



## Benefits of Pod Training

1. Pods are athlete centred. The focus is the players IIP (individual improvement plan). This individualized monitored training is a key reason for the success that has occurred to date where pod training has been established
2. Pod training allows the coach to give individual attention to the targeted athletes in order to achieve optimum development. Pod training sessions are focused on the skills and concepts that will help players be the best they can be.
3. TAS pods are very different from CP
  - a. They are continuous and continue during an athlete's competitive season
  - b. The coach athlete ratio is low
  - c. Due to this ratio the intensity and attention to detail is high
  - d. As all participants are at a higher skill level, teaching is able to be directed to the highest level and not to the middle level
  - e. The players are doing it in their own home or region. (Limiting the travel burn out that many players suffer after a summer of provincial/club travel etc.)
4. The athletes and coaches benefit by aligned training to current Basketball Canada Key Concepts, Points of Emphasis and Curriculum
5. BC players will be better prepared for National Identification and Selection camps due to on-going exposure to the "Basketball Canada" curriculum.
6. Pods provide a great environment to identify, select, develop and mentor targeted provincial coaches.
7. Pod Sessions also serve in overall coaching development as other coaches can participate in monitoring and at times participating in practices
8. Through sharing and reflecting coaches are given an opportunity to share best practices on player development
9. Pod training aligns our coaches and targeted players with what is occurring in other parts of Canada
10. Pods provide opportunity to be used in other contexts i.e. coaching certification, coaching clinics, player observations etc.