

Am I the coach of this team?

Coaching Style and Philosophy



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Level 2

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**"It doesn't
matter where
you coach, it
matters why
you coach."**

DON MEYER

Why do you coach?

Understanding the Game

Basketball has changed significantly over the years, indeed dribbling was not allowed in the original rules created by Dr James Naismith.

7 seven ways to observe new trends

1. Observe games.
2. Review trends evident at the Olympics and World Championships. In addition to watching games, FIBA has a statistical analysis prepared from each tournament and also “scouting” reports on each of the teams.
3. Attend coaching clinics.
 - Youtube.com – Channel FIBA
4. Observe other coaches coaching.
5. Go online.
 - <https://winninghoops.com/>
6. Books/DVDs.
 - <https://www.championshipproductions.com>
 - Vimeo – Channel Coaching U
7. Coaching Association.

What is a coaching philosophy?

1. How the coach wants their team to approach and play the game.
2. How the coach wants players to interact with each other both formally (e.g. leadership groups) and informally (e.g. in the locker room).
3. How the coach communicates with players, team management, parents etc.
4. The relationship the coach has with players.
5. The coach's core values.

Factors that impact upon a COACHING philosophy

1. Experiences
2. Training and Education
3. Mentors
4. Personality

Does your philosophy differ between teams?

How are coaching style and philosophy linked?

The philosophy is focused more on the team:

- (a) How the team plays on court.
- (b) How the members of the team
(players, coaches and officials) work together off the court.
- (c) How the team rules are enforced.

The coach's style:

Will dictate how they make decisions and how they provide feedback to players, and the coach may certainly use different styles in different situations or between different players.

Developing a Coaching Philosophy

A coach will develop their coaching philosophy over a number of years and initially it will be very much impacted by their experiences as a player (if applicable), of other coaches that they have observed or worked with (including from other sports) and of successful teams that they have observed.

Working with a Mentor

A mentor is a confidant, a teacher, a guide, a listener and a problem solver. Most people have mentors in their lives, even if they do not formally recognize the relationship as such.

What is Alpha Coach?



**It WILL be difficult.
It WILL take time.
It WILL require sacrifice.
But it WILL be worth it.**

**IF AT FIRST
YOU DON'T
SUCCEED...**

Try doing what your
COACH
told you to do
the first time.

Definition

Alpha:

adjective:

**having the most power in a
group of animals or people**

How To Recognize An Alpha Coach?

An alpha coach is the coach that every player wants, every coach wants to be, and every parent respects.

They're the coaches who get maximum effort from their teams at every single practice.

How To Recognize An Alpha Coach?

The coaches who motivate their players to thrive under pressure and win big... even if they lack talent.

The kind of coach who automatically commands the respect of team parents, so they don't butt in and undermine every decision.

How To Recognize An Alpha Coach?

These are the coaches parents and colleagues respect. The coaches communities honor.

But most importantly, they're the coaches that players love... that players look up to... and that players remember forever as having had a positive, life-changing impact on their lives.

Are you an ALPHA COACH?

Mind Candy

*“THE QUALITY OF A LEADER IS
REFLECTED IN THE STANDARDS
HE/SHE SET FOR HIMSELF/HERSELF.”*