



# *DISHIN' & SWISHIN'*



## **REF'S RULE!**

Interested in becoming a referee next season? Simply get in contact with your local club for more information. Clubs are always looking for extra referees so why not get involved in another aspect of the greatest junior domestic Association. Becoming a referee is also a great way to keep fit and earn a little extra cash on the side.

## **AGM**

The EDJBA held its AGM on Monday August 26. Congratulations to the following people who have been elected to the EDJBA Committee of Management:

- John Morkham – President
- Greg Jeffers – Vice President
- John Matthews – Treasurer
- Megan Rouse – Secretary
- David Hickman – General Member
- Tim Butler – General Member
- Bill Rewell – General Member
- Vicki Georgiou – General Member
- Chris Lloyd – General Member
- George McLaren – General Member
- Steve Curnow – General Member

## **TEAM PHOTOS FOR FINALS:**

If you have liked our Facebook page you may have noticed events created for each week of the finals. What we would love to see here is a team photo uploaded to the page taken either before or after the game. The best photo from each week will get a mention in the upcoming newsletter so get creative!

## **IMPORTANT DATES:**



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

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

**New season starts: Saturday October 8, 2016.**



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There were some fantastic games played last weekend during semi-finals. Congratulations to the teams that have made it straight through to the Grand final and all the best to the teams playing in this week's preliminary finals.

Following is a table that clarifies some of the more commonly questioned rules in our competition.

Age	Ball Size	Foul Line	3 Points Included	Time in Key	Zone Defence Allowed
U08	6	Advanced 1.8m	No	5 secs	No
U09-U12	6	Advanced 1m	No	5 secs	No
U13-U14	6	Normal	Yes	3 secs	No
U15-U20 Girls	6	Normal	Yes	3 secs	Yes
U15-U20 Boys	7	Normal	Yes	3 secs	Yes

There have also been a couple of queries coming in about the no zone by-law. Below is a link that will take you directly to the by-law which can also be found on our website.

[http://websites.sportstg.com/assoc\\_page.cgi?client=0-4593-0-0-0&SID=223704&&news\\_task=DETAIL&articleID=42843659](http://websites.sportstg.com/assoc_page.cgi?client=0-4593-0-0-0&SID=223704&&news_task=DETAIL&articleID=42843659)

It is important to note that if you are playing against an opponent that is playing a zone defence that neither the referees or the opponent is to be approached during or after the game. There is a zone defence feedback form that can be filled out on our website which will be sent to the EDJBA for evaluation and any necessary action.



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## FEATURE TEAM: IVANHOE KNIGHTS 1, UNDER 19 BOYS

**Current Grade:** AR



**About the Team:** The Ivanhoe Knights Boys 19.1 have had a great season so far. Under the leadership of James Pettit the boys have chalked up 12 wins for the home and away season.

There are 9 members in the team – Dan G, Dan M, Charlie, Oscar, Jonathon, Will, Jordan, Darcy and Nat. As many of the boys are in Year 12, and have a number of commitments over the weekends, 9 members on the team has proved effective.

The boys enjoy their basketball, but most of all they enjoy playing together and have a lot of fun on and off the court.

All of the boys have been at Ivanhoe for many years and so have played together in various teams along the way. This has helped develop a great sense of cohesion, camaraderie and commitment.

Each week we have great support from the boys' families and friends as they too enjoy watching the boys' skill, teamwork and (sometimes) hijinks. Each member of the team brings something to each game. Their coach James is always cool as a cucumber, even when the games are tight. We don't know how you keep this calm James!



**Team's best memory:** A number of the boys played together in the A Grade finals series last year and won the Grand Final. It was an amazing effort. I know this has spurred the team on to do the best they can this season.

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.



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## FEATURE VOLUNTEER: Julie Van V

**Club:** Nunawading Vikings Basketball Club

**Years as a Volunteer:** 13

**Why Junior Basketball:** First my son started to play, then my oldest daughter, then my younger daughter. As is often the case the club needed coaches, so having watched and observed for a few seasons, I thought this was something I could do to help out. All my children have now 'retired' from junior basketball (still play open age etc), but I get so much satisfaction in coaching at the grass roots level, I have simply continued on.

**Fondest Memory:** I have so many as I reflect ... The first is when a child I had coached for a couple of seasons, scored her first goal. The sheer joy of EVERYONE on her team, and in the parent support group for this little girl was forever etched in my mind. It goes without saying that words cannot describe the reaction of the little girl - euphoria! Another is when a young boy threw the ball from further out than half court AND SCORED to win the game. The spectators from both teams just erupted in disbelief and then admiration. I imagine for the boy, this is what dreams are made of!

**Funniest Memory:** Without a doubt my funniest memory was when I was coaching a girl's under 8 team; naturally most were new players. I had one little girl who wore glasses. As she was attempting to dribble down the court, her glasses fell off. She stopped dribbling, put the ball down on the court, bent down to pick up her glasses, popped them back on, picked up the ball and continued dribbling. No-one interfered, referees or players from either team (although they were within arm's length of her); everyone just acted as if this was normal practice; it was very sweet.

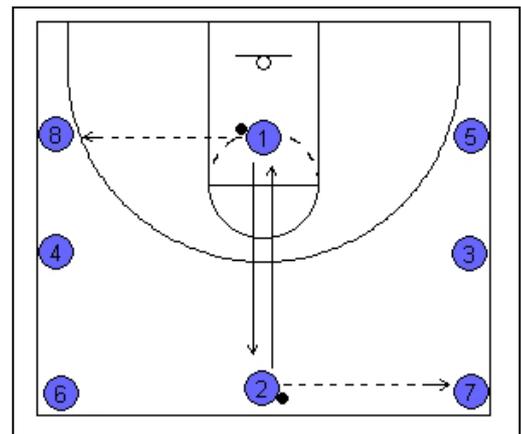
If you know of a volunteer you would like to acknowledge and have their story in our newsletter please send a photo (optional) along with information as provided above and send it to your Club representative.

## COACHES CORNER:

Looking for a way to pick up your intensity at your training sessions? Want a great drill that will improve fitness, communication, passing and footwork all at once? Then look no further than the Argentina Passing Drill.

**The Drill:** For this drill you will need at least 8 players and have them begin in a box formation as shown in the diagram to the right. The drill requires two basketballs and they are to begin with players 1 and 2. Both of these players will start with the ball in stance (triple threat) on the left hand side of their body.

On the coaches' command, both players will rip the ball below their knees to their right side and as they are doing this they will pivot to the player on their right. Once they are facing the teammate on their right they will pass the ball and cut straight through as also shown in the diagram.





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As this is occurring, players 7 and 8 and have got the basketballs and they are required to do the same. Rip the ball below the knees to their right and pass to the next player. Once they have made their pass they both cut through and take each other's place.

Every time a player makes a pass, they must cut through to their direct opposite position on the floor.

- 1 and 2 swap positions
- 7 and 8 swap positions
- 3 and 4 swap positions
- 5 and 6 swap positions

Keep this drill going for 30 to 60 seconds, depending on the age and skill level of the team.

## **Variations:**

1. The coach can determine which way the basketballs will move at the start of the drill. This gets the players working on pivoting with both feet.
2. Another variation is to have the players rip the basketball high and above the ears as they pivot.
3. For older groups, have the 8 players standing further away from one another. I have seen this drill performed by an U16 boys team where all players were standing on the sidelines and baselines.
4. Make sure the corner spots are rotated, otherwise you will have the same people running the greatest distance all the time.

## **Teaching Points:**

*Stance:* Catch the ball and pivot in a low stance at all times.

*Passing/catching:* Always have hands ready to receive the pass. Ensure your players are making technically correct passes.

*Communication:* Each player must call out the name of the person they are passing the ball to and the receiver of the pass must also call the name of the passer out.

*Footwork:* Players must make a successful pivot before they make a pass. What they shouldn't do is catch the ball, twist their body and then try to make a pass.

*Cutting:* Once players make their pass, they MUST cut hard through to their next position. The goal is to get to their next spot before the basketball gets back around to them.

*Ripping the ball:* This is important as your players need to protect the ball when they are pivoting. If players are performing a low rip, ensure the ball is ripped hard, fast and below the knees. If players are working on their high rips, then the ball must be moved quickly and up over the head. If the ball is too high on the low rip or too low on the high rip, then your player risks the change of having the ball stripped away from them.



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## **Penalties:**

Again, depending on the age and skill level of your team you can implement the following:

- Every dropped catch is 1 push-up
- Every bad pass is 1 push-up
- If a player doesn't get to their next spot in time which results in the ball being held up...1 push-up
- No communication? You guessed it, 1 push-up.

Wait for the drill to finish and then advise how many push-ups are owed.

## **BASKETBALL TRIVIA:**

Last issue we asked you how many timeouts the coach of the 1992 Dream Team called throughout the entire tournament. The answer was incredibly...zero!

This team was so talented and so superior to every other team that Chuck Daly felt no need to call a time out at any stage of any game. That being said, I would feel pretty good about my chances of a Gold Medal if I had Michael Jordan, Larry Bird, Magic Johnson and a bunch of other superstars all playing together.

This edition's question is:

Which of the following is NOT a nickname of a basketball player and can you put a name to the three that are?

- A. The Hammer
- B. The Glove
- C. Big Baby
- D. Little Baby

The answer will be published in next fortnight's newsletter.