



Volume 1 | Issue 1
Jan 18

BWA Coaches Newsletter

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Hello Coaches,

Welcome to the inaugural issue of the BWA Coaches newsletter. If you are receiving this you are a currently active and accredited coach within the BWA coaching database.

This newsletter is here to supply information and resources to our active and accredited coaches. You will see things such as a calendar of events for the upcoming month, plays, drills, articles and video's.

The content we cover will try and help beginner coaches all the way through to advanced coaches, so expect a wide array of different topics covered.

We hope you find this newsletter beneficial,

The team at BWA.



Upcoming Events

February 18

Feb 1st – Coaching Clinic 7pm-8:30pm @ Kalamunda with Kristen Veal (see flyer below)

Feb 2nd – Wildcats vs Adelaide @ Perth Arena

Feb 3rd/4th – U16 State Performance Program (SPP) @ Bendat Basketball Centre

Feb 7th- Feb 12th – Under 20's Junior National Championships @ Terrigal, NSW.

Feb 9th – Wildcats vs Cairns @ Perth Arena

Feb 10th/11th – U16/18 Country Champs @ Bendat Basketball Centre

Feb 17th/18th – U12/13/14/15 Women's Country Champs @ Bendat Basketball Centre

Feb 24th/25th - U12/13/14/15 Men's Country Champs @ Bendat Basketball Centre



COACHES CLINIC
Thursday Feb 1st 7pm-8:30pm

Free to all coaches

**Ray Owens Sports Centre
 Gladys Road
 Lesmurdie**

Hosted by






**Kristen Veal
 Basketball Australia's
 COE Womens Head Coach**

To register please email david.naylor@basketballwa.asn.au

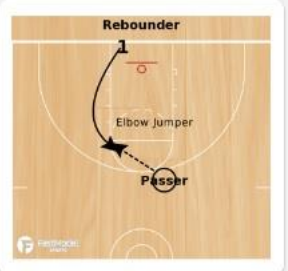
Drill of the Month




This drill gets the shooter 4 game situation shots at game speed.

The Drill starts with the shooter in the corner. He will sprint to half court and receive a pass from the passer for a lay-up.

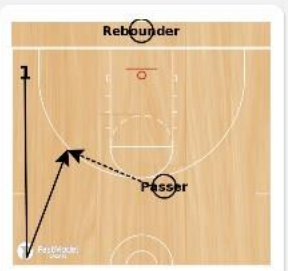
*Teaching point: Accelerate through the basket. Don't slow down to shoot.



After the lay-up, the shooter will curl to the elbow, simulating a pin down screen. This is shot #2.



The 3rd shot is a flare to the corner. Adjust this based on the player.



The 4th and final shot is a transition 3pt shot. After shooting the flare 3pt shot (3rd shot), the shooter will sprint to half court and finish the drill with a transition 3.

Video of the month

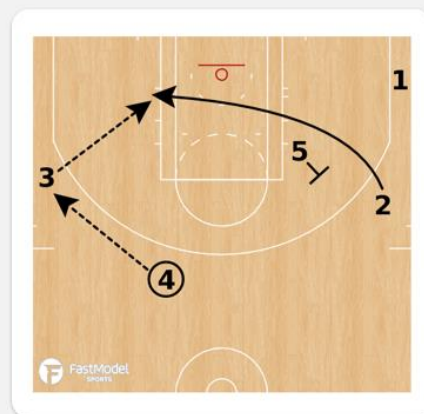
Former Wildcats assistant coaches goes through drills to help players develop their skills.



Play of the month



1/2 DHO. 2 passes to 4.



5 sets a shuffle screen for 2. 4 passes to 3. 3 passes to 2 for postup.

Article of the month

Great article about preparation and attention to detail about one of the NBA's best coaches.

WOLVES

It's who he is: Wolves coach Tom Thibodeau 'coaches every dribble'



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