



Level 2 Basketball Coaching Course

**Saturday 21st and Sunday 22nd August
Copleston Centre, Copleston Rd, Ipswich, IP4 5HD**

**Saturday 28th and Sunday 29th August
Copleston Centre, Copleston Rd, Ipswich, IP4 5HD**

Guidance notes

Below is a list of local arrangements, followed by England Basketball's course content. An application form is also attached.

Timings

10.00am- 5.00pm each day

Summary

Course cost £110 (Cheques made payable to Suffolk Coastal District Council.)

All coaches coaching in Suffolk clubs are invited to apply for 100% subsidy thanks to money secured from the East Links. Follow the link on the Suffolk Sport website and fill in the expression of interest form to apply. <http://www.skillsactive.com/survey/east-links/> To be eligible you must be working over 8 hours a week, live in the East and not be a full time student. (see link for more details)

Course tutor England Basketball approved tutor and level 3 coach Nick Drane.

Cost

Please send a non returnable deposit cheque made payable to Suffolk Coastal District Council for £25, together with your details to me, when booking. Places are booked on a first come first served basis. Remaining fee to be paid on the first day of the course.

Resource

There is an England Basketball course support book, which will be referred to, so please bring a pen. In the past, looking at feedback forms, previous course candidates have commented that it would have been beneficial to have looked at the course book before the course started. I would like to offer this to candidates but think it would be costly to post so in an attempt to bring costs down will do my best to meet you about a week before the course date to give you this resource.

Registration

In Suffolk we require all candidates who pass the level 2 award to become members of England Basketball. The cost for this currently is £12 and gives you insurance for the year as well as other member benefits. I will be following this membership up with candidates in the Autumn and it will be expected that you will take this up.

Attire

Please come dressed in suitable wear, i.e. tracksuits, shorts trainers as the course is very practical.

Refreshment

There are a few local shops close to both venues but probably best to bring a packed lunch. Please also bring drink as there are lots of practical elements.

Safeguarding and protecting Children

If you are coaching at a junior level we strongly recommend that you have been on a safeguarding (child protection) course within the last three years. If you have not we would like to see that you are pro-active in registering yourself on a course. Details can be found on www.suffolksport.com.

Below is taken from the EB website...

LEVEL 2 COACH AWARD

TARGET GROUPS AND PROFILES

This is the standard level of coaching qualification for all club coaches at local level. The award gives a general overview of all aspects of basketball, and a basic introduction to sports coaching. Examples of persons likely to be interested are the following: Coaches making a regular commitment to one particular team; Experienced players or sports students; Club Coach; School teachers ; Preliminary Coach Award holders who wish to improve their knowledge of basketball; Physical Training Instructors in H. M. Services

LEVEL 2 COACH AWARD LEARNING OUTCOMES

The learning outcomes listed below apply to the coach and coaching situation profiled above.

UNIT 1: ROLE OF THE COACH

At the completion of this Unit the candidate who gains the Level 2 Coaching award will be:

- 1.1 Aware of requirements for this Level 2 Coach Award.
- 1.2 Aware of the roles of a coach.
- 1.3 Aware of the development and opportunities to take part in basketball in the UK.
- 1.4 Able to respond to complaints and provide suggestions about products and services provided by England Basketball.
- 1.5 Able to establish and maintain effective working relationships with participants.
- 1.6 Able to establish and maintain links with others involved in coaching basketball.
- 1.7 Aware of the England Basketball Child Protection procedures.
- 1.8 Aware of the England Basketball Code of Conduct for Coaches.
- 1.9 Able to deal with accidents and emergencies.
- 1.10 Able to carry out a safety audit on the facility to ensure the arrangements are safe and suitable for a basketball coaching session/game.
- 1.11 Able to undertake a coaching session/game in a safe manner and deal with signs of injury and illness.
- 1.12 Able to demonstrate an understanding of Normal Operating Procedure and Emergency Action Plans for the facility that apply basketball coaching sessions/games and the use of the basketball facility.
- 1.13 Able to follow the Emergency Procedures of the facility.

UNIT 2: PLANNING TRAINING SESSIONS

At the completion of this Unit the candidate who gains the Level 2 Coaching award will be able to:

- 2.1 Make arrangements to take training sessions, including provision of equipment.
- 2.2 Identify and use appropriate information to enable a coaching session to be planned.
- 2.3 Produce plans for training session that meets the need of the player to be coached.

2.4 Plan training session that satisfy health and safety requirements, and makes best use of the resources and time available and conforms to accepted good practice in basketball.

UNIT 3: TRAINING SESSIONS

At the completion of this Unit the candidate who gains the Level 2 Coaching award will be able to:

- 3.1 Ensure players are ready and prepared to take part in both a training session and a game.
- 3.2 Take a warm-up and cool down appropriate to the needs of the players.
- 3.3 Undertake a coaching session in a safe manner.
- 3.4 Lead coaching session that has planned objectives, in a safe manner and that conforms to accepted good practice in basketball.
- 3.5 Communicate effectively to players during training sessions.
- 3.6 Provide demonstrations and explanations.
- 3.7 Control the activities of players during training sessions.
- 3.8 Observe and analyse the performance of players, and give feedback to players.
- 3.9 Engender enthusiasm and create an enjoyable coaching environment.
- 3.10 Bring the session to a positive end by initiating feedback from the group, conducting a debrief and informing players of future sessions.
- 3.11 Evaluate the session against objectives set and the conduct of the session.
- 3.12 Control a training game (session) as a 'referee' and correctly apply the rules whilst doing so.

UNIT 4: INDIVIDUAL FUNDAMENTALS

At the completion of this Unit the candidate who gains the Level 2 Coaching award will be able to coach and demonstrate an understanding of the basic techniques of:

- 4.1 Footwork - starting, stopping, pivoting, change of direction, defensive footwork.
- 4.2 Passing and receiving the ball, including use of appropriate pass.
- 4.3 Shooting, including lay up, set and jump shots.
- 4.4 Dribbling - change of hands, direction, speed, starting a dribble and stopping at the end of a dribble.
- 4.5 Attacking play with the ball.
- 4.6 Attacking play without the ball, including moving free to receive a pass.
- 4.7 Individual defence including stance, position, footwork, defending the ball handler and defending off the ball, blocking out and rebounding.

UNIT 5: BASIC TEAM FUNDAMENTALS

At the completion of this Unit the candidate who gains the Level 2 Coaching award will be able to:

- 5.1 Coach and demonstrate an understanding of the basic teams attacking fundamentals including:-
 - Penetrate and pass off.
 - Give and go.
 - Post Play.
 - Backdoor.
 - Simple Screen

- Screen and Roll.
- Screen Off the ball.
- Special Situations

5.2 Coach and demonstrate an understanding of team defence against basic attacking fundamentals.

UNIT 6: DEVELOPING TEAM PLAY

At the completion of this Unit the candidate who gains the Level 2 Coaching award will be able to:

- 6.1 Coach and demonstrate an understanding of the fast break attack.
- 6.2 Coach and demonstrate an understanding of defending the fast break.
- 6.3 Coach and demonstrate an understanding of the techniques involved with a team man-to-man attack.
- 6.4 Coach and demonstrate an understanding of the techniques involved with a team man-to-man defence.
- 6.5 Coach and demonstrate a basic understanding of Zone Defence and Offence.
- 6.6 Coach play at set situations (covering play at Jump Ball, Free Throw and Out-of-bounds)
- 6.7 Demonstrate an understanding of play at set situations (covering play at Jump ball, Free Throw and Out-of-bounds)
- 6.8 Coach a team in a game situation, demonstrating effective communication via the use of Intervals of Play, Time Outs and Substitutions.

UNIT 6: SPORTS SCIENCE

At the completion of this Unit the candidate who gains the Level 2 Coaching award will be able to:

- 7.1 Demonstrate an understanding of the application of basic sport physiology to endurance training and speed training for basketball.
- 7.2 Demonstrate an understanding of the application of basic sports psychology to coaching basketball, including goal setting, motivation, confidence building and concentration.

COURSE

The minimum time for a course for this award is twenty-four hours of contact with a tutor, plus a further period of home study. When a course is run over weekends or a number of full days there should normally be a six-week period between the first and last day of the course. It is recommended that a Coach Award course should be practical in nature. The experience that the students bring to the course will be used as a basis of the training, with opportunities provided for students to undertake coaching during the course and to receive informed feedback on their coaching performance.

COURSE TUTORING

Modules for the Coach Award may only be tutored by an EB Staff Tutor or Advanced Coach Award holders who have successfully completed an EB Tutors Training Course.

ENTRY REQUIREMENTS

Candidates for this award will normally be required to have attended a training course for this award prior to taking the theory and practical examinations. Prior

to taking the examination candidates are required to complete an application form and pay the appropriate fee for the award. Candidates are strongly recommended to have attended and successfully completed a Level I Coach Award course, and should have a sound basic understanding and good experience of Basketball and delivering to groups.

ASSESSMENT

Assessment will normally be undertaken by the Centre or Tutor who are responsible for conducting the course. The Assessment for this Award consists of the following:

- * Continuous assessment by the tutors who staff the course. Throughout the course students will be required to undertake coaching of small groups. The tutors will be required to assess students particularly in the area of practical coaching performance and communication skill when involved in group coaching.
- * The final Assessment will consist of
 - Completion of a theory paper prepared by England Basketball.
 - An observed practical test consisting of two items:
 - (1) An observed teaching/coaching individual fundamentals
 - (2) An observed teaching/coaching a team fundamental or team play.

The test items used for the practical examination are taken from those prepared by the EB and will be selected by the examiner and given to the candidate before the examination. The candidate is required to teach/coach a group of players on each test item.

Prior to taking the practical test the candidate should prepare a session plan setting out the material to be covered in the teaching/coaching session of the two test items. This plan will be presented to the examiner before the commencement of the practical test and they will form part of the practical assessment.

- Observation of the candidate coaching a training game.
- Observation of the candidate controlling a training game.
- An oral clarification /feedback will be given by the examiners to candidates following each observed assessment.
- Candidates will be required to submit a Log Book (portfolio) giving details of at least two games coached and two training sessions undertaken.

Once a candidate has completed the course and all stages in the Assessment (including submission of the completed portfolio) the examiner will evaluate the candidate taking into consideration course tutors grading, and the assessment of coaching performance and give a PASS or FAIL mark.

BACKGROUND INFORMATION

The following books are recommended reading for students taking this course:

- "Basketball Curriculum Guide" - Published by the English Basketball Association.
- "Coaching Basketball - Individual and Team Fundamentals" Published by the English Basketball Association.
- "Know the Game - Basketball" Published by A & C Black.
- "Guide to Safety" - Published by the English Basketball Association.

"Drills Book One" and "Drills Book Two" published by the English Basketball Association.

Students with limited knowledge and experience in developing fitness, analysing techniques and improving personal performance in children and adults are recommended to study the following Sports Coach UK Coaching Essentials Workshop Resources before or during attending the England Basketball Level 2 Coach Award course:

If interested, please now fill in the application form and return ASAP - many thanks

Any problems please call or email me,
Kathryn James, Basketball Development Co-ordinator
C/O Suffolk Coastal District Council, Melton Hill, Woodbridge, IP12 1AU
Mobile 07748 320 802