

# ***LIST OF RESOURCES***

## **BY COACH BROCK BOURGASE**

### **LEADERSHIP**

Leadership development is continual and multi-faceted. One day, it's practicing public speaking, the next it's leading by example or offering post-secondary counselling. Coach Bourgase's leadership development plan includes two main streams:

1. Personal improvement and helping the coaching staff progress
2. Providing leadership opportunity to the players

Coach Bourgase's leadership strategy is not set in stone for two reasons. First of all, it would be naïve for one person to think they have all the answers and that their way is the best way of doing something. Secondly, the team belongs to the players and the coaches must ask themselves "how can we be the best leaders possible for this team?"

### **MENTAL TRAINING**

Coach Bourgase has extensive experience regarding performance anxiety and mental training for basketball players and gifted student-athletes. It is important to develop mental training for both the players and the coaching staff. Coach Bourgase encourages all players to develop an Ideal Performance State for all pressured situations.

### **PLAYER EVALUATION AND ASSESSMENT**

As a pre-service teacher candidate, Coach Bourgase has created comprehensive assessment strategies for the classroom and the basketball court. The program has three goals:

1. Identifying who has game and helps the team win;
2. Charting and acknowledging improvement throughout the year; and
3. Helping all team members reach their goals and set personal bests.

Fitness testing is included in this section.

### **POST MOVES**

Coach Bourgase loves teaching moves in the post. This is largely because it is easy to start with a sound fundamental base and progress quickly. Also, offensive weapons in the post are highly scalable and application to other positions as players upgrade their skills. There are some ideas here, but Coach Bourgase feels the real key to post moves is to get a ball, find a hoop, and experiment/practice. This page includes a post move of the month.

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## **PRACTICES**

Coach Bourgase plans all practices and workouts intricately. When players see that each practice has its own focus, improvement targets, and agenda, they are motivated to work hard. All drills are competitive and the clock is always in use.

## **SKILL DEVELOPMENT CENTRE**

When practicing skills, it's important that workouts have a high "***IQ***". When learning a new move, execute technique correct, at game ***Quality*** and then simulate competition by performing the skill at game ***Intensity***. Coach Bourgase has uploaded some skill workouts and thoughts on fundamentals.

## **SYSTEMS (OFFENSIVE AND DEFENSIVE)**

There are many books that detail basketball strategy better than Coach Bourgase can. If you want to read one, try [\*\*The Triple Post Offense\*\*](#) by Tex Winter (the old dude who sat next to Phil Jackson for all those years.) This part of the website emphasizes how to break down systems so that the high school and university student-athlete can easily understand the team's offensive and defensive concepts.

## **TEAM BUILDING**

In addition to achieving success on the basketball court, Coach Bourgase wants all of his players to become successful student-athletes. Teamwork is a part of the classroom, the workplace, and the home so Coach Bourgase stresses clear communication, trust exercises, and supporting teammates on and off the court, 24/7.

- Visit <http://www.bourgase.com/resources/index.html> to view these resources in greater detail.