

Dear Managers and Coaches

Happy Basketball Season!

The committee were thrilled to see so many young people dressed keen and ready to play some ball, Well done and Thankyou for your time in committing to offer Basketball for your athletes.

Below is the information for coaches managers and scorers.

Please share with your teams support crew:

Code of Conduct:

The BWA code of conduct is attached and the NABA code will be refreshed and uploaded and circulated shortly.

Zero Tolerance for yelling complaints, appeals, and criticism ect to our officials or players. In your own home do what you like! however here in the venue managed by NABA, we choose to no longer accept this type of behaviour and that includes if you bring a complaint to the committee, please do so in line with the code of conduct.

As discussed last night the conduct of NABA coaches and managers is part of NABA responsibility. The spectators/active supporters conduct is yours.

Tips on turning the yelling into cheering:

Cultivate	Let Go of
You got this "Yogi's" go for it!	Aw cumon Yogi's do something!
Next time!	What was that!?
Vision was awesome great pass	Shoot it!
Great effort!	Geez just get it in!
This Ref is so good!	Cumon Ref! Foul! That was travel!
Call out your numbers . player on player defense	Cumon boys/girls where are your players

Team Management Apps

Here are some options to help make the managers role a breeze. With scheduling, conversation threads, and attendance tracking. Perfect for communicating the scoring roster.

- Heja
- Team App
- Also, get to know Game Day. The Game Day app is the vehicle of BWA and a great source of information on game results, scores, stats and fixtures. NABA games that are scored on ipads will feed directly into BWA and Gameday.

Managers:

Well done for being the chief coordinator. Being manager does not mean you have to do everything! To help spectators becoming active supporters, find out what they are good at, what is easy for them, and carve out a small role that they or someone on their behalf can do. It might be arranging the coaches gift, or shopping around for a first aid kit (or something), if they sit in front of a computer as a job they might research some skills and drills on you tube to give the links to the coach, eg: "this week we will focus on defence at training, can you find me 5 drills". There is always a little something that everyone can do. It builds team comradery and helps people to feel valued.

Rule Changes:

Myth Busters attached. Please share number 1 myth buster in particular with your support crew.

Our refs have been trained to call what they see and call infringements that may not have been called in Northam for a long time.

NABA has been approved to host Level 0 courses and we encourage any coach or manager to attend the next session. You may not want to ref, but being across the changes is important for your athletes development.

NABA will pay for the cost of attendance.

Our refs will be mentored each night by experienced NABA veterans, as well as a Level 2 ref from Perth offering ongoing coaching and upskilling.

Bylaw Updates:

2.0 Age Groups

All players must be under age as at 30th June in the year of the competition finals.

The divisions that apply to junior and senior competition shall be decided by the current committee based on promotion of the constitutional aims. **The committee reserves the right to review individuals and teams based on merit and ability to determine suitability for the designated age group on a case by case basis.**

6.0 Timing

During all finals matches, **the last three minutes will be fully timed.**

7.1 Mercy Rule

When the mercy rule is applied, the opposition team must drop back to the three-point line. **The coach of the leading team is encouraged to support their players in structured offensive plays (not fast breaks).**

10.0 Eligibility

Players playing up are required to pay the **appropriate fee (\$50)** for the additional age group team in which they are a regular player (regular being the 5th or more game).

15.0 Filling In

Filling in is for juniors playing in an older age group or **one time players (on a voucher)** and to alleviate a potential forfeit. There will be no filling in within age groups or within seniors.

Coaching Tips:

Zone Busters attached ... Please take some time to understand the difference between a zone and man to man defence. Teach your athletes good defence positioning and stance. Teach good dribbling technique, remember hand stays on top of the ball.

With an hour training session, try to get the most out of the time. Limit each drill or skill focus to approx. 7-8 minutes as this is the best attention span. Try and finish with something fun.

Increasing ball handling skills

Remember that athletes with a ball in their hand is very limited if they only train once a week for an hour and there is only 1 ball at training. Or the drill only includes 1 ball. Recommend offering players skills they can do at home with a ball, and limit the drills that has only one player with a ball and everyone else standing around (eg layups).

Some Maths:

- 60 min training session per week, a player has the ball 50% of the time. That's 30 min.
- 40 min game per week, a player has the ball 10% of the time (because there's 10 players on the court and 1 ball). That's 4 mins (if they play a full game, less mins if they don't play a full game, and even less if the leading team are not using the mercy rule).
- That's 34 min with a ball in their hand per week.

Recommend that coaches encourage players to practice their ball skills each day for 30 min x 5 days.

- This will increase their ball handling skills by an extra 2.5 hours per week! That's 500% increase in skill development and likely to increase their confidence and make life easier for the coach.

Here is the Community Coach course. NABA will pay for the cost \$15, please submit your receipt and certificate to the committee.

You can find the link to the course here. <https://docs.google.com/forms/d/1yKHuppeEeNDZQIFbDc9hSZooMe--2TYeLmhSY5TUWgU/edit>

If you are after free resources I would encourage you to check out BWA Facebook & BWA YouTube pages where we post content for all coaches. <https://www.youtube.com/channel/UC6za7XAkI05odyMdJivM2sw>

Also, there are coaching development pathways for those who have a natural fit to supporting athletes in achieving. Talk to the committee if you would like to develop your skills.

// BWA Grass Roots Skills Session (5mins) The Fantastic 5 in skills development. Enough content to cover your whole season. <https://www.youtube.com/watch?v=TLgxIBrh3Zc>

// BWA Luke Brennan GrassRoots Coach the Coach Session (55min) Classroom ethos session. (skip ahead to 25 mins for more on the fantastic 5 skills to teach your kids.....)
<https://www.youtube.com/watch?v=P3Aly4HSJUK&t=1279s>

Country Champs Tournament:

NABA compete in the Country Association Championships in Jan and Feb each year. This is a tournament hosted by BWA and brings together country associations from around WA. Athletes seeking an extension to their basketball are encouraged to register interest to trial for a Northam Rep team.

Teams are based on the athletes year of birth. (not school year) For Example, athletes born in 2008 will be U15 country champs division in 2022.

Teams experience competition that is new, they have a weekend away in a Perth hotel and extra basketball coaching. They also form a bond with other athletes from Northam who they don't ordinarily play with in the domestic (Tuesday) comp.

Keep a look out for the trials information which is coming up in Nov.

For those who have ticked the Country Champs interest box on registration, we already have your details.

Scorers:

Here are links to scorer tutorials.

Electronic scoring system

- Introduction to Courtside: <https://www.youtube.com/watch?v=Ss0y59Djk5Q>
- Set-up: <https://www.youtube.com/watch?v=6mg5sAAqHII>
- Adding Players/Coaches: <https://www.youtube.com/watch?v=6fIFJe3GnAg>
- Scores, Subs & Timeouts: <https://www.youtube.com/watch?v=aDwTM9zn6CQ>
- Correcting mistakes: <https://www.youtube.com/watch?v=NjrdHVghyS0>

Expectations for the Behaviour of Scoretable Officials

Local Competitions

Scoretable Officials in local competitions are often parents or participants and may not have formal accreditation. The expectations on these officials are to:

- Be impartial: no barracking, coaching or questioning referees
- Be alert and concentrate on the game
- Be as accurate as possible
- Be a team player – collaborate with other officials
- Be courteous with referees, players, coaches and other officials