

2 USING "GAME-BASED" TEACHING

2.1 TECHNIQUE CENTERED TEACHING

A traditional approach to coaching is "technique centered" and is based upon analysing skills and techniques needed to play a game and to teach those skills until they are performed well enough to be able to play the game.

A technique centered method assumes that there is only one way to perform a skill and teaches the skill isolated from the game – developing the technique first and then putting it into "practice" playing the game of basketball.

An assumption that there is one perfect technique for basketball skills is flawed, with the best basketball players displaying a range of individual techniques whilst still being successful in performing the skills in games.

Other problems with a technique centered coaching approach are:

- repetitive execution of skills, without the context of a game, is boring and will lessen motivation and enjoyment of players (and particularly children);
- the "thinking and problem solving" aspects required for a successful game performance are not central to the initial learning because the technical requirements are isolated from the game in skill drills when technique is developed in "isolation" (e.g. shooting with no defender) players may develop habits that are unlikely to be successful under defensive pressure. Accordingly, having a defender present (for example) early in technique learning provides for a better outcome.