



WATTS BASKETBALL

Gamechangers. For Life.™

THE PARENTS GUIDE TO BASKETBALL TRAINING

Sports are a perfect platform to connect, have fun and help your child develop into a confident and successful adult. The problem is that we often turn our kids over to competition and other adults in competitive situations, before they are ready both skill wise and emotionally. The initial experience between a child and sports should be experimental, explorational, fun and with you (the parent)! Most parents are unsure about when, where or how to start and what to do to kick start their child's sports experience. That's where we come in. From our complete guide in our online course, The Parents Guide to Basketball Training, we have compiled some of the key points to making you a sport-parent training rock star!



PHASE 1

1

BREAK THE ICE

Let your child know that the objective is to have fun and connect with each other. Make the experience really informal and about trying new things out! Use phrases like "let's go have some fun, I'll rebound for you and we can play some new games I learned about!"



2

TO START

Try going for a walk while they dribble, while you walk. Or head to the park and play some skills challenge games. For example the first to make 2 shots from a spot, how many dribbles you can do without watching the ball or a game of HORSE. Keep it short 15-30 minutes, no pressure, no stress, just talk, catch up and enjoy the experience together. As a parent, when you can see that they are really liking it, go ahead and suggest helping them to work on some skills that you've been learning about.



3

YOU DON'T HAVE TO BE AN EXPERT

Don't be intimidated by what you don't know. That's where we come in to give you the tools to have a great experience with your child! Kids have a strong baseline about what they want to do, so focus on being supporting of that, while having some fun together and working to help them achieve their goals. Be transparent that you're willing and excited to learn and support them in getting better. Remember, most of the all-time great coaches were never high-level players, but lovers of the game.



4

CREATE A SPONGE

Know that they are going to get better from the repetition and just spending time with it. Support them through that phase. When they get stuck and frustrated that is your opportunity to become the trainer; when they're ready to be a sponge. If you're on our program and studying our techniques while simultaneously warming them up to the idea of working on their interests and skills, you'll be prepared for when the time comes to drop some knowledge!

5

WHAT TO SAY WHEN YOU DON'T KNOW WHAT TO SAY

It's crucial that the advice you give results in a positive outcome. So don't try to advise beyond your level of understanding. That will cause you to lose their trust, because what you tell them won't always get them that result they're looking for. Utilizing online tools, like our Parent Course will set you up for successful advice, every time.





PHASE 2

1

YOUR ENJOYMENT WILL DRAW THE CHILD INTO PRACTICE

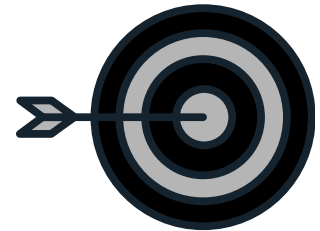
As the leader of the experience it's your job to set the stage for the attitude and feeling towards working on the game. It's key to understand that your kids might not be super excited at the beginning, but your attitude will draw them in! If it comes down to it, become a Jedi (mind-tricks) parent. Make it so that the alternative is something that they want to do even less. For example, let's go to the park to shoot some hoops and catch up for 20 minutes, or we'll stay home and clean up the house. Sometimes we have to get creative!



2

STAY FOCUSED ON OVERALL OBJECTIVES

There are dual objectives to this. The first is spending time together to establish a special bond and to develop a positive physical exercise outlet and the second is to build basketball skills. In the beginning the sole focus is really on the former and as time goes, progressing to the latter. Focus on always maintaining that vision.



3

TRY AND FAIL

As the parent you are the perfect one in your child's eyes. In getting in there with them to try new skills that you are not a master of, shows them your willingness to try, be vulnerable and imperfect. Your willingness to try, struggle and overcome the challenge will make it okay in their eyes to do the same. It is also an opportunity for you to be seen in a fun light and outside of the parent role for a time.

4

BALANCE HARD AND SOFT SKILLS

Developing their interest before their weaknesses is crucial in their willingness and excitement to learn. Allowing them to express, be creative and have fun (soft skills) in between working on the fundamental basketball skills (hard skills) that they need for success later on, will keep them in the game and loving it. As they progress you can gradually shift that balance.





PHASE 3

1

SKILLS OBJECTIVES

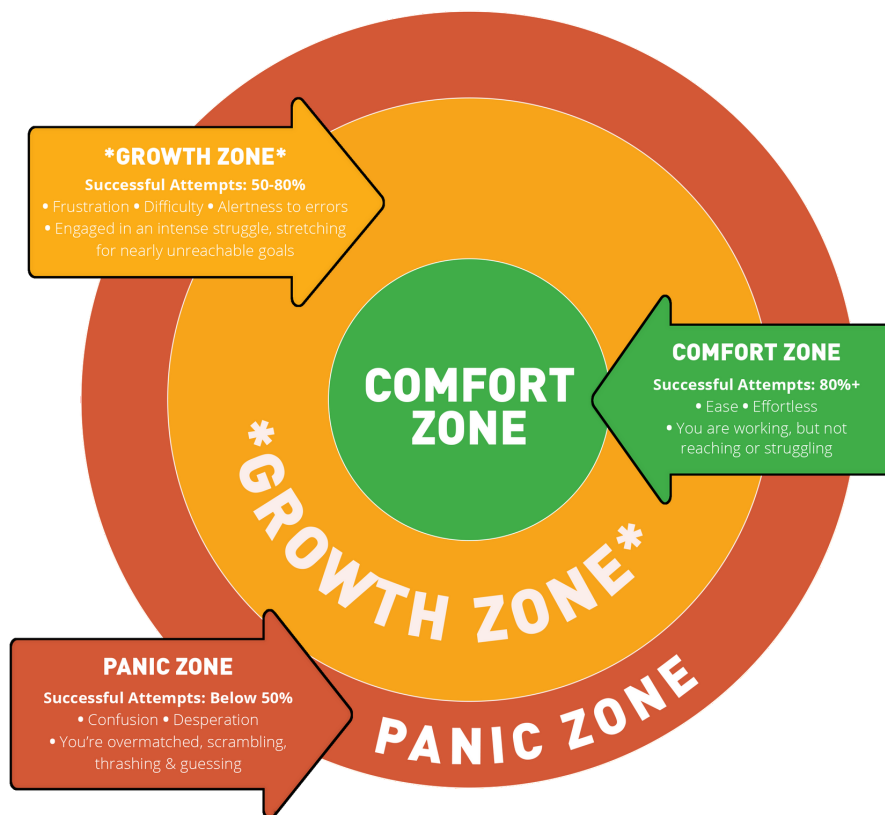
Maintain focus on the goal of developing their skills and interest in the game. The point is to give them the skills to help them succeed and build confidence in games.



2

GROWTH ZONES

Determine where they are in the growth process. Be aware of if they are being challenged enough, growing or in the panic zone.



3

GIVE FEEDBACK NOT CRITICISM

How you frame your feedback will make or break the success of the experience together. Focus on praising the right effort over outcome. Praise proper reach, intent and when they're trying to do something the right way versus when they're just going through the motions. You can correct a lack of effort by doing a skills challenge. When their effort results in a disappointing performance, make a suggestion on how they can do better by providing feedback like "I noticed when you held your follow through on your shot, you made more. Did you feel that?" Criticism would be "You're not holding your follow through, that's why you keep missing."

