



FOUNDATIONS & LEARNING AIMS



For school, club and community coaches: turn knowledge of the game into purposeful teaching, safer practice and better player development.

PLANNED PROGRAMME

- Fundamentals and age-appropriate coaching clinics
- Practice design and player-development workshops
- Coaching certification course with practical assessment

BEFORE YOU BEGIN

This is original introductory Top 10 learning material for reference and supervised practice. It is not an accredited qualification, an official FIBA manual or a substitute for qualified instruction. Dates and delegate fees are confirmed; the 13–15 August 2027 Coaching Course is at SAHETI School in Bedfordview, Johannesburg, and Sunday workshop venues and facilitators are still being confirmed.

Top 10 plans to involve relevant experts and seek Basketball South Africa and FIBA input and buy-in. No endorsement or accreditation is claimed. Always check the current official rules and requirements applicable to your activity.

PARTICIPANT RECORD

Name / organisation

Experience / current qualifications

Learning goal / support needed



THE BASICS: PART ONE



BUILD A PURPOSEFUL SESSION

Start with one clear learning outcome. Choose a warm-up, a skill activity, a game-like activity and a review. Note the time, equipment and space needed. Progress from an unopposed demonstration to decisions against a defender; adapt the challenge to the players rather than repeating a drill without purpose.

APPLY IT

Write one example from your own setting, the official reference you would check and one question for the instructor.

TEACH THE FUNDAMENTALS

Observe balance, footwork, ball control, passing and shooting before increasing speed. Demonstrate the skill, give one or two clear cues, allow practice and check understanding. Use small-sided games to connect a technique to when and why a player uses it. Refer to WABC materials for age-appropriate progressions.

APPLY IT

Write one example from your own setting, the official reference you would check and one question for the instructor.



THE BASICS: PART TWO



CARE FOR EVERY PLAYER

Check the court and equipment before practice. Know the emergency contact and injury-reporting procedure. Respect safeguarding boundaries, consent and confidentiality, particularly for minors. Adapt participation to ability and access needs; never diagnose an injury or pressure an injured player to continue.

APPLY IT

Record a practical action, who should review it and what evidence would demonstrate improvement.

REFLECT AND ASSESS

Record what players could do before and after an activity. Give specific, constructive feedback and invite the player's own reflection. Review attendance, engagement and learning rather than judging a session only by the score. Course assessment follows criteria agreed with Basketball SA and FIBA instructors.

APPLY IT

Record a practical action, who should review it and what evidence would demonstrate improvement.



PRACTICAL SESSION WORKSHEET



Design and deliver a short practice for a mixed-ability group. A partner observes your demonstration, coaching cues, inclusion and progression. Repeat one activity after feedback and explain what changed.

Age group, group size and learning outcome

Warm-up: duration, space and equipment

Skill activity: demonstration and two coaching cues

Game-like activity: decision, constraint and progression

Safety, inclusion and adaptations

Observer feedback and next-session action



REVIEW & REFERENCE LIBRARY

PRACTICAL READINESS CHECKLIST

- Court and equipment checked
- Emergency procedure and safeguarding boundaries understood
- Players know the learning goal
- Practice has a game-like decision
- Feedback and reflection recorded

OFFICIAL REFERENCE SOURCES

FIBA / WABC coaching resources

<https://about.fiba.basketball/en/wabc-documents>

FIBA rules and interpretations

<https://about.fiba.basketball/en/our-sport/official-basketball-rules>

Basketball South Africa

<https://www.basketballsa.co.za/>

EXPERT REVIEW & NEXT STEPS

Record your facilitator or specialist reviewer, questions still open and actions before practice or event delivery. These exercises do not confer a licence, certification or legal approval. Municipal and event-safety requirements must be confirmed with the relevant authorities for each event.