

BASKETBALL COACH TRAINING



Upward Basketball Coach Training 2018



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Topics

- Upward Vision
- Upward 360 Progression
- Uniforms
- Background Checks
- Books/Quotes
- Questions?
- Breakout session with League Commissioners



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The Upward Vision



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360 Progression



As an Upward Basketball Coach, you have the opportunity and responsibility to build your players into ***total athletes*** by utilizing the 360 Progression. You do this by developing them mentally, athletically, spiritually, and socially. This unique approach is based on Luke 2:52: *“And Jesus grew in wisdom and stature and in favor with God and man.”*



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360 Progression

Mentally – Making Wise Decisions

Through basketball, you will teach life lessons that will promote making wise decisions on and off the court. A 360 Coach knows how to teach the game in a way that young athletes can understand.



Athletically – Improving Physical Ability

One of the main reasons parents register their young athlete to play is to improve their physical ability. A 360 Coach knows how to build athletic foundations through drills that enhance skill development.





360 Progression

Spiritually – Embracing Life’s Purpose

The mission of Upward Sports is to promote the discovery of Jesus through sports. This mission is carried out by the 360 Coach, as you introduce life’s true purpose through intentional character lessons throughout the season while leading to an introduction of the Gospel message.

Socially – Fostering Healthy Relationships

An important part of growing as an athlete is connecting with teammates. As they enjoy time with others, they are building healthy relationships. As a 360 Coach, you should be a catalyst in encouraging this connection because it builds a socially healthy team.





360 Coaching Keys

- 1. Teach the game through drills** – The ability to execute proper drills enhances skill level and improves athletic foundations. Your practices should utilize drills that enhance skill development.
- 2. Teach the rules of basketball** – For the players to grow in the sport they must understand and apply the rules of the game. Take time to explain rules and why they are important.



360 Coaching Keys (continued)

3. **Instill sportsmanship with a competitive spirit** – This may sound like a contradiction in terms but it's not. Your young athletes need to learn how these two important elements work together:
- Great sportsmanship involves valuing others. Your players should recognize how to value their opponents as well as their teammates.
 - A competitive spirit is all about doing your best to win in all situations of the game. Therefore, you want to teach your young athletes to value others by treating them the right way as they give their best to win each play, each half, and each game.



360 Coaching Keys

- **4. Communicate effectively** – In order to teach the rules, explain drills and teach sportsmanship, you have to be an effective communicator. Likewise, good communication and organization are crucial in keeping parents informed throughout the season. This includes keeping them up to date on practice and game times and having a plan in place each and every practice.

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Jim Hallinan

- **Communication**
- **Relationship Building**
- **Meet Your Coach Night
Prep**



Get to know your team's parents

Start the season off right by getting to know the parents of your players. Include them in your first post-practice huddle. Here are some things to cover in the first meeting with parents:

- Introduce yourself and share your excitement about the season
- Give them a copy of the team roster
- Ask a parent to put together a schedule for families to rotate bringing snacks to games
- Encourage all parents to work on skills at home with their young athlete

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Practice Focus

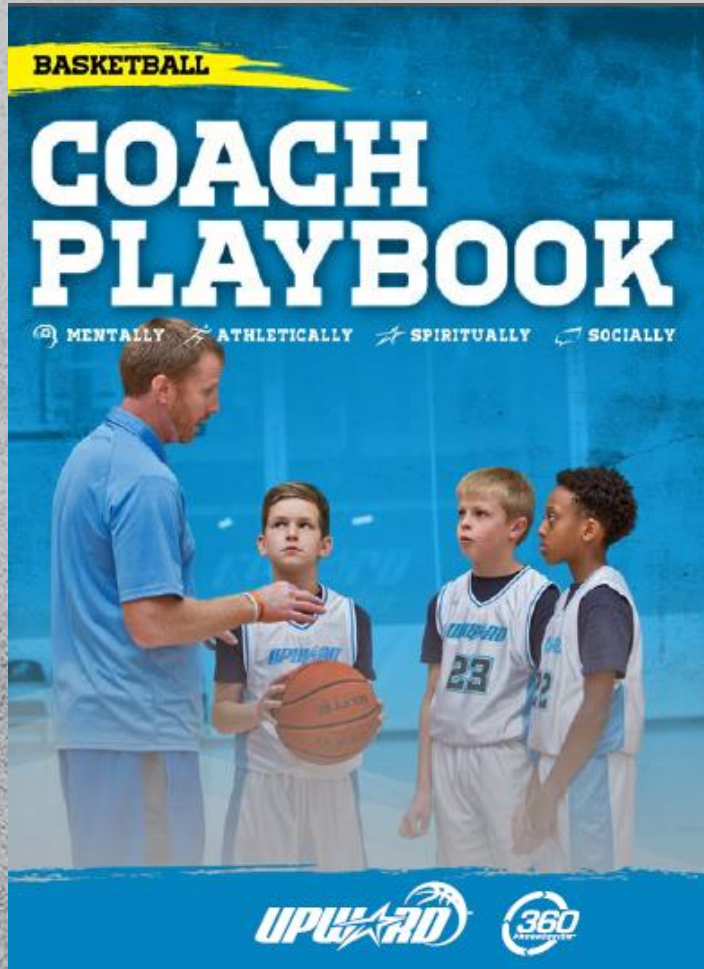
1. Make every player a welcomed and appreciated part of the team
2. Teach fundamentals through drills
3. Share biblical life lessons at each practice

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Coach Playbook

The coach playbook has been provided for you to use in the following areas:

- Explanation of different positions on the court.
- Suggested skills to teach with a detailed description of how to properly perform each skill.
- Introductory drills to help develop player's basketball skills.
- Devotions to share at each practice.
- Forms to track star distribution and substitutions.



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Online Coach Resource (*MyUpward.org*)



The coach resources of ***MyUpward.org*** contain everything you need to be a successful Upward Basketball Coach, including:

- Skills and Drills
- Rules unique to Upward Basketball
- Weekly practice devotions
- Substitutions
- Upward Basketball Stars – Game day recognition

You will receive an email containing a special user name and password to log into MyUpward.org using a Yahoo, Facebook, or Google account. This will give you access to all of the basketball coach resources.



360 Progression

Positions

Game Day Attitude

Awards Stars

Substitutions

Coach/Player Items

BASKETBALL
COACH APPVIDEO
MODULE

SHARE YOUR STORY

UPWARD
SPORTS

BLOG

FIND YOUR BASKETBALL RESOURCES

FILTER BY TYPE



RESOURCES



DEVOTIONS



SIDELINES

FILTER BY RULE LEVEL

L1

RULE LEVEL 1

L2

RULE LEVEL 2

L3

RULE LEVEL 3

L4

RULE LEVEL 4



Sample Parent Email - Games

This template gives you tips on what to include in a post-game email to parents.

[Download File](#)

Sample Parent Email - Practices

This template gives you tips on what to include in a post-practice email to parents.

[Download File](#)

Level 4 Team Form

Form for Level 4 Basketball Coaches to use on game day to track fouls and player participation

[Download File](#)

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Online Coach Resource (***MyUpward.org***)

Here's how to access these online resources:

1. You will receive an email from the league director containing a link to ***MyUpward.org***.
2. Click on the link and create a password (your username will already exist as your email address).
3. You will then be able to access the resources on ***MyUpward.org***.

** If you have not already received this email, see your league director.*




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The Coach's Sideline

The Coach's Sideline is a complete practice guide that is customized to the age division that you coach. In it you will find pre-practice huddle topics, warm-up activities, skills focus, skills/drills as well as the specific practice devotion. These practice plans are available at:

www.MyUpward.org

PLAY WITH PURPOSE
BASKETBALL
THE COACH'S SIDELINE



Level 2 » Week 3 Practice

Pre-Practice Huddle	Warm-up	Review Passing/Receiving Skill Development	Shooting	Devotions	Transition	Post-Practice Huddle
:00-:05	:05-:10	:10-:18	:18-:30	:30-:38	:38-:53	:53-end

Pre-Practice Huddle (5 min)

Welcome Players

Teach Rules - Double Dribble

- Explain the rule and what happens when the violation occurs
- Visually demonstrate the violation


COACH TALK


In basketball you can only start and stop dribbling one time before you have to pass or shoot the basketball each time that you get the ball. So if I receive a pass I can dribble then stop... like this...but I can't start dribbling again until I have passed or shot the basketball.

Warm-up (5 min)

RED LIGHT/GREEN LIGHT - FOOTWORK

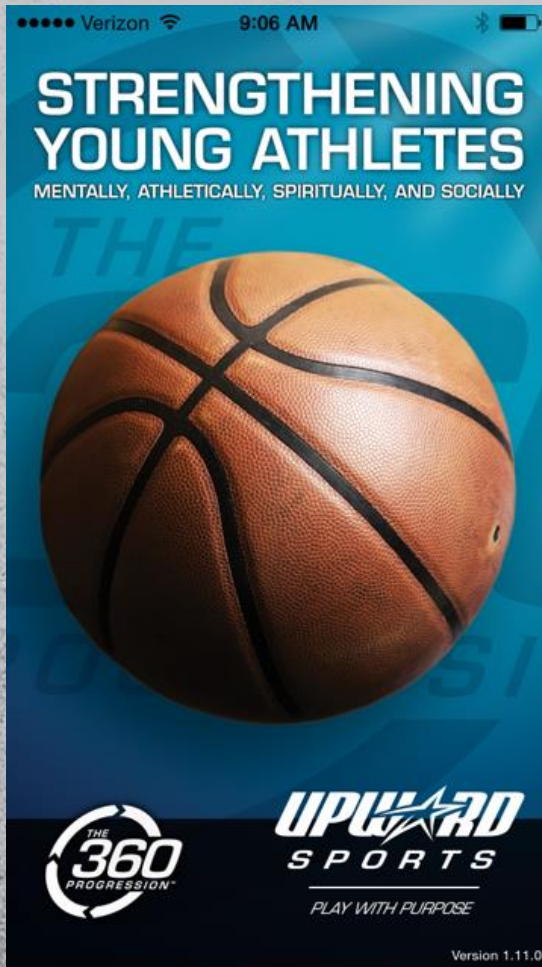
- Without ball - working on jump stops and pivots on Red Light Call
- With ball - working on protection dribble on Red Light Call



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The Coach App



- Coaching made simple! The Upward Basketball Coach App provides you a quick, paperless way to coordinate key coaching responsibilities for both practices and games.
- With the Coach App you'll be able to:
 - Manage player/guardian information
 - View practice plans
 - Substitute players on game day
 - Assign and track star distribution for each game
- To utilize the app, enter the same username and password you use to access resources on MyUpward.org.



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The Coach App

Some of the many benefits of the app include:

1. No data entry for players! The coach app automatically imports your players and contact information into the app.
2. The app automatically imports your practice plans (Coach's Sidelines) for the age group you are assigned to coach. Also, no internet is needed after the initial download of the practice plans.
3. You will be able to send group emails to parents straight from the app.

The coach app is only \$.99 and is available on iPhone (iPad compatible) and Android phones.



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<i>Practice Number</i>	<i>Virtue</i>	<i>Verse</i>
Week 1	<i>None (“Get to Know You” time)</i>	None (Scripture learning begins at Practice 2)
Weeks 2-4	<i>Courage</i>	<i>When I’m afraid, I put my trust in you. Psalm 56:3 (NIRV)</i>
Weeks 5-7	<i>Patience</i>	<i>The end of a matter is better than its beginning. So it’s better to be patient than proud. Ecclesiastes 7:8 (NIRV)</i>
Weeks 8-10	<i>Kindness</i>	<i>Do to others as you want them to do to you. Luke 6:31 (NIRV)</i>
Last Practice of the Season	<i>Gospel Presentation</i>	<i>For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16 (NIV)</i>

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“The Stand In” DVD

Inside your coach box you will find a DVD for each player entitled “The Stand In”. This DVD presents the gospel in an engaging way by explaining what Jesus did for each of us.

The DVD should be distributed to your players at the end of your **next to last practice**. This practice is scheduled to be the week of FEB 26.



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“The Stand In” DVD

The reason is because at the last practice devotion, this DVD will be discussed to help further explain and present the gospel. It’s important to invite parents to be a part of this last practice devotion as well.

It is important for you to watch “The Stand In” prior to presenting the last practice devotion so you can be familiar with the message. You can watch it on the coach page of MyUpward.org.



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What are the Colors?



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BACKGROUND CHECKS



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Books to Consider!!!

Coach 'Em Up: Reclaiming Sports for the Benefit of the Athlete<<https://www.amazon.com/dp/0692875662/?encoding=UTF8&coliid=IY5ZP6T0KT96X&colid=2EW1DVV8MU25G>> by Caz McCaslin

The Matheny Manifesto: A Young Manager's Old-School Views on Success in Sports and Life<<https://www.amazon.com/dp/055344669X/?encoding=UTF8&coliid=I2A1G7HMYH7B0A&colid=1DSYADAADT66A>> by Mike Matheny, Jerry B. Jenkins

The Sacred Acre: The Ed Thomas Story<https://www.amazon.com/Sacred-Acre-Ed-Thomas-Story/dp/0310332192/ref=tmm_hrd_swatch_0?encoding=UTF8&qid=1509047600&sr=8-1> by Mark Tabb



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Books to Consider!!!

Toughness: Developing True Strength On and Off the Court<https://www.amazon.com/Toughness-Developing-True-Strength-Court/dp/0451414675/ref=tmm_hrd_swatch_0?encoding=UTF8&qid=1509047654&sr=1-1> by Jay Bilas

Wooden: A Coach's Life<https://www.amazon.com/Wooden-Coachs-Life-Seth-Davis/dp/0805092803/ref=sr_1_1_tw_har_2?s=books&ie=UTF8&qid=1509047693&sr=1-1&keywords=wooden+davis> by Seth Davis

Dare to Serve: How to Drive Superior Results by Serving Others<<https://www.amazon.com/dp/B00NG1J6TG/?encoding=UTF8&coliid=I2X0TE8GC28PNF&colid=35I0YW8LDDPQ0>> by Cheryl Bachelor



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PODCASTS!!!

Coach 'Em Up with Caz McCaslin
Sports Spectrum with Jason Romano



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Quote from Tony Dungy:

“It’s about the journey- mine and yours- and the lives we can touch, the legacy we can leave, and the world we can change for the better.”



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Quote from the Matheny Manifesto:

"What's next? None of us can know for certain. But I love this game, and every day I wake up praying it doesn't rain, because that gives me one more chance to:

- (1) teach someone to play the right way,
- (2) have a positive impact on them, and
- (3) do it with class.

All I want to do is keep learning and growing and helping others do the same."



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Questions??



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Breakout session with League Commissioners



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