

# The Lightning Zone

Dorset Storm Basketball Club

## Local League to Get Underway!

Well, at last we should have some games ahead for both our U14s and U16s teams. The dates are yet to be confirmed, but a mixture of Friday nights and Sunday tournaments will be going ahead over the coming months. Some of the games will be held at Rossmore LC and hopefully Oakmead School, while some will be in Southampton and possibly Portsmouth.

We will again give all players the opportunity to play as we will enter two teams at both U14 and U16s. As always, offers to play will still be for members only and there will be a pecking order established, taking into account both the punctuality of fee payment and training session attendance.

Each team will

shortly be assigned a coach, some of which will be members of the U18s National League team who will work alongside another senior coach, helping them develop "another string to their bow". We have found this worked well in previous seasons, not only being a benefit to both sets of players involved but also to the rapport that can develop between the older and younger players in the club.

As soon as the dates are confirmed we will let you know. It looks like all games will be played in a tournament format, with three teams playing each other. This is our preferred option as it allows players to get more game time, and there are plenty of chances for coaches to teach and put things right throughout the two games that the team will play.

Just a reminder to all of you that are coming with us to Plymouth on Saturday 7th January, that the coach will be leaving at 11.30am sharp. It looks like they will both be good games as the hunt for play-off places is heating up. Both teams have talented rosters, for Plymouth Drew Lasker is currently in great form, scoring 46 points this week. Chester have player coach Billy Singleton (Britain's favourite basketball player) as well as the flying Shawn Myers.

We wish all players, family and friends all the best over the coming festive season. We are grateful for your support and look forward to it continuing in the New Year.

## Passerelle National League Team Flying High

Rookie coach Andrew McKenzie can be more than satisfied with his team at the half way stage of the season. They have shown all the attributes that are required to be a good team, and are learning fast what it takes to compete at

a high level.

James Hilton, Jamie Lines and Guy Taylor have undoubtedly provided the experience and leadership which has helped the team progress quickly. However, the performance

of Reece Barker, especially throughout the tournament in Cardiff, as well as the younger players that have been playing up has also been pleasing. Although there is still a long road ahead in their development, the potential is there for all

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### Special points of interest:

- *Reminder that training starts back on Sunday 8th January 2006, not on the Saturday. First training session starts at 12noon, second at 1.30pm.*
- *In order for you to be eligible for selection, all fees must be paid.*
- *New Under 12s session starts in January... spread the word!*



Dorset Storms Under 12s

## Under 12s Off and Running, and Now They Have Their Own Training Session too.

Dorset Storms Under 12s have now completed two tournaments. Despite being a very young team, and at the moment a little sparse in terms of players, the team won their first game against Whiteley back in November.

Steven Ireson started where he left off last season, scoring a bucket full (pardon the pun) of points. He has been aided by the rapidly improving supporting cast around him who are growing in confidence in

each game that they play. Georgina Worsfold has shown particular improvement on her performances last season. We would like to thank all the parents who make it possible for us to play in this league, and to Solent who seem to cheer us on a lot!

The start of the 2006 also sees the reintroduction of Dorset Storms Under 12s session. From the 5th January, between 6.00pm and 7.00pm we will be at

Rossmore LC for a brand new session, only for Under 12s! So if you know of anybody in years 3 to 6 who wants to play basketball then get them to come along. The cost in January and February is only £1 per session, but please check to see which dates its on.

Congratulations to the team for a really good start and, with the new Under 12s session starting in January hopefully will be able to find a few more superstars!

*“Champions in any field have made a habit of doing what others find boring or uncomfortable.”*

## Basketball on T.V.

There is a growing amount of basketball on TV in England, which will allow the game to continue to expand. As yet there is no regular British basketball on TV, but teletext services do now show the up and coming NBL fixtures and results.

Basketball has also been well represented at the movies in 2005, with both

Coach Carter and Rebound being released. Growing interest in society can only help raise the profile of the sport. You can currently see basketball on...

- Sky Sports, full length matches every Saturday and Monday, live match on Sundays after NFL season.
- Euro Sport (1 & 2), Live

European matches every Tuesday and Wednesday evening.

- Channel 5, live match every Tuesday night/Wednesday morning.
- UKTV Sport, on sporadically, repeated on all the UKTV channels.
- NASN - various times

NBL Cadet Boys		Played	Pts
Western Conference			
1	Abingdon Eagles	9	25
2	Soton Trailblazers	8	24
3	Solent Stars II	9	21
4	Torbay Tigers	9	19
5	Solent Stars I	9	17
6	Tamar Valley	7	15
7	Plymouth Raiders	9	15
8	Dorset Storm	8	12
9	Bristol Academy	8	12
10	Reading Rockets II	8	8

## Cadet Men Keep Fighting, but Loose Out in Some Crucial Games.

The cadet men had a promising start, opening up with two close games against Reading II and Solent II. Their form then took a little dip, but with looking at the situation as a whole they have managed to iron out some of their problems.

The encouraging aspect is that in five of their

eight matches, they have had a real chance at winning. Regrettably some decision making in the dying minutes has let them down, although in the final match of the year, for the first time they executed down the stretch - well, all apart from making their lay-ups!

Michael Livesey

has certainly been their key performer, holding the team together at both the offensive and defensive end of the court. Niall Adamson and Michael Roffe are two other members of the squad that have settled down well and are now making good progress and playing pivotal roles for the team.

## Junior Men Struggle, Despite Some Glimpses of Quality Basketball.

Dorset Storms junior men have had an up and down season if truth be told. There is no doubt that the team should have recorded more wins, but a lack of care and attention to detail have cost them. The team has also been hampered by some players lack of organization meaning that they have been unable to attend both training sessions and games!

There have been consistently high quality performances from Adam

Cran (currently the leading scorer in the club) and Arran Morgan, who has battled constantly against bigger players. Luke Miller and Laurence Yeats have also put in solid performances and are growing in confidence.

Perhaps the best performance of the season so far came against Swindon, travelling with only eight players, the team fought hard for all the game, and kept themselves in with a chance, unfortunately in the end the

lack of players caught up with them and fatigue allowed Swindon to run out eventual winners.

The team has in parts, and even for entire quarters played some excellent basketball. The aim remains the same though and that is to play consistently for the entire 40 minutes - no let ups. The team will have success if they pay attention to the small details, which at NBL level make all the difference.

## Skill of the Week - *All the information you ever wanted to know about the triple threat position.*

The triple threat position is where you hold the ball to the side on the hip with elbows out. This position gives you the options of shooting, passing, or dribbling. Such a position makes the defender uncertain of what you will do, and it also gives you a number of choices.

To keep a defender

off guard, when in the triple threat position you should move the ball between shooting, passing, and driving positions, keeping the ball close to the chest and never lower than the waist. Your hands should remain in shooting position; you must be a threat to shoot before the options of passing or driving become viable.

Remember not to lower the ball below your waist or hold it above your head (one of coaches pet hates) - you cannot shoot, pass or dribble holding the ball by your knees and you can only pass holding the ball above your head. Be aggressive, make the defence think you are going to make a move, even if you are not!

## Storm Men Make Sound Start.

All three of Dorset Storm Men's teams, including the new 'C' team that comprises of both former and current junior players have got the first half of the season off to a good start.

The pre-Christmas league format saw division one and two merge, after Christmas it will split to form

a top (division one) and bottom half (division two). As it happens, Storm will then have a team in each of the three divisions.

Despite trying hard to arrange games, only three have been possible for the 'C' team, which saw victories over the Navy and Portsmouth Pressgang and a loss

to Hampshire Police. Overall they currently lie in third position in the division.

The team have worked well together, and their best performances are still ahead of them. The players are still gelling together having very little practice time together and will look for more wins soon.

NBL Junior Men		Played	Pts
Western Conference			
1	Taunton Tigers	7	21
2	Gwent	7	21
3	Soton Trailblazers	9	19
4	UWIC Stealers	8	14
5	Swindon Sonics	8	12
6	Gloucester Blazers	6	12
7	Dorset Storm	7	9
8	Swansea Vikings	7	8
9	Bristol Academy	7	7

*"I can teach you how to dribble, pass and shoot the right way, but I cannot make you do it the right way."*



Adam Cran: The top national league points scorer with 126 points so far.



**Providing Basketball Opportunities for All**

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**WE'RE ON THE WEB**

[WWW.DORSETSTORM.CO.UK](http://WWW.DORSETSTORM.CO.UK)



*"Since 1999 Dorset Storm Basketball Club has provided opportunities for both boys and girls aged between 8 and 18 to play basketball at whatever level they want. From beginners through to those with dreams of representing England, Dorset Storm can cater for you. The club also has a strong link with the biggest men's team in the Southern region, providing opportunities for players of all standards to play competitively. Coaching and officiating courses are also run in conjunction with the club. For further details on anything concerning basketball please do not hesitate to contact us using the details opposite."*

## Coaches Notes...

NBL Passerelle Boys Western Conference		Played	Pts
1	Taunton Tigers	6	18
2	Dorset Storm	8	17
3	Bridport Evolution	6	6
4	UWIC Stealers	4	4
5	Rhondda Rebels	4	0

It has been a good start to the season, our national league teams are improving with every game. This coupled with the fact that many players in the junior men and the passerelle team have another year to play makes the future look very exciting.

Having been present at a variety of training sessions there are a few things that we would like to remind players of:

- Make sure that you do not have any jewellery or watches on, e.g. Necklaces, earrings, bracelets.
- Bring what ever you might need, such as an inhaler to all training sessions - hand it to a coach to place in their bag if you like.
- When you come to play in matches rubber wrist bands

cannot be worn, so perhaps it's a good idea to start getting use to it now!

- Make sure that finger nails are trimmed, also a good idea to check toenails as all the stop and turning pounds you feet constantly.
- Remember that fees should come in on the first week of the month for those of you who have opted not to pay by standing order or lump sum.

Most of these are common sense things that you already know from school. If you can remember to do these then the training sessions will involve, less standing around whilst people make the necessary adjustments and more playing basketball.

Having not previ-

ously been involved in coaching the weekend sessions, it has been a delight to work with you over the past three months. The coaches are looking forward to seeing you put what we have done in practice into the up and coming games. Seeing your development since camp, is fantastic - keep up the good work.

Finally, just a reminder about a week in August that you need to put in your diary! Monday 7th to Friday 11th will be the date for our fifth summer camp. Expect to see some familiar faces as well as new ones. The price will be confirmed shortly, but if you would like to start paying monthly to spread the cost, then please drop Jill a line so she knows what the money is for.