



Coach Chronicle

January 2006

Welcome to the BCWBS Coach Chronicle. You are receiving this publication because you are a valued member of the BC Wheelchair Basketball Society. To submit information to the Coach Chronicle please email marni@bcwbs.ca by the 15th of the month.

HAPPY NEW YEAR!

BCWBS is starting off 2006 with a bang by hosting the men's national team in a training camp at Douglas College in New Westminster. The tail end of this high performance camp will involve BC provincial team athletes and identified Canada Winter Games athletes. Some of the women's national team will also be in town and this is a great opportunity to see how National Team Head Coaches Paul Bowes and Tim Frick run their programs. If you are interested in participating or observing these camps please contact Marni as soon as possible to make the necessary arrangements. marni@bcwbs.ca

IMPORTANT INFORMATION FOR ALL BCWBS Provincial Team & Canada Games Team Athletes & Coaches

Information regarding the 2005-06 Athlete Assistance Program is now available. This program provides funding for selected Provincial and Canada Games Team Athletes. Please note: The application deadline is JANUARY 20TH, 2006. Late applications will not be accepted.

Coaches, please ensure that all your Provincial Team and Canada Games Team athletes have received this information. Details and the application form is available on the BC Wheelchair Sports Website at www.bcwheelchairsports.com. If you have any questions, please contact Gail 604-737-3195 or by email gail@bcwheelchairsports.com.

Basketball BC - The Beginning of a New Chapter

The Coaches Clipboard is now available from Basketball BC at the following link: <http://www.basketball.bc.ca>. Every month a new edition will be loaded with practical coaching ideas, drills and plays for experienced and inexperienced coaches, a Steve Nash League coaches section, nutrition and/or training tips, information on upcoming clinics, and more. The newsletter is designed to provide coaches at all levels with information to help them become more successful. We also hope to entertain and enlighten you with interviews and motivational material. For more information or additions you can contact Mike McNeill, Basketball BC's new Director of Coaching Development at mmcneill@basketball.bc.ca.

CWBA Adopts Canada Basketball Coaching Model

The CWBA 2006 Centre for Performance program will consist of a minimum of three to four centralized training sessions per identified region in Canada. These regions will include Atlantic, Quebec/Ontario, Canada West, and British Columbia. The training sessions will be operated over a minimum three (3) to four (4) weekends to include 6 hours of on-court instruction on both Saturday and Sunday (for a combined total of a minimum 48 hours of on-court athlete instruction). In addition, a minimum of 4 hours per weekend of off-court sessions involving sport psychology, nutrition and video analysis will be included.

The mission of the CWBA centres for Performance programs are:

- To provide a program that delivers a challenging yet supportive environment for identified development athletes who possess Jr. National or National team potential.
- To train these athletes via a curriculum based upon National Team Program concepts and teaching principles.
- To demonstrate the CWBA's commitment to coach training and development and to the provision of growth opportunities for developing.

We are waiting for further details to find out what all this means for BC, and will keep you posted on developments of this interesting new program.

Tip of the Month

Turn Your Players Into Great Passers

It's all about team... When the ball's moving around and everyone's getting involved, scoring will come quite easily. Passing is a great way to conserve energy and get good, open shots. The chances of turnovers are a lot lower when the team is passing well.

Drill: PASS & GO CIRCLE

Make a circle at mid-court, diameter about 4 meters, one player starts in the middle. First player passes to middle player, and goes after the pass, the middle

player passes to next player in circle (clockwise) and moves into circle to replace the spot where the previous player came from. The ball may not touch the ground, use chest passes. Make it a competition by demanding 100 passes from the middle to the outside of the circle without dropping the ball. If the ball hits the floor, start over again. Advise the players to count loudly, and to call out the name of the person they are passing to. Receiver should also give a good target for the passer. If done well, also try baseball and hook passes.

**BCWBS Coach Chronicle Archives are available on the BCWBS website at
www.bcwbs.ca**

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