



## Introduction

Aurora North Basketball is proud to launch its Coaching Mentorship Program, aimed at empowering and developing the next generation of basketball coaches. This initiative provides aspiring coaches with hands-on experience, educational workshops, and mentorship from seasoned professionals in the sport.

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## Program Objectives

- **Develop Coaching Skills:** Equip participants with essential coaching techniques and strategies.
  - **Promote Leadership:** Foster leadership qualities necessary for managing and inspiring teams.
  - **Encourage Participation:** Increase but not limited to female representation in basketball coaching roles.
  - **Provide Mentorship:** Offer guidance and support from experienced coaches.
  - **Open Communication:** As a growing club we want to encourage those in leadership positions to collaborate and communicate with parents, coaches, and directors to improve Aurora North Basketball.
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## Program Structure

The Coaching Mentorship Program is divided into three key components:

### 1. One-on-One Mentorship

- Personalized mentoring from experienced coaches.
- Regular feedback and evaluations to track progress.
- Director at one practice per week in a two practice week. Will also attend some games to help with the team and also give feedback privately.

## 2. Hands-On Coaching Experience

- Opportunities to assist in training sessions and games within the Aurora North Female Basketball Club.
- Practical experience in game planning, practice management, and player assessment.

## 3. Workshops and Seminars (Not Required but encouraged)

- Online workshop opportunities forwarded from directors.
  - Discuss with us if this is something you are interested in and we can potentially help with *some* of the cost.
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## Program Benefits

- Gain comprehensive coaching knowledge and practical experience.
  - Build a professional network within the basketball community.
  - Enhance your resume and career prospects in sports coaching.
  - Be Part of building an STELLAR program in Grande Prairie, AB
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## Practice Resources

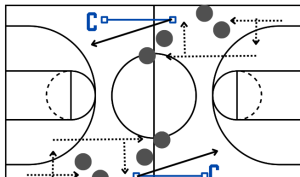
- We want you to feel comfortable and well equipped to coach! Here are some resources to help.
  - A good practice plan boosts engagement, skills, and teamwork.
  - Progression of practiced skill into a game like scenario is key
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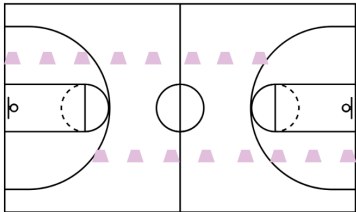
Links
<a href="#">Jr NBA-Mojo Drills</a>
<a href="#">Ball Handling Warmup Workout</a>
<a href="#">Advanced Ball Handling</a>
<a href="#">Basketball Xpert</a>
<a href="#">Basketball for Coaches</a>
<a href="#">Coaching Toolbox</a>
<a href="#">Breakthrough Basketball</a>



### Practice Plan Example

- This will obviously change and be dependent on what you need to work on! Times can change heavily here.

Time	Drill	Focus
3:45	<b>Introductions</b>	Numbers on legs (paper with names and numbers so girls know.
3:55	<b>Warm Up</b>	Dynamic It isn't just about athleticism, it's about teamwork, leadership.... Etc. <ul style="list-style-type: none"> <li>- High knees</li> <li>- Butt kicks</li> <li>- Sweeps</li> <li>- Lung, hand down, open to sky (unsure name)</li> <li>- Grape vines</li> <li>- Any additional stretches they need</li> </ul>
<b>WATER</b>		
4:20 (10 mins)	<b>Skill:</b> <b>2 Ball Dribble</b> <b>**</b>  ** Only if equip. allows.	Stationary ball handling. (8 mins) <ul style="list-style-type: none"> <li>- Pound ball on sideline (low/high) getting used to the ball. <ul style="list-style-type: none"> <li>- Same time</li> <li>- Alternating</li> </ul> </li> <li>- Cross-overs (1 or 2 balls) low, below the hip, wide.</li> <li>- Front, single-handed crossovers.</li> <li>- Back front dribbles</li> </ul>
4:05 (10 mins)	<b>Skill:</b> <b>Shooting</b>	Shooting form (quick) Analogy: hot wheels <ol style="list-style-type: none"> <li>1. "On" - wrist wrinkled, hand behind the ball, not on top.</li> <li>2. "Up" - see target, keep same position from on.</li> <li>3. "In" - fully extend, snap wrist at the end</li> </ol> What not to do <ul style="list-style-type: none"> <li>- Elbow out</li> <li>- Drop shoulder (means using arms as power typically)</li> <li>- Catapult it instead of up through arms</li> </ul> Under basket (1 min if enough baskets) Boomers
4:15 (5 mins)	<b>Drill:</b> <b>Elbow</b>	Pass elbow to elbow, turn and shoot * LEAVE FOOTWORK FOR NOW - can talk individual who can handle feedback
4:30 (12 mins)	<b>Drill:</b> <b>Full court ball handling w/ coach pass to shot</b>	 <p>Up court to first set of chairs Back dribble Cross Explode to next set of chrs. Back dribble</p>

		<p>Cross</p> <p>Pass to coach</p> <p>Catch inside 3 for a shot.</p> <p>Coach should pass from below the elbow extended. Girls can dribble if needed to avoid travel.</p>
WATER		
<p>4:35 (15 mins)</p>	<p><b>Skill/Drill:</b></p> <p><b>D lanes - 1v1</b></p> <p>Get drinks while doing this.</p>	 <p>Defense (quick)</p> <ol style="list-style-type: none"> <li>1. D determines where it goes</li> <li>Walking a dog... it doesn't tell you where to go</li> <li>2. Think if they are faster than you, give more space</li> <li>3. Force sideline/baseline</li> </ol> <p>always, jump in front or adjust if they get middle</p> <p>(Could turn this into a competition. O gets point for getting middle sideline, D gets point for forcing sideline - NOT for a tryout)</p>
<p>4:50 (8 mins)</p>	<p><b>Winners</b></p>	<p>2v2</p> <p>Looking for:</p> <ol style="list-style-type: none"> <li>1. Team work</li> <li>2. Making sure your shots are good shots to take, not forced</li> <li>3. Seeing D</li> </ol>
WATER		
<p>4:58 (12 mins)</p>	<p><b>Scrimmage</b></p>	<p>Give opportunities for feedback to teams. Switch up players.</p>
<p>5:10</p>	<p><b>Cool Down</b></p>	<p>Toe walks</p> <p>Heel walks</p> <p>Ankle sweeps</p>

Practice Plan Template

Time	Drill	Focus
WATER		
WATER		
WATER		