



# *DISHIN' & SWISHIN'*



**WELCOME** to the first edition of Dishin' & Swishin', your go to source of all things EDJBA!

Dishin' & Swishin' will be published every fortnight to keep all members up-to-date with fixtures, important dates, club information and other useful resources such as drill of the fortnight and even a volunteer/team profile.

## **EDJBA APPOINTS NEW OPS MANAGER**

The EDJBA would like to take this opportunity welcome Ryan Gawly as the new Operation Manager of the Association. Ryan has over 10 years' experience in basketball management, having spent six years at the Frankston & District Basketball Association as Competitions Manager, three years as Sports Director at the Werribee Sports & Fitness Centre and most recently as Operations Manager for the Keilor Basketball Association.

Ryan was attracted to this role due to it being a junior competition as he is passionate about kid's sport.

The EDJBA would also like to take the time to thank David Bacon for working in the role and being a part of the Association for many years. David has been an integral part to the growth of the Association, the introduction of stadium scoring being one of the highlights.

## **FACEBOOK PAGE HAS BEEN LAUNCHED!!!**

In keeping with the times, the EDJBA is pleased to announce the launch of its very own Facebook page. This will be used to keep all members as up-to-date as possible with information relating to grading, fixtures and finals.

Please note that any member has the ability to comment under any post that is published so it is important to keep all comments respectful and in good taste. A copy of the social media policy will be available on our website soon.

Like us by searching EDJBA through your personal Facebook account or click on the following: <https://www.facebook.com/EDJBA/>



## **FINALS DATES:**

**Semi Finals: Saturday August 27, 2016.**

**Preliminary Finals: Saturday September 3, 2016.**

**Grand Finals: Saturday September 10, 2016.**





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## FEATURE VOLUNTEER: DAVID HICKMAN

**Club:** Eltham

**Years as a Volunteer:** 51 years

**Why Junior Basketball:** It was an accident at the start. I was teaching at Eltham High School & was allocated basketball as the sport to supervise in Winter. The players were enthusiastic & wanted regular competition. After a break for study in Canberra I continued coaching & organising. The coaching is the adrenalin part. Enjoy the tactics of the game & enjoy helping juniors gaining a sense of achievement. Organising is partly being a control freak, partly enjoying the puzzle of maximising participant convenience in fixtures (at Fitzroy High I did school timetables), partly a crusade to represent the interests of the grassroots in basketball at policy level. My particular theme is there are a lot of young people below the level of the elite in their age group who deserve well graded competitions which take their aspirations to play at a high standard seriously.



**Fondest Memory:** There are about seven teams which have been outstanding in terms of player effort and co-operation & character with parental support also very special. I could not separate them. Four of them won premierships, but even the ones that did not, the team experience was great.

**Funniest Memory:** Eltham & Bulleen back in the 1980s used to combine to run a camp for Under 14s at Port Sorrell Tasmania. We had to break our party into two for our flight with Ansett. Some went on an ordinary flight to Devonport. The remaining forty were to go on a chartered Fokker Friendship. But when we climbed on board there were 41 of us! Safety dictated 41 could not go. Ansett assumed it was their fault & offered to fly someone to Wynyard & then pay the cost of land transport to Port Sorrell. I volunteered. But the flight to Wynyard had already taxied to point of take-off. They brought the plane all the way back just for me to climb on board. They had one seat left on that flight-right up the front. As I walked down the aisle I could sense the passengers thinking "must be a \*!@\* politician".

## REF'S RULE!

Each team is permitted 8 fouls each half before their opponents receive free throws. Once a team is called for their 9<sup>th</sup> foul, the player who was fouled will be taken to their free throw line for two shots. The only time two shots will not be given for a 9<sup>th</sup> foul is when an offensive foul is called.



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## FEATURE TEAM: NUNAWADING VIKINGS 1, UNDER 11 GIRLS



**Current Grade:** B1

**About the Team:** The girls have been playing together for two seasons, they all enjoy each other's company and love playing basketball. Although the girls are smaller than most teams, they play fast team basketball. The best memory for the team was winning the Girls Under 10 B1 grand final last season. **Coach Anthony**

**Ed's Note:** Great photo girls, nothing better than seeing smiles on faces win, lose or draw!!!

(If you would like your team to feature in this newsletter please send a team photo along with information on the team, including best moment, funniest memory and information on their current season to your, Club representative.)

**COACHES CORNER:** In this section we will be sharing a drill or type of defense/offense that can be used. As the EDJBA adapts a No Zone rule for all ages up to and including U14's the following defense is a great way to teach kids to play 1 on 1 and as a team.

### Pack Line Defense:

The pack-line defense is a variation of man-to-man defense. The purpose is to be in a position to help your teammates as much as possible and prevent dribble penetration. The pack line is an imaginary line about a foot inside the 3-point line. The rules are basic:

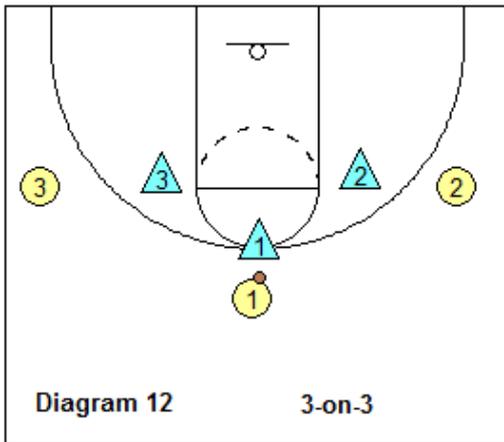
- The only player that is allowed outside of the three-point line is the player that is guarding the ball, all other players must remain inside the pack-line.
- No players off the ball are playing in a deny position/stance, they are all in a help position.
- The further away from the ball your opponents is, the further away you move from your opponent.



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If your player has the ball, play up and with pressure. If your player is 1 pass away from the ball, you should fill the gap between your opponent and the player with the ball and sag back to the basket a little as per the diagram:



The purpose of this positioning is to help the player guarding the ball. If they are beaten off the dribble to the right, X2 (defense) will jump to the ball to help and stop the penetration. If the offense dribbles to the left, X3 will jump to the ball and help. This allows X1 time to recover back to their player. Once the dribble penetration is stopped and if the ball is passed back out to one of the wing players (O2), the defense will need to adjust.

From this position, X2 will pressure the ball and X1 will move to help by filling the gap. X3 is now 2 passes away from the ball (meaning it will take the offense two passes for his player to catch the ball). X3 is now in a position to move further away from his player and move closer to the ball. The rule for any defense that is two or more passes away from the ball is:

- If the ball is higher than the free-throw line extended, the defense has one foot inside and one foot outside of the key (first diagram below).
- If the ball is lower than the free-throw line extended, the defense is on the split line (this is the imaginary line that splits the court in half from basket to basket (second diagram below)).



**Ball is with player 2 and above the free throw line extended so X3 and X5 are on either side of the key.**



**Ball is with player 4 and below the free throw line extended so X1 is on either side of the key and X3 and X5 are on the split line.**