



Volume 1 | Issue 5
 May 18

BWA Coaches Newsletter

Below you will find;

Upcoming Events

Drills of the month

Videos of the month

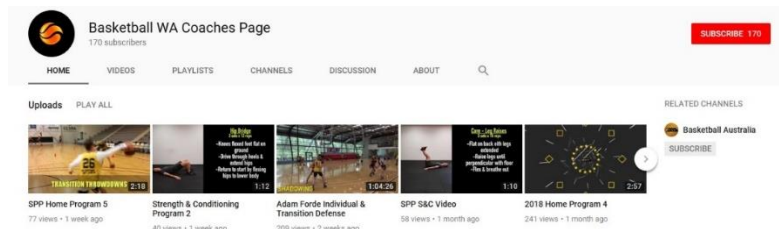
Plays of the month

Articles of the month

Hello Coaches,

Welcome to the 5th issue of the BWA Coaches newsletter. If you are receiving this you are currently active and accredited coach within the BWA coaching database.

For more coaching content and news about the what's going on around coaching in this state, please click and follow on the images below for the BWA Coaches FaceBook page and the BWA Coaches Youtube channel.



Regards,

The Team at BWA

Upcoming Events

JUNE

Jun 1st/2nd – SBL Round 12 @ Various

Jun 3rd – WABL Round 6 @ Various

Jun 4th – SBL All Star Game @ Bendat Basketball Centre

Jun 5th – U14 FDP Academy training @ Bendat Basketball Centre

Jun 5th – Coaches Clinic @ Mandurah Aquatic and Rec Centre

Jun 6th – USA College Pathway Info night @ HBF Arena Joondalup

Jun 7th – Coaches Clinic @ Eaton Recreation Centre

Jun 8th/10th – SBL Round 13 @ Various

Jun 10th – WABL Round 7 @ Various

Jun 12th – U14 FDP Academy training @ Bendat Basketball Centre

Jun 15th/17th – SBL Round 14 @ Various

Jun 17th – WABL Round 8 @ Various

Jun 19th – U14 FDP Academy Training @ Bendat Basketball Centre

Jun 22nd/24th - SBL Round 15 @ Various

Jun 24th – WABL Round 9 @ Various

Jun 25th /29th – Country Week @ Bendat Basketball Centre

Jun 29th/30th - SBL Round 16 @ Various

Jun 30th - U14 FDP Academy Camp @ Cockburn



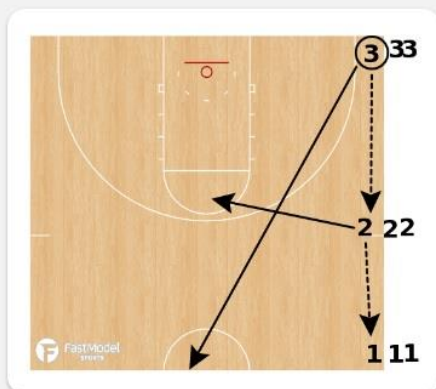
Drills of the Month



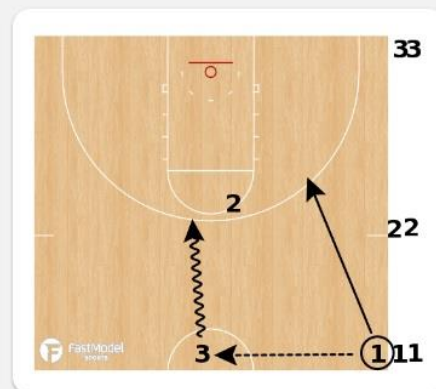
Defender stands at the elbow facing the basket. Offense is on the baseline and dribbles out to the defender and goes around the defender. Once the offense turns the corner it is live. Offense is getting shoulder tip hip/chest and trying to cut off or veer defense to finish.



ADD ON: Dribble decision making/change of direction move can be added. Defender can lift up right or left arm to signal what way the offense must go around.



3 Lines on the sideline (baseline, top of key extended and half court). The basketball starts in the line on the baseline. Player 3 passes to player 2 and sprints to the center circle (must get one foot in the circle). Player 2 passes to player 1 and sprints to the top of the key area and will be on defense.



Player 1 passes to player 3 and they try to score against player 2.

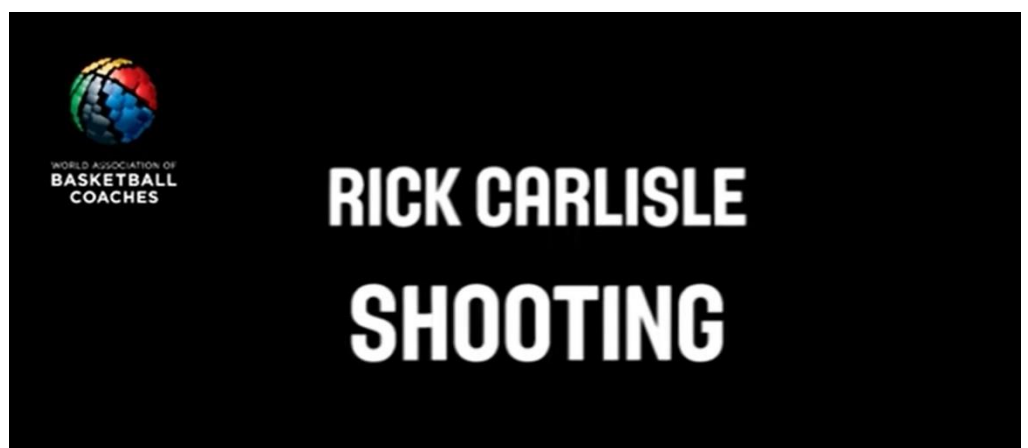
Videos of the month

Below we have two coaching clinics about the art of shooting. The first video is a shooting clinic hosted by Peter Lonergan, Patrick Hunt and Nelson Isley. The second video is a shooting clinic ran by current Dallas Mavericks Head Coach Rick Carlisle. Both are great watches, enjoy.

Peter Lonergan, Patrick Hunt and Nelson Isley



Rick Carlisle



Plays of the Month

Below are two plays. One half court man-to-man play and one baseline out of bounds play for you to use.

MAN TO MAN



1 enters to 2 then cuts to weakside block.
5 pops out to arc.



2 reverses ball to 5 then cuts across floor to wing.
3 cuts to ball side block.

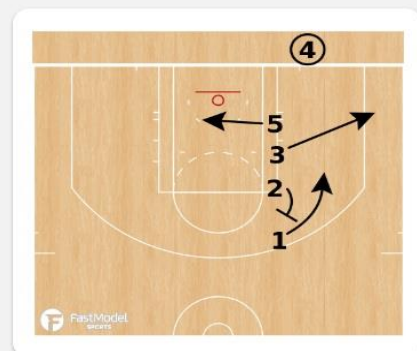


3 sets pin down screen for 1 into DHO with 5.

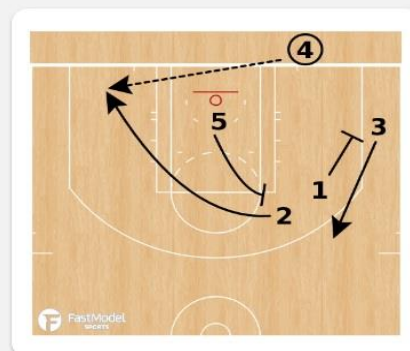


1 turns corner, 5 rolls, 3 fills.
4 sets flare screen for 2.

BASE LINE OUT OF BOUNDS



5 cuts to basket, 3 cuts to strong side corner, and 2 screens for 1



5 back screens for 2 while 1 screens for 3
4 passes to 2 or 3

Articles of the Month

First article is on our U18 Metro Boys State Team who recently won gold at the Australian Junior Championships, the first time in 18 years WA has won it. Secondly is a article from the Harvard Business School, both great reads.

BWA

Basketball: WA's Under-18 metro men revel in Australian Junior Basketball Championships win

May 11th, 2018, 10:00AM | Written by Jessica Nico | Comment News SPORT



Harvard Business School

COACHING

Managers Can't Be Great Coaches All by Themselves

FROM THE MAY-JUNE 2018 ISSUE

SAVE SHARE COMMENT TEXT SIZE PRINT COPY COPIES

In a utopian corporate world, managers lavish a constant stream of feedback on their direct reports. This is necessary, because organizations and responsibilities are changing rapidly, requiring employees to constantly upgrade their skills. Indeed, the desire for frequent discussions about development is one reason many companies are moving away from annual performance reviews: A yearly conversation isn't enough.



In the real world, though, constant coaching is rare. Managers face too many demands and too much time pressure, and working with subordinates to develop skills tends to slip to the bottom of the to-do list. One survey of HR leaders found that they expect managers to spend 36% of their time developing subordinates, but a survey of managers shows that the actual amount averages just 9%—and even that sounds unrealistically high to many direct reports.

It turns out that 9% shouldn't be alarming, however, because when it comes to coaching, more isn't necessarily better.

To understand how managers can do a better job of providing coaching and development up-and-coming talent, researchers at Gartner surveyed 7,300 employees and managers across a variety of industries; they followed up by interviewing more than 100 HR executives and surveying another 225. Their focus: What are the best managers doing to develop employees in today's busy work environment?



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