



THE FIRST ISSUE

Full Court

December 2020

HOW FAR THEY HAVE COME
Warwickshire Hawks

WELL ESTABLISHED
Northants Basketball Club

FIRST TIME FOR YBL
All Girls League



YBL
Honours List 2020

Ollie Wright of Worcester Wolves, Oaklands Wolves, Wales U16 & U18 teams talks basketball



24
SECONDS
with Kevin Henry

Welcome to something new inside issue one

Ollie Wright 4 Warwickshire Hawks with Head Coach Alex Birch 8

24 SECONDS with Kevin Henry All Girls YBL Honours List 3 YBL Wall Chart 6

Introducing Northants Basketball Club with Karen Goodrich 10 next issue February 2021



A new start for the YBL

words: James Davies, Kevin Henry & Kim Accalia

January is about to roll around after a long and challenging 2020. Here at YBL HQ we want to celebrate the positive side of basketball.

Let us introduce you to the new magazine from the YBL Full Court.

Why not a bigger 'In the Zone'? 'In the Zone' is designed for weekly updates where we focus on news, updates and league information for clubs and members across the YBL.

Full Court will bring you bigger stories from across wider basketball community and also, uplifting and inspirational articles.

Issue one features a players' journey from YBL to the national stage, and we also spotlight two clubs at various stages of their development.

Print off your Basketball Wall Chart!

The restrictions this year have not let us start the 2020/2021 season, so we thought, how can we still connect with you ballers out there and bring you something to uplift spirits and help us share our love of basketball.

Full Court was born.

Full Court will bring you news on players, officials, clubs, coaches and their inspirational stories. Showing that excellence starts at the bottom here at grassroots and works upwards.

The YBL is the launch pad for players, coaches and officials, giving them the opportunity to further their career paths be that college, university or national or international teams.

Full Court will not be just about the YBL. We will incorporate lifting and inspirational stories from across the basketball world. If there is something you would like to read about in Full Court, drop us a DM on our Insta, Facebook or Twitter @ybl_official.

Enjoy your first issue.

We want your articles & pictures. Budding reporter or Instagram influencer? Something interesting to share? This could be the platform you want to show off your work. Get in touch with the Full Court team (contact details on page 3).

A foot above the rest

When it comes to the goods, Bigfoot have them! Companies promise that they are the best in their field, professional and can deliver the merch! When it comes to Bigfoot, they are indeed, a foot above the rest.

words: James Davies, Kevin Henry & Kim Accalia

great offers coming soon

bigfootbasketball.co.uk starting5.co.uk ybl.org.uk / YBL Store

Our YBL officials clothing range start our 2021 partnership.

On sale now are; Referee Top Officials Top Table Officials Top YBL Jacket

Bigfoot and the YBL are looking forward to a great working relationship of two great basketball organisations.

Bigfoot is one of the biggest brands in the U.K. basketball community and for over a decade have produced some of the finest basketball products that a basketball player or club could ever want! With their sister company Starting5, they have produced kits for Great Britain and the Junior BE teams. Their websites offer a huge range of basketball products; including customisable kits.

It is with great pleasure that Bigfoot Basketball Ltd and Starting5 are partnering with the YBL to be our official; kit, merchandise and clothing partner. YBL members will get some great offers coming soon.

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www.bigfootbasketball.co.uk

Proud to be supporters of the YBL

Full Court

ybl.org.uk Issue 1 December 2020 @ybl_official

inside issue 1
James Davies @jamesdaves113 fullcourt@ybl.org.uk
Kevin Henry k.henry@ybl.org.uk
Kim Accalia admin@ybl.org.uk

on the cover
Ollie Wright picture by: Andy Johnstone



contributors
Kevin Henry k.henry@ybl.org.uk
Kim Accalia admin@ybl.org.uk

page 2
Something new A foot above the rest Evolution of the YBL words by: James Davies, Accalia and Kevin Henry

page 3
First time All Girls for YBL words by: Kim Accalia
24 Seconds with Kevin Henry words by: James Davies
Honours List 2020 words by: James Davies and Kim Accalia

page 4
Ollie Wright words by: James Davies and Kevin Henry with Ollie Wright pictures by: Andy Johnstone

page 6
Basketball Wall Chart design by: James Davies and Kevin Henry

page 8
Warwickshire Hawks with Head Coach Alex Birch words & questions by: James Davies with Alex Birch

page 10
Introducing Northants & Speaking with Karen Goodrich questions by: James Davies with Karen Goodrich

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the YBL team
info@ybl.org.uk @ybl_official

0121 244 1263
Monday, Tuesday & Thursday 09:00 until 16:30
Wednesday 09:00 until 12:00

board of directors
James Davies @jamesdaves113 managing director fixtures, website, publications, sponsorships & partnerships
Kim Accalia admin@ybl.org.uk administrative director safeguarding & compliance
Kevin Henry k.henry@ybl.org.uk development director
Brian Kinch b.kinch@ybl.org.uk marketing director
EJ Gardner e.gardner@ybl.org.uk officials' director

YBL staff
Gaz Harrison g.harrison@ybl.org.uk assistant to the managing director in the zone
Liz Grinnell l.grinnell@ybl.org.uk inclusion officer wheelchair development league

Karen Seleshe league statistics
Jade Kinch associate staff member
James Robinson associate staff member
Owen Phillips junior associate member

24 with Kevin Henry

WE ASK THE QUESTIONS, THEY ANSWER WITHIN 24 SECONDS!



The YBL is proud to introduce Kevin Henry, our former Development Officer to the YBL Board of Directors as our newly appointed Development Director. Managing Director, James Davies said; "I know that the knowledge and expertise that Kevin will bring to the Board of Directors will compliment, evolve and help drive the YBL moving forward. I am extremely happy that he has come on board in his new capacity."

Kevin answers some of the more entertaining and challenging questions!

How long have you been involved in Basketball?
A very long time. Since I was 11 years old.

What are your main skills when it comes to your involvement in basketball [administrator/coach/ref etc]?
Well I had someone tell me whilst I was playing junior basketball that unless you can do each main skill I could never understand the challenges within our sport. So I'm coach, referee, table official and administrator and played in many leagues at various levels.

What do you like about the basketball community?
The energy and passion that everyone has within basketball. The parents, volunteers, coaches, officials and players care so much and want to do the best for their clubs and the sport.

You've worked with many basketball organisations over the years. Have they helped you with your basketball career?
Yes, the experience from numerous key partners, stakeholders and leading personnel at a local and national level as made me understand a lot about the basketball community.

Tell us something interesting about yourself?
Well I'm reminded at times especially by my family that I can be a geek. I do like to follow current technology.

What would you say has been your highlighted moment in Basketball?
I suppose it would have been winning the West Midlands Basketball League Premier division. They have been many other highlights I could mention and I have been proud to be part of. However, this one meant a lot to me due to my team mates who are my good friends.

What do you like about being part of the YBL?
The drive and enthusiasm everyone has whether it's competing within a league or to improve as an official. Since the YBL was formed the league has grown significantly and the competition is intense.

How have you found being the Development Officer for the YBL?
Enjoyable. It's been great being involved and progressing to the next stage of our development whilst we continuously improve the sport. The growth and success at all levels with our ongoing transformation programme is key to help shape the future.

How do you feel now you're on the Board of Directors?
I'm really excited about this new challenge and it's a wonderful opportunity. I'm also looking forward to how we will deliver new experiences and progress to the next level for everyone involved in the YBL.

The best YBL game you've been to?
That has to be the Semi-Finals from last year. The Coventry Elite against Warwickshire Hawks game or the Shropshire Warriors against Frankley Falcons. They were both absolutely brilliant, but it's going have to be Coventry Elite and Warwickshire Hawks' game.

What would be your mic-drop moment?
My aunt played Netball for the Jamaica national team at youth level.

First time All Girls for YBL

words: Kim Accalia
Along with a few other people I was asked by Basketball England to be an Ambassador for the 'All Girls' programme.

Why are we focusing on girls.? It's simple we don't have enough girls playing, coaching or officiating, the last round of figures put membership at less than 6%.

I have been involved in basketball since the age of 11 and hung up my basketball boots a couple of years back but keep looking in the cupboard and thinking 'shall I'. Basketball is one of the biggest loves of my life and it's still going strong.

So this year I am so proud to announce that we have an All Girls YBL league. I am so excited that I could actually burst.

Since joining the YBL it has been something the YBL staff have regularly discussed but have not achieved until this season, we wouldn't have been able to do it without the support of the YBL clubs, working hard to grow the participation levels of girls within their teams and clubs.

Last year we actively worked with our clubs to encourage girls participation in the YBL leagues, and had some initiatives in place to enable them to join in.

So what teams are participating in this our Girls League? Arden Griffins starting their second year in the YBL. Stourport Spartans who last season had a girls team in the YBL U13's league through one of the YBL initiatives. Northants Thunder are a new team joining the YBL family this season. Leicester Riders have been playing in the YBL leagues for several seasons but this will be their first girls team in a YBL league. COB Rockets are one of the oldest YBL teams and have previously had teams in the YBL Women's leagues.

I know that we are now in another #lockdown but I feel that we need to celebrate this achievement and together with the rest of the YBL staff I look forward to watching and maybe officiating at some of these games.

Evolution of the YBL

Changing with the times



words: James Davies, Kevin Henry & Kim Accalia

The YBL since 2014, for our first two seasons focused on the younger side of grassroots basketball. But with any organisation we evolved with the demand of our region and started to look at the bigger picture.

During the 2016/2017 season the YBL became a community interest company, in order to benefit the growth of the YBL.

Season after season the YBL continues to grow. Initially we had clubs from Worcestershire, West Midlands and Warwickshire. We saw new clubs starting to develop in the region and 20 new clubs were formed and started to participate within the YBL.

In 2017, the West Midlands Women's committee folded, with nowhere to go, the YBL offered to run their league, incorporating them into the YBL family. We also saw the introduction of the Development Men's league, which focused on returning players to the game and those exiting their junior YBL journey at U19s. This also helped our officials, especially referees before they took on more challenges at senior local league.

The YBL actively promoted the development of the women's teams, which resulted in a second league in 2019. In the same season we also piloted a development wheelchair league.

The YBL is not just about the junior players. But the development of everyone.

This season (2020/2021 season), we have teams from; Northamptonshire, Leicestershire, Staffordshire, Shropshire, Herefordshire, Gloucestershire, the West Midlands, Worcestershire and Warwickshire. Our first ever All Girls league and were set to launch two more men's divisions. From just shy of 300 players in 2014 to nearly 1,500 in 2020.

As we continue to grow the YBL is now Your Basketball League C.I.C. Keeping the YBL name, but incorporating the other elements that the YBL offers. The Youth Basketball League is still our junior brand.

Your Basketball League (the YBL) will continue to provide and inclusive range of basketball leagues allowing player, club and official development. This shouldn't affect our relationship with you, this means we can develop and promote more exciting opportunities. The YBL will continue to promote our principles and our mantra of development for all.

Our Board of Directors and the YBL staff will continue to look for innovative and engaging ways to help our members. Keep everyone active and involved as we look to the future.

Your Basketball League and the Youth Basketball League will continue to offer development opportunities, after all it's Your Basketball League.

Brief history of the YBL

After a meeting with clubs from around the region, it was agreed that there were not enough opportunities of Basketball for players at a junior level to ball, unless it was for a National League team. So, we decided to do something about it!

In May of 2014, the YBL was formed. Officially known as the Youth Basketball League. The YBL's main purpose was to offer youth basketball to everyone and spread the game far and wide. The YBL offers competitive Basketball to different age groups within a league structure. The first season of the newly formed YBL was the 2014/2015 season.

A committee set up of volunteers from member clubs, we set in motion a chain of events that changed the shape of Basketball within the region. Our volunteers used their passion and vision to shape the YBL going forward, giving more opportunities to those who love the game.

The 2014/2015 YBL season offered Under 12, Under 14, Under 16 and Under 19 leagues culminating in the first YBL Championship Finals held at UCB Perry Barr in Birmingham, in June of 2015. Across the four leagues we had an impressive 26 teams and 10 clubs our first season.

YBL Honours List

2020 2023 2026 2029
2021 2024 2027 2030
2022 2025 2028 2031

YBL Honours List Criteria

- Played or participated within the YBL?
- Evidence of their YBL journey.
- How do they inspired others?
- Achievements?
- What have they done to go above and beyond?


UPCOMING AWARDS

- Young Adult Special Recognition Award
 - Recognition to Services to club and YBL
 - Club Volunteer Award*
 - The Ian A'Kempis Coach of the Year Award*
 - Referee and Table Official Awards
- *voted by YBL members.

We catch up with Ollie in his interview on page 4. Congratulations and keep up the hard work.



YBL Honours List 2020
 Ollie Wright
 Inspirational Award 2020



I am delighted to receive this honour from the YBL. They are providing lots of basketball opportunities for all ages across the region, and I will always have good memories of playing and refereeing in the YBL.

Ollie getting ready to play for Wales U16 against Albania

Ollie Wright talks basketball

Full Court presses Ollie Wright about his life choices and his love of basketball

Ollie, how have you been these last few months?
 These last few months have been exciting to experience playing basketball again after a long time off and it's been good to get back to something of a normal routine.

Where are you from?
 I am from Worcester which is where I first started playing basketball.

Where are you now?
 I am now playing basketball at Oaklands College in St Albans.

When did you first pick up a basketball?
 I think the first time ever picking up basketball was around the age of 7.

Were you tall enough then to touch the hoop?
 No I wasn't, I first touched the hoop when I was 15.

What attracted you to playing basketball? Who inspired you?
 We were given free tickets to watch a final at the N.I.A in Birmingham and from then on my family and I started to get interested in the sport.

You played for Worcester Wolves Academy as a junior player. Was this a great place to start your basketball career?
 Yes, as the main thing at a young age is to enjoy playing the sport so that you develop a passion for the game. At Worcester Wolves I certainly developed a love for basketball and it developed me as a player to go on to play at different levels.

How were you encouraged to become the player you are now?
 I think that around the age of 14 my work ethic increased a lot because I figured out that I wanted to be better than other people at the higher levels. Also, I have had obstacles to overcome over the last few years which has really motivated me to keep working and pushing myself. What keeps me going now is that I want to be better than those who are better than me and I know that there's people who want to be better than me.

You played games for Wolves at YBL and Junior National League level. Can you give us some of your player highlights?
 I think there have been many highlights for me and one of them was the semi-final YBL game (U17) where we played a West Bromwich team which was an intense game and it was a different environment from what I had been used to. Another would be when I had the opportunity to play in the Worcester cup against Wales and a Romanian team as it was good to see different styles of basketball.

You not only played the game, you also decided to take up refereeing. How was your officiating journey? [the first few games you refereed?]
 Officiating was difficult at first as I needed experience, especially with the older players. But I think once I got comfortable with doing it I started to enjoy it more.



Ollie playing against Worcester Bears



Little Ollie!



Welsh training session

Would you say that taking the referee course helped you become a better player? Or, understand referees better when you are playing?

I wouldn't say that it's directly made me a better player. However, it allowed me to understand what the referees have to do during a game and understand how tough it actually is. Also, it's made me realise a few things that other people don't whilst I'm playing as I have a better knowledge of the rules.

The big question is though, how do you channel your frustration when the referee's decision doesn't go your way?

I think it's natural at any age to become frustrated in certain situations but it's the way you use the frustration which matters. The best will channel their frustration to the next play with the next play mentality rather than getting caught up with something they can't control.

Do you have any rituals that you must perform before a game and why? Like your favourite pre-game meal?

For me the game starts on the night before so I like to ensure that I have had a good nights sleep and a big meal with the right foods in it. On the morning of the game I like to relax and watch tv etc and have a fruit smoothie with eggs on toast for breakfast. My pre-game meal is usually pasta, peas and carrots.

What aspect of your game is the most difficult for you to master?

I think trying to improve my muscle mass has been challenging as I train a lot so it's hard for me to try and put on healthy weight.

What advice have any of your coaches given you that you'll always remember?

I think just that the majority of coaches have always said that "if it was easy then everyone would do it".

How do you want your teammates to remember you?

I want them to remember me as a good teammate for what I did off the court as well as what I do on the court.

You've played a lot of basketball at such a young age. What would be your favourite venue travel to?

My favourite place to play at has to be at the University of Worcester as I have played there so many times and the court is really nice.

You've moved on from Worcester now and moved to college. How have you transitioned from your hometown to Oaklands?

I moved away once I had turned 16 so it was a struggle at first to adapt to living on my own and being in a different environment. Over time I have adapted and now it feels like another home for me.

What is the difference between playing junior basketball to college basketball?

At college we train a lot compared to junior level. Also at college everything you do relates to basketball and we have to keep focused. In terms of playing, the main difference for me is that the physicality of the players is a lot higher. In the EABL, teams will scout players and even during games will figure out how to guard something or whether their defence is good. Therefore, as a player you need to make sure that you are able to adapt quickly.

You even played Oaklands Wolves Men's Div 1 team recently. How was that experience?

Playing Div 1 was a great experience as it meant that I could play at one of the highest levels, playing with and against talented players. It forces me to step up to the next level so that I am able to compete with the other guys.

You've represented your Welsh heritage. How was it playing on the big stage?

Playing in Albania was a once in a lifetime experience which will stay with me forever. Playing on the big stage for Wales was a really enjoyable and proud moment and to do it with the teammates and coaches that I had made it a really enjoyable experience for me. It also gave me something to work for and it motivated me to work harder.

Give our readers an inspirational quote from a basketball player you look up to? Who is it?

I think LeBron James being the biggest basketball figure for our generation growing up is someone that everyone will look up to. He said "Never quit because if you quit once then it becomes a habit."

What's been your favourite game to play in? Your favourite to referee?

For me it has to be the 3rd-place playoff in Albania for Wales as it was a great moment to take bronze with the team. I think the first game that I refereed must be one of the best as it was the first time I had done it.

If you had to choose your ultimate starting 5, who would they be?

To be honest, I don't have a set starting 5 but some players that I like to watch in the NBA would be players like: Giannis Antetokounmpo, James Harden, Damian Lillard, Russel Westbrook and Kyrie Irving.

What has basketball taught you that carries over into the other areas of your life?

Basketball has given me something to focus on and it allows me to be disciplined in a lot of areas. Almost everything I do relates back to playing basketball. For example, eating healthily with the right foods, having enough sleep or doing school work. ●

B 1891
basketball
noun
 /'bɑːskɪtˌbɔːl/
 /'bɑːskɪtˌbɔːl/
 game played with two teams, most commonly of five.
 a way of life.
definition

Fd
forward
noun
 /'fɔːwəd/
 the two basketball players on the team that are responsible for rebounding and scoring close up to the basket. They are usually taller than the guards.
definition

small forward
 well-rounded set of skills
power forward
 the Pf is often one of the most physical players on the court. Playing close to the basket, fighting for rebounds and posting up on offence. Pf should be tall & strong.
definition

PG
point-guard
verb
 /'gɑːd/
 the leader on court, the ball handler. Should be smart and unselfish leaders.
definition

SG
shooting (off) guard
verb
 /'gɑːd/
 the SG is the main scorer on court.
definition

CT
centre
noun
 /'sɛntə/
 the player who is positioned near the basket and is typically tallest on the team.
definition

Fs
14 seconds
definition
 the amount of time a team can take to make a shot after a rebound of the ring.
definition

C
court
noun
 /'kɔːt/
 the area bounded by 2 sidelines and 2 end lines containing a basket at each end.
definition

Bl
base line
noun
 -
 the boundary line behind each basket; also called the end line.
definition

El
end line
noun
 -
 the boundary line behind each basket; also called the baseline.
definition

Sl
side line
noun
 -
 the boundary line on each side of the court.
definition

Fg
field-goal
noun
 -
 a basket scored during open play.
definition

Tr
three-point
noun
 -
 three-point basket scored outside the three-point line.
definition

TP
two-point
noun
 -
 two-point basket scored within the three-point line (also known as a field goal).
definition

Op
one-point
noun
 -
 a point scored from the free-throw line.
definition

At
Act of Shooting
noun
 -
 being fouled while attempting to make a field-goal. You are then given two or three free-throws.
definition

Fo
5 seconds
definition
 the amount of time a player has to inbound the ball, take a free-throw or pass the ball if closely guarded.
definition

Ck
clock
noun
 /'klɒk/
 recording the amount of time left during the quarter/game.
definition

Bd
backboard
noun
 /'bækˌbɔːd/
 the back of where the basketball net is mounted.
definition

Ke
key, the
noun
 -
 the restricted area of an attack on the basket, this is also where the free-throws are taken.
definition

Sh
shot-clock
noun
 -
 a device displaying the amount of time a team has to shoot. Also known as the 24' clock.
definition

A
assist
verb
 /ə'sɪst/
 assist a player on a 'play' or to assist; by means of assist for a basket.
definition

Ao
alley-oop
noun
 /æli'up/
 a pass high above the basketball rim that allows a player to catch and slam dunk or drop in the ball in one motion.
definition

Cp
chest pass
verb
 /tʃɛst/ /pɑːs/
 the basketball is passed directly from the passer's chest.
definition

Bp
bounce pass
verb
 /baʊns/ /pɑːs/
 the basketball bounces about two-thirds of the way from the passer to the receiver.
definition

Jb
jump-ball
noun
 -
 A ball put in play by the referee, who throws it up between two opposing players. When two players with no clear possession of the ball.
definition

AO
And-one
noun
 -
 while making a field-goal and being fouled while doing so. You are given a free-throw.
definition

Cb
carrying (the ball)
noun
 /'kærɪ/
 similar to traveling. When a basketball player moves with the ball without properly dribbling it.
definition

Rf
referee
definition
 the referee is the one with the whistle and calls players on their fouls and violations.
definition

FT
free-throw line
noun
 -
 the line where a player takes one or more free-throws unopposed.
definition

PA
Possession Arrow
definition
 the arrow the table uses to signal the direction of play after a jump-ball situation.
definition

TO
time-out
definition
 a period of the game, where a coach can call a 60 second period with their team to talk about tactics.
definition

Su
substitution
definition
 this is a player substituting for another on court. This request goes through the table officials.
definition

Ab
air-ball
noun
 /'eɪ(ə)r bɔːl/ /'eɪ(ə)r bɔːl/
 a basketball shot that misses everything; net, backboard, and rim.
definition

D
defence
verb
 /dɪ'fens/
 the act of preventing the offence from scoring; the basketball team without the ball.
definition

Bs
blocked shot
noun
 /blɒk/ /ʃɒt/
 a defensive basketball player makes contact with the basketball while another player is shooting the ball.
definition

Bo₁
block/box-out
noun
 /blɒk/ /'bɒks,aʊt/ /'bɒks,aʊt/
 getting your body between the basketball player and the basket to get a rebound.
definition

Js
jump-stop
noun
 -
 a style of stopping after dribbling, landing in a position with both feet.
definition

In
Interference
definition
 where a player interferes with the ring or backboard when the ball is on its downward arc from a shot. Resulting in two-points.
definition

Lv
Line Violation
definition
 the player with the ball, infringing their foot all the way over the line, free-throw, side or base line.
definition

Rc
crew chief
definition
 the crew chief is the referee that oversees the officiating team; the referees and the table officials.
definition

To
24-operator
definition
 the table operator responsible for the operation of the 24 clock.
definition

Cc
clock-operator
definition
 the table operator responsible for the time-keeping of the game. Normally an electronic scoreboard.
definition

Sr
scorer
definition
 the table operator that records the game on the score sheet.
definition

Sc
score sheet
definition
 where the points, fouls and time-outs are recorded for the official record of the game.
definition

Dt
double-team
verb
 -
 when two basketball teammates join efforts in guarding a single opponent.
definition

Db
dribbling
verb
 /'dɪnb(ə)l/
 the act of bouncing the basketball continuously.
definition

Dk
dunk
verb / noun
 /dʌŋk/
 when a player close to the basket jumps and strongly throws the ball down into it.
definition

St₁
shot
noun
 /ʃɒt/
 player with the ball, takes a shot towards or into their opponents basket.
definition

Sc
screen
verb
 /skriːn/
 when the offensive basketball player stands between a teammate and a defender to give his teammate the chance to take an open shot.
definition

Tf
24 seconds
definition
 the amount of time a team can take to make a shot.
definition

Es
8 seconds
definition
 the amount of time your team has to get the ball over the half-way line.
definition

F
foul (personal)
noun
 /'faʊl/
 contact between basketball players that may result in injury or provide one team with an unfair advantage; players may not push, hold, trip, hack, elbow, restrain or charge into an opponent.
definition

U
unsportsmanlike
adjective
 /ʌn'spɔːtsmənlaɪk/
 a personal foul for a player who acted unsportsmanlike. Normally, with no intent to go for the basketball or from behind a player. To intentionally stop player.
definition

DS
disqualifying foul
adjective
 -
 a DS is a foul that the referee deems serious that the player is no longer permitted in the game.
definition

CF
charging
verb
 /tʃɑːdʒ/
 an offensive foul which occurs when an offensive basketball player runs into a defender who has established position on court.
definition

T
technical (foul)
noun - basketball
 -
 a foul which does not involve contact between opponents.
definition

Lu
lay-up
noun
 -
 a one-handed shot made from near the basket, especially one that rebounds off the backboard.
definition

Fb
fast-break
noun
 -
 A swift attack from a defensive position.
definition

Rb
rebound
verb
 /rɪ'baʊnd/-
 Gain possession of a missed shot after it bounces off the backboard or basket rim.
definition

St₂
shot
noun
 /ʃɒt/
 when a player informs his or her team that an offensive player is about to or has shot for the basket.
definition

Tu
turnover
noun
 /'trʌvəln/
 a loss of possession of the ball to the opposing team.
definition

Bc
back court
definition
 once a player legally take the ball into the front court, but passes it back into their own half.
definition

Ts
3 seconds
definition
 the amount of time a player can spend in their opponents Key.
definition

Hc
hand-check
noun
 -
 a player committing a foul by making contact with the players hand.
definition

Lv
Leaving the court
definition
 a player leaving the court when the game is in progress.
definition

Bo₂
block
noun
 /blɒk/
 getting your body between the basketball player in an illegal attempt to stop the player.
definition

OF
offensive foul
verb
 /ə'fensɪv/ /'faʊl/
 an offensive foul which occurs when an offensive basketball player runs into a defender who has established position on court.
definition

DF
double foul
verb
 /'faʊl/
 an offensive foul which occurs when an offensive basketball player runs into a defender who has established position on court.
definition

O
offence
noun
 ə'fens/ /ə'fens/
 the team with possession of the ball.
definition

Z
zone
verb
 /zɔːn/ /zɔːn/
 a formation (normally 2-1-2), a type of defence.
definition

Bl
ball
verb
 /bɔːl/
 the item used to play the game. Normally of high quality and a good grip.
definition

Bl₂
ball
noun
 /bɔːl/
 when a player verbalises the word to distract their opponent.
definition

D
dead
noun
 -
 when a player verbalises to his or her teammates that their opponent has no other others.
definition

T
travelling
noun
 /'trʌvəln/
 the action of taking more than the allowed number of steps while holding the ball without dribbling it.
definition

Dd
double dribble
definition
 an infraction, resulting in loss of possession of the ball, occurring either when a player uses both hands simultaneously when dribbling or when a player interrupts a dribble by holding the ball momentarily in one or both hands.
definition



Action from Hawks' National League Game

Warwickshire Hawks

with Head Coach Alex Birch

Warwickshire Hawks has been a regular participant in the YBL for the past four years. They have teams that play across most levels of the sport; Senior Local League, teams in the YBL, Junior National League and Senior National League. Four years old and steadily growing.



YBL Action at it's best!

National League men's team



How did Warwickshire Hawks come about?

The name Warwickshire Hawks came from our partner local league club (Aylesford Hawks), where I was involved as both a player initially as well as a coach. Aylesford Hawks was founded by the late John Mumford who did a great deal for the game of basketball in our local community.

After several years playing and coaching in the Warwickshire local league, I wanted a new challenge and approached several key players from other clubs in the local league to form a 'select' team to compete in the Basketball England Founders Cup, the team was named Warwickshire Hawks. After two seasons in the Founders Cup, the players approached me with a desire to play in the Men's National League. The following season (2016/17) was our first campaign in the Basketball England's Men's National League Division 4. By the end of that season, our current venue (Moreton Morrell College) had just been built and with that in mind, I quickly moved to secure several key slots so that our junior program could begin. By the summer of 2017, Warwickshire Hawks had a home and very quickly started to grow in size, which we continue to see to this day.

Warwickshire Hawks is a relatively new club. What were you doing before Warwickshire Hawks? Coaching at another club?

I started playing basketball at the age of 10, back in Essex where I grew up. At the age of 16 I found myself playing for East London Royals (London Leopards in those days) as well as the England and GB Youth Team. This then led me to play many years in the Men's National League with both Colchester and Northampton where I made many good and lifelong friends. During this time, I had also been studying for my degree and PGCE and soon found myself teaching Sport in a FE College. This was the start of my coaching journey as I took the reins of the Warwickshire College Basketball Team. Having lived in the local area for some years now, I was starting to see that there was a massive need for a well-established basketball club in the Warwickshire area. This was always a goal of mine and I was just waiting for the right time in my life to start this journey and see what we could grow.

You're based at Morton Morell College. Was the scenery a part of this choice for you choosing this nice countryside location?

To be honest no, we sort of ended up there by default. I worked for Warwickshire College for 14 years and started at Henley in Arden College where our men's team played their first National League Season back in 2016. Back then, I knew that Warwickshire College was closing its Henley in Arden campus and moving us to the Moreton Morrell campus. They asked me to be involved with the new sports hall development and knowing that I wanted a home for Warwickshire Hawks in the future, I made sure it was of a very high calibre.

With your connection to Morton Morell College, have you ever thought about becoming an Academy?

Yes, we have considered this and tried to get one up and running for the start of the 2020/21 season, but unfortunately Covid halted our plans and recruitment drive and we were unable to make this happen. We have put these plans to the side for now, but it is a high agenda point for our club to progress to the next level. As a teacher by trade, I want to ensure that the Academy is right for the individual players and will benefit both their education as well as their basketball development.

You have mini, junior and senior teams within your set-up. Does any one of these make the Hawk's family?

All of our teams make the Hawks' family and probably the most important member of our family are the kid's parents. Our parents are so enthusiastic and caring about our club that they will go that extra mile to help out and support this basketball club.

Hawks' U15 YBL team returned in the 2018/2019 season under the direction of Sunny Thiar; they were Team of the Week for 22 January 2019 (Issue 10 of 'In the Zone'), won the U15 East division and went on to the U15 YBL Championships for 2019. How proud were you of their coach and the squad?

As the head coach for Warwickshire Hawks, I was extremely proud of both Coach Sunny and the U15 squad for winning their league and making the Semi-Finals. The previous season, 2017/18 was their first season in the YBL and the team lost every game that year and it was a massive learning curve for our players and for Sunny. What was most pleasing for me was that all of the players returned the following season to play for the Hawks again and I believe that these characteristics really helped that team develop and win the U15 East Division in 2018/19.

Your U13 East team came runners up in their division, in the same 2018/2019 season, only to go on and beat the undefeated Coventry Elite (U13 League Winners) that season in the YBL Championship Semi-Finals. How excited were

your spectators?

Our spectators and parents are a massive part of our club and they bring so much joy and excitement to all of our games whether they are home or away. It was so pleasing to see so many parents in the stands on that day in Worcester and a lot of the parents got together beforehand and said that they would wear Hawks T-Shirts and hoodies. Seeing all of that really makes you think of what you are doing for the local community and you can see that's its bigger than just a basketball match. The U13s semi final win against Coventry Elite in the 2018/19 finals was one of the best games and experiences our club has ever seen and I know that I will always remember this.

Do your players go from YBL to Junior National League? Does the YBL help prepare them for the move up?

The YBL is a great steppingstone for a lot of players that have either not played a lot of basketball before or need that extra time and development before playing National League level. We have a lot of players that play up an age at National League because they are good enough and we want to give them that exposure against the best teams and players for their own development. If the players are good enough then they will play National League as we can see the benefit in this for them and the club the following season.

Over the last few years, I have come across several of your coaches, a lot of your players and their parents. They are always friendly, polite and enthusiastic about the game and Hawks in general. How do you keep these gems?

For me, the coaches are the most important and valuable pieces of our basketball club. I try to spend time with all our coaches to help guide and develop them the best I can, so the quality of basketball and coaching is always improving. Our coaches are like a small family within our club, meeting regularly, going for meals and always chatting on the phone. We are very lucky to have so many coaches that are enthusiastic about the game of basketball.

How have you inspired your members and continue to grow Warwickshire Hawks' member base?

Warwickshire Hawks member base is still growing as we speak, and we are looking at putting on more sessions to accommodate everyone. We have plans for an U18 National League team next season and we also want to start a girls session/team in the very near future.

Your club is continuing to grow. What would you like to say to all your members, coaching staff and the volunteers?

Thank You! Without our coaches and volunteers then we would not be able to operate as we do and I am so grateful for all their time and effort that they put into the club.

Hawks is very active on social media and promotes a lot of what your club does. Do you think having social media accounts helps with the retention of and motivation of your players?

Social media has been brilliant to help us engage with the local community and is a good way to ensure information is shared about all our teams, camps and awards. There are still aspects of social media that I feel we can improve on as a club but what we do does improve the motivation of our players and also brings enjoyment and satisfaction.

You're a very active and passionate coach. What would you say you get out of coaching your players?

Pure enjoyment. I love to see the youth players progress and improve as they go through the age groups as well as mature and grow as an individual. It has also been fulfilling helping players both inside and outside of the club with work experience, gaining qualifications and improving their knowledge.

Finally, Alex, thank you for taking the time to speak with Full Court, before we finish, I'd like to ask you; What has been your experience with the YBL?

The YBL has been fantastic from the very first season we started as a club with them continuing till today. The support and guidance that the YBL give is brilliant and they offer a platform for kids as young as U9 to play competitive basketball, which is exactly what this sport needs. The leagues are run in a very professional manner and the finals experience is always a fantastic event. ●



Coaches at YBL Championships

Present from the parents



U13 YBL Championship Winner 2019

Introducing Northants Basketball Club



National Boys Tournament



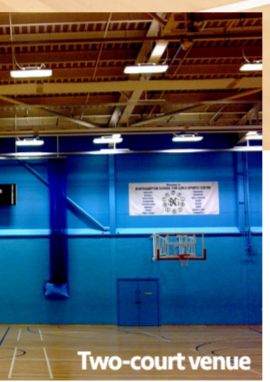
Time-out for the girls



Above: Under 6s training session
Left: John Collins and right; Karen Goodrich



Speaking with Karen Goodrich



Two-court venue

The Northants Basketball Club is based in the town of Northampton where it enjoys the use of its two-court facility for all practices and games. The Club evolved from the Northants Schools Basketball Club in 2007, a club which was already competing in the National League with 4 teams. The transition was supervised by Karen Goodrich and John Collins supported by the club's Management Committee and in September 2008 the club moved into the Northants Basketball Centre based at Northampton School for Girls.

The Northants Schools BBC concentrated almost exclusively at the elite level, after all it was ostensibly club comprised of representative teams but since 2008 the Northants Basketball Club has tried to be more inclusive and attempted to accommodate players of all abilities which meant last season the club ran 12 teams as well as a Junior Development Programme with over 200 playing members ranging from age 4 to 18.

Despite being an amateur club, we try to operate in a totally professional manner. This is made possible thanks to having a part-time professional administrator. This person oversees all the administrative work associated with running a large club leaving the coaches with just coaching responsibilities.

We feel that we have a unique approach to both girls and young players. We are immensely proud of the fact that we have far more female players than most clubs, while our programme for Under 10's is highly successful. We also believe the activities we provide for our Under 6's is totally unique.

We have worked very hard to involve parents, ex-players and other adults in our organisation. This season we had a 'team' of 24 volunteers involved as coaches, managers, and drivers. In addition, we have a group of dedicated table officials many of them older players within the club and a number of referees who are not members of the club but are totally committed to officiating for our club.

We have run a number of in-house courses both generic and basketball specific. This has included coach awards because our President is a Level 4 Coach and a Coach Education tutor. Our President also provides mentoring to our younger coaches whilst basic table officiating and refereeing courses have been organised too.

We expect all our coaches and managers to operate to the highest possible standards from both a technical and a social point of view and with regards to our players we expect their behaviour to be exemplary both on and off the court and this applies to players of all ages and to all our teams.

Until recently, the club concentrated exclusively at national league level although we have entered CVL's run by our county association and with the establishment of the Regional League of the NBL we felt these would accommodate second or younger teams but this has not proved to be the case because many clubs enter teams that should really be playing in the Conference. This is one of the reasons we decided to enter the YBL so that our players can play against players of the same age and like ability. By entering the Under 11 competition it will mean we will be able to give some of our younger players a more meaningful experience of competition too.

Current club
Northants Basketball Club

Previous club(s)
Northampton Basketball Club, Northants Schools Basketball Club which became Northants Basketball Club.

Area of residence
Northampton

Born
Northampton

Are you just a coach?
Former Player, Coach, Referee and Table Official

Karen, thank you for talking with Full Court.

Let us start by you telling us why you chose to get involved in basketball?

Well, I first got involved in basketball when I was at school. I think I was 10 years old and I attended a school basketball club run by Martin Spencer who some people may know is a key person in Mini Basketball England. I really enjoyed playing most sports but I just really took to basketball and here I am 45 years later, still involved.

Have you ever played 'ball'?

Yes, I played basketball for 25 years starting at school age 10 and finishing my playing career in the National League at age 35 in 2000. During the 25 years I played for my school, the county, the region and also for England at Junior and Senior level. I started playing in the Senior Women's National League at age 14 with the Northampton Basketball Club and continued to play for that team until I was age 35. During that time, we won 14 national titles and also played in European competition so I guess you could say I had quite a long career.

Why did you choose Northants Basketball Club?

The Northants Basketball Club evolved from the Northants Schools Basketball Club which evolved from the Northampton Basketball Club which I played for so I have always been involved with this organisation first as a player and then as a Coach so I didn't really choose the club.... It chose me.

How long have you been with Northants?

The Northants Basketball Club has been in existence since 2007 so I have been involved since its inception but if you look back to how the club evolved I have been involved with the same organisation for over 40 years which is a very long time.

Have you got a nickname players call you?

As a player I was known as "KG" obviously my initials and not because I was a good as Kevin Garnett!!!!...but now everyone simply calls me "Coach". It's not just the players I coach in the club but all the students at Northampton School for Girls who

As previously mentioned, we are unique in one major aspect and that is having exclusive use of a two court facility. The Northants Basketball Centre came about thanks to a Development Grant from Basketball England which was combined with PFI funding at Northampton School for Girls. As a club we have access to the facility for a set number of hours each year allowing us to run the extensive practice and competition programme for our 11 teams plus our Junior "Ballers" Development Programmes for younger players aged 4 to 10. We have also been able to support basketball in the county and the East Midlands Region by hosting county trials, inter county tournaments, regional team training sessions as well as staging a number of national tournaments too.

The Northants BBC also 'sticks out' because of the large number of female players we have. This season we have 60 girls practicing on a regular basis in 5 female competitive teams. We are pleased to be part of the newly established YBL All Girls League and hope we will be able to have some games for our girls soon.

In the future we would like to re-establish ourselves at the elite level at the same time maintaining our commitment to our grassroots and development players. We would also like to continue to get more adults involved in coaching, managerial and other capacities within the club but at the moment, Covid allowing, we will try to continue to provide our members with a safe and enjoyable club to be part of. ●



Setting up the drill



Coach Karen with the winning talk



Girls training hard and having fun

I teach and all the teachers.... including the Head Teacher call me "Coach". Apart from those two names I don't have any other nicknames although there may be some people out there who call me lots of different names that I am unaware of????!!

What is your favourite training drill?
As a player I always loved the continuous fast break drill which is often called the 11 Man Fast Break drill but as a Coach I love the Head to Head drill. This drill is ideal if you have 12 players and focusses on defensive pressure and players being able to handle pressure which is an important part of the game. As a coach I love it when I have multiples of 4 at practice as there are so many great drills that can be done with 8, 12, 16, 20 and 24 players. My worst nightmare is having 7, 13 or 17 players turn up to practice! Those prime numbers are not my favourite at all.

You recently became an Ambassador for Basketball England's 'All Girls Basketball'. Is this something you are passionate about?
I have always tried to promote female basketball and have for the most part coached female players, I also coach in an all girls school so I guess I am mostly recognised for my achievements as a female coach of female teams so yes you could say I am passionate about the female game. In the past I was a member of the Basketball England Women's Committee so have a history of supporting and promoting the women's game and will always try to ensure the same opportunities are available for the girls as the boys. It is a pity that the All Girls Ambassador programme was put on hold due to Covid as I felt it was a good initiative but at least we have been able to set up a YBL All Girls League and let's hope we can do more for the girls game once we are allowed to get back to basketball as we know it.

I know this will be controversial to some at your club. But do you prefer coaching the boys or the girls?
As I previously mentioned, I have mainly coached girls at all levels but sometimes I have coached boys and I must admit I think it is easier to coach boys than girls. That doesn't mean I prefer coaching boys but I do think they are less emotional and more focussed in practices. I think you have to have a different approach to coaching girls to boys so I cannot really answer your question. All I will say is my favourite group to coach are the mixed Under 6's.... they are awesome.

This will be the first season that Northants Basketball have joined the YBL. Was this your decision? What attracted you into joining the YBL?

Well, we had heard of the YBL League over the past couple of seasons but as a club we tended to just enter our teams in the Basketball England National League but this season... we wanted to find somewhere for our Year 8 Boys to play and rather than enter them as a young team in the National League we felt it would be better for them to play in their own age group. We then saw the YBL operated Under 11's too so decided to give our younger players more competitive opportunities rather than just a few local games. The YBL seemed to be very popular with clubs in the West Midlands so we thought we would give it a go and so far, I have been very impressed with the organisation.

What would you say to someone wanting to take the coaching route?

I would say think again... become a referee because you will become richer!

Seriously, so many people think good players become the best coaches but this is not necessarily true. It is often the not so good players who make the best coaches as they understand the feelings of players who may struggle with skills or don't get to play so much so do not be put off thinking you need to be a good player to be able to coach.

The coaching scenario isn't for everyone though so firstly get involved as a volunteer to see if you like it. If you do then try to find an experienced coach to work with as a mentor.

Once you are a qualified please make sure you coach, in other words avoid just setting up a series of drills and then stand and watch your players perform them. You should be continually making comment, giving them advice, correcting mistakes and helping them to develop. So, if you are going to be a coach then please actually coach.

Finally, it is not all about the winning... of course, everyone loves to win but as a coach, if you can make your players better players and help your team to become more successful then you should be happy that you have done your job as a coach.

Thank you so much for your time and I wish you and all your teams' good luck for this season.

Thank you very much and let's hope we can get some games for these young people very soon as I know they are all really missing playing. ●



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BASKETBALL TEAMWEAR AND OFF-COURT CLOTHING

YBL Advertisement



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What we are looking for;
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Enthusiastic people who love the sport, who like to get into, or continue their passion on reporting on the sport they love. We are looking for articles and news stories that have the edge; game reporting. Player, coach or official pre or post game interviews. Or a subject that matters to you involving basketball. For the YBL or beyond. It could be small nuggets of news or a full page article or opinion piece. Is this you?

What we are looking for;
Game Reports for our Social; including for our YouTube Channel

In front of the camera reports that would report on games across the YBL. These reports would be included within our YouTube videos and posted across our social media platform. Could you see yourself as a budding YBL Reporter?

For the budding professionals;

Potential writers for blogs, online sources and magazines can get vital practice and experience. Write up articles and submit to Full Court for editing for our next issue.



0121 244 1263
fullcourt@ybl.org.uk