




The Lightning Zone

Dorset Storm Basketball Club



General notes...

Welcome to this addition of the Lightning Zone. The National League sides are all now well into their seasons, and the even better news is that the Solent League Divisions have been announced. Fixtures should be available shortly, but all the leagues will start in January.

In the last few months, our coaches and volunteers have worked tirelessly behind the scenes. They have had the pleasure of working with some of the most talented and enthusiastic basketball players in the area but have had a whole host of less desirable issues to deal with of late. It seems only right to thank the two people who have been ever present—Jill and

Adam—who have worked tirelessly to ensure that everything has been able to run smoothly.

One major development regards the sports hall at Rossmore. We now have the dates during which the work will be taking place! Look out for further information about this as it develops, but this will be a great help as we continue to build links within the community.

There are now around 100 navy blue tee-shirts / polo shirts and lots of hooded tops etc... please, please make sure you write your name in your Storm clothing. It really does save confusion when the inevitable happens and people take the wrong

top home!

Wow! We have collected bucketfuls of Tesco Sports Vouchers... A really big thank you for all your donations. We will be browsing through the catalogue over the next few weeks and will let you know what we plan to put them all towards.

Thanks for all your support over the past couple of months. We are sure with the continued hard work of all involved we can improve even more in 2008!

100% Training attendance

Congratulations to the following players who have 100% attendance record for October and November:

- Sam Ashford
- Chris Baker
- Jonathon Baker
- Ryan Burton
- David Christopher

- Lewis Daly
- Seb Darby
- Christian Donohoe
- Tom Eads
- Oliver Heath
- Tom Hensessy
- Jack Hueston
- Rhys Hueston
- Nathan Kellaway
- Josh Mann

- Raoul Mentor
- Dan Message
- Mylo Ofei-Kwatia
- Oliver Robinson
- Ashton Thomson
- George Williams
- Martyn williams
- Jordan Willsher
- Harmony Wong
- Georgina Worsfold

November 2007

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Special points of interest:

- *Weekend training sessions will continue throughout all of December*
- *National League players will receive their training times shortly*
- *Check out the website for Solent League dates over the next few weeks*



**NBL Passerelle Boys
South West Conference**

	Played	Points
1 Torbay Tigers	4	12
2 Team Gloster Jets	5	9
3 Cornwall Cougars	5	5
4 Dorset Storm	1	3
5 Plymouth Raiders	1	3
6 ABC Gwent	0	0

“Never confuse a single defeat with a final defeat.”

~ F. Scott Fitzgerald

**NBL Cadet Boys
South West Conference**

	Played	Points
1 Abingdon Eagles	5	15
2 Taunton Tigers	5	15
3 Dorset Storm	6	14
4 Severn Sharks	6	12
5 Plymouth Raiders	4	10
6 Wessex Warriors	5	9
7 Bath Titans	6	9
8 Bristol Academy	5	7
9 Plymouth Cannons	5	5

Under 15s open with a victory

Storm hosted Cornwall Cougars in the first Under 15s match of the season for Storm. Guard Ethan Davies was missing along with Raoul Mentor meaning that some of the young players got a chance to show what they could do. The preparation to the game was a little different to normal as Luke Kemish stepped in to coach the team with regular Coach Andrew McKenzie away.

When the first quarter started, Storm played

slowly as their visitors wasted no time in rattling off some quick points. As the quarter went on Storm showed a little more composure and they eventually found the basket on a more consistent basis. Storm continued to play aggressively at the defensive end, putting constant pressure on the ball. Storm managed to work themselves into a comfortable lead closing the quarter 18 – 8 ahead. They continued their good work in

the second quarter to keep the lead at half time.

The second half saw Storm start well as they managed to extend their lead easily in the opening four minutes. Ryan Goddard then showed his experience as he calmed down his team mates, collected some crucial rebounds and controlled the tempo to help Storm maintain their lead in the final minutes of the game.

A great start—well done !

Local League divisions announced

Under 12s

- Dorset Storm
- Portsmouth Rising Ballers I
- Portsmouth Rising Ballers II
- Portsmouth Pressgang
- Salisbury Suns
- Solent Suns

Under 14s

- Dorset Storm I
- Dorset Storm II
- Portsmouth Rising Ballers I
- Portsmouth Rising Ballers II
- Salisbury Suns
- Solent Kestrels
- Southampton Trailblazers
- Whiteley Oaks

Under 16s

- Dorset Storm I
- Dorset Storm II
- Portsmouth Rising Ballers
- Salisbury Suns
- Southampton Trailblazers

Under 16s NBL review

Coach Cran has seen his team hammer Team Bath and Wessex Warriors, but fail to play with the same determination and confidence against Taunton Tigers and Abingdon Eagles.

Nethertheless, he can look back at the opening two months of the season and have a smile on his face.

Like all three of Storms National League teams, the Under 16s went through a makeover during the summer months and what has come out the other side is a completely new look team. They have been hot and cold, but have given themselves an excellent platform from which to accelerate towards

the playoff places in the second half of the season.

Despite contributions from a host of new faces it is the ever presents over that past two seasons—Jonathon Baker, Guy Taylor and Martyn Williams — that have been key performers for the team.

Under 18s start with a mixed bag

Dorset Storm Under 18s have had a varied start to their season. They have currently won two and lost three, but on the whole their performances have been good especially when you take into account that those three defeats were at the hands of the top three sides. With a little more belief in their own ability they should be able to chalk up some more victories prior to Christmas.

Bar one incident the teams effort at training has

been good and they have made steady progress throughout the season. The teams strength has been at the defensive end of the court where they have been able to put teams under pressure and grind it out. Offensively the team is still developing and learning to play with each other a process that will take longer than normal as the team has a completely new look to it compared with last years.

Early on there have been numerous good

individual performances, but it has been Jamie Lines and Pratik Tamang that have been the most consistent performers as both currently average over 15 points per contest.

The team has four matches in December and if they can field their full strength team then they should be competitive in all of them. It has been a good start now they need to build on their solid foundations.

Local league teams

We will use our local league teams to develop the younger players in the club. We will again run one Under 12s team (at least), two Under 14s and two Under 16s teams.

We will aim to give all players as much chance to play as possible but the following criteria will be used by the coaches to select

players:

- Ability
- General attitude
- Dedication
- Fitness and flexibility
- Attendance
- Willingness to compete

We will also select a captain for each team, with responsibility to:-

- Lead by example
- Represent all players in the team on and off court
- Support and encourage other players

Team selection will always be done at least one week in advance of the match and you will be asked to phone / email us to confirm your availability.

Summer 08 information...

We know that we are not even at the end of 2007, but here is a quick update of what we are planning for Summer 08!

The Summer Camp will be back, the provisional dates are Monday 11th to Friday 15th August. Hopefully we will be able to confirm these by the start of the

New Year, but once again we anticipate the camp will run between 9.00am and 6.00pm at Canford School.

We will also be running our second Summer League following on from the positive feedback we received earlier this year. The major change to this will be that we will switch the

Summer League to Saturdays and the weekend sessions will all run on Sundays. The reason for this is that the court is available for longer on a Saturday meaning that we can make the Summer League bigger and better than last year.

Keep checking the websites for more updates.

Junior Men

Western Conference

		Played	Points
1	Team Gloster Jets	7	21
2	Abingdon Eagles	7	19
3	Bristol Academy	6	14
4	Dorset Storm	5	9
5	Torbay Tigers	5	9
6	Barry Huskies	5	7
7	Bath Titans	5	8
8	Bristol Storm	5	7
9	Wessex Warriors	7	5
10	ABC Gwent	0	0

“Defeat is not the worst of failures. Not to have tried is the true failure.”

“It doesn't matter if you win as long as you give everything in your heart.”

~ Michael Jordan



Providing Basketball Opportunities for All

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WE'RE ON THE WEB

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"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."

Setting and using basketball screens



Above: How to set a screen

A screen, also called a "pick" is a legal block set by an offensive player on the side of or behind a defender in order to free a team mate to take a shot or receive a pass.

To properly set a screen, do the following:

1. Set a good base for yourself by spreading your feet wide and slightly bend the knees.
2. Hold both hands up so referee can see them.
3. A good screen is a matter of angles and timing. It can be set anywhere on the floor. Once you have played the game for a while, and you know how to screen, you will start to do it naturally. When you

see a team mate is in trouble, you will automatically go and set a screen for him. It should be set perpendicular to the direction the defence expects to move.

4. Use the hip of the defensive player as your target.
5. The moment it's understood that you will set a screen, the team mate that you are screening for should do his part by setting up his defensive man properly. This means that he'll first take him at moderate speed a few steps away from the screen. This relaxes the defender, somewhat. Then, boom! Your team mate will use a change of pace and change of direction and run, or dribble, quickly, close off your shoulder.

It's important that your team mate comes close to you on the screen. If he makes the mistake of going a step or two away from you, the screen will lose most of its effectiveness, especially when a good defensive man is guarding him. A foot of space is all that's needed for the defence to slide in between you and your team mate and pick him up again.

6. After you set a screen, make a 180-degree turn and look to receive a possible pass. You will be surprised to find how many times you are free after setting a screen.

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