



Coach Chronicle November 2007

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 the editor by the 15th of the month.

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BCWBS Junior Challenge

November 10-11, McRoberts School, Richmond
BCWBS is pleased to be hosting the 8th Annual Junior Wheelchair Basketball Challenge. This year's tournament will be held November 10-11 at McRoberts Secondary School in Richmond BC. As always, both 8 1/2 and 10 ft. hoop height competitions will be held. Guest coaches are welcome and encouraged to attend, please contact Marni at BCWBS if you are interested.

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Basketball BC: Motion Offence Clinic

Basketball BC is pleased to present 2 Motion Offence Clinics with Mike McNeill, Director of Coaching Development and Assistant Coach of the Canadian Sr. Women's National Team. The clinic will cover all aspects of motion offence including spacing, timing, cutting, screening, and penetration. A wide variety of drills will be demonstrated to build a Motion Offence. The clinic will be valuable for coaches of all levels. These clinics will be offered in November in Nanaimo, Kelowna and Coquitlam. For more information contact Basketball BC or register online.

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Basketball BC: New DVD Available

Basketball BC has provided BCWBS with two complimentary copies of a great new DVD – Better Shooting 2. It is available to borrow from the BCWBS office, contact Marni if you are interested in checking it out. The 3 hour DVD features detailed techniques, and you will learn everything you need to develop shooting for real game situations. It includes a daily shot training chart and a bonus section from JJ Redick, one of basketball's best shooters. Learn all his training tips and his shooting secrets!

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PacificSport – Vancouver Island, Goal Setting Seminar

Sunday, Nov 4, 7-8:30pm, Malaspina College, Bldg 356

Athletes and parents will learn the importance of setting goals, how to document the attainment of goals, and how to utilize goal setting tools on an ongoing basis. This information does not only apply to advancing one's sport abilities. Lessons learned from this seminar can dramatically change one's life; including work, school and other aspects of life. The presenter is Rick Bevis who is a world class presenter and has coached both provincial and national team athletes. The cover charge for this seminar is just \$5.00/person, \$25.00 for a team of less than 10 members. For more information and registration contact Drew Cooper Tel: 250-740-6572 Email: dcooper@pacificsport.com

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PacificSport – Okanagan, Coach Power Breakfast

Wednesday, Nov 7th, 7:15am – Capri Hotel, Kelowna

The Power of Your Influence in Sport...Coaches of powerful influence embody the life-changing qualities of respect and inspiration and have caused athletes and others to want to emulate their honesty, patience and modesty. This session will help you recognize the power of your coaching influence and assist you in developing your longevity and success in sport. Join us for this special time to connect & resource with other coaches, and gain some "powerful" information. For registration contact Amber Gilbert 250-469-8852, or register online on the PacSport website.

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PacificSport – Sea to Sky, Coach and Partner Appreciation

Wednesday, Nov 28th, 7pm Sport BC – Room 106

Special Guest - David Hill, Performance Coach, Canadian Sport Centre Pacific. Get the latest update on the Integrated Performance System, including access to Field Testing Kits and Video Analysis education program. Both kits will be available for viewing. Discover how Decision Training can be used to enhance your athletes' performance and how to become a Decision Trainer. This is a great opportunity to meet coaches, program partners and PacificSport Board members and staff. Light food and drink will be provided. Contact Info: Andree-Anne LeRoy Tel: 604-730-7226 Email: aleroy@pacificsport.com

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Tip of the Month:

HOW "Winning" CAN MAKE YOU A BIG LOSER

by Sidney Goldstein

"Winning is the only thing" is a widely-quoted sports proverb. This hardly novel idea takes more away from the game than it gives to it. We coaches routinely use winning as a rationale for many types of improper behavior. Winning often

overshadows the reasons for participating in sports -having fun, learning, and staying healthy.

Here are some detrimental consequences associated with a focus on winning:

Coaches judge both their team's and their own success on winning and losing. They say, "We won, so we must have played well. I also did a great job coaching," or, "We lost. We need more practice. I must work harder." None of this is necessarily correct. Coaches need a more concrete basis for evaluation, so that we can effectively coach players. Thinking in terms of winning and losing, there is none.

Will coaches who focus on winning coach anywhere? Or will they exclude many places and players? I coached in several summer programs in which I had no chance of winning. Against many area all-star teams, I pitted our high school JV and varsity. We were trounced when mostly JV players showed up. However, we learned fundamentals despite the score. Winning says, "work with the all-stars, forget the others." Teaching allows coaches to work with all players regardless of ability.

An emphasis on winning requires coaches to recruit as many good players as possible and then merely manage them. The philosophy is, "teach the minimum needed to win. Teach short players dribbling and tall players rebounding. Maybe we can skip dribbling all together if we have one good dribbler, because that's all a team needs to bring the ball up court." Teaching says that all 12 players on a team need to learn all skills and as a coach you are responsible for teaching them.

How do winning coaches treat players? Through the coach's influence, do good players become good or at least worthwhile people? Do we coaches spend extra time to make sure the stars get to practice, games, or class and even pass the algebra test? Do we cover up if they don't? Try to find a coach who disciplines a poor player who skips practice or doesn't try out for the team. Many colleges routinely recruit illiterate players with the rationalization that they are helping the underprivileged.

A focus on winning also encourages coaches to play only the best players in the game. The other players do not deserve consideration, even though they put out the same effort in practice. I'm always amazed that coaches routinely bench most players on the team.

How often do coaches get angry at players for making a mistake? Winning demands players do things right whether or not they know how. Teaching on the other hand, says that the only limit to a player's ability to learn is the teacher's ability to teach. Face it, players' mistakes often stem from coaches' inabilities. Teaching encourages coaches to study basketball and to examine themselves; it

is giving of one's self, whereas winning only manipulates, demands, takes, and uses.

For some so-called winning coaches, sideline antics are routine. Since we learn more by example than from what is said, how do coaches' rampaging on the sidelines affect others? Would we see this behavior if no score were kept? For teachers, games are of secondary importance - they serve as a test of players' learning and coaches' teaching.

Coaches obsessed with winning may try to emulate their counterparts in the movies. Tinseltown's winning coaches routinely need to uplift depressed players by dazzling speeches ending in, "Let's do it for the Gipper" or mom or apple pie. Of course these words turn the tide, and the winning team again triumphs. I can't remember when depression affected my performance as a player, and I'm sure uplifting speeches can't take the place of hard work. Coaches need to teach players in practice, and then on game day focus players' concentration on specific tasks. Great speeches can't make up for lack of expertise, effort, and practice. Great speeches are for politicians, not teachers.

Winning can also become a moral issue. Winners are perceived as good in every sense - good in basketball, good as people, morally righteous. Coaches who want to win at any cost, and too many other people, elevate physical ability to the status of moral character. Losers are folks that are no good in every way and, further, do not deserve any consideration. Calling someone a loser is a derogatory statement, not an objective comment on a coach's win - loss record.

Winning most assuredly corrupts. If winning is the only thing, what is to prevent coaches using illegal and unethical actions to achieve this end? Unethical and illegal recruiting is commonplace at every level of play. Pacts between coaches and referees, corruption among timers and official scorers, and, in general, too many non-game related tactics take advantage of others. On the other hand, teaching only needs better methods, not better schemes.

Despite the use of so many winning tactics, it's obvious that too many players have not learned basic basketball skills. We watch games and see that even all-stars and pros do not know the basics of dribbling; that too few players pass the ball; that boxing-out is as extinct as the dinosaurs; that foul shooting percentages often do not increase much between 9th grade and the pros. The reason: winning does not demand teaching and learning. It only demands scoring one more point.

Paradoxically winning always makes you a big loser, because nobody wins all the time. Only one team wins the championship. All the others lose. On the other hand, when you teach, you win, in a real sense, all the time. If players learn, every practice and every game are a win.

Belonging to the fallible human race, we can say without reservation that, of course, everyone wants to win. Do you think that kids need a rallying cry from coaches, sports legends, sportscasters, and other adults in responsible positions to do so?! Or should the emphasis be shifted to the teaching and learning aspects of basketball: that basketball is a subject just like any other one; that the court is a classroom, not a place to let egos and kids run wild.

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

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