



Email : coaches@nswbasketball.net.au

Mad May!

Welcome to the May edition of "That's a Foul." This edition is full of information that will hopefully help you in your coaching endeavours.

That's a Foul is currently looking for new drills to feature in our "drills" section of the newsletter. Feel free to send in any neat or unusual drills so that your fellow coaches may get some new ideas!

Editorial – "Why coach?"

I admire everyone who desires to be a coach. It's so much fun and so rewarding, but also very challenging. From coaching a local club team, to representative and State level, all the way up to National level, there's nothing like coaching. It's awesome!

However, it has not always been this way for me. I have bumbled and stumbled, said things I shouldn't have said, tried strategies that backfired. So before you take your first coaching job, here are a few things that I've learned.

Please try to make sure it's a position with as LITTLE STRESS as possible, if there's such a thing. Regardless of where you are and what sport you coach, you're probably going to have to deal with most of these issues:

- family vacations;
- lights that won't turn on;
- stadium shut when it is supposed to be open;
- players hurting each other's feelings;
- kids who quit;
- not enough uniforms;
- an administrator or unforeseen activities that force you to cancel a critical practice;
- conflicts with other basketball programs;
- planning practices & finding drills;
- playing time issues;
- determining your starters and your subs;
- your team captain breaking a team rule;
- a kid who just broke up with her boyfriend (or girlfriend);

All these will take up more time than you can imagine. But if you take the wrong coaching job, your problems can be so much worse and become so overwhelming that you'll never want to coach again.

"That's a Foul!"

Basketball NSW Coaches Newsletter
Issue: May 2005

We have all coached where the following has occurred:

- the kids who have no self-discipline;
- there's not enough parental or administrative support;
- there's too much passing the buck and not enough taking responsibility;
- the program is in a shambles;
- your practises are constantly interrupted by stragglers walking through your session.

Even though I have touched on all the hassles you may experience in your coaching (or are yet to experience), I must admit I wouldn't have it any other way. I coach for the intrinsic rewards that coaching gives you.

One could say that in order to have a highly successful team a coach needs to find a group of intrinsically motivated individuals that have both skill and athletic ability in the sport.

People who are *intrinsically* motivated have an inner striving to be competent and self-determining, to master the task, to be successful. These qualities of competence, self-determination, mastery, and success are goals pursued by those who are intrinsically motivated, and when achieved are their own rewards. In basketball, athletes who play the game because they love the game are intrinsically motivated.

Finding these types of athletes can, at times, be difficult. Most athletes don't just wake up one day and decide that they like one sport more than another. Usually a coach or someone else instilled deep appreciation for the sport, or the athlete had some previous successes in that particular sport that contributed to the athlete's preference. A great coach, however, can take good athletes and instill a love for the sport while motivating them to reach new heights in that sport. Athletes who play for a great coach feel good about being part of the team, in part, because a great coach will help each individual achieve personal successes.

Coaches can go only so far, however, for they cannot enter into the athlete's brain and force determination and love for a sport. This must ultimately come from the athlete. The athlete must have the desire to practice in the off-season and work extra hard for personal gains. A great coach can, in turn, fuel an athlete's desire to new levels by using motivational techniques. Extrinsic motivation can be a seed from which intrinsic motivation sprouts!

Article of the month

The A to Z of basketball

by Bob Robinson

This month "That's a Foul" features the second part of the A to Z of basketball as explained by Metro Coach Bob Robinson. This edition will feature H to Q. Bob wanted to let all our avid readers know that the thoughts expressed in this article were a combination of a number of coaches and not necessarily all his own.

Immediately or not at all

Good players are decisive and know what they are going to do when they get the ball. The longer you take to make up your mind the more time the defence has to adjust. The same goes for shooting. Anytime you have to decide whether to shoot or not, don't. A good rule to follow is 'when in doubt pass'.

Look down court

Every time you get the ball, and sometimes before you get it, look down court. This is a very simple thing but something a lot of players don't do. You'll be surprised at what you see. Do it EVERYTIME.

Low Post Play

Three basic things:

1. Set up good position. Set high side of block. This gives you opportunity to go both ways. If you set too low the backboard helps the defender.
2. Make a target. Ask aggressively for the ball where you want it. Look at the D, if you are taller ask-for high pass if-you are smaller ask for a low pass.
3. Take what comes. Don't fight the D use it. If he forces you baseline take it aggressively. Every thing in the post must be aggressive and quick.

If you get the ball and the defender is directly behind you, or you are not sure exactly where he is, go to your strong side and as you go keep your non shooting elbow high above your head and roll it towards your opponent as you move pass him.

Lunging

Don't lunge at a player with the ball. Keep good balance and 'stutter' towards the ballplayer. Watch good boxers and see how they approach an opponent. Balance is the most important thing in basketball. Keep balanced.

Mistake Response

I always say make one mistake but don't make it two. Sounds hard but what it means is, we all make mistakes so if you do, don't compound it by sulking or whinging. Get back and stop their transition play.

Take the pressure off yourself by trying to fix your mistake.

Mental Toughness

It's not something you get on game day. It's something you have all the time, it's something you have to work on, it's something that makes good players great players.

Noisy Screens

When setting screens set them loud (Communicate). By getting there loud, two feet planted and good body position you know you are strong.

It also lets the player you're setting the screen for know it is set and when it is the time to use it. He shouldn't go until he hears it set.

It also gets the defence thinking about what is happening.

Offensive Rebounds

The easy part of the game because nobody ever blocks out. Set yourself a rule, if you shoot within the arc follow in and go for the boards, outside the arc you play safety.

By going for the rebound you might not get it but you will put pressure on the defensive rebounder and he will not get the easy outlet pass for the break

One on One

When playing one on one in practice remember how you would play in a game.

Holding the ball, dribbling around and backing in is alright for the playground but will use up too much time in a real game. Play one on one by getting into triple threat and making quick moves. Plan on scoring with one or two dribbles.

Make rules - five seconds to score, if you have a third player play 'stop the inbound'. Remember the old adage "the way you practice is the way you'll play". There's no use playing one on one if it stops you from improving your game. Put pressure on yourself, score with a dribble or two, score from the triple threat and learn to do whatever you do immediately - a moment after you get the ball from the defender.

Pick up games

Always remember that your opponents will try to hassle you when there are no refs. Forget about arguing, who cares anyway. Use the pickup game to work on some of the things you are trying to do in real games. Set yourself goals. Make the games short and go flat out.

You are a competitor and yes you don't like to lose, but use your head, your goal is to improve, use the bad things to help yourself. Don't whinge about your mates on defence having a bludge, make the ball handler make a pass and then react.

Offensively try your moves. Your time is never wasted if you are doing your best.

Pivot out of Pressure

If you get into trouble don't lean back. Twist your upper body 1/4 of a turn; bring the ball to your hip. The 1/4 turn brings your body between the defender and the ball and as you lower into a crouch bring your elbow up towards your defenders face. The elbow does not make contact but it will keep his nose out of the way and should stop him from getting the steal.

Beating Pressure Defence

Just remember to keep calm and remember the Defence cannot touch you. Pressure defence will not bother you if you realise the following:

1. They are waiting for you to make a mistake.
2. A mistake will usually come at the end of a tentative, strung out play, not at the end of a brisk fake, two strong dribbles, a quick step and a short snappy pass.

Quickness

Quickness is different from speed. Speed is used to run transition but quickness is imperative to one on one play at both ends of the court. Quickness is the two dribble move going past your defender, the quickness of getting into position to take the charge.

Some drills to improve your quickness are:

1. Stand on the foul line with both feet and run to the top of the circle and touch it with both feet. Up and back, up and back etc.
2. Pick out some items 2 to 5 metres apart and touch them as quick as you can. Do not just run around in a circle but go back and forth. Touch the items first with one hand, then your feet, then with two hands. Just try to increase your quickness as you go.
3. Put 4 players around the foul circle and they have to slap your butt with out getting their hands slapped by you. You'll get dizzy but they'll keep your feet moving. Like all training try to mix the drills up and don't make it a bore.

Question Yourself

Only perfect people don't need to question themselves and we are yet to see the perfect Basketball player. You must continue to question yourself; are you running hard enough in transition, are you blocking out on the defensive boards, are you helping out in defence, are you getting into position to take the charge, are you driving hard to the hoop and looking for your options. The list goes on and on.

Remember if you're not questioning yourself you are not going to improve your game.

Game Coaching Tip

Pay attention to how the refs are calling the game

Good coaches (and players) pay attention to how the refs are calling a game early, and adjust their games accordingly. Good coaches should instruct their players to watch and observe the game, whether they're a starter or coming off the bench. In fact, it may be slightly easier for your players to watch and observe the game if they start off the game on the bench (although try convincing your players of that one!). Either way, as a coach you need to watch to see what the refs are calling, and how they're calling it, as this will benefit you and your team as the game progresses.

For example, if the ref calls a few quick fouls for hand-checking inside on your post players, you must tell your players to be careful not to hand check on defense and if possible, force your opponent into a situation where he feels it necessary to hand check you and maybe you can get a cheap foul called on him. The same goes for guards: if the refs call some hand-checking fouls, it might make sense to push a hard dribble by a slower defender out on the wing. If he hand checks you on your way by, he might pick up a quick foul which could lead to foul trouble later in the game.

The key is for your team to avoid picking up some early cheap fouls which could come back to haunt them later in a game and possibly put your team in foul trouble. Foul trouble hurts your team (and individual's playing time). Over the course of a season, your team could save themselves a handful of fouls (and foul trouble) just by paying a little bit more attention to how the refs are calling the game.



The History of basketball

A game that started with 18 men in a YMCA gymnasium in Springfield, Mass., has grown into a game that more than 300 million people play worldwide. The man who created this instantly successful sport was Dr. James Naismith.

Under orders from the head of Physical Education at the School for Christian Workers, Naismith had 14 days to create an indoor game that would provide an "athletic distraction" for a rowdy class through the brutal New England winter. Naismith's invention didn't come easily. His first intention was to bring outdoor games indoors such as soccer and lacrosse. These games proved too physical and cumbersome.

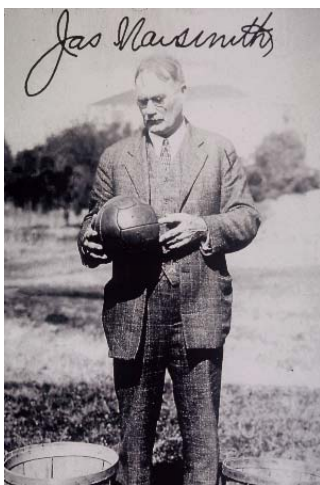
After brainstorming some new ideas, Naismith developed basketball's original 13 rules and consequently, the game of basketball. The new game was played with a soccer ball, peach baskets and nine to a side. This first contest is believed to have been played Dec. 21, 1891.

But perhaps what is most amazing about Naismith's creation, other than the fact that few sports that are purposely invented actually stand the test of time, is that the essence of basketball-throwing a ball into an elevated goal-has remained the focus from day one.

Today, Naismith would be universally recognized as a genius, a Bill Gates of sport. And in all likelihood, the opportunity would exist for him to become a multi-millionaire.

But if Naismith was The Basketball Man, he was not The Money Man, and life in 1891 was far different than in 1991 or 2001.

James Naismith had changed the face of sport, not so much for the 19th century, but the 20th, and it is now clear, the 21st. All in an effort to keep unruly students at bay.



Original 13 Rules

1. The ball may be thrown in any direction with one or both hands.
2. The ball may be batted in any direction with one or both hands, but never with the fist.
3. A player cannot run with the ball. The player must throw it from the spot on which he catches it.
4. The ball must be held in or between the hands. The arms or body must not be used for holding it.
5. No shouldering, holding, pushing, striking or tripping an opponent.
6. A foul is striking at the ball with the fist.
7. If a side makes three consecutive fouls it counts a goal for the opponents.
8. A goal shall be made when the ball is thrown or batted from the ground into the basket and stays there.
9. When the ball goes out of bounds, it shall be thrown into the field and played by the first person touching it.
10. The umpire shall be judge of the men and shall note the fouls and notify the referee when three consecutive fouls have been made.
11. The referee shall be the judge of the ball and decide when it is in play in bounds, to which side it belongs, and shall keep the time.
12. The time shall be two 15-minute halves with five minutes' rest between.
13. The side making the most goals in that time shall be declared the winner.

Coaching Tips



Coaching Youth Basketball

(Source: www.coachlikeapro.com)

Simply put, youth basketball coaching is leadership. To be a great youth basketball coach, I believe you must be a great leader. Leaders are people who have developed the skills needed to motivate, guide, and direct others in a positive direction.

Leaders are made through discipline, training, experience, and the desire to continually improve. Below are some guidelines to help you be the best leader you possibly can be:

Learn to be strong but not rude.

Some people mistake rudeness for strength. It's not even a good substitute. Learn to stay relaxed and friendly when dealing with others. This applies to fellow coaches, your player's parents, officials, administrators, and especially the players on your team.

Learn to be kind but not weak.

We must not mistake kindness for weakness. Kindness isn't weak. Kindness is a certain type of strength. Basketball coaches must constantly look for ways to show their basketball players that they sincerely care about them as individuals. I always try to remember this John C. Maxwell's tidbit of wisdom - "People don't care how much you know until they know how much you care."

Learn to be bold but not a bully.

It takes boldness to win the day. To build your influence, you've got to walk in front of your team. You've got to be willing to take the first arrow, tackle the first problem, and discover the first sign of trouble. Basketball coaches need and must be tough, but don't go over the line. Your organization (players, parents, etc.) will resent you for it.

You've got to learn to be humble, but not timid.

You can't get to the top of the basketball coaching ranks by being timid. Some people mistake timidity for humility. Stay humble, but always be courageous in overcoming life's daily struggles and fighting for your basketball program. Sometimes we must be willing to fight for what is right and just.

Be proud but not arrogant.

It takes pride to win the day. It takes pride to build your life. It takes pride to build a winning Basketball program. It takes pride to want to be the best basketball team in the state. It takes

pride to be willing to stand-up and fight for what you believe in.

Develop humour without being a clown.

That's important for a basketball coach. In leadership, we learn that it's okay to be witty, but not silly. It's okay to be fun, but not foolish. As a basketball coach, when my team is practicing on the court, I'm all business. But when we are off the court, I try to fellowship and have fun with my players as much as possible in a professional manner.

Never past negatives down.

Your basketball team will reflect your attitude. If you want a positive, upbeat basketball team, then you must portray that image. Leaders keep presenting the positives, keep pointing everyone toward the accomplishment of the team's desired goals, and keep setting the example for everyone else to follow.

Count Your Blessings

One of the beautiful things about life is that we all have choices. We get to choose how we will react to each and every situation that happens to us in life. We can choose to be positive and believe that good things are going to happen to us. Or we can choose to be negative... No matter what we choose to believe, it affects us and how we live life, and how we coach our basketball team. As a leader, you must do your best to stay positive and believe with all your heart that brighter days are just ahead! As you know, this can be very tough to do when dealing with the daily struggles of life, but you and I to be an effective leader must win this battle of the mind.

How? One of my secrets is to continually remind myself of all my many blessings in life. It's very tough to have a pity-party for yourself and think the world is falling apart when you spend time reflecting upon all the things in life you have to be thankful.

Action Step: Be thankful! Make a list of all the things you are thankful for in your life. Place this list in your Daily Planner and review it often. It will help you immensely!



Players Coaches Love

by Coach Rick Crotts

The purpose of this article is to encourage you as athletes to think of what you can do for your coach.

All coaches love certain qualities in athletes...most go the way of least resistance and take the easy road to training. Coaching involves making sure the athlete doesn't travel that path. So the question is "what can I do for my coach to get the most out of my ability?"

Get Self-Motivated

First, you need to be **self-motivated!** Give a total effort every time you compete. Coaches look into what shows up in a player's **heart** as evidenced by the way he or she plays. Secondly, be willing to give the kind of physical and mental effort necessary to win - in practice as well as the competitions. **Make it personal excellence time!**

Listen and Learn

Next, listen to meaning of the messages from your coach, not how it is said. The next time your coach gets a little tough with you, stand back and listen to the message. Don't make judgments or take it personal. If your coach did not care they would not bother to correct you. **Think of what the coach is looking for. Work hard on those areas.** Work to improve your lesser skills into strengths.

Know Your Role

Know your role on the team. If you don't know ask. **Most of us like to be the go to guy - the scorer, but coaches love great defenders, great rebounders, players who give of themselves and ask nothing in return. There is always room in the line-up for these kind of players.** You are forcing the issue with playing time, because when you give your coach has no choice but to play you because they love your effort.

Three Things Your Coach Would Love

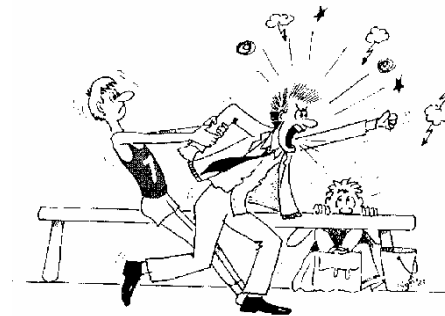
There are three things that your coach would love from you. **First, love the game.** "The Game" might be what is in season at the time. Convince your coach that this is the most important time in your life.

Secondly, work hard. Good things happen to people who work hard to make good things happen. **Playing time is conditional based on hard work.** Vince Lombardi said, "the harder you work, the harder it is to quit." You can always offer hard work.

Third, be loyal to your coach. Believe in your coach and he will believe in you. Jerry Tarkanian said, "the only bad kid is one who won't be loyal to his teammates and coaches." Respond positively to challenges from your coaches and your opponents. You will grow and develop, win or lose.

Respond to the Challenge

These challenges will linger in your memory long after the game is over. **When your coach gets tough, they are looking for a positive response.** Give them attention! Great players don't have to be inspired by the coach to get "up" for a game; all you need to know is that any game is important, and how you should play it is with **intensity and focus.** Let your coach sit back and enjoy the ride!



Concepts for Developing Inbounds Plays By Alan Lambert

- When developing your inbound system for a given year the first question you need to decide is how important is it for your team to score directly off of their inbounds plays.
- The best approach is to have two or three basic inbounds plays for under, sideline and back court which have numerous variations based on defensive and game situations.
- Take into account the individual skills of the players most likely to get the ball in scoring position off the initial inbounds pass.
- The point here is whenever possible look to isolate your best athletes when they have physical superiority over a defender.
- Run your plays from almost virtually the same court set each time.
- Multiple choices sets from the same inbound look reduce anticipation and keep the advantage of uncertainty in the inbounds teams court.
- Emphasize the importance of succinct timing and cuts in the execution of your inbounds plays.
- When considering the actual positioning players or structuring of the plays you select keep in mind that the rules which work well in your half court offense can be used to your advantage on most inbounds play sets as well.
- Remember the importance of proper spacing on inbounds plays.
- Create screening actions that deters switching by the defensive team.
- One element that should always be included in all inbounds plays is the concept of misdirection.
- Ball reversal following the initial attempt to score on the inbounds pass will create additional scoring opportunities by stretching the defense.
- Have a method of calling your inbounds plays that uses a hot signal that changes game by game to signify the play and option to reduce your opponents' ability to scout and prepare for you.



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Website of the Month

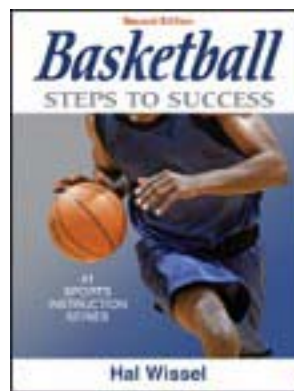
<http://coachlikeapro.com>

CoachLikeaPro is your online basketball coaching authority designed to give you the knowledge, training, and resources you will need to excel as a basketball coach. Basketball coaches young and old will enjoy the recommended basketball drills, game-winning basketball plays, proven basketball offenses and defenses, excellent weight training and conditioning programs, wise basketball coaching tips, and other great coaching resources.

Resource Review

BASKETBALL: STEPS TO SUCCESS - 2ND EDITION (book)

By Hal Wissel
ISBN: 0736055002



Master all the important skills of basketball and take your game to the next level. *Basketball: Steps to Success* provides in-depth, progressive instruction in techniques and tactics, including detailed tutoring on shooting and 111 drills featuring a scoring system to gauge your progress.

As you build your skill base, you’ll learn how to make all the right moves in game situations, whether it’s executing the correct footwork when defending screens or making the right pass for a winning basket. Highly regarded coach, teacher, and clinician Hal Wissel will help you execute each technique proficiently and consistently on the court.

Improve your game. *Basketball: Steps to Success* will help you develop the total package of tools to achieve your goals on the court.

L’s Loose Lips

Which high profile coach looks destined to head overseas in the very near future to take up a coaching career in the college ranks?

Controversy Corner/ Editorial - Feedback

Hi "That's a Foul",

In the April That's a Foul, Paul Masters responded to my comments in the March issue on the number of games played in a junior rep season.

Paul, my comments were on the Games in a Rep season, not games at domestic and school comps.

The Rep players are the cream of Domestic and school comps and need the games at a higher level to improve. Playing at domestic level, the "talent is spread around", with the rep players not playing together. How spread depends on the number of domestic teams available in each age group. The standard of Domestic and Rep comps is chalk and cheese. Higher standard games (rep games) improve players. Domestic comp is very important, but it is the rep standard that "fine tunes" and brings on the players.

My other point was "value for Money". Parents are paying for the domestic comp and the rep season. 20 games at reps is greater value both in money terms and in improving players than 12 games.

I also asked "does the reduced number of games in a season for juniors promote the game to a large number of prospective players? Paul, you did not comment on this question.

My point was, in Melbourne, they play a rep season of 22 games. (plus domestic, plus school) How many NSW junior leagues play 22 games?

Regards,

Tom Richards

In response to Paul Masters Letter in April's That's a Foul, how can you seriously compare learning the fine aspects of the game at a domestic and school level to that in a representative program.

It is hard enough to find quality coaches (16 if you count both division 1 and division 2 coaches) at a representative level let alone at a domestic level where there can be between 50 and 100 teams playing. Most domestic level basketball games are just up and down the court stuff with no structure. Without the guidance of good coaching this is where a lot of juniors are picking up bad habits and this can be seen even at the highest level in this State. You can have as many juniors playing domestic level as you want but if the coaching isn't available then they will just remain a good domestic player. There is a massive difference between a good rep player and a good domestic player, as there is a big difference to a good ABA player and a good NBL player.

I know as a high school teacher the opportunity for students to play a sport for their school (including basketball) is limited. Most sporting competitions in the school system are in the format of a knockout system. A school may be lucky enough to have several basketball players but may not have a teacher who is capable of coaching. Organising school games in the public system, other than the State Knockout, is virtually impossible when there are so many other things on the school calendar, unless you attend a sports specific school such as the Hunter Sports High.

Even though we are all from different associations and want to see our own clubs be successful, it is also a responsibility of the stronger clubs to be less arrogant and help the game develop in the smaller associations. This can be achieved in a number of ways:

- 1) Continue to play the smaller associations. In the short term the games may be non competitive but in the long term the game will definitely will become closer as those players will have something to strive for.*
- 2) Stop poaching players from weaker associations. For people to think this does not happen on a large scale is naive.*
- 3) Have coaching seminars for smaller associations that are in your area. This will develop better coaches and as a result better players. Really, THERE ARE NO SECRETS IN BASKETBALL.*

With Andrew Bogut now doing so well in the US it is time for basketball to cash in on his success. Andrew himself did not start playing until he was in his late teens. He was not a star player as a junior but had good coaching a great opportunities to get where he is. With the current beliefs and visions of some associations NSW it is probably a good thing Andrew grew up in Victoria as he would have probably went unnoticed here and slipped through the cracks. How many Andrew Bogut's could we be turning away?

Mark Richards.

The A to Z

First may I say the A-Z is NOT Bob Robinson's. It belongs to Dick DeVenzio (mainly), Bob Elphinston, Dominic Furlan, Jeff Cooper, Steve McGugan, Bobby Knight, Bill Walton, Lenny Wilkens, Mike Lupica and every other Coach, Analyst and Author I have listened to or read, and that is many. I certainly don't expect anyone to agree with them all if any. There have been too many personal editions over the past 12 to 15 years to believe that. Just chuck out the rubbish and add your own.

Secondly, I have often been referred to as a dinosaur and I even started to call myself one because of my attitude to the word Athlete when describing a player. I have never taught someone to be an athlete.

As I have said previously athletes are born not made, whether we can turn a timid kid into someone with a bit of "mongrel" is also questionable, but Coaches penchant for the "athlete" has really gone overboard in our game. Or so I think!

It seems alarm bells are ringing elsewhere and as a believer of getting info from everyone I can I was interested when reading an article by NSW State of Origin Coach, rugby league for our overseas and interstate Coaches, Ricky Stuart in the Sunday Telegraph 10th April 2005 where he writes:

"I said in this column a few weeks back that footballers are not athletes and athletes are not footballers. Not long ago our game was starting to be over-run by athletes. Some coaches were coaching a game where all you had to do was catch and run Junior Coaches were quick to grab on to it and suddenly players were starting to come through but you couldn't find a halfback who could direct or talk, or a five eight who could ball play, or even a front rower who could catch and pass. These coaches were trying to be students of the tactical game when they should have been students of skill."

I am the first to admit that given the choice between an athletic ball player and an unathletic ball player, with the same skills, I would take the athlete any day, same can be said for tall and short, but I also look at desire, basketball savvy and skill levels when given the chance to select a team .

The question I ask is, are we getting too infatuated with the Athlete and forgetting the Player. I always wonder if his Dad didn't Coach would anyone else have ever picked young Andrew in their team.

Bob Robinson

Thoughts for the Month

"Even a good garden may have some weeds."
Thomas Fuller

"I've got the basket, have you got the balls?"
Unknown Girl player

"To be a coach is to be a teacher. You have to teach people from different backgrounds to work together for the common good."
Nat Holman

"A team well versed in fundamentals, especially in passing and shooting, is difficult to beat, regardless of the style of offense or defense it employs."
Doc Meanwell

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Coaching Aid

Player Thoughts Questionnaire

by Brett Coxsedge
(NSW U/18 Metro Men's Head Coach)

I thought some of you may be interested in the following questionnaire that I have to my State squad recently. It was quite helpful in defining roles within the team. Simply if all of your team thinks Joe Blow is the best 3pt shooter, then Joe Blow needs to shoot 3's. Alternatively if Joe Blow thinks his strength is playing in the post, the thoughts of his team-mates may tell him otherwise!

Why not try this exercise with your team!

Name: _____

What are your strengths (what can you bring to this team)?

What are your weaknesses?

What are you willing to sacrifice to fit in with this team and make it successful?

What do you think your role is in this team?

Who do you think is our:

- go to man
- defensive stopper
- microwave man
- tough man
- energy/hustle/spark man
- 3 pt scorer
- team leader
- motivator
- team player
- control/ safety man
- best free throw shooter
- player who you want the ball in his hands at the end of the game

Name a strength/ weakness of every player in our squad:

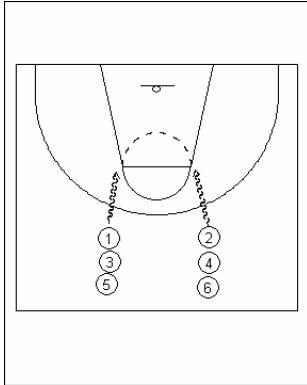
	Strength (s)	Weakness (es)
Joe Blow	Good dribbler	Poor defender
Barry Dribble	Good shooter	Hogs the ball
Suzy Shooter	Team player	Poor passer
Bob Dunker		
Bill Passer		

Can you think of a team slogan that defines our team?

Drills of the Month

This month we feature some shooting drills sent in to us by Ashley Henrisson from Liverpool. He mentioned that he picked some of them up from watching Mark Watkins (West Sydney Razorbacks Head Coach) conduct a shooting session.

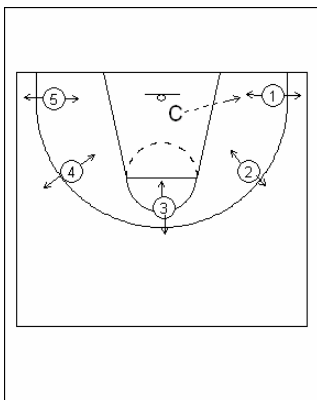
Drill 1



Dribble to the elbow and make the following move

- Cross over jump shot.
- Between the legs 1 dribble pull up.
- Between the legs 1 dribble step back.
- On side dribble pull up.

Drill 2

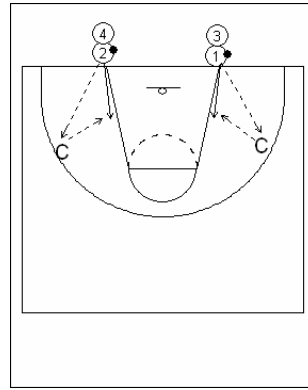


Each player has a partner rebounding for them and should make 5 before they can switch. Players will back peddle out to the 3 point line and will move forward and receive pass from rebounder and shot. Players should step into their shot.

Can also make the following moves.

- Up fake 1 dribble
- Up fake 1 dribble, cross over
- Up fake 1 dribble, between the legs
- Up fake 1 dribble, step back

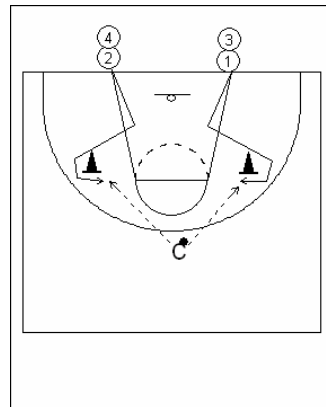
Drill 3



Pass to Coach. Player establishes position on the post and take 2 dribbles (bang away) and come to a jump stop and make the following shot

- Jump hook
- Jump shot
- fake jump shot and step through making a lay-up (John Rillie move)

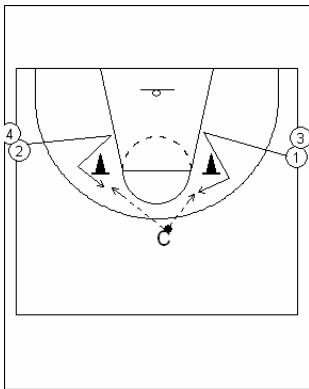
Drill 4



Player passes to Coach and puts 1 foot in the paint and makes a V cut around chair for a jump shot. Can also make the following moves.

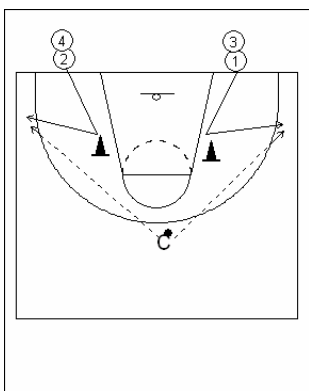
- Up fake 1 dribble
- Up fake 1 dribble, cross over
- Up fake 1 dribble, between the legs
- Up fake 1 dribble, step back

Drill 5



Same Drill as previous but players come start there cut from the side line

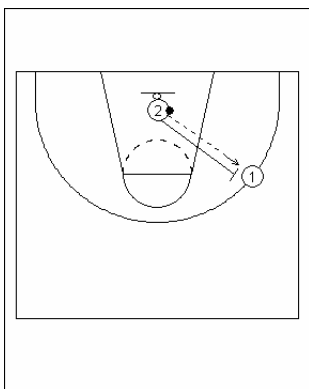
Drill 6



Player passes to coach and makes a V Cut to chair and flairs out for jump shot. Can also add the following moves:

- Up fake 1 dribble
- Up fake 1 dribble, cross over
- Up fake 1 dribble, between the legs

Drill 7



Player 2 makes a pass to 1 and rushes out to player 1 showing a hand and calling out shot. Player 1 will get his own rebound and 2 will now become the shooter and the drill continued.

Passing



The Good Passer

- Has good court awareness and sees everything without looking at anything specific. This includes knowing how much time is on the clock and what the score is. If you need the ball inside, then no sense passing back out to a guard if little time is left.
- Knows when to pass - always keep in mind that the defender is moving.
- Knows what type of pass to make
- Knows where to pass to (lead a runner or hit target hand).
- Anticipates when man will be open so that you can get the pass to him. (This comes from playing in game situations.)

Receiving the Pass

- Hands loose: if the ball slaps on the hands then the hands are too stiff.
- Bring ball into the body.
- Always catch the ball with two hands.
- Always come to meet the ball
- Always present passer with a target.
- Never pass to anyone who has their hands down.
- Always watch the ball right into your hands. (Don't dribble off and score before you have caught the ball.)

Passing Drill

50 passes - keep away with no dribbling or 1 dribble, everyone playing (2 teams), first team to 50 passes wins. If a player scores, count it as 5 passes and his team keeps the ball. If he misses a shot, give the ball to the other team. You can have a coach always play with the defense to make it more challenging for the offense!

Bobby Knight states:

"The player should pass away from the defense rather than to the offensive man."

Upcoming Events

ITCP Camp 5 – The next ITCP Camp will be held at the Bridgecoast Stadium (Gosford City - Terrigal) on 6th - 8th May 2005. If anyone would like to come and observe please contact Brett Coxsedg in the office on 02 97462969.

U/15 TAP Camp

Will be held at the Sydney Academy of Sport at Narrabeen 29th May – 3rd June. Sixty (60) athletes will be selected from the Junior Waratah All-Star Weekend to participate in a weeklong live-in camp under the direction of Brett Coxsedg (NSW ITCP Head Coach).

AJCBC and PCS Selection Trials

All country coaches are advised that the process for identifying athletes to attend the Country Tours Trials (AJCBC and PCS) for 2006 has begun. Coaches in the various Country Leagues (SJL, CJL, WJL and NJL) are asked to be part of the identification process for selecting appropriate athletes to attend trials in September 2005.

Each League has a representative who will co-ordinate the identification lists. Identification forms are available from your League Co-ordinator. Identification forms have also been distributed to all Country Associations.

The various co-ordinators are:

South (SJL) - Eric Kivi (Illawarra)

North (NJL) - Nick Prior (Tamworth)/ Bruce Leonard (Grafton)

West (WJL) - Tony Hunt (Bathurst)

Central (CJL) - Paul Masters (Gosford City)

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

Coast 2 Coast Sports have just released their new website. On it you can find just about anything you need from singlets and shorts to basketballs and coaching aids.

Why not check out their new website by clicking on the following link:

<http://www.coast2coastsports.com.au/>

Coaches should click on the “product range” button and then the “equipment and accessories” button to see what training aids they have for sale.

Also click on the “online store” button to view the merchandise that will be sold at the Country Tournament, State Championships and National Championships.



U/16 & U/18 CITY vs COUNTRY CLASH

The U16 & U18 Country & Metropolitan Men and Women will play their annual preludes to the U16 Australian Championships (hosted by Tuggeranong - ACT) and the U18 Australian Championships (Perth - WA).

Date:

Saturday 18 June 2005

Venue:

Hornsby Basketball Association (Brickpit Sporting Complex - Dartford Road, Thornleigh)

Times:

10:00am - U16 Women

12:00noon - U16 Men

2:30pm - U18 Women

4:30pm - U18 Men

Cost:

Adults: \$5

Pensioner/Child/Student: \$2

Family (2 Adults + Children - U12): \$12
(Tickets available at the door)

Don't miss the opportunity to see the future NSW stars of the NBL/ WNBL in action before they depart for the U16 & U18 Australian Basketball Championships in July.

Enquiries: Hannah Everett

BNSW Office (02) 9746 2969