"> Exercises or games to loosen muscles and raise body temp Progressive dynamic stretching Gradual increase in intensity that will not tire participants Quick transition between end of warm-up, the explanations / instructions given for the first activities and the activities themselves.
<p><u>TEACHING PROGRESSION</u></p> <p>Prepare activities that will help participants improve sport-specific abilities and fitness.</p>	<p>VARIABLE</p> <p>30-45 MIN</p>	<p>Three or more activities linked in the proper order:</p> <ul style="list-style-type: none"> Activities that challenge participants so that they can learn and improve while enjoying themselves Participants involved in an activity most of the time (i.e. not standing around and waiting in line) Participants allowed lots of practice for each activity Activities that are appropriate for the age, fitness, and ability levels of the participants and are relevant to the sport.
<p><u>GAMES</u></p> <p>Allow players to have fun, while making use of the skills they have been taught.</p>	<p>VARIABLE</p> <p>20-30 MIN</p>	<p>Cooperative Play and Games</p> <ul style="list-style-type: none"> Modified games that promote and encourage skill development through fun, mini, modified games. See Rules for age-appropriate games.
<p><u>DEBRIEF & COOLDOWN</u></p> <p>Begin recovery, debrief participants and tell them about the next session.</p>	<p>VARIABLE</p> <p>5-12 MIN</p>	<ul style="list-style-type: none"> Gradual decrease in intensity Stretching, especially of muscles most used Provide and ask for feedback on what went well and what can be improved. Inform participants about next session (i.e. logistics, goals etc.) Team cheer Speak with participants before they leave.