



DISHIN' & SWISHIN'



REF'S RULE!

A big thanks to all the referees who were involved in the EDJBA finals over the past three weeks. It is never easy to have upwards of 30 pairs of eyes on you every time the whistle is blown. At the end of the day, if we didn't have referees we wouldn't have the competition we do. Great job!

SIZE 5 BALL INTRODUCTION

During the EDJBA's AGM which was held on August 29, a motion was passed to introduce the size 5 basketball into the Under 8 competitions. This rule change will be implemented for the 2016/17 Summer season. The EDJBA are in the process of purchasing brand new, size 5 basketballs so all games can be played with a good quality basketball.

The benefits of the size 5 basketball for children at this age is the smaller ball allows players to control the basketball easier. It is also considerably lighter which allows coaches to correctly teach how to shoot the ball while still providing the players the opportunity to reach the basket.

SCHOOL HOLIDAY PROGRAMS:

Looking for something for the kids to do over the school holidays to keep their boredom (and your sanity) at bay?

A number of Clubs within the EDJBA will be running some fantastic school holiday programs over the two weeks.

To get a listing of all our Member Club's websites, click on the following link and contact them for more information on what they have to offer these school holidays!

http://websites.sportstg.com/assoc_page.cgi?c=1-4593-0-0-0&SID=223934

IMPORTANT DATES:

Saturday October 8, 2016: Round 1.

Saturday October 29, 2016: No game – Melbourne Cup Long Weekend.

Saturday December 17, 2016: Last game of the year.



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Feel Good Story:

Too often we hear the negative side of a story when it comes to children's sport so it is with great enthusiasm I share this with you. Following is an e-mail I received from a member of the U13 Boys Ivanhoe 02 team:

On Saturday August 27th, our team played in the semi-finals game with the Collingwood 04 team. We won this game by three points in a nail biter.

Both teams were exceptional but one thing stood out. At the end of the game the Collingwood coach rounded all his players and Ivanhoe players in one large group and told both teams that they are talented teams and it was a wonderful game to be a part of. He congratulated both teams for their efforts and for the fair game.

I congratulated this coach for what he did, so I think her deserves to be praised for his efforts.

The EDJBA also thinks that this coach deserves to be praised for this wonderful display of sportsmanship. To the coach of the U13 Boys Collingwood 04 team, congratulations! There is a lot more to junior sport than winning and it truly seems you have shown this here. Collingwood are lucky to have such a great youth coach at their disposal.

BASKETBALL TRIVIA:

Last issue we asked you which of the following nicknames do not belong to a basketball player. The Hammer, The Glove, Big Baby and Little Baby.

The Answer is Little Baby.

The Hammer - Shane Heal

The Glove – Gary Payton

Big Baby – Glen Davis

This edition's question is in acknowledgement of our Paralympians participating in the games at the moment.

How do you commit a travelling violation in wheelchair basketball?

- A. Crashing into a player on the opposing team.
- B. Start dribbling again after you have stopped to pass or shoot.
- C. Pushing more than twice before bouncing the ball.
- D. Travelling out of bounds (off court).

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



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FEATURE TEAM: BULLEEN TEMPLESTOWE 10, UNDER 13 BOYS



Current Grade: BE

About the Team: There are 8 members in the team – Danny, Andrew S, Andrew S, Patrick, Massimo, Marcus, Sebastian and Ethan. The team was coached by Dan Marks and Brian Marks.

All the boys are in Year 6 and live for their basketball. This year was a challenging year playing against a lot of teams taller and in year 7. They rose to the challenge and finished on top of the ladder having only 2 losses during the season (during grading). During the proper part of the season they averaged 35 points per game with a great defensive effort only conceding an average

of 19 points per game. They also finished the season winning their last 14 games on the trot (just over 4 months). They boys all love playing together and this demonstrated their ability to consistently play as a team. They were a close knot group of players, coaches, team manager and parents.

Team's best memory: The best moment for the team was the last weekend of the competition by winning their grade premiership on the Saturday and then on the Sunday seeing 2 of the boys winning their Rep premiership with Bulleen Boomers and the coaches winning their Rep premiership with Warrandyte Venom.

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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Congratulations!

Congrats to the U15 Balwyn Blazers 12 team for winning the DE grade Grand Final.
Congratulations to Collingwood 12 for a high quality game. A narrow win to Balwyn 24-22. Well done BB #7 awarded Most Determined Player. Go Blazers!

Thanks to the team for sending this photo in.



COACHES CORNER:

Stationery dribbling drills are extremely underrated and under used as a way to develop tight ball control. Simply have each player with 1 basketball and get them standing in a circle. There are an endless number of dribbling drills that can be performed on the spot. Click on the following link for just a few <http://www.coachesclipboard.net/StationaryBall-Handling-DribblingDrills.html>

Teaching Points:

With each drill make sure all players are:

- In a good stance: Feet are shoulders width apart, knees are bent, back is straight. Do not allow players to put their off hand on their knee.
- Looking straight ahead: As much as possible. Some kids may have trouble not looking at the basketball to begin with but try to get them out of their comfort zone a little. The more they look straight ahead, the better their court vision/decision making skills will be during game time.
- Dribbling the ball with the fingers and finger pads. The finger pads are just below the bottom of the fingers and just above the palm. Players should not dribble the ball with the palm of their hands as it reduces the amount of control they have on the basketball.
- Pound the ball. Make sure your players are pushing the ball hard into the floor. This allows the ball to spend less time in the air and more time in the hand which will result in better ball control.

Variations:

- Perform each drill with each hand.
- Have more advanced players perform drills with eyes closed.
- When possible, perform drill with two basketballs.