



Coach Chronicle July 2007

Welcome to the BCWBS Coach Chronicle. You are receiving this publication because you are a valued member of the BC Wheelchair Basketball Society. To submit information to the Coach Chronicle please email marni@bcwbs.ca by the 15th of the month.

Steve Nash Foundation Charity Classic

The Steve Nash Foundation Charity Classic will once again be held in Vancouver this summer. The game will take place at General Motors Place on Saturday, July 21, 2007 at 7:00pm. Tickets are available through Ticketmaster. More info available at: classic.stevenash.org

BCWBS Athletes will be participating in the Coast Capital Good Karma Block Party doing wheelchair basketball demos from 1pm to 6pm on the corner of Cambie and Dunsmuir Streets. Come join in the fun!

Basketball BC Coaches Clipboard – Summer Edition

The Summer issue of The Coaches Clipboard is available on-line at www.coachesclipboard.ca. Please note below the upcoming clinics being offered through Basketball BC.

September 15th - Basketball coaches in BC will have a unique opportunity to learn training methods from some of the best in the world. Los Angeles Laker Athletic Performance Coordinator and noted physiotherapist Alex McKechnie, along with Chip Schaefer, the Laker Director of Athletic Performance and Player Development, and Laker Shooting Coach, Craig Hodges, will present “An Athletic Performance and Player Development Clinic”, at St. Thomas More Collegiate in Burnaby.

October 19-20 - Basketball BC's SuperConference 2007 will be held at Burnaby South Secondary. This clinic features one of the most respected coaches in

NCAA history, Dick Bennett, the former Wisconsin Head Coach. Also featured with Bennett are Ganon Baker, a Nike Skills Instructor, generally considered one of the top individual coaches in the world, and FIBA Olympic Solidarity Coach, Nelson Isley. BC coaches making presentations include Bruce Langford, the Head Coach of the CIS Women's National Champion Simon Fraser Clan, Trinity Western Head Coach Stan Peters, Paul Eberhardt from RC Palmer and Capilano College, Mike Morgan from Carson Graham, and Director of Coaching Development for Basketball BC, Mike McNeill.

Also starting on **October 17**, Basketball BC will launch the Pre-Season Coaching Clinics. This series of clinics will be 1 ½ hour sessions each Wednesday night for six weeks. One topic will be covered each night and the clinic will be held at schools throughout the Lower Mainland. Topics and locations will be announced later. Coaches willing to host one night should contact Mike McNeill at mmcneill@basketball.bc.ca

Coaching Association of Canada - Geoff Gowan Award

The Geoff Gowan Award was created in 1996 to honor former Coaching Association of Canada (CAC) President Geoffrey Gowan, CM, PhD. The award recognizes lifetime contribution to coaching development and is awarded to a coach who has presented a positive public image of coaching and enhanced the role of the coach with the Canadian public. Go to http://www.coach.ca/eng/awards/gowan_criteria.cfm to view the eligibility criteria. The CAC will be accepting recommendations from the sport community until **August 1, 2007**. All letters of recommendations must be submitted to:

Geoff Gowan Award
c/o Coaching Association of Canada
141 Laurier Avenue West, Suite 300
Ottawa, Ontario K1P 5J3
Fax: (613) 235-9500
e-mail: GeoffGowanAward@coach.ca

Coaches of Canada Challenge

Coaches of Canada challenges all its coach members and their families to participate and support the **HBC Run for Canada** Enter the 10k run, 3k family walk or 1k kids run and receive a technical, dry fit t-shirt, finishers medal and food and beverages at the finish line.

When? July 1st, 2007

Where? 13 different cities across Canada

To register, visit www.hbcrunforcanada.ca. Once you have selected the city you want to participate in then visit the registration page and select the event (10k, 3k or 1k) of your choice. Make sure you select **community team member** and type in the name of **Coaches of Canada** – the total number of Coaches of Canada

participants and dollars raised will be tracked for all of Canada. All participants will be entered into **a draw for a trip for two to the 2008 Beijing Olympic Games. This is a great value for a family (up to 4)** to enter the 3k walk. For \$60, all family members will receive a dry-fit shirt, finishers medal and food at the finish line. **Come on coaches of Canada** -- run, walk, donate or volunteer to help raise funds for Canadian athletes pursuing excellence on the world stage!

Tip of the Month - Dribbling

Dribbling doesn't mean awesome one on one moves it simply means the ability to handle the ball. So, what are the secrets to handling a basketball? There are 3 secrets, and once an athlete understands these, they really can become better at ball-handling, practically overnight.

- 1) **Dribble to protect the ball** - This means avoiding turning the ball over (getting stripped, stolen, etc.).
- 2) **Dribble to create space** - This means creating room between you and the defender, in order to get off a shot or pass.
- 3) **Dribble to get past the defender** - This means getting one-push ahead of the defender to get in front of him/her.

The above 3 points may not seem like secrets, but they really are...

Most players think that the purpose of dribbling is to "show off" and "shake the defender". An athlete must know the REASON they are dribbling the ball, once they know WHY they are dribbling, only then can they become a good ball-handler. That is why the above secrets are important because they help the athlete mentally identify the goals of ball-handling.

Think about the 3 points carefully, and begin to realize that handling the ball isn't complicated...it is simply about meeting a goal. Now that you know the goals, how do you achieve them? How do you improve ball handling skills?

Dribble with your fingers first - Keeping the ball on the fingers helps maintain better overall control. To develop better finger control, work on strengthening grip, strengthening forearms, and stretching out fingers one by one by pulling them back towards the body.

During a strong dribble move, slightly palm the ball. For example, when crossing the ball over from one side the other, slightly palm the ball. Same with the behind-the-back dribble, you have to slightly palm the ball.

Always keep the ball low. The ball is fastest when it is low to the ground, and it is easier to control as well.

Trick the defender. This means dribbling in a way that the defender doesn't know what is going to happen next. Using head and shoulder fakes can help trick the defender. Also, switching the ball between the left and right hands keeps the defender guessing.

Learn to dribble with both hands. To follow the above tip an athlete needs practice with both the left and right hands.

It is important that before an athlete tries fancy one-on-one offensive moves, they work on improving basic ball-handing fundamentals.

**BCWBS Coach Chronicle Archives are available on the BCWBS website at
www.bcwbs.ca**

**BCWBS, #224-1367 West Broadway, Vancouver BC V6H 4A9
Phone: 604-737-3138**