

Jordanian Basketball Coaching Framework version 1.1 (2014)

Acknowledgment

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The international sport coaching framework is an internationally recognized reference point for the development of coaches. This framework is an adaptable document that provides a common language and set of principles about coaching on which the worldwide sport community can agree.

The Jordanian basketball coaching framework has adjusted and altered some areas within the International Sport Coaching Framework document to reflect the reality of Jordanian basketball coaching environment.

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Coaching Roles

Five main coaching roles are proposed across the Jordanian

Coaching categories:

- 1- Community coach
- 2- Club development coach – (13 and under coach).
- 3- Advanced development coach – (15 and under coach).
- 4- Senior performance coach – (17 and under/ 19 and under coach).
- 5- Master high elite coach (20 and above)

These classifications of coaching roles are tied directly to on-the-job activities of coaches and they don't reflect the three levels of Jordanian youth center coaching certifications.

Coaching knowledge

Coaches must develop knowledge in range of areas in order to fulfill their coaching roles.

Jean Côté and Wade Gilbert (2009) identify three interrelated categories of coaching knowledge



Professional Knowledge

Knowledge of Basketball game

Rules and regulations
Techniques and tactics
Facilities and equipment

Knowledge of Athletes

Athletes' stages of development
Athletes' motivation

Basketball Sport Science

Growth and development
Periodization
Developing physical abilities
Physiology
Biomechanics
Nutrition
Injury prevention
Anti-doping
Psychology

Foundational Skills

Language (oral, written and reading)
Basic math, science and technology

Interpersonal Knowledge

Social Context

Ethics and participants' welfare
Parents
Fellow coaches
Officials, referees

Clubs, schools and federation

Media

Relationships

Communication skills

Active listening and questioning

Appropriate personal conduct

Athlete and group management

Intrapersonal Knowledge

Coaching Philosophy

Identity

Values

Beliefs

Leadership styles

Lifelong Learning

Responsibility

Mind-set

Self-reflection

Critical thinking

LEARNING SITUATIONS FOR JORDANIAN COACHES

The ISC framework proposes a classification of learning situations adopted from the work of Jennifer Moon. This classification distinguishes between two main types of learning situations: mediated and unmediated.

Type one: Mediated learning

Refers to learning which is aided directly by another person or through the use of a medium that simplifies the material of teaching.

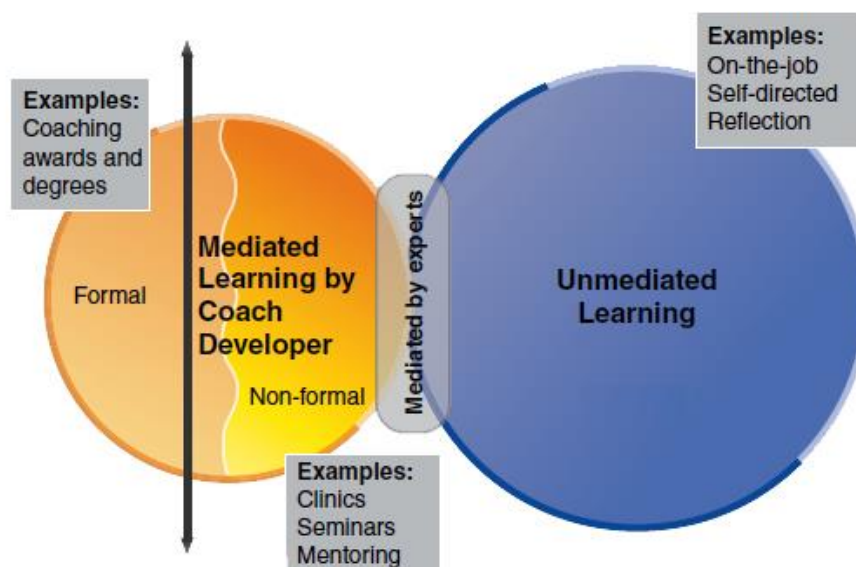
Mediated learning is achieved through two modes of education:

1- Formal certified mediated education: takes place in an institutionalized, chronologically graded (certification). Example in Jordan: Youth center certification and JOC national certification program.

2- Non-formal mediated education is any systematic educational activity conducted outside the framework of the formal system to provide select types of learning to basketball coaches. This might include clinics, seminars and mentoring. Example: JCCE (Jordanian continuous coaching education) program.

Type two: Unmediated learning

Refers to when coaches initiate their learning, choose what they want to learn and decide how they wish to learn it. Much of this learning is done on the job. Examples of unmediated learning are reading a book, watching a DVD and reflecting on prior experiences.



Coombs, P., & Ahmed, M. (1974). *Attacking rural poverty: How non-formal education can help*. Baltimore, MD: Johns Hopkins Press, 8

Coaching competences

Researches have indicated that the combination of athletic experience, coaching experience, mediated and unmediated learning provide the basis that leads to the development of coaches competences and knowledge.

Jordanian Coach	Athletic experience	Coaching experience (on the job)	Mediated Formal certification	Mediated Continuous Education
13 and under	Minimum 3 years	Minimum 2 years	Youth center Level 3 NCCP level 1	JCCE
15 and under	Minimum 3 years	Minimum 3 years	Youth center Level 2 NCCP level 2	JCCE
17 and under	Minimum 3 years	Minimum 3 years	Youth center Level 2 NCCP level 3	JCCE
19 and under	Minimum 3 years	Minimum 3 years	Youth center Level 1 NCCP level 3	JCCE
Elite 20 and above	Minimum 3 years	Minimum 4 years	Youth center Level 1 NCCP level 4	JCCE

Jordanian coaching framework

Jordanian Coach	Community Coach	Club Development Coach	Advanced Development Coach	Senior performance Coach	Master high elite Coach
Athletes age	6-11girls 6-12boys	11-13 girl 12-13 boys	13-15 girls 13-15 boys	16 -19 girls 16-19 boys	20 and above
Stage of athletes development	Explore and participate	Develop stage	Develop stage	perform stage	Excel stage
Federation clubs league	None	13 and under league	15 and under league	17 and under 19 and under	Men League
National teams International Events			West Asian	West Asian Asian World	West Asian Asian World Olympic