



On Twitter @ohioBKcoaches

September 2015

Volume 3, Issue 1

Ohio High School Basketball Coaches Association Newsletter

UPCOMING EVENTS

Beginning of Individual Instruction 9/8
Bob Arzen Awards
Century Awards

Stories for October Newsletter due 10/1
Hall of Fame Nominations
Paul Walker Nominations

OHSBCA Fall Coaches Clinic 10/4-10/5



SEPTEMBER 7TH BEGINS INDIVIDUAL SKILL INSTRUCTION OUTSIDE THE SEASON

Below are a list of reminders from Jerry Snodgrass of the OHSAA.

The No-Contact Period

This year's 28 day no-contact period ends with Labor Day and restricts coaches from any basketball related contact with players that played in your 7-12 program last year. I encourage you to look at the purpose of this long-standing regulation and not different ways to 'get around' it. Players need a break, COACHES need a break and this also provides the much needed opportunity for fall sports to get underway. Any questions....check out this document: <http://www.ohsaa.org/sports/bk/ReboundersReport/BasketballNo-ContactRule.pdf>

Individual Instruction

As many of you make plans to utilize the permissions in this regulation, I urge you to review the restrictions. This is the 3rd year for the Individual Instruction Regulation- originally proposed by the OHSBCA. The purpose of this was to provide coaches the opportunity to provide individual SKILL instruction - NOT team workouts. I would encourage you to read, print and disseminate the updated explanation of this regulation located at: <http://www.ohsaa.org/sports/bk/ReboundersReport/GeneralSportsRegulation8.6Explanation.pdf>

Open Gyms, Conditioning Programs, Weight Lifting Programs

It has always been my intent to remove any and all misunderstandings as well as address all scenarios permitted within various other sports regulations - most notably those addressing "Open Gyms", "Conditioning & Weight Programs". This communication should provide you with answers to many questions and close any loopholes one might often 'think' exists. As in the above, I strongly encourage you to read, print and disseminate the explanations of these regulations that can be found on the our "Rebounders Report" page at: <http://www.ohsaa.org/sports/bk/ReboundersReport/ReboundersReport.htm>

Rules Meetings/Online Manual

Again this year, all State Rules Meetings will be conducted online. These meetings will become active on **October 7** at 4:00 p.m.

OHSBCA 2015 COACHES CLINIC OCTOBER 4TH-5TH

The Ohio High School Basketball Coaches Association is conducting its annual coach's clinic at the Greater Columbus Convention Center on Sunday, October 4th^h and Monday, October 5th. This years clinic has an outstanding list of coaches who will be speaking. They are Thad Matta of The Ohio State University, Bob Huggins of West Virginia University, Jay Bilas, ESPN Basketball Analyst, Gary Waters of Cleveland State University, Chris Holtmann of Butler University, Jim Jabir of the University of Dayton, Mano Watsa of Point Guard College Basketball, Dave Cecutti. Commissioner of the Ohio Capital Conference. Plus, we are happy to announce that three of the eight OHSAA State Champion Coaches are speaking at the clinic: Division 2 Boys Kirk Lehman of Defiance HS, Division 3 Boys Bab Kwasiak of Villa St. Joseph HS, Division 3 Girls Will McKinney of Africentric HS Brochures were sent out August 20th and are available along with online registration at:

www.ohiobkcoaches.com

Online Registration through PayPal will end October 2nd at 5 pm.

Mail in registration must be sent to him by September 30th. Early registration is \$80 per coach, day of registration is \$100 (Cash or Check only with on-site registration).



HALL OF FAME NOMINATIONS

Do you know of a legendary coach who is not in the Ohio High School Basketball Coaches Association Hall of Fame? Why not nominate them? We are often asked why a particular legendary coach is not in our Hall of Fame. Usually, we have not received any nomination for that particular coach. This is your opportunity to make sure that we get a nomination form for the legendary coach.

The OHSBCA is now accepting nomination forms for the OHSBCA Hall of Fame. The nomination form can be found on the [OHSBCA](#) website and is available in **PDF** or **WORD** versions. **DEADLINE** for nomination forms is **OCTOBER 1st**. Nomination forms can be sent to Greg Nossaman at Olengetangy Liberty High School.

The OHSBCA inducts Ohio High School Basketball Coaches into its Hall of Fame each year. The first year of induction was in 1987 where 9 legendary coaches were inducted into the initial class. This year, 2016, marks the 30th year that a class will be inducted in the Hall of Fame. The total now stands at 140 Coaches who have been inducted into the Ohio High School Basketball Coaches Association Hall of Fame.

The procedure used for the selection of candidates into the Hall of Fame is as follows: (1) Voting takes place at the OHSBCA Fall Meeting, (2) The candidates receiving the highest number of votes will be considered to be the Class for that particular year, (3) Committee will make a recommendation to the District Directors of the coaches to be inducted into the Hall of Fame, (4) District Directors will vote to approve the recommendation of the coaches to be inducted in the Hall of Fame and (5) A majority vote for each candidate is required.

The criteria a nominee must possess in order to be considered as an inductee are: (1) coached Varsity for twenty years, (2) won 300 Varsity games, (3) was a member of the OHSBCA for the last ten years, (4) an active member in the OHSBCA as a Director or Officer, (5) achieved Tournament success and (6) retired from active coaching for one full season before his/her induction date. The criteria to be considered for Honorary Membership is the person must contribute to the total development of the sport of basketball in a non-coaching or coaching capacity.

North/South Game All-Star Games and Showcases Set for April 22-23

This years format for the North/South All-Star games and the Boys and Girls Showcases have changed. The Boys game will be played Friday evening at Otterbein University and their Showcase will be at Otterbein on Saturday morning. The Girls North/South game will be played Saturday afternoon at Denison University and their Showcase will be held Saturday morning also at Denison University.

Mick Cronin Coaches Clinic

University of Cincinnati Coaches Clinic will be held on Saturday, October 10, 2015 at the Fifth Third Arena. Below is a link with more information, itinerary and cost.

www.gobearcats.com/sports/m-baskbl/spec-rel/061115aab.html

I STOPPED COACHING SHOULD STILL JOIN THE OHSBCA?

YES! You should continue to join the OHSBCA because you may start coaching again in the near future. The OHSBCA is one of the largest basketball coaches associations in the United States. We have had coaches not join for a few years and then they begin coaching once again, and they sometimes have eliminated themselves from coaching honors. Worse yet, you may have lost the chance for your son or daughter for consideration for the \$1,000 coaches scholarship. It also helps support the current student athletes involved in basketball and keeps you updated on changes and current dates for awards and scholarships. Continue to be an active member, go the [OHSBCA Website](#) and join today!

Oakland University Skill Development

In our basketball program at Oakland University we believe that a player-coached team beats a coach-coached team every time. So with that premise as our belief we place a major emphasis on our in and out of season player development program. It is our job as a coaching staff to give our student athletes the tools to turn themselves into the best basketball players they can possibly be to help us win Horizon League and post season championships. We take great pride in our ability to lead our young men through countless hours of film work and on court instruction so they can have every advantage to be successful. Thus our approach to player development is broken up into two seasons.

First, from the start of the school year, when we can begin workouts, until our last game of the season all workouts are geared towards the mindset of doing what's best to get OAKLAND better. The second season mentality, from our last game until the first day of classes, is dedicated to making the individual players better. It's difficult to just use one blueprint of what we do from one year to the next with our individual workouts. We do not believe in boxing ourselves in and having a "cookie cutter" mentality when it relates to scripting what areas of emphasis will be. What we attempt to do is gather as much information from watching film and assessing areas of improvement that need attention to help the individual and team get better. Most of our drills are based on our personnel for that particular season. Since the characteristics of each team is different our staff must constantly find creative ways to meet the needs of the individual players so it challenges us to come up with new training methods. We do have core principles in our offensive and defensive system that we adhere to, but we also understand that we must be flexible in meeting each student athlete where they are to help elevate them to a higher playing level. There are many areas from one player to the next that overlap in terms of where they need to individually get better, so when we work in our smaller groups we can really hone in on those areas. At the conclusion of every summer going into the new school year we sit down with our players to evaluate how summer workouts went and what our expectations are in preparation of our fall workouts. We recently completed our summer tour in which we visited Spain and played 3 games against professional level teams. Through our 10 days of practice leading up to the tour and the games we played in Spain, we were able to communicate with each player what areas of improvement were needed from them in order to help our team (technique defending pick & roll action, shooting, rebounding, etc). The drills you are about to see are a compilation of film work, player assessment and staff collaboration on how we can make our players the best they can be. Here are a few drills we will incorporate into our post/perimeter individual sessions that would work in four man, or team workouts:

Post: - Offense

- Sprint in transition seal/finish at the rim
- Face up post moves

Pick & Roll action - Defense

- Defending the post (3/4 over the top)
- Defending pick & roll action (hard hedge/switching)