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### **Welcome back!**

Wow! 2003 is here and already January has come and gone! Welcome to our first edition of "That's a Foul" for 2003.

This year we would like to reach even more coaches than our current database of 379 (336 now receive the newsletter via email) To do this we need coaches and Associations to help spread the word. It is my goal to at least double this number this year (at a minimum!)

Our mailing list has grown from just NSW to all over Australia, as well as overseas! Unfortunately, more interstate coaches are writing to me to receive the newsletter rather than NSW coaches!

Basketball NSW has many activities planned this year. Competitions, Blue Star and Waratah Camps, Allstar camps as well as guest coaches are planned to help better educate the coaches in NSW.

Basketball NSW encourages ALL NSW coaches to become involved more in our activities. We would like to see new faces volunteer and help in our Development Camps. Not only will you have fun at the camps, you will also keep up to date with the latest coaching techniques and drills that the kids are learning. This can only help you as a coach!

So here we go..... Let's "get into it!"

### **Editorial – "no excuses....get it done!"**

This is the motto that has been adopted by the NSW Intensive Training Centre Program (ITCP) for the 2002/2003 season.

Coaches could also adopt the theory behind this motto when they plan for 2003. As I have mentioned in the past, it is the responsibility of coaches to be more accountable and not look elsewhere when things go wrong. There are opportunities out there to make you better. The ball is in your court !

### **Areas of Emphasis for 2003**

As mentioned in the November 2002 edition of "That's a Foul" there are several key areas that I have targeted for 2003 (and have already started to implement with the new ITCP Squad) that I feel need improving after watching A LOT of basketball last year.

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## **"That's a Foul!"**

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Areas include:

- dribble containment and defensive footwork
- continued development of shooting the ball accurately, with quickness and consistently
- triple threat and front foot position (no ball above your head)
- increased fitness levels (ability to keep running)
- doing all the work necessary to make yourself better

I also recently attended the Country and Metropolitan Tours held in Albury, Port Macquarie and Melbourne. From these tours I identified the following areas that need to be addressed:

- Playing physically/ aggressively (having the ability to take bumps/ contact when on offense)
- Transition "def." (knowing where your player is)
- Defensively playing tighter before your player catches the ball
- Defensive rebounding
- Putting the ball above your head when passing
- Passing (putting something on them (high % vs low % passes)
- Getting onto the front foot and ripping the ball to get your defender off you
- Free throws (stepping in & maintaining contact on the box out)
- Posting up using two "L's (getting really wide and keeping contact with your defender – backing in)
- Effort was good.

### **Thoughts for the Month**

"The game of basketball--no matter what the level, the rules, the strategy of the personnel--is simply a matter of executing fundamentals."

**Lewis Cole**

"The primary method of moving the ball is passing, a shot is a pass to the basket."

**Ralph Miller**

"Work hard, work smart, have fun."

**Steve Alford**

"Good coaching may be defined as development of character, personality, and habits of players, plus the teaching of fundamentals and team play."

**Claire Bee**

"The eight laws of learning are explanation, demonstration, imitation, repetition, repetition, repetition, repetition, repetition."

**John Wooden**

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## Coaching Tips

### **The Coaches Checklist**

I thought the following article by Vic Country ITCP Head Coach Peter Lonergan was appropriate given that the basketball season is about to get underway.

“Coaches at all levels approach the start of the season with a degree of excitement, full of new ideas and ways to ensure a successful year ahead. Grand new offences, intricate defensive structures and new spins on various ways to teach and introduce concepts – we have all done it.

Sometimes the real coaching and the important aspects of teaching, particularly young players, is swept to one side as we get excited about just how good our new back-cut play is, or how effective the new match-up zone has the chance to be.

To ensure we don't run away with ourselves, it is sometimes handy to make a few minutes to sit down prior to the start of the season and prepare your “coaches checklist.”

This is one way to ensure you prioritise, preparing a brief checklist will assist you in avoiding a trap that coaches of all levels and experience fall into – putting the cart before the horse.

Any structure, be it defensive or at the offensive end, will fall down if the players do not have a solid fundamental base and understand not only the how and the when, but the all important why.

As an esteemed colleague of mine, Rex Nottage, often said, “the devil is in the detail” and I continually check myself with that thought when heading off on a tangent with some new concept I have seen travelling the State.

Below is the first part of the “check-list” I compiled for the Victoria Country ITCP when sitting down to evaluate the performance of the squad (and myself) in the last six months.

#### Passing:

- Can the players pass both hands?
- How strong are we passing with the non-dominant hand?
- Do we understand the importance of throwing the ball to the advantage of the receiver and away from the defence?
- Can we pass on the move and to the advantage of a moving teammate?

#### Dribbling:

- Is the level of competency on the non-dominant hand where it should be?
- Can we handle the ball against pressure?
- Do we keep our head up and maintain vision under defensive pressure?
- Do our players, particularly guards, have a solid mixture of crossover moves?

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#### Defence:

- Do our players maintain a stance?
- Do we move the dominant foot first when sliding (big to bigger)?
- Are we able to contain the dribble consistently?
- Do we play without hand checking or fouling?
- Do we jump to the ball?
- Do we box out?

While this checklist continued to include individual offence, understanding of concepts and various other things, the first 3 elements above made it clear that perhaps I was guilty placing the cart before the horse.

Hence, a series of drills were introduced to ensure these young players were improving their fundamental base to a level where they could execute the more complex concepts being introduced.

In a way, the checklist was almost depressing, but the key thing is it allowed the identification of some key areas of deficiencies (and things the squad did well), so network coaches could make some adjustments.

The tangible value in preparing this checklist is that in the recent ITCP camp at Ballarat, the players executed far better in the team setting through the improvement in their core fundamentals.

The passing was improved, there were fewer passes deflected and the ball movement was efficient because ball carriers played with their head up and threw the pass to the advantage of the receiver.

On the defensive end, containment (which has been a real area of strength) was increased greatly, simply through the network coaches prioritising this in their recent weekly skill sessions.

Your checklist can be an important point of reference and by continually touching on it throughout the course of the season, you can go a long way to ensuring you are doing the best possible job of teaching you can.

It may be as simple as the following at the junior level:

- Can we dribble both hands with eyes up?
- Can we pivot, forward and rear, on both feet?
- Are we tough with the ball?
- Can we pass with both hands and to the advantage of the receiver?
- Can we catch?
- Do we square up on every catch?
- Can we shoot layups right and left-handed?
- Can we maintain a stance on defence?
- Do we box out?

If the answer by year's end to all the above questions is yes, you have had a successful year as a coach and

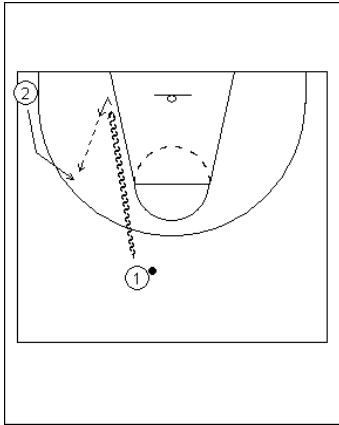
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made a real difference in the basketball future of your young players.”

### **Drills of the month**

This month’s shooting drills come from the high performance coaching clinic (Rex Nottage) held in Penrith in November 2002.

#### **Shooting on the move**



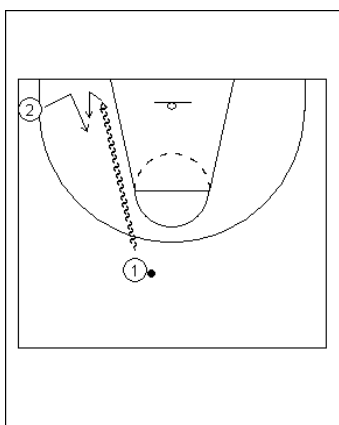
Player 1 dribbles towards the basket and comes to a jumpstop, then makes a reverse pivot and passes to player 2 who "gets open" by cutting after hitting the baseline and leading back high.

Player 2 should catch the ball and shoot on the move (off their inside foot).

Note: Player 1 should start high and wide. Player 1 should always start with a drive fake (jab step) and/or shot fake.

Variation: Play 2 on 2

#### **Shooting off a handoff**



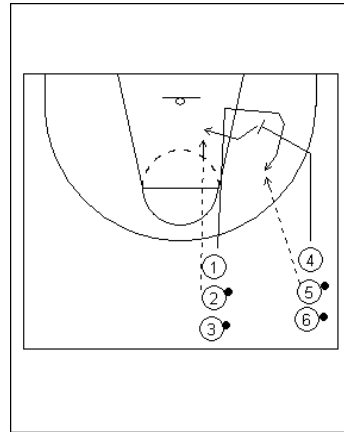
Player 1 dribbles towards player 2's defender and makes a jumpstop. Player 1 now makes a dribble handoff holding the ball with both hands.

Player 2's first step should be towards the basket then receive the ball out of the handoff.

Note: Player 1 should start high and wide. Player 1 should always start with a drive fake (jab step) and/or shot fake.

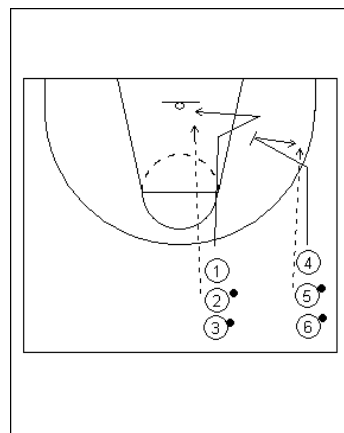
Variation: Play 2 on 2

#### **Screen and Cut**



Player 1 basket cuts. Player 4 screens player 1. Player 1 comes off the screen to receive a pass off player 5, while the screener (player 4) now opens up to the basket and receives a pass off player 2.

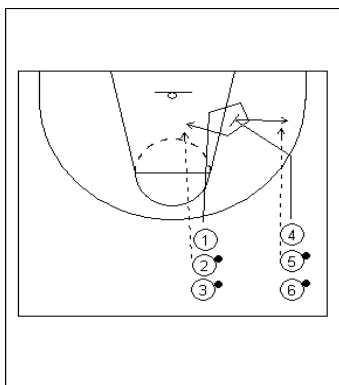
#### **Screen and Pop**



Player 1 basket cuts. Player 4 screens player 1. Player 1 comes fakes coming off the screen and then makes a hard back cut to the basket to receive a pass off player 2, while the screener (player 4) now pops to "space" to receives a pass off player 5.

Note: Allow room to backcut.

## Curl and Pop



Player 1 basket cuts. Player 4 screens player 1. Player 1 comes off the screen and curls hard to the basket to receive a pass off player 2, while the screener (player 4) now pops to "space" to receive a pass off player 5.

Patrick Hunt (National ITCP Head Coach) demonstrated the following rebounding drill at the AJCBC Coaches Clinic held in Albury in January 2003. Patrick emphasised that the details of rebounding are too often under-taught.

## Building Rebounding

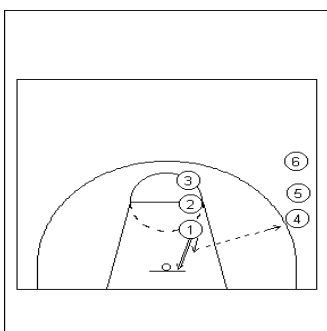


Diagram 1

Diagram 1: player throws the ball against the backboard, moves to jump & rebound the ball. Chin the ball quickly, ¼ turn in the air, land strongly on two feet & outlet.

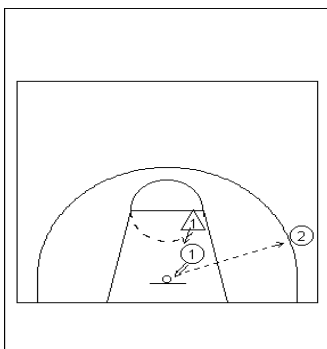


Diagram 2

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Diagram 2: Player throws the ball against board, now has defender on back pressuring the rebound. Rebounder protects the ball, ¼ turn in the air and outlets while under pressure from defender.

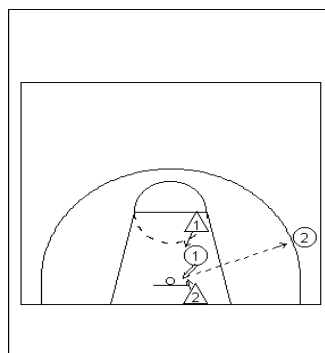


Diagram 3

Diagram 3: Extra defender added under basket. Rebounder now has pressure from in front and behind. Can be built to 2 on 2 with a coach entry (shot). Excellent drill for teaching rebounding technique and working the outlet.

### **Note:**

With all 3 stages of teaching this drill, the outlet line should sprint away and then come back to the ball to receive the outlet pass.

### **Variations:**

- The outlet person should look to dribble to the half way line as if they were leading a fast break
- The rebounder can bust out with a dribble before making a pass to the outlet player
- A defender may be placed on the player receiving the outlet pass so that they learn to make a good lead and get open.

### **Websites of the Month**

I have had a bunch of great websites recommended to me lately. Below are some of them. Don't forget, if you know of a good website then let others know!

[http://www.angelfire.com/nc/ezyduzits12steptools/bball\\_playbook.html](http://www.angelfire.com/nc/ezyduzits12steptools/bball_playbook.html)

This website has been set up by a coach called Tommy! It has a number of good drills and articles.

<http://www.homestead.com/basketballskills/>

This website is a basic website, which may be suitable for players as well.

[http://www.mysportsguru.com/CDA/CDA\\_Homepage/CDA\\_Sport\\_Homepage/1,1749,1-1004,00.asp](http://www.mysportsguru.com/CDA/CDA_Homepage/CDA_Sport_Homepage/1,1749,1-1004,00.asp)

This website covers basketball (and other sports). It has some pretty neat articles and information. Some articles include:

- Increase your ups!
- Mikan drill
- Ball handling

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- Moving without the ball

### **“Ask Supercoach!”**

#### **Question:**

“A question for supercoach to start the New Year off. As you are aware at the end of the year Associations have their rep trials for the next year. Amongst all this the rumours start to flow about players trialing and changing Associations making particular Associations stronger and regrettably leaving other Association/s and teams. This leaves only one or two Associations who are going to win everything.

The above causes weaknesses at the rest of the Associations. By losing their better players this does not help create an even competition. Having quality players in your team may help develop lesser players in the team.

Most importantly, the players who have given all their time and effort to the Association over the years end up getting the chop. If I were a parent where this occurred I would be most upset as I have had to pay out a lot of money and given up time to support my child over the years to see them dumped to allow someone else to come in and take their spot.

What are your thoughts on this happening and do you think NSW Basketball should get involved to stop this happening every year and help to make the competitions more competitive by having 4,5, or 6 strong teams competing and not just one or two.”

Jeff Cooper  
Penrith Rep. and U/18 State Metro Coach 2003.

#### **Answer:**

Basketball NSW can not tell players (and parents) where to play. There is a rule in place to prevent mass defection of players (or “poaching” by individ. organisations), that limits the number of transfers.

### **Resource Review (Books)**

#### ***Sport Stretch (311 stretches for 41 sports)***

By Michael J. Alter

ISBN 0-88011-823-7

Improve your flexibility and reach your athletic potential. Sport Stretch shows you how with stretching programs for 41 sports (including basketball).

Inside you will find illustrations and guidelines for 311 stretches. The most effective exercises are presented for each sport, with the 12 best highlighted – perfect for warming up and cooling down!

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***Better Coaching – Advanced Coach’s Manual***

By Frank S Pyke

ISBN 0-7360-4113-3

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This manual is produced by the Australian Sports Commission (ASC). The ASC is the peak government body for sport in Australia. The development of coaches is a key function of the ASC.

This book is a key learning resource for intermediate and advanced level coaches. It covers both the sports sciences and the “art” of coaching.

Better Coaching combines the application of training principles and methods with the “people” skills required to succeed as a coach. A balanced approach to training, recovery, competition and life is a key theme throughout the book. The best approaches to enhancing fitness, technique, mental skills, application in nutrition, and injury and illness prevention and management are covered. In addition, contemporary coaching issues, such as leg, ethical and behavioural issues, drugs in sport, and information technology developments are included.

Better coaching is the manual used when completing the Level 2 Coaching course, however may be purchased from the ASC or through BNSW.

### **Metro Tour to Melbourne**

Metropolitan Representative teams recently travelled to Melbourne to participate in the Eltham/Dandenong Classic. All teams played well with three teams making the Finals (U/18 Men, U/18 Women and U/16 Men). Unfortunately all three teams were defeated, however gained good experience which will help them develop in the future.

A big thankyou to all players, coaches and managers for their efforts on Tour, as well as Brendan Parnell, Bronwyn Smith and Kristy Fitzgerald for their work in making the tour a success.

### **AJCBC**

Country Representative teams participated in the Australian Junior Country Basketball Cup (AJCBC) held in Albury. NSW was fortunate enough to win three Grand Finals (U/18 Men, U/18 Women and U/14 Women).

Special thanks to all coaches and managers who participated in the tour.

### **PCS**

Country and Metropolitan Representative Teams also participated in the Pacific Coast Slam (PCS). This tournament was held in Port Macquarie and caters for the U/15 and U/17 age groups.

All teams played hard, however Vic Country were successful in winning 3 finals and SA 1.

Again, many thanks to all those involved in making the PCS a great success.

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## Upcoming Events

### **Country Junior Blue Star Camps (U13)**

This is a new program aimed at players in the U/13 age group. Players turning 10, 11 or twelve this year may attend. Players will participate in sessions aimed at both introducing and further developing basketball skills.

U/13's will also be considered for selection into the next level of the Junior Blue Star U/13 Development Program at the Regional Camp.

We also need coaches to encourage as many kids as possible to attend the camps. Camp dates and venues are as below:

The following camps are on Saturday 1<sup>st</sup> March 10-4pm. Cost is \$25. Venues are:  
Bathurst Basketball Stadium  
Newcastle Basketball Stadium  
Illawarra (Beaton Park) Basketball Stadium  
Queanbeyan Basketball Stadium  
Tamworth Basketball Stadium  
Port Macquarie Basketball Stadium  
Albury Basketball Stadium  
Griffith West End Stadium

The camp for the Far North Coast will be held on Sunday 2<sup>nd</sup> March 10-4pm. Cost is \$25. Venue is: Grafton Sports Stadium

For full information on the camps and venue addresses check out the Basketball NSW website and look in the Blue Star section.

### **Country Blue Star Camps ((U/14)**

This is our U/14 Player development program. We really need as much help as possible in the running of these camps. You can be an observer or get right in amongst it! Please contact us if you are able to help out. This is the start of the identification process for the U/14 TAP Camp.

We also need coaches to encourage as many kids as possible to attend the camps.

All camps are on Sunday 2<sup>nd</sup> March 10-4pm. Cost is \$25. Venues are:  
Bathurst Basketball Stadium  
Newcastle Basketball Stadium  
Illawarra (Beaton Park) Basketball Stadium  
Queanbeyan Basketball Stadium  
Tamworth Basketball Stadium  
Port Macquarie Basketball Stadium  
Albury Basketball Stadium  
Griffith West End Stadium  
Grafton Sports Stadium

For full information on the camps and venue addresses check out the Basketball NSW website, and look in the Blue Star section.

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## **Metro Blue Star Camps**

Dates (March) and venues to be advised.

**ITC Camp 4** – The next ITC Camp will be held at the Central Coast Youth Club (Niagara Park) on 7-9<sup>th</sup> March 2003. If anyone would like to come and observe please contact Brett Coxsedge in the office.

### **U/16 and U/18 State Team Trials**

#### **Metro**

U/16 Metro Men at Hills Basketball Stadium on Saturday 22<sup>nd</sup> February 2-7pm (open trials)  
U/16 Metro Women at Northern Beaches (Manly) on Saturday 22<sup>nd</sup> February 9-2pm (open trials)  
U/18 Metro Men at Bankstown on Sunday 2<sup>nd</sup> March 9-2pm (open trials)  
U/18 Metro Women at Northern Beaches (Manly) on Saturday 22<sup>nd</sup> February 2.30-5.30pm (open trials)

Cost to trial is \$20 (payable on the day).

#### **Country**

Under 16 Men and Women will commence training for **invited** squad members only on 22<sup>nd</sup> and 23<sup>rd</sup> February 2003 at the Newcastle (Men) and Illawarra (Women) Basketball Stadiums.

These training sessions are **only** for players who have qualified and been identified through the NSW Basketball Country Competition and Development Program and who have **already been invited to attend in writing**.

Country Under 18 Men and Women will commence training for **invited** squad members only on 22<sup>nd</sup> and 23<sup>rd</sup> February 2003 at the Maitland (Men) and Newcastle (Women) Basketball Stadiums.

These training sessions are **only** for players who have qualified and been identified through the NSW Basketball Country Competition and Development Program and who have **already been invited to attend in writing**.

### **U/20 and Ivor Burge (PWID) National Championships**

24 February – 1<sup>st</sup> March 2003 at Ballarat, Victoria.

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#### **\*\*\*\*STOCKTAKE CLEARANCE\*\*\*\***

The Basketball NSW Coaches Department has a limited number of Spalding Infusion Basketballs (Size 7) for sale. We are selling them for the crazy price of \$35 (includes GST). If you would like to purchase one please speak to Bob or Brett at Basketball NSW on 02 97462969.

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