

Lady Braves

Basketball



October 2009
Edition

INDIAN CREEK LADY BRAVES

Recreational League Appreciation Night

Please pass the word around about the high school's first game of the year. It is also the first home game of the year. It is November 13, 2009, and the Junior Varsity game starts at 6PM followed



by the Varsity game around 7:30PM.

Every recreational league player (K-5th grade) that comes to the game wear-

ing their rec. league jersey with a paying adult will get in free. We are working on other things for the evening too.

As it stands now, this will be rec. league appreciation night. We plan to introduce all the kids at halftime of the varsity game. Please help in getting everyone there. All rec. league players should wear their jersey so the Blue side shows. I will try to have a section in the gym reserved

for the rec. league kids.

I am hoping to make this an all season thing with the jerseys. I will let everyone know once I hear for sure but the goal is for the kids to get

into the games for free with a

paying adult and if they are wearing their jersey.



Remember Our Website <http://www.ladybraves.org>

I wanted to remind everyone that a website exists in order to provide information and communication about all Lady Brave Basketball.

The site contains information, schedules, news, newsletters, announcements, and much more. It also covers areas like our recreational league, Indy Girls Hoops Teams, and our high school's varsity and junior varsity information.

The table to the right shows some quick links to some areas that might be of interest. Visit the site often as information, scores, and data are added and changed daily.

If you have any suggestions for the website send those recommendations to Coach Burkman.

Link

Description

<http://www.ladybraves.org/>

Lady Braves Home Page

<http://www.ladybraves.org/hsgameschedule.aspx>

High School Game Schedule

<http://www.ladybraves.org/hsevents.aspx>

High School Practice Schedule

<http://www.ladybraves.org/youthhome.aspx>

Youth Program Home Page

<http://www.ladybraves.org/youthtravel.aspx>

Indy Girls Hoops Page

<http://www.ladybraves.org/contact.aspx>

Coaches Contact Information

Lady Braves Basketball Schedule

November 7, 2009	3PM	Whiteland Scrimmage
November 13, 2009	6PM	First Home Game
November 17, 2009	TBA	Johnson County Tournament
November 28, 2009	6PM	Away game vs Eastern Hancock

Next Edition

- November 27, 2009

Check the website or the High School or Middle School main office to receive a copy.

Meet Coach Harding

Coach Jill Harding (Speer) will be the Varsity Assistant Coach for the 2009-2010 High School Basketball season.

Coach Harding graduated from Indian Creek High School in 1997. While attending ICHS Jill played in several sports including Cross Country, Volleyball, Basketball, Track and kept the boy's Basketball team stats. While attending ICHS her peers voted her the 1997 most athletic female. She graduated from Indiana Uni-

versity in 2001 in Studio Arts with a concentration in Graphic Design, where she also acquired minors in both Art History and Communication and Culture. While at IU, Jill also officiated intramural sports and received 1999-2000 female official of the year.

After graduating from IU, Jill worked at Cook Medical in Bloomington, Indiana as a Graphic Designer and then a Global Marketing Manager for Aortic Interven-

tion. Currently, Jill owns and operates Boundless Design LLC, a Morgantown, Indiana graphic design studio that specializes in marketing communication projects (corporate identity and brand development).



She is married to David C. Harding, has two golden retrievers and resides in Morgantown, Indiana.

Drill of the Month

This is a good passing drill for any aged team. It would be an ideal warm up drill before the start of a game.

This is a Star Passing Drill with layups at the end of it. One point to teach the players is to make sure they follow their pass to the next line. Also, when running the drill to the right, the passer should stay to the right when changing lines. When running the drill to the left, the passer should stay left when changing lines.

Star Passing (1 of 4)
Passing Drill

The alignment is pictured above. If more players are used just have them fall into line behind somebody.

The drill starts with #1 passing to #2 and following her pass to that line.

Star Passing (2 of 4)
Passing Drill

#2 passes to #3 and follows her pass to that line.

Star Passing (3 of 4)
Passing Drill

#3 pass to #4 and follows pass to that line. NOTE: In all these cases, since the drill is running for a right hand layup, everyone stays to the right of pass when filling in lines.

Star Passing (4 of 4)
Passing Drill

The complete cycle is finished with #5 breaking to the basket and #4 hitting #5 on the break for a layup.

After the made shot, the next person in line underneath the basket will rebound the ball and pass out to start the passing rotation over again.

Coach should focus on a few things during this drill. Obviously, making firm and crisp passes for one, but also making good fundamentally sound bounce passes would be another good item to stress.

The other part to stress is for the person cutting to the basket to wait until the corner person has the basketball before they begin their cut to the basket. The person should cut hard to the basket and the passer should work on making good lead passes to the cutter going to the basket.

You should run this drill for some time so everyone gets a few right handed layups then switch directions so that the cutter is coming in from the left side. Focus on proper footwork and shooting with the left hand if age appropriate. Don't worry so much about which hand a kid uses when they are really young and just learning the game. Most young basketball players do not have the strength with their dominate hand to shoot the ball correctly, let alone their off hand.

A Look Ahead

NOVEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	Whiteland Scrimmage 1PM 7
8	9	10	11	12	Home Game vs Monrovia 6PM 13	14
15	16	Johnson County Tournament TBA 17	18	19	20	21
22	23	24	25	26	27	Away Game vs Eastern Hancock @ 1PM 28
29	30			Thanksgiving		

DECEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Home Game vs Morristown @ 6PM 1	2	3	4	5
6	7	Away Game vs Hauser @ 6PM 8	9	10	11	Home Game vs Martinsville @ 1PM 12
13	14	Home Game vs Tindley @ 6PM 15	16	17	18	19
20	21	22	23	24	25	Holiday Tournament @ Indian Creek 12PM 26
	Christmas Break					
27	28	29	30	31		
	Christmas Break					