

# Red Raider Newsletter

VOLUME 2, ISSUE 2

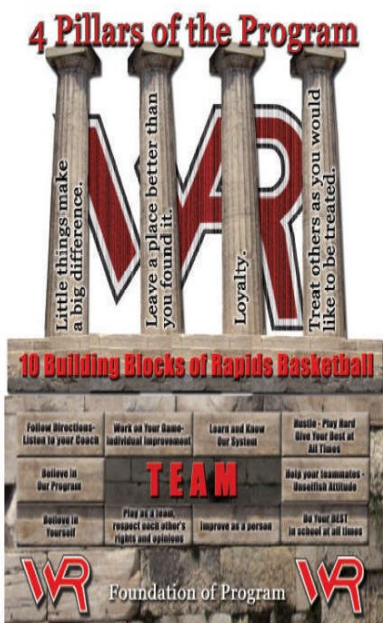
NEWSLETTER DATE

JANUARY 27, 2011

## RED RAIDER BASKETBALL NOTES

### Wisconsin Valley Conference Standings (As of January 27)

Wisconsin Rapids	5	1	1.000
D.C. Everest	4	2	.667
Marshfield	4	2	.667
Stevens Point	3	3	.500
Merrill	2	4	.333
Wausau West	1	5	.167
Wausau East	1	5	.167



### Upcoming Cage Club Events

WR 5th-8th Grade Tournament—January 29-30

WR 3rd-4th Grade Tournament—February 5th.

Good luck to our teams!

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### CHALK TALK

It is vital that players are taught the basic principles of our program in the early stages of their development. Developing basketball fundamentals is stressed on a daily basis at the varsity and junior varsity level and should be stressed at all levels of the program. In this edition of Chalk Talk, we will go over our shooting progression drill. We hope that this drill can also be used during your practice.





“It’s difficult for me to get open looks during games because teams know that I am a shooter. This drill helps me get used to shooting with people bearing down on me.”

-Dylan Lubeck

## WR SHOOTING PROGRESSION

### Phase 1: Hand In Face

Begin with two players and one basketball at a hoop.

A player (the defender) will start under the hoop and roll the ball to his partner (the shooter) on the perimeter.

After rolling the ball to the shooter, the defender, with hands high, should reach the shooter just after the ball does. The shooter then picks up the ball and shoots a jump shot with the defender’s hands in his face.

After the shot, the shooter retrieves his own rebound and then acts as the defender.

### Phase 2: Shot-Fake Short Jumper

The two players will perform the same drill. However, the shooter will use a shot-fake and a dribble before taking a jump shot.

### Phase 3: Shot-Fake Finish

The same action will be repeated. However, after the shot-fake, the player should complete a layup.

### Phrases our players hear when performing this drill:

- “Get to the rim!”
- “Shoulder to hip and explode out of the shot fake!”
- “Get somewhere with your dribble!”

## WR SHOOTING PROGRESSION COACHING POINTS:

- We feel that the two most important aspects of shooting are getting your elbow underneath the ball and following through high. It would be beneficial to do our shooting progression drill following an individual player shooting drill where players can focus on these two points. However, the shooting progression drill forces players to have a high release. With less experienced players, pay particular close attention to mechanics breaking down due to the added pressure of a defender.
- Players need to be balanced and step into their shot. When defenders are bearing down on them, it is easy for them to fade from the basket or rush their shooting motion.





## WR SHOOTING PROGRESSION COACHING POINTS (CONT.)

- Following a shot fake, players need to attack the defender’s hip with their shoulder. Players should not loop around the defender. Rather, they should take the most direct route to the hoop.
- Players need to recognize the importance of going somewhere with their dribble. Stress pushing the ball forward and going to the basket with their first step. Also, be sure they have their eyes up. It is easy for players, when driving, to put their head down.

“During critical periods, a leader is not allowed to feel sorry for himself, to be down, to be angry, or to be weak. Leaders must beat back these emotions.”

- Coach Mike Krzyzewski

### *'Building a Foundation for Success'*

## COACHES CORNER

### A Message From Coach Witter

We are off to a great start to our season! As I am writing this, we are currently at the top of the WVC with a record of 9-0. However, we still have a long way to go. I don’t know what is to follow as far as wins and losses, but I think our players as well as our coaches are learning a lot from this season. We have great kids to be around, and although we have high expectations and standards, they have been great basketball players as well.

Every day we meet and talk about a variety of subjects such as academics, team improvement and responsibilities, the future, etc... Our program is based on the fact that motivation and opportunity are the keys to success. As a solid basketball program, we (coaches, facilities, administration, etc...) provide opportunities for these young men by opening up the gym and weight room for their physical improvement. In opening these facilities, we give them the opportunity to prepare for the even greater opportunities offered, such as competing in leagues and tournaments. This is where the players’ motivation must drive them to take advantage of these chances given to them. One of my continuous sayings to the kids



Head Coach  
Dan Witter





## COACHES CORNER (CONT.)

is, "If it were easy, **everyone** would be a good player. Things of value come with hard work and dedication."

I don't know what the rest of the year holds, but we have great kids who are fun to be around. How lucky I am to get to do what I love with a wonderful group of people. As always we are working to improve every day.

"Perfection is not attainable, but if we chase perfection we can catch excellence."

-Vince Lombardi

**GO BIG RED!**

**Coach Witter**

Rapids Basketball

Building a foundation for **Success!**

### A Message From Coach Twait

Greetings Red Raider fans!

The beginning of a new year is always an exciting time because it gives us a chance to assess the new talent coming in as well as the returning players' progress throughout the off season. We look forward to the opportunity each year to make a difference in these young men's lives both on and off the basketball floor.

We're fast approaching the halfway point of our 2010-2011 season. At the release of this newsletter, the J.V. record is 2-11 overall and 0-6 in conference play. While we would like to win every game, the emphasis continues to be getting better every day and to be at our best as the season comes to a close. With continued tenacity and attention to detail, we can take big steps toward closing that gap and laying a foundation for future success in Red Raider Basketball.



JV Head Coach

Todd Twait

See you in the gym!!

Go Raiders!

**Coach Todd Twait**





## THOUGHTS FOR OUR PLAYERS

As the season progresses, it is vital that we maintain our health and stay physically fit. To perform at your peak level, you need to eat healthy foods. However, being healthy will not be achieved by simply eating a nutritious snack. Here are some suggestions for a pregame meal plan.

### PREGAME EATING STRATEGIES

#### How to Optimize Performance:

- Drink plenty of fluids and eat a high carbohydrate diet several days before the competition. Stored carbohydrates provide fuel for the game.
- Do not eat new foods the week of and right before the event.
- Eat 3 to 4 hours before an event to allow time for digestion. If any food remains in the stomach at the start of exercise, it can lead to nausea or an uncomfortable feeling.
- If a game is in morning, try to get up at least 2 to 3 hours prior to the event to allow enough time to eat and fully digest your meal.
- Snack 30 to 60 minutes prior to the game for optimal energy during the event.

“Act as though and it shall be. The seed you sow today will not produce crop till tomorrow. For this reason, your identity does not lie in your current results. This is not who you are. Your current results are who you were.”

-James A. Ray

#### Breakfast:

- Hot or cold cereal, milk and fruit
- Bagel with peanut butter and juice or milk
- Peanut butter on toast, yogurt, fruit and milk
- Pancakes, fruit and milk

#### Lunch/Dinner:

- Pasta with tomato sauce, bread, fruit or juice, milk
- Chicken or sliced turkey sandwich on whole-grain bread or roll, fruit or juice, milk
- Chicken breast, rice, fruit and milk

#### Snack

- Piece of fresh fruit or fruit cup
- Sports bar / Granola bar
- Plain bagel
- Sports drink / Fruit smoothie
- Dried cereal / Dried fruit

#### Stay Clear of Soft Drinks!

"Adolescents who consume soft drinks display a risk of bone fractures three to four-fold higher than those who do not."

-James A Howenstine





## 2010-11 BOYS BASKETBALL SCHEDULE

Monday	November 2	Home Scrimmage	6:00pm
Friday,	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



