

Topic: Creative and Effective Methods of Teaching Basketball

Presenter: Coach Mike Brandt

Coaching is teaching – yet many of our coaches never received professional training to become a teacher! Many had different majors in college – they were successful players and became coaches. Some are still good teachers – but many are not prepared to teach. I hope to give just a few “teaching tips” to help you be a more effective teacher/coach.

Outline: Teaching Methods

I Questioning Players

- a. Ask general question to all – then go to a specific person if needed (often they know the answer)
- b. Ask specific person - Teach team mates to **NOT** answer for the person the question was directed to
- c. “Wait” time (Uncomfortable for person *and team mates*– but necessary – if no response - see letter b!)
- d. Ask questions that specific players know at times – gives them a **confidence boost!**
- e. Respond positively to all answers – it promotes answering them!
Poor NO response – “NOOOO that’s not it!”
Better NO response - a polite “No...”
Best NO response – “That’s a good answer – but not quite what I am looking for...”

Good YES response – “Yes...., You’re Right...”
Great YES response – “Exactly! Great answer!” or “Fantastic – you’re right on point!” (Etc.)

II Teaching

- a. Give clear directions – *don’t take anything for granted – start at beginning!* (REPETITION works!)
- b. Be sure the players can hear you (Talk slowly and clearly, enunciate, face them – eye contact, mic?)
- c. If at both ends – have one side hustle to *sideline* of teaching side
- d. Choose *different and all* players to demonstrate at some time (be selective 😊)
- e. Have players “reteach” what you just taught – or even the next time you need to review the skill
- f. Proper reinforcement – see I e. above – “You’re close, but just extend that arm fully”
- g. Positive reinforcement – make them “hungry” to do it correctly!

III Be Creative / Make it Fun

- a. Free Throw Shooter of the Day (Hint)
- b. Free Throw Drills (Add 1, Make 7 in a row in 5:00, Deck of Cards A-10)
- c. National Statistics Questions (For their awareness – Ex. Leader in FT %, what is a good 3 Pt %)
- d. Team shooting percentage line up: 2 FG% and 3 FG%... sprint - retry
- e. 5-0 Defense (Promotes: Communication, correct actions –jumping to ball, on ball, deny, bock out, etc.)
- f. Bus / Heater

The Coach is First of all a Teacher – John Wooden