

THAT'S a FOUL!



NOVEMBER 2006 EDITION

WELCOME BACK!

Welcome to the November edition of "That's a Foul". After a one month hiatus, we are back, with a new editor on deck and plenty of information to share with the NSW coaching fraternity.

Our departed editor, Brett Coxsedge, has settled well into his new role at Wichita State University and will no doubt be casting a critical eye over this and future editions of the newsletter.

The "Shockers" have started the new season with four emphatic victories and reports out of Kansas are saying the new Basketball Operations Director is all the difference!!!!

You can follow the progress of the team on the school's official website www.goshockers.com

As usual, it is a busy time for coaches in New South Wales in November, with a series of camps and programs operating around the State.

The Metropolitan coaches have been hard at it in recent weeks with the start of the Metropolitan Development Program and thanks goes to all those coaches who are giving up their time each Sunday to work with the athletes at the various centres.

The National Intensive Training Centre Program has started again and coaches throughout the State are dragging themselves out of bed to work with young athletes in early morning individuals. We also have a camp set down for November 18 and 19 on the Central Coast, which will incorporate the BNSW High Performance Camp.

Add to that the number of NCAS Level One and Two courses operating around the place and the start of the club representative trials and it is not hard to see our coaching network has its collective shoulder to the wheel.

The Basketball NSW Coaching Department has added a staff member in October, with respected country coach Scott Balsar coming aboard. Scott has been a highly successful State coach in the country program, has worked tirelessly in all of our development programs and will be a valuable addition to the staff.

We hope you enjoy this edition of your favourite coaching newsletter and please do not hesitate to contact us if you want something included in future editions or have a drill or an article you would like included!

To keep up to date with all that is happening at Basketball New South Wales, visit www.nswbasketball.net.au

Our web-site has all the latest news on development and competition within New South Wales and is a great way to stay in touch with the busy basketball calendar.



Technical Observations from the World Championships for Women
Peter Lonergan, Technical Assistant Coach, Australian Opals

Offence -

- Most teams had dominant handler/organiser - all could shoot the deep 3
- Use of screen for the screener sets prevalent
- Use of staggered screens for shooters prevalent – each team had at least two players who were excellent at coming off staggers, getting footwork done and knocking down shots
- Offensive structure/continuity that often had multiple options and ran deep into the possession - e.g. France who had sets that ran basically the full 24 seconds with constant action and screening
- On-ball screens and hand-offs (big to small) prevalent - multiple on-balls in a possession not uncommon, use of “Horns” action late in the possession
- “Bigs” ran the floor very well and made catches – Jackson, Stepanova, Parker, Thompson
- Cutter and screener as an option - screeners used dive cuts and "slips" to good effect
- Each team had at least two outstanding penetrators (relentless/strong bodies on the driving line/ability to finish under physical duress) – Korstin, Taylor
- Multi-skilled athletes - aspects such as having the ability to "invert" sets to exploit bigs on the perimeter etc (Opals used to good effect)



Defence -

- Most teams established good pressure on the handler/physical presence
- Lane pressure – athletes in denial lanes, leads had to be executed well
- Bigs able to defend to 3 point line – requires work on the bigger athletes physically, Jackson best in world as a “big” maintaining a stance and containing on perimeter
- Use of active zones as a change-up - most zones very active and establish good pressure on the ball – 1-1-3 match-ups most prevalent
- Number of teams went "under" the ball screen and jammed up the screener to prevent the roll
- Opals were able to maintain hand pressure on the ball at all times – “exemplary hand pressure” a key theme



Individual athletes – the “International Package”

- Physically conditioned, explosive, high level of core strength
- Mid-range game was a feature of best players at tournament – Harrower and Taylor
- Ability to penetrate versus physical pressure and not be pushed off their line of drive – Taylor prime example, young players like Phillips and Camino developing this
- Use of hesitation moves – the best perimeter penetrators all used hesitation as much as change of direction – Taylor, Korstin, Bird.
- Ability to create physical presence when guarding the ball – strength to get through multiple screens when guarding prime time scorers
- Athletes able to create presence in the lanes – leads had to be good for the entry pass



NSW Country Coaches Announced for 2007 Australian Country Junior Basketball Cup

Boys –

- Under 14 Kookaburras
- Under 14 Waratahs
- Under 16 Kookaburras
- Under 16 Waratahs
- Under 18 Waratahs
- Under 18 Kookaburras

Head Coach

Mark Goddard
Naomi Kemp
Terrin Hamson
Shawn McEachin
Ray Warrington
Nathan Martin

Assistant Coach

Ryan Compton
John Wallace
John Hargreaves
Jason Berry
Scott Goodier
Brett Murphy

Girls –

- Under 14 Kookaburras
- Under 14 Waratahs
- Under 16 Kookaburras
- Under 16 Waratahs
- Under 18 Kookaburras
- Under 18 Waratahs

Russell Potter
Glenn Clark
Chris Ohlback
Stuart Hancock
Karen Irwin
Greg Radford

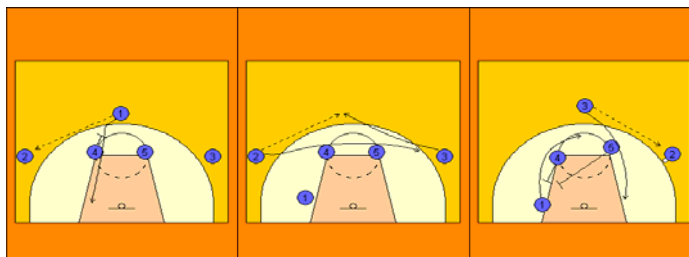
Tim Griffiths
TBA
Josh Cohen
Peter Lynne
Darren McFarlane
Anneal Onslow





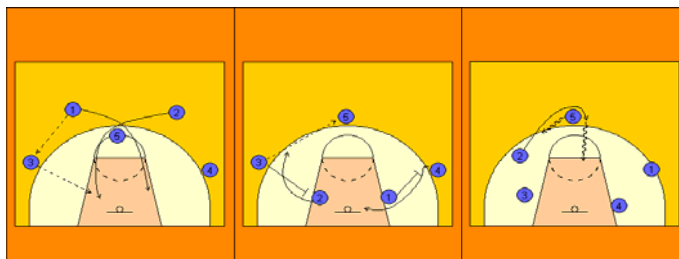
Sets and Entries from the 2006 FIBA World Championship for Women

France –



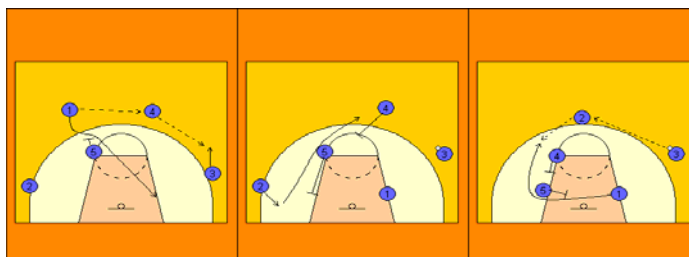
- 1-4 high alignment
- UCLA cut
- 3 replaces to receive ball out top
- 2 runs “slant cut” across 4 and 5 to receive pass
- 4 and 5 set double screen for 1 to come off for shot

Lithuania



- 2-3 alignment
- Pass to wing, 1 runs hard cut off 5, 2 then cuts ball-side hard off 5
- If no pass is available, 5 steps to receive ball
- 1 up screens for 4, who looks for lane catch or post up
- 3 down screens for 2

Spain –



- Also used extensively by USA
- Shuffle cut
- Staggered down screen for 2
- 4 and 5 then change angle and re-screen for 1 to curl off for shot or create a play off penetration

Thank you and acknowledgement to Basketball Australia for permission to re-produce parts of this document.



Drill of the Month

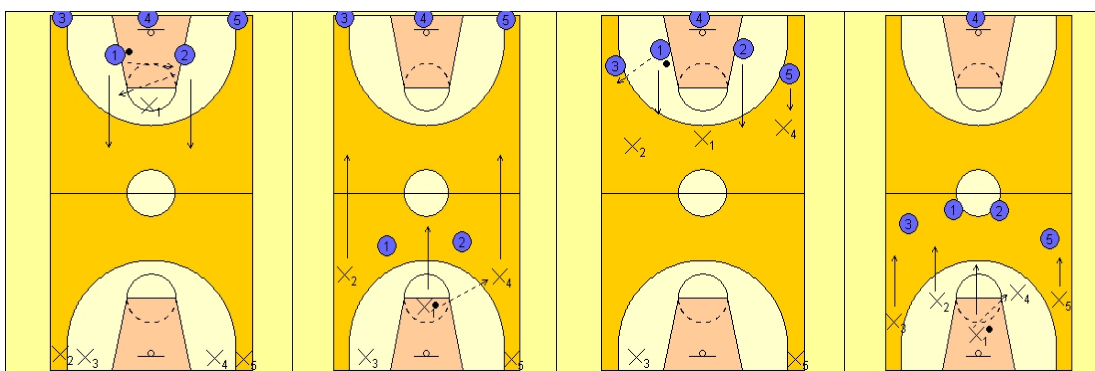
November is a big month with junior representative trials and with that in mind; we thought we would include a full court, competitive transition drill that may be useful for coaches in the trial setting.

The drill comes from respected Wake Forest University coach Skip Prosser and was observed on the 2003 NITCP Coaches Study Tour.

It involves advantage/disadvantage situations and requires communication and thought – key aspects when trying to identify players in the scramble of a trial.

The drill starts in the 2 v 1 setting, with the offensive players working the principles of driving lane/passing lane. On a score or a defensive board, the initial defensive player is joined by two team-mates, who now have a 3 v 2 opportunity going the other way.

At the other end of the floor, on a score or defensive board, two more players come and we now have a 4 v 3 setting. The drill finishes on the fourth “trip” with two players coming in to create 5 v 4.



NSW Under 20 Men's Team Trials

Respected NSW coach Rob Beveridge is back at the helm of the NSW Under 20 Men's team and will start preparations for the 2007 campaign in December.

Trials for the team will be held at Penrith Basketball Stadium on December 9 and 10, commencing at 12noon on the Saturday.

NSW has a proud tradition of success at the under 20 level and the 2007 group is once again expected to contend for the championship.

For more information click on this link -

http://www.nswbasketball.net.au/documents/20mtrials_flyermk206.pdf

In other news, “Bevo” will fly out of Australia this weekend to guide a group of young Australian players on a tour of China.

The team will consist of a number of promising young athletes from Australian NBL and ABA programs, with the coaching staff including Emus assistant coach Damian Cotter and respected Victorian youth coach Paul Jones.

Web-site of the Month

www.basketballsbest.com

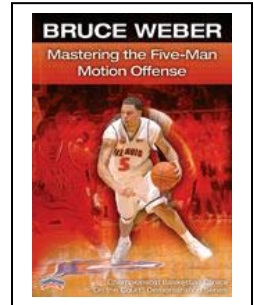
An oldie, but a goodie, Coach Wilkes shares his knowledge from more than 30 years as a college coach!



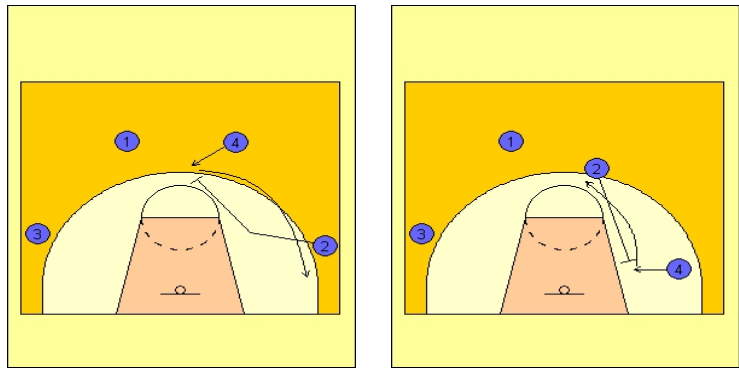
November DVD Review
“Mastering the 5 Man Motion Offence” – Bruce Weber
www.championshipproductions.com



Bruce Weber is the highly successful head coach at the University of Illinois, guiding the team to the 2005 NCAA Championship game. This valuable DVD resource covers the offensive concepts in teaching motion, including spacing, cutting & screening. Presented in simple clinic format, this DVD would be a valuable resource for any junior coach keen to use the motion offence with their team.

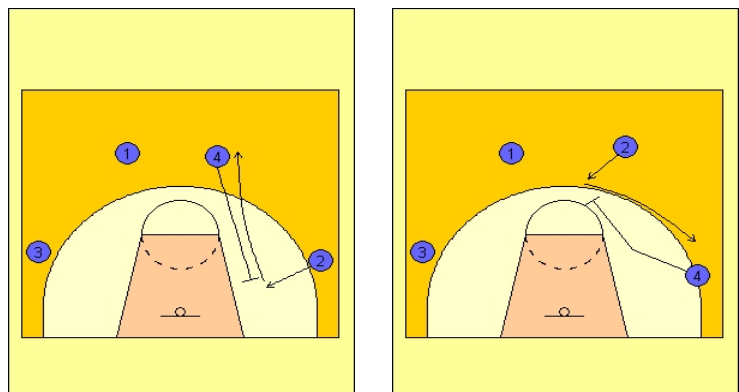


Screen & Re-Screen (from the “Mastering the 5 Man Motion Offence” DVD)



Flare screen, down screen

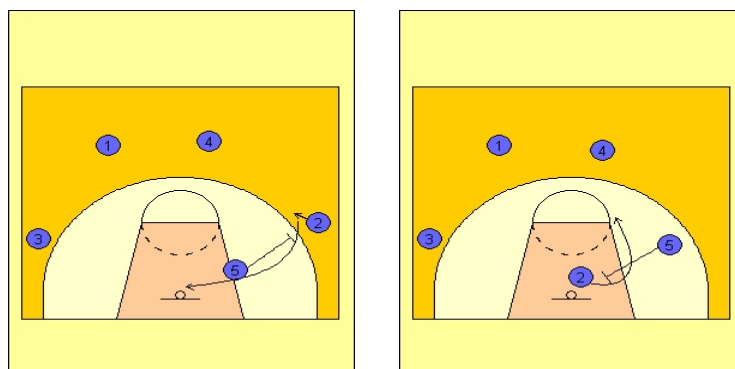
- On the flare screen action, if the pass is not available, the cutter should take the cut low towards the corner
- Angle of the screener is “chest to the ball” on the flare screen
- On the re-screen, the angle of the screener is “back to the ball”



Down screen, flare screen

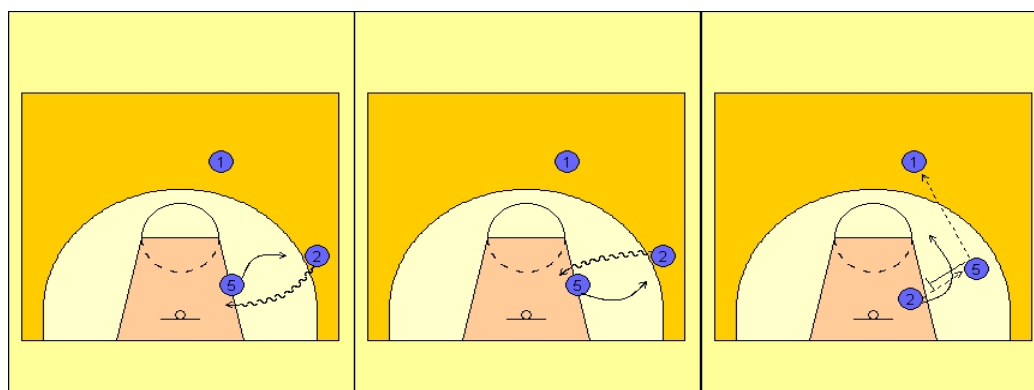
- On the down screen action, the cutter reads the situation and makes the cut high to create space
- On the re-screen, the cutter steps towards the ball and cuts hard shoulder to shoulder off the screen (angle – “chest to the ball”)





Back screen & re-screen

- On the back screen action, the screener must run to create separation away from the block and the help defence (back to the basket on the screening angle)
- The cutter should sprint, showing a target hand looking for the pass on all cuts
- The cutter stops underneath the basket, toes to the ball, carrying hands
- On the re-screen, the cutter reads the defence and comes back off the screen looking for the ball (chest to the basket on the screening angle)



Baseline drive

Middle drive

Kick out, into down screen

- On penetration on the post side, the post man “loops out” to create space and force the defender to make a decision
- If the ball is kicked out, on the ball reversal, the 5 man sets the down screen for the penetrating player to read and react

Play of the Month – Competition

We are always keen to get contributions from our readers, so in the lead up to Christmas, we are running a special competition for coaches.

Coaches are asked to submit their favourite **full court, transition drill** for inclusion in the December edition of “That’s a Foul”. We will include the top four or five in

the December edition and the drill from the coach that is judged as the top contribution will receive a BNSW polo shirt.

Send drills, complete with diagrams, to peter_lonergan@nswbasketball.net.au before December 8 and we will display some of the top ones, as well as announce our winner in the next edition.

