



**PGC**  
**BASKETBALL**

**COACHES' GUIDE**

## PGC OBSERVING COACHES

We appreciate that you have selected our program—out of countless others—as an experience to enrich your coaching philosophy and approach.

Our mission at PGC Basketball is to be a light that SHAPES the basketball world. We live this out as we equip and empower players and coaches to have fulfilling careers. Our goal for you this week—as a coach—is that you will join us in our mission and help to spread our intentions into the wider basketball world.

We trust your time with us will be extraordinarily rewarding and useful. And, we hope to enhance your ability to teach the game in a way that is highly satisfying—and highly effective—for you and your players.

### DO YOU HAVE AN ATHLETE COMING WITH YOU?

We know that coaches love to coach and want to help their athletes as much as possible, but please **DO NOT** “coach” or give feedback (i.e. constructive criticism) to your athletes during the course—only encourage them, support them, and cheer them on. It’s important to keep in mind that most players will be overwhelmed by the amount of information provided to them. They won’t have a shortage of things to focus on in each gym session. In addition, we attempt to create an environment that reduces the pressure that athletes typically place on themselves “to perform”. Instead, we encourage mistakes and we remind the athletes to focus on the learning process, not the outcomes.

We share the natural desire to correct mistakes (and you will see many over the week...) and to fix all the errors we see. In fact, it may even be painful for you at times to watch a precise demonstration and then watch athletes—and specifically your athlete—proceed to do things incorrectly and with little precision. But, this is all a part of the learning process.

We are teaching athletes how to ask the right questions of themselves—and others—so they can develop the critical skill of learning to ‘self-assess’. And, as long as they have a coach telling them what to do, they will never develop this skill. Although most players are rarely proficient at this at first, which will result in players making the same mistakes over and over again, they must be given the freedom to develop this new mental muscle—and the freedom to develop this muscle at their own speed, not at our speed or your speed.

Also, if you are a parent and have a son or daughter attending the session with you, we ask that you take a vacation from your parenting role in order to allow them to fully engage in the PGC experience.

### BUILDING RELATIONSHIPS

Look for opportunities to interact with and get to know the other coaches, our staff, and the participating athletes.

**Lunches:** Each day at lunch, we recommend taking the initiative to eat with other coaches so you can discuss what’s being taught and how you plan to use PGC concepts with your team.

### VIDEO RECORDING

We do not permit any sessions to be videotaped or audio recorded. We do have in-depth teaching and training videos available on our YouTube channel for coaches and players.

### ALUMNI REWARDS

At the end of the week, we will present three Alumni Rewards options to players and parents at our Closing Ceremonies. We do not have Alumni Rewards options in place for coaches at the present time, as our summer and fall courses have already been deeply discounted for coaches.



## KEY CONCEPTS FOR OBSERVING COACHES

There are many concepts that we address directly or indirectly in every PGC Basketball course. Here are 10 key teaching principles that you can watch for:

1. Using “process-based coaching” instead of “outcome-focused coaching” by focusing on the learning process rather than the final outcome.
2. Teaching and reinforcing the principles of SCHAPE.
3. Setting high expectations early and reinforcing positive behaviors, instead of using threats, anger, criticism, or punishments to bring out the best in the athletes.
4. Modeling the intangibles by the Director and Instructors.
5. Creating a high standard of organization and precision.
6. Using a sequential teaching progression — Technique Training, Decision Training, Competing.
7. Enhancing the learning process for athletes through reflection and debriefing.
8. Using a unique and memorable vocabulary to increase the ‘stickiness’ of basketball concepts.
9. Creating commitments and holding athletes to their commitments, not our expectations of them.
10. Connecting basketball and life.

## CONTRIBUTE AS A COACH

Just like we will challenge athletes to stretch themselves each day, look for opportunities to stretch yourself so PGC is a better place because you’re here.

Each day, see if you can identify a few athletes who stand out due to their work ethic, focus, energy, cheerfulness, or helpfulness. Then, between sessions, let them know how you noticed their efforts. Don’t just commend the obvious stand-out athletes though—look for athletes that may not seem to get much recognition for their efforts.

During gym sessions, show that you’re actively engaged and attentive by how you sit, stand, or move (when needed) to get the best view of what’s being demonstrated or to hear what’s being taught.

Identify ways that we can improve the PGC experience for coaches and athletes, on or off the court. Then, later in the week, share your enhancements with your Director.

On behalf of the entire PGC Basketball staff and Directors, it’s our sincere hope that this course turns out to be an extremely valuable experience for you and one that makes you a better coach and a better leader of young people. Thank you again for making the investment to attend our program!



MANO WATSA, OWNER

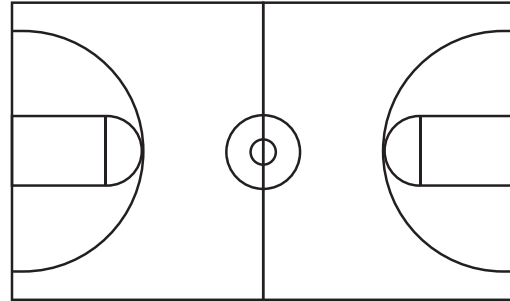
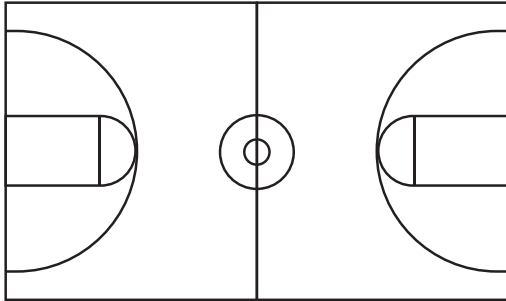
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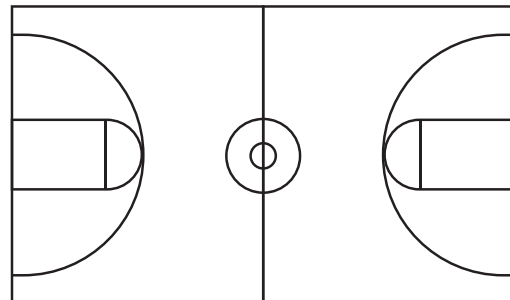
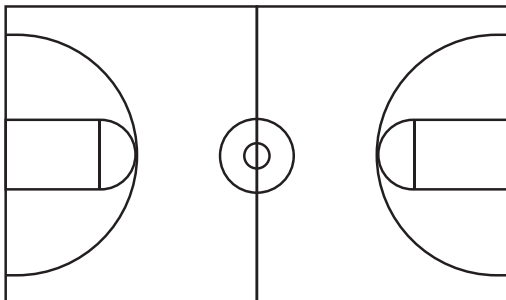
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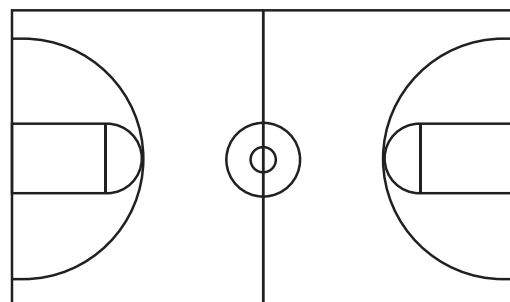
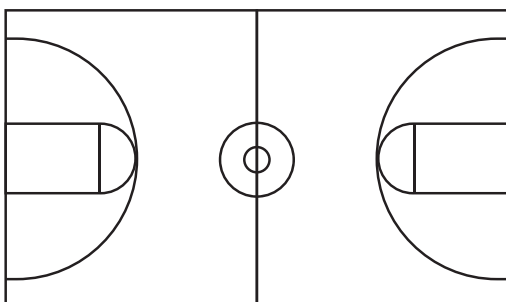
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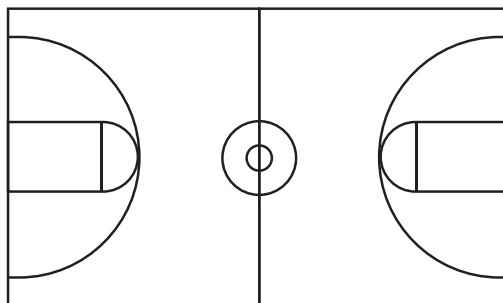
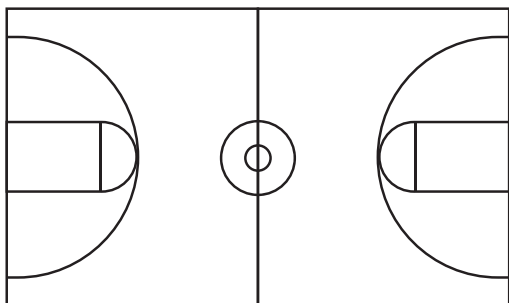
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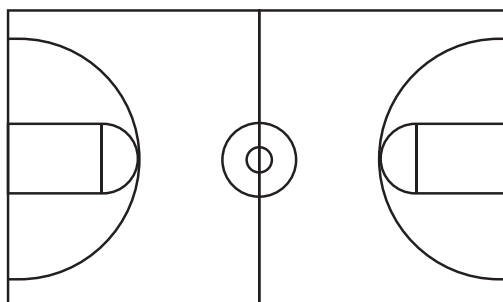
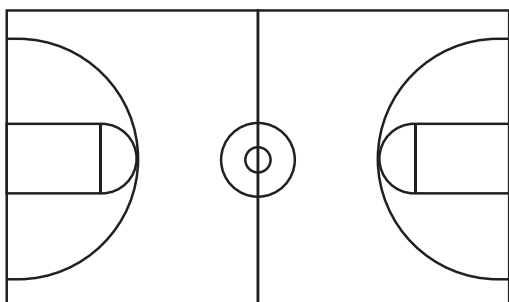
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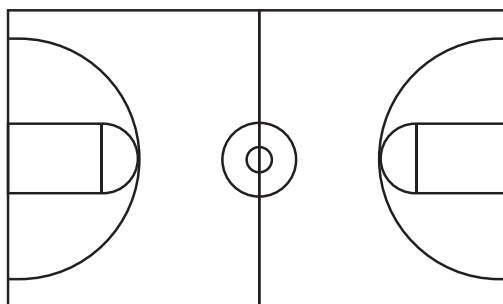
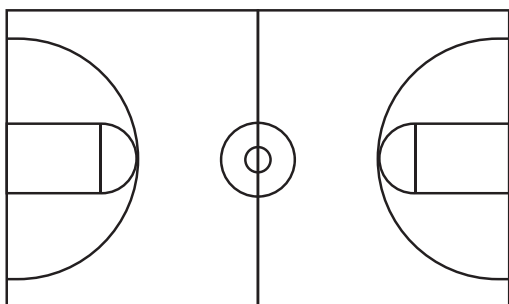
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# COACHES DEBRIEF

At the end of the week, take 15-20 minutes to answer the following questions in order to help you solidify everything you learned through the week. This debrief is for your benefit and does not need to be handed in to the Director.

1. What are the key vocabulary terms you learned that you plan to use with your team this coming season?

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2. What are the new habits of play that you want to instill in your players this coming season?

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3. Which components of SCHAPE does your team need to improve upon most?

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4. How do you plan to emphasize these components of SCHAPE this season? What strategies will you use?

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5. What ways can you better connect basketball and life lessons for your players?

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6. What will you do differently with your pre- and post- practice time based on what you learned this week?

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7. What will you do differently with your practice time based on what you learned this week?

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8. What do you need to change or grow in this year in order to be a more effective coach?

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9. Select 1-3 forms of communication that you need to do less of and 1-3 that you need to do more of as a coach:

**To Do Less:**

- Use anger to motivate
- Use threats to instill fear
- Use punishments to penalize
- Use criticism to change behavior
- Use wins & losses to evaluate success
- Use time and energy to vent at referees

**To Do More:**

- Use encouragement to inspire
- Use reminders to reinforce desired outcomes
- Use debriefing to increase retention of concepts
- Use partner feedback to stimulate learning
- Use start of practices to share a focus for the day
- Use assistant coaches to give SCHAPE reminders

We recommend that you review your reflections on a weekly basis prior to and during your season so that you successfully apply as many of the enhancements you noted above as possible.

## WAYS TO GO DEEPER WITH PGC

### 1. PGC PARTNER PROGRAM

Would you like to get special discounts for players and coaches to attend PGC courses, and get free access to PGC's 365 training videos for all the players in your program? Join our PGC Partner Program today—there is no cost to join.

Visit [PGCPartner.com](http://PGCPartner.com) to learn more and sign up to become a Partner Program.

### 2. HOST A PGC CLINIC OR COURSE

Would you like to host a PGC Skills Academy course next summer for players in 4th-7th grades or 7th-11th grades? Visit [PGCSkillsAcademy.com](http://PGCSkillsAcademy.com) for details and to apply.

If you would like to host a clinic for the players in your program during the year, visit [PGCClinic.com](http://PGCClinic.com).

### 3. BOOKS BY PGC FOUNDER, DICK DEVENZIO

Do you want to develop intelligent basketball players? Would you like your players to develop an approach that will make them stand out and look special in every circumstance and in everything they do on and off the court?

The books by PGC Founder, Dick DeVenzio are a must-read for every dedicated basketball player and coach. We recommend starting with STUFF Good Players Should Know and Think Like A Champion.

These books will be available at check-in and check-out. You can also order the books at [pgcbasketball.com](http://pgcbasketball.com).



## STAY CONNECTED

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