

Curriculum Overview

On Court Player Development® is one of the country’s leading authorities on grassroots basketball development. For nearly a decade On Court has been delivering innovative programming to benefit athletes of all ages both on the court and off. In the past few years we have become extremely concerned with the lack of basketball specific development in our young players. With the focus on structured competitive play at all ages throughout the various seasons of the year, basketball in the U.S. has lost what is needed to consistently develop fundamentally sound players.

We believe a critical component of overcoming the challenges to the game of basketball begins with the establishment of an appropriate Instructor Certification process. We choose the word “Instructor” instead of “Coach” Certification for a very specific reason. There are plenty of coaches and plenty of information about coaching, which we define as teaching the team philosophy, systems, and plays it takes to win a game. Across the country there is very little knowledge in the grassroots coaching communities about how to develop and train athletes to become better individual players. While other sports have developed comprehensive, long-term development models for certifying and licensing Trainers or Coaches, nothing exists for basketball.

On Court Player Development® Instructor Certification process utilizes a series of cascading modular units. All basketball specific units are reinforced with hands-on training and testing as well as continuing education development courses to ensure instructors are equipped with the latest information and cutting-edge techniques.

We have developed the Instructor Certification program to benefit On Court Player Development® geographic expansion into various markets across the U.S.. Our goal is to consistently deliver the best development and training programs offered anywhere.

Starting Point →

Our Instructor Curriculum assumes that instructors have a basic understanding of the sport of basketball and have some experience playing and/or working with youth athletes.

What is Covered →

Philosophy of Development

Our unique approach to development sets On Court Player Development® apart from most people doing basketball training. Our techniques for teaching the fundamentals with a strong emphasis on footwork and body control truly helps players elevate their game. Our curriculum for instructors starts with a solid foundation and understanding of this philosophy. We are teachers of the game and it is vital that our instructors believe in our system for development.

Skill Breakdown

We take the traditional skills of what most people think as encompassing the fundamentals and break them down into their various components, techniques and points-of-emphasis. After breaking each skill down to its components we emphasize our **Difference-Makers™** or teaching points, non-negotiables and ideas that truly differentiate our methodology and how it helps players improve.

Skills and Drills

After breaking each skill down into its various components we build it back up using a progression of drills that emphasize the Difference-Makers™ of each skill and combine them in unique and challenging ways that builds into a natural progression as the athlete improves.

Competitive Play Philosophy and Curriculum

There is plenty of information available in regards to coaching basketball but very little helpful information about developing players. We will cover some aspects of playing the game as it relates to development. Athlete need to routinely test their skills in “live” situations and also develop the skills related to playing with other people (spacing, movement and awareness). Our curriculum outlines these skills as well as some basic offensive & defensive schemes needed to put some minimal organization into competitive play training. As a teacher you will have limited time to spend on developing your athlete’s skills and you don’t want to waste time teaching plays. We will not cover how to implement the “Princeton offense” or a “match-up zone.” We won’t teach you any creative inbounds plays or press-breaks. Athletes and Coaches are spending plenty of time on those concepts and we don’t need to pile-on.

“Off the Shelf” Programs and Training Plans

We have already designed a number of market-tested programs ready for implementation. The materials for each program are included in all of our licensing packages. The program material includes documented drills, practice plans, program organization, philosophy and marketing materials.

Methodology →

The On Court Player Development® Instructor Curriculum focuses on the need to “See-Do-Teach” to complete the learning process. It is vital that instructors going through our curriculum see (or study) the material and answer the follow-up questions. Do the drills and skills themselves and then practice teaching others what they have learned. Each of the categories above has been broken down into various modules or sub-categories. Each module within each category should be completed in successive order. Most of the curriculum requires self-directed learning. We will provide hands-on training and follow-up at regular intervals, but most of the learning should be completed on your own. Each module will differ slightly in its format, but you will find that almost all of them involve a reading section, follow-up questions and videos.

Goals→

This curriculum is geared toward preparing Instructors to teach the (1) fundamentals of basketball to (2) small groups of athletes with (3) various skill and athletic abilities.

Fundamentals: We have a different perspective on what we characterize as the fundamentals. The curriculum is geared toward sharing those perspectives and demonstrating how they are implemented into a curriculum of long term development.

Small Groups: For most skills we teach small group training is the most effective environment for training. Our “Off the Shelf” programs are designed to accommodate hundreds of kids, but they still depend on small group training led by professional instructors. We also do not gear our drills and training methods to individual or one-on-one direction. Although one-on-one training can be very beneficial for certain skills such as shooting, we feel that it is cost-ineffective and at times lacks the overall benefits of a small group. This curriculum is geared toward small group training.

Various Skill Levels & Athletic Abilities: The On Court Player Development® suite of programs has been designed to develop athletes from “cradle to grave.” This curriculum should prepare Instructors to teach the gamut of athletes from grade-schoolers to pros.