



Email: brett_coxsedge@nswbasketball.net.au

Welcome!

Welcome to the inaugural issue of "That's a Foul", Basketball NSW Coaches Newsletter. This newsletter is designed to inform registered Coaches of the latest news, gossip and tips in the basketball scene.

This newsletter has been designed to be sent via email only, as it will allow the Basketball NSW Coaches Department to produce and distribute it more efficiently. Next newsletter will not be sent in the mail, therefore send us your email address!

What do you want to know?

As this is the first newsletter, the BNSW Coaches Department would like your ideas as to what you would like in the newsletter. Email us your ideas and hopefully we will be able to cater for everyone's needs.

Calling all coaches!

This newsletter is being sent to all those coaches who have filled out a coaches database sheet (and a few others!) If you know of coaches who would like to be put on our coaches' database, please have them contact the Basketball NSW coaches department. We would like to reach as many coaches as possible, from all levels including beginners, club, representative and school teams.

Help us out by spreading the word!

Website of the Month (Check this out!)

<http://www.jes-soft.com/playbook/>

This website allows you to download a basketball playbook. The playbook is probably one of the best and easiest to use. It will allow you to diagram drills and set plays.

The website allows you to download drills that are already in the playbook. The playbook also allows you to have the ability to import and export drills. This allows coaches to exchange drills over the internet. It can also allow coaches to email set plays to their players (providing they have downloaded the playbook as well).

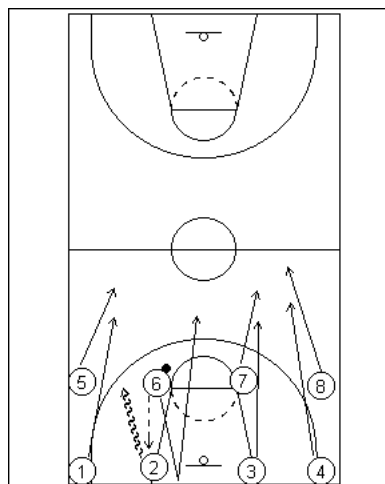
A final helpful aspect of the playbook is its ability to put the plays or drills in animation, showing movements. Clicking on the "special" button at the top may do this.

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Basketball NSW Coaches Newsletter
Issue: February 2002

Drill of the month

Transition Defense



Players 1 through 4 are on offense. Players 5 through 8 are on defense.

Player #6 passes to #2, and then must touch the baseline where #2 was standing. Alternatively, a coach may make the pass to a player on the baseline.

The remaining players, both offense and defense then play 3 on 4 full court, with #6 as the fourth player getting back on defensive transition.

The drill finishes down the other end of the court.

Note the coach may use both visual and verbal cues. Visual cues are where the coach passes to a player on the baseline and the players opposite recognise this and move accordingly. Verbal cues are where the coach passes the ball to a player on the baseline and calls out a player's name who will then touch the baseline. Coaches may also call out the names of two players so that they get a 4 on 2 situation.

Drill may be adjusted to be 5 on 5

Ask "Supercoach"

This section of the newsletter is where you may write or email "Supercoach" (a mystery guest coach) and ask questions, seek advice, give comments and observations or just generally talk about basketball.

"Supercoach" will endeavour to respond and publish your correspondence (try and keep your request brief for purposes of publication!)

Coaching Tips

This section is devoted to providing some information about the art of coaching. It may be game specific or relate to general principles of coaching or just be some helpful hints. If you have any areas that you may want covered, why not drop "Supercoach" an email.

What makes a good drill?

A good drill:

- * has a meaningful name
- * requires only a short explanation
- * is a way to master a particular objective
- * fits both the players and the sport
- * keeps athletes "on task"
- * can be used with groups of various size
- * can be modified for use with both skilled and unskilled athletes
- * provides opportunities to analyze skills and provide feedback to athletes

Resource Review

Read any books lately which you found interesting and helpful? If so, why not share your thoughts with our fellow coaches.

Success is a Choice – Ten steps to overachieving in business and life (Rick Pitino with Bill Reynolds)
ISBN 0-7679-0132-0

This book is a must for any coach's home library. Rick Pitino who led the Kentucky Wildcats to NCAA finals and also coached in the NBA discusses a ten-step plan of attack that will help you become a winner at anything you set your mind to:

- 1 Build your self-esteem
- 2 Set demanding goals
- 3 Always be positive
- 4 Establish good habits
- 5 Master the art of communication
- 6 Learn from good role models
- 7 Thrive on pressure
- 8 Be ferociously persistent
- 9 Learn from adversity
- 10 Survive your own success

The book is very easy to read and summarises each section at the end of the chapter.

I found the book reinforced many ideas and was very practical to read. For a person who is not a big fan of reading books, this is one book that I managed to get through right to the end, and actually enjoyed it!

Library

In an effort to help educate coaches, the Basketball NSW Coaches Department has been spending many hours and has developed a coach's library, which includes such resources as books, videos, articles etc.

A sheet explaining the library and how it will operate has been included in this newsletter. A small cost will exist to become a member of the library (this will be solely to look after the wear and tear on the

resources, and also to purchase more resources in the future).

Thought for the Month

Got a thought you would like to share with your fellow coaches? Why not send your words of wisdom in and we will publish them.

"The Royal Road to success would have more travelers if so many weren't lost attempting to find short cuts" (Short cuts are for losers) – Source unknown.

Upcoming Events

Blue Star Camps – 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. Camp dates and venues are as below:

Country:

All camps are on Sunday 3rd March 9-5pm. Cost is \$20. Venues are:

Maitland Basketball Stadium
CCYC Basketball Stadium
Coffs Harbour Basketball Stadium
Tamworth Basketball Stadium
Illawarra (Beaton Park) Basketball Stadium
Queanbeyan Basketball Stadium
Orange Basketball Stadium
Lithgow Basketball Stadium
Wagga Wagga Basketball Stadium
Temora Basketball Stadium

Metro:

All camps are on Sunday 3rd March 9.30am-4.30pm.

Cost is \$20. Venues are:

Penrith Basketball Stadium
Bankstown Basketball Stadium
Sutherland Basketball Stadium
Loreto College, Normanhurst

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

ITC Camp – The next ITC Camp will be held at Gosford City Basketball Stadium at Terrigal on 22-24th February 2002. If anyone would like to come an observe please contact Brett Coxsedg in the office.

State Team Trials – are as follows:

U/18 Metro M and W at Campbelltown on Saturday 9th March 10-3pm (open trials)
U/16 Metro M and W at Manly on Saturday 9th March 10-3pm (open trials)
U/16 Country M and W at Newcastle on Sat 9th - Sun 10th March (invited players only)
U/18 Country M at Maitland on Sat 9th - Sun 10th March (invited players only), U/18 Country W at CCYC on Sat 9th - Sun 10th March (invited players only)

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