

Issue

10

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"Great Shot!"

Basketball at Scotch College

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

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Who was this 'odd sock' player spotted at MSAC on Sat June 19 2004 ?

Look for the latest Scotch Basketball pictures posted each Tuesday on the Notice Board.

LOST BASKETBALL

Campbell Robertson-Smith (6ths) lost his basketball Saturday at MSAC. Please



check your bags to see if you might have collected it by mistake.

Basketball at Scotch

This week marks the end of Term 2, but not the end of the Basketball season. It is important to relax, catch up on sleep, go out with friends and, for the year 12 students, apply yourself to a bit of school work, however it is also important to keep yourself fit. Ben Rush has provided technical advice in this newsletter to help you with this task.

Back issues of 'Great Shot!' are available to read on the website. For a bit of fun, why not read the old issues over the holiday?

Write it in your Diary – Presentation Night is Wednesday August 11th. Details to follow after the school holidays.

Photo Submissions: Do you have access to a digital camera? Do you want to see all the action **from your team** pictured in the 'Great Shot!'. Send jpeg images to Ellen by noon Monday at: eeadie@bigpond.net.au

Game Reports for June 19 2004

Only 16 of 24 teams had a game on Saturday June 19th. Many games had been cancelled, and byes scheduled for the open 3^{rds} and 8C3 teams.



above from left to right; Wes Cronin, Chula NaRong and Ed Cowan setting a screen with Chris Anderson with the ball.

Scotch Limpes Away From Caulfield Clash! Scotch 20 – CGS 35

It was a very slow start for Scotch against an inspired and enthusiastic Caulfield side determined to defeat the strong Scotch team. Scotch could manage only 12 points in the first half, thanks to passionate defense from the opponents, but came out of the half time break with the aim to step up the play and overcome the 6 point deficit.

It was not to be this time. If anything, Caulfield consolidated their strengths and exploited our tentative decision making, forcing 8 more turnovers, taking the total to 18 for the game, and stretching their lead in the second half. In our lowest scoring period, Scotch managed 8 points in the second half to finish well down on the score sheet as well as on confidence: Scotch 20 – CGS 35. Even a Muse of Fire is lost for words this week.

With time ahead to reconsolidate thoughts and rekindle the passion, the boys of Scotch College will undoubtedly rise to the next challenge and face their opposition with renewed enthusiasm to turn the tables around and regain confidence with some big wins in the redrawn rounds, again showing their great skill in the game of Basketball. GO SCOTCH!

Mr. Rob Hortin
Scotch 1^{sts} Coach
And Jake Eadie (Player)



above: Images of players from the open teams at MSAC on Saturday

2nds 36 defeated Caulfield 32

The score line doesn't represent the true nature of the game as Scotch lead the game comfortably for most of the game until Caulfield made a late run to claw back 8 points. Scotch was resilient and held off Caulfield's run to win. Caulfield's late run dampened the game as we let them back into the game through sloppy passes when we should have put the game's conclusion beyond doubt. After the break we face a redrawn round which we hope to win all three games.

Report by Micheal Frame

4ths 44 defeated Wesley

5ths 31 lost to Caulfield 35

Coming off two straight wins, the 5ths were confident that we would be able to defeat Caulfield Grammar. A disappointing start left the 5ths playing from behind for most of the first half but solid defensive efforts led to a halftime deficit that was within reach. Defensive pressure in the 2nd half lifted our presence and intensity and with offensive help coming from **Josh Yam**, the 5ths pulled within 2 points with less than 5 minutes remaining. In the final minutes it was clear that Scotch would soon run over a tiring Caulfield team that was unable to cope with the half court press, but unfortunately the clock beat the late run. A huge defensive effort from **Gary Li** and strong rebounding from **Captain David Chu** contributed to the spirited fight back. A solid 2nd half performance from the 5th's this week, unfortunately only minutes too

late. *Report by Coach Mr. Peter Jackowski*

6ths won by forfeit

Scotch had 9 players show up; Wesley had 2; a good indication of character for our boys. Personally, I reflect that these boys are a reliable bunch that deserve the win due to forfeit. In the spirit of the game, a scratch match was organized and the 2 Wesley players were invited into the match – well done Scotch. *Report by Coach Mr. Peter Riley*

10A 48 defeated Caulfield 28

10B 40 defeated Caulfield 25 Exams and no practice take it toll.

This week's games against Caulfield loomed as a real danger for our unbeaten 10As & Bs. With no training for two weeks and hard fought wins the week before spelt danger in the mind of the "coach". Complacency was looming its ugly head. **The B team** had the early game and with a few minutes to starting time only 4 players had arrived. Fortunately they all turned up but started as if we had only just got out of bed lacking enthusiasm and intensity. The first half finished with both teams level on the scoreboard. Scotch was playing the poorest game they had played all season. None of our offense was working and our defence lacked energy and determination. Rebounding was nonexistent and we missed easy shots. Thankfully in the second half we seem to warm up and went out winning 40-25. Some good moves inside the key from **Joshua Houghton** 10 points

and **Andrew Trinh** 6 points saw some consistent scoring in this half. **Nicholas Mollison** had a great game under the boards with 8 points and some great defensive rebounding. A better second half saw us play some of the basketball that we know we can play.

The As started their game well but still lacked intensity as a team. I have never heard it so quiet on a basketball court before. We worked hard as a team and as the game progressed, improved and started working well together. We had some trouble getting our offense to work as Caulfield wouldn't co-operate and ran a zone defense which made it hard to run reds. This made us work a lot harder and as a result some of our other plays, as blue and dirty started to work well. We lacked run into our offense but our defense, especially in the second half, was strong resulting in some easy turnovers and scoring opportunities. **Robert Blinkhorn** 10 points had a fantastic game seemed, to be everywhere and played tall under the boards getting many rebounds against tough opposition. **Simon Teo** 10 made some great plays setting up team mates to score and making excellent drives through the key to score easily. **Matt Danos** 8 wasn't his usual dominant illusive self but played a very serviceable game. On the whole it was a pleasing performance, with all players making a contribution. Well done both teams on maintaining your unbeaten record so far this season. *Report by Coach Mr. Mark Mason*



above: Year 8 A and B teams with coach Stu Pirie

10C1 Cancelled

10C2 Cancelled

9A Scotch 73 defeated Haileybury 16

After several weeks without training it was perhaps not surprising that the Scotch team appeared a little rusty and made more errors than normal. Nevertheless we were much bigger, faster and more skilled than the opposition and had an easy win. Big **Jack Railton-Woodcock** was again valuable with 17 points and 10 rebounds but **Sam Miller**, 20 points and 6 steals, was awarded MVP. *Report by Coach Mr. Keith Oatley*

9B Cancelled by Haileybury

9C1 Cancelled

9C2 Cancelled

8A 48 defeated Melbourne Grammar 24

Scotch entered the game with only 6 players, in part due to one of most unusual injuries ever, as suffered by **Tom Matthews** (stabbed in the leg by a Double Bass) and Grammar's decision to prevent 2 players from the B's from filling in. All this against a team that beat us by 3 last time around. The team responded in the best possible way, with by far its best game of the season and a 48 – 24 thumping. Scotch was forced to play a zone for much of the game due to the lack of numbers, but turned this into a positive with a brilliant, aggressive defensive display that brought countless fast breaks. Grammar won last time thanks to a procession of skilled tall but were shut down completely this time with the Scotch big men dominant. It is impossible to single out individuals for praise – the entire

team won this game. *Report by Coach Mr. Stuart Pirie*

8B 47 defeated Melbourne Grammar 6

Despite a lazy start that saw Scotch up only 4-2 after 6 minutes after several missed opportunities; this was never much of a contest. Scotch led by 26 at the break and ran out winners 47 to 6. Scotch's tall worked hard to pull off this win, with **Aaron Brady** bringing his characteristic energy, and 10 points, to the Bs and **Peter Tear** and **Jack Naughton**, in particular, having the best of the Grammar guards. Strong defensive rebounding by **Ben Hanley** and **William Wang** prevented Grammar from getting multiple shot attempts and their work on the offensive glass finished off many strong plays by Scotch. *Report by Coach Mr. Stuart Pirie*



above: The 7A boys in action and with their Coaches, Mr. Stu Pirie and Mr. Jeff Watson

8C1 48 defeated Carey 23 The 8C1 team had a fantastic win over Carey on Saturday. This score is almost unbelievable because

Scotch had only 4 players. We had most of the ball, but we had a hard time scoring points. The boys were exhausted and it was necessary to

call time out in the second half just so they could take a spell and breathe deeply. All team members posted scores and they were: **Ryan**

Bowman a fantastic 18, **Andy Wang** close behind with 16 then **Li Yang** 12 and **K Wang** 7. Well done team! *Report by Coach Mrs. Linda Fiske*

8C2 20 lost to Caulfield 43

Unfortunately a number of players either cancelled at the last minute or failed to turn up entirely leaving the team with only 4 players to start. Thankfully **Aaron Brady** from the 8B's turned up early for early his game and helped us out scoring 16 of our 20 points and saving the team further embarrassment.

Edward Dick scored the other 4 points. **Chris Totterdell**, **Xi Chen** and **Simon Black** fought hard on the day, but it was obvious that the lack of training sessions had a negative impact on their play. *Report by Coach Mrs. Donna del Porto*

8C3 BYE

7A 45 defeated Melbourne Grammar (Wadhurst) 36

The team must try harder to emulate the 'Bs' with a faster, more focused start! We were jumped by MGS and it was 8 minutes of 'fumbling' play (read 'stress' for the coach) before **Ben Allison** shot a great 3 pointer to break the point drought and put us on top.

Subsequently, we held a small buffer for the duration. Both teams played very good man-on-man with many fine examples of good defensive play. Overall, a well deserved and hard fought win for the boys – well done! *Report by Coach Mr. Jeff Watson*

7B 60 defeated Melbourne Grammar (Wadhurst) 21

The team made a good start, rapidly establishing a dominant scoring ratio of 3:1 which they maintained throughout the match. Again, it was a pleasure to see their excellent team dynamics in action – every boy got some personal baskets plus heaps of assists. There was no power for the court lights, but despite the semi gloom, the high

scoring rate showed that it was obvious the boys had all had carrots (and beans) for breakfast. In particular, **Nick Wilson** and **Charlie Hancock** both had great games. *Report by Coach Mr. Jeff Watson*

7C1 Cancelled

7C2 20 lost to Caulfield 25

The Scotch 7C2 team played a tight and hard-fought game against Caulfield Grammar, eventually going down 20 to 25. **Myles Cronin** used his height to good advantage in defence throughout the match, **Mark Lym** scored strongly in the second half with 8 points, and **Dylan Mavros**, despite carrying an injury, gave great strategic leadership to the team. Although the Scotch boys outscored Caulfield in the second half, they weren't quite strong enough to clinch the victory. *Report by Coach Mrs. Narelle Sheezel*

7C3 27 drew Carey 27

★★★★ Player Profile ★★★★★ **Simon Teo** ★★★★★ Player Profile ★★★★★

My name is Simon Teo. I have been playing for Scotch since year 7 and started playing basketball since I was about 9 years old. I used to play Friday nights with the Panthers. Besides playing basketball I play badminton for school during summer. I'm in year 10 and play for the 10A side and currently the side is undefeated. We hope to continue our success throughout the year and remain undefeated.



above: Simon in action at Waverley on Saturday

Coaching Corner

From Ben Rush - Director of Basketball Coaching

21 June, 2004

School holidays are almost upon us, so below are a few suggestions for activities you can do over the break to keep your skills and fitness sharp.

FITNESS

You have two options for keeping aerobically fit (or getting fitter) – do some running, or other endurance activity like cycling or swimming, for at least 25 minutes or longer if that doesn't challenge you. Note that running is the best activity, as you don't swim or cycle during a game. The second option is to do skill practice at high intensity, for at least 30 minutes.

Other fitness work you can do includes strength activities (push-ups, dips, crunches), skipping (jump rope), sprints (e.g. sprint 50 metres, walk back, repeat 6 times; then do a longer cycle of the same type of system, run 200 metres, walk back, repeat 4 times) and stretching.

BASKETBALL

Shooting

Last week we talked about shooting and gave the following for practicing your shoot technique:

- Start with shot check, which is one hand shooting within about 1-2 metres from the basket, then two hand shooting also close in. These shots are taken standing still with focus on technique, and CHECKING your shot. A good warm-up before shot check is also important, as your touch will be better if you have got your blood flowing well.

Then work on shooting at game speed. For example, start at the top of the circle and spin the ball to the elbow (edge of FT line), step forward, catch and shoot. Rebound your shot, return to starting spot and repeat to other elbow. You can do this activity for a set time or set number of attempts. Shoot a couple free throws and repeat same pattern from the wing on either side of the court (move from wing to the base & wing to the elbow).

What about lay-ups? Can you shoot a lay-up on either side of the basket, with the correct hand, jumping off the correct foot, at game speed? If not, use the holidays to work on your lay-ups. Even if you answer yes to the above, you can work on more advanced shots, like the underhand and reverse lay-up.

A reminder, on the right side we jump off the left foot and shoot with the right hand. So the last two steps are right, left and jump off the left foot, bringing your right knee up as you shoot with the right hand. On the left side it's the opposite.

To develop your lay-up technique, start with feet together one metre or so outside the key, and take your two steps and jump for the lay-up (no dribble). Repeat until feels comfortable. Then move back 1-2 metres, take one additional step and dribble once on this first step (so one dribble and three steps). When comfortable, move further back, to a couple metres outside the 3 point line and take 2-4 dribbles, pick the ball up, two steps and jump to shoot. Do these activities for the right & left side.

Another activity you can do to work on lay-ups and improve your fitness is 'X-Out Lay-Ups'. Start at the edge of the FT line (elbow) on one side, do a one dribble lay-up, rebound, dribble out to other elbow (1-2 dribbles max to get out there) and repeat on the other side. Continue for a set

time or set number of made lay-ups. Can alter with different lay-up techniques (reverse, etc), or work on your weak hand and just do that side.

Ball Handling

The more comfortable you feel with the ball in your hands, the more confident and better player you will be. There are lots of different “ball handling” drills that you can use and you should do them as much as possible. These drills help shooting, passing, dribbling and general ball control.

A key in all of these drills is not to let the ball touch the palm of the hand. Use your fingers and pads and keep the body as still as possible (keeping your head up & in the middle of your body).

Figure 8 Wrap – 30 seconds

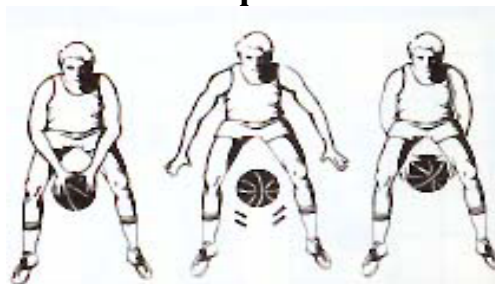


Start with ball in your right hand, in front of your body. Take it between your legs and into your left hand (behind your legs). Then with ball in your left hand, bring it to front of your body and then between your legs to your right hand (behind your legs). Continue for 30 seconds. Then try going the other way.

Skill Level

Excellent = 35+ Very Good = 25-35 Good = 15-25 Fair = 10-15

Straddle Flip – 30 seconds



Start with your legs shoulder width apart and knees bent. Hold the basketball between your legs, with your hands in front. Let go of the ball or flip it up very slightly. Bring your hands behind your legs and catch the ball before it hits the ground. Now flip the ball again and catch it with your hands in front. You can also do this with one hand in front and one behind, drop the ball & swap your hands.

Skill Level

Excellent = 35+ Very Good = 25-35 Good = 15-25 Fair = 10-15

There are numerous different ball handling drills you can do – the only limit is your imagination! These drills are good to do as part of your warm-up (see below).

FINALLY - It is important to warm-up & warm down with some jogging or skipping & stretching. Also, with any practice you do, it must be at **game speed** (except the first few goes at a new skill or when doing shot check).

Enjoy your basketball and have a great holiday!