



BASKETBALL ASSOCIATION OF SINGAPORE

The Newsletter of Coaching & Development

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Let's Plan To Improve And Succeed

There is this old saying: Fail to Plan, Plan to Fail' and indeed this is a very meaningful phrase. With this statement in mind, the Coaching & Development Committee of Basketball Association of Singapore (BAS) organized a planning day on 30 April 2011 at HortPark.

The objectives of organizing this planning day included: providing Committee members with a platform to raise suggestions and feedback for improvisation, prepare coaches for the different National age group squads for the new training cycle & fostering close relations amongst all the members in the Committee. In addition, there was a workshop conducted by Dr Koh Koon Teck (Chairman of Coaching & Development Committee) with coaches on the planning and evaluation of training programme. With this workshop, beneficial learning materials such as: 'Yearly Planning Instrument', 'Basketball Skills Training Programme', 'Skills Development Checklist' and etc were provided to the coaches.

Playing a vital part in this planning day were the Chairman of the Coaching & Development Committee, Team Managers for the different National age group squads, Coaches for the different National age group squads & supporting staff of the Coaching & Development Committee. Together, a wide spectrum of topics such as: training season, selection of players, analysis of coaching

effectiveness, enhancing players' standard and etc were thoroughly discussed and debated.

Drawing from their vast past experiences in coaching the various National age group squads, coaches were able to specifically point out areas that required improvement. Amongst their proposals was a suggestion to modify the age group for the different National age group squads to {18 & Under, 16 & Under, 14 & Under and 12 & Under} so as to narrow the age gap in terms of players' progression. Indeed, plans are in the pipeline to transform certain policies so as to enable the Coaching & Development Committee to better serve the players and coaches.



Dr Koh Koon Teck (Chairman Of Coaching & Development Committee) Addressing The Crowd

(From on Pg 3)

4) How has participation in this tournament set the tone for the National Men's Team participation in future tournaments?

In Singapore, the players do not have scrimmages against tough teams. Through matches against opponents that are a level ahead of us and are more physical, we are able to improve our playing standard. These matches provide our players with invaluable exposure and experience. Having played against Philippines, Indonesia & Malaysia during this tournament, we are able to gain an insight into their strengths & weaknesses and that would

certainly improve our winning chances should we play them again during the 2011 SEA Games.

The results for the Singapore's National Men Basketball Team are as per follows:

Singapore Vs Indonesia {60 : 71}

Singapore Vs Malaysia {64 : 72}

Singapore Vs Philippines {51 : 106}

The overall standings for the teams of the 9th SEABA Championship for Men 2011 are as per follows:

Champion: Philippines

First Runner-Up: Indonesia

Second Runner-Up: Malaysia

4th-Placing: Singapore

GUNNING FOR SUCCESS @ JAKARTA

If you had represented your school or country in a competitive sport before, you will understand the feelings and emotions that come with it – as your supporters cheer you on, you can literally hear your heart beating, feel your blood moving through your body and sense the immense pressure to achieve victory.

For Dimus Choong (Team Manager), Neo Beng Siang (Head Coach), So Kwang Loong Joe (Assistant Coach), Teo Chin Hong (Assistant Coach), Fok Yew Seng (Player), Mitchell (Player), Ng Han Bin (Player), Wu Qing De (Player), Desmond Oh (Player), Wong Wei Long (Player), Koh Meng Koon (Player), Lim Sheng Yu (Player), Gary Koh (Player), Steven Khoo (Player), Delvin Goh (Player) & Pathman (Player), it is no different. As a member of Singapore's National Men Basketball Team taking part in the 9th SEABA Championship for Men 2011 from 23 – 26 June 2011, there is definitely pressure to deliver as the nation's hopes are heavily stacked on the players' shoulders. Held in Jakarta, the 9th SEABA Championship for Men 2011 comprised of 4 teams which included: Indonesia, Malaysia, Singapore & Philippines.

The competition is of huge significant importance to the Singapore's national men basketball team as the results would be used as a benchmark by the Singapore National Olympic Council (SNOC) to determine whether the team would be participating in the year-end SEA Games. In the build-up to the competition, the preparatory work include: selection of outstanding players from the National Basketball League (NBL), 4-times a week training which comprised of both on-court and gymnasium training and sparring matches.

Indeed, the fighting spirit and determination as per demonstrated by the players during the competition is simply commendable. Basketball Association of Singapore (BAS) is adamant that the competition has in one way or another raised the confidence level of the athletes and put them in good stature for the preparation of the year-end SEA Games.



Participating In The SEABA Tournament Provided The National Men Team With More Competition Exposure, Leading Up To The SEA Games

Let's listen to what Mr. Neo Beng Siang (Head Coach of the National Men Team) have to say about the competition!

1) How would you rate the performance of the players in this tournament?

The attacking aspect of the team was not up to my expectations. In addition, the execution of the offense aspect was also not perfect. In the area of defense, we would need to work more on areas such as help-side defense, post-defense and off-ball defense. There is also a need for players to be more physical and established better communication amongst one another when on the court. Despite these weaknesses, I was pleased with the strong fighting spirit as per demonstrated by the players during the matches. It was also pleasing to see the younger players in the team delivering strong performances.

2) What were some of the highlights in this tournament?

It was personally shocking to see Malaysia lost to Indonesia by 30 points. In addition, I am pleased that the players put up a very good fight during the matches against Malaysia & Indonesia. This was highlighted by the fact that the losing margin during these two matches was very minimal.

3) What advice would you give to the players who have participated in this tournament?

Firstly, we would need to work harder on both the offense and defense aspect. Secondly, we would need to work harder on enhancing players' individual skills. Thirdly, there is also a need to work on the players' fundamental skills. Fourthly, there is a need to promote better teamwork qualities and trust amongst the players in the team. Lastly, the players need to instill and cultivate in themselves a higher level of confidence.

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THE GOLDEN GENERATION OF NATIONAL PLAYERS



Think of the Inter-Primary School Competition, and images of young and energetic athletes playing the sport immediately sprung to mind. But, actually, the Inter-Primary School Competition is also a crucial tournament as it provides the selection platform for the identification of outstanding athletes whom are subsequently nurtured to become better players. While our young players are pacing up and down the basketball court and fully engrossed in the game, the Selection Committee of the Coaching & Development Committee is never far away to talent-identify outstanding players. It is with huge belief from BAS' stand-point that these young players would form the basis for future National Youth Squads.

Prior to the formation of the 8 new training squads for the 2011 National Centre of Excellence (COE) 13 & Under training cycle, 2 sessions of selection trial were called upon on 21 May 2011 & 28 May 2011. A total of about 80 athletes from each gender attended the selection trial and they were put through stringent tests by the coaches which tested their proficiency of the various basketball skills. For the full listing of the players that were selected for the 2011 National Centre of Excellence (COE) 13 & Under training squads, please go to http://www.bas.org.sg/national_coe.html.

A big welcome to the National Centre of Excellence (COE) 13 & Under training squads for all the selected players! Let's listen to what some of the players have got to say with regards to their first taste of basketball, their feelings of being selected into the National Centre of Excellence (COE) 13 & Under training squads & what they hope to achieve during the course of their training cycle.

Jeannine Tang {currently studying at Raffles Girls' Primary School}

I first got in touch with basketball, a niche CCA in my school, in Primary 4 after I was chosen to be in the school team through inter-class competitions held after the mid-year examinations. After which, the trainings and competitions not only enhanced my skills level, but also cultivated in me a greater passion for the sport. Upon knowing that I was selected into the National Centre of Excellence (COE) 13 & Under training squads, I felt both elated and blessed. I hope that during my time in the training squad, I can be further developed into a better player and have a chance of progressing to the National U-15 training squad.

Cheryl Lee {currently studying at Kranji Primary School}

I got in touch with basketball through my form teacher and chinese teacher. Seeing that I am tall and that the

school team needed to recruit players, I decided to try out playing basketball and was eventually selected into the school team. I felt honoured for having been selected into the National Centre of Excellence (COE) 13 & Under training squads. Being in the training squad, it provided me with the opportunity to continue playing the sport. There is also a feeling of excitement as I can challenge myself to greater heights. During my time in the training squad, I hope to improve my skills, make new friends and compete in matches against tough opponents.

Isabel Tan {currently studying at Changkat Primary School}

Before I was selected by the Basketball Teacher-in-Charge into the school team, I did not know that I am interested in this sport. Upon taking up this sport as a CCA in Primary 3, I started playing basketball. I discovered that the more I trained in the sport, the more interested I am in the sport. I felt very honoured at being selected into the National Centre of Excellence (COE) 13 & Under training squads because this is such a rare and special

opportunity. I hope that during my time in the training squad, I can become a better athlete, an all-rounded person and improving my basketball skills.



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Collaboration Project

COME ON, GET CLOSE TO YOUR OPPONENT!

If you had watched the Inter-Primary School Games which are held from January to April each year, you would have noticed that majority of the coaches adopted a 'Zone Defense' playing strategy for their players. Well, don't be too quick to blame the coaches and players for having such a playing mentality – if you are a coach or player, you will know that a 'Zone Defense' playing strategy is the easiest game plan to inculcate to the players and the most effective way to emerge victorious from a match.

Determined to eliminate the 'Zone Defense' concept and incorporate the 'Man-to-Man Defense' concept in the Inter-Primary School Competition come 2012, a meeting was set up between BAS & CCAB back in September 2010. After which, a Man-to-Man Working Committee was formulated which comprised of CCAB representatives, BAS representatives and the respective conveners of the Inter-Primary School tournament.

Since then, the Man-to-Man manual has been drafted,

dialogue sessions have been conducted with school's PE / CCA HODs & coaches and training have been provided for referees who have been designated for the Primary School Games. In addition, a Primary School Invitational Tournament was organized at Raffles Girls' Primary School from 2 – 3 June 2011 to assess the feasibility of the implementation of the Man-to-Man rules.

With majority of the preparatory work having been completed, what awaits is a decision by the schools to decide whether the Man-to-Man rules would be implemented in the Inter-Primary School Competition (both Junior & Senior category) come 2012. Although the proposal for the implementation of the Man-to-Man rules has since been rejected by the schools, it is strongly encouraged that all Primary School coaches inculcate the Man-to-Man playing concept to their players as this is seen as a critical pathway in raising the overall standards of Singapore's Basketball.

FROM 2 TO 3 AND NOW 4 TRAINING CENTRES!



Changkat Changi Secondary School & Singapore Basketball Centre – The Centre Of Gravity And Heart Of East Zone & South Zone COE 13 & Under Training

When the National Centre of Excellence (COE) 13 & Under developmental program first started back in 2007, it has only 2 training centres (i.e. players from the South & West Zone were housed in 1 training centre & players from the North & East Zone were housed in 1 training centre). A year later, expansion of the program took place and 3 training centres were set up (i.e. players from the West Zone were housed in 1 training centre, players from the East Zone were housed in 1 training centre, but players from the North & South Zone were housed in 1 training centre).

Fast forward to 2011 and the National Centre of Excellence (COE) 13 & Under developmental program embarked on another step of massive progression. With strong support provided by 3 secondary schools in providing free usage of their Indoor Sports Hall together with our BAS Headquarters, a total of 4 training centres are now in operations island-wide.



TRAINING VENUES

- Unity Secondary School {20, Choa Chu Kang Street 62, Singapore 689143}{Catered to West Zone Players}



Unity Secondary School & Edgefield Secondary School – The Centre Of Gravity And Heart of West Zone & North Zone COE 13 & Under Training

- Singapore Basketball Centre {601, Aljunied Crescent, #01-04, Singapore 389862}{Catered to South Zone Players}
- Changkat Changi Secondary School {23, Simei Street 3, Singapore 529894}{Catered to East Zone Players}
- Edgefield Secondary School {36, Punggol Field, Singapore 828814}{Catered to North Zone Players}

TRAINING

The training frequency for the players of the National Centre of Excellence (COE) 13 & Under training squads is once-a-week, on Saturday's morning at the 4 training centres. With a training centre that is within traveling distance from their home, parents can rest assured that their sons / daughters would be able to reach the training venue with minimum fuss.

COMPETITIONS

The competitions that are designated for the players of the National Centre of Excellence (COE) 13 & Under training squads are local-based. The players compete

in the Inter-Zone Competition and engage in sparring matches against 'C' Division Basketball Teams.

COACHES AND PLAYERS

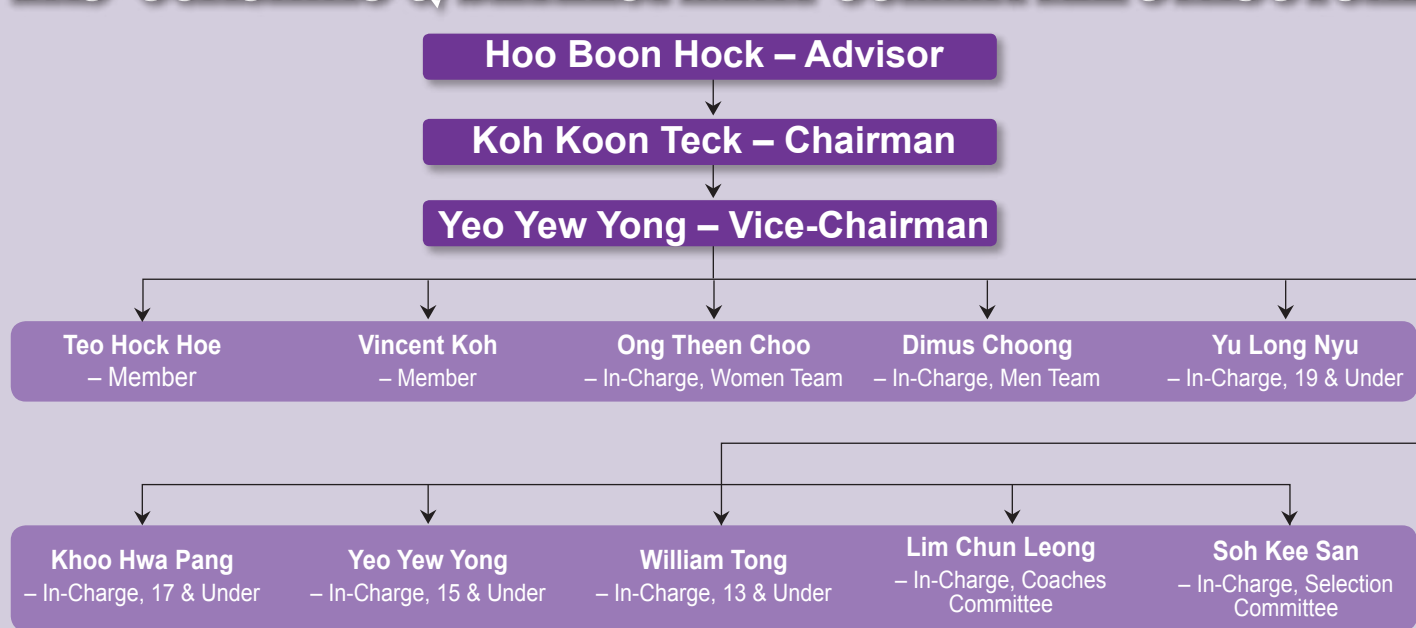
With 4 training centres, the number of players that can be selected into the National Centre of Excellence (COE) 13 & Under training squads is significantly maximized. This also helped to provide more learning opportunities for a wider pool of players. The expansion of the number of training centres also provides more coaching opportunities for coaches, who were able to apply their coaching knowledge into practice.

PROGRESSION OPPORTUNITIES

Players who demonstrated outstanding performances during the National Centre of Excellence (COE) 13 & Under training cycle would be invited to attend the selection trial for the National 15 & Under Youth Team. Even if the players do not make it into the National 15 & Under Youth Team during this selection trial, the skills, competition experiences & learning experiences gained throughout the COE 13 & Under training cycle will put them in good stature for their future basketball involvement and selection trials.

Basketball Association of Singapore (BAS) would like to convey its apologies to RED SPORTS for the usage of the RED SPORTS photographs took during the YOG for the BAS' Newsletter without attaining prior permission from RED SPORTS.

BAS' COACHING & DEVELOPMENT COMMITTEE STRUCTURE



BAS' COACHING & DEVELOPMENT COMMITTEE'S EVENTS & PROGRAMMES

(High Performance)

- National Team
- 19 & Under Youth Team
- 17 & Under Youth Team
- 15 & Under Youth Team
- Centre of Excellence (COE) 13 & Under Junior Team

(High Participation)

- Basketball Hoops Camp
- Basketball Satellite Centres
- Basketball SingaHoops Programme
- 2nd-Tier Basketball Leagues

(Coaching Education)

- National Coaching Accreditation Programme (NCAP) Courses
- Basketball Coaching Clinics
- Coaches Sharing Sessions
- Overseas Attachment

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