



Email : coaches@nswbasketball.net.au

Wow!

May is here already and the year is just flying! Competitions have commenced in Metro while the Country Leagues will be starting very soon.

Our newsletter continues to receive good support with more coaches wanting to be on our coaches' database. However we need to continue to encourage coaches to join our coaches database.

So if you know a coach, male/female, young/old, experienced/ inexperienced, club/school/rep, have them send me an email so we can build up our network of coaches in NSW!

Editorial – Coaches are ok?!

Our last newsletter looked at the issue of coaching across the State and the differing representation of coaches attending Metro camps vs country camps. It is good to see that this sparked some discussion. The views expressed were never meant to incite a war, rather get some coaches thinking.

Anyhow, thanks to those coaches who emailed us their thoughts. We encourage all coaches to "have a voice" and express their views. Discussion is healthy and having different views makes life more interesting!

However we still believe as coaches we need to support the system instead of fighting it. We need to remember that we all coach because we love the sport and the kids need our support and guidance.

Websites of the Month

<http://www.akcoach.com/>

This is a website that Basketball NSW has on their links page. I discovered it one day while surfing the net for information. The website is maintained by Steve Jordan (no relation to his airness!), an avid basketball coach.

The website has a simple drop-down topics menu, with heaps of interesting articles.

It is worthwhile looking at the coaching links that are listed, as there are many good sites with loads of information. There is also a link to Basketball NSW!

“That’s a Foul!”

**Basketball NSW Coaches Newsletter
Issue: May 2002**

Feature Article

In continuing with our reports from our National coaches, following is a brief report by Frank Arsego (AIS and Aust. Junior Men's Head Coach) and Marty Clarke (AIS and Aust. Junior Men's Assistant coach) after attending the recent Albert Schweitzer Tournament in Germany contested by the National Junior Men's Team

- Both coaches were positive towards participation in the tournament
- Areas that need improvement – Rebounding, needs work all round, blocking out and application
- Team had good offensive boards but lack of finishing off
- Our body types need work – size of our athletes and their physical maturity (other teams were bigger and physically more mature)
- We need to intensify our weights programs to help with body types
- We lack good small forwards – they need to possess outside range, be multi skilled and good 1 on 1 from the perimeter
- Defensively we need to work on our ability to contain dribble penetration, individually and as a team
- We need to work against use of zones by other countries (aggressive full court, trapping)
- Variations – use of concepts against zones, use of screens against zones
- Our post defence improved during the tour

There was a trend towards more teams playing zone

Blue Star All-Star Camp Wrap-up

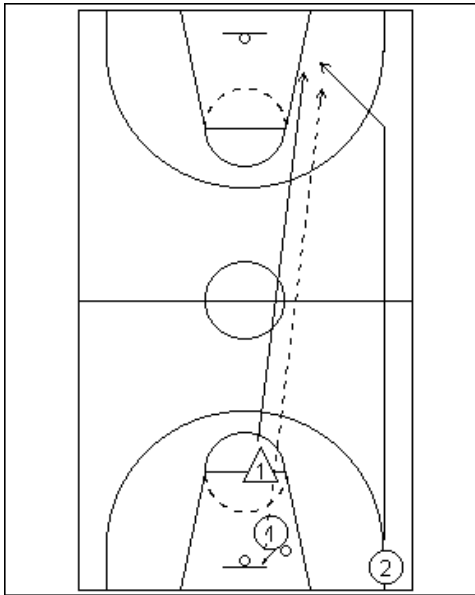
A very successful U/14 Blue Star All-Star Camp was recently held at Penrith Stadium on 20-21st May. Some 180 players and 40 coaches representing 5 Country regions and 4 Metro regions gathered for a very hectic two days of training and playing.

The level of competition was good with some very competitive games being played in the right spirit throughout the weekend.

In the boys division, Country South beat Metro Central in the final, while in the girls division Country Central beat Country South. A full list of results may be seen on the Basketball NSW website.

Drills of the month

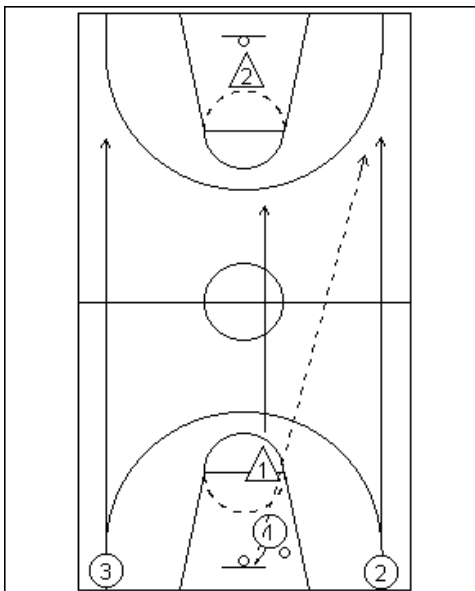
The following drills were shown to me by Shawn Dennis (Maitland). They are designed to work on both transition offence and transition defense.



O1 passes the ball against the backboard. As soon as the ball hits the backboard, O2 sprints the lane. Defender on the free throw line faces the basket and can not leave until O1 has the rebound.

DO NOT LEAVE EARLY

Emphases on making a good pass out in front. There is a window of opportunity to get a layup (gain an advantage while the defender is recovering to help)



O1 passes the ball against the backboard. As soon as the ball hits the backboard, O2 and O3 sprint the lanes. Defender (1) on the free throw line faces the basket and can not leave until O1 or O2 has the

“That’s a Foul”

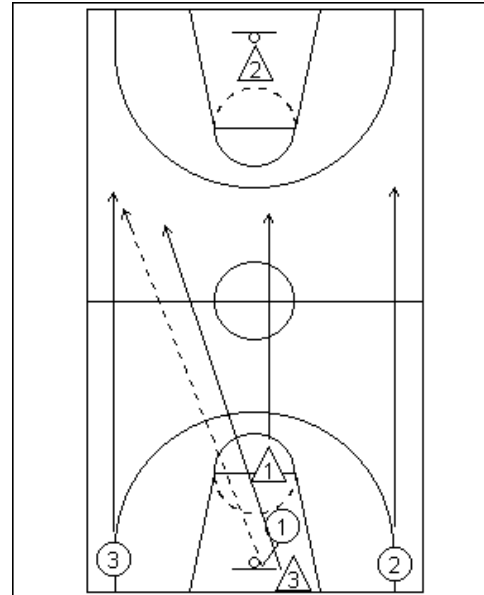
Basketball NSW Coaches Newsletter

rebound. Defender (2) is positioned at the other end of the court.

DO NOT LEAVE EARLY

Emphasis on making a good pass out in front, and getting a 2 on 1 situation while defender (1) is recovering to help.

Defender (2) may hedge or fake to help to cause the offensive players to slow down or make a bad pass, while defender (1) is recovering to help.



O1 passes the ball against the backboard. As soon as the ball hits the backboard, O2 and O3 sprint the lanes. Defender (1) on the free throw line faces the basket and can not leave until O1 or O2 has the rebound. Defender (2) is positioned at the other end of the court.

DO NOT LEAVE EARLY

Emphases on making a good pass out in front, and getting a 3 on 2 situation while defenders (1) and (3) are recovering to help.

Defender (2) may hedge or fake to help to cause the offensive players to slow down or make a bad pass, while defenders (1) and (3) are recovering to help.

O1 must now also run the floor.

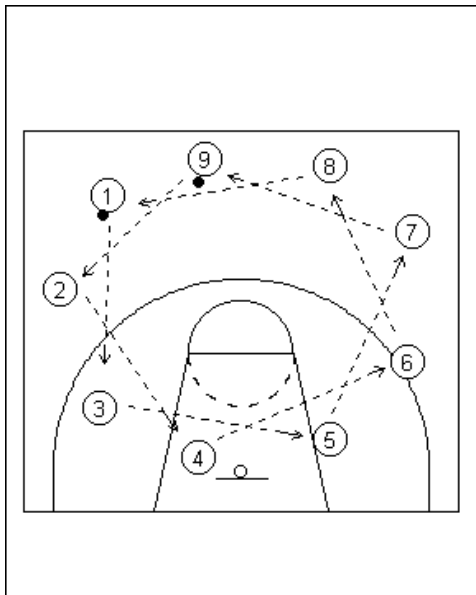
Coaching Tips

“The daily practice plan should never be planned in a hurry. Both the past and the future must be taken into consideration as well as personnel, physical condition, morale, available facilities, and many other things.” (John Wooden)

How true this statement is! When was the last time you sat down and planned your training session? Remember the old saying..... “failing to plan is planning to fail” Don’t underestimate the importance of planning ALL your training sessions!

May 2002

Passing Drill – “Rondo”



A simple passing drill that can be fun. Put an uneven number of players in this case 9, around a circle.

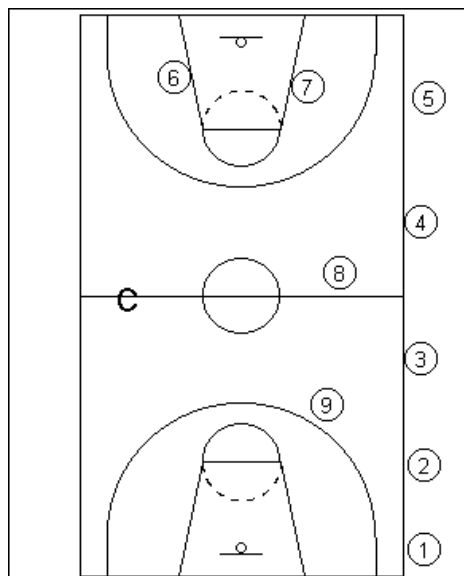
Give a ball to player 1 and 9 and let them pass to the right skipping one player. So the pass sequence will be 1-3-5-7-9-2-4-6-8-1 or 9-2-4-6-8-1-3-5-7-9 depending on your starting point.

The goal is for one ball to overtake the other.

As this might be a bit dull the following variations are possible:

- Add balls, up to 3-4 shouldn't be a problem.
- Change direction from anti-clockwise to clockwise on a signal.
- Let the players tap their feet while passing.
- Change the pass type on a signal.

Footwork/ warmup – Jumping drills



“That’s a Foul”
Basketball NSW Coaches Newsletter

Players may stand anywhere on the court, as long as they are near a line. Coach watches all players do a series of jumping drills, jumping from one side of the line and over.

Drills to be completed include:

- two feet front and back
- left/ right foot front and back
- two feet jumping sideways over and back
- left/ right foot jumping sideways over and back
- single and both feet jumping up and down the line
- single and both feet jumping in the shape of a square, triangle, letter W, letter V and letter Z.

Emphasis on maintaining balance at all times and being light on your feet (don't "pound" the floor "like a herd of elephants!")

Thought for the Month

"No one really knows enough to be a pessimist."

Norman Cousins

Resource Review

Video

Steve Alford’s 50-Minute “All-American Workout”

This video is one of the best workout videos that I have ever viewed. The “All-American Workout” is performed by Steve Alford who was a very well credentialed Collegiate player and who played on the same Olympic team as Michael Jordan and Patrick Ewing at the 1984 Los Angeles Olympics. Steve is currently the Head Coach of the University of Iowa Men’s Basketball Program.

Steve shows how you can use simple props, ordinary things you would find around your home – a broomstick and a chair – to constantly improve your skills.

The drills are simple and the intensity that the drills are demonstrated at is great and will show kids what a workout really should be like! I have used the workout on many occasions with players (guards) in my workouts with kids.

We have a copy of the video in our coaches’ library for those members who have paid their library bond and would like to access the video.

Alternatively, the video may be purchased over the web at any good basketball website. If you want to know which sites to access just contact the coaches department.

May 2002

Library

What great resources do all you coaches have out there? If you have a good book or video why not let us know what it is so that we can get it for our library.

At present no one has accessed the library except "Supercoach!"

Ask Supercoach

Well, Supercoach (our mystery guest coach) has had very little if no correspondence. It looks as though all you coaches know everything! If this is the case, why not send in your thoughts about basketball so they can be shared amongst our coaching fraternity.

Questions and answers for Supercoach

Q. I think one of the most difficult things to teach in the junior program is spacing. So do you have suggestions/drills that would help in this regard? (Denzil Fiebig)

Supercoach:

Ohhhhh, spacing! Something that all coaches constantly keep telling their players they need to maintain.

I would suggest putting rules in to your playing situations to encourage spacing. For example, implement a rule that every pass can only be made to players 15 foot (approx. 5 m) from one another. Therefore players need to stay 15 foot apart from one another. If a pass is made over a lesser distance then it is an automatic turnover and the other team gets the ball.

Upcoming Events

U/14 TAP Camp

Names have now been released for those athletes who have been successful in making the Talented Athlete Program (TAP) – see the BNSW website.

This camp will be held starting Sunday 26th May and finishing on Friday 31st May. The camp will be held at the Sydney Academy of Sport at Narrabeen.

All athletes will be put through a vigorous number of training sessions; attend lectures on Psychology, Nutrition, Speed and agility, Drugs in Sport; fitness testing; and complete school study sessions.

If you would like to pop out to Narrabeen and have a look at any time, please do not hesitate to contact Brett Coxsedg at Basketball NSW on 97462969. Brett can give you a run down on session times etc.

The camp really is worthwhile to have a look at so come on down and have bo-peep!

ITC Training Sessions

At present the ITC sessions in Metro on Monday nights are in recess, however will be recommencing soon. More information will be forwarded regarding these sessions.

Pat Hunt Visits

Pat Hunt (National ITC Head Coach) will be visiting parts of NSW in May (13th – 15th). Along with Brett Coxsedg (NSW ITC Head Coach), Pat will conduct some training sessions and coaching clinics. These sessions will be primarily aimed at members of the NSW ITC squad, however some invitees will also be invited to train.

Pat's itinerary is as follows:

Monday 13th May – Sydney 6-8pm

Tuesday 14th May – Wollongong 4-6pm and Sutherland 6.30-8pm

Wednesday 15th May – Newcastle 4.30-6.30pm and 7.00-8.30pm

If you live in these areas why not come along and have a look!

Metropolitan Coaches Clinic

As mentioned above, Pat Hunt will be visiting in May. A coaches clinic will be conducted for Metropolitan Coaches. Pat, along with Frank Arsego (AIS Men's Head Coach) and Brett Coxsedg will be putting the Metropolitan ITC kids through their paces.

Details are as follows:

Date: Monday 13th May 2002

Time: 6-8pm

Venue: Trinity Grammar
Prospect Road, Summer Hill

Cost: Free

Coaches of all level are welcome to attend. If you are attending can you please let Brett Coxsedg (NSW ITC Head Coach) know on 97462969 or just turn up on the night!

Waratah Junior and Senior Camps

Just a 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.

It was great to see all the coaches at the Blue Star Camps, however we now need to have the same support, if not more for our Waratah Program.

More information will be forwarded in the near future.