

COACHING NOTES FROM COACHING CULTURE

EPISODES 128: A GAMES-BASED APPROACH TO LEARNING



Register for April 5th Workshop in Chicago <https://thriveonchallenge.com/public-workshop/>

Mentorship to Help You Transform Your Leadership: thriveonchallenge.com/mentorship/

Schedule a Mentorship Call with JP: calendly.com/thriveonchallenge/initialcall

With Nate: forms.gle/5f8VmQ5LM8uN1qJd9

Hear From Our Attendees

<https://www.youtube.com/watch?v=6Ap3obtskjl&t=5s>

A Universal Complaint Among Coaches - What we practice does not transfer to games.

Three Challenges That Changed Our Training Philosophy

- Our players weren't having any fun
- We didn't have enough people at open gym to practice our offense / defense in 5v5
- Our "Sniper School" shooting program made us better at the drill - but did not transfer to a higher percentage in games

Books that Challenged Our Thinking (both by Brian McCormick)

- The 21st Century Basketball Practice
- Crossover

A games-based approach is far more than simply rolling the ball out there and letting them play, and it's more than introducing competition in practice. For example, counting makes in a shooting game does not make it a games-based activity.

Games-Based Really Means GAME-LIKE

- Often skills do not transfer to games because we practiced those skills outside of a game-like environment, such as shooting 10 shots in a row from the same spot (something that never happens in a game).
- The key is to practice skills the same way they are experienced in a game
- A great analogy is how we learn how to drive a car - slow and steady within gradually more complex environments. However, once the basics of operating a vehicle are learned - we never return to the empty parking lot to practice the fundamentals of using the pedals, steering wheel, etc.

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Three Key Ingredients to Building Game-Like Drills

1. **Variability** - *The game environment is random - defenders react in unpredictable ways. The easiest way to implement variability is to add defense to your skill development.*
2. **Perception & Decision-Making** - *Every individual skill is also a decision informed by what players perceive in the environment. That information includes where their teammates are, the space on the floor, where defenders are positioned, etc. All of this precedes the decision to pass, dribble, or shoot. The decision and execution of the skill are therefore intertwined, and should be trained as such.*
3. **Interconnected Skills** - *Skills are not isolated in the game - they are tied together.*

How to Teach With a Games-Based Approach

Teaching Passing

What we used to do: Column passing (practicing different passes by playing catch)

What we do now:

Progression 1 - Half court 3v3 with no dribble (drills movement, catching, and responding to defenders)

Progression 2 - Dribble +1 - 3v3 no dribble... BUT when an offensive player dribbles they must shoot it or they may have one more pass and the next receiver must shoot. This interconnects the skills and decisions involved with passing & catching and the decision to shoot or drive.

Offensive Installation

What we used to do: Teach offense without any defense (5v0) to rehearse scripted movements. We told them that they should choose their actions based on what the defense dictated... but we trained without any defense present!

What we do now: We always learn with opposition when teaching new skills or concepts.

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Where to Begin

- Manipulate space - The more space the more difficult for the defense.
- Change the number of defenders
- Change time constraints - a shot clock, a decision clock (players may possess the ball for no more than two seconds without acting)

The Benefits of a Games-Based Approach

- Improved execution and transfer of skills from practice to games
- Increased player engagement and enjoyment

Bottom Line - We only want to do things that happen in games, period.

JP Nerbun
jpnerbun@thriveonchallenge.com
Twitter: @jpnerbun
thriveonchallenge.com

Nate Sanderson
@CoachNSanderson
Nate_S@BreakthroughBasketball.com