



Email : coaches@nswbasketball.net.au

What a month!

What a month May was. It seems that basketball is well and truly flying along!

June brings the cold weather with it, and what better place than to be in a cold basketball stadium!

Thankyou to those coaches who have continued to spread the word about "That's a Foul!" However we want to reach MORE coaches so please get people to email us at the address above and join our coaching fraternity.

This edition of "That's a Foul" is bumper packed. Of special interest is the TAP Camp wrap-up. Also, there are several drills from the recent Pat Hunt Coaching clinics as well as great feature article discussing the qualities a credible should have.

Enjoy the read and remember to email any ideas or suggestions so that we can continue to improve OUR coaches' newsletter!

Editorial – Pat Hunt Coaching clinics

It is not everyday that we are fortunate enough to watch an experienced coach such as Pat Hunt (National ITC Head Coach) in action at a coaching clinic (as well as Frank Arsego – AIS Men's Head Coach). However that is what some keen and interested coaches were able to experience recently in Sydney and Newcastle.

Pat and Frank were visiting athletes in the NSW ITC Program , along with Brett Cossedge (NSW ITC Head Coach)

It was good to see some new faces, however really it was disappointing that numbers were not greater. Those in attendance witnessed some good sessions and received typed coaching notes, which they will be able to utilise in their coaching.

Websites of the Month

<http://www.basketballdrills.info/>

This is a website that I found on a links page. It provides over 500 drills, which you may print out. The website has different categories relating to different areas in basketball (eg. Conditioning, warming up etc.)

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TAP Camp Wrap-up

The U/14 Talented Athlete Program (TAP) camp was recently held at the Sydney Academy of Sport, Narrabeen.

Some 80 athletes from all over the State were put through a rigorous week of training on court, lectures and other activities by NSW ITC Head Coach Brett Cossedge, and his great coaching staff (Robyn Hall, Sarah Clifton, Michael Griffiths, Stephen Jackson, Luke Bobilak and Nathan Martin)

Overall, there was a range of ability levels on show. It was very evident that many basketball concepts were not known by some of the athletes, with team concepts being the major area of concern, along with some fundamentals such as having the ability to make a lead to catch the ball, and overall footwork. Below is some feedback that was tabled by the coaching staff.

Strengths

- behaviour was excellent
- work ethic was pretty good
- ability to get up and down the floor

Weaknesses

- footwork (especially when making leads eg. V and L cuts, defensive – channeling, reverse pivots when catching the ball)
- left hand layups (especially footwork)
- passing (ability of females to make a pass across the court – strength. Need to look at being able to make a skip pass, otherwise reversing the ball through the point)
- dribbling with the left hand (too many looked at the ball and did not dribble the ball hard enough)
- position of non shooting hand when shooting the ball (needs to be up to protect the shooting hand)
- understanding spacing (especially when doing "receivers rules")
- aggressiveness or assertiveness in female athletes to "dominate their opponent."

Conclusion

All Coaches and Associations need to spend more time on teaching fundamentals and paying attention to technique and execution of skills and team concepts.

It is very clear that too many coaches and Associations are too busy teaching set plays etc. rather than spending time on teaching and showing the kids the fundamentals and skills needed. Once the kids are able to pass and catch the ball then you will be able to worry about the X and O's!

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Feature Article

Greg Dale (a sports Psychologist at Duke University) wrote the following article.

The Seven Secrets of Successful Coaches: How to Unlock and Unleash Your Team's Full Potential

Credible coaches are...

1.Character-based

Credible coaches seek to do the right thing. They are honorable people with high ethical standards. They tell the truth to their athletes and don't manipulate or play mind games with them. They conduct themselves in a professional manner and take pride in representing their teams and athletes. Finally, they look to surround themselves with people of solid character because they know that character is just as important as talent in the long run.

2.Competent

Credible coaches have a great understanding of the strategies and fundamentals of the game. They know how to make the appropriate adjustments and are seldom out-coached. Despite their solid understanding of the X's and O's, they are highly inquisitive people who continually look for innovative and improved ways of doing things. They are lifelong students of the game. Further, they understand that admitting their limitations and mistakes is actually a sign of strength, not weakness. Finally, even though they are highly capable and often revered people, credible coaches tend to remain humble and keep their success in perspective.

3.Committed

Credible coaches are highly committed people. They create successful visions for their teams and are more than willing to put in the time required to make them happen. They have a true passion for sport and coaching which fuels their intense drive and enthusiasm. They also have incredible reserves of energy and resiliency that enables them to weather the inevitable storms of adversity. Finally, credible coaches tend to be highly competitive people who really enjoy competing and winning at the highest level.

4.Caring

Credible coaches care about their athletes as people. They sincerely want the best for their athletes in all aspects of their lives and are willing to help them in any way possible. Credible coaches invest the time to get to know each of their athletes on a personal level, showing an interest in their athletes' families, friends, and future goals. Interestingly, this caring does not end when a player's eligibility or career is over, but often extends throughout a player's lifetime.

5.Confidence-builder

Credible coaches seek to build their players' confidence. They plant seeds of greatness in their athletes' minds and convince them that it can be

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achieved. They are demanding and set high standards yet are patient enough to help athletes develop and improve. Credible coaches have a special knack for making people feel good about themselves and capable of achieving almost anything they set their minds to. When athletes do fall short, as all of them eventually will, they use a good balance of being challenging and supportive to help people get back on track.

6.Communicator

Credible coaches are excellent communicators. They are open, honest, and direct when communicating with individuals and the team. They continually remind and refocus people on what they need to do to be successful. Credible coaches seek to involve their athletes as much as possible and value the input they receive from them. They have the remarkable ability to truly listen to their athletes. They take the time to understand where people are coming from and are able to make decisions accordingly. Because of their ability to listen, credible coaches are often aware of and proactively address concerns and conflicts before they become major problems or distractions.

7.Consistent

Credible coaches develop a sound philosophy of coaching. This philosophy remains stable over time, but they are flexible enough to adapt to changing situations or times. Credible coaches bring a consistent mood to practices and games, regardless of whether their team is winning or losing. They don't let the highs get too high or the lows get too low. Further, they maintain a consistent approach to the rules and standards of the team. They tend to have few rules, but are consistent in how they apply them whether a player is a starter or reserve. Finally, credible coaches tend to be highly organized people who take their practice and game preparation very seriously.

Coaching Tips

How many times have you had a training session and needed to wipe a wet floor or play lights vs darks or do drills that needed witches hats etc?

Some things that I always carry in by coaches bag (other than plenty of basketballs) is a couple of old towels (for wiping sweat off the floor or off basketballs...you would be surprised how often you will need to use the towels)

I also carry a set of alternative singles (5 red singlets). This means that I am able to play competitive games with lights and darks and reds. A set will not cost much and will be a great investment and make scrimmages easier.

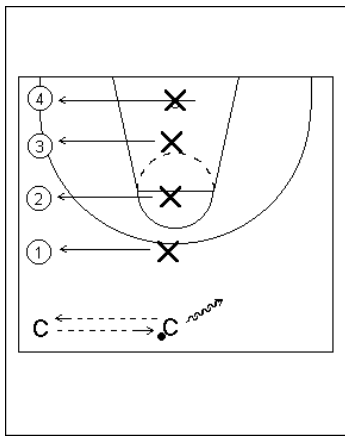
Lastly, always have a set of witches hats to use in drills etc. These also help with large groups and younger athletes to help them get organised.

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Drills of the month

This months drills come from the recent Metro coaching clinic conducted by Patrick Hunt (National ITC Head Coach)

Split Line Closeouts



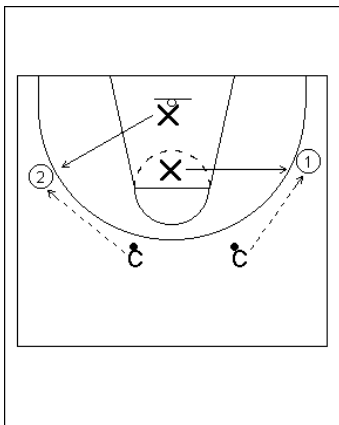
Coach passes to coach on the sideline. The defensive players (X) closeout to their player calling "ball."

Coach on the sideline then passes back to the coach on the splitline, whilst defensive players jump to the ball.

Variations:

- defend offense off the dribble (1 dribble only)
- defend offense off two dribbles
- defense to slide when coach dribbles the ball

1 on 1 closeouts (2 balls)

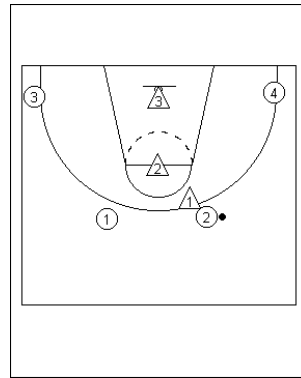


Coaches pass the ball to offensive players on the perimeter. Defensive players closeout. Players play 1 on 1. Play is restricted to half the key.

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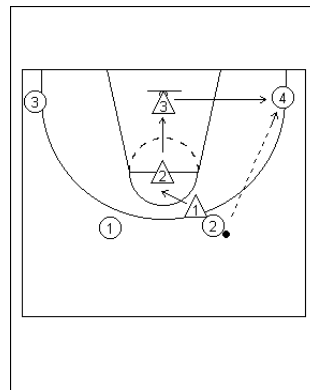
4 on 3



***** A great drill to teach communication or "talk" as well as defensive rotations**

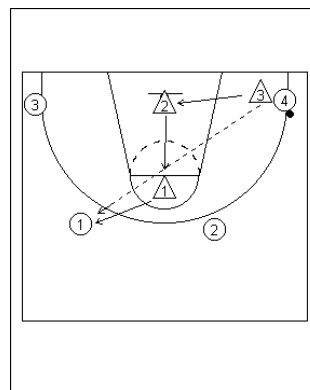
Defender 1 is on the BALL on offensive player 2 at the point.
Defender 2 is at the TOP of the key.
Defender 3 is at the BOTTOM of the key.

IMPORTANT: Effective communication and precise positioning are the key to this drill.



Player 2 passes to player 4. Defender 3 now takes the BALL (player 4). Defender 2 now rotates to the BOTTOM, whilst defender 1 rotates to the TOP. Defender 3 calls "BALL", defender 2 calls "BOTTOM" and defender 1 calls "TOP"

IMPORTANT: Effective communication and precise positioning are the key to this drill.



- If 4 passes to 1, then:
- defender 1 takes player 1 (BALL)
 - defender 2 rotates to the TOP
 - defender 3 rotates to the BOTTOM

Note: If in doubt as to who takes the ball, the closest player takes the ball and the other two defenders get to the TOP and BOTTOM quickly.

IMPORTANT: Effective communication and precise positioning are the key to this drill.

Coaching Advisory Committee (CAC)

Following is a brief outline of the role of the BNSW Coaching Advisory Committee (CAC).

- The BNSW CAC provides advice to Basketball NSW on matters related to basketball coaching.
- The BNSW CAC may be involved in the mediation and resolution of disputes involving coaching matters and BNSW.
- Provides a delegate to the BNSW Operations and Management Committee (OMC) representing coaching on the OMC
- Selects the members of the Selection Panels that make recommendations to BNSW for the positions of State Team Head Coaches

The BNSW CAC is made up of the following nine people:

- Three coaches representing Country NSW
- Three Coaches representing Metropolitan NSW
- The Head Coach of NSW Institute of Sport Basketball Program
- The Head Coach ITC Program in NSW
- The BNSW Manager Player/Coach Education

New Country Tour Selection Procedures

The procedures for the selection of athletes to attend the Country Tour trials later in year have been changed considerably. Coaches will no longer have to submit phase 1 and phase 2 forms as was done in the past.

Instead, coaches may fill in a form identifying players from their Leagues and hand it in at the end of the season at the Finals series. Players may also be recommended from other programs such as any Basketball NSW Development camps, TAP and ITC.

It is hoped that these new procedures will make the identification of players much easier. Trials for the various tours will also be held at Central venues eliminating selection difficulties.

For a complete run down of the new procedures, check out the Basketball NSW website or contact the coaching department.

Country Tour Coaches Expressions of Interest

Basketball NSW would also like all Country Coaches to start thinking about the Country Tours at the end of the year. We hope to identify and appoint coaches much earlier and would be very interested to hear from any coaches who may be interested in attending any of the Tours (AJCBC, NAJBC and PCS).

Metro Coaches

A discussion forum will be held in the near future to discuss the Metro Development League (MDL) and possible tours for Metro athletes and coaches. More information will be circulated to Association Nominees and other nominated attendees as full details are confirmed.

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ABCA

Are you a member of the Australian Basketball Coaches Association (ABCA)? You really should be member of ABCA as it is a coach’s organisation operated by Basketball Australia. Membership costs just \$40 a year.

Being a member of ABCA entitles you to receive their coaching magazine called “X’s and O’s” This magazine informs you of what is happening in basketball throughout Australia from Grass roots level to NBL/ International. There are many good articles, as well as numerous drills etc. from coaches of all levels.

If you would like to become a member of ABCA, then contact the NSW Coaches department and we will send you out an application form.

Thought for the Month

“There has never been a great ‘silent’ defense.”

Del Harris

Resource Review

Basketball for Young Players (FIBA)

Book – ISBN 84-8155-591-6

This book is very, very thorough and another must for your library. It is a cross between a textbook and a coaching book. The book has been published by FIBA, the World International Basketball Federation and covers basketball for young players from mini-ballers (6-7 year olds) to 15-18 years olds.

Contents include:

- the role of basketball in the educational development of youngsters
- planning basketball activities
- organising training sessions
- coaching strategies for training sessions
- coaches’ behaviour at games
- mini-basketball
- training sessions with 13-14 year old players
- coaching 15-18 year old players

“Basketball for Young Players” has loads of diagrams, teaching points and practical exercises. It goes much deeper than normal coaching resources and gets you thinking about the game beyond the X and O’s. It is a hard cover book with over 350 pages of valuable information.

If you would like to buy this book it may be purchased from Basketball NSW for \$27 (includes postage and handling and GST). Just contact the coaches’ department.

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Questions and answers for Supercoach

Q. I have a female athlete that has both tour and CHS honours, plays div 1 U/18, can score 20+ points in a game, good hands and feet, but failing mentally. What can I do, given the limited time together (3 hours) week.

She asks me what's going wrong, I ask for a little more discipline in her approach that doesn't last long. So what's going wrong?
(Peter Smith)

Supercoach:

Discipline alone has no reference point. Your athlete possibly should conduct a rigorous examination of her goals vis-a-vis basketball and how it interacts with her life goals.

The other game oriented approach may be to choose a role model. Jennifer Capriati's steely resolve in the face of physically superior opponents is a case in point, but Sandy Brondello and Lauren Jackson etc. all display the same singlemindedness on the court.

Q. Do you think parents try to put unnecessary pressure on coaches, forgetting that most coaches do there coaching on a voluntary basis only???
Are we losing coaches as a result of this???
(Jeff Cooper)

Supercoach:

The word voluntary is the last consideration of over zealous parents unfortunately. So yes and yes! The possible solution is a re-emphasis on a team being just that "a team."

Q. You are down by two points and there is only five seconds on the clock, you have a time out and it's your ball from the baseline. What inbound would you look to run?
Would you go for the draw and go for overtime or would you go for the win by looking to score a three pointer??
(Jeff Cooper)

Supercoach:

Depending on the team foul situation and defensive mode (zone or man) of the opponent. Against man, screen the screener in the key looking for a layup. Against a zone, look to screen the zone for a mid range jump shot and crash the boards.
A higher percentage shot is more suitable. Two points will do, however may depend on foul trouble situation etc.

Upcoming Events

Ganon Baker Coaching Clinics

Basketball NSW in conjunction with Basketball Australia is excited to offer you the opportunity to attend some coaching clinics at the end of July and in August 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.

Ganon will be visiting WA, SA, Vic, NSW and Qld and doing clinics and coaching sessions with athletes as well as coaches.

Complete details are not finalised yet, however Ganon will probably be in NSW from around Saturday 27th – Monday 29th July, and then Sunday 4th – Tuesday 6th August.

Exact venues and times are still to be confirmed. In the meantime, make sure you keep Ganon in mind and plan on being able to watch him in action as I assure you, you will not be disappointed!

PS. I have video footage of him for those that are interested in what he does on court.

City vs Country Clashes

Currently Basketball NSW has their U/16 and U/18 State teams preparing for the upcoming National Championships to be held in Adelaide and Melbourne in July.

Gosford City will be the venue to see the Metropolitan State teams take on the Country State teams on Saturday 29th June in the annual City vs Country clashes. Games commence at 12noon with the U/16 Women playing each other. Other game times are 2pm (U/16 Men), 4pm (U/18 Women) and 6pm (U/18 Men).

Don't miss out on seeing the State's best Junior players on the court battling it out for State supremacy!

Selected teams can be viewed at
www.nswbasketball.net.au

U/16 and U/18 Nationals

U/16 Nationals are to be held in Adelaide, South Australia 13-20th July 2002

U/18 Nationals are to be held in Melbourne, Victoria 4-11th July 2002.

Follow the progress of the NSW teams on the Basketball NSW website.

Waratah Junior and Senior Camps

Just another reminder to all coaches that Basketball NSW will be operating some player and coach development programs for U/15-U/17 players and coaches later in the year.

More information will be forwarded in the near future.