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Another crazy month!

I thought the month of May was busy. July was an absolute blur! Hence the delay in getting this edition of "That's a Foul" out.

This newsletter is jam packed with loads of information.

Our U/16 and U/18 State teams competed at the Nationals with indifferent results. There are a number of coaching clinics coming up to help you develop more as a coach. Applications for the Country Tours are now out, as are ITC applications for players and Network Coaches.

I hope you enjoy the read!

Editorial – Where to now?

There were lots of topics that I thought could be talked about in this month's editorial, however the area of coach education and the way coaches coach seems appropriate given the time of the season.

You will remember that last month I mentioned that all coaches and Associations needed to spend more time on teaching fundamentals and paying attention to technique and execution of skills and team concepts.

After watching a lot of basketball this past month, it is evident that this is still the case. I have been lucky enough to observe NSW athletes competing against players from other States at the highest level. This has made me think a great deal about what our kids can and can't do and how we compare to the rest of Australia.

I have concluded that there are areas that we need to get better at. Many I alluded to in our last newsletter (following the U/14 TAP Camp). Some things I will discuss in future newsletters.

The opportunity and necessity for coaches to make themselves better is also crucial to the improvement of basketball in NSW. I ask ALL coaches the following questions:

- When was the last time you attended a BNSW Development camp to see what was being taught to many of the kids you coach?

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- When was the last time you attended a coaching clinic or course to keep up to date with the latest techniques relating to coaching?
- When was the last time you went and sat and watched a coach conduct a training session with their team (club, representative or senior coach?) Much can be learned from observing other coaches in action!
- When was the last time you read a basketball book or watched a basketball video?
- When was the last time you just sat down and talked basketball with some of your coaching colleagues?

The underlying point I am trying to get across is that as coaches we should always be looking to make ourselves better in some way.

Sure we are all volunteers and lead busy lives. However, if you want to be true to the kids you coach and make a difference with their basketball then you must find some time to make the effort to better yourself. Your players will in turn continue to learn, improve and enjoy this great sport we all coach!

Websites of the Month

<http://www.coachingaus.org>

This is a website that I think you will find very helpful. It is the Coaching Australia Website aimed at coaches of all sports in Australia.

Areas that you may investigate include:

- Want to be a coach
- National Accreditation Scheme (NCAS)
- Coaching Topics
- Thanks Coach
- Elite Coaching
- Events and courses

There are some great articles in the "Coaching Topics" section. You may also download the "Coaching Australia newsletter" which is a very good read. The site also offers online coaching courses, as well as allowing you to check when your coaching accreditation expires online.

Overall a very valuable website for coaches of all levels in Australia.

Ganon Baker Coaching Clinics

As mentioned in the last newsletter, Basketball NSW in conjunction with Basketball Australia is excited to offer you the opportunity to attend some coaching clinics involving Ganon Baker.

Ganon is an American player/coach who specialises in player workouts. He is absolutely amazing to watch in action as he demonstrates ball handling, skipping and shooting drills at a speed that needs to be seen to be believed.

Details are as follows:

- Friday 26th July – Wollongong at Beaton Park Stadium from 4.30-6pm (free)
- Saturday 27th July – Terrigal at Gosford City Stadium from 1.30-3pm (free)
- Monday 29th July – Sydney at Trinity Grammar (Summer Hill) from 6-8pm (cost \$10)

Ganon will also be selling his workout video and other coaching resources at the clinics.

Western and Riverina Region Coaching Clinics

Pat Hunt (National ITC Head Coach) and Brett Coxsedge (NSW ITC Head Coach) will be conducting coaching clinics in August. Details are as follows:

- Tuesday 6th August – Riverina Region Clinic at Wagga from 6-8pm and 8-9pm (free).
Please note this venue may change due to court availability
- Wednesday 7th August – Western Region Clinic at CSU-Mitchell at Bathurst from 6-8pm and 8-9pm (free)

Pat and Brett will be working with the ITC scholarship holders and squad members from the Riverina and Western Region Academies of Sport.

Coaches of all levels are encouraged to attend as the clinics are free. It is not often that you get the chance to see a coach with the knowledge and experience of Pat Hunt in action!

U/16 and U/18 National Championships

Our State teams recently competed in the U/16 and U/18 National Championships held in Adelaide and Melbourne respectively.

Results were as follows:

U/16

Metro Men	8 th	Metro Women	8 th
Country Men	7 th	Country Women	6 th

U/18

Metro Men	2 nd	Metro Women	5 th
Country Men	8 th	Country Women	6 th

Victoria Metropolitan dominated both the U/16 and U/18 Championships winning the Gold Medal in both the U/16 and U/18's men and women's finals. Special mention to the U/18 Metro men on winning the Silver Medal in the final.

Our Players with an Intellectual Disability (PWID) teams also competed in Melbourne. Their results were as follows:

Metro Men	1 st
NSW Women	1 st
Country Men	4 th

A big congratulations to our two winning PWID teams taking out the Gold Medal.

A complete run down of the National results and observations about the standard of play and how our teams compared will be discussed in the next edition of "That's a Foul"

Coaching Tips

Last newsletter I had some tips about some things that I always carry in my coach's bag for training sessions. Peter Smith contacted me about some things that he also carries.

"Re items in June newsletter. Additional things to add to coaching bag. I carry the ones that you listed along with; a bump bag for post drills, a 60cm x 120cm white board for easier and clearer diagramming at training and a roll of electrical tape for marking out different things on the court floor, such as box's for Frappier drills and the like. I know of a number of coaches who also have bump bags. In addition, I insist that my teams purchase reversible singlets for training. We've made a point of having one side numbered so that they can be used for mid week matches or other occasions when the need arises."

A Player's Basketball Vocabulary

TEAM PLAYER – a player who passes the ball to me

BALL HOG – A player who wants me to pass the ball to him

MONSTER – A player half an inch or more taller than me

LITTLE MAN – A player shorter than me

REFEREE – A blind idiot with an unreasoning hatred of me

BAD PASS – A ball that I fumble

FUMBLE – Another player's muff of my perfect pass

TRAVEL – The ref's way of getting even

JUMP BALL – Holding foul by the opposition that the ref didn't call

GOOD SHOT – Any shot I can get off

CRAZY SHOT – Basket made by a man I am guarding

DEFENSE – How's that again?

"That's a Foul"

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Feature Article - Dealing with the angry sports parent

**Taken from 'Coaching Australia' Vol 5, No.1 2001
(This is a shorter version of the article which first appeared in Sports Coach vol 24 no1,2001)**

by Tim Kotzur, Baker College, Sydney.

Virtually all coaches at some stage of their career have to deal with complaints from an angry parent. The reasons for the complaint are many and varied, and it makes no difference whether the complaint is real or imagined. No one likes to be the target of a complaint, and it is one of the least desirable aspects of coaching children's sport. Here are ten steps for dealing effectively with the angry sports parent:

1. Avoid discussing the problem at the game

The first thing the coach should, or rather shouldn't, do is to discuss the problem with the parent on the field, particularly if the parent is late. The playing field is not the place for confrontations.

2. Agree to meet at more appropriate time/venue

Rather than discuss the problem then and there, the coach should agree to meet or telephone the parent at a mutually convenient time to discuss the complaint. By doing this, the coach avoids giving the parent an audience, allows the parent to 'cool off', and gives him/herself time to prepare an appropriate response to the complaint.

3. Listen

When the meeting or telephone call from the parent does eventuate, one of the most important things a coach can do is listen. The coach should listen reflectively. Little things such as taking notes and nodding to acknowledge you have heard what the parent is saying are crucial.

4. Avoid interrupting

Even if parents raise their voices or their stones have only half the facts, the coach should avoid interrupting. By interrupting a parent, the coach risks inflaming the situation.

5. Don't dismiss or become defensive

The coach should avoid defending or justifying their action?. Such behaviour at this point will only make the situation worse.

6. Show empathy

Statements like "I'm sorry that you feel your child has been treated unfairly" are appropriate at this time. By doing this, parents are more likely to feel that their problem is being taken seriously. They are likely to be calmer and more willing to find a solution.

7. Clarify the problem

This can be achieved by asking probing questions. This helps both parties to focus on the problem (not "That's a Foul")

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personalities), stick to the facts, and avoid being caught up in extraneous issues.

8. Offer a range of solutions

As mentioned earlier; many parents are simply content just to let the coach know. If they want more, try to offer a range of solutions. This demonstrates a willingness to work together to solve the problem. It is important to avoid making promises that you cannot keep. Explain to them what you can and cannot do.

9. Obtain closure

In the ideal case the coach will have outlined the options available to the parent and agreed on a mutual course of action. At this point it is appropriate to end the meeting. It should conclude with three things:

- Leave the parent with a closing action statement (eg. 'I'll get on to that now').
- Thank the parent for their interest (no matter how unpleasant the meeting).
- If follow-up is required, tell them when you will contact them ('I'll ring you tomorrow').

This will leave the parent feeling as though their complaint has been heard, and the parent-coach relationship will be strengthened.

10. Leave the door open

There will be cases, however after this whole process where you will not be able to give the parent the response they are looking for. It is important in these circumstances that the coach leave the door open for the parent, eg. 'If there is ever anything else, please come to me' By doing this the parent will at least feel that his/her complaint has been taken seriously, and the coach-parent relationship, however strained, will remain intact. This will help to prevent bad word of mouth by the parent against the coach.

The do's and don'ts of dealing with angry sports parents

Don't

Discuss the problem at the game
Dismiss the problem
Lose your cool
Become defensive
Interrupt
Alienate the parent

Do

Deal with the issue
Listen
Empathise
Ask questions
Offer solutions
Leave the door open

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Drills of the month

This months drills come care of Frank Arsego (AIS Men's Head Coach) after his visit to Sydney earlier this year for the Metro coaching clinic.

Full court passing - 3 man up and back (Fig. 1)

Ball starts in the middle with player 2. Players 1, 2 and 3 do a three-man weave to the half way line. Player 1 then makes a pass to player 4 who catches the ball on the move.

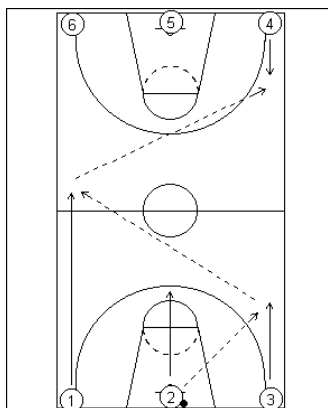


Fig. 1

(Fig. 2) Player 4 now passes the ball to player 5 who then passes the ball to player 6 who makes a layup at the other end of the floor.

Emphasise:

- sprint the lanes wide and fast
- need to make good, strong, crisp passes
- get rid of the ball quickly
- call names of the player you are passing the ball to

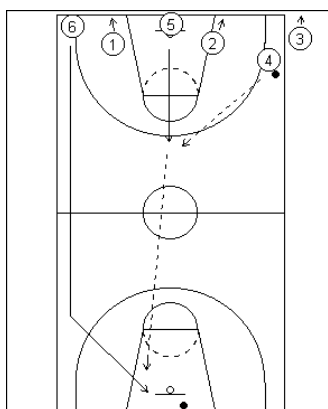


Fig. 2

(Fig. 3) Players 2 and 3 pass the ball back and forth till the 1/2 way line, whilst players 1 and 4 sprint the lanes. After player 2 catches the ball at the 1/2 way line, a pass is made to player 4 for a layup. Player 1 swings through underneath the basket.

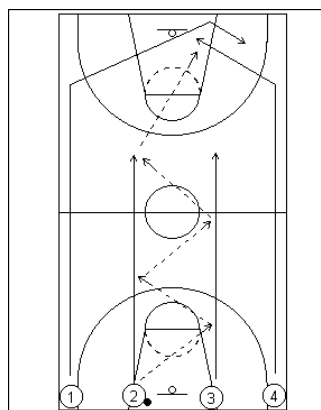


Fig. 3

(Fig. 4) Player 3 rebounds the ball and makes a pass to player 2 who passes to player 4 (who has swung through after making the layup). Player 4 then makes a long pass to player 1 for a layup.

Emphasise:

- sprint the lanes wide and fast
- need to make good, strong, crisp passes
- get rid of the ball quickly
- call names of the player you are passing the ball to

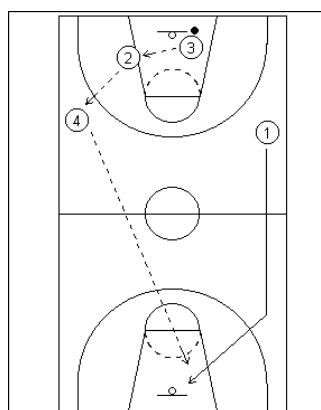


Fig 4

X – out blockouts (Fig.5)

The group is divided into offense and defense. The drill starts with the coach making a pass to the opposite side of the court. Defensive players rotate diagonally. After catching the ball, the coach shoots the ball and the defensive players must blockout out their new opponent and secure the ball. If the defense gets the rebound they make an outlet pass to a coach. If the offense gets the ball they then play 4 on 4 in the halfcourt.

Emphasise:

- communication whilst rotating
- down in a stance, with hands up ready to grab the rebound
- defenders must make contact with the offensive players when blocking out.

Variation:

- May turn the drill into fullcourt transition to the other end of the court
- coach may call "rotate" instead of passing the ball and then shoot the ball.

Country Tour Selections for players – Have you been busy identifying players?

As mentioned in the last newsletter, the way that players are selected to trial for Country tour is different this year.

Coaches in the various Leagues are to fill out the form distributed to all Leagues earlier this season, identifying players from their Leagues and hand it in to Basketball NSW by the **due date (Monday 12th August)**.

Players may also be recommended from other programs such as any Basketball NSW Development camps, TAP and ITC.

If you do not have this form then please contact the Basketball NSW coaches department and we will send you one out.

Country Tour Coaches Applications now out!

Applications for the all the Country tours are now out. Forms for the AJCBA, NAJBC and PCS may be downloaded off the Basketball NSW website (www.nswbasketball.net.au)

****Applications close Friday 23rd August****

All tours provide great opportunities to learn more about our great game. There are a great deal of positions to fill so please do not be shy as I am sure we will be able to utilise you in some way.

If you would like to know more information or talk to us about the tours please do not hesitate to drop us a line or call the office on 0297462969.

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 Cocksedge (NSW ITC Head Coach) in the office on 0297462969.

Thought for the Month

"For a basketball official the highest accolade is silence."

Dolly Stark

"That's a Foul"

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Resource Review

ITC Video

Basketball Australia's National Intensive Training Centre Program :

coaches study tour 2001 : tape one, United States and Lithuania. (1 videocassette: sd., col; 139 min.)

This tape covers coaching sessions from: United States. Duke University Men and Women's Program, University of North Carolina Men's Program, Wake Forest Men's and Women's Program. Lithuania. Vilnius Basketball School, Sarunas Marciulionis Basketball School, Kaunas Basketball School, Lietuvos Rytas National League Team. Included in this tape include: full court defence breakdowns; post and perimeter individuals; motion offence breakdowns, post and perimeter, 1v1, 2v2, 3v3, 4v4, 5v5; shooting drills; half court offences; warm up and stretching routines; agility drills; full court passing drills.

Basketball Australia's National Intensive Training Centre Program :

coaches study tour 2001 : tape two, Games in Lithuania and Ganon Baker workout. (1 videocassette: sd., col; 60 min.)

This tape covers Games from Lithuania - from various Basketball Schools in Lithuania. Age groups vary from u/12 boys through to a National League game. Ganon Baker workout is a high intensity individual training session.

The above set of videos and booklet are in the process of being copied. More information regarding how coaches may get a copy of this great resource will be forwarded in the near future.

Supercoach

Well, no questions for Supercoach this newsletter. However there was some feedback regarding "voluntary" work done by coaches which was submitted.

"I was surprised at the lack of content in addressing the word "voluntary" in which the question and answer was displayed in the June newsletter.

Jeff's question suggests that we should make allowances for coaches because the work is voluntary. The word voluntary is defined as "to give of oneself for no personal gain, friend or foe". If we are losing coaches (and by the way it is far too easy to blame the parents) then they have probably realise their own intentions as to why they were there in the first place. Parents in-trust in the coach a "duty of care" towards all players emotionally and physically. It is only when parents see this trust broken that they become concerned about the coach's direction and speak out.

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During my 19.5 years of voluntary experience, I have not had such an experience as a coach that I wanted to walk away from what I Love doing. A team is made up of displaying factors. If we all do our job honestly with credibility and fairness then at the end of the day no one should feel the need to give up.. Win Win for our Kids also.

Lets all try to work harder (and in publications)on our Public Relations skills, and try not to insult parents or coaches.”

(Elaine Hayman)

Notes from the BNSW Coaching Advisory Committee

A brief report on some of the issues discussed at the last meeting of the BNSW Coaching Advisory Committee (CAC).

1. BNSW Development Camp Program (Blue Star, Junior Waratah etc). Members of the CAC would like to see greater involvement in these programs by association representative coaches. The invitation to attend the camps as either an observer coach or participating coach is open to all rep coaches.
2. Confusion Over Junior Tours. The official BNSW Development Programs and Development Tours (commonly called Country Tour and Metro Tour) are clearly defined as BNSW events and are generally included in the BNSW calendar of events each year. These programs are also closely linked with the BNSW ITCP and State Team programs. However, there are also many tours, camps etc organised by private operators which are not linked to BNSW and we do not take responsibility for these tours. If a particular private tour or camp operator is endorsed by BNSW, it means we support the quality of the tour and camp packages they provide and they would be individually beneficial and enjoyable for appropriately targeted athletes who choose to participate. However, their programs and packages are not directly part of the BNSW Development and Representative Programs and Pathways for players and coaches. It is not necessary for athletes to participate in programs supplied by private providers to enable players to successfully participate and progress through the BNSW programs. Players may find it helpful to take part in these private provider programs, but that decision is up to them. BNSW places no pressure on them to do so.
3. Preliminary discussions about holding an annual BNSW Coaching Forum were begun and will remain ongoing.

4. A Metropolitan Coaching Forum for Association Representatives will be convened by BNSW in September this year. It will discuss the future direction of junior player development and representative basketball in metro.
5. Player and Coach evaluation was discussed. Present procedures were reviewed. It was hoped that we will be able to further increase the efficiency and value of feedback given to players and coaches who participate in program BNSW events such as Development Tours and All Star Camps.
6. Coaching and Child Protection. Coaches must ensure that they comply with all Child Protection requirements with every organisation for which they coach.
7. Coaching and Professional Liability Insurance. Personal, portable Professional Liability insurance that used to be available to coaches through the Australian Sports Commission is no longer available. It is essential that all coaches ensure that they are registered members of Basketball NSW through their local basketball association to be able to access the insurance cover provided through the registration. This will give them cover for any BNSW or local basketball association related basketball coaching activity. However, it will not cover them while coaching for other organisations such as schools. Coaches should ensure that they are covered by policies held by the other organisations or effect their own insurance coverage if they can source a provider.
8. State Team Officials Agreement. The Board of BNSW has resolved that all officials involved with BNSW State Team Program Teams will be required to sign a document known as “Acknowledgment of, and Agreement to Abide By, Basketball NSW Behavioural and Other Policies for Officials”. Officials who fail to sign will not be allowed to retain their positions with State Teams. It will be a pre-requisite for approval of appointment from 2003 onwards. The CAC reviewed the forms and accompanying documentation and communicated with the BNSW Board about them. The BNSW Board provided feedback and clarification to the CAC and made some adjustments to the forms as a result of suggestions by the CAC.
9. Other CAC News. The 2001-02 CAC has now completed its tenure and applications have closed for the 2002-03 CAC members. The BNSW is expected to appoint the 2002-03 members in the near future.

Upcoming Events

ITC Regional Camp

Will be held at the AIS in Canberra 16-18th August. This camp will see all the U/16 ITC Scholarship holders in NSW participate in a three day training camp with ITC Scholarship holders from ACT, Vic Metro, Vic Country, Tasmania and Qld South.

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

NSW ITC Graduation Camp

Will be held at Maitland on 30th August – 1st 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 2001/2002 season.

Country Junior Waratah Camps

Basketball NSW have some camps operating in the Country areas of NSW on Saturday 3rd August. These camps are designed for players who are currently U/15 players only (bottom age U/16's).

Details are as follows:

- Country South District Camp on Saturday 3rd August at Wollongong and Queanbeyan
- Country North District Camp on Saturday 3rd August at Tamworth
- Country North District Camp on Sunday 4th August at Coffs Harbour
- Country Central District Camp on Saturday 3rd August at Newcastle
- Country West District Camp on Saturday 3rd August at Orange and Lithgow
- Country South-West District Camp on Saturday 3rd August at Wagga Wagga and Temora

Player application forms and other information regarding times may be gained by looking at the Basketball NSW website.

If you would like to help out at any of our development camps please contact our Coaches Department. These camps provide a great opportunity to further develop your coaching skills. We promise we will not throw you in the deep end... wherever you can help we will be more than glad to see you!

Metropolitan Junior Waratah Camps

Camps for Metropolitan will be held Saturday 21 September. More details will follow in the near future. Metro athletes will by-pass the district camps and go straight to the Regional Camp.

Junior Waratah AllStar Weekend

Will be held 28-29th September. Venue is still to be confirmed.

U/15 TAP Camp

Will be held at the Sydney Academy of Sport at Narrabeen 20-25th October. Sixty four (64) athletes will be selected from the Junior Waratah AllStar Weekend to participate in a week-long live-in camp under the direction of Brett Coxsedge (NSW ITC Head Coach).