Basketball Coaches Association of New York

# NY HOOP REPORT

Insights, Updates, and Strategies for NY Coaches

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## Tip-off Talk:

**Larry Jones, Assistant Executive Director**

It has been a busy time for BCANY. August was Hoops Fest hosted at Monroe-Woodbury HS and run by Chris Russo. September was our Clinic at SUNY Cortland. Here in Section 6, we had a team Showcase in October at Sweet Home High School run by Coaches Brandon Woods and Chris Kensy. All these events were for one primary purpose, to get us ready for the start of our season in less than 10 days !!!

Nothing is more exciting to a coach than the opportunity to be in the gym 2 hours a day with his new team. The chance to continue building relationships while putting the pieces together, developing offensive and defensive concepts your team will use for the season, and making sure you are ready for those last two minutes when the pressure is on to perform!!

Enjoy it all ! Stay the course, don't get discouraged by the inevitable injury or predictably opinionated parent. Have a great season !!!!

## BCANY Events, Dates, & Reminders

**BCANY Membership**
Please renew/join for 2026-27

**BCANY HOF Nominations**
Contact Larry Jones for more information
ljones@depewschools.org

**NYSPSHAA Start Dates:**
Varsity/JV – 11/16
Modified – 11/23

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## Coach's Corner

**Tryouts set the tone for your entire season. Beyond evaluating talent, they are an opportunity to establish the standards, effort, and culture that define your program. The way players compete, communicate, and respond to coaching during tryouts often reveals as much as any skill drill.**

**Take to Practice:**

- **Evaluate effort and coachability alongside skill**
- **Use objective scoring tools and multiple evaluators**
- **Communicate expectations and Provide constructive feedback to all athletes**

**What you reward today becomes your standard for tomorrow.**

BASKETBALL COACHES ASSOCIATION OF NEW YORK

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## The Anova Edge

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## PGC - CONTENT DRIP

PGC COACHING

**PGC Fall Shooting College**

Check out these great resources from PGC - Coaching.

**Play of the Month**

**Drill of the Month**

**Tip of the Month**

Click on the link to the left to find more information and register for PGC Fall Shooting College. Use promo code NY50 at checkout to save $50.

## Hoops & Habits:

### Energy is a Skill

**Energy is not a personality trait; it is a skill that needs to be developed and rewarded. Talking, sprinting, giving maximum effort, and encouraging teammates are all "trainable" and a choice that we all can make.**

**This month's focus:**

- **Track some energy stats: deflections, hustle plays, high-fives, fist-bumps, and/or positive player communication**
- **Praise high energy as much as good shots or great stops**
- **Demand it from the first drill**

***Energy isn't random – its coached.***

## 30-Second Timeout

"We are what we repeatedly do.
Excellence, then, is not an act but a habit."

Is your team developing good habits? Are you reinforcing that act?

Remember, behaviors/actions that are reinforced are the ones that that are repeated. Consistent praise helps turn positive actions into lasting habits.