

ROAD TO BECOME A BETTER COACH

Why do you want to become a coach? What do you need to know to become a successful basketball coach? In order to be successful in the long run, you must first know how to teach the fundamentals of the game from both a technical and a tactical perspective.

What are the most important components to become a better coach? There are three key components of coaching that include knowledge of the game, learning with your players, and effective communication. By gaining an understanding of these three important principles, you are one step closer to becoming a successful coach. The implementation of these components will lead you to a very rewarding experience and worthwhile interpersonal relationships with your players.

Basketball is often over-coached and under-taught. Good coaches build character, personality, teamwork, skills, spirit, and fair play. Here are some suggestions for you to improve yourself as a coach:

- Always keep players working in order to ensure they are never bored. Good coaches maintain a balance between talking and working to keep their players involved.
- Everyone can learn a great deal from watching different programs organized by different coaches. This helps you, as a coach, to observe the various coach to player relationships and how they motivate each other.
- Create situations in practice that are more difficult than game situations.
- Make players play and think when they are fatigued.

I consider myself a student of the game and have spent many years developing my coaching philosophy, psychology, techniques, and methods. I do not believe that you can take what other coaches teach and make it your own. I discourage you from watching basketball coaching videos online and implementing them into your practice. Coaching basketball requires an abundance of planning and preparation prior to any training session. You must develop your own philosophy, methods, and coaching style while mixing in ideas of others where you can.

The answer to success in coaching does not lie in some form of super technical or tactical strategy. To me, success relies on the ability to teach the fundamental skills to the individual athlete. Your players must understand that their natural ability can take them only to a certain level. As coaches, we must develop and organize both in-season and off-season programs that promote the development of athletes to break personal, physical barriers. Players need to understand that they will not learn any fundamentals of the game until it becomes second nature (a habit). Automatic reaction is the goal of skill execution. No thought process necessary — just react.

Although many coaches and players make the comment “practice makes perfect”, I think that in order to be true, it must be expanded. Practice only makes perfect when the proper techniques and mechanics are being practiced. Proper techniques become movement habits. Repetition must be done with

high levels of interest, enthusiasm, and in an exciting manner until it becomes an instinctive reaction. Coaches have to demand correct execution of basic skills all the time. You cannot just correct once and allow your players do the same mistake over and over again afterwards.

Here are my final thoughts for you, when you step on the floor, you must know...

WHAT you are going to teach.

HOW you are going to teach.

WHY you are going to teach it