

## RITP Player Newsletter – Week 3 – 23 & 24 Nov 2011

Welcome to the 2<sup>nd</sup> edition of the Player's Representative Intensive Training Programme Newsletter.

Each week the newsletter will cover the concepts which will be covered at the RITP session.

**Our philosophy is pressure.  
Our culture is hard work.  
Our goal is high achievement.**

### **WWABi guidelines:**

We want to play a style of basketball that is exciting for the players and for those supporting our team. We are committed to this style which can be best described as “pressure basketball”.

1. A team in great physical shape.
2. A great defensive team
3. A flexible team.
4. An assertive team.
5. A 'WE' team.

“We should not have to push you to work hard; you should work hard because you want to be a great player.”  
**Bobby Knight**

### **Overall Guidelines**

Do the right thing. Represent Waitakere West Auckland Basketball Inc in the best possible way.

### **General Guidelines**

1. Project our themes.
2. Be punctual for everything.
3. Devote total intensity to every aspect of playing and training.
4. Develop personal bonds with team-mates.
5. Inform Team/Medical staff of injury.

### **Practice Guidelines**

1. Respect our training facilities and equipment
2. Perfect practice equals perfect play, i.e.: no short cuts.
3. When spectators are present please avoid swearing or any other inappropriate behaviour.
4. When scoring is required be accurate i.e.: don't joke.
5. Work at your emotional skills i.e.: control your reactions to referee decisions, physical contact etc.
6. Work at your mental skills, i.e. actively listen.
7. Encourage your team-mates. Let them know you are with them.
8. Be competitive. The harder you play the more you help your team-mates improve.
9. **Remember Practice is the highlight of your day.** Prepare yourself for practice, ensure you are enthusiastic attentive and positive.

## Game Guidelines

**ALWAYS play hard & NEVER, EVER, EVER, EVER, EVER, EVER, QUIT!**

### **Focus fundamentals and Principles for Week 3**

- |           |   |
|-----------|---|
| Defence – | Defend the Pass & Cut – Jump to the ball<br>Denial Defence – Half court denial– 1/3 2/3 concept<br>Post defence – Fronting, ¾ front low or high side, play behind<br>2 v 2 – Channel players away from hoop and into the sideline<br>Individually push your player to the help or sidelines<br>Do not over help – do your job, everyone does their job!<br>Hands up for denial/disruption |
| Offence – | Finishing school – drop step, power drop step, jump hooks, sky hooks<br>Making good leads to get the ball to score<br>2 v 2 – Pass and cut, Pass n post, Drive and Dish, Pass & Cut to handoffs<br>Read the defence – strength and weaknesses<br>Quickness is vital<br>Driving Lane vs Passing Lane<br>Receiver spots – ready to shoot  |

### **Players Responsibilities:**

- Help your team mates
- Be professional at all times
- Use your manners and be courteous at all times
- Welcome feedback and expect from parents/guardians
- Become a good referee and understand the rules of the game to your advantage
- **Training Gear** – Please ensure you bring your reversible singlet and drink bottle every week

### **Refereeing Focus for Week 3: Types of fouls**

- Encourage the players who are refereeing to make the call.
- Types of contacts for fouls to be call – Blocking, holding, Charges, hacking.
- Allow the players to learn from failure.

"Ability is what you're capable of doing.  
 Motivation determines what you do.  
 Attitude determines how well you do it."

-- Lou Holtz