



Coach Chronicle September 2005

Welcome to the BCWBS Coach Chronicle. You are receiving this publication because you are a valued member of the BC Wheelchair Basketball Society. In an attempt to improve communication with BCWBS coaches we will be sending out a brief monthly update highlighting wheelchair basketball coaching news and events for the upcoming month. The idea is to send out information regarding courses, seminars, basketball skill & drills, coach profiles etc. on a regular basis. If you have coach initiatives taking place in your club or region we will be happy to share it with the rest of the wheelchair basketball coaches around the province. To submit information to the Coach Chronicle please email marni@bcwbs.ca by the 15th of the month.

Wheelchair Basketball NCCP Level 3 Technical Clinic

Calgary, Alberta

CWBA, along with the Calgary Rollers/Grizzlies will be hosting a NCCP Level 3 Wheelchair Basketball Technical Clinic from September 28 - October 2. If you intend on being a coach at the 2007 Canada Games, you should ensure that you attend.

Participants are responsible for their own travel to/from Calgary, and some meals. There is no registration fee. CWBA will provide shared hotel accommodation, local transportation, meeting rooms and classroom space, some of the gym time and some meals, as well as expert coaches Tim Frick, Paul Bowes, Gerry Tonello, and others. If you are interested in attending this clinic, please contact Paul Zachau at CWBA, paul@cwba.ca

Call for BC Winter Games Coaches & Managers:

BCWBS is gearing up for the 2006 BC Winter Games in Greater Trail February 23-26. Individuals interested in being a zone coach or manager should contact BCWBS as soon as possible. All coaches for the 2006 BC Winter Games must have full NCCP Level 2 certification. Please contact BCWBS for a job description and application form for these positions.

CWBA Hires Two Full-time Head Coaches

The CWBA is pleased to announce that Tim Frick and Paul Bowes have been hired as full-time Head Coaches for the Senior Women's and Senior Men's program respectively.

Tim Frick will take on the Head Coach position for the Senior Women's National Team, a position he has held previously part-time since 1990. Tim was instrumental in leading the team on its 14 year unbeaten streak in Paralympic/World Championship play.

This opportunity will allow Tim the chance to work more closely with the athletes, as well as devoting more time to the CWBA coaching program (formerly known as the NCCP, which is being changed over to the CBET). "The demands on players and coaches both domestically and internationally have risen dramatically over the past decade. These demands will continue to rise as we strive to stay on the leading edge of our sport. Therefore, the full time coaching positions are a necessary component of our development on the world scene." said Frick.

"Personally, I am thrilled to be given the opportunity to be able to focus solely on coaching. Professionally, the CWBA is a leader in recognizing the value of coaching and I will do my best to provide this value in as many ways possible."

Paul Bowes has been hired as the Senior Men's Head Coach, replacing Mike Frogley who has decided to step back from his Head Coach duties. Paul has been an Assistant with the Men's program since 1994, and was the Head Coach of the Junior National Team in 1997 and 2001 who won Junior World Championship gold medals. "The Canadian Wheelchair Basketball Association has taken an insightful step by hiring both a men's and women's program Head Coach. I am truly honoured to be leading the Canadian Men's team into the World Championships next July in the Netherlands." said Bowes.

"We have an extremely talented and motivated team that is determined to remain on top of the World. With coaches Jerry Tonello and Mike Frogley committed to remaining with the program, we will be more than ready to win our first ever World Championship."

Tim will be based out of Vancouver, while Coach Bowes will work out of London, ON.

Funding for both of these positions is through the Sport Canada's Excellence fund. This enhanced funding has allowed the CWBA to put these full-time positions in place, which will help, develop and grow our high performance programs. Currently Canada boasts the #1 ranked Men's team and #3 ranked women's team in the world.

BCWBS Coach Resource Library:

BCWBS has a good start on our coach resource library. We have recently acquired four basketball specific coaching books from Human Kinetics. These books can be borrowed from BCWBS or purchased directly from HK - www.humankinetics.com with a 10% discount coupon available from the CABC.

We also have access to the University of Illinois DVD Instructional series. This 3 part DVD series delivers over three hours of wheelchair basketball instruction. In this instructional series you will learn the fundamental skills that serve as the backbone of the University of Illinois' success. The on-court discussion, demonstration and instruction are divided into three DVDs. Each DVD has been constructed with a developmental sequence in mind.

Contact the BCWBS office to access the Coach Resource Library.

Tip of the Month

Passing: Learning to pass well is important at all levels. The ball will move a lot faster with a pass than with a dribble. Thus, moving the ball with a pass is much more effective, because it is faster than the defense can wheel. Try this fast-paced game that focuses on the successful completion of passes. This is a good drill to teach passing concepts such as proper spacing, defensive position, and open passing lanes. It also helps players compete as a part of a team and to develop an understanding of basic basketball strategies and rules.

1. Divide the group into two even teams. (use reversible to identify each team)
2. Explain that the object of this game is for each team to complete five passes in a row in order to score a point. If the ball is dropped or intercepted, the other team begins its attempt to make five passes.
3. Begin by giving the ball to one team and say, "Go!"
4. Scoring: Keep track of the number of passes completed and when five is reached, play is stopped and a point is awarded. The ball is given to the other team and the game resumes. The game is over when either a certain number of points are earned or a certain amount of time (for example 5 minutes) has passed.

Variations:

- * Begin with no restrictions on travelling, then add that in later
- * Add a no dribbling rule
- * Award a point only if five different team members receive passes
- * Add a five second count per player
- * Award more points for various types of passes, or have games using only specified type of pass (for example: left hand hook pass, behind the back, no look etc)
- * Add one or more balls to game

Teaching Tip: It is best to give minimal instructions to get this game started and add variations to it after each point is scored.

BCWBS Coach Chronicle Archives will be available on the BCWBS website at www.bcwbs.ca

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