



NORTHLAND
BASKETBALL

COACHES HANDBOOK



Northland Basketball Association

Josh Port – General Manager

Northland Basketball was incorporated in 2017 with Te Tai Tokerau Basketball and the Northland Suns Development Trust amalgamating to form one association for Northland.

Since then a group of predominantly volunteers has built what is quickly becoming one of the strongest basketball associations in New Zealand. Our competitions have steadily built in areas that have embraced the sport of basketball. This has in turn enabled us to select representative players and to recruit and upskill coaches and referees.

As of now, Northland Basketball is New Zealand's fastest growing basketball association. We are seen as the most innovative association in New Zealand, with the programs and projects we have created, we are leading the rest of New Zealand to a brighter basketball future.

Our goal

Our goal is to enthuse coaches so they fall in love with our sport and stay in it for life. To help achieve this, the Northland Basketball Coach's Handbook offers coaches strategies, games and activities for developing a cohesive team atmosphere, which in turn will lead to a climate of development within your team, each section focusing on a particular technical outcome. Every activity is an opportunity for players to take part in fun, enjoyable basketball related games which develop them as players and as people.

New to the game?

It doesn't matter. Basketball is a pretty simple game and we tend to overthink it.

It begins by finding hard working players that are willing to sacrifice their ego for the overall good of the team.

A well-coached team of overachievers can and will beat a team of superior players. If they are coached up, then we all know that can happen.

Players have to know and accept their roles and respect each other.

It's about team chemistry and knowing what to do and when to do it.

Basketball is a very simple game.

Vision

Wise words from Tab Baldwin

The most integral part of being a team is spending time together, not just on the court, but having food together, having fun together, shared experience brings people together like nothing else. When your team is connected, that will translate onto the court.

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2021 – Northland Basketball Coaching Staff

The Why

What do you think of when you hear the term 'sports coach'?

Do you imagine an American football coach, yelling from the sidelines at their team?

Perhaps you think of someone on the track with a stopwatch, timing an elite sprinter during a training session.

While the above scenarios may ring true for many of us, **they're not the only reflection of professional coaching, or of the multiple roles that sports coaches often assume.**

Sports coaches guide people to achieve their full potential within a range of areas. They can work with professional or elite athletes, either as individuals or as part of a team. Sports coaches can also work with community teams and school groups, with young and even everyday people also able to **benefit from regularly utilising a sports coach.**

Critical roles of a sports coach

It is true that one of the key reasons behind utilising a sports coach is to improve sporting performance. However, sports coaches bring so much more to the role than just achieving results on a scoreboard.

According to the Australian Sports Commission, a sports coach needs to be – among other things – a mentor, teacher, psychologist, physiologist and confidante. **They also need to bring skills such as diplomacy, negotiation, facilitation, organisation, problem solving and motivation.**

So how does all this translate into day-to-day coaching? Well, here are just some of the roles that sports coaches are asked to play:

- **Assessor and Advisor**
Coaches need to be able to assess an athlete's performance and advise on which areas need to be improved. The advice given by a sports coach may also cover training recovery, working with injuries, nutrition and developing a positive mental attitude.
- **Role Model**
Coaches must understand that their athletes look up to them, so it is important that they 'practise what they preach', have integrity and behave in a way that is respectful to their sport and those around them.

- **Mentor**
Many sports coaches will also find themselves working as guides. The role of a mentor is to guide a less experienced person by building trust and modelling positive behaviour. While coaches need to look after their athletes' health (physical and mental) and their safety, they will also need to get 'tough' with their mentee from time to time.
- **Cheerleader**
One of the most enjoyable aspects of coaching is celebrating success. Whether it be winning a medal, a final, or simply celebrating a new personal best, it's important for the coach to celebrate alongside their star athletes.

Coaches responsibilities

Practice time is teaching time. Coaches have a responsibility to set a high standard at practice and then demand it.

Walk away from practice with at least one facet of your teams/ players improved.

Set a good example with your handling of referees, parents and club officials. **To a great extent your players will do what you do.** Take every opportunity you can to learn more about coaching and strive to get better. It's what you learn after you know it all that counts. "MAKE IT FUN!"

The most important thing at practice is that players are constantly put under games like conditions. Demand players to practice like they would play. "PRACTICE MAKES PERMANENT." However, your practice is how they will play when put under pressure.

When teaching remember the following principles

- When you hear you forget
- When you see you remember
- When you do you understand

An opportunity to make a difference

Whether it is a kids' basketball team or an athlete preparing for the Olympic Games, the primary role of a sports coach is to provide a unique opportunity to make a difference in someone's life.

Good coaches are not only called upon to improve their athlete's performance but also to encourage positive thinking, teamwork, resilience, a good work ethic and respect and love for the game. As such, sports coaches play an integral part in human development and the influence a good coach can have on their athlete's life can go way beyond the sporting field .

Effective coaching

- Communicate – set team goals, encourage players to work towards those goals. Talk to the players; make sure they understand what you want
- Encourage/Stay positive - skill errors will happen, differentiate between skill and decision errors. Sometimes it is not what you say but how you say it
- Be consistent
- Enjoy yourself
- Be involved in the game
- Focus on the game and your players - focus on what you have set out to achieve (what you have been working on, in practice, to develop your players), not the referees or parents or the scoreboard.
- Expect and demand discipline
- Plan your strategies
- Use time effectively (don't have players standing around listening for long periods of time during training, learn to coach on the run)
- Strive for intensity at training and in matches
- Ask questions of other coaches and players to gain their perspective on how your team is executing the fundamentals/playing the game
- Watch other coaches coach
- Above all else, KEEP IT SIMPLE

Northland Basketball will follow guidelines issued by Basketball New Zealand and update all involved.

Coaches resources

Basketball New Zealand - Coach Development Programme Guide

<https://nz.basketball/wp-content/uploads/2019/08/BBNZ-Coach-Development-Programme-Guide.pdf>

SA NITP Coaches Clinic - Developing Decision Making

<https://coach.basketball.net.au/wp-content/uploads/2017/09/SA-NITP-Coaches-Clinic-Developing-Decision-Making.pdf>

Drills for a Beginner Coach

<https://coach.basketball.net.au/wp-content/uploads/2017/09/Drills-for-a-Beginner-Coach.doc>

Mini Basketball - Dos and Don'ts

https://coach.basketball.net.au/wp-content/uploads/2018/09/Mini-Basketball_Dos-and-Donts_EN.pdf

FIBA - Mini Ball Australia On Court Clinic

<https://coach.basketball.net.au/wp-content/uploads/2018/09/Patrick-Hunt-and-David-Munns-FIBA-Mini-Ball-Australia-On-Court-Clinic.pdf>

Coaches Code of Conduct

Basketball is intended to be a recreational activity for enjoyment and health.

This code of conduct has been developed to give participants some guide to the expectations it has on those participants. It is intended to assist everyone to obtain the maximum benefit and enjoyment from their involvement in basketball. As a result, the quality of participation will be improved so people are more likely to start and continue their involvement in basketball. Enjoy!!

1. Remember that *Basketball* is for enjoyment.

Remember that basketballers play for fun and enjoyment and that winning is only part of their motivation. Always make sure that participants are made to feel welcome whenever they attend for training or a match. Ensure that activities are carefully planned, well-structured and varied to provide opportunities for individual and team development. Be willing to depart from the plan to take advantage of an unexpectedly high interest in a particular activity. Never ridicule players for making mistakes or losing a competition. See errors or losses as an opportunity to learn in a constructive way. Comment in a way that is positive and designed to create interest, involvement and development.

2. Be *reasonable* in your demands.

In scheduling training and playing times and days, be reasonable in your demands on players' time, energy and enthusiasm, taking into account their age, level of play and other commitments such as school and employment. Young children are likely to have more time but short attention spans. They may have plenty of energy but are likely to need more guidance on how best to look after their bodies. The differences in physical and mental maturity can be quite marked in younger children of the same age group. All these factors need to be considered in coaching young children. Older children have greater demands from their studies and many of them need to work to assist their schooling. They also have many social demands. Try to assist them in achieving a good balance between the various demands on them. Adults should in most cases be capable of making their own decisions on priority between basketball and other demands such as work, family and social engagements. Respect those decisions.

3. Teach understanding and *respect* for the rules.

Teach your players that understanding and playing by the rules is their own responsibility and that the rules exist for the safety, proper order and enjoyment of all people involved in basketball. The lessons to be learned in this respect in basketball are lessons that can and should be carried over into all aspects of their lives. Do not encourage players to ignore or deliberately break any rules.

4. Give all players a reasonable amount of *court time*.

All players need and deserve reasonable court time. Avoid over-playing the talented players. It is unfair to both them and those who are not so talented. Players cannot improve without the opportunity of a reasonable amount of match practice. Talented players can burn out. Having no or little time in court can cause players to suffer from morale problems and they can lose interest in the sport altogether.

5. Develop team respect for the ability of *opponents* including their coaches.

Part of participation in sport is respect for all participants in the game. Encourage your players to accept that their opponents are entitled to proper courtesy. This means introducing themselves to their opponents on court, congratulating them whether they win or lose and accepting loss gracefully. Teach them that the opposition coach is there trying to do the best for their team and is also entitled to respect.

6. Instil in your players respect for *officials* and an acceptance of their judgement.

Players should be taught to understand that officials have a very difficult task to perform and that without them, games could not be played. They are there to enforce the rules of play but they cannot always be right. Teach your players to accept bad calls graciously. Abuse of referees is unacceptable behaviour that should not be tolerated. Players who consistently dispute decisions or do not accept bad decisions should be singled out for counselling and guidance.

7. Guide your players in their *interaction* with the media, parents and spectators.

It is sometimes very difficult for players to concentrate on the game when there is the distraction of the presence of friends and relatives as spectators. Coaches have a difficult role to play in teaching players respect for their parents and other spectators but also teaching them to maintain concentration on the team plan if spectators become over-enthusiastic. Parents sometimes make demands on their children's time which interferes in their basketball activities. Respect this and try to structure your coaching and their training and playing times and obligations to take those demands into account. There are many other factors which need to be balanced, including venue availability and requirements of administrators. The coach's task is not easy. The presence of media at a basketball game can lead to a temptation by some players to "show off" or otherwise act differently from how they would act normally. Encourage your players to not be awed by the presence of the media. Also teach them that

if they are approached for an interview after a game they are representing the whole sport and should behave accordingly.

8. *Group* players according to age, height, skills and physical maturity, whenever possible.

Uneven competition can lead to a loss of enthusiasm. Coaches should always try and group players of reasonably equal ability. In coaching children, it is important to remember the different maturity rates for children of the same age. A player in their early teenage years may be the tallest in their team and yet because they have matured early, be one of the shorter players in only a brief time. Coaches must be ever vigilant to ensure that changes in height and other physical characteristics are noticed and acted upon.

9. Ensure that equipment and facilities meet *safety standards* and are appropriate to the age and ability of the players.

In our increasingly litigious and accountable society, all those involved in sport have a responsibility to take all reasonable steps to ensure the safety and well-being of participants. Coaches are in a unique position to control many of the factors which can have an effect on this welfare. Coaches should be aware of the danger factors such as heat and dehydration, wet floors and other potentially hazardous environmental situations that can cause. A coach has a responsibility to avoid putting players into dangerous conditions.

10. Be prepared to lose *sometimes*.

Everyone wins and losses at some time. Be a fair winner and a good loser. Disappointment at losing is natural, but it should not be obvious to the point of being unpleasant for others. Just as unpleasant can be the boastful winner. Recognise that even in defeat, the loser has achieved something, just by playing. Not everything in life can be a winning situation. Losing can be an important learning experience for your wider life goals. Guide your players to accept a loss in this spirit.

Fundamentals and Language we ALWAYS use and teach

"Stance and Eyes Up" – body down and head up, see the whole court, not your feet

"Change Pace" – work at two paces, move from 2nd to 5th gear to beat a defender, not full tilt always

"Change Direction" – change direction on moves, on spots

"Offensive Stance" – ball down, body down, eyes up

"Defensive Stance" – low and wide, hands carried, see both. Maintaining this on and off ball.

"Turn the Corner" – turn the corner to the rim, go past defender

"Foot Advantage" – get your foot past the defenders foot

"Early Prep" – in stance ready to shoot before you catch the ball

"Low Rips/Sweeps" – ball down, body up, rip and/or sweep below knees

"Shade" – sit on attackers inside shoulder, forcing away from basket

"Beat to the Spot" – contain attacker by beating them to the spot they are trying to get to

"Cheat on Ball" – give your player space to help others based on the ball movement/location

"Hands Up" – carry hands high on closeouts to pressure shot

"Sprint Cut" – cut at pace to get open

"Set Up, Contact and Cut" – set defender up away from space, make contact and cut hard toward space

"Back Cut" – cut down the baseline/backside to relieve pressure, open passing lanes

"Spacing" – maintain at least 10ft between teammates, to create space

"Switch" - players swap those who they are defending to close down driving lanes

PHASE OF OFFENSE

PACE :-

What is the PACE phase?

First 6 seconds of the shot clock
How we quickly transition on change of possession

KEY POINTS

- Apply early aggressive pressure on the opposition defensive transition
- Clearly defined running responsibilities
- Get the ball up the floor as quickly as possible
- Attack the rim looking for lay ups or free throws
- Take early kick ahead corner 3's or kick out 3's
- Receiver principles on penetration

TEACHING POINTS

- Get going quickly after stops
- Playing FAST! Everything must move fast – ball and athletes
- Kick ahead passes – both sides of the floor
- Fast and wide lane running
- Rebound and bust out
- Early post touches on deep seals or back seals

PHASE OF OFFENSE

SPACE :-

What is the SPACE phase?

Middle 12 seconds of the shot clock
The floor spots we transition to and then respace to, relative to ball movement

KEY POINTS

- Beyond the 3 point line and short corner as our guide for spacing
- Players must react to any ball movement
- Cutters and screeners create space
- Distort space by creating single or double gaps to stretch the defense

TEACHING POINTS

- Reverse the ball quickly to find the open man in space
- Movement through screening action – "Sprint, Smash, Separate"
- Cut hard to create space
- See space - drive
- Have space – shoot
- No space – pass

PHASE OF OFFENSE

CREATE :-

What is the CREATE Phase?

Last 6 seconds of the shot clock
Great opportunity to break the defense down to create for ourselves and our teammates

KEY POINTS

- Efficient and quick decisions out of planned and organised actions
- Attack the rim aggressively
- Draw fouls and get to free throw line
- Receiver principles on penetration
- Get a shot every possession (no turnovers)
- Force rotations to create advantage

TEACHING POINTS

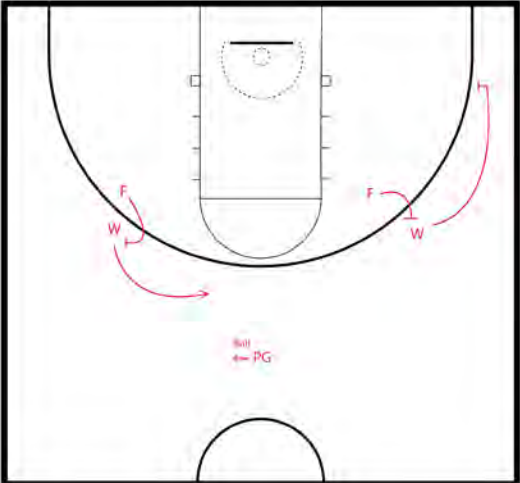
- Aggressive dribble penetration – probe and get two feet in paint
- Split kick extra
- Catch ready to shoot with eyes on the rim
- On ball screens
- Post catches
- Lay ups and uncontested 3s - shot selection

PACE PHASE – SPACE PHASE – CREATE PHASE

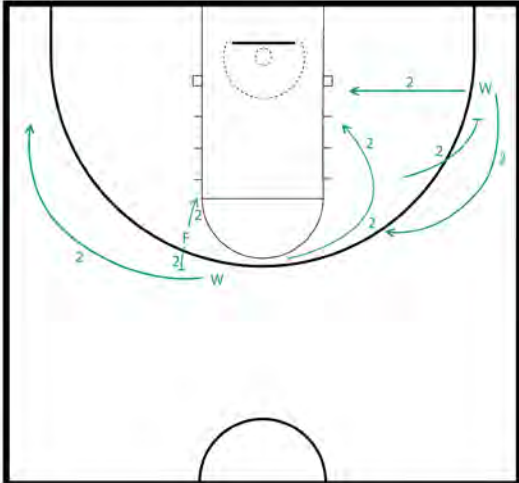
24	PACE PHASE
	Bust outs / high outlets / sprint the floor / rim runners
	Kick ahead passes
21	Attack the rim aggressively for lay ups
	Get fouled and get to the free throw line
	Kick ahead corner 3's and kickout 3's
18	Early deep post entries
	3 pace shots per quarter
	SPACE PHASE
15	Spread the floor – stay outside the 3 point line
	Cutters and screeners create space
	Pass penetration - hit cutters and posts
12	Quick ball movement
	Split, kick, extra
	Receiver principles on dribble penetration
9	Shoot uncontested shots out of offense
	CREATE PHASE
6	Mindset = great time to score (don't panic)
	Create 2v1 advantages out of planned actions
	Aggressive dribble penetration
3	Get two feet in the paint
	Get fouled and get to the free throw line
	Receiver principles on dribble penetration
0	Lay ups and uncontested kick out 3's

Offense

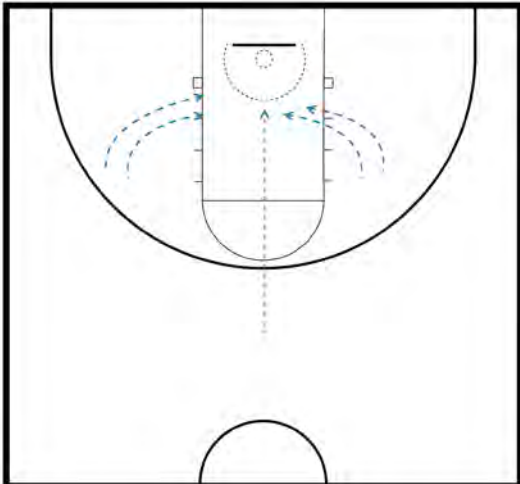
Option 01 for all players



Option 02 for all players




If defense cheats



W stands for WING
PG stands for POINT GUARD
F stands for FORWARD

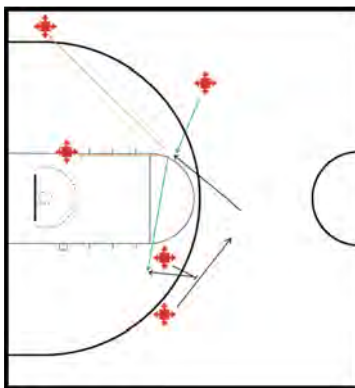
Here are a couple of easy plays, they are simple to learn, simple to teach and reasonably hard to defend. The other cool thing about them is you can build of them easily as your team gets used to the movement and action.

Movement 

Pass Options 

First Pass 

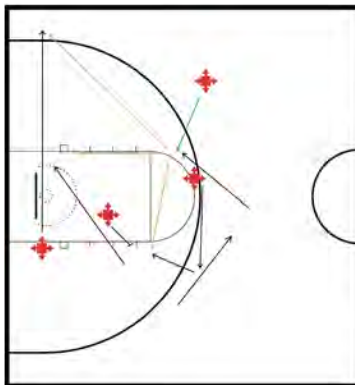
Back Screen Options



Ball handler passes to the WING coming off the screen at the top of the 3pt line, the WING cuts into the lane. Depending on what the defense does, the WING who now has the ball,

has 5 Options:

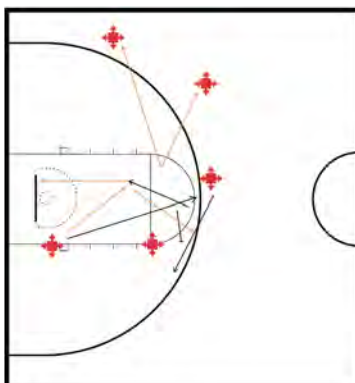
- Pass to the corner for 3pt shot
- Pass back to original ball handler
- Pass to screener
- Drive to the basket
- Pass to player near the hoop



This incorporates the movement prior to the back screen, it is a Big Man Post Slip, continuing to the Back Screen. Look at the confusion that the early movement can create, that can allow open lanes and shots.

Again if you look at the movement of the players, you can see how openings are created for wide open shots.

Nail Action



The Nail Action is a slightly more complex play. The ball handler comes to the strong side.

The FORWARD sets a screen for the WING to pop up to the top of the foul circle.

The ball handler passes to the FORWARD who is now in the low post. The original ball handler sets a fake screen for the WING, and then slips the screen and shoots to the paint, where they receive the ball from the FORWARD.

Options for the ball handler are:

- Pass to the open 3pt shooters
- Pass to the FORWARD or WING
- Drive to the basket

Defensive Overview

PHASE OF DEFENSE

DEFENSIVE TRANSITION :-

What is DEFENSIVE TRANSITION?

First 6 seconds of the shot clock
Jam up - Defensive Transition Philosophy

KEY POINTS

- Front foot mentality
- Generate opportunistic pressure and trapping opportunities
- Slow down opposition by forcing them to defend and box out
- Increase shot clock pressure
- Offensive Rebounding % - more likely to be in a rebounding position
- Take care of early threats: ball, deny kickaheads, flood the floor

TEACHING POINTS

- On the rise of the shot, get on high side of person guarding you
- "Guard who guards you"
- Scrum man deep into keyway
- Stay between man and rim
- Early ball pick up
- Proactive ball pressure without fouling or getting beat
- Take away kick ahead passes – up the lane not behind your player
- Flood the floor off the ball - plugger positions

PHASE OF DEFENSE

PACK DEFENSE :-

What is PACK DEFENSE?

Middle 12 seconds of the shot clock
Disrupt offensive rhythm

KEY POINTS

- Defend and contain the ball whilst applying pressure
- Use of push points
- No blow bys/straight line drives
- Foul discipline – don't negate pressure by fouling
- Threatening vs non threatening drives
- "Show help don't provide help"

TEACHING POINTS

- Defend the rim from the easy 2's
- Use of chest blows, appropriate gap and hand pressure
- Push the ball to push points away from the rim
- Wall up end of penetration
- Resist over helping and creating offense
- Rim drive is the responsibility of the on ball defender – "trust your team mate"

PHASE OF DEFENSE

DISCIPLINE :-

What is DISCIPLINE?

Last 6 seconds of the shot clock
Win the possession game


KEY POINTS

- Foul discipline – don't negate pressure by fouling
- Contest forward movement
- Make contact
- Compete for rebounds
- One and done mentality
- Understand the value of the possession game
- Outcome focus – do whatever it takes!
- Traditional box out may not be the most effective method

TEACHING POINTS

- Contest and Contain closeouts
- Make contact with offensive player
- Impede forward movement
- Use of traditional box may not be the most effective
- Do whatever it takes (without fouling) to contest the rebound and come up with the ball
- Physicality

DEFENSIVE TRANSITION – PACK DEFENSE – DISCIPLINE

- 
- 24** **DEFENSIVE TRANSITION**
- Jam Up - Guard who guards you
 - Scrum opponent into rebounding position
 - Force opposition to box us out
- 21**
- Early ball pressure
 - Take away kick ahead passes
 - Flood the floor, off ball positioning
- 18**
- Generate opportunistic pressure
- 15** **PACK DEFENSE**
- On ball pressure without getting beaten
 - Send drives to push points, no blow bys
 - Provide off ball support without over helping
- 12**
- Show help, don't provide help
 - Present a crowd, narrow the floor
- 9**
- Force the opposition out of rhythm, out of position, out of offense
- 6** **DISCIPLINE**
- Demonstrate foul discipline
 - Wall up end of penetration – change shots don't block shots
- 3**
- Force contested shots
 - Contest shot or forward movement
 - Create contact and take away space
- 0**
- Compete for the rebound, be prepared to wrestle
 - Win the possession game, no second possessions

Transition

As soon as the ball changes hands (made shot, missed shot, turnover) we are sprinting back to half court to pick up our defensive assignment. Whether man or zone, we make every defensive transition a sprint to half court. Once we get to half court, our next immediate job is to find the person we are guarding. If we are in a zone, our job is to pick up shooters in our defensive area.

Stop the ball

It is the point guard's responsibility to stop the ball from getting into a penetration area (inside the three-point area). Off the break, we are going to keep our opponent outside the three-point line.

Pressure the ball

Once a team enters into their offensive set or motion offense, we will keep an extreme amount of pressure on the basketball. We do not want the offensive at any time to be able to pick apart our defense. Point guards will pick up the ball from the half court area and all other players are to keep pressure on their man if they have the ball within 25 feet of the basket.

Contain the dribble

Players will keep the ball in front of them. Containing the dribble is a key component to us having success on the defensive end of the floor. We have to be able to contain the dribble by being aware of how close we can guard the offensive player.

Deny the next penetrating pass

We will have a hand in the passing lane when the player we are guarding is the next possible receiver and they are a penetrating pass away. Our goal is to deny each penetrating pass for the player with the ball.

Helpside defense

Our ball side defense will make us tough and our help side defense will make us great. Our each defense possession is a team defense. We have a particular player to guard, but we will guard them as a team. Each player must be ready and willing to rotate spots as the ball changes positions on the floor. We will not allow easy drives to the basket in our half-court defense.

Fronting the post

We will teach each post player to defend the post. When the ball is above the baseline, we will front on the high side. When the ball gets to the baseline, we will rotate our position and guard from the low side. We never want to be directly behind a post player unless our scouting report dictates that is the only way we can guard that particular post player.

Doubling the post

We will double in the post from different areas of the floor. Depending on the player and the opposing team, we will double from different areas of the floor. We will never double the post leaving a shooter open on the floor.

Guarding screens

Our way of guarding screens will vary from game to game depending on the opponent. We will start the season by not switching any screens in the post or on the perimeter that are away from the ball.

Guarding ball screens

On ball screens, we will work on switching the screen, going on top of the screen and staying with our man and we will work on trapping the ball screen.

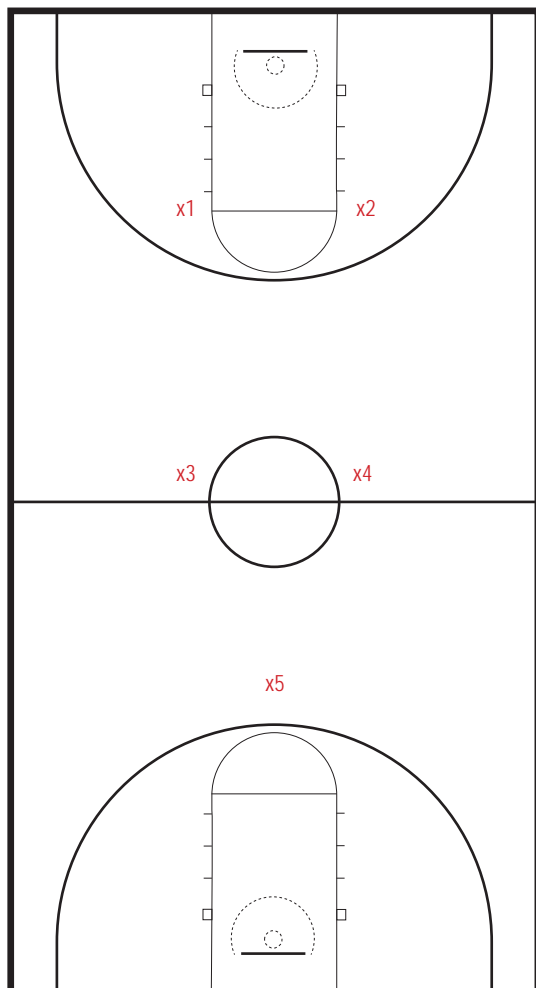
Closing out

We will contest each shot taken by our opponent. Each day we will work on our closeout position and stance. We will sprint half way to the opponent then break down in a defensive stance using short chopping steps to closeout. Our weight will be back and our hands will always be up with one hand contesting the shot. We will leave our feet each time to closeout on the shot.

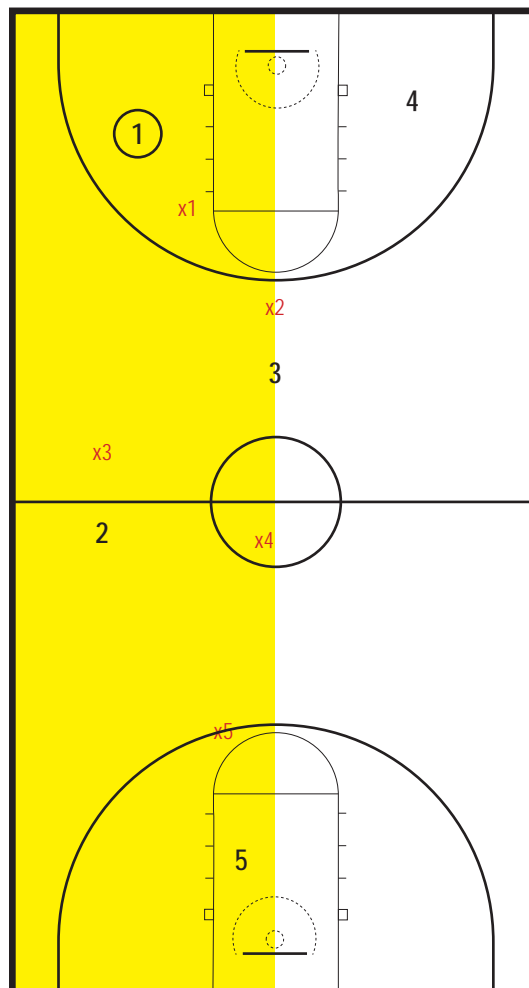
Box out and rebound

We take pride in making sure to have a good box out each time an opponent takes a shot from the field or free throw line. Our goal is to give our opponent only one shot each time they come down the floor. Once the ball comes off the rim or backboard, we want to put the basketball under the chin with our elbows out.

Basic principles of a press defense



Responsibilities after the ball is entered



1. Don't gamble - be fundamental and disciplined. Let the opponent make the mistake. Making a play on the ball with a small chance of success will put you/defense out of position and give advantage to the offense.

2. Eliminate the forward pass to the middle of the floor - the middle of the floor should always be covered. Defenders should never leave unless a teammate has rotated to cover.

3. Be active! Be pro-active and anticipate. Don't be reactive. Jump and rotate hard to the ball. Communicate loud and often. Give high effort.

4. Eliminate bad fouls - when trapping, don't reach! It is not your job to get a steal while on the ball. Establish good positioning with feet and hands with great activity.

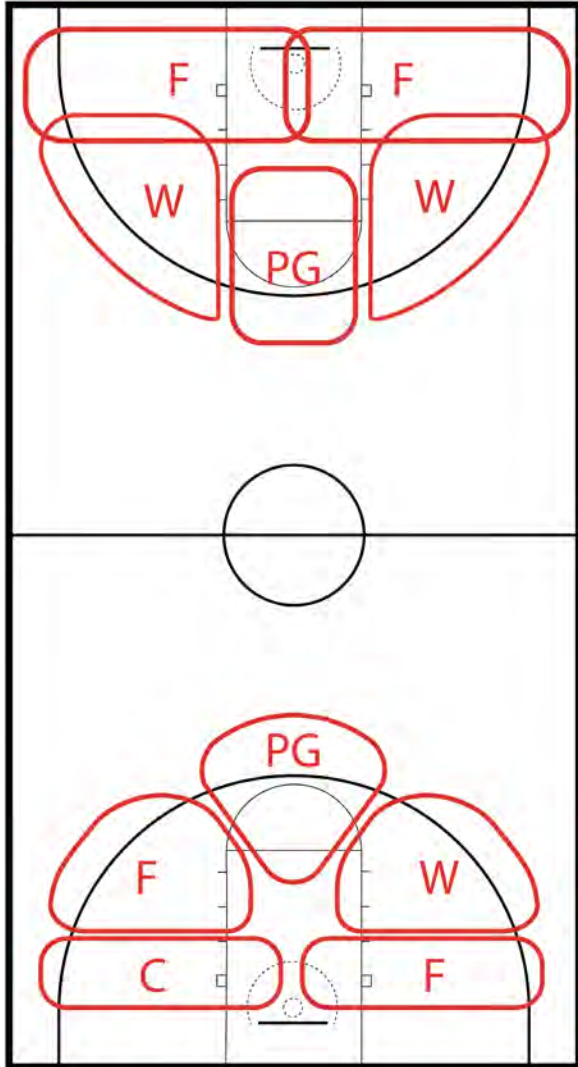
x1 the player defending the ball (x1) forces the ball handler down the sideline alley. He must not get beat to the middle of the floor.

x2 the guard opposite the ball defends the pass to the middle of the floor.

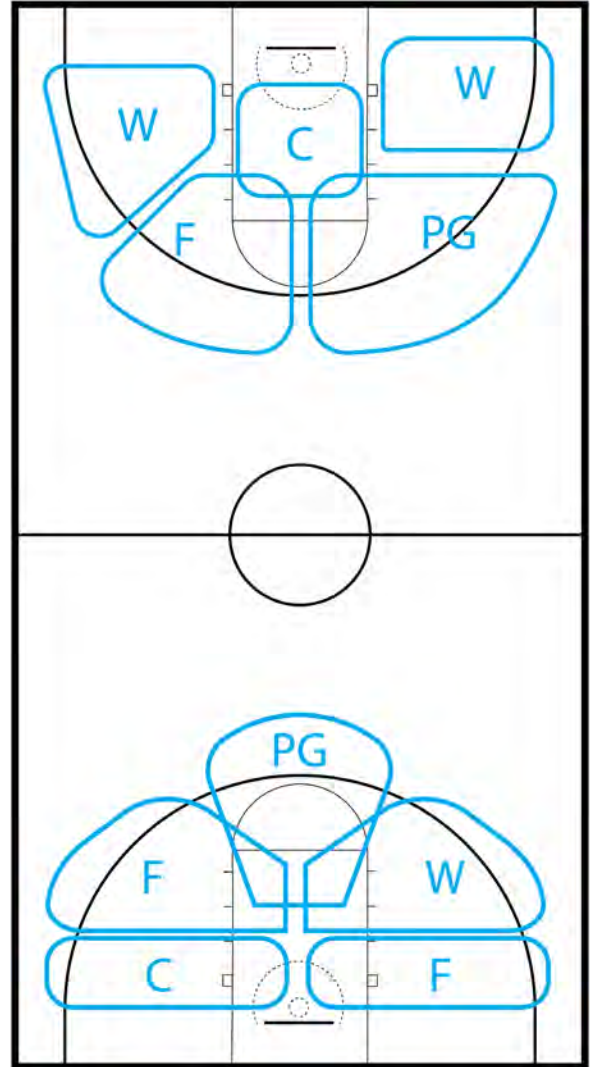
x3 the ball side forward is in a ball-you-man position, ready to trap near half court when the ball is advanced in the sideline alley.

x4 moves to the middle of the floor. Helps pinch with guard on any offensive player in the middle. Also prepared to rotate the basket.

x5 basket protector. Will rotate out to sideline if there is a trap. All 5 players are in the "box" (same side of the floor.)



2-3 ZONE and 5 Wide Defense with areas of responsibility



3-2 ZONE and Pack Defense with areas of responsibility

W stands for WING
PG stands for POINT GUARD
F stands for FORWARD

Go Forward and Prosper

2021 – Northland Basketball Coaching Staff

Northland U13 Girls

Tracey Tito and Francis Heremaia

Northland U13 Girls Dev

Daniel Ryder and Karina Ryder

Northland U13 Boys

Taal Smith

Northland U13 Boys Dev

Piki Stone

Northland U15 Girls

Freda Riwai and Jamie-Lee Tito

Northland U15 Girls Dev

Jeannie Cameron and Richie Poharama

Northland U15 Boys

Ray Cameron and Lue Davis

Northland U15 Boys Dev

Rangi Lewis and Pip Campbell

Northland U17 Girls

Mata Cameron

Northland U17 Boys

Johnny Sadler and Teremaki Temu

Northland Open Women

Mata Cameron

“A good coach will make his players see what they can be rather than what they are”
- Ara Parseghian -

“Good teams become great ones when the members trust each other enough to surrender the Me for the We”
- Phil Jackson -

