



Email : coaches@nswbasketball.net.au

"We are the Champions!"

I start this newsletter with the chant heard coming from the U/20 Australian Men's Basketball Team (known as the emus) as they celebrated winning the World Championships held recently in Greece.

What an absolutely fantastic effort! The team led by Head Coach (and also NSW Coach) Rob Beveridge, managed to play superb basketball and beat the rest of the world, including a record win in the final over Lithuania 126-92. Well done Bevo, the rest of the coaching staff (and Manager Bob) and in particular the team (which included 5 mighty Blues players!)

July also saw our State teams participate at the U/16 and U/18 National Championships gaining very good results.

The month of August sees many of the Basketball NSW Competitions hit finals time. Also, the much awaited Fred Litzenberger Coaching Clinic will be held which all coaches should not miss out on!

Finally, "That's a Foul" has cracked the 580+ members, with some 500+ receiving the newsletter by email. Thankyou to those who read the newsletter and offer encouragement and feedback. That's a Foul will continue to help educate and inform coaches about what is happening with basketball in NSW.

Editorial – Keys to success (from a National Junior Team perspective - by Rob Beveridge U/20 Emus Head Coach)

"When I look back and reflect on winning the gold medal at the recent World Championship, there are a number of areas that I consider instrumental on the team being successful.

1. The preparation of the players physically. It was of utmost importance that all players were in great physical shape. All players were on extensive strength and conditioning programs and specialised agility sessions, particularly emphasising lateral quickness.

2. The education of the players. It was important that all players were educated in the areas of Recovery including stretching, massage, pool sessions, nutrition and supplementation.

3. Scouting of opposition. I was able to obtain video of the European and Americas Championship which

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had all of the qualifying teams for the World Championship. This allowed me to create a library of the 5 European and 4 Americas qualifiers for the World Championships.

4. Finally, the ultimate success can be contributed to the BELIEF of each individual that the work they put in during the preparation phase would allow them to be the best they could possibly be.

No stone was left unturned! Our team had great chemistry. They communicated with each other and they sacrificed personal glory for the common goal of winning for each other."

Fred Litzenberger Coaching Clinic

Basketball NSW, in conjunction with Basketball Australia and the Australian Basketball Coaches Association (ABCA) are proud to present the Fred Litzenberger Coaching Clinic.

Fred Litzenberger is the Assistant Coach at the University of Oregon (NCAA Division 1 Men's Basketball). He is a fabulous clinician and is famous for his defensive expertise.

Where: Trinity Grammar School (Prospect Road, Summer Hill)

When: Saturday 9th August

Time: 12.30-2.30pm and 3-5pm

Cost: \$10 (payable on the day)

Coaches must register by phoning Hannah at Basketball NSW on 02 97462969.

Thoughts for the Month

"Success is nothing more than a few simple disciplines, practiced every day; while failure is simply a few errors in judgment, repeated every day. It is the accumulative weight of our disciplines and our judgments that leads us to either fortune or failure."

Jim Rohn

"One person seeking glory doesn't accomplish much. Success is the result of people pulling together to meet common goals."

John C Maxwell

"USA.....gooooonnnnnnnne!"

Rob Beveridge (Legendary Australian U/20 Emus Head Coach)

"Lithuania.....gooooonnnnnnnne!"

Rob Beveridge (Legendary Australian U/20 Emus Head Coach)

Coaching Philosophy

I "borrowed" the following from a source off the internet. I thought it made interesting reading!

Be demanding

Players will generally give you what you demand from them. Don't be afraid to push them beyond what they think they can give you. You (and they) will be surprised when you see that the results far outweigh what your team initially thought you were capable of.

Clinics

A good source of coaching information is clinics. You can generally listen to a number of coaching experts at one site for a reasonable rate. If you can come away with one idea that helps your program, the clinic has been well worth it.

Coach Within Your Personality

One of the most important pieces of advice that can be offered to a new coach is to coach within your personality. Don't try to coach like someone else or emulate someone else's style. Be yourself. Players can sense right away when you are insincere or not being yourself. You will go further if you will coach in a manner that you are comfortable with.

Coaching is teaching

Good coaches are good teachers, and good teachers follow certain patterns. For the most part, they are clear in what they teach, are adamant about what they want, and demand that they get it. Apply this to your coaching and you will be amazed at the results.

Developing a Philosophy

When developing your coaching philosophy, make sure you choose a style of play that suits your personality. For instance, if you are laid-back, it won't necessarily make sense to coach an aggressive style of play. However, keep in mind that there are many winning styles of play. So choose the one that you are most comfortable with.

Efficiency Ratings

A good way to show your team how effective they are being on offense and defense is with efficiency ratings. For your offensive efficiency, take the number of points you score and divide by the number of possessions you had. You can count your possessions by adding the number of shots you took with your turnovers and number of times you went to the free throw line. Anything over .85 is a good offensive rating. Likewise, take the same numbers for your opponent. This tells you your defensive efficiency. Anything under .75 is good.

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Have Confidence

If you are going to coach, you must have confidence in your own ability. You are unique. It is all right to borrow ideas from other, more experienced coaches, but don't just copy those ideas. Understand the philosophy behind them.

Keep Things Simple

There is an old rule in coaching-KISS (Keep It Simple, Stupid). A key to coaching success is to do a few simple things well. Repetition in practice will perfect those things that you want to do.

Praise/Scold/Re-instruct

A good method of communicating to players when they exhibit negative behaviour is to praise/scold/re-instruct. Tell a player how good they can be, then admonish them for a poor play, but then follow that with instruction on how they should perform or how to do it better.

Teaching is Coaching

Good coaches are good teachers, and good teachers do several things consistently. They are clear in what they are trying to get across to their students; they are demanding in what they want in return; and they are adamant about getting it. Apply these principles to your coaching and you will be amazed at the results.

Team Chemistry

When selecting your team, you obviously need to be concerned with talent, but also important is how those talented players are going to work together. You need to select players who will accept your philosophy and are willing to blend their talents with those of their teammates in order to win.

A headstrong player who is only interested in his or her statistics can destroy a good team.

The Bottom Line

If you are:

- 1) knowledgeable and organised
- 2) work as hard as you expect your players to, and
- 3) care about them as people

your players will:

- 1) Listen and try to understand,
- 2) Show the desire to play as well as they can, and
- 3) Play hard.

Time-Management

When starting out as a coach, one of the best areas that you can begin studying is time-management. There are only so many hours a day that you can put in, and coaching will demand a large number of them. Learn to budget your time and use it most efficiently.

YOU CAN'T WIN IF YOU DON'T SHOOT! - by Michael Griffiths

The skill of shooting is one that should never be under estimated and one that is often not taught on a regular basis and refined. Let me ask you this:

- How long do you spend in a practice session teaching the fundamentals of shooting; elbow in, locked arm, snapped wrist, etc each week?
- How often do you spend in a practice session shooting the ball?
- When you do shoot the ball at practice, is it at game pace, or in competitions where there is a loser and winner to reflect the game situation?
- How many shots do you get up at practice, is that more or less than what your team gets up in a game?

Don't get me wrong, every team needs to play defence and many great teachers of the game will tell you that defence wins games, well yes that's true, but if your team can't put the ball in the hole then it doesn't matter how great your defence is!

After visiting many junior practice sessions throughout the past few years these questions become extremely relevant for these reasons;

1. If you don't teach your players the correct technique to shoot the ball, then they have a lesser chance of succeeding at that skill.
2. If you don't practice that skill on a weekly basis then the skill will be forgotten or bad habits will be picked up along the way and the original teaching would have been a waste of time. Form or Technique shooting, needs to be done for a few minutes each session. A great warm up or cool down activity.
3. If you don't shoot the ball from the various areas that your players are expected to shoot from in the game, and at the pace that the game is played at, then how can they be expected to perform that skill when it counts, under pressure situations.
4. By having shooting competitions to reflect a game like situation with penalties for the losers, then you're enhancing the importance of shooting to score and shooting to win.

Obviously not everyone is in the perfect world with 10 basketballs, 4 or 5 rings and 10 or 12 players each practice to gain the most out of shooting sessions, however the importance for your athletes to shoot under your guidance at every practice is enormous. This is the place where you stress the importance of what good and bad shots are, refine technique and players gain the opportunity to fine tune a skill that just might win you a game or two. Most importantly if players see the importance that you've placed on shooting the ball, due to you including it in your practice schedule then just maybe they'll go work on it themselves in their own time as well.

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All my practice sessions have parts of shooting involved and usually break up drill work.

Quick shooting games first to 7 with winners and losers from relevant spots on the floor will only take 2 or 3 minutes to complete. To add in variety we might then go off the dribble, 3 point shots, or even, if you miss you can put it back in if it hasn't hit the floor – that is great for improving offensive rebounding as your athletes build a mentality of chasing down their own shot.

Foul shots during practice are just as important and a skill that many people forget about until the game is on the line through a free throw. We will make 7 in a row before practice begins, 5 in a row after practice and usually shoot up to 15 throughout practice; athletes therefore shoot up to 35 free throws in the practice session.

Sample Practice Plan during the season:

10 Mins Warm Up – Variety of skill based drills

10 Mins Stretch / Talk / House Keeping

5 Mins Shooting

- First 7; Mid Range Jump shoots in pairs (Teams keep how many games they win, we rotate through the two wing spots, short corner and the top of key)

- Finish with 2 Free Throws in a row

10 Mins – Defensive work out of a shell drill set up

10 Mins – Individual Skills

5 Mins - Shooting

- First 7; Off the dribble Jump shoots in pairs (Teams keep how many games they win, we rotate through the two wing spots, short corner and the top of key and always start outside the 3 point line)

- Finish with 2 Free Throws in a row

10 Mins – Scrimmage in the 1/2 court

3 Mins: Shooting

- First to 7; 3 point shoots (Teams keep how many games they win, we rotate through the two wing spots, short corner and the top of key)

- Finish with 3 Free Throws in a row

20 Mins: Scrimmage in Full Court

2 Mins: Shooting

- First to 7; A variety of all previous shots (Teams keep how many games they win, we rotate through the two wing spots, short corner and the top of key)

- Finish with 3 Free Throws in a row

5 Minutes: Team Building Activity where the team needs to reach a target together. This allows the team to walk away feeling good about themselves, as they always reach it!!

Stretch Down

As you can see in that 1hr and 30 minutes we managed to get through nearly 20 minutes worth of game like shooting and upwards of 10 free throws, all in the context of a practice session.

Obviously the circumstances are going to be different for every team, but please don't underestimate the need and value of teaching your players how to shoot the basketball correctly and in game like situations.

The Art of Shooting

Keeping with our earlier theme on shooting, following is a good article on shooting compiled by Andrew Haysom (Greensvale Grizzlies Basketball Club - Victoria).

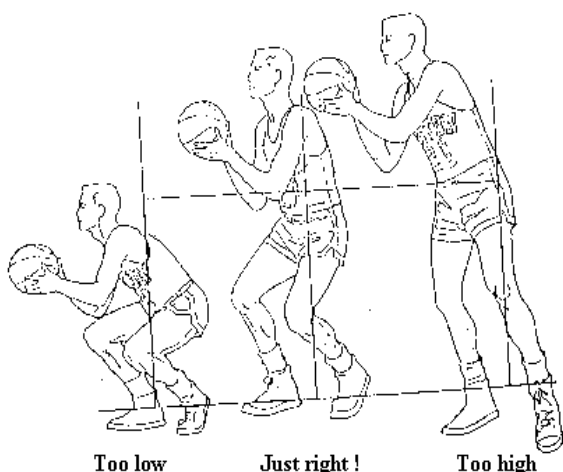
Shooting

When you are thinking about your shooting technique, remember B-E-E-F.

B - is for BALANCE, E - is for ELBOW, E - is for EYES, F - is for FOLLOW-THROUGH

Balance

1. Make sure you are "squared-up" to the basket.
2. Make sure your feet are about shoulder width apart, the "shooting foot" (the one on the same side as your shooting arm) slightly in front.
3. Knees bent for balance (and to provide "upward thrust" when you shoot).



Keep the elbow tucked close to the body.



out in front of you.

Elbow

1. Keep the elbow of your shooting arm close to your body - no "chicken wings".
2. During the shot the elbow should come up to your eyebrow level rather than going out in front of your body too much. This makes sure you get plenty of lift on the ball rather than pushing it

Eyes

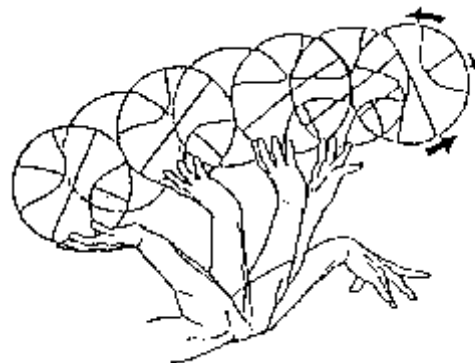
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1. Keep your eyes on the target (the basket)! Don't watch the ball.

Follow-Through

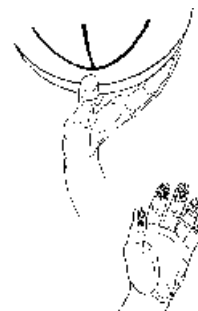
1. When you are holding the ball for the shot your wrist should be "cocked".
2. Release the ball off the fingers and snap the wrist back to put some backspin on the ball.
3. Keep your arm up in the air for a second - it should be like a "gooseneck". !
4. Point your index finger at the target at the end of the shot.



Holding the Ball



1. If you are holding the ball correctly you should see a "Y" being formed by your thumb, fingers and forearm of your shooting arm.

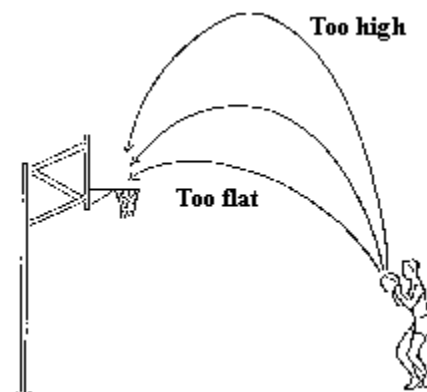


2. You should hold the ball with the pads of the fingers & thumbs. There should be a gap between the palm of the hand and the ball.

3. The other hand only acts as a guide and is removed from the ball before the shot is released.

Angle of the Shot

1. Try and give the ball a nice arc, like the middle line in the diagram here.
2. If you throw the ball too flat

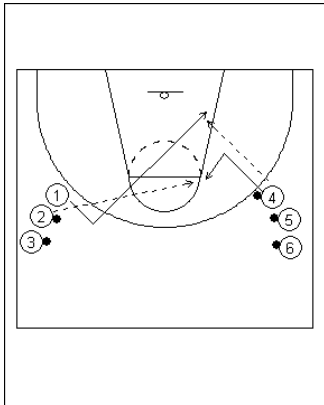


it will be harder to get it into the basket.

Drills of the month

Shooting

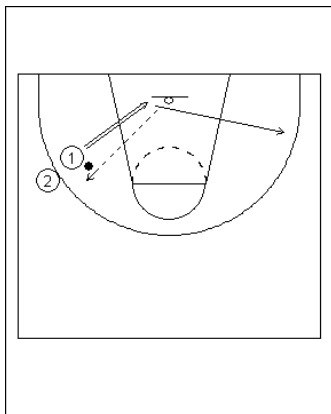
Doubles



Player 1 cuts to the low post and receives a pass off player 4. Player 4 then cuts to the high post (elbow) and receives a pass off player 3.

The basic rule is that whenever you pass the ball you must then cut.

Follow the Leader



Player 1 shoots the ball and rebounds their own shot and passes to player 2, who shoots the ball from the same spot.

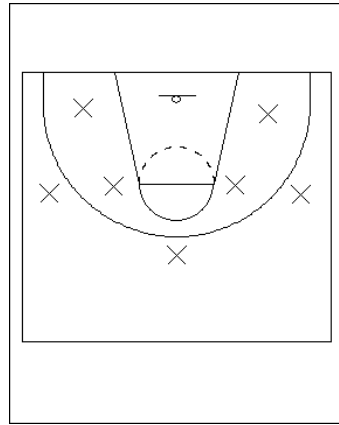
After rebounding the ball, player 1 moves to another position on the court and calls out where they want to receive the pass (eg. "elbow" , "45" , "short corner" , "FT" , etc.)

Each basket is worth a point and the partners work as a team to make a target number of scores (eg. 10).

Variation:

Shoot to a time limit (eg. 2 minutes)

Sevens



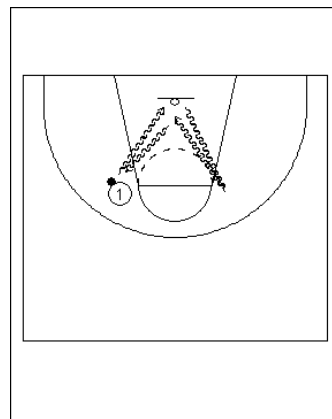
This is a team shooting drill.

First team to make 7 shots from the spots designated by the coach.

Variation: May shoot different shots eg.

- catch and shoot
- one and two dribble jump shots

X-out Layup Drill



Player 1 starts at the elbow and makes a left hand layup at pace, then rebounds their own shot and dribbles out to the right elbow and returns for a right hand layup. Drill is repeated.

Drill should last for 1 minute (target score of 15 makes).

Emphasise:

- Correct footwork
- 1 dribble only
- jump up and not long

The Lost Art of Passing

For the past 18 months, and most recently the last 6 months I have watched the skill of passing deteriorate. I would rate passing as the number 1 skill in NSW (and probably Australia) that needs to be addressed.

In today's game with the emphasis on great one-on-one play there is one skill element generally lost in the stats sheets. Even with talk of double-doubles and triple-doubles, the emphasis is on making a "great pass" for a score instead of the players who can consistently get the ball to a teammate for an open shot or within the structure of team offense without making a turnover. Those players that can do this play, while those that cannot sit. Here are some tips for making passing an integral part of your team's successful play.

1. Pass to teammates who are open and who can make the shots.

It amazes me to see so many "passing or motion" game type teams that move the ball senselessly. Each pass should have a purpose of either hitting an open player who can score or positioning the ball by the pass to another player who can. It's that simple. Teams shouldn't have to create shots. Well executed offences in combination with timely and accurate passing create high percentage shots.

2. On any passes, move to create good offensive spacing on the court.

Regardless of the offence your team runs you should have a set of interconnected and equally spaced (15-16 feet) triangles which improve passing angles and make it difficult for defenders to cheat and help on passes without opening up other scoring opportunities.

3. On a pass into the paint, power to score.

When gaining front position in the post pass, and you receive a pass front outside the paint, wait one second to see if the defence will double you from outside before initiating your one on one post move. If a double comes kick the ball out and re-establish your post position from movement.

4. Guards passing to the post from above the free throw line extended leaves only bad angles and results in turnovers.

Either penetrate below the free throw line extended to pass to the post, or move the ball to a player who has a better passing angle.

5. Pass to interior players only when their shoulders are perpendicular to the path or flight of the ball. This means the post player has presented the broadest possible target and made it difficult for a defender to come from behind to deflect or steal the pass.

6. If your defender sags off into the passing lane to deter interior passes, use a hard penetrating dribble looking to shoot to draw the defender to you to open a passing lane. It is critical that you penetrate with your eyes on the basket with the intent to score etched on your face.

7. Pass to a player's scoring hot spot not just to the player.

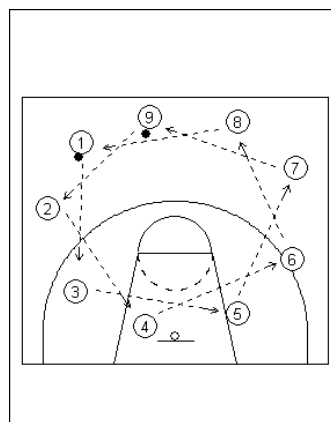
The majority of young players today think that getting the ball in proximity to their teammates means they have done their job. This in fact farthest from the truth. If your team and teammates have worked 20 seconds to get a man open and your pass is slightly behind and low, you might as well have thrown the ball out of bounds. The results will almost be the same. High percentage shooting teams are blessed with some of the games most accurate passers. It is no coincidence that these two go hand in hand.

Conclusion

Ask yourself, "how good is my team at passing?" If the answer is "not very good" then the solution is easy - make time in your training sessions to address the art of passing! Passing is an integral part of successful team play and as such should be a high priority when training your players!

Passing Drills

Rondo



A simple passing drill that can be fun. Put an uneven number of players in this case 9, around a circle.

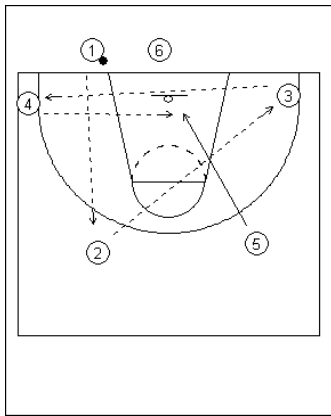
Give a ball to player 1 and 9 and let them pass to the right skipping one player. So the pass sequence will be 1-3-5-7-9-2-4-6-8-1 or 9-2-4-6-8-1-3-5-7-9 depending on your starting point.

The goal is for one ball to overtake the other.

Variations:

- Add balls, up to 9 shouldn't be a problem.
- Change direction from anti-clockwise to clockwise on a signal.
- Let the players tap their feet while passing.
- Change the pass type on a signal.

Four Corner passing including layup



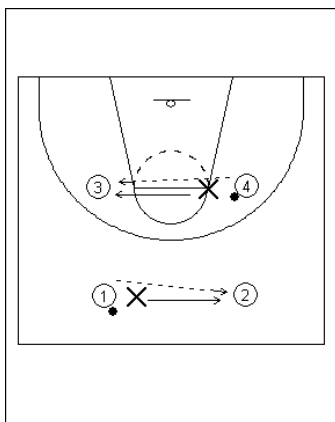
Ball starts on the baseline with player 1. Passes are made in order. On the final pass (4 to 5), player 5 makes a layup.

Players should follow their pass. Players on the baseline rebound the ball to start the drill again.

Variation:

- use 2 basketballs
- have players pull up for a jump shot at the block and/or elbow
- change directions and sides from which you make a layup

Cat and Mouse Passing Drill



I think I have used this drill before, however I feel it is probably one of the most basic passing drills that can be utilised to practice various passing techniques.

Players 1 and 4 have the basketball and pass the ball past the defensive player to their partner.

The defensive player drop steps or turns in the direction of the pass and closes out to the other player and tries to get a deflection. The defensive player should make himself or herself big and pressure the ball.

No lob passes are allowed. Offensive players should "fake to make" a pass, and receivers should give a hand target (right or left hand). If a right hand target

is given then the player passing the ball should pass with their left hand.

Time the drill for a set time (eg. 24 seconds) and record defensive tips.

Passing Tips

Following are some passing hints from Sidney Goldstein, author of *The Basketball Coach's Bible* and *The Basketball Player's Bible*. Sidney has successfully coached both men's and women's teams over a period of 15 years.

1. Passing technique starts with touch and wrist movement as well as arm position. Most passes involve a flick of the wrist with little arm movement.
2. Faking is an important part of effective passing.
3. Passing as well as catching involves pivoting.
4. Use the overhead, side, and bounce pass to avoid the defense.
5. Bounce passes, which are especially effective in traffic, need to be carefully timed.
6. Baseball passes are good for long passes.
7. Communication is necessary to insure that the ball and the cutter meet at a point.
8. Realistic passing lessons need defense.

Counterproductive Beliefs

1. "Good plays are the key to team offense." Nope. Players need to learn the fundamentals of offense. The greatest plays ever dreamed cannot work if players do not pass, cut or communicate well. The worst plays ever conceived will work if players know how to cut, pass, and communicate.
2. "Chest passes may have historical significance but they are worthless with defense." Holding the ball close to the body at waist height is a terrible place to have the ball. You can't pass fake, ball fake or readily reach around the defense. Neither can you fake a shot with the ball in this position. Say goodbye to this pass and use more effective ones.
3. "Timing between players just develops." If you can wait for evolution to take place I bet it will. However, if you practice timing it will develop within days rather than eons.
4. "Passing is an easy skill." Passing as well as cutting may even be more difficult to learn than shooting or dribbling. There are several reasons for this. One, timing between the passer and cutter is involved. Two, flicking passes is rarely taught, and it is not that easy to do. Adding defense on the passer and or catcher makes passing very difficult.

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Websites of the Month

<http://www.mrbasketball.net>

This website has been set up by Sidney Goldstein; author of The Basketball Coach's Bible and The Basketball Player's Bible. Sidney has successfully coached both men's and women's teams over a period of 15 years.

The website advertises a bunch of products. However it also has heaps of free "stuff" that you can look at. The best information in the website can be located in the "Tips" section of the website. Lots of interesting articles!

<http://www.universiade-daegu.org/>

This is the official website of the World University Games, which will be held in South Korea later this month.

The World University Summer Games (WUSG) are held every two years under the banner of the International University Sports Federation (FISU).

The WUSG comprises competition in 10 compulsory sports and up to 3 optional sports determined by the host. These events are staged in various cities throughout the world.

In 2003, the WUSG will be held in Daegu, Korea from 21 August - 31 August. The compulsory sports to be contested are Athletics, Basketball, Fencing, Football, Gymnastics - artistic and rhythmic, Swimming, Diving, Waterpolo, Tennis, Volleyball.

The optional sports to be contested are Judo, Taekwondo and Archery.

Australian University Sport selects teams to represent Australia in the World University Summer Games in consultation with the relevant National Sporting Organisations. The Australian Team will compete in the majority of the sports but not necessarily all of them.

This year Australia will be sending a men's basketball team for the first time in history. Keep an eye on the site for the latest results. To look at the team selected click on the following link:

http://www.unisport.com.au/international_summer_games_2003_team_list.htm

"Ask Supercoach!"

Supercoach has gone on holidays to New Caledonia and their National Netball team would like to utilise Supercoach's knowledge since no readers of "That's a Foul" want to know anything or challenge Supercoach. Supercoach will be back when his/her services are required!

So write in with a question or a challenge and give Supercoach a reason to come back!

"That's a Foul"

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Resource Review

Creative Coaching (Book)

ISBN: 0-7360-3327-0

Human Kinetics (2001)

This is a new book that I bought last week. I have only briefly flicked through it, however it appears to be a good resource.

Creative Coaching is a strategic handbook for addressing the challenges of coaching modern athletes and maximising their sport performance. The book presents innovative techniques that apply to a wide variety of situations to help you meet the challenges of your role as coach.

U/16 and U/18 National Championships

Our State teams recently competed in the U/16 and U/18 National Championships held in Ulverstone, Tasmania and Newcastle, NSW respectively.

Results were as follows (last year's results appear in brackets):

U/16

Metro Men	5 th (8 th)	Metro Women	8 th (8 th)
Country Men	3 rd (7 th)	Country Women	5 th (6 th)

U/18

Metro Men	3 rd (2 nd)	Metro Women	2 nd (5 th)
Country Men	5 th (8 th)	Country Women	3 rd (6 th)

All coaches, managers and players are to be congratulated on their excellent results with many teams making significant improvements in their rankings.

ITCP Player/Coach Applications now out!

Applications for players wishing to join the Intensive Training Centre Program (ITCP) are now out. Likewise, applications for coaches wishing to be a network coach in the ITCP are also out.

Again, forms may be downloaded off the Basketball NSW website (www.nswbasketball.net.au)

****Applications close Friday 30th August****

The ITCP is aimed towards players and coaches who wish to progress to a high performance level.

If you would like to know more information or talk to us about the ITCP please do not hesitate Brett Coxsedge (NSW ITCP Head Coach) in the office on 0297462969.

Tour Coaches Wanted!

Horizons Sporting Events (HSE) is conducting two separate combined group tours at the end of this year. Coaches are invited to submit applications for Head Coach positions and Assistant Coach positions for the teams on the tour. Coaching positions are subsidised for successful applicants.

Tour details are:

1. Indiana and Kentucky - Friday 5 December to Tuesday 23 December 2003. 3 teams: Varsity Boys, Varsity Girls and Junior Varsity Boys.

2. North Carolina and Virginia - Saturday 27 December to Wednesday 14 January 2004. 5 teams: Varsity Boys x 2, Varsity Girls, Junior Varsity Boys and Junior Varsity Girls.

Each team will compete in approximately 7 or 8 games against High Schools in these regions. Interested applicants should email Chris McCoy at Horizons Sporting Events - chrism@horizons-sport.com.au or phone 02 9420 1547 for further information.

Country Tour Player Identification Process

Calling all Country coaches.... have you nominated players from your Junior League to be considered to attend trials for the 2004 Country Tours (Australian Junior Country Basketball Cup and the Pacific Coast Slam)?

If not, forms are available from your region's coordinator. Coaches must complete their forms and hand in the their region's coordinator. Forms were due the end of June so if you want to have a say then please chase up your coordinator.

Coordinators are:

Western – Tony Hunt (Bathurst)
Southern – Eric Kivi (Illawarra)
Northern – Bruce Leonard (Grafton)
Central – Paul Masters (Newcastle)

If you have any queries please contact the Basketball NSW Coaches Department.

Country Tour Coach Applications Extended!

Applications to coach at the Australian Junior Country Basketball Cup (AJCBC) and the Pacific Coast Slam (PCS) Tournaments have been extended.

Forms may be downloaded from the Basketball NSW website. If you have any queries please contact the Basketball NSW coaching department or email "That's a Foul" for an application form.

Applications close 29th August 2003.

AIS Scholarship Coaching Position

The Australian Sports Commission (ASC) have just advertised nominations for the 2004 National Coaching Scholarships

The scholarships are for a 12 month period, include the completion of a Post Graduate Course in Elite Sport Coaching and learning opportunities with mentor coaches

Salary is \$32,700pa.

Applications are available on the ASC's Coaching in Australia website :

<http://www.coachingaus.org/scholarships.htm>

Applications close 8 August, 2003

Have your Say!

This is a new column where coaches can have their say. If you have anything you would like to bring up then why not email it to "That's a Foul" As always, feedback and comments are welcomed!

"This year I witnessed some terrible incidents involving the utter lack of respect that some coaches and players have for officials, particularly developing ones. One coach berated a Junior official at an ISA game to the point that he (the official) told the coach where to go, the coach, twice the kids size then offered him to the car park to sort it out, hardly satisfactory. Another involved a developing Junior, refereeing an Open Conference Men's game, out of her depth she gave it her best shot and was so belittled by coach and players she left the court, before full time, in tears. This coach was dealt with at state level and is on a good behaviour bond, so to speak.

Referees and bench people are harder to come by than Coaches, get far less support and lots more criticism. No one notices if a coach isn't up to scratch but a lot of people are prepared to give it to an official who isn't up to scratch but giving it their best. Maybe you could consult your referee and score-table counterparts, feature some rules and points of emphasis that may also help out some coaches?

Maybe you could address these issues in your newsletter?

I am an experienced State League referee and I note with interest that State League venue controllers and State League Coaches have the opportunity to comment on games and referees, none of which is fed back to the referees, maybe it is time the referees commented on players and coaches attitude, venue, facilities, control, equipment, and so on?

I have recently taken up the challenge of coaching and find your newsletter very interesting, thank you."

Concerned New Coach

Upcoming Events

ITCP Regional Camp

Will be held at the AIS in Canberra 22-24th August. This camp will see all the U/16 ITCP Scholarship holders in NSW participate in a three day training camp with ITCP Scholarship holders from ACT, Vic Metro, Vic Country, Tasmania and Qld South.

The Camp will be operated by Pat Hunt (National ITCP Head Coach) as well as the other State ITCP Head Coaches.

NSW ITCP Graduation Camp

Will be held at Newcastle on 5-7th September. This will be the last camp of the year for this year's squad and will mark the end of their scholarship for the 2002/2003 season.

Country U/15 Junior Waratah Regional Camps

Unfortunately one of the Country Northern and one of the Southern District Camps had to be CANCELLED due to a poor response in numbers of athletes to attend. We understand that this is not the athlete's fault, just simply a clash of dates with other events.

Nobody will be disadvantaged, Basketball NSW will be offering all those who have applied, the opportunity to attend the Regional Waratah camp which will be held in September.

If payment has already been processed, the fee will be carried over. All that have applied will be notified by phone, and a regional camp form will be posted to them in the mail.

All other Regional Camps will also be held in September. More information to follow at a later date.

USA College teams touring

Iowa Men - in Sydney
Tuesday 12 August - Saturday 16 August.

Brigham Young - Men - in Sydney
Monday 11 August - Friday 15 August

Arizona State - Women - in Sydney
Monday 11 August - Tuesday 12 August

For full info contact Chris McCoy at Horizon Sporting Events at: chrism@horizons-sport.com.au

*****STOP PRESS*****

THE "CRAZEE GIRLS" JOKE OF THE MONTH

Question: "Why are basketball stadium seats so cold?"

Answer: "Because fans sit in them!"

"That's a Foul!"

Basketball NSW Coaches Newsletter

Fred Litzenberger Coaching Clinic

Basketball NSW, in conjunction with Basketball Australia and the Australian Basketball Coaches Association (ABCA) are proud to present the Fred Litzenberger Coaching Clinic.

Fred Litzenberger is the Assistant coach at the University of Oregon (NCAA Division 1 Men's Basketball). He is a fabulous clinician and is famous for his defensive expertise.

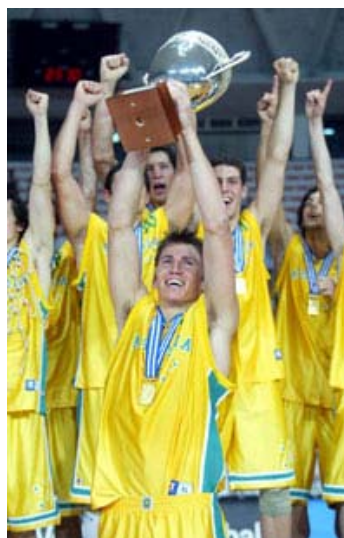
Where: Trinity Grammar School
(Prospect Road, Summer Hill)

When: Saturday 9th August

Time: 12.30-2.30pm and 3-5pm

Cost: \$10 (payable on the day)

The Number 1 coaching clinic you will see this year!!



CONGRATULATIONS TO THE EMUS. 2003 WORLD JUNIOR MEN'S CHAMPIONS!

Photo: Damian Martin (Captain and from NSW) holds the winning trophy

Other NSW players were
Blagoj Janev
Mitch Selwood
Alex Maric
Steve Markovic
Rob Beveridge (Head Coach)
Bob McGugan (manager)