

## Overview - BBNZ Coaching Courses

| General Overview           |   | <p>BBNZ offers three (3) levels of courses in the basketball coach accreditation process, an overview of each course is summarized below.</p> <p>The <b>Getting Started</b> programme provides an introduction to basketball and the role of the coach. The <b>Level 1</b> and <b>Level 2</b> accreditation are composed of two separate components: 1) The <b>Technical</b> component which includes attending a coaching course and a subsequent examination designed to test the coaches understanding of the material, and 2) the <b>Practical</b> component which includes either a self evaluation of skills (for Level 1) or evaluation by a BBNZ designated evaluator (Level 2).</p> |  |   |
|----------------------------|---|--|--|---|
|                            |   | Getting Started Coaching Courses   | Level 1 Coaching Courses   | Level 2 Coaching Courses  |
| <b>Technical Component</b> | <b>Course Type:</b>   | This course is designed as an introduction to coaching basketball  | This course is designed for individuals who have an interest in basketball and wish to develop their skills as a coach. The course will assist in developing coaching philosophy, introduce teaching methodology and skill analysis, provide skill progressions and introduce the basic concepts involved in building team systems   | This course is designed to provide coaches with the ability to prepare clearly defined game plans and to manage and evaluate athlete and team performance during training and competitions at a national level  |
|                            | <b>Suitable For:</b>  | Suitable for parents, teachers, players, senior and tertiary students with no or very little basketball or coaching experience   | Suitable for coaches at the association rep level, senior club or senior high school level   | Suitable for coaches with Level 1 accreditation and appropriate practical experience with the goal of coaching at the CBL, WNBL, NBL age group and national team level  |
|                            | <b>Course Contents:</b>   | The role of the coach<br>Individual offence skills<br>Individual defense skills<br>Introduction to team concepts (2on2 to 4on4)<br>Basic rules<br>ACC ten point plan   | The role of the coach<br>Developing a coaching philosophy<br>Individual offence skills<br>Individual defense skills<br>Introduction to team concepts (2on2 to 4on4)<br>Basic rules<br>ACC ten point plan   | Strategies for effective coaching<br>Developing a defensive system<br>Building an offense<br>Physical conditioning<br>Nutrition<br>Psychological issues   |
|                            | <b>Requirement For:</b>   | Association entry level programmes, primary and intermediate schools   | BBNZ Tournaments, Koru and Performance Groups' High Performance and National age group activities  | CBL, WNBL, NBL<br>BBNZ age group and senior national teams  |
|                            | <b>Pre-Requisite:</b>   | No pre-requisite required  | Getting Started Course   | Level 1 Accreditation   |
|                            | <b>Length of Course</b>   | 4 hours  | 12 hours   | 16 hours  |
|                            | <b>Course Material</b>  | 4 hr course<br>On court and classroom instruction<br>Course Manual<br>ACC 10-Point Plan<br>Certificate   | 2 day course<br>On court and classroom instruction<br>Course Manual<br>Open-book exam<br>Coach Self Evaluation Tool<br>ACC 10-Point Plan<br>BBNZ coaching membership<br>Access to the BBNZ video library<br>Certification<br>Access to practical certification   | 3 day course<br>On court and classroom instruction<br>Course Manual<br>Open-book exam<br>Coach Self Evaluation Tool<br>ACC 10-Point Plan<br>BBNZ coaching membership<br>Access to the BBNZ video library<br>Certification<br>Access to practical certification  |
|                            | <b>Suggested Costs*</b><br><i>* cost may vary based on Association budgets and access to funding grants</i> | \$25.00/participant  | \$60.00/participant  | \$120.00/participant  |
|                            |   |  |  |   |
| <b>Practical Component</b> | <b>Practical Component Requirements</b>   | No practical component involved  | To receive Level 1 practical certification, coaches must submit the following documentation within 6 months after completing the Level 1 technical course:<br>- A complete "Practice Experience Record Form" duly signed by an Association/League/School official<br>- Three practice plans designed and implemented by the coach<br>- A self evaluation of the submitted practice plans<br>- A self evaluation of a game<br>- Personal evaluation sheet | To receive Level 2 practical certification coaches must submit within 12 months after completing the Level 2 technical course. A BBNZ designed evaluator will attend a game to observe the candidate coach and will evaluate the following components:<br>- Physical and mental preparation<br>- Strategic and tactical game plan<br>- Communication<br>- Bench and game management<br>- Player, team, game plan analysis |