

Issue

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The Great Shot!

Basketball at Scotch College

Distribution: Principal, Vice Principal, Heads of Year, Head of Sport, Coaches, Players and Parents

Inside

Games

This week there are no games to report due to the Queen's Birthday long weekend. As you will see, this space has been filled with photographs.

Pages 2 and 3

From Ben Rush

Due to technical problems the insert for last week's newsletter never arrived at the printing office. It has been printed on the last page of this newsletter. Coaches and players, get your glasses and read it thoroughly as Ben has great information on playing defence, with an explanation on the differences between zone and man to man defence.

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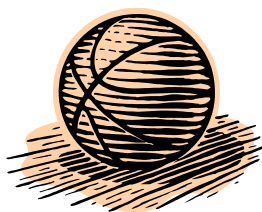
Don't forget Presentation Night Tuesday August 12

Lots of Basketball games this past long weekend, but none for Scotch Teams

There were **no school games** played this past weekend with many players enjoying a well deserved rest.

Many players from Scotch College across all the grades participated in external Basketball Tournaments over the weekend. If you happened to visit one of the bigger stadiums, such as MSAC, Waverley, Nunawading, or Ringwood, you would have been confronted by courts full of basketball players of all ages and abilities.

Basketball is growing in popularity across Australia and is a sport which is played internationally at all ages. Clinics are run by many Associations for children as young as 7. The local Association, Hawthorn, holds a skills clinic Sunday mornings from 10-11am at Hawthorn Secondary School. These casual clinics are one of the best ways to start learning the game.



In the next newsletter we will report on those teams still undefeated. Will the 10A group be able to continue their 2.5 year winning run?

Players, Heard or seen something funny on the court? Email your story to the Editor at eeadie@bigpond.net.au Don't worry, player submissions are treated in the strictest of confidences and can remain anonymous.

Parents, If you are interested in discovering more about Basketball at Scotch, supporting the school program as a parent or just want to know about extra playing opportunities outside of school, contact the editor at eeadie@bigpond.net.au who can direct you to the right person.

Submissions Your submissions and digital photographs are very welcome at eeadie@bigpond.net.au (or fax 9809 0179) addressed to Ellen Eadie. This is a newsletter to inform and promote Basketball interests at Scotch and will become much more interesting if **you** contribute too. **Send us** funny quotes from the coaches and players, personal observations and any interesting stories you may have. We would love to hear from you. Send us your drawings and cartoons too.

Over the past few weeks, our roving photographers have caught some of you on 'film'. With no games to report this week we have the room to include some of these pictures in the newsletter. Are you or your friends here?



Ghosts in the Glenn Centre. If you look closely in this photograph you will see that the coach, Mr. Horlin, is not alone. The players are running, but are too fast to be captured on film. 'Go Scotch'

The 10A and B report for the games of May 31 was lost in the Ethernet. It finally found its way to the editor and has been printed here .

After a reshuffling of the teams due to some of the 1sts coming to us, along with some C players who have been performing well, the two year 10 teams were ready to front up to the games at Waverley Stadium on Saturday morning.

At 8:30 the B team was up against an 'in form' Caulfield Grammar. It was the first time the team really had strong competition (having to go to the mercy rule nearly every other week). The coach, trying to get the team fired up, having no voice, was trying desperately to get the benched players to translate her hoarse language. **Anthony Zielke** and **Daniel Harbison** had particularly strong games. **James Nixon** and **Tom Barton** were constantly using their height to win rebound contests. **Campbell Robertson-Smith** and **Tom Barton** were our two highest scorers. Our guard **Kenneth McAllister** worked hard to steal the ball and put on the high pressure also had an impressive game. **Tom Rigewell**, **Alex Nigol** and **James Ramsey** rounded off a fiery B team who led us to a nail biting 5 point win. The final score 32 to 27.

About 10 minutes before the B game finished, the A players were lined up on the spectators bench cheering their peers on, lovely to see. And at 9:20 it was their turn to face the 'not so short' Caulfield team. Struggling to stay on top in the first half, the team seemed to be slightly psyched out by the fact that they were finally playing a strong opposition. However after a few words from the coach, again with no voice, and a few "just because you are playing a fit team, doesn't mean you need to forget how to play" comments, the team was back on track. Dropping back to a zone defence with a half court press in the second half allowed the boys to get a few early turn overs to widen the margin. **David Thomas** and **Jake Eadie** (8 points) assisted with many of these turn overs and had great games. **Simon Booth** and **Ben Elliot** starred, both being in the top scorers list with 10 points and 7 points respectively. **Justin Singh** and **Jaron Gould** worked their speed and guard magic to keep the Caulfield attack at bay. **Angus Keech** (7 points), **Tom Abromowski** and **Chris Taylor** were able to use their size, rebounding skills and strong attitudes to round out an impressive A team. Although Caulfield fought back hard during the final stages of the game, Scotch managed to remain composed winning by 5 points, the final score 42 to 37.

Well Done Guys!!! Report by Coach M. Quayle 2.

Scotch Basketball



What is the main difference between **man-to-man** and **zone defence**? In zone each defender is responsible for an area of the court and the player in that area (a player with or without the ball). In man-to-man each defender has a player to defend (but must also know where the ball is if their player does not have it). Commonly, people view the two types of defence as very different, when in fact they are actually quite similar. Here's an example: when defending the person with the ball, in both types, the defender's job is to prevent the dribbler getting by them easily (preferably not at all). The basic principles of good defence apply to both man-to-man & zone defence: vision of your man and the ball, denying cutters into the key, pressure on the ball, communication, boxing out the nearest player, and as mentioned, preventing dribble penetration (drives).

Here are some of the main characteristics of each type of defence:

MAN-TO-MAN

- Each defender knows which player they are responsible for;
- Requires most of your defenders to be good at defending a player 1v1 with the ball;
- Makes boxing out on a shot attempt a little easier as you will usually know who you are responsible for;
- Effective against teams with good outside shooters (as each player knows who they are responsible for, can then do a better job of preventing them catching the ball and can be on them quickly when they do catch it).

ZONE

- Useful for teams with many players that are not good at defending on the ball (preventing the dribble penetration), as the next defender can get over and help easily;
- Boxing out requires a lot more attention as you need to find someone to box out and may have two people in your area;
- Can help hide a player in foul trouble or who is fatigued;
- Effective against teams that do not shoot medium and long-range shots well;
- Useful against teams that drive to the basket well.

In junior basketball it is generally accepted that the use of man-to-man defence is better for the overall development of players (particularly for players under the age of 14, but even through to 16 & 17 year olds). Why is this? The main reason is most junior teams find it very difficult to consistently score against zone defence.

The reasons for this are that in juniors a much larger percentage of points are scored close to the basket, often coming from dribble penetration. Against zone, the space to drive or pass into the key is usually taken away. Outside shooting, passing, cutting and dribbling at gaps are vital ingredients to scoring against zone – these are traits junior players do not generally develop early or easily.

Two problems are thus created by zone defence. First, the team often gets away with less than average zone defence because the opposition struggles to score (thus they do not learn good defensive habits). The second problem is the offence does not develop their skills as easily and thus development is stunted (and enjoyment decreased).

The attraction of playing zone defence in juniors is therefore clear. Coaches can get away with not being able to teach good defence more easily as their team has a better chance of stopping the opposition, even with bad zone. The coach has a better chance of being successful (winning), and in many cases, the coach will see this as the best way of moving up the coaching “ladder” (need to win, best way to win = play zone defence).

What can players, coaches and parents take from all of this? Here's a few suggestions:

- **Encourage the use of man-to-man defence** as much as possible (at some levels and many clubs, teams are required to play man-to-man);
- **Only use zone defence when absolutely necessary** (e.g. competition rules may dictate its use when leading by a certain amount). An example of a situation where it may be necessary is when a team only has 5-6 players and they need some rest, drop back in some zone for a couple minutes (but not the whole game and remember time outs also help, plus rotate everyone through the bench if you have a sub or two);
- When playing man-to-man defence, it is not each player defend their man and only their man. Instead, always know where the ball is as well as your man. It is more important to stop the person with the ball scoring than worrying about only your man and not helping your teammate when they get beaten – this is called help defence;
- If facing zone defence, the best way to beat it is to get the ball from defence to offence quickly, before the zone sets up. This means after a score getting the ball out and passed in rapidly (best if someone's job to do this), then moving the ball up court fast, with passing as the best method. If a good shot is not available then work on these principles (some mentioned previously) - cutting to and dribbling at gaps, quick passing (ball reversal from one side of the court to the other), keep good space between you and your team mates, use shot and pass fakes (to get the defence to react), and attack the boards for rebounds.

In a future issue I'll give some more information on man-to-man defence!

Enjoy your basketball!