



"Great Shot!"

Basketball at Scotch College

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

Inside

No APS basketball game reports this week leaves more room in this edition of the "Great Shot!" for photographs, profiles and technical information.

Assistant Coach Stuart Pirie has been profiled.

Captain of the Scotch Basketball 1sts, Gus Grey, faces the limelight as the featured player this week.

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The latest edition of the 'Great Shot!' newsletter is available in full colour on the Scotch College website.
<http://www.scotch.vic.edu.au/Sport/Bball/Ball.htm>

Many Scotch Basketball players competed in Club Tournaments over the past long weekend, including the Nunawading tournament and the Classic at MSAC.

Tournaments are part of the fun of playing basketball at representative level. Teams are graded and boys play 2 to 3 games on Saturday and on Sunday, with Grand Finals on Monday.



Top Row (Left to Right) : Nick Thomas (Melbourne Tigers 52), Troy Sandley (Eltham 30), and Nick Thomas again
Second Row: David Taylor (Waverley 22), David Taylor and Troy Sandley, David Taylor
Bottom Row: Ed Cowan (Hawthorn Magic 9), Angus Keech (Hawthorn Magic 51), and Ed Cowan

Playing representative basketball is a great way to develop your game to the maximum potential with high development of skills through intensive training and games. If you want to know more, visit the Basketball Victoria website at:

www.basketballvictoria.com.au

Try outs for most of the local clubs will be held after August. Check club websites for more information.

Player Profile ★★★★★ **Angus Gray** ★★★★★ Player Profile
Captain of Scotch Basketball 1sts



Where to begin?

How do I sum up my basketball career in only a couple of hundred words?

Well, for starters, I'm Gus Gray, and basketball started for me in primary school when some unfamiliar faces from Hawthorn Basketball Association came to Hartwell to run a basketball clinic. Because of my love of sport, I started playing basketball afterwards and have never looked back. Back then, my peers and I would play almost every day before school, at recess, and at lunch until we heard the disheartening sound of the bell forcing us back into class. At another clinic, I had the honour of playing one-on-one against NBL great Darryl MacDonald. As well as being well-known for his silky skills, D-Mac was also known for his leadership on court. Throughout my basketball career I have come across many leaders whose qualities I have tried to emulate and apply into my game.

What qualities do I think make a good leader?

A leader, to me, sets the standard for the rest of the team. His work ethic is as high as anyone else's because if he doesn't give 100% it's more than likely no one else will. A leader provides guidance and encouragement to team mates and puts his neck on the line for the rest of the team. He keeps team spirit high, communicates effectively and supports the group whilst also providing positive criticism when needed. He should demonstrate courage and tenacity and adopt a "never say die" attitude even when the fat lady is warming her vocal chords.

What basketball opportunities did I have outside of school?

From under 12's until under 18's I played for Hawthorn Magic. No club has ever made me work harder to achieve my goals than Magic. I enjoyed every minute of my time with Hawthorn and once I've finished the hard yards of year 12, I'll be back playing in the men's division. Hawthorn Magic provided me with the opportunity to play at the highest level of basketball, whilst receiving the best coaching.

What about Scotch Basketball?

I'm now seventeen, only 5 feet 9 inches tall, and whilst being vertically challenged or other wise known as a "lil' runt" I've still had the privilege of captaining the Scotch Basketball 1^{sts} for the last two years. When I was fourteen (year 10), I made the decision to leave behind my other sporting passion, football, and start playing Scotch basketball in search of greater achievement; to play at the highest level. That year I achieved my goal, making the team and playing out the season. Throughout my three years in school basketball I have never failed to set myself goals, which is one of the reasons I have accomplished so much today. The other reason is my determination to succeed. And if ever I fell short, which has happened many times, my will to get back up again and try again has always outweighed the devil on my shoulder telling me to give up. Always strive for what you think may be out of your reach, and never give in until you've grasped it in both hands!



Coaching Corner

From Ben Rush - Director of Basketball Coaching

11 June, 2004

About this time last year I passed on some information on **shooting**, and thought I might touch on that subject again. I have covered some similar topics, plus a few new areas.

Almost all players like to shoot the basketball (and the ones that don't often feel that way due to poor shooting ability). One of the great features of shooting is you get immediate feedback on your execution of the skill.

Another quality of shooting is you don't need an opposing team, referees, a coach or team mates to be able to practise. All you need is a ball and a basket (and you can even practise without the basket).

Let's go into a quick rundown of what makes a good shot. First, there is the execution of the skill. See the page titled 'B.E.E.F. - Shooting Technique' which gives some information on the actual skill.

Besides technique, a good shot is also determined by shot selection. Factors such as: Are there any rebounders? Are you in your shooting range? Are you balanced? Should your team be keeping possession? Is it too early in the offence? Are you turning down a good shot the team has worked to get? All play a part in deciding if you are taking good shots.

Good shot selection is a vital ingredient in effective offence for your team.

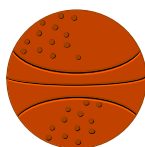
A tip for practising your shooting – start with **Shot Check**, which is one hand shooting within about 1-2 metres from the basket, then two hand shooting also close in. Work on swishes with good technique rather than the backboard for Shot Check initially.

I like the process of not moving further back until you get say 5 or 10 swishes in a row (if you make the shot and the ball touches the ring, go back to zero). Once you have made a couple sets of 5 or 10 go to 2 hand Shot Check.

These shots are taken standing still with focus on technique, and CHECKING your shot. A good warm-up is also important, as your touch will be better if you have got your blood flowing well.

Feel free to ask me a question on shooting or other areas when you see me next.

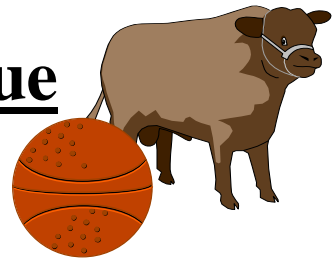
In next week's 'Coaching Corner' I will give you some suggestions of activities to do over the school holiday break to keep your game sharp!



Enjoy your basketball!



B E E F – Shooting Technique



B

BALANCE

- Legs well bent with no stepping forward as you shoot
- Slight lead foot (same foot as shooting hand is forward)
- Body square to basket – shoulders, hips, feet facing basket; shoulder of shooting arm slightly in front
- Jump straight up
- Head still, especially when bring ball up

E

EYES

- Look over the ball before bringing ball up to shoot (start ball about stomach/chest area)
- Ball will go past eyes in the shooting motion - do not worry, keep head still and focus on ring. Aim is to develop shot where you look under the ball after you bring the ball past your face.
- Avoid taking ball to side of your face to see the basket (take straight up)
- Look at back of the ring or the square
- After receiving the ball, quickly focus on the target, keeping eyes on the spot through the release (do not follow the ball in the air)

E

ELBOW

- To receive the ball and also when you are in the ready position:
 - Elbow is behind the ball
 - Hands palm forward for shooting hand, fingers forward for non-shooting hand
- Elbow under the ball as you go up into shooting position
 - Doesn't need to be dead straight, but definitely under the ball
 - Helps give one hand action, as shot arm goes directly through ball

F

FOLLOW - THROUGH

- Toes – push off the ground
- Arm – lock elbow / Hand – snap wrist = these two give **“Snap and Lock”**
- Fingers push through the ball (not ball roll off)
- Arm goes up then through the ball giving 45 degree angle
 - Not arm straight through the ball = flat shot
 - Not arm high to the roof = too much arc, short shot & inaccurate

Other points to remember:

Angles & wrinkles – As you bring the ball up to get into the shot motion, elbow is bent, wrist bent back giving wrinkles at the wrist, now have C-shape between arm and hand (from the shoulder).

Perfect Practice - Become better by Perfect Practice, not practice of bad habits.

Coach Profile – Stuart Pirie

Stu Pirie has taken on the role of assistant coach for the Year 7 and 8 A and B teams, at those early morning trainings plus coaching the year 8 boys on Saturdays. His extensive coaching experience and rapport with the boys is evident in their strong performance so far this season. This week in “Great Shot!” we have asked Stu for a few words about himself.



Ok, my profile, here we go...

I've coached basketball on and off since I was 17 when I was first asked to try and make a basketball team with my sister and some of her netball playing friends. Three seasons, and only 3 wins (IN A ROW!) later, I moved on to a variety of other teams where I have (fortunately) had a great deal more success over the past few years, including a Nunawading Tournament victory last year with the Under 14 Hawthorn Magic, Grand Finals at Hawthorn Basketball Association level and, of course, the fantastic teams I have this year at Scotch.

My own playing 'career' saw me selected a few times for the 1^{sts} at Scotch WAY BACK in 1997 (I still have the football length shorts to prove it) having played football for the school until Year 11 and only picking up basketball at club level at 13. I spent several years at the Hawthorn Magic before I moved to the Bulleen Boomers in 2001 to play in the VBL. I'm still at Bulleen and we're enjoying another successful season following play-off seasons the last 2 years, although it is a tougher league this year. Ultimately I hope to play in the ABA, although I have a long way to go yet if I want to make any impact at that level.

I started as a student at Scotch in Grade 1 in 1986 and am constantly amazed at the changes that seem to occur day by day around the campus, especially as I hadn't been around much since my brother finished in 2001. While it was hardly spartan 'back in my day', it is incredible to see how far it has come in the years since I have left.