

COBA: 2 DAY ELITE DEVELOPMENT SESSIONS

What? The 2-Day Sessions combine player development sessions with a coaching clinic

Date: TBD

(Friday-Saturday is traditional time but other options are welcome – Availability is April/May/June/July/September)

Location: Determined by your organization. COBA will come to your facility. Securing and paying for the facility is the organization's responsibility.

Cost: TBD (If interest is present then we can discuss the cost structure)

Ages: 8-18, Male and Female Players

Time: Session 1: Friday 6:00 pm – 9:00 pm

Session 2: Saturday 8:45 am – 11:45 pm

Session 3 Saturday 12:30 pm – 3:30 pm

What this camp has to offer:

For the player, these special sessions are designed to improve a player's offensive skills. This is a unique opportunity to learn about aggressive offensive skills. A player's entire camp experience will be tailored to shooting, passing, ball handling, moving without the ball and one-on-one moves. This is all about YOUR offensive skills, so no full court games will be played (just one-on-one, two-on-two and three-on-three to practice what is taught).

DURING 2-DAY ELITE COBA PLAYER DEVELOPMENT SESSIONS

- Develop a confident attacking mindset.
- Knowledge and understanding of the concepts of offensive basketball.
- Identification, cause and correction of the most common fundamental errors.
- Knowledge of the skills necessary to catch, shoot, dribble and attack on offense.
- Game-like understanding of the application of perimeter offensive skills.

For the coach, this is an opportunity for you to learn all the drills and skills COBA uses to develop player's basketball skills, athletic ability and mental toughness. Additional breakout sessions with Coach Oliver will also be scheduled to allow for more specific coaching development for all coaches in attendance. Notes are encouraged and your organization will be allowed to videotape sessions to help with continued coach and player development.

DURING 2-DAY ELITE COBA COACH DEVELOPMENT SESSIONS

- Develop an understanding of what skills to teach and how to teach those skills
- Learn how maximizing active learning time in your practices
- Learn how to develop competitiveness and correct practice habit
- Learning how to use correction and reinforcement and improve communication
- Get questions answered to help you develop as a coach

COBA: Sample 2-Day Elite Player/Coach Development Sessions

Friday

6:00-8:00 pm	Player/Coach Development Session 1
8:00-9:00 pm	Coach Development Session 1

Saturday

8:45 - 11:45 am	Player/Coach Development Session 2
11:45-12:30 pm	Coach Development Session 1/Lunch
12:30-3:30 pm	Player/Coach Development Session 3

PHILOSOPHY: 2-Day Elite COBA Player/Coach Development Sessions

Better basketball players and coaches are developed during the off-season. However, it is common for players and coaches to put many hours into developing without maximizing their returns. Our development sessions will help you become a better basketball player and coach by developing and refining your basketball-specific skills, athletic ability and knowledge.

COBA PLAYER DEVELOPMENT is dedicated to providing superior instruction by experienced and enthusiastic coaches. We promote a fun and safe environment that encourages positive and purposeful learning experiences. We will focus on the development of individual skills that will aid athletes in competing successfully in a game environment; while building their confidence in a fun and motivating atmosphere. Our campers leave with a better sense of self and a better understanding of what it takes to be successful in basketball and, in turn, every aspect of life. We will address technical, tactical and applied aspects of basketball that will help a player develop their game beyond the level they are currently at.

COBA COACH DEVELOPMENT is dedicated to providing coaches with the necessary tools to develop their player's basketball-specific fundamentals and athletic abilities. Coaches will be taught the advanced fundamental teachings of COBA from the physical aspect as well as the mental. Each drill will be broken down and explained so each coach will develop a clear understanding of the exact reasoning behind it. COBA teaching methodology and rationale will be explained. Coaches will also get access to the COBA coaches throughout the 2-days for question and answers.

Our 2-day camps are all co-ed, unless requested differently. They are like none you've ever attended. They are physically and mentally challenging, but provide each player with the proper tools to elevate their game. These 2-day camps build individual skills. There is no team scrimmaging. They are not a day-care or a keep them happy camp — they are for serious players wanting to elevate their game. We work with you closely to design the camp that best suits your situation. Coach Oliver is the instructor and attends every camp.

INSTRUCTORS: COBA 2-Day Elite Player/Coach Development Sessions

Chris Oliver, M.ED, B.ED, B.KIN

Current Head Coach, University of Windsor Men's Basketball

- NCCP Level IV Certified Coach
- 2x OUA West Basketball Coach of The Year
- FOX 40 OUA Coach of The Year
- Former Basketball Ontario Provincial Team Head Coach
- Former Head Coach, Queen's University Men's Basketball
- 7 Year CIS Men's Assistant Coach, McMaster University and University of Victoria
- 1996 OFSAA Girls' Gold Medalist, St. Mary's CSS
- Guest Speaker and Coaching Clinician throughout Canada and the United States

Jay Johnston, BPE CSCS, PFLC

COBA Strength & Conditioning Coach

- Certified Strength & Conditioning Specialist- NSCA.
- Certified Instructor- American College of Sports Medicine
- Strength Coach, University of Western Ontario Women's Basketball & University of Windsor Men's Basketball
- Former Strength & Conditioning Coordinator- McMaster University
- Consultant, Canadian Soccer Association
- Guest presenter for various provincial and national programs

next level
thinking

SAMPLE DEVELOPMENT DRILLS: COBA 2-Day Elite Player/Coach Development Sessions

1. CP3 Pylon Drills

- Close spacing – 1 Ball Feet Inside Outside, Crossovers
- Distance Spacing – 2 Ball Balls Outside Alternate/Same, 2 Balls Change, 2 Balls B/W Legs, 1 Hand In & Out, 1 Hand Crossovers, 1 Hand b/w Legs, 1 Hand Behind Back

2. 1st Step

- Dominant foot, 1st step crossover, 1st step go, live low
- Counter – Behind the back
- 2 Dribbles into Space/3 Spots/Long 1st Step

3. Rips Series

- Self-toss from baseline/from top
- Rip/Fake Rip Counter/Rip Hesitation/Rip Counter

4. Pull-Ups

- Drive-Slide, Ball Pick-Up
- 3 Dribble Pull-Ups/3 Spots/Challenged Pull-ups/Pylon Drill into Pull-Ups

5. Change Drills

- Wing/Top/Wing
- Pull-Up/Cross/Cross Cross/Cross into Step Back

6. Post Series

- Rips/Fake Rips/Hooks/Double Drop/Fake Double Drop/Up-Under – Foot Fight (Deep Step/Fake Rip)

7. 1-2 Ball Passing

- 1 Hand off Bounce/1 Hand Bounce Pass off Bounce/1 Hand Behind Back 2x/1 Hand B/W Legs 2x
- 2 Ball 1 Hand/2 Ball B/W Legs No Dribble

8. Pinch Post

- Catch and Shoot/Rip/Rip into Step Back/Rocker/Lebron/Double Tap

9. Ballscreen

- Wing/Top
- Curl/Cat & Mouse/Base Attack/Shot Behind Screen/Back In/Back In into Fake Spin (Pierce)

10. NBA Moves

- Step Back/ Step Back and Go/Manu (Behind the Back into Step Back), Nash

11. Ballhandling

- Steal Ball/Arm Hits/Shoulder to Chest Push/Sled Push/Dribble vs Pressure/Ball Quick Pylons/Back Pedal Bust Out/Push-Pulls/50 Trips/FT to Baseline War