

NW Regional Conference Liverpool 10-09-23

Games-based Coaching: What on earth is it?

1. Debate vs Drills (unopposed, boring, short-term) and Games (representative, fun, complex, long-term learning) – Constraints Led Approach, Teaching Games for Understanding, Non-Linear Pedagogy, Game-Sense
2. I distinguish between 2 things:
 - a. Game-based coaching: learning to play basketball
 - b. Games-based coaching: learning basketball through play
3. The important thing to learn to play and learning through play is that the activities we do as much as possible contain “cycles of perception/action”
 - a. This is what they need to do in games; perceive an opportunity, a threat, a risk and react accordingly (make a decision)
 - b. Hence I’m typically opposed to “mindless drills”
4. I’m not against Drills, but I’m very much against bad drills
 - a. No Perception/Action Cycles
 - b. Lack representativeness: does this look like anything that happens in the game?
 - c. Lack specificity: does this target a specific element of the game? And do I know what it is?
5. At the end of the day, we want to develop players with high tactical awareness and technical proficiency... but for me, tactical always comes first and technical is there to enhance our tactical ability
6. Finally, games-based coaching is not playing 5v5 or just throwing the ball in and letting them play... it requires careful understanding of what we are working on and a constant exercise of assessment, sense-checking and adjusting....

<p>Passing</p> <ul style="list-style-type: none"> • Ball Tag (1 team 10" or 2 teams 1 minute) • End Zone/American Football • Passing penalties • 2v1 Break (after a FT) 	<p>Dribbling</p> <ul style="list-style-type: none"> • Triangle Chase (1v1) • Square Chase (2v1 + 1) • Slalom and lay up • 1v1 Break (off backboard)
<p>1v1</p> <ul style="list-style-type: none"> • Decision-Making Series <ul style="list-style-type: none"> ○ Chase Lay Ups/Shots: Around Cones Chair ○ Shoulder on push/Box hold ○ Drop Cone/Tennis Ball • 1v1 + 1 Passer (add delay example) • 1v1 Super Screen (off ball / on ball) 	<p>Shooting</p> <ul style="list-style-type: none"> • 2v1/3v1 Shoot, rebound, pass, close out, chase – extra pass • WIN shooting (2 in a row) • Small Group Killer
<p>Game Concepts</p> <ul style="list-style-type: none"> • 3v3 Alba with ball reversal • 4v3 Plaza/5v4 Plaza • 3v2/4v3 Continuous • 4v4 Delay (King of the Court) 	