



Aussie Basketball Travellers



'In Basketball'

Issue 5 - February 2008

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ABT's Basketball Quote Of The Month

"I always talked to my players about today. It's the only day that matters."...**John Wooden**

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 Mike Batell on **Why Do You Coach?**

Drill Corner

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

'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 different junior tournaments that took place during January, we'll see how to play out of the on ball screen, get 10 tips on how to make your players play hard. As always 'In Basketball' has its great tips for players and coaches in our coaches corner and players tips section.

January Tournament Wraps

During the January holidays 3 major tournaments took place in Australian junior basketball. The Australian Country Cup in Albury, the Pacific Coast Slam at Port Macquarie and the Eltham Classic in Metropolitan Victoria. These 3 tournaments saw thousands of children from all over Australia battle it out to take out the championships.

The Australian Country Cup is held in Albury and brings together country state bodies to compete in the under 14's, 16's & 18's. This year saw teams from SA, VIC, NSW, QLD and NZ compete over the week long competition. To see all the results and final standings [click here..](#)

The Pacific Coast Slam is in its 7th year and is held at Port Macquarie for the under 15's & 17's age groups. Teams from SA, QLD, VIC, NSW and NZ attend. QLD were to strong in the U/15 Women while VIC Country took out the U/17 Women and Under 15 Men while NSW Country won the U/17 Men. [To see all the results click here..](#)

The Eltham Classic has become the worlds largest junior tournament with 815 teams and over 8,000 players taking part across the Australia Day weekend. Representative teams from across Victoria plus NSW Under 14 teams take part to be known as the best club team in the south. For some of the NSW juniors the experience opened their eyes to the tough standards set by Victorian teams. "I was amazed at how hard and physical the Victorian teams played defence, there was alot of bumping, pushing and everytime you went in for a layup you would get hit, we don't seem to be allowed to play like that in NSW" Nick Duncan NSW Under 14 Boys team member. [To see results and find out](#)

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

[How To Structure A Practice Session](#)

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

Coaches Corner

[Optimize Your Practice Time With These Tips from Jeff Haefner.](#)

[Why Do You Coach? By Mike Batell](#)

Player's Tip Of The Month

[Basketball Nutrition -What to eat from the AIS](#)

[Ball Handling Drills to improve your handles](#)

ABT's Basketball Association Of The Month

The Murray Bridge Basketball Association is the ABT association of the month for February. Murray Bridge Basketball Association is located in Country South Australia and had 17 players and 2 coaches represent the association at the recent Country Cup and Pacific Coast Slam Tours. [Visit Murray Bridge Basketball Association Here..](#)

To Enquire About Your Tour Call

[more about the tournament click here...](#)

Playing Out Of The On Ball Screen - By Peter Lonergan

Peter Lonergan is the current NSW ITC Head Coach and Australian Opals Assistant Coach.

The On Ball Screen has all of a sudden become the new craze 'again' in the international game and more and more we are seeing the craze come into our junior national teams in Australia. [Read these detailed clinic notes and see how you can use the on ball screen with your teams.](#)

10 Tips To Get Your Players To Play Hard

One of the biggest challenges that basketball coaches of all levels face is the challenge of keeping your players focused, motivated to play, and playing as hard as they can. The following are 10 tried and true tips to keep your team motivated.

1. Set a precedent on the first day of practice. Establishing your expectations from the very beginning is the best way to not only establish your role within the team but to also let your players know what kind of coach you're going to be. [See the other 9 tips right here...](#)

ABT Basketball Book Of The Month

Building a Man-To-Man Defense (The Art & Science of Coaching Series)

A few months ago this book showed up in the basketball book top ten, it is an excellent book on building a man-to-man defense. After explaining the philosophy behind this particular defense, in short the get the ball to the sideline and then keep it there, the defense is broken down in more than 100 separate drills.

If you want to teach a man-to-man defense where the ball is forced to the sideline it is almost a must, for other types of defense it will show how to build up a defense but do adjust the drills to what you want to achieve. Also learned a new English word 'swiveling' My rating 4.5/5 - [Purchase it here from Amazon Books](#)

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 Wednesday 12th March and the winner will be announced in the next issue.

Well Done to Laura Bango from QLD who was February's winner and will be wearing her ABT hoodie with pride.

1300 780 908

OR

www.allaussie.com.au

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.

Tours Just Completed 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 |

We have started organising tours to the USA & Canada for Summer of 2008/2009, if your team could be interested, please contact us for a chat to see the services we can provide.



[Visit Our Sponsor](#)