



Greenvale Basketball Club Inc. (A0027577N)



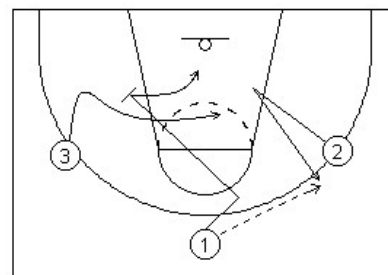
Time Out!



Coaches Newsletter - November 2003

Edited by Andrew Haysom

<http://greenvalegrizzlies.asn.au>



What a Season !!

Congratulations to all those coaches whose teams made finals during the Summer 2003 junior season just completed.

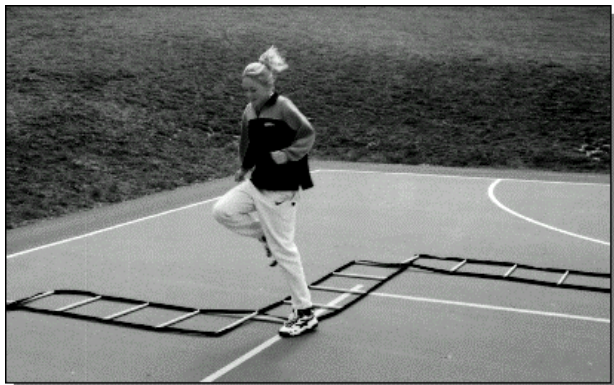
Our 12 Grand Final wins was our best ever result, and was far better than any other club. What was even more significant was that 7 out of the 12 were A Grade premierships. Greenvale won every boys A Grade final (U10, U12, U14, U16 and U18) as well as the U12 & U14 A Grade girls premierships.

This is testament to the quality of coaches and players we have in our program, and you should all be congratulated for your efforts.

Quickstep Ladder

We have added a Quickstep Ladder to our coaches equipment.

The Quickstep ladder is a 9 meter long, 44 centimetre wide ladder designed to give the athlete workouts for developing quick feet.



Rapid footwork is an important skill that comes from constantly challenging your reactions. With regular work on the Quickstep ladder, footwork will improve for necessary fast running, cutting and changes of direction.

The Quickstep ladder is with the other coaches equipment, left at reception at the Greenvale Recreation Centre. Please ensure it is returned to reception when you have finished using it.

Due to the nature of the exercises with the Quickstep ladder, we do not recommend it for use with age groups lower than U14, and it should only be used under the coaches supervision. If the kids do not concentrate, or muck around, it would be easy to slip and twist an ankle. Make sure your kids are focused and concentrate when using it. We have made copies of the instruction booklet, and we ask any coach who plans to use the Quickstep ladder to read this thoroughly before doing so.



Currently, the other equipment available to coaches includes cones and dribbling "no-peeks" (make the kids wear these during drills to stop them looking at the ball).

Coaches should be aware that the club provides a quality basketball for each team, as well as a first aid kit and ice pack for your teams use. We are also happy to provide a coaches court board for any coaches that do not have them. If your team does not have any of these items please let us know.

Coaches are also reminded of our extensive video and book library that is available for your use. A list of the library items is on the web site.

If you have any suggestions for other equipment that you feel would be useful, please let us know.

Coaching Accreditation

The Greenvale Basketball Club strongly encourages all coaches to achieve NCAS accreditation. We'd like to congratulate Lloyd Mitchell (U16 Boys) who recently achieved his Level 2 coaching accreditation.

Basketball Victoria run Level 1 courses at various venues throughout the year, Level 2 courses are run less frequently. Dates and venues can be found on their web site (<http://www.basketballvictoria.com.au>).

Greenvale Basketball Club will cover the course costs for current coaches who achieve accreditation at either Level 1 or Level 2.

New Articles On Website

I'd like to draw your attention to two new articles on our website.

The first is the result of Lloyd Mitchell's Level 2 written assessment project and is a "10 Week Defensive Program" aimed at an U16 VC team. It is a 25-page document that covers all defensive aspects, it is well worth a read. Thanks Lloyd for making it available to everyone.

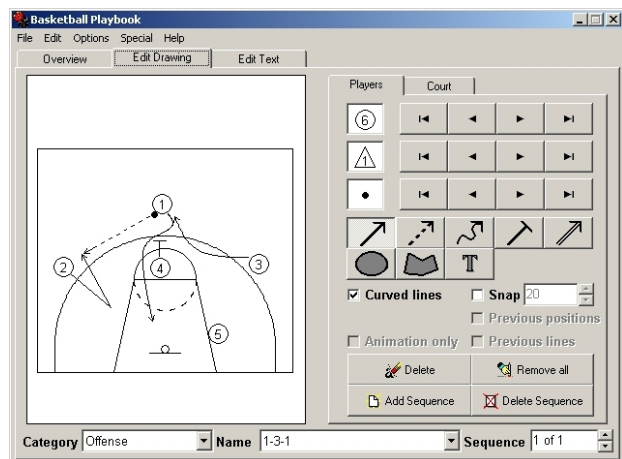
The second is an article I found on an internet newsgroup quite a few years ago, on "Motion Offense". I think the article is Australian, but it contains no indication of the source or the author. Again, it is a long document (31 pages), containing lots of great information.

If any of you have any contributions you'd like to make available via the website please let me know.

Basketball Playbook Software

Basketball Playbook is a computer software program for diagramming your plays & drills. All of the drills / plays on our website were created using Basketball Playbook. It also allows you to animate the plays you create.

It is simple to use and cheap (free) too. You can download it, along with over 300 plays & drills from <http://www.jes-soft.com/playbook/>



The latest version (0.8) is shareware, and after 30 days of use, some of the most recently added features are disabled without a US\$25 registration payment. However, the unregistered version 0.8 has all the features most coaches would need to produce professional output, and more features than the previous free version.

I recommend this program to any coach interested in creating print-outs for their players.

Feature Website

<http://www.coachesclipboard.net>



The Coaches Clipboard is a wonderful website, containing an abundance of information for basketball coaches.



It has been created by Dr. Jim Gels of Charlevoix, Michigan, USA. Coach Gels is a medical physician and is currently Director of Intensive Care and Director of the Non-Invasive Cardiac Lab at the Charlevoix Area Hospital.

Coach Gels has coached youth basketball at various levels for the last 16 years, both in the Charlevoix Youth Basketball Association and also the Charlevoix Northern Lakers, where he is the current club coordinator, and AAU coach.

The Coaches Clipboard site contains heaps of great articles for coaches covering every aspect of the game. There are explanations of fundamental skills, drills, offenses, defenses, general coaching articles as well as tools such as scouting sheets, planners etc. The articles can be downloaded as MS Word documents if the user desires. The articles make great use of court diagrams and many contain photographs as well. For many there are also animations that really illustrate the play.

So, I encourage you all to visit Coaches Clipboard, but a word of warning, make sure you have plenty of time, because there is lots to look at.

Our feature article in this newsletter is from the Coaches Clipboard and is reprinted with Coach Gels' permission.



Feature Article

Coaching – Game Strategy

This article is from the Coaches Clipboard (<http://www.coachesclipboard.net>) and is reprinted with the kind permission of Dr. Jim Gels.

First of all, realize that most games are won and lost by your players executing the fundamentals and plays that you have taught them in practice. But courtside coaching can greatly influence the outcome of a game, especially a close game. If you get blown out by 30 points, let's face it... the other team was probably a lot better than you.

Game plan

First, prepare for the game through scouting, or reviewing game films of your upcoming opponent. Find out who their best offensive players are, what their style of play is, what they like to do, and what their weaknesses are. Then you can develop a game plan that hopefully will favor your strengths and attack their weaknesses, and deny their strengths. Discuss in your practices and in your pre-game meeting your strategy for playing this team. Discuss the defensive assignments so each player knows his role exactly, and who he will be responsible for guarding.

If you have never played this team before and have no prior information (often the case with AAU teams), try to learn early who their best players are and what style of game, what tempo, they like. Once you know this, you can make quick adjustments in a time-out, or at the end of the first quarter.

Game Tempo

Try to set the game tempo to the style that best suits your team. If you are a running, pressing team, and your opponent is a slow-down team, push the ball up the floor on offense, press on defense, and create havoc! If you are better in a half-court slower paced game (less team quickness and only average ball handlers), then bring the ball up the court more deliberately, and get back on defense to prevent the fast break. If your opponent is a great fast-breaking team, prepare your team to stop the break by having one, or maybe even two, guards back, and have your big guys jam the rebounder with hands up so he can't get off the quick outlet pass.

Type of defense

What does your team do best? -- man-to-man, or zone? Are they quick, good defenders (go man-to-man), or do you have a couple slow defenders (maybe go zone)? Most teams may try both at various times of the game. Only you can decide what is best for your team. Here are a few things that I look at. If the opponent has good

outside shooters, use man-to-man to keep pressure on their shooters.

If their strength is inside post play, you can play man-to-man and double team the post with your weakside guard. In this situation, whenever the ball goes into the low post, have your low post defender deny him the drop step to the baseline, and have your weakside guard slide down quickly to prevent the move to the lane. Or you can go into a 2-1-2, or 2-3 zone to "pack the paint" with your defense. This leaves the outside more vulnerable. During the course of a game, if I realize that the opponent is getting most of their baskets inside, I may switch to a 2-1-2 zone to jam the paint and see if they can shoot from outside. If they can't hit the outside shot consistently, this may be the best way to stop them.

If they are playing with a point guard and two wing players ("3-out, 2-in"), we may try a 1-2-2 trapping zone.

Some coaches play only man-to-man and refuse to use zones. Others use only zones. As a coach, I believe I should use every possible tool or trick that I can to win a game. I personally favor man-to-man, but will not hesitate to go zone if I feel it will give us an advantage, or a better chance of winning. One exception, teach kids in the lower levels to play good man-to-man, before getting into zones. So in practice, we will work on man-to-man defense, but also have the 2-1-2 and 1-2-2 in our arsenal, and periodically review our zone coverage patterns.

So when do you switch from man-to-man to zone, or vice versa? There are different ways of doing this. Some coaches will change defenses frequently, in order to confuse the enemy... as long as his own team doesn't get confused too! I personally like riding success until the opponent shows me that they can beat it. If we are doing a great job with our current defense, I will stay with it until it begins to fail.

You might also change from man-to-man to a zone if one or two of your better players are in foul trouble, and you are trying to protect them from additional foul exposure.

When to press, or stop pressing

Again, the decision to press depends on whether your team has quickness, stamina, and bench support, and whether the faster pace favors your team. Some teams will press the entire game because it favors their quickness, and they have a deep bench. Some will press at the start of the game to get off to a quick start. Some will press the last few minutes before the end of a period, realizing they can rest at the break. Some teams will press after each made basket. Some teams only press when they are behind late in the game, but it's usually too late by then.

My personal plan often is to start the game pressing. Once the opponent starts breaking down the press, or gets a couple lay-ups, I'll drop it. I'll put it back on later as a "surprise" tactic, or if I sense a critical time in the game where a couple quick steals and lay-ups could make a big difference. If I have a 10 point lead with a just couple minutes left in the game, I would drop the press, slow the game down, get back on defense and make the opponent work hard in the half-court for their shots, working the clock down.

Using time-outs

Coaches should use their time-outs wisely. In close games, if possible, I try to save two or three time-outs for the last few minutes of the game, when you may need to stop the clock, set up a play, discuss your team's strategy, etc. Sometimes it doesn't work this way. You get behind early, and must use your time-outs to hopefully break the opponent's momentum, and reset your own strategy. If you are trying to slow the game down, you might also use some time-outs early. If you are getting beat early, there is no point in saving your time-outs for the end of the game, when you are down 20! Sometimes I will look over at the opposing coach and notice that he is going to call time-out, and this may save one for me. Sometimes I see a coach call a time-out 30 seconds before the end of a quarter and wonder to myself, "Why?" Why waste a time-out then, when you can use the time at the end of the period as your time-out? Remember, that at the end of each quarter, you have a free time-out.

Keep it simple in your time-out huddle. The kids will often only remember one thing you tell them in a time-out... usually the last thing. So use your time-out to make one important team point... don't waste a time-out to instruct just one player... you can substitute for him and explain things to him on the bench quickly, and then send him back in. An example of an important "team" pointer might be stressing getting back quickly on defense and keeping one or two guards back if the opponent is fast breaking. Another example might be to change your defense, or your offensive plan, and another might be to simply prod the kids into increasing their defensive and rebounding intensity and overall hustle. But keep it simple.

Substitutions

If you are coaching youth basketball, where everyone is supposed to get to play, or if you have a team with a deep bench and can do a lot of substituting, then I would advise relying on your assistant coach to help with the substituting. If you only play six or seven players, you can handle it. In the former situation, I have found that it's really hard to keep track of everyone's playing time, and still try to coach the game, set the strategy, etc. Before the game, I will discuss with my assistant who the

starters will be for that game. We will then also talk about which substitutions to bring in for certain players and at what intervals... that is, our "substitution pattern". Once the game starts, I have my assistant make most of the substitutions based on that pattern. He can see when certain players are getting tired and need a break. If we have a "hot" player on offense, we will ride that horse for awhile and not substitute until things "cool off". I will over-ride the assistant at any time, if I see a certain situation where I feel we need to have a certain player or two on the floor at that time.

I also like to be aware of our players' fouls. I have a formula that I try to teach my players in regard to staying out of foul trouble: "your number of fouls should be less than the number of the quarter you are playing in." So you never get your 2nd foul in the first quarter, or your 3rd foul in the second quarter, or your 4th foul in the 3rd quarter. If any of these situations occurs with any of my key players, I may sit him down for awhile. If we are down 10, I may need to keep him in there, and have to take my chances with the fouls, and maybe try to protect him, using a zone on defense. On the other hand, I have seen coaches essentially foul-out their own players with four fouls, sitting them down for a quarter or more because of four fouls... essentially the coach has fouled his own player out with only four fouls, and taken him physically and mentally out of the game. You might be better off letting him play carefully, than not at all!

Another point on substitutions... if you have eight or nine fairly good players, it will probably be to your advantage over the course of the season to play all these kids, with lots of substituting. If you are willing to perhaps accept a couple losses early in the season, you may be a much stronger team late in the season if you develop that eight or nine-man rotation into a good team, with lots of bench support. This also creates more team harmony and team spirit.

Yelling at the players

Sometimes I see coaches screaming at kids. I don't think this helps the player, and is usually born out of frustration on the coach's part. It doesn't mean the coach is a mean person, and often the coach feels bad about it after the game. Personally, I think coaches should be vocal in encouraging their players, and yelling plays, strategy, etc. I think it is counter-productive to yell negative stuff at kids in front of their parents, friends and the fans. I think it is OK to get on them in practice, in the privacy of your gym. But games are for the players and should be fun for them, and they shouldn't have to dread the coach yelling at them.

End of quarter strategy

If you have the lead, and there is only 20 seconds left in the quarter, you may want to hold the ball for the last shot, so that you may increase your lead, and at worse, maintain your present lead without allowing the opponent a last second chance. In high school or under, I would want the shot to go up with about 5 or 6 seconds left. This allows time for an offensive rebound and a second shot, but not much time for the opponent to get the ball down the floor off the rebound. Also, it takes some of the pressure off the shooter with 6 seconds left, as he knows there is a chance for a rebound and put back. If he waits until the buzzer, there is more pressure on him to make the shot.

Late game strategy

If you are ahead...

With just a 6 to 12 point lead with only a couple minutes left in the game, I try to "shorten" the game by holding for a good shot, preferably a lay-up, and keep the clock running. As the late Al McGuire used to say, "you don't need any more points... the clock is now your enemy!" This may be a good time for a time-out and explain to the kids, "nothing but lay-ups". Even better, make the call from the bench so that the clock doesn't stop for a time-out. Chances are, the opposing coach will use one of his time-outs anyway to instruct his players to foul and press... so you can probably save your time-out.

In "running the clock", I would always take the lay-up because it is a higher percentage thing than just trying to hold the ball, and you can put the nail in the coffin with one last score. You must still work your offense, but looking only for the lay-up. If you try to just "stall" without looking for the lay-up, the chances are greater that you may turn the ball over, or that you will get fouled, and a lay-up is easier than two pressure packed free throws. If you have a two possession lead (4 points) with less than 30 seconds, hold the ball.

On defense, get back and play good half court defense. Avoid stupid fouls that stop the clock and allow the opponent to score when the clock is actually stopped (free throws). Contest (but don't foul) the three-pointer, and prevent the fast break and easy lay-up.

If you are behind...

Have your players push the ball up the court on offense, and full court press on defense. Use your time-outs to stop the clock and remind your players that the key to winning is tough defense and rebounding... you must prevent the opponent from scoring to allow your offense a chance to catch up. Think in terms of the number of possessions you are down. If you score, you might call a time-out immediately before they can in-bounds the ball.

This not only stops the clock, but also allows you to get your full-court press set, where you can try to deny and steal the ball.

If you are inside a minute and are down two or three possessions, try to get the quick steal, but if you don't get it, then immediately foul to stop the clock. Too often, teams will let 20 seconds run off the clock before someone finally fouls, wasting too much precious time. Remember that a lot of things can happen in just 20 seconds. After being down by two, our high school varsity scored 4 points in just 7 seconds to win it's regional final game this year!

If you are down 4 points, you don't have to go to the three-pointer, since it's two possessions anyway. Take it to the hoop and get to the free-throw line and stop the clock. Then after scoring, or making the two free throws, put maximum, deny pressure on the in-bounds pass, going for the steal, or quick foul. Even if you are down 3 with only 20 seconds to go, it might be a higher percentage move to go for the quick two-pointer and then pressure the inbounds pass than putting the whole game on the shoulders of your three-pointer shooter, who probably has tired legs. If you take the "3" and miss, and the opponent gets the rebound, you are usually history, because you will have to foul, and they only have to convert one free throw to "ice" the game.

If the game is tied and you have the ball...

Hold for the last shot and try to get that shot with 4 or 5 seconds left, so you have time for an offensive rebound and a second shot. But warn your players to be careful not to get the "over-the-back" foul on the rebound. Again, it takes some of the pressure off the shooter if he doesn't wait until the buzzer. Try to get the ball inside for the high percentage shot... you may either get the shot, or get fouled and win it on the free-throw line. If you have an outstanding outside shooter, you can go "inside-out", passing the ball into the low-post, sucking the defense inside, and then kicking the pass out to your perimeter hotshot for the game-winner. If you need to, call a time-out to instruct your players on this strategy... but realize that when you call time-out, you risk having your in-bounds pass stolen. Even better... work on this game situation in practice and be able to call it from the bench without using a time-out (unless you need to stop the clock).

If the game is tied and you are on defense...

Make sure your players all know their defensive assignments. Be sure to get "helpside" defense on their star players. Contest the shot with hands up, but do not foul, unless it looks like an easy lay-up... then you must make them win it on the free-throw line, which is not always easy late in the game with the pressure on and

fatigue a factor. Some coaches will have their defense try to "take the charge" on dribble-penetration. My experience is that unless it is a really obvious charge, you won't get the call from the ref when the game is on the line.

If you get the quick steal in transition, attack the basket immediately without calling a time-out to set up a play. Chances are, in transition, you will get a good shot, or get fouled. If you get the defensive rebound with 5-6 seconds left, get a quick time out to stop the clock and set up your last play.

Another "gutsy" strategy is: assuming they have a poor free-throw shooter, you may immediately foul him, if it is a "one and one" situation. If he misses the first free throw, you can gain possession and now you have the advantage. I would not attempt this if the opponent is in the double bonus, or if there is less than 10 seconds left... you may not have time to score after the free throws, should he make them.

There is a lot of basketball strategy that can be used in the final two minutes! I'm sure I have omitted some things and other coaches could add even more pointers. Watch TV and see the great college coaches work the clock late in the game. You can learn a lot from the TV commentators as well.

Some Defensive Thoughts

This article is from our website and was also published in the Australian Basketball Coaches Association magazine Xs & Os in June 1998.

It is simply a collection of defensive thought-provokers.

Everyone, if they put in the effort and practice can be great defensive players. Defense requires effort, determination, aggression and concentration rather than the ball skills required to be a great offensive player.

Important points to remember, to practice and to execute in games are;

1. **Position**

- You must be between the player and the basket when guarding a player with the ball.
- Play "in the passing lane" when guarding a player "one pass away" from the ball.
- Play "help defense" (towards the "split line") when guarding the player "two or more passes away" from the ball.

2. **Spacing**

- Play about an arms length away when guarding a player with the ball. If you know they are quicker than you play a bit further away, if you are quicker go a bit closer.
- Play closer and apply more pressure once they have used their dribble.

3. **Stance**

- Keep in the proper defensive stance. Feet shoulder width apart, knees bent, head up, hands ready.
- Keep "low" and "wide".
- Stay in the stance and you'll be quicker and more balanced. Stand up and you'll be beaten every time.
- Remember "nose behind toes" - if you lean forward with your head you'll be off balance and beaten easily.

4. **Ball pressure**

- Your main objective as a defender is to put pressure on the pass or shot !
- Apply as much pressure to the ball as you can !
- Trace the ball with your upper hand.
- "Dig up" - don't slap down !
- Don't foul !
- If the player has the ball well protected behind, don't reach around or give up your position and let them past you.
- No easy, uncontested shots !
- Try and block the players view of the court and basket.
- Have fast hands !
- Be like a fencer !
- Don't reach with your head !

5. **Quickness**

- Stay on the balls of your feet.
- Shuffle - glide !
- Big then bigger, then big again - don't bring your feet together !
- Keep your feet moving - pitter patter - remember the tennis player waiting for the serve.
- Stay on one level - don't move up and down - stay low. No bobbing heads !

6. Vision

- Keep your head up - see the whole court !
- You must be able to see the ball and your man - remember "pointing pistols".
- If in doubt, watch the ball.
- When sprinting back down the court, look over the inside shoulder, always see the ball.

7. Attitude

- Controlled aggression !
- You must want to play defense ! You must want the ball !
- Say to yourself - "She is not going to get that shot away !", "She's not going to drive past me !"
- Be nasty, mean and greedy - it's your ball - not theirs !
- When chasing a player, run for a spot on the court he wants to get to and get there first !

8. Transition

- Sprint ! Get back down the court before they do !

9. Give ground

- Give up ground using the drop step rather than letting the player get past you !

10. Guard the Key

- We must not let players get the ball in our defensive key ! Don't even let them in the defensive key !
- Under no circumstances is an opposition player to be in the key unguarded.
- Under no circumstances pass back across the defensive key when there are opposition players near.

11. Communication

- Shout (loudly!) to let your team-mates know what is happening - it can also upset the other teams concentration.
- Shout "BALL" when your player (the one you are guarding) has the ball.
- Shout "DEAD" when they pick up their dribble.
- Shout "SHOT" when a shot is taken.
- Shout "SWITCH" when you go to guard someone else's man to let them know to take yours.

12. Force the Opposition to the Sideline / Baseline / Corner

- Always force the opposition ball handler to the sideline / corner !
- Keep them out of the middle of the court.

13. Own the Backboards - Rebound, Rebound, Rebound !

- The team that gets most rebounds, nearly always wins !
- "Block out" - make contact.
- "Hands near ears !"
- Watch the ball - anticipate where it is going to go !
- Jump high - jump stop !
- 75% of rebounds bounce the opposite side from where the shot was taken !
- Grab the ball like you really want it !
- Once you've got it protect it - pull it in, elbows wide !
- After an offensive rebound - power the shot straight back up - power lay-up is the only shot I don't mind you using two hands.
- After a defensive rebound - look for an outlet pass to the wing or dribble the ball out.

14. Shot Blocking

- Don't bring the arm / hand down or forward.
- Keep the arm upright - no fouls this way !
- Don't jump unless the ball has left the shooters hand - beware of shot fakes.

Quotable Quotes!

"The only place that success is before work is in the dictionary" – **John Wooden**

"First, master the fundamentals" – **Larry Bird**

"Everyone wants to win, but not everyone is willing to prepare to win" – **Bob Knight**

"What to do with a mistake – recognize it, admit it, learn from it, forget it." – **Dean Smith**

"If we were supposed to talk more than we listen, we would have two mouths and one ear" – **Mark Twain**

"The idea is not to block every shot. The idea is to make your opponent believe that you might block every shot" – **Bill Russell**

What The Coaches Said!

Obviously, we'd like to make this coaches newsletter a regular event. To do so though we're going to need some input from you, our coaching community.

Any articles or submissions would be greatly appreciated.

In this "What The Coaches Said" segment each issue, we'll ask three questions, and ask our coaches to submit their thoughts and answers. We'll publish a selection of these in the following issue and also place them on the website.

Whilst typed and diagrammed submissions would be great, handwritten is also fine.

Here's this issue's three questions;

1. What is your most successful offensive baseline out-of-bounds play?
2. If you could change one basketball rule, what would you change and why?
3. Describe the most successful offense run by your team?

All submissions can either be emailed to me at ahaysom@hotmail.net.au or left to my attention in the Committee tray at the Greenvale Recreation Centre.

Coach Code of Conduct

As the coach of young players you will become a role model. It is very important that your behaviour is beyond reproach.

1. Bad language or violent behaviour at any time is unacceptable.
2. Immediately after a game you should shake hands with the opposition coach.
3. During a game, acceptable behaviour by all members of the team bench (players, team managers and assistant coaches) is the responsibility of the coach.
4. Direct, hostile or negative comments to opposition coaches or players is unacceptable.
5. Coaches should abide by the "spirit" as well as the "letter of the law".
6. It is not acceptable to consistently harass the referee to make favourable calls.
7. Accept the decisions of referees as being fair and made to the best of their ability. If you wish to query the decision of a referee do so calmly and politely at a time-out, half-time or after the game.
8. It is not acceptable to make indirect comments towards referees that allocate blame or incompetence (e.g. Don't worry John, you never touched him!).
9. It is inappropriate for coaches to enlist or incite the crowd against the referees.

Coach Guidelines

When coaching junior basketball, especially younger age groups, keep the following in mind.

1. Failure is not the same thing as losing, nor is success equivalent to winning.

Stress to young players that success is related to commitment and effort, not to winning the game. Your young players need to know that if they strive to do their best they are never "losers".
2. Don't take your athletes' efforts for granted. Reinforce good results, and probably more importantly, good efforts. Reinforce immediately. Praise the good things and you will be surprised how much more often they happen.
3. Encourage your players when they make mistakes. Always give corrective instruction in an encouraging manner. Stress the good things that will happen if the player follows your instruction, don't stress the mistake they just made.

Never punish (by tone of voice or action) a mistake. Never give corrective instruction in a harsh, demeaning or sarcastic manner.
4. Get the players involved in setting up team rules, and involve them in determining the sorts of penalties involved if they are broken.

Some rules might be;
- Respect all of your team mates - treat them like you want to be treated.
- Give maximum effort at all times.
- Be prepared and focused during games and practice sessions.
5. When misbehaviours occur, don't punish with physical measures (e.g. running laps). Rather exclude the player from practice for a short period.

Extended or repeated misbehaviours should always be brought to the attention of the player's parent or guardian.
6. If they are prepared to commit maximum effort, junior players should always be given adequate & fair court time during games to facilitate their development.
7. Coaches are encouraged to develop their knowledge of the game through the use of videos, books, coaching clinics and coaching accreditation.

Keep up the good work, and remember this newsletter will only be successful if you all contribute!