Wallan Basketball Association Incorporated (WBI)

Wallan Panthers Representative Basketball Program

PANTHERS
PLAYERS AND PARENTS

INFORMATION PACK

(2017-18)

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1. Welcome to the Panthers Representative Basketball Program

The goal of Wallan Basketball Incorporated (WBI) is to develop the playing abilities and ensure the enjoyment of local basketballers in Wallan and its surrounding regions.

It aims to achieve this primarily by having several girls and boys Wallan Panthers teams annually qualify and represent the Association in the Victorian Junior Basketball League (VJBL), particularly in the Junior Championship and Junior League competitions of the VJBL.

Wallan Basketball coaches and administrators are 100% committed to:

- Providing a quality basketball experience for Wallan Panthers players and to assist the development of quality character traits in players, particularly determination, teamwork and sportsmanship;

- Supporting the improvement of Wallan Panthers Representative Players by providing good coaching and development pathways for them to elicit the most from their talent;

However, there is a requirement for you, as a Wallan Panthers basketball player, to do your part.

You must be willing, eager and committed to practise the WBI basketball philosophies and fundamentals, in order for you to: (i) improve yourself as a basketballer; (ii) assist your team to improve, and (iii) maximise your enjoyment from playing basketball.

In particular, Wallan Panthers must understand that to be considered one of their team's most valued players, they will need to demonstrate to coaches and teammates:

- **TENACITY (EFFORT)**
  100% Eagerness to Compete & Determination to Improve (Training & Games);
- **EXECUTION (SKILL)**
  Correct, Effective Execution of Basketball Fundamentals (Individual & Team); and
- **ASSISTS (TEAMWORK)**
  Willing & Able to Selflessly 'Assist' their Team (Offensively & Defensively);
- **MINDFULNESS (LEADERSHIP)**
  Positivity, Composure, Discipline and Sportsmanship (Winning & Losing).

If Wallan Panthers basketball players work hard and do their best to improve in all of these areas, they are guaranteed to help their team to perform at its best.

And whether their team win or loses, Panthers players with this attitude will win the respect of team-mates and coaches, represent the WBI club with distinction, create a great deal of pride for their parents and supporters, but and most importantly, they will gain much enjoyment from playing basketball.

2. WBI Vision

The vision of Wallan Basketball Incorporated is to be admired and recognised as a strong and competitive Victorian basketball Association founded on:

1. A healthy Wallan Junior Domestic Basketball Competition comprising players and teams from surrounding districts and regions in all age-gender groups;

2. Skilled, talented and sportsman-like Wallan Panthers representative teams competing at the highest levels in the VJBL and comprising the best players in the region;

3. Quality, skilled and accredited basketball coaches, educators and mentors of WBI junior basketball players at all age-gender groups;

4. An effective Player Development Program which produces:

   - Under 10, 12 and 14 teams comprising team-oriented players drilled and skilled in the fundamentals of basketball;

   - Under 16, 18 and 20 teams comprising talented, competitive, team-oriented, sportsmanlike players of good character;

5. A pathway into the various Wallan Senior Representative Teams.

3. WBI Codes of Conduct

The WBI Codes of Conduct are aligned with Basketball Victoria to give participants a guide to the expectations of WBI and BV for their behaviour and conduct. Basketball is a recreational activity for enjoyment and health.

The codes of conduct can be located at:

http://basketballvictoria.com.au/wp-content/uploads/2016/02/BV-ALL_Codes_of_Conduct.pdf

The Codes of conduct are therefore intended to assist players, coaches, administrators, parents and spectators to obtain the maximum benefit and enjoyment from their involvement in basketball.

As a Wallan Panthers player, you must be fully committed to abiding by the Players' Code of Conduct by signature.

It is critical that each player understands the WBI Player Code of Conduct and is familiar with the behavioural and attitudinal expectations of every Wallan Panthers basketball player.

A breach of the Code of Conduct or any conditions of the WPRBP Player Agreement may result in disciplinary action by the WBI Executive Committee, WBI Tribunal or the VJBL such as team omission, suspension or deregistration.

Please refer to the attached Operational Policies and Guidelines of the WBI Panthers Representative Program and the terms of your Player Agreement.

4. Wallan Panthers Training Sessions

- Training is **compulsory** for all Wallan Panther players and will be a minimum 60 minutes and up to 120 minutes per week for each Wallan Panthers Representative Basketball Team. Repeated failure to attend training may result in team omission or de-listing.

- Wallan teams are taught to '**Train as you Play, Play as you Train**' so that players develop the right habits in games.

- Wallan players must be willing and enthusiastic to do what their coach requires of them, for their own and their team's benefit, at all times and without complaint. In this way, Wallan players are expected to always lead by example at practise sessions.

- Wallan players must be prepared to execute the fundamental basketball skills and teaching points at every training session so that they become second nature.

5. MUVJBL on Friday Nights

Basketball Victoria, under the auspices of the MUVJBL, operates a club representative basketball competition that occurs on Friday nights at various venues around Melbourne.

The Victorian Junior Basketball League has more than 1,000 teams competing. The competition is divided into various levels depending on the ability of the teams. The top levels have limited teams in each age-gender group which are the Victorian Championship and the Victorian Junior Leagues. Teams not qualifying in the Championship or Junior Leagues are graded into Regional levels, namely the North-West Conference and Eastern Qualifying Leagues which have no limit on the number of teams.

Generally, if a team is graded into the Championship or Victorian Junior League division, it will play at various venues all around Melbourne. If a team is graded in the North West League, they will primarily compete against clubs on this side of Melbourne.

There are two Grading phases comprising up to 11 games that commence in November. The main season commences in late February and comprises 18 rounds culminating in finals in late August and early September. Coaches and players will be notified as to when the first grading or practice games are to commence.

6. WBI Tournaments

Throughout the season WBI participates in basketball tournaments. Some tournaments are targeted to support preparation for the MUVJBL season while other are prestigious events that we as a club enter in to.

WBI currenly enters all representative teams in the following, as part of the rep program and covered by your fees:

- **Geelong BVC Tournament - U12 to U18 Teams, in November**
- **Eltham - Metropolitan (VJBL) - January 26th, 27th (evening), 28th, 29th, 2017 (Australia Day weekend);**

In addition we get to compete in the Country Championships, an obligation as part of our Counrty affiliation. This year these will be

- **Under 12 – Bendigo, April 6-8**
- **Under 14 – Ballarat, April 13-15**
- **Under 16 and 18 – Div1/2 Shepparton Feb 17-18, Div3/4 Bendigo March 17-18**

Champs are for one team per age group. If an age group has more than one team the those teams will be entered into an additional tournament as part of their fees.

A WBI Panthers team may elect to participate in one or more BV tournaments each year, at the team's own discretion and cost.

7. WBI Financial Commitment (Fee Schedule)

Its important to note that the association heavily subsidises the representative program, so any support you give as volunteers helps us keep our fees well below that of other assoictaions.

A Registration Fee of **$350.00** is payable by each child **selected** to play for a Wallan Panthers VJBL (Friday night) Team which is due at the beginning of the season or via entering a direct debit arrangement. Players will be ineligible to play until one of the payment options is undertaken.

The Registration Fee covers:

- VJBL Team Entry Fees;
- Team and player entry fees for two tournaments (excludes spectator entry); and
- Panthers Singlet - Access and Maintenance. *Shorts and warm up tops will need to be purchased, the club will have a range of second hand uniform available at a reduced price.*

There will also be a fee of **$10.00 per week** payable during training weeks to the Team Manager to cover scoresheet fees for each VJBL Friday night game as well as training court hire.

Players and spectators will be required to pay an entry fee at VJBL Friday night games of approximately $3.00 each.

8. Parent and Guardian Volunteers Required

It is essential for the smooth running of the teams that we have a number of willing parental volunteers on each Panthers team for Team Management, Game Scoring, Canteen Assistance and Door Supervision. Full training on these roles will be provided and typically a roster is established to share the responsibility.

In addition, any parent, guardian or family friend of a player with basketball coaching experience and/or qualifications is highly encouraged to volunteer their assistance as a Panthers Head Coach or Assistant Coach for the next season.

9. Useful Links

Refer below for links to further information on WBI, the VJBL and BVC tournaments:

- Wallan Basketball Inc: http://www.wallanbasketball.com.au/
- Victorian Junior Basketball League: http://www.vjbl.com.au/
- Basketball Victoria Country Council: http://www.bvcc.net.au/

10. Wallan Panthers Awards and Recognition

A **Most Valuable Player (MVP)** for each team will be determined by three sets of 3-2-1 votes for each round of the VJBL season. Votes are given by the Coach or Assistant Coach each game along with different parents each week.

Votes should be given to the players who are the most valuable to team performance. In considering player value to the team, the key criteria are:

- **TENACITY (EFFORT)**
  100% Eagerness to Compete & Determination to Improve (Training & Games);
- **EXECUTION (SKILL)**
  Correct, Effective Execution of Basketball Fundamentals (Individual & Team); and
- **ASSISTS (TEAMWORK)**
  Willing & Able to Selflessly 'Assist' their Team (Offensively & Defensively);
- **MINDFULNESS (LEADERSHIP)**
  Positivity, Composure, Discipline and Sportsmanship (Winning & Losing).

Each WBI coach will award a "**Coaches Award**". The criteria used to determine the Coaches Award will include one or more of the following:

- Most Improved Player of the year; and/or
- Best Team Player; and/or
- Most Determined Player; and/or
- Coachability.

The WBI **Panthers Player of the Year** is a high profile, sought-after award among WBI Panthers players. The following criteria is used:

- On-court Determination and Leadership;
- Practised Basketball Excellence - Trained with Purpose;
- Outstanding Team Player Qualities;
- Quality Character, Composure and Sportsmanship; and
- Finished Top Two in the MVP Voting.

11. APPOINTMENT OF PANTHERS COACHES

The WPRBP Subcommittee will annually call for applications for representative team coaching positions. All applications MUST be in writing.

Applicants will be considered by the WBI Subcommittee consisting, at a minimum, the WBI Rep Chairman (or a delegate on the Chairman's behalf) and two other members of the WBI Committee.

If the Chairman is also seeking a team staff position, he/she will be replaced on the interview panel by a committee member elected by the Committee.

No coach or team staff position is deemed to have been filled until the successful applicant is notified by the WPRBP Committee.

12. COURT TIME

Coaches will take into account the player's ability, attitude and development requirements when determining the amount of court time a player receives, however, players and parents should note that there is **no** 'equal court time' policy when playing for the Wallan Panthers.

Through open communication between coach, player and parents, every player should finish the year having felt 'fairly' treated and having been given opportunity to improve.

Players selected in the team as **'Development'** players have been selected based on expected or required improvement in one or more of the key selection criteria areas (i.e. effort, teamwork, skill &/or attitude). At the discretion of the Head Coach, court time for Development players may be limited compared to the core selected players, based on Coach assessment of the player improvement in such areas which should be articulated to the player at season start.

13. COMPLAINTS

All minor complaints from parents of players should be initially directed to the Team Manager. If the issue cannot be dealt with immediately, the Team Manager should discuss the issue with the coach. In the event that a complaint is lodged against the coach, the complainant should then direct this to the Representative Coordinator.

All complaints not directed through the Team Manager MUST be in writing and include the name of the author. Anonymous letters of complaint will not be considered by the WPRBP Committee or WBI Tribunal. If the author would like his/her name withheld, this can be arranged.

14. DISCIPLINARY ACTION

The WBI Committee has the authority to suspend or de-list a player during the course of the season. Reasons for suspension or delisting a player may include (but are not limited to) repeated non-attendance at compulsory training sessions or games, breaches of the player and/or parent code of conduct or an irreconcilable breakdown in the relationship between the coach and the player.

A lack of form will not constitute grounds for suspending or de-listing a player. In the event that a coach feels it necessary to suspend or de-list a player, a written request stating the reason for such action, must be forwarded to the WBI Rep Chair who will make a recommendation to the WBI Committee for consideration.

WBI reserves the right to take disciplinary action against any player, coach or parent who does not abide by the Operational Polices and Guidelines or the relevant Codes of Conduct.

In all circumstances a written warning will be issued by the WBI President.

An internal WBI Tribunal hearing may also be scheduled to decide on what action must be taken following a recommendation of the WPRBP Subcommittee as to what action should be taken on a case by case basis, such as:

Players

- De-Listing or suspension from the WPRBP team, termination of membership from the Wallan Panthers Representative Basketball Program and/or expulsion from the Wallan Basketball Association Incorporated;
- In the matter of a serious offence, the referral of my conduct to a hearing by the Basketball Victoria Tribunal; and/or
- A fine being imposed at the discretion of the WBI Executive Committee.

Coaches

- Being stood down from their coaching position for a period of time, termination of membership from the Wallan Panthers Representative Basketball Program and/or expulsion from the Wallan Basketball Association Incorporated.
- In the matter of a serious offence, the referral of my conduct to a hearing by the Basketball Victoria.

Parents

- Being banned from attending training, games or other functions. Repeat offences may result in the parent's child being suspended or de-listed from the team or expelled from the Association altogether.

In the case of any gross misconduct by a player, coach, parent or administrator, the Wallan Basketball Association is obliged to report the offender to the VJBL, where an external BV Tribunal hearing will be scheduled.

Appeals

- Any appeals against disciplinary action will be heard by an independent tribunal.

15. WORKING WITH CHILDREN CHECKS

All team officials (Coaches, Assistant Coaches and Team Managers) MUST have a current Working with Children check.

In the case of a new team official, he/she must apply for a WWC card as soon as confirmation of his/her appointment to the team has been received and supplied to the WPRBP Chairman with the receipt number.

Application forms are available at all Post Offices.

In addition to the Working With Children Check, each Coach, Assistant Coach and Team Manager needs to fulfil all other requirements of the Victorian Junior Basketball League.

16. PLAYER CLEARANCES

Clearances can only be signed by the WBI President or the Representative Coordinator. Any member with outstanding monies or uniforms will automatically be denied a clearance until they are paid.

17. WPRBP TRY OUTS

Once a year players will be asked to register their interest online to attend the Wallan Panther Representative Program try-out sessions. Players who do not play domestic basketball at Wallan (or another BVC affiliate) or who do not qualify for domestic finals will not be permitted to represent the Wallan Panthers. The WBI committee reserves the right to refuse a registration based on previous financial or behavioural issues of a player or parent.

Try-outs will consist of no less than two sessions. The WBI Committee will set the date for try-outs which will be advertised at the R.B. Robson Stadium in Wallan, on the WBI website and in various local papers. WBI Coaches must not actively entice players from other associations to attend the Wallan Panthers try-outs. They may however, make players aware of the dates and times of try-outs.

Players are encouraged to attend both try-outs sessions but must attend at least one of the nominated try out sessions to be eligible for selection. Any player who has not registered before the final try out session will not be considered for selection. Injured players will be expected to attend try out sessions and must pre-register their attendance.

Extenuating circumstances preventing a player from attending try-outs will be considered on an individual basis and must have the approval of the Representative Coordinator. Any request from exemption from try-outs must be made in writing before the final try out session. Injured or ill players must pre-register their attendance.

The WBI Committee will annually nominate a Panthers Selection Panel. Any Panel member with a child eligible for selection will be excluded from the Panel specifically for their child's age group. Team selections will be made by the Selection Panel, the team Coach and the Assistant Coach (if appointed).

Team selections will be thereafter posted on the WBI website and social media platforms. Players are asked to respect the fact that many other players may not have been successful in gaining a place on a team. A player is not deemed to have been successful until the selection is recognised through the paying of fees and the signing of the player and parent agreement.

WBI reserves the right to alter teams through to the end of phase 1 of grading. This can occur for disciplinary reasons, form, opportunity or team balance.

18. WBI TEAM SELECTION CRITERIA

The following selection criteria will be used for Panthers players as exhibited during the annual WBI try-out sessions:

- **TENACITY (EFFORT)**
  100% Eagerness to Compete & Determination to Improve (Training & Games);

- **EXECUTION (SKILL)**
  Correct, Effective Execution of Basketball Fundamentals (Individual & Team); and
- **ASSISTS (TEAMWORK)**
  Willing & Able to Selflessly 'Assist' their Team (Offensively & Defensively);
- **MINDFULNESS (LEADERSHIP)**
  Positivity, Composure, Discipline and Sportsmanship (Winning & Losing).

Players are first assessed for meeting the minimum standard required for each area. This will determine the number of 'eligible' players available for selection. From this we can determine the number of teams for a given age group.

Once the number of teams has been agreed we will determine the make up of the team based on making the number 1 team qualify as high as possible. This includes consideration for top age/bottom age mix, role requirements of the team, maturity and experience of the group.

Its important for players and parents to understand we are looking for the best 'team' which may not always be the 'best' players are always are in the first team.

19. RECRUITMENT DURING GRADING OR MAIN VJBL SEASON

Players not selected for a Wallan Panthers team through the try out process must not be approached to join the team without the consent of the Representative Coordinator, Coaching Director and the WBI Committee.

If players are approached by team officials with the intent to recruit without the consent of the Representative Coordinator, Coaching Director and the WBI Committee, that team official may face disciplinary action. Individuals who have not attended a try-out session must therefore not be approached to join a WBI team without first having the consent.

From time to time an opportunity will arise for a player to join a team where that team has a spot available and the player meets a need. A decision on a player being permitted to join a Panthers team during the season will be made if it is deemed to be in the best interest of the team and has the approval of (i) the Representative Coordinator and Coaching Director, (ii) the WBI Committee; and (iii) the team Coach, who has final veto.

WBI reserves the right to alter teams through to the end of phase 1 of grading. This can occur for disciplinary reasons, form, opportunity or team balance.

20. Wallan T.E.A.M. Values and Committment

1. Coaching Philosophies

- **Team Improvement - "Lets see how good we can get."**

Panthers players and teams always aim to give a winning effort and don't just focus on winning itself.

A winning effort is about work ethic and competing as hard as you can in games, and equally in training, every week. This means Panthers players and coaches must always focus on the effort needed to be the best that the team they can be, not just focused on comparing itself to the opposition or on its performance against the scoreboard alone.

Panthers players and coaches must always ensure there is only constructive energy among the team and provide positive motivation for each other, so players can improve their skills and performance without fear of mistakes or failure.

- **Team Excellence - "The Star of the Team is the Team."**

Panthers players and coaches always put the team before the individual.

Panthers players and coaches should aim for their team to arrive at the notion of a singleness of purpose and dedication to team excellence and team-set goals. Players must commit to lead by example by executing the right skills and by executing their team role.

A cooperative team spirit must always be cultivated and exhibited by Wallan players on and off the court. Wallan coaches must include themselves in the pursuit of team excellence by regularly improving their own basketball knowledge, as well as their communication skills for interacting with players, opponents, referees and officials.

- **Team Enjoyment - "Let's Have Fun By Competing Hard".**

Panthers players compete hard together, in order to have fun together.

The most enjoyment and satisfaction from basketball occurs when all players on the team are giving their all against their opponent.

A little mucking around from time-to-time is ok, but the enjoyment is not at the same level as enjoyment obtained from competing hard for your team-mates, for the team's improvement and for the team's success.

Panthers players who come to understand that they are part of something bigger than their individual considerations and who become selfless in their basketball thinking will achieve a high level of satisfaction from their representative basketball experience.

2. Team Rules

Whether a Panthers team wins or loses, Wallan Panthers players who work hard to practise and play to the Wallan TEAM values will:

- Win the respect of their team-mates and coaches;
- Represent the Wallan Basketball Association with distinction, and
- Create a great deal of pride for their parents and supporters.

Five (5) Team Rules MUST be followed by Wallan Panthers Representative teams:

- **"NO CRITICISM".**

A Panthers Player NEVER criticises another teammate.

Selfishness, in-fighting, ego, envy and criticism kill team-spirit, will be reflected on-court and will not be tolerated by Panthers coaches or fellow team-mates.

- **"THANK THE PASS".**

A Panthers Player ALWAYS acknowledges a teammate's role in scoring.

Panthers players sacrifice personal glory for the team. Acknowledging a team-mate's role in a score is essential for building Panthers team camaraderie.

- **"PLAY YOUR ROLE".**

A Panthers Player ALWAYS plays their role in the team.

If a Panthers player is unwilling to play their coach-assigned role for the team, they will not play as much time as players who play their coach-given role. In particular, nothing justifies a player with the tools to be highly successful on offence playing defence poorly or with anything less than 100% effort.

A Panthers player embraces a ***'Train as you Play, Play as you Train'*** approach to develop the right habits in games. Panthers players put into practise what the coaches teach and lead by example at practice sessions. Panthers players arrive early at games and execute warm up drills with precision and energy.

- **"KEEP YOUR HEAD".**

A Panthers Player ALWAYS chooses to remain composed and disciplined.

Panthers players must have the mental discipline to choose to react smartly and positively to any challenging situation on court. No matter how frustrated or unjustly treated they feel they may be, every Panthers player must 'keep their head' by immediately focusing on the next needed effort and team role.

- **"NEVER TAUNT".**

A Panthers Player NEVER taunts an opponent.

Panthers players know the right balance between being vocal and supportive of team-mates, whilst showing good sportsmanship, respect to opponents and the mental discipline to rise above any fracas with the opposition.

3. Defensive Principles

"Defence is a definite part of the part of the game, and a great part of defence is learning to play it without fouling"

John Wooden

- ***"Nothing Easy"***:

Wallan teams will be known for having a **miserly, stingy defensive attitude** and for making the opposition work hard for every scoring opportunity. **Constant basket protection** and a commitment to **disrupt the opposition** is a must. Opponents must be allowed to move wherever they want to on the floor.

No easy cuts. No easy drives. No easy shots. No easy passes. No easy rebounds.

Opponents may score but if they make a tough basket despite the best defensive efforts of the team, Wallan players will keep their heads, stay positive and move on.

"Stance and Hands":

Wallan teams must be able to defend their player when they have the ball. To do this, correct athletic stance with proper footwork (with trace & dig hand pressure) is a non-negotiable for any Wallan player on the court - every time, all the time. Wallan teams will therefore play defence without fouling, except when game circumstances require it (in accordance with coach instructions).

A Wallan player must also be able to maintain appropriate defensive stances throughout the opponent's possession, and be able to go from one stance and one position on the floor to the correct stance and hands position on the flight of the ball, with explosive quickness.

A Wallan player should understand and practise the following principles for defensive play:

- Containment and pressure (stances);
- Jump-to-the Ball; Contest dribble; Contest pass penetration;
- Denial (ie. one pass away - prevent reversal);
- Low post defence (ie. full front = toes out; side front = toes in);
- Help (ie. two passes away - split line / help-side positioning);
- Rotation and basket protection;
- Boxing Out; and
- Conversion to offence (ie. transition offence)

"Box Out":

All five Wallan players on the court must be willing and able to block-out their opponents and rebound (at both ends). The ability to Box-Out is an essential requirement of all Wallan players. Players must be skilled in taking up space, being strong, staying low, absorbing contact and pushing back. And they must be desperate to grab the ball.

"Talk and Point":

Wallan teams will be known for having a vocal, cooperative defensive mindset. There must be concise defensive communication from team members at all times, clearly-directed to particular team-mates (so that they know it is directed at them).

4. Wallan Defensive Structures

The primary stopping strategy of any Wallan Basketball team is **Disruptive, Full-Court Pressure Man-to-Man defence**, underpinned by defensive principles of ball-pressure, dribble penetration containment, help-and-recover and right positioning relative to the opponent and the ball.

Man to Man defence principles offer the best mechanism to **pressure the opposition** and will be the **principal, preferred, 'go-to' defensive structure** of all Wallan teams. **Zone** defence principles offer the best mechanism for **basket protection**.

Wallan Panthers Teams will therefore **seek to combine M2M and Zone defence concepts** with the primary aim of being **disruptive** to the opposition. Regardless, **a Zone Defence will only be played by Wallan teams on the basis as outlined below:**

Wallan Panthers Basketball has a **No Zone Policy** for its younger age groups, meaning:

- For **U10, U12, and U14 Representative (Panthers) Teams**:
  - no form of zone defence (ie. 2-3; 1-3-1 or 3-2 zone set-ups) is to be played in the opponent's offensive half-court, except if only four (4) or three (3) players are available where a 'Box' or 'Triangle' zone may be played; and
  - Zone presses and trapping defences may be played in the opponent's defensive half-court, so long as players are capable of reverting to a M2M defence in the opponent's offensive half-court.

The **Rationale for the Wallan No-Zone Policy** is that zone defences at the younger, junior levels can limit the development of individual and team skills.

For example, driving opportunities are limited and players often do not have the muscular strength and coordination to shoot, with good technique, from the perimeter, or to throe 'skip' passes. This reduces the need and player development opportunities for defensive skills such as 'closing out' and 'ball-deny-help' positioning.

5. **Wallan Offensive Principles**

"Passing is the most important offensive fundamental because high-percentage shots usually result from a series of good, quick passes. It is no surprise that teams that pass the ball best shoot more accurately than those that rely on the dribble."

John Wooden
(Former UCLA and Most Successful NCAA Coach)

The objective of any Wallan offensive structure is to create smart, high-percentage shots.

The pre-requisites for any Wallan team to be consistently productive are that its players must be: (i) in good physical condition; (ii) well drilled in the fundamental skills of basketball; (iii) unselfish and team-oriented; and (iv) able to execute as a smooth-working unit.

Wallan teams must be skilled at transitioning quickly from defence to offence. Wallan players must be willing and physically conditioned to quickly sprint on every defensive rebound or interception to gain numerical advantage.

Wallan offences used should be structured to create proper spacing and balance and include effective plays that take advantage of both man-to-man defence and zone defences.

Highly functional Wallan offences that provide both a structure to facilitate team-play whilst also creating opportunities to maximise the talents of all (or specific) individuals on the team will be based on the key principles outlined below:

- **Proper Spacing:**
  - Proper spacing should be taught to: (i) facilitate safe passing; and (ii) to provide operating room for the player with the ball.
- **Penetration and Passing:**
  - At the heart of any Wallan offence should be unselfishness, confidence and constant penetrating movements, from spread and balanced areas of the floor.
  - Wallan teams should use both passing and dribble attack to get smart, high-percentage shots, given that passing moves the basketball faster than dribbling and consequently, allows the offence to stay ahead of the defence.
  - Quick but unhurried ball movement (by the passer) and player movement (by the receiver) are of the essence.
  - 'Assists' (ie. passes to a team-mate that scores) must always be acknowledged by Wallan coaches and team-mates.
- **Balance on both the Strong and Weak Sides:**
  - Wallan offences should be structured to provide quick, strong and mobile weak-side action in order to:
    i. help make strong-side action work - by occupying and stretching strong-side defenders; and
    ii. create immediate weak-side attack, should the ball be reversed or skipped (without the need for 're-setting' the offence).
- **Flexibility and Timing:**
  - Wallan coaches are discouraged from running mechanical offences where players are forced to follow set patterns which tend to be easily defended.
  - Giving players freedom to break from pattern helps make an offence flexible, unpredictable and effective against a variety of defences. Everyone has a role to play, however, Wallan offences should also encourage initiative.
  - Players should be encouraged to see and take openings or a better opportunity to penetrate, draw a defender and dish, kick or score - other

than the original play design. Wallan coaches should provide a system of play and options, and an atmosphere of trial and error and risk-taking during practice sessions.

- Individual initiative must also, however, occur within team guidelines for proper spacing, ball movement and to create smart, high percentage shots.

Smart use of the 24 Second Shot Clock – Pace; Poise; Penetrate:

- Wallan offences at senior levels should effectively use the 24 second clock:
  a. Pace = 01-08 sec -> Push the Ball - Get numbers in front, rim runs and lay-ups.
  b. Poise = 09-16 sec -> Execute - Roles, Structures, Screens/Cuts, Lay-ups & 3's.
  c. Penetrate = 17-24 sec -> Pass & Penetrate - Move to shot spots, Heat on Rim.

Timing:

- Creating a smooth-working unit should be the goal of any Wallan offence. This is to be accomplished by Wallan players practising hard and regularly playing together so players are familiar with the particular skills, tendencies and preferences of the others within the overall offensive structure.

Equal Opportunity:

- Wallan offences should operate on a principle of 'equal-opportunity' meaning scoring opportunities are created and equally distributed across all players on the team over the course of several games. Any offence that places the basketball only in the hands of its more gifted scorers and freezes out the others is not to be played by any Wallan team.

- Such offences become predictable, are limited in their options and are therefore easy to defend. This doesn't mean that all Wallan players should average the same number of points per game.

- It does mean that every Wallan player on the court must be made to feel that they are a contributing member of the offensive attack, even if a player's contribution is mostly by passing, cutting, stretching the defence (e.g. setting up in corners) or by screening to allow team mates to get good shot opportunities.

6. Wallan Offensive Structures

The primary offensive approach against M2M defence for U10, U12 and U14 Wallan representative teams will be '5-out' motion, but with an emphasis on having the ability to run motion offence principles within a '5-Out', '41' or '32' set-up, depending on the strengths of the team and the defence.

The offensive approaches against a M2M defence for U16, U18 and U20 Wallan teams will be based on a combination of motion offence and dribble-penetration (eg 'Split and Kick') set-up structures, and 'make-the-extra-pass' (ie. find the open man) principles - with the aim of getting smart, high percentage shots.

The offensive approach of any Wallan team against a Zone Defence should aim to get movement behind defenders, quick ball reversal and dribble penetration through the gaps between defenders – again, with the aim of getting smart, high percentage shots.

Any motion or dribble-penetration offences implemented by Wallan coaches MUST be in alignment with both current BV guidelines and the Wallan Offensive Principles (refer above).

Refer to the **Wallan Coaching Director** for information on executing Wallan's fundamental offensive approaches which are currently endorsed by the BV NPP Country Program:

- '**Motion**' Structured Offence (for M2M defence);
- '**Split and Kick**' Dribble Penetration Offence (for M2M defence)
- Fundamental **Dribble Drive Offence** (for M2M defence)
- **'Gaps'** Dribble Penetration Offence (for Zone defence)

7. Skill Fundamentals

"The first objective of every coach should be to ground the players in the automatic execution of the fundamentals of the game. The second objective naturally follows – to integrate fundamentally sound players into a smooth-working unit. These priorities are often, mistakenly, reversed".

John Wooden
(Former UCLA and Most Successful NCAA Coach)

Panthers basketball players should be fundamentally-sound and "well-drilled", meaning that their execution of the basics of the game of basketball is correct, quick and unconscious.

In teaching Panthers players basketball fundamentals, Panthers coaches must therefore be patient and prioritise the practise the quick and proper execution of these fundamentals in training and games, over and above team 'scoring output' during games.

INDIVIDUAL BODY MOVEMENT SKILLS

STOPPING

- **Jump Stops**: where two feet land at same time as catch is made -> either become pivot foot.
    - The Jump Stop is best employed for moves away from the basket (eg. forward or centre cuts to the high post). The ball should be close to the body, elbows tucked in, the centre of gravity low and in tight enabling quick turning and pivoting.

- **Stride Stops**: where trail foot lands first as catch is made -> trail foot becomes pivot foot.
    - The Stride Stop is best employed when defence is slack and a quick turn for a shot is on. It is primarily used when the wing player receives the ball and the front foot swings around to square the player to the basket (ie. outside or front pivot).

CATCHING (RECEIVING)

- In all stopping and catching of the ball, Wallan players need to show a balanced stance, forearm parallel to floor, shot-wrist-back (tilted), fingers-spread and ball in 'shooting pocket' ready to shoot, pass or dribble-drive.

TURNING AND PIVOTING

- Panthers players should be taught that the pivot foot should be, wherever feasible, the left-foot for right-handers and the right foot for left-handers.

- Panthers coaches should emphasise one style of pivoting – the Reverse or Inside pivot because it is generally applicable in more situations than the front pivot.

- The Reverse Pivot is executed by swinging the non-pivot foot behind, with feet parallel and slightly wider than shoulder-width apart. The head remains above mid-point between two feet, chin and eyes are up.

DRIBBLING AND BALL-HANDLING

CONTROL DRIBBLING:

- Only **dribble with vision and purpose**. See floor, teammates and defenders;
- Keep the **ball below the knees** for maximum control and acceleration;
- **Get low** in an athletic stance (a low base is essential for explosion and acceleration);
- **Pound the ball** with wrist and finger Pads – strong and controlled.
- Keep **dribble hand outside elbow** with elbow close to hips.
- **Eyes are up**. **Non-Dribbling Arm** extended – **protecting** the steal.

SPEED DRIBBLING.

- Push the ball out in front with hand behind the ball;
- Keep the Ball below the Waist for better control and acceleration.

PASSING

Passes should be made quickly, accurately and, when possible, with some deception.

Four different types of should be practised regularly:

TWO-HANDED PUSH PASS

- Used when defender has no chance of deflecting it.
- Straight with flight of the ball parallel to the floor.
- Thrown quickly with a snap of the wrists.
- Backspin is produced when the hands turn inwards, palms end-up facing out with thumbs pointed at the floor.

ONE-HANDED PUSH PASS

- From a ball-security stance, the player checks the positioning of his defender's hands.
- If the defender's hands are up, the passer uses head, lead foot or ball to fake up, then point the passing hand by the defender's waist and deliver a one-handed bounce pass;
- If the defender's hands are down, the passer should fake down and deliver a one-handed air pass.
- The passer may step forward on passing, but it is more deceptive if no step is taken.

HAND-OFF PASS

- Often used when guard passes to a post, cuts and receives.
- The passer simply releases the ball into hands of the receiver, with the two players never touching the ball simultaneously.

TWO-HANDED OVERHEAD PASS

- With the hands toward the back of the ball, the passer fakes down, the hands go straight up (never behind the head because it will delay the pass and may be stripped).
- The passer snaps the wrist to deliver the pass.

SHOOTING

TWO-POINT SHOOTING:

Wallan players will be known for shooting the basketball effectively and for being an offensive threat every time they catch the ball. The basis for all Wallan shooting instructions will be based on fundamental ***"Catch and Follow-Through"*** teaching points:

- The exact technique in preparation for the shot is less important than what happens at release and follow-through.
- All good shooters keep their straight elbows moving up as they snap their wrists for the follow-through on release.
- However, proper preparation in catching the ball will put the player into a more favourable position for the release.

- ***"Catch"***. Players should "Grip" the ball with following points of emphasis:
  - Shooting ***Wrist*** must be **Tilted and Wrinkled - Essential**.
  - Quick Step into the Ball - **'Heel, Toe, Toe'**. Comfortable Stance;
  - **Index Finger** on ball in a Straight Line - ideally as with Toe, Knee and Elbow;
  - **Fingers Spread with Thumb Out**. Ball on Pads not in Palm.

- ***"Lock and Snap"*** **(Release and "Follow Through)**:

Lock Elbow:

- **Quick Release** must be insisted upon, in one smooth action. The ball must never stop, but rather, continue up and forward. As the ball moves up, the elbow continues on a path in line with the basket;
- It is essential that **as the shot is released** the **elbow continues up** and **finishes above the ear**. As the arm straightens, the **elbow locks as the ball is released**.
- The most important function of the **elbow** is that it is **moving up when the ball is released**, making it a **"lift" rather than a "push"**. To ensure this happens, when returning to the original position, the hand should retreat along the identical path it used to release the shot.

Snap Wrist:

- **Wrist** with spread Fingers follows through, strong and firm (flopped-broken);
- **Index Finger** is **straight and last to touch ball**. 'Wave' the ball into basket.

THREE-POINT SHOOTING:

- Step into the ball on the Catch.
- **Tilt, Tuck, Lift**. ***Tilt (wrist), Tuck (elbow) and Lift (elbow and arm)***.
- Ball must go up to go in (especially 3's). Wrist must follow through strongly.

REBOUNDING

DEFENSIVE REBOUNDING:

- Assume every shot is missed. Attitude = "The ball belongs to me !!!!"
- Make contact with your opponent using your forearm;
- Reverse Pivot to 'make contact and box-out' your opponent.

- Stay low, balanced. Stance is strong and wide;
- Hands at shoulder height with elbows wide - feel if opponent coming;

OFFENSIVE REBOUNDING:

- Assume every shot is missed. Attitude = “The ball belongs to me !!!!”
- Anticipate where the ball is going. Quick fakes - away from target spot;
- Move inside hand past opponent shoulder.

Acknowledgements (Resources)

http://www.breakthroughbasketball.com/coaching/John-Wooden-Quotes-Videos.html

John Wooden finished his 29-year US college basketball coaching career with a 664-162 record, a remarkable .804 winning percentage. Wooden is remembered not only as an exceptional player and builder of a dynasty, but as a moulder of men.

"He taught us how to focus on one primary objective," said Bill Walton, UCLA's three-time All-American centre of the early 1970s. "Be the best in whatever endeavour you undertake. Don't worry about the score. Don't worry about image. Don't worry about the opponent. It sounds easy, but it's actually very difficult. Coach Wooden showed us how to accomplish it."

21. Forms for Signing by Players and Parents

The forms ATTACHED to this Panthers Information Pack must be signed by the Wallan Panthers player and their parent or guardian for the player to be eligible to play for their team. These forms need to be handed in to receive the player uniform

- Player Agreement Form - To be signed Panthers Player - FORM ONE (1)
- Parental Agreement Form - To be signed by Parent-Guardian - FORM TWO (2)

FORM ONE (1) - Player Agreement

WBI Panthers Representative Basketball Program

PLAYER AGREEMENT

1. Acknowledgements:

1. I acknowledge that:

   1.1. As a member of a Wallan Panthers Representative team, I shall act appropriately and accordingly with all conditions of this Agreement.

2. Conduct:

2. Selection into a Wallan Panthers Representative basketball team constitutes acceptance and abidance of the following conditions:

   2.1. Whilst participating or travelling as a member of a representative team of the Wallan Basketball Association Incorporated (WBI) and, as a minor, not in the presence of parents or guardian, I will comply with all lawful directions of the WBI coaches and WPRBP Chairman;

   2.2. Whilst participating or travelling as a member of a member of a representative team of the Wallan Basketball Association Incorporated (WBI), I will ensure that my behaviour is always proper and appropriate and, as such, would be as expected by the Wallan Basketball Association when representing it; and

   2.3. Specifically I will comply with the Wallan Basketball Association's **Player Code of Conduct**, By-Laws and policies.

3. Court Time:

3. I fully understand and accept that the Wallan Panthers Representative Basketball Program does not have an equal court time policy and that any court time that I receive will be at the discretion of my coach.

4. Training:

4. I fully understand and accept that:

4.1. Training and games, as specified by my Coach is **compulsory.**

4.2. That in the event that I am unavailable for training or games, I will contact my team staff in advance, and that unacceptable reasons for being 'unavailable for training' include social gatherings, weather or laziness;

4.3. Any absence from training or games without notification of team staff may result in a fine being imposed by the WBI and payable by me; and

4.4. Even if absent from training, I am still required to pay training and scoresheet fees.

5. Tournaments:

5. I understand that as a member of the Wallan Panthers team, I will be required to participate in two (2) compulsory WBI-mandated tournaments throughout the year.

6. Breach of Player Code of Conduct or Terms of the Player Agreement:

6. If I breach any of the conditions or rules contained in this agreement I understand that I may be liable to all or any of the following, as a result of my conduct being referred to the WBI Executive Committee or a hearing of the WBI Tribunal:

6.1.1. Omission from WPRBP team games. In such cases, I accept that I will not be permitted to play the next-scheduled Panthers game and that the team Coach and the WPRBP Chairman will have the discretion to permit me to re-join the team following my demonstrable improvement in attitude and behaviour during the next training session(s);

6.1.2. De-Listing or Suspension from my WPRBP team;

6.1.3. Termination of my membership from the Wallan Panthers Representative Basketball Program and expulsion from the Wallan Basketball Association Incorporated;

6.1.4. In the matter of a serious offence, the referral of my conduct to a hearing by the Basketball Victoria Tribunal; and/or

6.1.5. A fine being imposed at the discretion of the WBI Executive Committee.

I acknowledge and agree to abide by all the conditions as outlined in this agreement.

Name: _____

(Player Name - Please Print Clearly)

Signature: _____

(Player Signature)

Date: _____/___/_____

FORM TWO (2) - Parent Agreement

Wallan Basketball Association Incorporated (WBI)

Panthers Representative Basketball Program (WPRBP)

PARENT-GUARDIAN AGREEMENT

1. Acknowledgements:

1. I acknowledge that:

   1.1. As a parent/guardian of a child in the Wallan Panthers Representative team, I shall act accordingly with all conditions.

2. Conduct:

2. Selection into a Wallan Panthers Representative team constitutes acceptance and abidance of the following conduct conditions:

   2.1. I will sign and abide by the WBI Spectator Code of Conduct for parents and guardians;

   2.2. I will ensure that my behaviour is proper and appropriate when attending Wallan Basketball Association Incorporated (WBI) games, training or functions; and

   2.3. I will comply with the Wallan Basketball Association's By-Laws and policies.

3. Fees:

3. I am aware that by my child accepting a position on a Wallan Panthers Representative basketball team that I agree to:

   3.1. Pay registration fees in full **prior** to my child participating in any games;

   3.2. Pay training and scoresheet fees as directed by the Team Staff;

   3.3. Pay training and scoresheet fees weekly and in full as directed by the Team Staff even if my child is absent for a training session and

   3.4. My child being ineligible to take part in training sessions or games until all fees are paid.

4. Season Commitment:

4. I understand that:

   4.1. If I withdraw my child from a WPRBP team, I must do so in writing to the WPRBP Chairman.

   4.2. If my child's withdrawal from a WPRBP team results in the team having to be withdrawn from a competition or game forfeit, I am liable for any costs incurred or fines imposed.

   4.3. If my child's absence from any games results in a forfeit, I am liable for the costs or fines imposed at the discretion of the WPRBP Committee.

5. Court Time:

5. I understand that Wallan Panthers Representative Basketball does not have an equal court time policy and therefore any court time that my child receives will be at the complete discretion of his or her coach.

6. Training:

6. I understand that:

   6.1. WPRBP training and games, as specified by my child's Coach, is **compulsory**;

   6.2. In the event that my child is unavailable for WPRBP training or games, I will advise team staff in advance to let them know and accept that the reasons for being 'unavailable for training or games' does NOT include social gatherings, weather or laziness;

   6.3. Even if my child has not attended a WPRBP training session, I am still liable for the training and scoresheet fees for that session and

   6.4. My absence from WPRBP training or games without notification may result in a fine being imposed by the WPRBP and payable by me.

7. Tournaments:

7. I understand that as a member of the Wallan Panthers team, my child will be required to participate in two (2) compulsory WBI-mandated tournaments throughout the year.

8. Duties:

8. I agree to:

   8.1. Assist with game scoring or time keeping when asked by team staff;

   8.2. At home games, assist with canteen duties where possible, both before and after my child's game; and

   8.3. Abide and adhere to any duty rosters set by team staff, and in the event that I am unable, I understand that it is my duty to find a replacement.

9. Domestic Basketball:

9. I agree that:

9.1. I am obliged to register my child to play in the Wallan Junior Domestic Basketball Program (WJDBP) domestic Presidents Cup Competition (summer-autumn) or domestic Championship Competition (winter-spring); and that

9.2. Unless my child qualifies for finals in the WBI domestic competitions, he/she is no longer eligible to represent the Wallan Panthers Representative Basketball Club and will therefore forfeit his/her position on any representative team.

10. Photographs:

10. I give permission to the Wallan Panthers Representative Basketball Program and its parent body, WBI, to use photographs of my child during any activities associated with their Wallan Panthers representative team, for publication in any form to promote basketball.

11. Breach of Code of Conduct or Conditions of this Agreement:

11. If I breach any of the conditions or rules contained in this agreement I understand that I may be liable to all or any of the following, as a result of my conduct being referred to the WBI Executive Committee or a hearing of the WBI Tribunal:

11.1. De-Listing or Suspension of my child from the WPRBP team;

11.2. Termination of my child's membership from the Wallan Panthers Representative Basketball Program and expulsion from the Wallan Basketball Association Incorporated;

11.3. In the matter of a serious offence, the referral of my conduct to a hearing by the Basketball Victoria Tribunal; and/or

11.4. A fine being imposed at the discretion of the WBI Executive Committee.

I acknowledge and agree to abide by all the conditions as outlined in this WPRBP Parent-Guardian Agreement:

Name: _____

(Parent or Guardian Name - Please Print Clearly)

Signature _____

(Parent Signature)

Date: _____/_____/_____