

COACHES ACADEMY HAS INSTILLED AN IN-DEPTH LEARNING METHODOLOGY

EXCELLENCE IN PERFECTION

COACHES ACADEMY provides elite level instruction and training to our athletes offering the best opportunity to prepare for the next level. Our coaches are certified professional who excel in the field of sports. Every coach is committed to providing you higher integrated instruction training and education in contemporary sports techniques, strategies and skill. We take personal responsibility to teach with integrity and be a role model for the success, excellence and passion. We also aim at organising tournament across Bangalore amongst gated community apartment clubs (**30 clubs across b'lore**) which enhance the competence level of young athletes to their fullest potential with a lifelong passion for the game

GOALS

Realistic yet challenging goals for each athlete are important to the motivation of the athlete both at training and during competition. Goals establish and drive the action of both training and competition plans. Sport confidence in athletes helps to make participation fun and is critical to the athlete's motivation. Please see the COACHES ACADEMY Principles of Coaching Section for additional information and exercises on goal setting.

Benefits

- Increases athlete's level of physical fitness
- Teaches self-discipline
- Teaches the athlete sports skills that are essential to a variety of other activities
- Provides the athlete with a means for self-expression and social interaction

Goal Setting and Motivation

Developing Self-Confidence through Goal Setting Accomplishing goals at practice through repetition in settings similar to the competition environment will instil confidence. Setting goals is a joint effort between **athletes and coaches**. The main features of goal setting are:

- To be structured as short-term, intermediate and long-term.
- To be viewed as stepping stones to success.
- To be accepted by the athlete.
- To vary in difficulty from easily attainable to challenging.
- To be measurable.
- To be used to establish the athlete's training and competition plan.

COACHES ACADEMY Motivation through Goal Setting

Goal setting has proved to be one of the most simple and effective motivational devices developed for sport within. While the concept is not new, today the techniques for effective goal setting have been refined and clarified. Motivation is all about having needs and striving to have those needs met.
How coaches academy enhance an athlete's motivation?

Provide more time and attention to an athlete when he/she is having difficulty learning a skill.

- Reward small gains of achievement in skill level.
- Develop other measures of achievement outside of winning.
- Showing athletes that they are important to you.
- Showing athletes that you are proud of them and excited about what they are doing.
- Fill our athletes with self-worth.

Goals give direction. They tell us what needs to be accomplished. They increase effort, persistence and the quality of performance. Establishing goals also requires that the **athlete and coach** determine techniques for how to achieve those goals.

Goal Setting

Setting goals is a joint effort between the **athlete and coach**. Following are the main features of goal setting:

- Structured into short-term and long-term
- Stepping stones to success
- Must be accepted by the athlete
- Vary in difficulty from easily attainable to challenging
- Must be measurable
- Short Term Objective
- Learning basketball in a fun environment.

Long Term Goal The athlete will acquire basic basketball skills, appropriate social behaviour and fun

Weekly Training Program

The following week training plans have been used successfully with athletes of varying abilities with all training sessions. **These are offered as samples and not as required training programs.** In a best-case scenario, you will have many more than four weeks to train, and many more opportunities for competition, than are listed here.

Samples

Week One Practice 1

1. Warm up with footwork activities and a ball, then stretch.
2. Conduct Basketball Skills Assessment Tests (BSAT s) Dribble, Rebound, Perimeter Shooting.
3. Cool down and team talk.

Week Two Practice 2

1. Warm up with footwork activities and a ball, then stretch.
2. Divide into four equal groups and conduct four skill stations (10 minutes each) dribbling, passing/catching (introduce throw-in), shooting and going after the ball.
3. Teach a simple offense on the half court; scrimmage.
4. Cool down and team talk.

Week Three Practice 3

1. Warm up with footwork activities and a ball, then stretch.
2. Divide into four equal groups and conduct four skill stations (10 minutes each) dribbling, passing/catching, shooting with Rebound Ball and one-on-one defense.
3. Review a simple offense on the half court; teach a simple defense; scrimmage.
4. Cool down and team talk.

After the Eight-Week Season

1. Continue training athletes going beyond Local or Area competition.
2. Invite athletes, parents, group home staff, facility host, sponsors, etc.
3. Have an end-of-the-season party to celebrate and recognize athletes' achievements and assistant coaches help.
4. Thank the facility host.
5. Thank assistant coaches.
6. Thank other volunteers.
7. Evaluate the season.
8. Develop the season plan for next week.

Sample Practice Schedules

Basketball Week-1 Practices (1 ½ hour)

20 minutes

Warm up en masse in waves of four, starting at one end of court: Jogging (forward, backward; defensive sliding) Dribbling, passing and moving to ball (in pairs and moving side-line to side-line). First person dribbles to opposite side-line, turns toward ball-hand side, pulls ball in new direction, stops halfway, bounce passes to partner who moves to catch ball before continuing dribble and repeating what partner did. Stretching: Calves, hamstrings, quads, groin and arms

25 minutes

Skill Work (one or two coaches per basketball; stations 5 minutes each; jogging to next station; athletes are ability-grouped to match strength and size for safety)

- **Rebounding:** Go to the Ball (from rolling ball straight and then to each side, bouncing ball straight and then to each side, tossing ball straight and then to each side). Set up station with coach and line of athletes; athletes go to the ball, catch ball, bounce pass back to coach and go to end of line.
- **Shooting:** Pick up ball in proper shooting position (shooting hand on top; guide hand at side); then shoot short shots. Set up station with coach in front of basket and to side of line of athletes along lane line; athletes use backboard for shot. If time permits, player takes ball out of coach's hand in proper shooting position.
- **Two-on-the-coach:** (Two offenders work on passing, moving, rebounding and scoring against one coach-defender). This is the beginning of offense. Three-on-three: Work on formation of defense in triangle (step to ball; belly to ball). Focus is on defense, reacting and moving to stop ball; start by passing the ball with defense stepping to ball and belly facing ball.

35 minutes

Team Concept for Five-on-five Teams

- Offense and two or three defense with no opponent work on Go offense.
- Then scrimmage (play); coaches may need to shadow and assist low-ability athletes to positions on court.

Individual Skills Work with ISC Athletes: 10m Dribble; Target Pass; Spot Shot

- Conduct ISC and score; record efforts.

- Then play low-organized fun games using skills, i.e., Beat the Clock: see how many shots from positions 1 and 2 can be made in 30 seconds.

Conditioning Activities: Jump-the-Lines; Sit-ups; Push-ups

10 minutes

Bring team together for cool-down stretching and reward efforts: winner s circle with each athlete receiving accolades; coach notes one positive per athlete.

Principles of Effective Training Sessions	
Keep all athletes active	Athlete needs to be an active listener
Create clear, concise goals	Learning improves when athletes know what is expected of them
Give clear, concise instructions	Demonstrate increase accuracy of instruction
Record progress	Your athletes chart progress together
Give positive feedback	Emphasize and reward things the athlete is doing well
Provide variety	Vary exercises prevent boredom
Encourage enjoyment	Training and competition is fun help keep it this way for you and your athletes
Create progressions	<ul style="list-style-type: none"> • Learning is increased when information progresses from: • Known to unknown discovering new things successfully • Simple to complex seeing that I can do it • General to specific this is why I am working so hard
Plan maximum use of resources	Use what you have and improvise for equipment that you do not have think creatively
Allow for individual differences	Different athletes, different learning rates, different capacity

**KIDS PROGRESSIONS
CHART**

