

'In Basketball'

Issue 3 - December 2007

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ABT's Basketball Quote Of The Month

"Most coaches over substitute. If a starter is in physical condition he should seldom come out of the game."...Ed Murphy

Write For 'In Basketball'

Are you a writer for your schools newspaper, a local paper or just would love to share your stories about your local basketball association, high school basketball team or representative basketball team.

If so then submit your story to Aussie Basketball Travellers and get your name in lights. All submissions can be sent to michael@allaussie.com.au.

Start writing your stories today!!

Read the latest story from Glen Wilkes.

Drill Corner

Calling all coaches to submit their best drills to be published. Each month we will publish the best drills that have been

'In Basketball' is a monthly newsletter focusing on Australian Junior Basketball. 'In Basketball' will provide Coaches, Players and Administrators up to date information, reviews and tips.

'In Basketball' is proudly bought to you by



This month 'In Basketball' takes a look at the winners from the recent National School Basketball Tournament, we'll talk some defence with Herb Brown and don't miss the article by Glen Wilkes on how to master the substitution. As always 'In Basketball' has its great tips for players and coaches.

John Paul College & Lake Ginninderra National Schools Championship Winners

Lake Ginninderra has defeated Box Hill Secondary College to take out the men's championship game at the National Schools Tournament in Geelong. In a nail biting tussle Lake Ginninderra won 73-70. In the women's championship division John Paul College took out the final 61-57 after getting off to a slow start. Unley HS proved to be the basketball school of the tournament making 3 finals across all the divisions. [Read the championship reviews here](#) and see all the [winners of the NSBT here](#).

Let's Talk Defence by Herb Brown

You must begin to teach and preach defence from the first moment you meet with your team...Defence is not simply a last resort to get you back in the game; it is the solid foundation of a winning program.

Defence requires discipline; if a coach is firm initially, he will set the tone early and never have to emphasize the importance of defence later on in the season.

The aim of every great defensive team is to take something away from their opponents. Our goals are always to limit the opposition to one bad or ill-advised shot and no offensive rebounds.

The more frequently the players are reminded of the importance of defence and the more they practice and work at it, the more quickly they will understand how necessary it is to the team's overall success.

We think you should always emphasize putting pressure on the ball and having your hands up and active to contest all shots and passes.

[Read the full article here](#)

submitted, **BUT** all the drills that have been submitted will be available on the All Aussie website for coaches to use.

Any drill used in the 'In Basketball' newsletter will receive a **FREE** Aussie Basketball Travellers bag.

Send your drills to
michael@allaussie.com.au

Coaching Tip Of The Month

[Coaches Drills - Penetrate and Kick](#)

Have a look at the wide variety of coaching drills we have on the [Coaches Page](#)

Coaches Corner

[Observations from Spain - Developing Sound Creativity](#)

[Planning a proper practice session](#)

[ESPN interview with Australian College star Andrew Ogilvy](#)

Player's Tip Of The Month

[Secrets to being a good shooter](#)

[Get some cat like reflexes here](#)

To Enquire About Your Tour Call

1300 780 908

OR

www.allaussie.com.au

Mastering the Substitution - By Glen Wilkes

The art of substitution is a key ingredient in becoming an outstanding basketball coach. Some coaches have a real knack for how and when to substitute, whereas others struggle to make the right decisions. Correct substitution is never mastered, but if a coach will study when and how to substitute by watching other coaches and getting to know the real strengths and weaknesses of his own team, the coach can become very good at substituting. One basic rule must be used as a guide. Substitutions should be made to strengthen the team's chances of victory! Whether the substitution is to relieve a tired regular or to withdraw a player who is performing poorly, the replacement should be made with this basic rule in mind. [Read the full article here..](#)

WIN an ABT Basketball Bag & Hoodie

ABT is calling on all 'In Basketball' Readers to help promote the game and basketball news by forwarding this newsletter onto 5 basketball friends.

Every reader that sends this email using the forward button at the bottom of the page to 5 friends will go into the draw to win an Aussie Basketball Travellers Basketball Bag and Hoodie.

Entry closes on Friday 11th January and the winner will be announced in the next issue.

Well Done to Brad Luhrs from the ACT who was Decembers winner and will be wearing his ABT hoodie with pride.

ABT's Basketball Association Of The Month

The Coffs Harbour Suns is the ABT association of the month for December. Coffs Harbour Basketball Association is located on the far north coast of NSW and has produced numerous NSW Country State players and some national league representatives. [Visit the Coffs Harbour Suns here....](#)

Basketball Tours

Aussie Basketball Travellers (ABT) has been providing basketball tours all around the world for over a decade. Is your team thinking about taking on the Americans! Then contact ABT's professional staff to discuss the idea further.

Upcoming Tours Include;

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|-----------------------------------|--------------|
| * Kilsyth Basketball Association | Victoria |
| * Cranbrook School | Sydney |
| * Hawthorn Basketball Association | Victoria |
| * Bunbury Basketball Association | WA |
| * Tenison Woods College | SA |
| * Melville High School | Northern NSW |
| * Babson College | USA |



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