



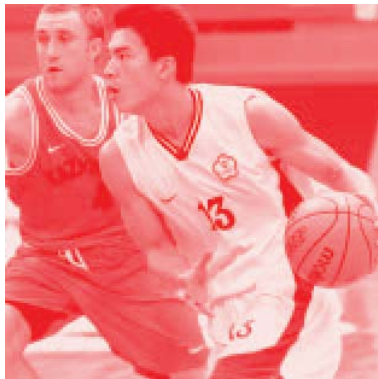
**FIBA**

We Are Basketball

**PLAYING**

**3**

### **3.3 COACHING**



### **WHY YOU SHOULD READ THIS CHAPTER?**

#### **Coaches Need to be Role Models for the Next Generation**

Promoting physical education is not the only role that sport plays in our society. Sport is the source of inspiration at many levels, especially for the younger generations.

Children are greatly influenced by the teams they follow, by the games they watch, and by the athletes they admire.

Basketball can communicate ideals to these children and therefore carries a level of responsibility that needs to be taken seriously.

The philosophy of a team, and the way it is expressed on the field emanates first and foremost from the coach.

While we all need to understand what the values of our sport are and the impact that they can have in the eyes of those playing and watching, coaches are often the ones to personify these values and ideals. Successful, charismatic coaches become role models. Before reaching that stage however, all basketball coaches in the world need to be aware of their responsibilities and act accordingly.



<b>3.1</b>	<b>COMPETITIONS</b>	<b>.1</b>
<b>3.2</b>	<b>GAME PREPARATIONS SCOUTING</b>	<b>.21</b>
<b>3.3</b>	<b>COACHING</b>	<b>.33</b>
	Why you should read this chapter	.33
1.	Introduction	.35
2.	Database	.35
3.	Coaching Association	.35
4.	Code of Conduct	.36
5.	National License/Certification Scheme	.37
6.	Compulsory Refreshments (updating) Clinics	.37
7.	Coach Development	.38
8.	Educational Program	.39
9.	“Basketball for Young Players”	.41
10.	Guidelines for Experts for the First Course	.41
11.	Guidelines for Experts for the Second Course	.43
12.	“Hoops Coach”	.45
13.	“FIBA Assist Magazine”	.46
14.	Olympic Solidarity Programs	.47
	14.1 Technical Courses	.47
	14.2 Scholarship for Coaches	.48
	14.3 Development of National Sport Structure	.49
15.	Keep in Mind	.50
<b>3.4</b>	<b>REFEREES</b>	<b>.51</b>
<b>3.5</b>	<b>TABLE OFFICIALS</b>	<b>.75</b>



**FIBA**

We Are Basketball

**PLAYING**

**3**

## **1. Introduction**

Teams influence people who watch sports by the way they play, act, and behave. There has always been a positive impact from sports because the dynamics of participation, the personal benefits, and the principles you learn remain constant. Keeping in mind the influence that sports have in every society; all sports authorities should be concerned about maintaining the balance between the business of sports and the educational dimension of sport for personal growth and development.

In general we could say that sports fans observe and utilize their respective team philosophies that are expressed in the way they play, the way they set goals and how they achieve them; how they face problems and how they are motivated. Through these images, young children grow up with role models that influence the way they think, the way they act, and the way they achieve different goals in their lives. The philosophy of the team expressed by the players in the field is transmitted through the media and into the lives of many fans.

The philosophy of the team is initiated, implemented and determined by coaches. The educational background and the quality of the personality of the coach should be a salient determinant of the level of achievement of the team. The impact of coaches in the micro society, that is the team and its fans, is immense, being able to influence positively or negatively both the people that participate, directly and indirectly, in sports. By understanding the role of the coach today, it is a possibility to create a role model, which will enable each aspiring coach to become a better professional and raise the profile of basketball.

Each National Federation has to create an adequate base for coaching education and development in order to bring basketball at the higher level.

## **2. Database**

As a first step National Federation should make a detailed database of the coaches, listing their level of education with minimum information (i.e. date of birth, team, club, association, school or governmental institution, level of competition, former results, which national team players trained, education, coach accreditation level, etc.).

## **3. Coaching Association**

The second step for the National Federation is to form the Coaches Association of which all coaches in the country should be obliged to be members. The Coaches Association must be contained within the National Federation and strong and constant link has to exist between the Coaches Association and the National Federation.

The aim of the Coaches Association should be:

- To improve educational level of coaches through scientific and modern ways.
- To draft proposals, suggestions and initiatives for all coaches related topics.
- To prepare and set up the criteria and standards for obtaining coaches license.
- To issue coaches license.
- To organize clinic, seminars, refreshment courses, conferences and round tables.



- To participate actively in the National Federations activities.
- To prepare Code of Conduct for its members.
- To send prospective coaches to study tours.
- To protect interest of coaches in front of third parties (contract disputes, rights etc).
- To prepare unified coaches' contract for its members.
- To be actively involved in creating educational program used as a base for education of coaches at the high level educational institutions (Physical Education University, National Coaching Training Centre, etc).
- To create an award scheme for the coaches.
- To publish and promote technical publications.
- To preserve and improve public image of coaches.
- To connect with other Coaches Associations worldwide.
- To connect with Continental and World Association of Basketball Coaches.

#### 4. Code of Conduct

Code of Conduct is necessary document for the Coaches Association and the main purpose of the Code is to set adequate standards and guidelines within each Coach should behave in the best interest of basketball. If Coaches do not follow the Code they will be subject of the disciplinary procedure set by the Coaches Association.

**Coaches should be role models and educators for the players and the community.**

Coaches Code of Conduct:

Coaches should be role models and and educators for the players and community and coaches should take care of their status and

reputation. Coaches should build reputation among players, their parents, and means of public information with their knowledge, effort and behavior.

Coaches shall conduct themselves in a manner that reinforces their place as leaders and role models, and encourage positive communication between themselves and players, referees, administrators and general public.

Coaches shall at all times conduct themselves in a manner that reflects the spirit of fair play and sporting behavior. They shall give due regard to the authority of officials and the rights of opponents, spectators and others.

Coaches shall not give, make, issue, authorize or endorse any public statement which would damage best interest of the game of basketball.

Coaches should avoid audible obscenity, obscene gestures verbal or physical abusing officials, opponents, spectators or other persons related to the sport of basketball.

Coaches should respect the rights of others to hold values, attitudes and opinions that differ from their own.

Coaches shall perform their duties on the bases of careful preparation and be reasonable in demands on players' time, energy and enthusiasm.



**FIBA**

We Are Basketball

**PLAYING**

**3**

Coaches' instructions should be current, accurate and appropriate and those instructions should be based on the related education and best practices.

Coaches should give due consideration about players' age, height, skills, physical maturity, health and safety.

Coaches should take active role in prevention of drug, alcohol and tobacco abuse.

Coaches must submit their CV to the Coaches Association with precise data on their education, qualification and working experience.

Coaches must cooperate with Coaches Association and give contribution towards further development of coaches.

Coaches should take reasonable steps to ensure their attendance at appropriate coaching clinics, seminars or courses.



### **5. National License/Certification Scheme**

At the same time (during setting up Coaches Association) there is a need to introduce national licenses for all coaches in the country. The coaches would pay the license fee. The license should be mandatory and a certain level of education and certain levels of competition should have different kinds of licenses. At the later stage certain level of competition (or license) should guarantee a certain amount of money for coaches. Right now in many countries coaches are not paid and almost all of them are volunteers, which will not encourage people to go for a coaching job and keep coaches in basketball. All coaches should be paid in the future and the strongest and the most important argument is that the National Federation wants qualified people to work with the basketball players and improve the level of work within basketball.

### **6. Compulsory Refreshments (updating) Clinics**

It is mandatory, that the National Federation, in co-operation with the Coaches Association, organize a compulsory coaching clinic or clinics each year (coaching workshop) and if the coach is not member of the Coaches Association and is not present at the clinic, he (they) can not receive the license for the following year. Clinic should be actually refreshment course for all coaches and not real educational tool. Education of the coaches has to be linked with the high level institution.

The clinic (refreshment course) should last two days with various teachers. For example, a coach of a first division team, a women's coach, a physical education coach, a doctor, an expert for young categories, a coach of the national team, a foreign coach, a referee etc. should be among lecturers at the clinic. A kind of "coaches package" (book or video-cassette or CD or T-shirt or coaches tactics board, etc.) should be prepared for the clinic.



Clinic should be taped and CD or videocassette from the clinic should be given to each coach (usually at the next clinic as a part of “coaches package”).

Coaches Association should be ready to propose the clinics with only one specific topic, but various teachers. For example, Coaches Association might focus more on specific topics such as scouting of players and teams, physical preparation and conditioning process, increase of the weight of the players, physiological relations within the group, importance of physiotherapist in basketball, how to make selection process, tests for various age groups for selections, methodology, etc. Sometime clinic should focus purely on basketball special topics, such as, shooting, offence, defense, etc.

Coaches would pay a membership fee (license fee) at the clinic together with the clinic fee (the amount of money has to be unified and reasonable and payment has to be done only once). This is the way to self fund Coaches Association, but the main aim of the Coaches Association is to put back money into further education of coaches. Money collected from the clinic fee (including membership/license fee)

**The National Federation should organize in co-operation with the Coaches Association a compulsory coaching clinic or clinics each year.**

should cover all clinic costs and at least 50% of the costs involved (total income) should stay as income for the Coaches Association. Money earned should belong to the Coaches Association.

Those refreshment clinics could be organized during high level events or tournaments (National Cup final, National

Team games, etc) so coaches could also watch some games, and in the big city or country capital (in order to save the organization costs and attendants participating costs). At the clinic, the best coaches from previous season in all categories should receive trophies and diplomas for their achievements. Voting for the “Coach of the Year” should be established.

The clinic is also an opportunity to gather coaches together and to have nice social function. In the countries with big number of coaches, clinic should be organized according to the level of coaching (high level coaches, youth coaches or first and second division coaches, youth coaches) and it is possible to have more than one clinic.

The Coaches Association together with the National Federation must keep track and record of coaches who attended the clinic. In a case that coach is not able to attend the clinic (coach is ill, coach is with National Team aboard) he should write one topic for the Coaches Association and pay double clinic fee. The idea is not to earn money from coaches who will not attend the clinic, but to have all coaches present.

## 7. Coach Development

Money earned should be used to cover administrative expenses of the Coaches Association, but also to cover printing costs of the newsletter, magazine or publications issued by the Coaches Association. The Coaches Association should also have its web page (or be part of the National Federation web page) and place all information regarding its organization, activities, clinics, courses, study tours, education, history, etc. there. Coaches who are looking for the job opportunities should have their CV at the Coaches Association web page.

The Coaches Association should use the money earned to send the most perspective coaches to study tours either in the country or aboard.



**FIBA**

We Are Basketball

**PLAYING**

**3**

If the study tour is done within the country coaches has to attend preparation period or competition period of some of the high level teams (with good results during the year), which is competing at the highest level of competition in the country.

Another opportunity to have study tour is during senior or youth national team preparation. Prospective coaches could watch those preparations and even be actively involved in some of the activities.

Third option is to send coaches to the study tour aboard. Coaches could attend continental youth competition, continental senior competition, world youth competition or world senior competition. This would help coaches to be updated with modern trends in basketball and to gather new information.

Prospective coaches could also visit basketball schools, teams/clubs, NCAA teams, NBA teams or national youth training centers.

In any case after study tour coaches must prepare written report about observations, experiences and knowledge gained, and this report should be presented and circulated to all members of Coaches Association.

## **8. Educational Program**

The next step is to create educational program for all the coaches within the country and National Federation should prepare the national educational and certification program according to the educational regulation within the country. One of the possibilities is to link the educational program with the Physical Education University, and another is to create its own program, including seminars, clinics or practical workshops. It is also possible to combine those two models and use Physical Education University (or other high level educational institution) for theoretical classes and create its own program for practical sessions.

In the countries where there is no educational program there is a need to have active transitional period for all the coaches (exp. three years) to receive a certain level of education. After this period no one can be a coach if he/she does not have a certain level of education. Recognition to prior learning has to be taken in consideration during establishment of the education levels (previous educational background and the experience of coaches and ex-players has to be taken into consideration).



In many countries and for many years in the past, coaching was a voluntary activity and the coaches participating would sacrifice many things in their professional and personal lives in order to improve their athletes or the structure of the game as well as youth development programs. It is necessary to recognize such achievement and contribution while going ahead with implementing the new model, recognizing the work of the coaches and create adequate environment to reward coaching work. In most of the countries the federation has to involve school teachers into the coaching education, create adequate program for them, and bear in mind that some school teachers worked for years as coaches and this has to be recognized.



It is very important to build an educational system, which will set a benchmark for people who pursue coaching, to be educated and to be able to coach at all levels. The goal is to create a model of a coach who will be more effective and ready to face new challenges and will not only have the experience but he/she will also have the academic and scientific background to approach all subjects of sports in a more knowledgeable way.

By developing an educational program in the country will enable the National Basketball Federation to have the consistent standards of developing coaches and players and develop style of play which fits mentality and physical ability of the players. After the creation of the recognized educational institutions, the Coaches Association must have strong influence on their program, facilitated educational methods, and create a network of experts or lecturers who can conduct lessons at those educational institutions.

**Coach education should increase confidence and competence in coaching ability and promote ongoing progressive improvement of knowledge and expertise.**

The national standards should be flexible in order to allow for local characteristics and traditions. There is a need to establish different parameters comprised of the number of educational hours, based on specific guidelines and principles as specified by qualified educators and specialists and the number of years of coaching experience before and after each level. These parameters will create the strong base for an adequate educational system.

Coach education should increase confidence and competence in coaching ability and promote ongoing progressive improvement of knowledge and expertise. It should incorporate sports science to enable coaches to understand more in depth approach to coaching. Coach education has to increase enjoyment of sport for all coaches and athletes and should encourage the development of innovative coaching techniques. Coach education must be relevant and meet requirements of the sport, be simplified, flexible and user friendly and must be relevant and progressive.

Coach education should also give guidelines for an ethical code and fair play principles that every coach should follow. The ability to predict and to prevent the misdirection of sports ethics should be our duty, our vision and the inheritance we should leave to the next generation.

Coaches education has to last certain number of theoretical and practical hours, and include a period of coaching at the appropriate level. Those hours has to be incorporated in number of levels (models) which will enable the Coaches Association and the National Basketball Federation to establish accreditation scheme for coaches and their levels.

The best option is to have between three and five levels in the coaches education models. More practical and efficient is to have three or four levels, simply because content and resources has to be developed for those levels and presenters who will conduct those levels are not easy to find and engage. In case of developing five levels the key question is what is the content of each level and who the lecturers are. Each country has to bear in mind that being a coach is often voluntary job time consuming for persons involved. That's why coach education has to be user friendly, not too costly and appropriate for environment.

In some countries there is huge number of coaches who finished all levels, but they never really coached or had success as practical coaches. In some cases there are coaches who do not have scientific background but they are successful as practical coaches. Coaches education has to find balance between



**FIBA**

We Are Basketball

**PLAYING**

**3**

those options and could not be heavy burden for the coaches. Coaches education can not answer all questions and cover all topics, but Coaches Association has an obligation to organize additional clinics, seminars, conferences and refreshment courses in order to keep high standard of coaching in the country.

### **9. “Basketball for Young Players”**

In order to help countries who does not have resources and teaching materials FIBA published “Basketball for Young Players” book, which is available on CD (FIBA would deliver to any NBF which request the CD) format in six languages; English, French, Spanish, Russian, Arabic and Chinese. National Basketball Federations of Sweden, Bosnia and Herzegovina, Serbia and Montenegro, India, Finland, Croatia and Korea also published the book in their native languages. Book is a powerful working tool for any basketball coach and covers all working techniques with players from beginners (mini basketball) up to the junior basketball (players at the age of 18). Coaches who work with young players cannot coach the same way as coaches working with professionals. They should develop their own working style that takes into account the athletic and personal development of players.

The objective of the book is to bring closer to all coaches specific form of working with children and adolescents, highlighting those methodological points and contents that should predominate from mini basketball to juniors. Book is just one example how the program and work could be done and is not aimed to substitute existing training programs or contents already developed and established, but to complement them, or to fit where such a program does not exist. The purpose of the book is not to tell every coach exactly what they have to do but to guide them by means of solidly based knowledge so that each coach can develop his own methods. Book is also used as a base for level 1 and level 2 courses created around the content of the book and used in the program called “Young Coach”. Each course should last five days with maximum 25 to 30 participants. There is a need to have meeting room, practices gym and players for the practical work. Below are the guidelines for the experts who conduct course one and course two.

### **10. Guidelines for Experts for the First Course**

#### **Session 1 (day 1/morning/room)**

- Self introduction, introduction of each participant and brief explanation about the course, together with course’s rules (two parts, first course this year, second course next year).
- Characteristics of the course: Focus on coaches who coach young players, small group of participants (maximum 25-30) and active participation of participants (coaching and recording). Guidelines how to follow the book written for this program.
- First Active Drill. Participants are divided in groups of 4/5. Each group has to discuss about “The style of the coach coaching young players”(15 minutes discussion). Later on, each group presents the conclusions. The expert may write the main points on a blackboard.
- Some explanations from the expert (page 34 of book and others related to general style of coaching in these categories).
- The educational role of basketball. The expert may ask to the participants about this topic. An open discussion may be very interesting. The expert gives feedback and information following chapter 1 of the book.



- Brief explanation of the book. The course will not go through the whole book. Only the main aspects will be highlighted. The book provides more information. They should study the book after the course. Comment on Practical and Test exercises of the book.

#### Session 2 (day 1/afternoon/court)

- Mini-Basketball – Passerelle.
- Brief explanation about the basic goals and concepts of Mini-Basketball and Passerelle categories.
- Brief explanation about physical development of Mini-Basketball players.
- Brief explanation about the training sessions in these categories.
- Brief explanation about the behavior of the coach in these training sessions.
- Explanation to the players about the purpose of each drill.
- Demonstrations. Easy rules. Kind of drills. Reinforcement.
- Expert shows these concepts by coaching the players with drills related to physical development and basic fundamentals (book chapters 6 and 7).

#### Session 3 (day 2/morning/court)

- Mini- Basketball - Passerelle.
- The basics for the development of basketball fundamentals.
- Basic concepts (book page 152 and after). Global learning.
- How to improve the attention of the players (goal of the drill, focus on this goal, etc.).
- Expert shows concepts (including concepts of previous day) by coaching the players with drills related to basic fundamentals (chapters 6, 7).

#### Session 4 (day 2/afternoon/court)

- Cadet – Juniors.
- Analytical training to develop specifies basketball fundamentals. Explain concept of analytical training. Insist on training methodology. Participants coach the players with specific goals and analytical training (training of passing, shooting, etc.).
- Expert observes participants and gives feedback. Some participants record coaching behavior of teammates.

#### Session 5 (day 3/morning/court)

- Cadet - Juniors.
- Development of individual tactical decision - making.
- Explanation of concepts (book page 295-309).
- Expert demonstrates and explains coaching players.

#### Session 6 (day 3/afternoon/court)

- Mini-Basketball - Passerelle.
- Practicing basketball fundamentals: passing, receiving, dribbling, shooting pivoting.



**FIBA**

We Are Basketball

**PLAYING**

**3**

- Participants are divided in small groups to organize drills. Later they conduct the drills. Some participants record coaching behavior.
- Expert observes and gives feedback.

#### **Session 7 (day 4/morning/court)**

- Mini-Basketball - Passerelle.
- Practicing 1 on 1, 2 on 2, 3 on 3, 4 on 4 and 5 on 5.
- Same methodology of session 6.

#### **Session 8 (day 4/afternoon/court)**

- Cadet - Juniors.
- Development of basic team defense concepts. Basic explanations from expert.
- Participants observe players and have to detect good and wrong actions.
- Expert coaches one/two drills.
- Participants coach one/two drills. Some participants record coaching behavior.

#### **Session 9 (day 5/morning/court)**

- Cadet - Juniors.
- Development of basic team offense concepts.
- Same methodology of session 8.

#### **Session 10 (day 5/afternoon/room)**

- Summary and conclusions with participants.
- Small groups to discuss about the course. Later, open discussion.
- Brief explanation about the second course.

### **11. Guidelines for Experts for the Second Course**

#### **Session 1 (day 1/morning/room)**

- Self introduction, introduction of each participant and brief explanation about the course (Emphasis an active participation).
- Discussions about content treated during the first course and overview of the Style of Coaching Young Players.
- Ask participants for their coaching activity during the period between the two courses (Experiences, Useful concepts from the first course applied during this period).
- General discussion.

#### **Session 2 (day 1/afternoon/court)**

- Practical session: Learning to teach Mini-Basketball and 13 – 14 year olds.
- Participants divided in small groups. Each group organizes and conducts drills. Teammates from other groups record. Feedback from expert.
- Experts assess knowledge from first course.

**Session 3 (day 2/morning/room)**

- Theoretical session: Planning basketball activities.
- Contents of book chapter 2. Explanation from expert.
- Homework for the participants: planning of one week.

**Session 4 (day 2/morning/court)**

- Practical session: Learning to teach Mini-Basketball and 13 – 14 year olds.
- Same methodology of session 2.

**Session 5 (day 2/afternoon/court)**

- Practical session: Learning to coach 15 – 18 years olds; advance concepts.
- Same methodology of session 2.

**Session 6 (day 3/morning/room)**

- Theoretical session: Organizing drills during training session.
- Contents of book chapter 3.
- Beginning with active exercise. Small groups to organize a training drill.
- Open discussion about concepts used to organize the drill.
- Feedback and explanations from expert.

**Session 7 (day 3/morning/court)**

- Practical session: Learning to coach 15 – 18 years old; advanced concept.
- Expert coaches the players using advanced concepts included in chapter 8.
- Participants observe the expert.

**Session 8 (day 3/afternoon/court)**

- Practical work: the participants will be divided in small groups and will work with the players as coaches. Instructions and feedback from experts.
- Same methodology of session 2.

**Session 9 (day 4/morning/room)**

- Theoretical session: Leading drills during training sessions.
- Contents of chapter 4.
- Expert should emphasize concepts which he have found weaker from observation of participants.

**Session 10 (day 4/morning/room)**

- Theoretical lessons: Coaching games.
- Contents of chapter 5.
- Expert explains main concepts of coaching behavior during games according to the chapter 5.

**Session 11 (day 4/afternoon/court)**

- Practical work: the participants will be divided in small groups and will work with the players as coaches. Instructions and feedback from experts.



**FIBA**

We Are Basketball

**PLAYING**

**3**

- 10/15 minute games. Participants have to coach a team. They must ask for at least one time-out.
- Teammates record coaching behavior.
- Feedback and explanation from expert.
- Participants should use concepts discussed in session 10.

#### Session 12 (day 5/morning/court)

- Practical work: the participants will be divided in small groups and will work with the players as coaches. Instructions and feedback from experts.
- Same session 11.

#### Session 13 (day 5/morning/court)

- Practical session to solve doubts of participants and to answer all kind of questions.
- Expert asks doubts and explains using the players.
- Expert may use this session to pinpoint the most important aspects. And also to explain basketball aspects that might need special attention.

#### Session 14 (day 5/afternoon/room)

- Summary and conclusions with participants. Open discussion.
- Experts may give same encouraging advice to participants about their future as coaches of young players.

## 12. “Hoops Coach”

In addition to the book FIBA produced “Hoops Coach”, educational CD Rom which is promoting the game of basketball from all aspects and combines theory and praxes. FIBA filmed five players, who play at five different positions (point guard, second guard, forward, power forward and center). Those high level players demonstrate various basic skills on their positions and show the secrets of their success. What can be seen on this educational CD Rom is not the only way to work on basketball fundamentals but it has helped those five top players tremendously towards their careers. We believe that the performance of every detail is extremely important and this is why we offer the experience and know how of these stars to all of you. We firmly believe, that in addition to hard work, those little insider secrets will help improve basketball game.

The “Hoops Coach” has the following content:

**Video Instructions:** this section shows the instructions in the form of text and videos. Each video will cover the theory, in gym practice and game clips to show the actual execution.

**Physiology:** this section covers the off court exercises which are important to prevent the injuries and peak the performance. The video clips show right way of doing the exercises. The customized section of this part will help users to individualize their practices based on their needs and individualism.

**Nutrition:** this section covers the basics of nutrition theory. Again, users will be able to tailor the meal plans and diets, and then print them for the reference.

**Q & A:** this section covers most common questions with video answers from the players. Also, players would be able to express their own message to the basketball community.



**No Doping Campaign:** this section features video messages from players against drugs and doping.

**Fun:** this section feature screen savers and desktop images of action shoots along with video clips from players on more personal note.

**FIBA “Hoops Coach”** is just additional coaching resource which will help coaches to conduct clinics and show players which details are important and how to bring some moves to perfection. Coaches should use all possible resources to update themselves and to show to the players.

### 13. “FIBA Assist Magazine”

In order to share the best experiences and to be regularly update about innovations FIBA start with production of the FIBA Assist Magazine. Launching the FIBA Assist Magazine we have taken on the challenge to produce a magazine that will assist in the further development of the sport of basketball.

The bi-monthly magazine is intended to be a concise vehicle of communication with an emphasis on the teaching of basketball together with a study of all the other components of the reality of today’s basketball environment. Our primary responsibility is to reach an editorial sensibility that will strive to capture and convey the spirit of basketball.

The content will be geared at providing the right mix of information from knowledgeable sources within the basketball community as to the technical aspects going from the initiation to basketball all the way up to the top senior competition, to sports medicine, teaching aides, the regulation and officiating of the sport, basketball facilities, managing basketball federations in addition to providing coverage as to event management and the marketing side of the sport. The key words are education and training.

The content of the magazine:

1. Coaching – for all age levels and all competitive levels
2. Refereeing and administrating the basketball game – including scorers table officials and game commissioners
3. Psychology and Motivation
4. Medicine
5. Conditioning and Physiotherapy
6. Marketing
7. Administration
8. Event Management and analysis of past continental and world events
9. Presentation of Coaches Associations
10. Presentation of the FIBA Zones, National Federations and Leagues in various countries
11. Equipment and construction of facilities
12. Mini Basketball and School basketball.

These main fields may be supplemented by special areas of interest in some issues. We hope that this bi-monthly magazine, which will also be available for download on our website and as a CD Rom, will

**FIBA**

We Are Basketball

**PLAYING****3**

be of assistance to all those who have been responsible for the tremendous progress of global basketball in the recent years: coaches, teachers, doctors, trainers, referees, administrators and managers. Simply all the ones who assure the development of our sport.

We hope that the FIBA Assist Magazine will be the beginning of a lifetime of learning and sharing. We have also to use it as our promotional tool and a vehicle for exchange of information, new ideas and trends in the coaching field and elsewhere.

## **14. Olympic Solidarity Programs**

Additional way for improvement of coaching education is given to the National Federations through the Olympic Solidarity Program. This excellent opportunity is given to each the National Federation via their National Olympic Committees through International Olympic Committee (Olympic Solidarity), who manage those programs from its headquarters in Lausanne. There are three different opportunities for coaches development and those are:

1. Technical Courses
2. Scholarship for Coaches
3. Development of National Sports Structure

### **14.1 Technical Courses**

The most used and explored program is Technical Course whose objective is to develop local coaches. The National federation has a possibility to receive international expert on a short term bases (maximum 15 days) who will conduct a program for training of national coaches following the curriculum established by FIBA. FIBA would nominate international expert and course could be level 1, level 2 or level 3, depend on the knowledge and experience of the coaches in the country, as well as on the request of the National Federation.

As a first step National Federation should submit request to their National Olympic Committee well in advance (in September the latest of the current year for the course which would be held next year). An official application form requesting the organization of a technical course must be submitted by the NOC, including all the necessary information such as proposed dates, number of participants, detailed budget, location etc. The NOC will submit a request to Olympic Solidarity for the organization of technical course. In order to enable the International Federations to nominate the most suitable expert, the application forms from NOC must reach Olympic Solidarity at least three months before the start of the course. Olympic Solidarity will study the request and will send the full information to FIBA, for nomination of an expert. FIBA will contact National Federation in the country where the course is being organized. FIBA will confirm to Olympic Solidarity, the organization of the course and the name of the nominated expert.

Upon receipt of that information, Olympic Solidarity will send an advance payment of 75% of the allocated budget to the NOC. Following the conclusion of the course and receipt of the respective reports, Olympic Solidarity will make the balance payment of the budget.

The National Olympic Committee receives certain allocation from Olympic Solidarity for various programs and all sports, and the distribution of the courses and allocations to the National Federations



by their National Olympic Committee sometimes is not adequate, and NOC has to take in consideration all sports which make their decision about allocation of money and courses difficult. Very often National Federation is given only one course during four year period.

Allocation for Technical Course could be \$8,000 to \$10,000 US, which is more than enough to organize the course. We would strongly recommend that National Basketball Federation coordinate its request with its National Olympic Committee and to incorporate Olympic Solidarity Course in its regular coaching education programs. Olympic Solidarity will cover international transport for the expert (air ticket and visa, where necessary), daily indemnities of the experts (amount is established in mutual agreement with FIBA) and organizational costs covered by the budget allocated by Olympic Solidarity to the host NOC.



Within one month of the conclusion of the course, the following reports should be submitted to FIBA and Olympic Solidarity: administrative report, completed by the NOC and accompanied where possible by photographs and press cuttings; a supplementary report giving the results achieved by each participant at the final examination; financial report, completed by the NOC and accompanied by detailed justification of expenditure; technical report, completed by the expert.

We would encourage each National Federation to utilize this opportunity as this could be additional way of upgrading its coaches.

#### 14.2 Scholarship for Coaches

This program aims to offer coaches who work at the national level and hold their country's highest official qualification the chance to add to their knowledge by taking part in different international training programs. One option is to offer individual scholarship to coaches to follow basic training in sport science and obtain higher university level recognition in a centre or university identified by Olympic Solidarity.

Another option is intended to enable coach to update his knowledge and increase his professional experience in basketball, and this seminars or courses must be recognized by Olympic Solidarity as well. This also could be done at high level training centre or a sport club known for its good and appropriate work.

Same like previous the National Federation has to submit proposal to its NOC well in advance (in September of current year the latest for the following year). The applicant must opt for one of those two options and than NOC submit an application to the Olympic Solidarity. Keep in mind that Olympic Solidarity is granting only one Olympic Scholarship per NOC per year, which is very small number.

Coaches who apply must be part of the National Federation, hold certain qualification recognized in his country and have practical experience as a coach. Training locations for the training in sport sci-



**FIBA**

We Are Basketball

**PLAYING**

**3**

ence are: National Institute of Sports and Physical Education in Paris, France, University of Physical Education in Budapest, Hungary, Centro de Alto Rendimiento in Barcelona, Spain, Programme d'appui International au sport African et des caraïbes (PAISAC), Montreal – Quebec, Canada and Cycle International du Sport d'élite Lausanne (CISeL) - Switzerland.

Olympic Solidarity is also ready to consider other types of requests provided that the training proposed is academic and will lead to the award of a recognized diploma.

An official application form requesting an Olympic scholarship must be presented to Olympic Solidarity, duly completed and signed by the NOC, the National Federation and the applicant.

The length of the Olympic scholarship depend on the training program followed by the coach and may vary (average duration 1 to 6 months).

In general Olympic Solidarity would cover training, board and lodging costs (paid directly to the training centre), transport costs, illness and accident insurance and weekly indemnity throughout the training period.

At the end of the course FIBA and Olympic Solidarity must receive a report from NOC on how the training plan was followed and report by a centre including the general evaluation of the scholarship holder.

The only difference between training in sport science and sport specific training is that second one could be done in duration of 1 to 3 months.

In general both options are difficult to obtain because NOC could have one scholarship per year for all sports and FIBA still does not have its approved educational institutions which would be even more useful. We would encourage each National Federation to apply regularly for this option, but not to be too optimistic about the possibility to obtain it.

#### **14.3 Development of National Sport Structure**

This option is excellent but the least utilized by National Federations. The main objective of this program is to allow NOC to develop the national sport and coaching structure by implementing an action plan for specific sport. Olympic Solidarity will offer NOC with a weak sport structure the opportunity to receive a high level coach from abroad for a specific period of time (3 to 6 months).

The international expert will be involved particularly in training of local coaches, support and training the athletes, improve the different training programs, hold clinics and seminars etc. The international expert will also provide assistance to the existing sports structure and help sport to set up new structure and establish with National Federation coherent and realistic long term developing plans.

Like in the previous case Olympic Solidarity will approve only one development program per NOC per year.

Same like previous the National Federation has to submit proposal to its NOC well in advance (in September of current year the latest for the following year). The National Federation must provide a precise and detailed application containing the following information: sport structure which has to be developed (existing structure, analysis of training needs), aimed objectives, proposed action plan, duration of the program and overall budget justifying the different items. The NOC or the National Federation must have one person who will act as liaison officer for all matters related to the administration of the file in the country.



The length of the local development program depends on the action plan approved and on the budget allocated to the NOC (average duration 3 to 6 months). Olympic Solidarity would cover the costs on the bases of the plan and the budget approved (usually allocation for this program is between US\$ 20,000 and US\$ 25,000). In general transport costs, expert's expenses in the country and illness and accident insurance will be covered.

At the conclusion of the project FIBA and Olympic Solidarity must receive a detailed report from National Federation and NOC with photos and press cuttings, describing the implementation of the action plan and concrete results as compared with the initially defined objectives and report from expert on the implementation of the program and results.

This is extremely useful program and we would strongly recommend National Federations to use it. This program could also help the National Federations to have national team coach for the certain period of time. Keep in mind that Olympic Solidarity is granting only one program per NOC per year, which is very small number.

### 15. Keep in Mind

During the years, each National Federation has to create a database (educational history in coaches' certification program) where all coaches at all levels should have at least the minimum background knowledge and the minimum certification. The license is a must and in every National Federation we have referees license but not coaches license and this has to be done. Coaches Association is easy to implement and incorporate in the National Federation activities. Refreshment clinics should be seen as a social gathering of coaches and their two days, not as an obligation. Each National Federation has to recognize certain centre, university or school to be approved national educational institution for coaches. All those steps might take long period of time to implement but this is a must and this has to be done.

The goal of coaches' education and evaluation programs should be to develop coaches who can play a significant role in the creation of an ethical and caring athletic society. Through the example of their everyday lives, their higher education and experience will be reflected. Following the trends of modern methods for high athletic performance, coaches will act like positive role models and have a positive social impact on the development. This would develop and bring our sport on a higher level and basketball would be winner in this process.