

# BC wheelchair basketball

## Coach Chronicle December 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 the editor by the 15<sup>th</sup> of the month.*

***HAPPY HOLIDAYS***



### **NWBA Tournament Coming to Douglas College**

November 30 - December 2, 2007 @ Douglas College – 700 Royal Ave. New Westminster, BC Douglas College, the HSBC Basketball Classic & BC

Wheelchair Basketball Society is pleased to present the National Wheelchair Basketball Association – NWBA Division 1 Wheelchair Basketball Tournament. Come and watch some of the best wheelchair basketball players in the World battle it out on the court in the top league in North America. We guarantee you will be amazed by this fast, physical and exciting game. Cheer on Team BC which includes current and past national team players including Patrick Anderson, Jaimie Borisoff, Richard Peter, Ross MacDonald and Robert Hedges, as well as BC Provincial Team players including Erik Hagreen, Brian McLennon, Sunera Samarakoon, and Richard Poon.

## **Game Schedule:**

Friday, November 30th

7:00pm BC Cable Cars vs Dallas Mavericks

Saturday, December 1st

10:00am Dallas Mavericks vs Team Canada

12:00pm Milwaukee Bucks vs BC Cable Cars

3:30pm Milwaukee Bucks vs Dallas Mavericks

5:30pm BC Cable Cars vs Team Canada

Sunday, December 2nd

8:30am Team Canada vs Milwaukee Bucks

Admission: \$2.00 Individual or \$5.00 Family Pass

BC Wheelchair Basketball Society (BCWBS) is pleased participate in Division 1 of the National Wheelchair Basketball Association League (NWBA) through the generous support of the Rick Hansen Foundation. Supported by national team talent and provincial team program players coming up through the system the team will definitely challenge other teams for the league championship title. The team will participate in 4 regular season tournaments prior to attending the NWBT Finals in Lexington, Kentucky.

For the 2007-08 Season the team will use the name the BC Cable Cars in recognition of BCWBS's 25th Anniversary Celebrations. In 1970 the local Vancouver wheelchair basketball team became known as the Vancouver Cable Cars as the team was sponsored by 'Rogers Cablevision'. The team participated for many years in the NWBA in the US and also become a powerhouse at the national level having won the national championship title for BC in 1968, 1969, 1971, 1973-1976, 1978- 1983. Over the course of this time the team included players such as Peter Colistro, George Boshko, Eugene Reimer, Rick Hansen, and Terry Fox. For more information please contact BCWBS at 604-737-3138.



## **BCWBS High Performance Camp**

January 5/6, 2008, Douglas College, New Westminster

BCWBS is pleased to be hosting a mid-season High Performance training camp for BC's top wheelchair basketball athletes. The camp will include senior men and women, junior and IPS targeted athletes. Guest coaches are welcome and encouraged to attend, please contact Marni at BCWBS if you are interested.



## **CWBA - Job Opportunities**

The Canadian Wheelchair Basketball Association (CWBA) is seeking a dynamic, energetic team player to assist the Head Coaches, National Teams, and High Performance Committee with fulfilling their mandates. The High Performance Coordinator is responsible for the programs of the National teams including the

Senior Men and Women, Junior Men and Espoir Women. This position requires a high level of coordination and support to the National team coaches, athletes and related committees, agencies and suppliers. The range of functions requires a solid understanding of the amateur sport community and voluntary sector. The High Performance Coordinator works as a member of a team while at the same time has the ability to work independently to advance projects and initiatives.

The Canadian Wheelchair Basketball Association (CWBA) is also seeking a dynamic, energetic team player to develop and implement a coaching education and athlete development system to ensure an effective wheelchair basketball sport development model and delivery system. The Sport Development Director is responsible for the design, development and implementation of: the long term athlete development model, the Centres for Performance program and the conversion to the new NCCP. Contact CWBA for more information on these positions.



### **PacificSport – Sea to Sky: Introduction to Video Analysis & Dartfish**

November 30th, 2007, PacificSport Performance Lab – UBC

Allan Wrigley: Biomechanist

PacificSport Vancouver-Sea to Sky has recently purchased a Video Analysis Kit as a service to the coaches in our region. The kit includes the latest edition of DartFish TeamPro software, a new Dell Latitude laptop, video camera, and tripod. The Video Analysis Kit will be available to coaches who have completed this introductory course or who have completed a DartFish certification course.

The seminar will provide coaches with a foundation in biomechanics, video analysis and DartFish. Dr. Allan Wrigley will relay the basics of biomechanics and show coaches how this knowledge can be used to efficiently implement the use of video analysis in their yearly training program. Further, the seminar will cover the basic functions of DartFish, and will be a prerequisite for future DartFish seminars, scheduled for this winter and spring. For more information or registration contact: [aleroy@pacificsport.com](mailto:aleroy@pacificsport.com) or by phone at 604.730.7226.



### **Tip of the Month: Offense**

To win a basketball game, you have to score more points than the opponent, right?

Defense may win championships, but not without a sound offense. A great offense can put a lot of pressure on the competition while making the game a lot of fun for your players. After all, there's nothing more exciting than putting big points up on the scoreboard!

To be a solid team, you need to have a sound offense. The type of offense you choose should be based on your philosophy, the talent on your team, and the

physical abilities of your players. A good coach recognizes what he/she has on their team, and how to use the positive abilities of each and every player to maximize the offense.

Needless to say, never put players in a position in which they show no ability. There's a fine line between shooting guard and point guard, and small forward and power forward. Putting people in the right position is absolutely critical.

Here are some basic rules to follow for your offense:

- The good ball handlers on your team should handle the ball majority of the time. You don't want to "give" other players an opportunity to handle the ball. Stick to what works.
- Good cutters should be exploited. Make it clear to them that their role is to move around a lot, and to use every opportunity to cut to the basket.
- Best rebounders should be in position to rebound.
- Good screeners and sealers should focus on setting screens and seals for cutters and shooters.
- Good shooters should always focus on using screens and seals to get open.

If you just assign everyone on your team a specific role based on the above list, your offense will succeed. Remember, good offense is about efficiency. When every player knows and focuses on his/her role, and then does it to the best of their ability, it maximizes offensive production.

Once specific roles have been assigned, its time to practice, practice, practice! There are basically two ways to practice, which are as follows:

- 1) Use small groups of 2 to 3 players, working on mostly individual drills to perfect technique (Offensive rebounding, free-throw shooting, basic ball handling, etc)
- 2) Use team groups to demonstrate offensive formations and plays. Start off by demonstrating in slow motion. Then, speed it up and demand perfect execution. Lastly, add defensive players and run a "controlled scrimmage".

Today, we want you to go back to the basics. Think in terms of an assembly line, in which each and every person is given one very specific task and then asked to perfectly perform that task at a high speed...

This is efficiency...and it's your secret to success.

Take a close, hard look at your players. Assign them very specific roles based on their strengths and skills. Have them practice these roles using small groups and large groups. Before you know it, your offense will be running like a well-oiled machine!

The next step is to pick an offensive formation that suits your team best. Choosing the right formation and practicing it with killer drills and plays will take your team to the next level...while making your job fun and easy...

To discover the best offensive formations, killer drills, and game-winning basketball plays check out the Elite Basketball Coaching System website.



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***Seasons greetings from  
everyone at BCWBS!***