

## Coaches Corner: Prepare your Team for the Stretch Run



*Joe Jackson, Head Coach  
Wichita East High School*

Preparing for post-season play brings on a new set of challenges for many teams. Playing in the City League, we see all of our conference opponents twice during the regular season, and we know each other well. Sub-State brings the opportunity and challenge of facing opponents that we don't always play in the regular season.

We really believe that having someone on staff scout our opponents in person makes a huge difference in post-season preparation. In person, you can get a better feel for the speed and size of your opponent, and you have the advantage of the element of sound. This allows you to *hear* what is going on, rather than just watching an opponent on film. Although technology has made scouting much easier (with a few mouse clicks you can see the opponent



*Coach Jackson and his Wichita East Blue Aces were able to navigate the post season, while handling considerable hype and pressure, on their way to the Class 6A State Title in 2015.*

on film, diagram their sets, and pick up on tendencies of players), we feel that there is no substitute for actually **hearing** what is going on. This is very important to us.

Most of our opponents are playing on the same nights that we are, so it's necessary to find someone you trust to scout a game, whether that be someone on your staff or a trusted friend (maybe a former coach) that knows the game. For instance, last year we relied on a former coach who I had met through a friend at a clinic. He scouted all of our Northeast Kansas opponents. He did a phenomenal job of sharing information with us

about opponent personnel, offensive actions, defensive strategy, as well as diagramming some of their set plays. For those of us that have trust issues, you can always follow that up with watching and breaking down film on our own as well.

In addition to scouting, we also believe in the importance of mental preparation for the challenge ahead. If you are the underdog, BELIEVE that anything is possible. You don't have to be better than your opponent, you just have to be better than your opponent for one night.

Last year, we were ranked

first or second in 6A for the entire season, which made it difficult to take the "underdog" approach. Our team and our fans would have been disappointed with anything less than a state title. This can put a lot of pressure on your kids. We did not want our team to feel that they had to be perfect, but we did want them to play as close to perfect as possible. So each game, we emphasized the things that we could do better. There are always things we can focus on to do better! When a mistake did occur, we focused on having a "NEXT PLAY" mindset. This allowed us to

*(Continued on Page 6)*



Randy Walling, Executive Director

A special thank you to those coaches who are helping their class reps with the weekly KBCA basketball rankings. Please continue to do so throughout the season.

Scholarship information, career coaching awards, all-state forms, and your all star game selections need to be turned in by March 20. Some of you have spring break around state tournament time so please be prepared to get these forms in ahead of time.

The forms to use will be sent to KBCA members soon on email so be looking for them. Who to send the forms to will be given as well.

Your association needs members. One way to help is to have your assistants join and to reach out to other coaches you play against and promote the KBCA.

Have a successful second half of your season!!

## 6A Boys

- 1) Lawrence
- 2) Manhattan
- 3) OP-Blue Valley NW
- 4) Olathe East
- 5) Lawrence Free State
- 6) OP- Blue Valley
- 7) Wichita Southeast
- 8) OP- Blue Valley North
- 9) Wichita East
- 10) Olathe North

## 5A Boys

- 1.Wichita/Heights
- 2.Goddard/Eisenhower
- 3.Bonner Springs
- 4.St. Thomas Aquinas
- 5.Salina South
- 6.Salina Central
- 7.Topeka Seaman
- 8.Liberal
- 9.Maize
- 10.Topeka/Shawnee Heights

## 4A Div 1- Boys

1. McPherson
2. Basehor/Linwood
3. Paola
4. Abilene
5. Hays
6. Andale
7. Bishop Miege

## 8. Wamego

9. Buhler
10. Eudora

## 4A-Div 2-Boys

1. Holcomb
2. Girard
3. Hugoton
4. Rock Creek
5. Wichita/Collegiate
6. Parsons
7. Concordia
8. Haven
9. Burlington
10. Osawatomie

## 3A Boys

1. Osage City
2. Riverton
3. Sabetha
4. Hesston
5. Royal Valley
6. Fredonia/Elk Valley
7. Southeast of Saline
8. Norton
9. Humboldt
10. Scott City

## 2A Boys

1. Central Plains
2. Salina/Sacred Heart
3. Sedan
4. St. John

## 5.Elbing/ Berean Academy

6. Spearville
7. Bishop Seabury
8. Troy
9. St. Mary's-Colgan
10. Jefferson County North

## 1A-Div 1Boys

- 1.Hanover
- 2.Doniphan West
- 3.Centralia
- 4.Victoria
- 5.Triplains/Brewster
- 6.Wakefield
- 7.Rural Vista
- 8.Lebo
- 9.Hodgeman County
- 10.Hoxie

## 1A-Div 2-Boys

- 1.Beloit-St.John's/Tipton
- 2.Sharon Springs-Wallace County
- 3.Grainfield-Wheatland/Grinnell
- 4.Attica
- 5.Logan
- 6.Hutch/Central Christian
- 7.Hartford
- 8.Deerfield
9. Dighton
10. Colony/Crest

## Coaches Words of Wisdom

*"We try to stress the little things because little things lead to big things." -- Steve Alford*

*"You get what you tolerate!" -- John Brady*

*"Practice structure determines success." -- Bobby Knight*

*"It's not what you tell your players that counts. It's what they hear." -- Red Auerbach*

*"We stop practice every time we see one of our players not blocking out." -- Jim Calhoun (1999 UConn team won the NCAA championship)*

*"The mismatch is not what gets you beat. What gets you beat is giving up the uncontested, open shot." -- Rick Majerus*

*"Coaches can talk and talk and talk about something, but if you get it on tape and show it to them, it is so much more effective." -- Larry Bird*

*"Bad shooters are always open" -- Pete Carril*

*"Simplify the game as much as possible. When you add, you must subtract." -- Don Meyer*

*"The first shot does not beat you." -- Chuck Daly*

# KBCA

Kansas Basketball Coaches Association

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# KBCA

Kansas Basketball Coaches Association

KBCA Web site : [kansaskbca.com](http://kansaskbca.com)

All-State forms, Scholarship Applications, All-Star Game nominations. All- Academic forms are listed on the site for your convenience.

All-State nomination forms send to your class representative.

**Coaches plan ahead: March 20th of each year is the deadline for all forms.**

**See website on how to report wins & years of service by March 20.**





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## KBCA Girls State Rankings

*As of February 1, 2016*

### 6A Girls

1. Wichita South
2. Olathe South
3. Shawnee Mission Northwest
4. Derby
5. Olathe East
6. Lawrence/Free State
7. Washburn Rural
8. Manhattan
9. Blue Valley Northwest
10. Gardner/Edgerton

### 5A Girls

1. Topeka/Shawnee Heights
2. Salina Central
3. Leavenworth
4. Emporia
5. Maize
6. Bishop Carroll
7. KC Schlagle
8. Wichita Heights
9. Lansing
10. Goddard

### 4A D1-Girls

1. Bishop Miege
2. Wellington
3. McPherson
4. KC Piper
5. Paola
6. Labette County
7. Chanute
8. Abilene
9. Towanda/Circle
10. Desoto

### 4A D2-Girls

1. Hugoton
2. Topeka/Hayden
3. Girard
4. Baldwin
5. Clay Center
6. Haven
7. Burlington
8. Kingman
9. Chapman
10. La Cygne/Prairie View

### 3A Girls

1. Silver Lake
2. Sterling
3. Sabetha
4. Garden Plain
5. Council Grove
6. Fredonia
7. Humboldt
8. Hesston
9. Nemaha Central
10. Caney Valley

### 2A Girls

1. Central Plains
2. Valley Falls
3. Olpe
4. Hill City
5. Meade
6. Moundridge
7. Sedan
8. Spearville
9. Washington County
10. South Central

### 1A-Div 1-Girls

1. Centralia
2. Hoxie
3. St. Paul
4. LaCrosse
5. Goessel
6. Waverly
7. Thunder Ridge
8. South Barber
9. Flinthills
10. Kinsley

### 1A-Div 2- Girls

1. Ingalls
2. Norwich
3. Moscow
4. Golden Plains
5. Dighton
6. Cunningham
7. Grainfield-Wheatland/Grinnell
8. Beloit St. John's/Tipton
9. Attica
10. Axtell

## KBCA Representatives

### 6A Boys

Donnie Campbell dcampbell01@bluevalleyk12.org Blue Valley West

### 6A Girls:

Scott Mall coachem@kstate.net Manhattan

### 5A Boys:

John CherneIII jcherne3@kapaun.org Kapaun Mt. Carmel

### 5A Girls:

Carrie Minton carrie.minton@usd428.net Great Bend

### 4A Boys:

Kurt Kinnamon kurtis.kinnamon@mcpherson.com McPherson

Jeff Buchanan jeff.buchanan@usd267.com Andale

### 4A Girls:

Brett Gunderson gundersb@trinityacademy.org Trinity Academy (Wichita)

### 3A Boys:

Bruce Hula bhula@cgrove417.org Council Grove

### 3A Girls:

David Ediger dediger@cimarronschools.net Cimarron

### 2A Boys:

Kyle Green kylegreen@usd358.com Oxford

### 2A Girls:

Steve Noll stevenoll@usd339.net Jefferson County North

### 1A Boys: Division I

Gary Loring gloring@pikevalley.com Pike Valley

### 1A Girls: Division I

Ryan Hoopes hoopesr@usd411.org Goessel

### 1A Girls: Division II

Keith Kresin kresin@nckcn.com St. John's/Tipton

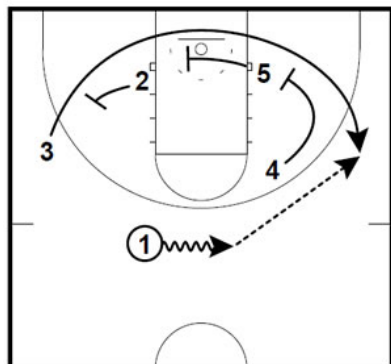
### 1A Boys: Division II

Travis Hermreck thermreck@usd479.org Colony-Crest

# The Coaches Chalkboard

*Use these last second sets to snatch victory from the jaws of defeat!*

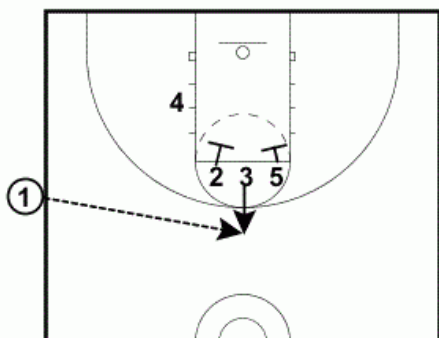
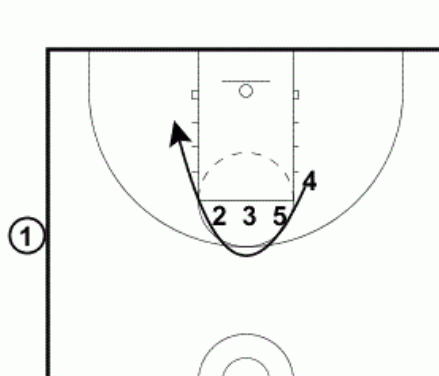
**Set Play for 3**



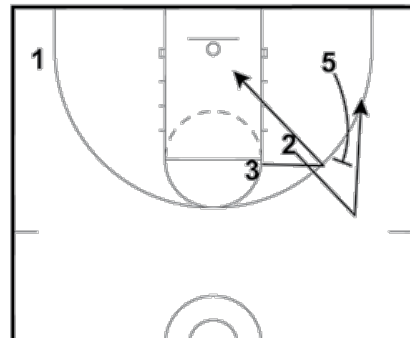
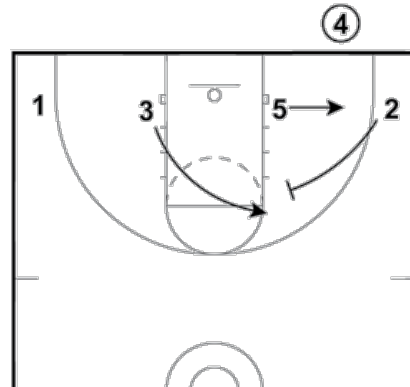
**Set Play for 2**



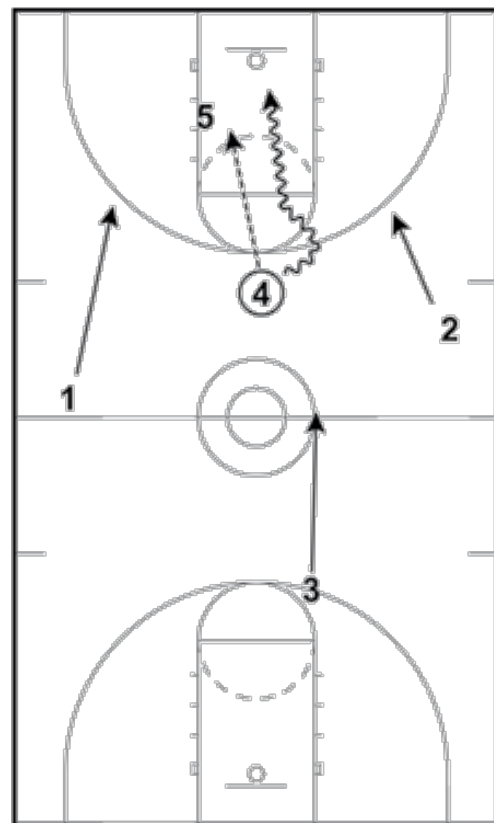
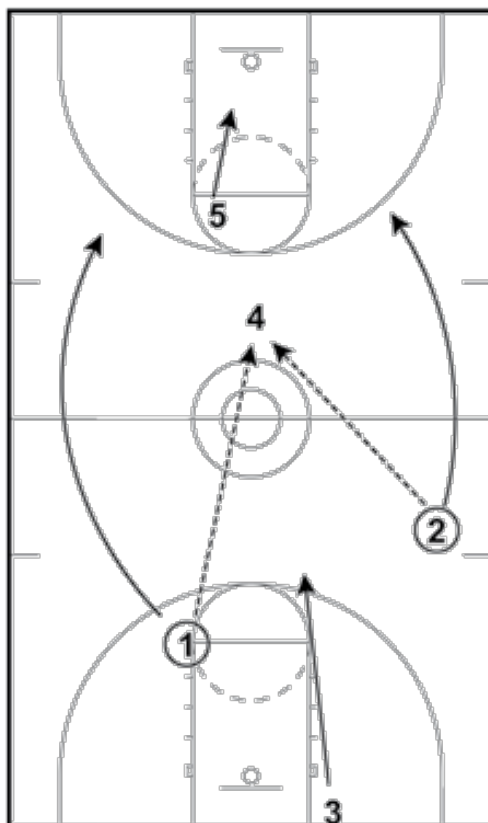
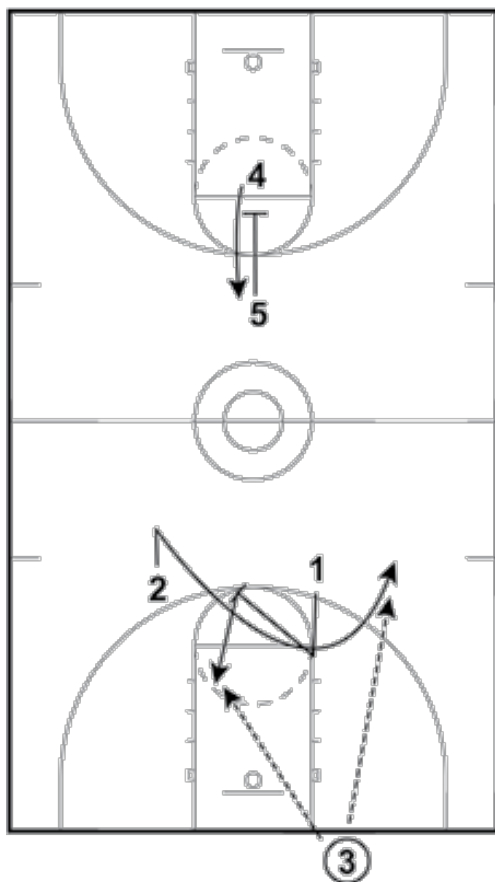
**Sideline Out of Bounds**



**Baseline Out of Bounds**



## Full Court Last Second Shot

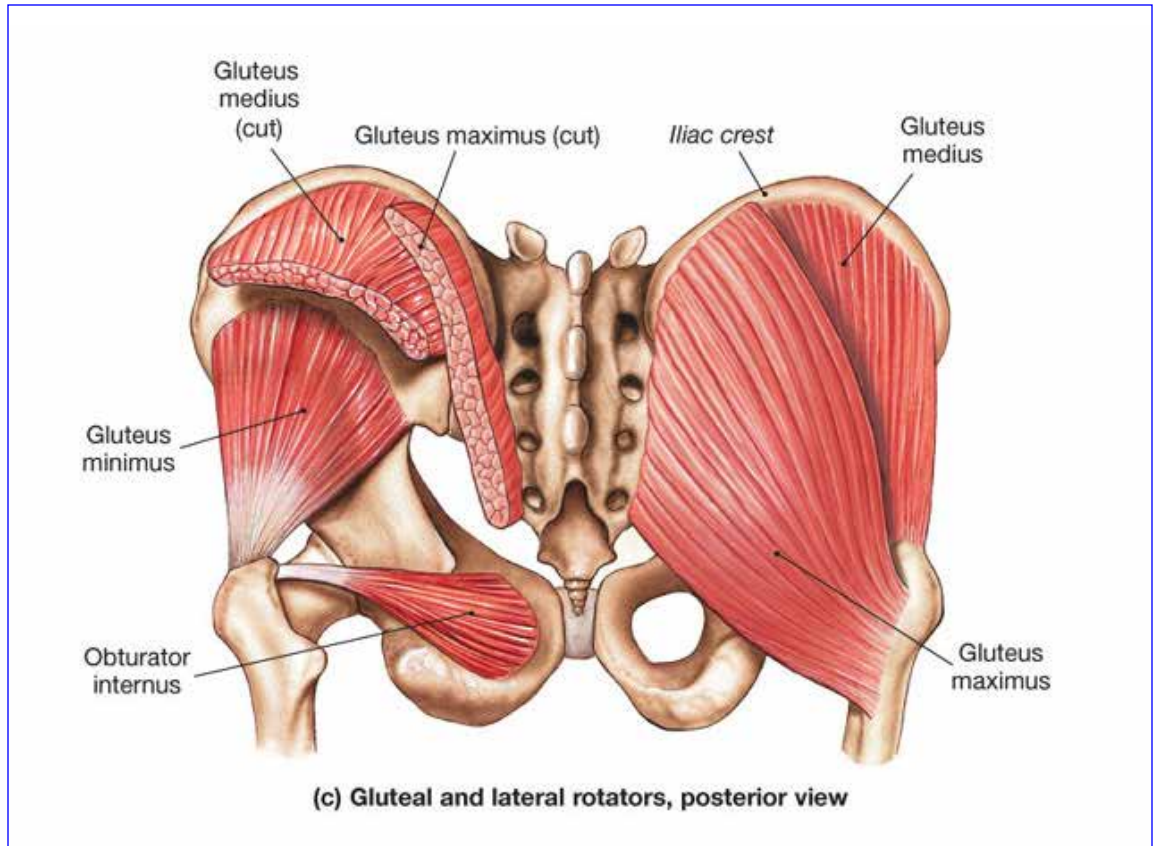


# Peak Performance: Reducing the Risk of Injury



Dr. Kendall Banning  
Banning Chiropractic Clinic

As this year's basketball season continues towards tournament time, I often get asked from coaches, "What is the best way to keep my team healthy?" While many injuries are sporadic and unpredictable, there are still many ways to lessen the chance of injury down the stretch of this season. There are some simple, yet effective, drills that can be implemented into any team's warm-up, focusing on core stability, gluteal activation, balance, and tissue mobility. What is the core and what is its purpose? This may seem like a simple question, but can be extremely complex. The core is a group of muscles that are designed to create stability in the spine and pelvis while the body is put under load. This means that the function of core musculature is to resist movement, not create it. An effective way to increase core stabilization is to perform front and side planks. These exercises resist movement, rather than create it like crunches or other common ab exercises. I recommend doing a set of front planks, right-sided planks, and left-sided planks for a count of 10 belly breaths. Breathing into the belly will insure a deeper level of core stability, which can help decrease back pain, knee pain, and even help prevent ankle sprains.



*Stronger glutes equal a more explosive athlete and are also a key in protecting joints such as the knee. This is especially crucial in basketball, as athletes will execute thousands of repetitions of jumps and direction changes.*



*The use of simple plank exercises can help improve core stability and thereby reduce the risk of injury.*

By increasing core stability, gluteal activation tends to follow. The gluteus maximus muscle is the largest, and most powerful muscle in the body; it's a shame if an athlete is not able to properly use it. The glutes (a common term used to describe the group of gluteal muscles including gluteus minimus, gluteus medius,

and gluteus maximus) not only create explosive running and jumping power, but are also the main contributor in controlling and protecting the knee while decelerating, landing from a jump, and changing direction. To activate the glutes prior to practice or a game have your athletes perform a set of 20 glute bridges,

focusing on contracting the glutes as hard as possible at the top of each repetition.

When the glutes are activated, a greater sense of balance can be achieved. While walking, an athlete is on one foot 80% of the time, and while running they are on one foot 100% of the time. It only makes sense to do some training on a single foot to increase an athlete's sense of balance and body awareness. A simple, yet effective drill is to have players split up into pairs, stand about 15 feet apart, and pass the ball back and forth while standing on a single foot, focusing on not moving the grounded foot from where they initially planted it.

Increasing tissue mobility will naturally occur when core stability is increased, glute activation is achieved, and there is an increased sense of balance. Tissues in the body reactively tighten up as a protective mechanism to support the



## Reducing Risk of Injury

(Continued from page 5)

spine, pelvis, and other joints in the body when it is not already being achieved. That being said, I am still a firm believer in utilizing a daily full-body foam rolling routine in conjunction with the other techniques described above to keep the body in prime condition.

Injuries tend to be on the rise late in the season. Be proactive with your athletes and help them protect their bodies. These drills and techniques do not guarantee injury prevention, but will certainly help lessen the risk of them happening.

*Dr. Kendall Banning D.C. played collegiately at Bethany College in Lindsborg, Kansas. He is currently the owner of Banning Family Chiropractic. Banning Family Chiropractic 132 ½ North Main St. Lindsborg, KS (785) 212-6152*

## Postseason Preparation

(Continued from page 1)

be mentally and physically present in the moment.

Of course, each team is different. The psychological side of the game is something that I really enjoy and it is important to a team's success, especially down the stretch. Trying to figure out what each team needs to be their best, especially when dealing with teenagers, can be a challenge at times. However it is also very rewarding and necessary for them to reach their full potential. Ultimately, we are all in this to help kids experience success, as well as teach life lessons that will help student athletes experience success in life after basketball!



- ✓ YOU WANT TO OFFER YOUR TEAM AND THEIR FAMILIES TEAM APPAREL.
- ✓ YOU DON'T WANT THE HASSLE OF COLLECTING MONEY AND ORDERS.
- ✓ YOU WOULD RATHER SPEND TIME COACHING THAN DEALING WITH CLOTHING.

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**Coach Eilert of Beloit High School, Beloit, Kansas pictured with an 8 ft BoostR Digital Scorer's Table.**