

Basketball New Zealand Community Course Overview

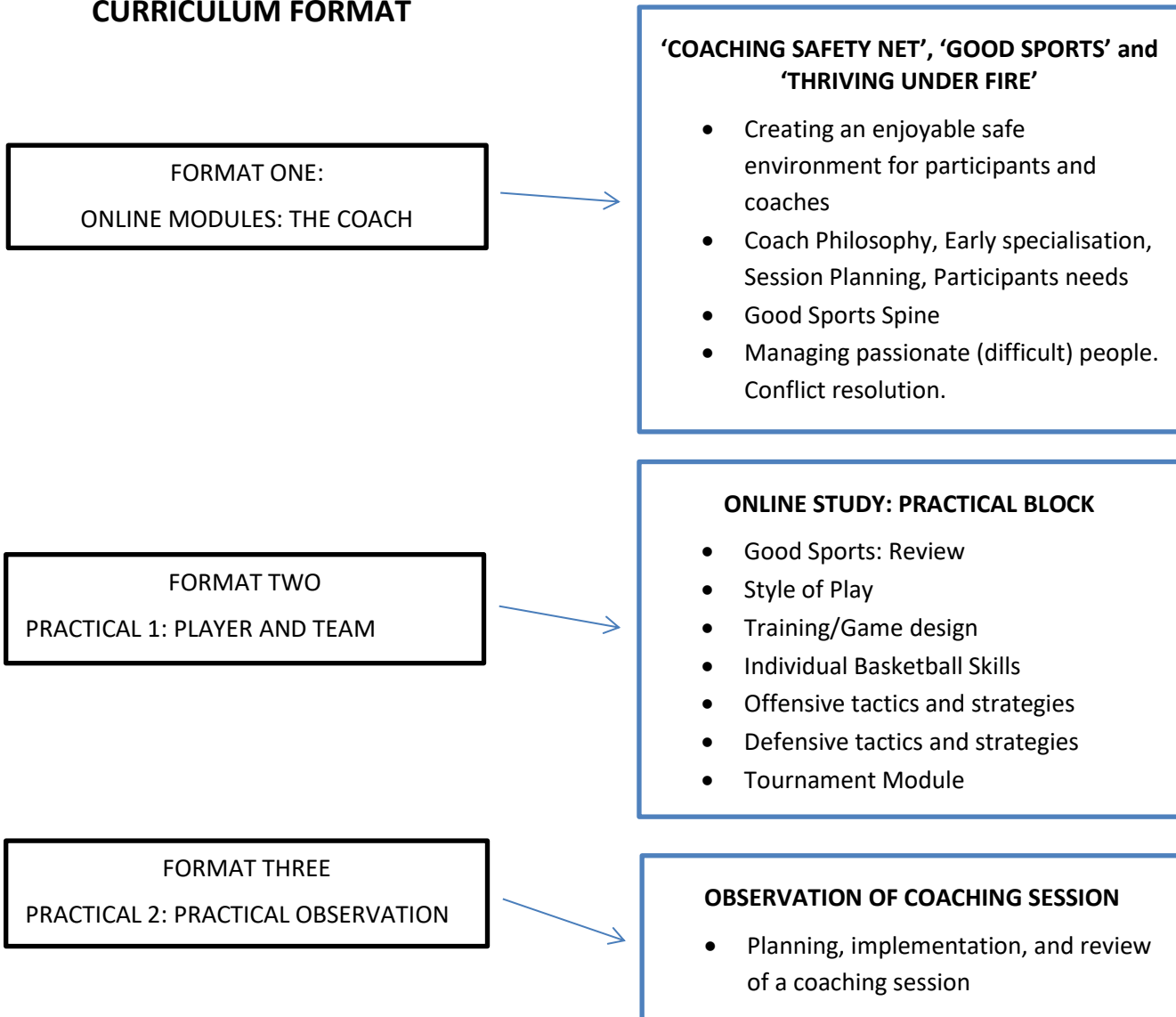
Purpose:

The BBNZ Community Course level is for coaches who coach secondary school players, representative age group players, and adult players in clubs, associations, regional and national competitions. Local basketball associations are responsible for the provision of training and development of these coaches using Basketball New Zealand Accredited Coach Developers.

Course Objectives:

This level aims to upskill and equip participants with a solid and comprehensive understanding of the role of a coach, coach philosophy, style of play, training session/game design, player skill and team tactical requirements. The Community Course is delivered by Associations using BBNZ Coach Developers.

CURRICULUM FORMAT



BBNZ COMMUNITY COACH

FORMAT 1: FOUNDATION ONLINE MODULES AND STUDY

FOUNDATION MODULES	<p>Online Modules</p> <p>The coach participant must complete the following online modules.</p> <ol style="list-style-type: none"> 1. Coaching Safety Net 2. Basketball New Zealand Aktive: Good Sports Foundation Modules 3. Thriving Under Fire <p>These online modules are on the Sport NZ/BBNZ Sports Tutor Learning Management System, on the link below.</p> <p>Link: www.sporttutor.nz/bbnz</p> <p>Follow the link and register. Then login. Click on 'Search Learning' then 'BBNZ Catalogue' and you will find the 3 online modules to complete.</p>
BBNZ COACH MEMBERSHIP	<p>BBNZ Huddle Registration: Coach Membership</p> <p>All coach participants will also need be registered in the BBNZ Centralised Database (The Huddle). You can do this by clicking this link https://membership.sportstg.com/regofrm.cgi?aID=27121&formID=74554 or by visiting https://nz.basketball/get-involved/the-huddle-support/ , searching coach and clicking the green register button. Complete the details that are required in the fields.</p> <p>Basketball New Zealand requires this information to update regularly the regional, association, club, secondary school, intermediate and primary school coach database.</p>

BBNZ COMMUNITY COACH

FORMAT 2: PRACTICAL 1

PRACTICAL 1	<p>Coach Participant</p> <p>Following registering and completing Format 1, the Coach participant must attend Practical 1.</p> <p>In preparation for Practical 1 the Coach participant will enrol in their respective association/regional Community Course Catalogue (in the BBNZ Catalogue on the BBNZ Sports Tutor portal) and will be required to complete pre-reading and study of the 'PLAYER' and 'TEAM' content on the FIBA WABC 'Level 1' Manual and the BBNZ National Style of Play. The BBNZ Coach Developer will use this workshop to observe the level of knowledge, interaction, and participation of the coach participant in a face-to-face environment.</p>
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PRACTICAL 1 CONTENT

GOOD SPORTS:

Coach Philosophy and Good Sports Spine

STYLE OF PLAY: BASKETBALL NZ NATIONAL STYLE OF PLAY

BBNZ National Junior Teams Offensive and Defensive Overview

GAME DESIGN

Training session design structure/Modified Games/Constraints Led Approach

PLAYER:

Defensive Skills

Offensive Skills

TEAM:

Defensive Tactics and Strategies

Offensive Skills

TOURNAMENT MODULE:

- *Introduction to Tournament Coaching*
- *Tournament Administration and Management*
- *Tournament Scout*
- *Tournament Game Coaching/Management*

BBNZ COMMUNITY COACH

FORMAT 3: Practical 2

Practical 2 Session Plan	<p>Assessment for Community Coach</p> <p>Practical Observation Task</p> <p>Plan, conduct and review a coaching session. It must include individual offensive/defensive strategies/style of play focus. Candidates are required to coach a club, secondary school, or representative team and provides the BBNZ Coach Developer their session plan prior to the session.</p>
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You must include the following in your coaching session plan:

- 1. Session Objectives**
- 2. Warm Up: ACC SportSmart Warm Up:**
Raise the body temperature, activate the key muscles, mobilise the key working joints, raise the intensity level and working on the locomotor skills.
- 3. Activity:**
The main Technical and/or Tactical focus of the session. Focus could be on Fundamental Movement Skills, Sport Specific Skills, and tactics.
- 4. Games:**
Embedding and implementation of the Technical skill or Tactics within games ie: Modified games, Constraints/Non-Constraints Led Approach etc
- 5. Evaluation:**
Recap and evaluating the session during cool down. An opportunity to question and check for understanding of the athletes whilst working on flexibility stretching exercises.
- 6. Self-Reflection:**
Self-reflection post session and in your own time. Reviewing the session and your own coaching performance. What would you do differently in the next session?