

Red Raider Newsletter

VOLUME 2, ISSUE 1

RED RAIDER BASKETBALL

NEWSLETTER DATE

NOVEMBER 3, 2010

A Message From Coach

The season is coming quickly. If your son is planning on trying out for basketball, all of these things have to be taken care of before tryouts:

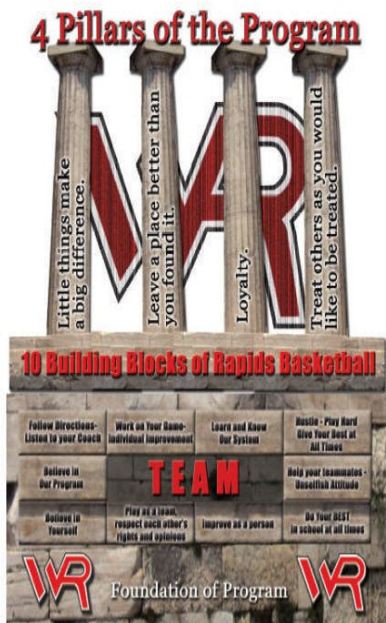
- Either a physical or an alternate year card needs to be filled out and handed in to Coach Witter or the athletic director.
- An athletic code needs to be signed and handed into the athletic director.
- A WIAA rules sheet needs to be signed by both parent and athlete and turned in to the athletic director.
- A Blue emergency slip completed and turned in to coach.

There will be a player meeting in early November. All try-out information, etc. will be taken care of at this meeting. Students should listen to the morning announcements for the date and time of this meeting.

Any questions can be sent to Coach Witter.

Chalk Talk

It is vital that players are taught the basic principles of our program in the early stages of their development. In this addition of chalk talk, we would like to emphasize our defensive philosophy and add some general thoughts for coaches concerning the upcoming season. We hope that some of these ideas can be applied to your practice.



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Why we like the *PACK*:

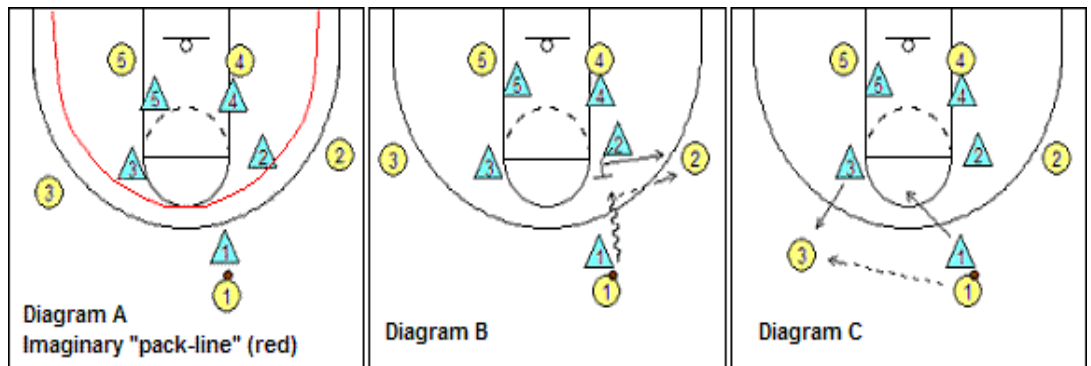
- The *Pack* defense allows us to play with any team. We will face teams more athletic than us, and the *Pack* puts us in position to make stops.
- In the *Pack*, the responsibility of each player is clear. It provides accountability.

Phrases our players hear when referring to the *Pack*:

- “Take away baseline!”
- “High hand on close outs!”
- “Be there on the catch!”
- “See ball and man!”

Chalk Talk (Cont.)

The *Pack* defense is used to apply ball pressure, deny the lane, and prevent dribble penetration. Instead of off ball defenders aggressively denying passes on the perimeter, they are playing off the ball, in a position where they can deny dribble penetration and still recover to their man in time to prevent open perimeter shots (see diagram below).



Graphics provided by: www.coachesclipboard.net

Practice Drills for Teaching the *Pack*:

An effective way to start teaching the *Pack* is by spacing three offensive and defensive players on the perimeter spaced appropriately. The offense remains stationary while passing the ball and the defense reacts to the movement of the ball.

Points of emphasis:

- The defense needs to close out the player with the ball using a high hand.
- Help defenders must SPRINT to their positions, never turning their backs to their defender or the ball. Simply stated, defenders need to BE THERE ON THE CATCH!
- All defenders must communicate with one another (i.e. “Skip!,” “Shot!,” “Ball!”).

When your players feel comfortable with this drill, you can progress by allowing offensive players to move and by adding additional players.





Chalk Talk (Cont.)

Mike Krzyzewski's Thoughts on Practice

Prior to practice:

- Make a weekly practice schedule and flex the beginning and ending times according to personal or school events.
- Set weekly practice goals, but make a practice plan each day!
- Keep yourself current based on your team's needs. Determine their needs on a daily basis.
- Be organized, but do not be a slave to your practice plan!

Practice:

- Should be no longer than 2hrs.
- Eliminate as much standing time as possible.
- Allocate all of your resources to get players as many reps as possible (especially on individual drills)

"Repetition leads to confidence and execution."

'Building a Foundation for Success'

"When you are tired, nothing else matters."

Final Thoughts...

I've come to a frightening conclusion that I am the decisive element on the court. It's my personal approach that creates the climate. It's my daily mood that makes the weather. As a coach, I possess a tremendous power to make a child's life miserable or joyous. I can be a tool of torture or an instrument of inspiration. I can humiliate or humor, hurt or heal. In all situations, it is my response that decides whether a crisis will be escalated or deescalated and a child humanized or dehumanized.

- Adapted from,
Haim Ginott



Coaches Corner

Players need to keep working to get better. Basketball has become a sport that requires players to give more time and effort to be successful. Open gyms in November are Sunday, Monday and Thursday at 7:00. Weight room workouts are on Monday, Wednesday, and Friday at 3:10 and last from 20-35 minutes. All are welcome to attend.

Coach Witter

Building a Foundation for Success.

Visit us at: <http://www.lhshoops.org/> or www.wrbb.org

Email Coach Witter: dan.witter@wrps.org

Thoughts for our Players

As the season approaches, we encourage players to take time and reflect on the importance of participation and competition as it relates to life. This speech, delivered by Jerry West, outlines a few thoughts concerning challenges, life, and the role basketball played in his life.

West calls on grads to have goals, dream big (adapted)

Jerry West, President of Basketball Operations, Memphis Grizzlies

West Virginia University Commencement Address

May 14, 2006

Thank you.

My goal here today is to share some thoughts and experiences that I hope cause you to think about yourself, your life and your future.

You will face incredible competition no matter what your profession.

You should be nervous.

You should be excited.

Your journey will take you places you cannot imagine today. I would like to spend much of our time today talking about that journey. I will share some things from my journey, some observations and some advice that I hope you find valuable.



Head Coach

Dan Witter

“Aim for the top. There is plenty of room up there. There are so few at the top, it is almost lonely.”

-Samuel Insull

Thoughts for our Players (Cont.)

I was once told that there are three types of people in the world, and it is a view that I very much believe in. There are fighters, fleers and floaters.

A floater is a person who drifts through life taking things in, going with the current, sharing in success and failure, but seldom determining his own fate.

There are many successful floaters in the world. As you look around you today, I am sure you can pick them out. They spend endless amounts of energy positioning themselves. They can often avoid failure, but the success they achieve cannot possibly be personally rewarding.

In my mind, success without a sense of personal accomplishment isn't success at all. It is merely positioning.

Below the floaters are the fleers. A fleer will jump from job to job, will run from challenge and opportunity alike. A fleer is the first to cast blame, to make excuses, to point a finger when things do not go his way. Alone, a fleer is fairly harmless to anyone but himself. It is when he latches on to a floater that they begin to have a meaningful impact. A fleer believes that misery needs company. A fleer's worst nightmare is a fighter.

George Bernard Shaw eloquently described the difference in these two types of people. He said, "Some people are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, they make them."

What Shaw describes is a fighter. A fighter is a person that will succeed. A fighter is a person with a direction. A fighter is what I challenge each of you to be.

What sets a fighter apart is simple to describe, difficult to maintain, yet vital for personal and professional success.

What sets a fighter apart is a goal...a dream...a vision.

I grew up in West Virginia as part of a family of six. It was a less than ideal environment...

Because my "real life" was difficult, I was propelled by a fantasy life. It was a fantasy life built around the one thing that I had fallen in love with. That was basketball.

My fantasy games always ended the same. Jerry West had the ball as the clock ticked down. All eyes were on him. Success or

Thoughts for Players (Cont.)

failure was in his hands. He couldn't float; he couldn't depend on someone else. He couldn't flee; there was no one else to turn to.

As I became older, I realized that at a very young age, I was really setting goals for myself. My driveway basketball games made me competitive, competing with the most important person – myself...

Character, determination and resolve will help you stand fast as a fighter, to step above the floater and to surge beyond the grasp of the fleer.

In the world of basketball, the goals are clear. They stand at either end of the court. The goals are always 10-foot high; they are always in the same place at the end of the floor.

The goals create energy. The goals create excitement. The goals create something to strive for. As long as I stood on the court, I knew my role and the roles of those around me.

I had played my role for years – in the driveway, in high school, in college and in my professional career.

It was when my life on the court ended that the character, determination and resolve I had developed faced their greatest tests.

Nearly 30 years ago, I was thrust into a new leadership role that I was ill prepared for – as a businessman. Almost overnight, self-doubt became a major concern. As a player, I had refused to accept failure. I had to find a way to feel that same confidence as a manager.

Each of you will likely face changes in your world as well. The path to success is never without its bumps and challenges. These challenges will create internal battles. These bumps will also create new and exciting opportunities.

And with each change, with each bump, with each opportunity, you will again need to draw upon your character, determination and resolve.

With each change, you will face a new group of floaters, fleers and fighters. Change and challenges never end. Each day you need to get up and decide what kind of person you are because each day is an opportunity to succeed or fail.

As my life on the court ended, I decided that I was going to be a fighter. I decided I was again going to lead. I didn't know how, but I knew what was in me, so I knew that I could.

2010-11 Boys Basketball Schedule

| | | | |
|---------------------|-----------------|--|-----------|
| Monday | November 2 | Home Scrimmage | 6:00pm |
| Friday, Saturday | November 26, 27 | @ Holiday Tournament Neenah | TBA |
| Tuesday | November 30 | @ Tomah | 5:50/7:30 |
| Friday | December 3 | @ La Crosse Central –Fresh. JV. Varsity | 5:50/7:30 |
| Tuesday | December 14 | @ Merrill | 5:50/7:30 |
| Friday | December 17 | Wausau West | 5:50/7:30 |
| Tuesday | December 21 | @ Oshkosh West-Fresh. JV. Varsity | 5:50/7:30 |
| Wed. and Thurs. | December 29-30 | @ Stevens Point-Century Classic | TBA |
| Friday | January 7 | @ SPASH | 4:17/7:30 |
| Tuesday | January 11 | Kaukauna– Fresh. JV. Varsity | 5:45/7:30 |
| Friday | January 14 | DC Everest | 5:45/7:30 |
| Tuesday | January 18 | @ Wausau East | 5:45/7:30 |
| Friday | January 21 | @ Marshfield | 4:30/8:00 |
| Tuesday | January 25 | Bayport– Fresh. JV. Varsity | 5:45/7:30 |
| Tuesday | February 1 | Merrill | 5:45/7:30 |
| Friday | February 4 | @ Wausau West | 5:45/7:30 |
| Tuesday | February 8 | Eau Claire North- Fresh. JV. Varsity | 5:45/7:30 |
| Friday | February 11 | SPASH | 5:45/7:30 |
| Tuesday | February 15 | @ DC Everest | 5:45/7:30 |
| Friday | February 18 | Wausau East | 5:45/7:30 |
| Tuesday | February 24 | Marshfield | 4:15/7:45 |

