



Email : [coaches@nswbasketball.net.au](mailto:coaches@nswbasketball.net.au)

### **Tis the season to be jolly!**

Christmas is nearly upon us which hopefully means a bit of a break from basketball and time for some Christmas cheer!

This is the last edition of "That's a Foul" for the year. We will start up again after the New Year.

Our mailing list has grown to over 340 coaches from NSW and all over Australia, as well as overseas! I hope you all have enjoyed our newsletters. I have endeavoured to make them interesting and informative, as well as an effective means of relaying news of Basketball NSW events (such as coaching clinics and camps).

So here we go..... the last hurrah for 2002!

### **Editorial – What did we achieve in 2002?**

It is that time of the year that we all look back and ask ourselves "what did I achieve this year?" It is always good to sit down at the end of a long, hard, however rewarding season and evaluate your coaching development.

What do you ask yourself? Everyone will be different. I look at FUNDAMENTALS and SKILL ACQUISITION.

From a broad NSW point of view I feel that our development programs have continued to expand. We have held many camps, trials, tournaments and worked with many athletes of varying abilities.

Some keys areas that I have targeted for 2003 (and have already started to implement with the new ITCP Squad) that I feel need improving after watching A LOT of basketball this year are:

- dribble containment and defensive footwork
- continued development of shooting the ball consistently
- triple threat and front foot position (no ball above your head)
- increased fitness levels (ability to keep running)
- doing all the work necessary

The other area I always like to evaluate is in relation to coaching and organisational issues. This year, we have again suffered from a lack of coaches willing to become involved in Basketball NSW development programs. Unfortunately the same loyal and hard

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working coaches put up their hands and helped us out. To all of you, Bob and I thank you an enormous amount. Without your help and support we would not get done everything that we set out to do. Believe me, you do make a difference and the kids do appreciate it!

To those coaches (and administrators who have sat back, criticised us and not offered one little bit of support and /or positive advice - as they are all great at picking up on the negatives), it is unfortunately you people who continue to hold back our sport from developing further. Maybe you could all set yourself a New Years Resolution for 2003 of being positive and working to help our great sport go forward!

Well that's all from me. The Basketball NSW Coaching staff are really looking forward to the Christmas break, all be it a short one. The good thing is that we are also really looking forward to 2003 and helping make basketball in NSW bigger and better!

### **Urgent – Bigs needed!!**

At a recent ITC meeting a request was sent out by AIS Women's Head Coach Phil Brown. He has put forward the following points as areas for coaches to further emphasise and look out for (especially in female basketball players):

- ✓ Search for BIG girls (There is a shortage)
- ✓ Improve the physical base - aerobic fitness levels
- ✓ Shooting
- ✓ Passing - feeding the post
- ✓ Left hand skills
- ✓ Understanding the game

I think these are again some good areas to be aware of as we sit down and evaluate our year, and plan for 2003.

I would like to back Phil up on all areas, with the current fitness levels being a big priority. Also, if you have any bigs (180cm plus) then be prepared for them to take a little while longer to develop. Unfortunately many coaches see "big" kids as "goofy" and "uncoordinated", failing to see the long term benefits that these athletes may provide to a team.

If any coaches know of any "bigs" that Basketball NSW may not know about just drop us a line!

### **Websites of the Month**

I have had a bunch of great websites recommended to me lately. Below are some of them. Don't forget, if you know of a good website let others know!

<http://www.all-starr.com/home.htm>

This is a website I found when I was designing the new ITC Summer Improvement program. Go in to the Training Manuals part of the website. Here you will be able to look at various programs. There are some great videos showing the exercises (agility drills in particular).

[www.sma.org.au](http://www.sma.org.au)

This is the Sports Medicine of Australia Website. It has some good information on it. Of particular interest are the training tips (click on information first, then training tips)

<http://www.coachingaus.org/thankscard.htm>

For electronic cards to send to your coaches. Very helpful for Associations and clubs.

### **Coaching Tips**

The following article was published on the Sports Medicine of Australia website . I thought it may be appropriate given that some coaches may be interested in getting a jump on their opponents by already be planning for 2003!

#### **Preparing for the Season**

Pre-season training can often make or break your team's success. And it's not just about preparing athletes to compete at their best. Pre-season training also means including systems and routines which will help your players get through the season without injury.

Try and implement as many of these tips into your pre-season training:

- Encourage all players to undergo a medical screening by a qualified sports medicine doctor to ensure they are not predisposed to a condition that may cause injury.
- Make sure you receive a completed pre-participation questionnaire from all players. This will provide you with vital information including emergency contacts, health care, medical and injury details.
- Develop a high level of skill and fitness specific to your sport amongst your players as this is shown to reduce the rate of injury.
- Encourage all players to learn and apply both the written and unwritten rules of the sport. The rules are specifically designed to create a safe sporting environment.
- Make sure you have adequate warm-up, stretching and cool down time at each training session and competition. These components play an important role in

reducing the risk of injury by preparing the athlete both physically and mentally for the specific activity ahead.

- Check that all equipment is in good working order, including safety equipment.
- Make sure all players wear appropriate protective equipment.
- Make sure training rooms, first aid area and change rooms are clean and hygienic. To ensure infectious diseases are not spread players should not share towels, razors, water bottles or any other equipment that may contain bodily fluids.
- Anything contaminated with blood should be treated as potentially infectious and treated accordingly.
- Encourage your players to eat a high carbohydrate, low fat diet and ensure they are adequately hydrated by drinking plenty of water or sports drinks.

Even with the best planning, injuries can happen. It is important that you have an emergency plan in place for these situations. Having a sports trainer as part of your team will make implementing an emergency plan easy.

Sports Medicine Australia, Australia's leading sports science and medicine advisory body, recommend that all teams should have a sports trainer who can put the plan in to practice, and be on-hand for all training sessions and competitions in case of emergencies.

To make sure the appropriately qualified personnel are available, Sports Medicine Australia provides community education courses in Sports First Aid and Sports Training.

### **Thoughts for the Month**

"Over coaching is the worst thing you can do to a player."

**Dean Smith**

"It takes education to be successful at the game of basketball."

**Bob Lanier**

(Ed. Like I always preach...when was the last time you did something to increase your basketball knowledge?!)

"Develop a love for details. They usually accompany success."

**John Wooden**

"No excuses.....get it done!"

**NSW ITC Motto for 2003**

**"That's a Foul"**

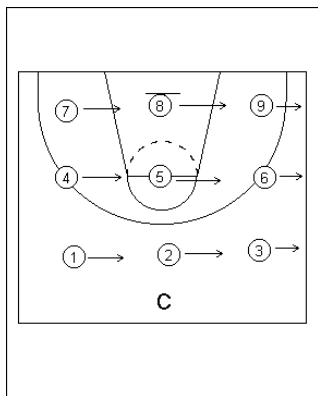
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## Drills of the month

This month's drills come from Patrick Hunt and focus on man to man defensive concepts.

### Footwork



Players face the coach. Coach points to a direction (left or right) or makes a call out (eg. two slides to the left). Coach should work at having the players only make 1-2 slides and not have the drill go continuously.

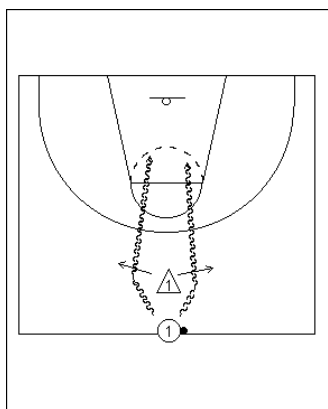
Emphasise:

- "stance" - feet, weight, "ready"
- Head position (in the middle of your body and "nose behind your toes")
- Hand position
- "big to bigger" foot movements

Variation:

- players can make a drop step on command
- slide / run/ slide movement pattern may be practised

### Half court containment



Player 1 starts with the ball at the half way line. Their goal is to beat the defender and enter the key through the free throw line.

The defender's goal is to stop the dribbler getting through the free throw line.

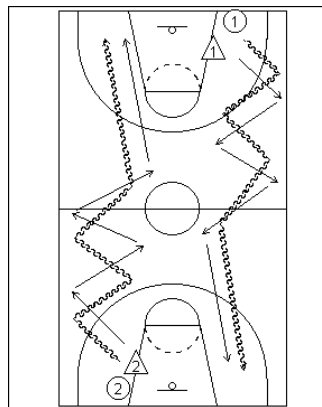
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Variations:

- defender to hold their shorts at first (this emphasises the importance of moving your feet).
- add a time limit for the offensive player to get through the free throw line (eg. 5 seconds)
- do the same drill except look to attack through the side of the key

### Turn the dribbler/ channelling



Defenders 1 and 2 turn the dribbler in the backcourt. Once the offensive players get to the half way line, the defenders must now "channel" or force/ guide the offensive players to the sideline/ baseline.

The offensive players should not be allowed to penetrate to the middle of the court at all!

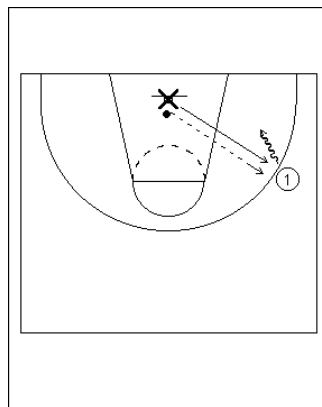
Emphasise:

- staying in a "stance"
- pressure on the ball
- defensive player to talk and call out "ball" when guarding the ball
- offensive player to try and get to the middle and penetrate through the free throw line.

Variation:

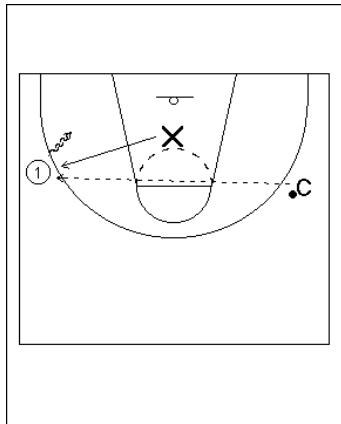
- make competitive
- limit number of dribbles or time to get a score.

### 1 on 1 closeouts



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**1 on 1 off a skip pass**

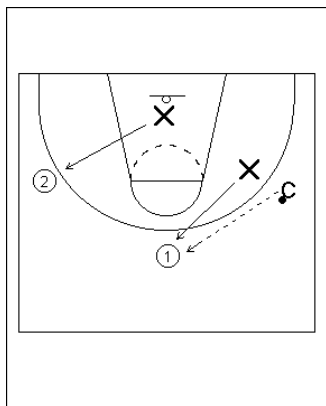


Defensive player (X) passes the ball out to the offensive player 1 on the perimeter and closes out.

Coach makes a skip pass to offensive player 1 who is on the other side of the court. Defensive player starts in an open stance on the split line and closes out to player 1. Players play 1 on 1. Defensive player should carry a hand and can closeout "long" or "short"

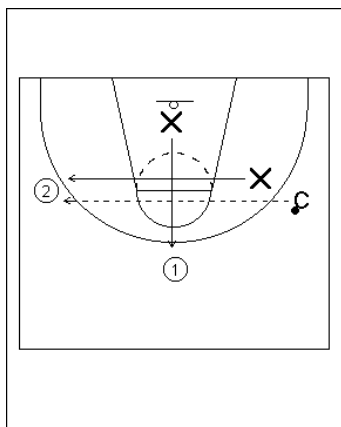
Variation - offensive player should look to attack middle or the area where the closeout comes from (this becomes a difficult move to defend)

**2 on 2**



Coach passes the ball to either player 1 or 2. The defender who is defending the coach closes out to whoever the coach passes to. The other defender closes out to the free player. Players play then 2 on 2.

**2 on 2**

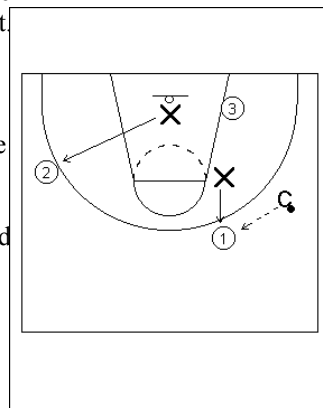


Coach passes to player 2. Defensive player on the coach closes out "long" on player 2, whilst the other defender closes out on player 1.

Players play 2 on 2.

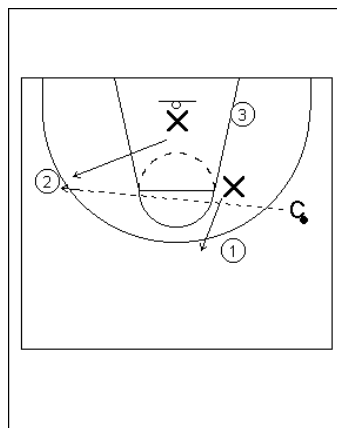
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**2 on 2 (inactive post)**



Defensive players are helping on the post from the ballside and helpside wing. Coach passes to player 1 at the point. Defensive players closeout on their player. Play 2 on 2.

**2 on 2 (inactive post)**



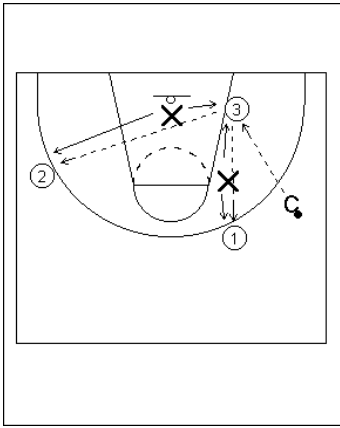
Coach passes to the helpside wing. Defense closes out. Play 2 on 2.

**2 on 2 (inactive post)**

Coach passes the ball to the low post who may pass the ball to player 1 at the point or player 2 on the wing.

Defensive players must help out on the post before closing out on their players.

After passing the ball the post player then steps out of the play. Play 2 on 2.



## **Supercoach**

Supercoach is thinking about retiring as his expert services and expert knowledge don't seem to be required by all the smart coaches out there! Maybe Supercoach will go on an early holiday and contemplate his/her future for 2003!

## **ITCP Player Scholarships**

The 2002/2003 Intensive Training Centre Program (ITCP) has announced its scholarship holders for the upcoming season. A total of 57 athletes have been awarded scholarships. Already, all athletes have attended an Induction Camp and been given a Summer Improvement Program to increase their fitness and skill levels.

A full list of successful athletes and camps dates are available from the Basketball NSW website.

For further information regarding the ITCP, especially those who want to come and have a look at any of our camps or individual/ group sessions, please don't hesitate to contact Brett Coxsedge (NSW ITCP Head Coach)

## **Resource Review**

The following two books are published by Human Kinetics. They have a wide range of books and videos. You can check out their website at: <http://www.humankinetics.com/>

If you want to order their catalogue call their Australian office on (08) 82771555 or email them at [liahka@senet.com.au](mailto:liahka@senet.com.au)

## **Books**

### ***Complete Conditioning for Basketball***

By Greg Brittenham

ISBN 0-87322-881-2

This book lists over 50 drills for players and teams. It also shows some sample conditioning programs as well as information on strength training, flexibility, speed and agility. Not a bad book to have in your coaching library!

### ***Youth Basketball Drills***

By Burrall Paye and Patrick Paye

ISBN 0-7360-3365-3

Youth Basketball Drills contains all the drills you need to develop the essential fundamentals. The book covers some 110 basic to advanced drills.

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Areas covered include:

- Ball handling
- Passing
- Cutting
- Screening
- Rebounding
- Shooting
- Defensive footwork
- Individual moves
- Team defense

Another handy book to own!

## **ITCP Summer Improvement Program**

The NSW ITCP squad for 2002/2003 has recently commenced as mentioned earlier in this newsletter. One significant change that has been implemented with the squad this year is a “Summer Improvement Program”

The program was devised to increase the base fitness levels of all athletes as well as work on speed, agility and continued skill development.

All athletes will complete the program for the next 4-8 weeks, documenting the training that they have completed (and send it to the ITCP Head Coach every two weeks).

If you are interested in looking at the program please contact Brett Coxsedge (NSW ITCP Head Coach) at: [brett\\_coxsedge@nswbasketball.net.au](mailto:brett_coxsedge@nswbasketball.net.au)

## **Metro Development League (MDL)**

A successful MDL recently operated in Sydney. This year the format of MDL was changed meaning less time commitments for athletes and coaches. An emphasis was placed on more teaching followed by scrimmages.

Following MDL, teams were selected to attend the Melbourne and Port Macquarie Tours in January 2003. Names of all athletes selected will be placed on the web in the near future.

## **Country Tours**

Country teams have been selected for the Country Tours (AJCBC and PCS). Names of all athletes selected will be placed on the web in the near future. Both these tours serve as important avenues for player and coach development. A coaches clinic after the opening ceremony featuring Pat Hunt (National ITCP Head Coach) and Tab Baldwin (NZ Men's Head Coach) will be conducted in Albury. More info will be forwarded about this as it comes to hand.

## **ABA Coaches wanted – Manly**

Manly Warringah Sea Eagles are currently accepting applications for their Head & Assistant coaching positions for their 2003 men's and women's Waratah ABL teams. To download an application form click on the link below:

<http://www.manlybasketball.com.au/aba2003/coach.shtml>

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## Upcoming Events

### **High Performance Camp and coaching clinic (U16/ U17) – See info this page**

This camp is for athletes selected from the Senior Waratah All-Star Weekend. The camp will be held this weekend 30<sup>th</sup> November - 1<sup>st</sup> December at Penrith. This is a new concept. Coaches attending the camp (to be confirmed) include Brian Goorjian, Adrian Hurley, Rob Beveridge, Russell Codling and Rex Nottage.

### **ITCP Camp 2**

13-15<sup>th</sup> December 2002 at Maitland .

### **AJCBC**

Training Camp 11-13<sup>th</sup> January 2003.  
Tournament 14-18<sup>th</sup> January 2003.

### **PCS**

Training Camp 19-20<sup>th</sup> January 2003.  
Tournament 21-25<sup>th</sup> January 2003.

### **Melbourne Metro Tour**

Tournament 24-27<sup>th</sup> January 2003.

### **All Australian Camp**

U/16 and U/18 Camp featuring some of the best junior players in Australia held at the AIS in Canberra. Dates of camp are: 20-26<sup>th</sup> January 2003.

### **U/16 and U/18 State Team Trials**

22-23<sup>rd</sup> February 2003 . Venues to be advised.

### **U/20 National Championships**

24 February –1<sup>st</sup> March 2003 at Ballarat, Victoria.

### **Blue Star Camps**

For U/13 and U/14 players will be held in March.  
More details to follow

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## **“HI PERFORMANCE” COACHING CLINIC**

### **FIVE EXCELLENT COACHES WILL BE PRESENTING:**

**Brian Goorjian** (Australian Boomers Head  
Coach & Sydney Kings NBL Head Coach)

**Dr Adrian Hurley** (Ex Australian  
Boomers, AIS and NBL Head Coach)

**Rob Beveridge** (Australian Young Men  
Ass't Coach, NSWIS Head Coach, NSW U/20  
Head Coach)

**Rex Nottage** (Former NSW Coaching  
Director, ABA Head Coach, State Team Head  
Coach)

**Russell Codling** (Former NSW Coaching  
Director, WNBL Ass't Coach, State Team Head  
Coach)

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## **This Clinic will run in conjunction with the U/17 Senior Waratah Hi Performance Camp**

### **FIVE FANTASTIC ON FLOOR SESSIONS (OF 2 HOURS EACH) OVER 2 DAYS**

1. Developing Motion Offence Rules for Your Team– R Beveridge
2. Developing Your Defence in Open Stance – R Codling
3. Developing a Team Defensive Philosophy – From Full Court to Half Court – Dr A Hurley
4. Developing the Three Man Game and Two Man Game in Your Team – R Nottage
5. Transition Offence & Conversion to Defence – B Goorjian

### **NOTE LEVEL 2 COURSE MEMBERS:**

A Level 2 Module 3 Course will run in conjunction with the Hi-Performance Coaching Clinic Weekend. You will receive information separately in the mail or contact BNSW.

More detailed information about the course and registration forms are available from the BNSW Web Site <http://www.nswbasketball.net.au>.

**Location:** Penrith Basketball Stadium,  
Herbert St, Cambridge Park.  
**Dates:** Saturday & Sunday 30 November  
& 1 December 2002

**Cost:** *General Clinic Attendees*  
**\$44.00 (For 2 Days Clinic)**

(includes GST. Does not include meals and accommodation)

**For more information contact:**  
Basketball NSW Coaching Department,  
Attention: Bob Sim, Manager Player/Coach  
Education,  
P.O. Box 198  
Sydney Markets NSW 2140  
Phone: (02) 97462969

**DON”T MISS THIS  
GREAT CLINIC!!**

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