

Volume 1

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**Basketball
Coaches
of Canada**

Coaches Helping Coaches

Advancing the growth and impact of Canadian basketball coaches at all levels through community building, career development, and advocacy.

We are Back!

Welcome back members. After a long summer break, the basketball season is upon us and in full swing! Basketball Coaches of Canada is excited to resume its mentorship program and also increase overall engagement within the Canadian basketball community through a variety of different streams. We intend to keep all our members up to date with the latest trends in the industry, potential opportunities, and much more. We seek to grow the game of basketball in Canada through educating coaches of all levels to further push the sport to greater heights.

Mentorship Opportunities

"Learn from some of the most experienced coaches in our country"

The [Basketball Coaches of Canada Mentorship Program](#) is a season-long mentee driven program that brings together long-time coaches and other interested members of the Canadian basketball community in the spirit of growing and building a stronger Canadian basketball community.

The program pairs seasoned members of Canada's basketball community willing to share their expertise and passion with people aspiring to improve their leadership skills and basketball acumen, as well as help them identify goals and opportunities in the world of basketball.

Interested coaches will be paired with coaches with experience in their areas of interest (i.e. youth basketball, high school or college/university). The mentorship will last for one basketball season with a minimum of one meeting per month, either in person, virtually or over the phone. The sessions will be mentee driven and mentors and mentees will meet to get to know each other and to discuss what the relationship will look like.

Basketball Coaches of Canada are now accepting applications to be part of our [mentorship program](#). You will be partnered with an advisory board member to discuss your needs, your goals, and build lasting relationships.



Honouring a Coaching Pioneer

Highlighting one of our advisory board members Olga Hrycak!



From [NBA TV](#) analyst for [TSN](#) Peter Yannopoulos on Twitter (November 3rd, 2022):

"In 1992, Olga Hrycak recruited me to Dawson College when I led the Montréal GMAA in scoring at École secondaire De Roberval. In 2022, she is in the Québec sports hall of fame. First woman in North America to be a head coach at a men's basketball university program. Congrats Coach! 🏀"

Celebrating Canadian Coaches with NBA Experience

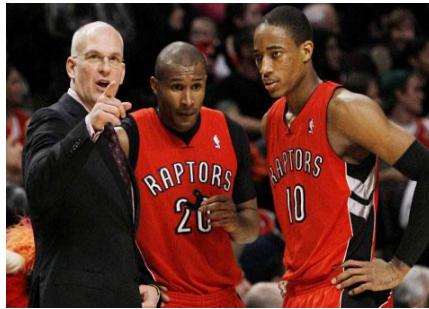
Now more than ever, there are more Canadian [NBA](#) players than ever before. In fact, there are now a record high 22 players on NBA rosters. Canadian players are only second to the US in terms of players in the NBA. Significant growth in basketball within Canada over the past few years hasn't gone unnoticed and there are also many coaches to be found in the world's most prestigious basketball league, so let's highlight a few:

Steve Nash



Arguably the face of Canadian basketball, the former two-time [NBA](#) MVP was the coach of the [Brooklyn Nets](#) from 2020 until shortly into the 2022 season when he was let go by ownership. Although making the playoffs in both seasons, Nash's tenure was riddled with player injuries and player absences due to Covid-19 measures among other things. It can be argued that he was never given a real shot with a fully present roster. There is no doubt that he is a brilliant basketball mind and will have more opportunities down the road.

Jay Triano



A Canadian basketball icon, Jay Triano became the first Canadian to be a head coach in the NBA. He became the first when he coached the [Toronto Raptors](#) from 2008-11. He also had a short stint as the coach of the [Phoenix Suns](#) in 2017-18. Triano was also an assistant with the [Portland Trail Blazers](#) for three seasons as well with the [Charlotte Hornets](#) for four years. He is currently an assistant with the [Sacramento Kings](#). Jay Triano was also the head coach of the [Canadian Senior Men's National Team](#) for many years.

Roy Rana



Roy Rana is a very well known Canadian coach. He has been well involved in the sport across many levels for a considerable amount of time. He was the head coach at [Ryerson University](#) for a decade and had great success there. It was a very accomplished tenure to say the least. He was also well involved with the [Canadian National Team](#) program who coached Canada to a gold medal at the 2017 FIBA under-19 World Cup in Cairo, Egypt. This was Canada's first ever World Championship in FIBA competition. Rana has led Canada's age group teams to numerous medals in FIBA Americas competition over the past decade and was also the head coach on the [Senior Men's National Team](#) from 2017-2019. He was then given the opportunity to coach in the NBA for the [Sacramento Kings](#) as an assistant for three years from 2019-2022. He is now the Egyptian Men's National Team head coach and also serves as the head coach of Kyoto Hannaryz in [Japan's B1 League](#).

Scott Morrison



Hailing from Prince Edward Island, Scott Morrison is the epitome of climbing the latter. His coaching journey is one that shouldn't go unnoticed. From coaching the [Dalhousie University Women's Basketball Team](#) to then having a successful decade long tenure at [Lakehead University](#) where he led the men's team to four consecutive "Final 8" appearances and a [CIS](#) National silver medal. He then got the opportunity to become the head coach of the Boston Celtics [NBA Summer League](#) team and their affiliate [NBA G-League](#) team the [Maine Red Claws](#). He was named coach of the year in the [NBA G-League](#). Following that he became an assistant coach with the [Canadian Senior Men's National Team](#), Morrison continued to level up within the basketball industry. He finally reached the pinnacle of the sport when he cracked the NBA and landed an assistant coaching role with the [Boston Celtics](#) from 2017-2021. While Morrison has had some interviews for head coaching positions in the NBA, he decided to take on the head coaching role with the [Perth Wildcats](#) in the [NBL](#) in Australia. It is arguably a top-five league in the world in line with the [EuroLeague](#) and a couple others, and is where [Charlotte Hornets](#) guard and NBA All-Star Lamelo Ball played before being drafted in 2020. Scott Morrison was the head coach there for the 2021-2022 season before relocating back to the US where he is now the head coach of the [Salt Lake City Stars](#) in the [NBA G-League](#) which is the affiliate team of the [Utah Jazz](#).

Jama Mahlalela



Jama Mahlalela is another Canadian basketball coach who has a story that really resonates here in Canada. Firstly being a university player at the [University of British Columbia](#), Mahlalela got his first coaching opportunity as an assistant coach with the [University of Toronto](#), while simultaneously working with the [Raptors](#) as an entry level coordinator in the team's community development department. He slowly worked his way up the ladder to become an assistant coach in 2013-14 alongside head coach Dwayne Casey. In 2018 he was promoted to head coach of the [Raptors 905](#) of the [NBA G-League](#) and did also aid the Raptors as an assistant in their 2019 NBA title run. Jama then received an offer to join the [Golden State Warriors](#) and Steve Kerr's coaching staff as a player development coach. He was responsible for molding and developing the core of the next phase of Warriors basketball, the one that does not include Stephen Curry, Draymond Green and Klay Thompson. He is now one of the lead assistant coaches to Steve Kerr.

Nathaniel Mitchell



Nathaniel Mitchell spent the last three seasons (2018-21) as an assistant coach with the [Charlotte Hornets](#). Prior to joining the Hornets, he was an assistant in the [NBA G League](#) with the [Raptors 905](#) (2015-18) and the [Maine Red Claws](#) which is the affiliate team of the [Boston Celtics](#) (2014-15). Mitchell began his coaching career as graduate assistant for the men's basketball team at [Fresno State](#) (2013-14). From Toronto, Mitchell has been part of [Canada's Senior Men's National Team](#) staff since 2016. He is now serving as an assistant coach under Nick Nurse for the [Toronto Raptors](#).

Jamaal Magloire



A former [NCAA](#) champion at [Kentucky](#), and a 12 year career as a player in the NBA including an All-Star selection, Jamaal Magloire never lacked basketball knowledge. He is one of the most decorated basketball players from the Greater Toronto Area and one of the most accomplished basketball players in Canadian history. He currently serves as the Basketball Development Consultant & Community Ambassador for the [Toronto Raptors](#).

Jon Goodwillie



Last but not least, another assistant coach for the [Toronto Raptors](#), Jon Goodwillie. In 2019, he was promoted to the position following many years as a video coordinator and ensuing a head coaching position during the 2019 [NBA Summer League](#) in Las Vegas in which he directed the Raptors. Coach Goodwillie was born in Toronto and graduated from Brock University, where he received his bachelor's degree in sports management. He was also an assistant coach on Nick Nurse's staff with Canada's Senior Men's National Team at the [2019 FIBA World Cup](#).

Coaching Tips

USE OF MULTIPLE DEFENSES

GENERAL CONCEPTS:

Changes the tempo of the game.

Keeps your opponent off balance.

Distracts your opponent from their game plan and getting the ball to their main offensive weapons.

Makes scorers into passers having to read different looks.

Develops communication skills of your own team.

Prepares your team to play against and read different looks when you do it regularly in practice.

Use after time outs as a defensive "quick hitter". Often you see a turnover if teams aren't prepared.

Advantages of pressure defense in FIBA game especially (24 sec/8 sec backcourt) – shortens the clock.

Advantages of zone defense: many teams don't see zones often, less chance of fouling (bonus), can hide weak defenders or players in foul trouble, saves prep time as most teams do not have multiple zone offenses.



WHY – WHEN – HOW

WHY:

Your own personnel – depending who is in the game, one defense may be more effective than another.

Small quick lineup – use pressure; big lineup – big zone to keep bigs home and on the boards.



Your opponents personnel – poor shooters – tight zone; weak ball handlers – pressure.

Situational – foul trouble or opponent shooting bonus, consider zone; when behind in the end game – pressure.

WHEN:

After a made basket – out of a time out – defending BOB (zone)

Make/miss – press/zone on makes, man/man on misses.

HOW:

Verbally (numbers, colors, names); visually (hand signals, cards); huddles.

Professional Leagues in Canada

With the exponential rise in basketball across Canada largely spurred by the Toronto Raptors historic championship run in 2019, there are now a variety of pro basketball leagues within the country. This leaves ample opportunity for young coaches to obtain quality experience and get their foot in the industry. Here are the current pro leagues in Canada:

CEBL (Canadian Elite Basketball League)



CEBL

The [CEBL](#) is a pro basketball league which started play in 2019. The league consists of 10 teams from coast to coast and takes place in the summer from May to August. The CEBL also adopted the [Elam Ending](#) format which differs from a traditional basketball game conclusion in that the game ends when the first team reaches a set target score as opposed to when the fourth quarter or overtime period is over. The league has quickly risen in popularity with its exceptionally high quality of play and phenomenal product. Five of the league's players were called up to the NBA during the 2021-2022 season and played within the rotation during the regular season on a 10-day contract. Also this summer, 28 players with CEBL experience were invited to [NBA G League](#) training camps. Additionally, 11 of the 12 players that represented Canada at the [FIBA AmeriCup](#) had CEBL experience. All in all, these are phenomenal indicators of the quality of play found within the league. It continues to grow year over year.

NBLC (National Basketball League of Canada)



The [NBLC](#) is the longest standing basketball league in Canada which was founded in 2011. This league has two conferences, the Central Division which consists of teams from Ontario and the Atlantic division which includes teams from the Maritimes. This is also a very high quality league with players from across the globe.

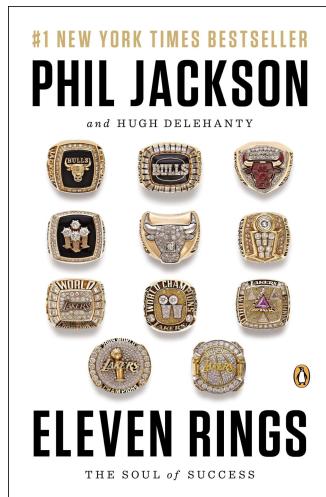
ECBL (Eastern Canadian Basketball League)



EASTERN CANADIAN BASKETBALL LEAGUE

The [ECBL](#) is the newest of all the pro leagues in Canada and will commence play in 2023. Their inaugural season plans to kick off in March and end in early June and will consist of six teams and two from each Nova Scotia, New Brunswick, and Prince Edward Island. The teams are the Summerside Slam, Charlottetown Power, Bathurst Bears, Saint John Union, Truro Tide, and the Valley Vipers. This league will have a split between international and Canadian players, however the ECBL intends to highlight a much greater number of Canadian players. League rules stipulate two Canadian players must have played in the AUS or the ACAA or have been born in the Maritimes. As of right now, the season will consist of 24-32 regular season games.

Recommended Reading



Phil Jackson is arguably the greatest coach in NBA history, and throughout the book Jackson dives into the philosophies he used during his amazing runs with the [Chicago Bulls](#) and [Los Angeles Lakers](#). A transforming leader and one who never wavered from coaching his way, a place of deep values. It is a must read for any coach or aspiring leader as he clearly illustrates what it takes to forge successful teams and foster a winning culture.

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