

BASKETBALL NSW

LEVEL 1 BASKETBALL

COACHING CERTIFICATE

Basketball NSW is proud to present the Level 1 Coaching Course in an alternate format that will suit applicants who are not available at weekends. The Course has been broken into 5 modules (3 hours each) and allows participants to make up any module they may miss later in the year.

The Level 1 Basketball Coaching Certificate is part of the National Coaching Accreditation Scheme. The course covers general coaching principles with an emphasis on having sound knowledge of the skills and principles of basketball as well as better organisation of practice sessions, appropriate methods of teaching, correcting techniques and methods of analysing an athlete's performance

Module 1 – Introduction to Coaching, Planning, Starting Practice - **(Theory Session)**

Module 2 – Shooting, Individual Offence & Defence - **(Practical Session)**

Module 3 - Physical Conditioning, Game Coaching, Child Protection, Rules of the Game - **(Theory)**

Module 4 – Team Offence & Defence, Rebounding - **(Practical Session)**

Module 5 – Sports Safety, Coaching Better, Referees - **(Theory Session)**

COST - \$80.00 for Level 1 Certificate (\$60.00 for BNSW members) Plus \$40.00 for Level 1 Coaching Manuals (\$38.00 for BNSW Members), GST included

Course 1

Module 1 – Monday 18th July

Module 2 – Monday 25th July

Module 3 – Monday 1st August

Module 4 – Monday 8th August

Module 5 – Monday 15th August

Venues

BNSW Office, 7A Underwood Road, Homebush
Modules 1, 3 and 5

Auburn Basketball Centre, Wyatt Park (Enter off Church St), Lidcombe
Modules 2 and 4

Times: All modules are 6pm to 9pm each night

Participants need to come appropriately dressed (sports clothes and shoes) for both practical and theory sessions (some activity required in theory sessions).

Course 2

Module 1 - Monday 17th October

Module 2 – Monday 24th October

Module 3 – Monday 31st October

Module 4 – Monday 7th November

Module 5 – Monday 14th November

Venues

BNSW Office, 7A Underwood Road, Homebush
Modules 1, 3 and 5

Auburn Basketball Centre, Wyatt Park (Enter off Church St), Lidcombe
Modules 2 and 4

Times: All modules are 6pm to 9pm each night

Participants need to come appropriately dressed (sports clothes and shoes) for both practical and theory sessions (some activity required in theory sessions).

Please see the Coaching Section of the BNSW website at www.nswbasketball.net.au for more information and to download the registration form for the Level 1 Basketball Coaching Course or contact **Blake Lowry**, BNSW Participation Officer on **02 97462969** for further enquiries.