

BRAIN AND BRAWN BASKETBALL

By JOE LIPA



BASKETBALL scholars argue over the ultimate definition of a coach. Some say coaches basically are strategists, war planners who turn the midnight oil mapping out game plans. Others say they are teachers, shrewd masters of the routine who patiently preach the importance of fundamentals until the lesson becomes second nature to the students.

A good coach, I believe, is both — a tough taskmaster tempered by the wisdom of a veteran academician — and more, he must have a full grasp of the psychological and emotional conditions that usually afflict athletes, plays a keen, some say lonely, role for spotting talent and maximizing its potential.

For the past 12 years, I've sought to make complete basketball players out of tall and strong individuals who can jump, shoot and dribble. And for a good while, I thought this to be naive, I've had considerable success.

Still, the deprived greatly outnumbered the privileged. I've seen players bungle a 3 vs. 2 fastbreak situation, miss unassisted lay-ups, make sloppiest of passes and fumble on the dribble. And I'm not talking of high school or college players, either.

Basketball is a game of reactions. Defensive players react to what the offensive players do, and vice versa. Coaches must recognize what the other team is doing and counter it. For coaches and players to counter, they must be able to read what their opponents do.

Some players can react to situations on pure instinct. They are blessed with natural athletic abilities like quickness, strength, leaping ability, shooting touch and great ball sense. They can forego learning

basketball skills and still attain some success.

These players however find it hard to do what they normally can when pitted against equally gifted players. Their effectiveness is greatly minimized against a team with a style.

This book provides basketball coaches and trainers with concepts, insights and principles to better equip them to teach how to play the game, individually and as a team.

The book also provides ideas, drills and methods on how to teach basic individual and team skills, offensive and defensive philosophies and strategies. At this point, with most of these players too far gone in their set playing styles, it may not be that easy to drag them back to square one. But others may be willing.

Basketball, whether anybody likes it or not, is the No. 1 sport in the country. Sometimes I even tend to believe it's the only sport that actually matters. I remember reading about a sports official who

supposedly missed the year's SEA Games in Manila. "We cannot miss a basketball event. We're champions, but that if we don't win the basketball gold, our countrymen will never forgive us." Such is the passion and fervor affixed by every Filipino to the game. Americans play basketball during their pastime. We take our basketball to work and shoot baskets during lunch breaks.

Anywhere one goes, basketball courts sprout. It could be covered games in the plush subdivisions, open concrete surfaces in the urban metropolises and sandlots in the remote barrios. But the essence remains: 2 vs. 2; 3 vs. 3; 5 vs. 5; towers crowd under the victors' spread legs, buy water or pay

for the lights on night games; winners stay on forever — shoot, jump, drive.

But unchanging essence means unchanging outlooks as well. And with organized basketball centered mainly in the Big Cities, majority of these playground instantants, if I may hazard a guess, will remain "unschooled" in the science of basketball.

The idea for this book thus came with these kids in mind. For it to be used as complementary tools for elementary and high school basketball coaches, Physical Education instructors and sports enthusiasts in their noble bid to make better players out of good ones.

Oh, and this is personal. About a year ago, at the end of a draining but rewarding three-day collecting clinic in Tacloban, Leyte, a retired 65-year-old P.E. teacher, easily one of the most active participants in the sessions, walked up to me to clarify a few points.

From him I learned that in order to travel of the basketball clinic, he had to take a motor banca from San Juan, Samar to San Jose, Samar. He had to endure the heat and the rain to reach the sessions. The sessions were held by water and land. It was a coaching seminar that really floored me. He then asked me for handouts which he could bring back to his students. I thought I saw a dark cloud pass over his visage when I told him I didn't have any. Still, he took my hand into his as he said goodbye.

That moment haunted me and I resolved to sit down and prepare some sort of pamphlet for distribution in future coaching clinics. The P.E. teacher's memory was among the factors that inspired me on to write this book.

So if a copy somehow finds its way into

his possession, may I then request him to add the dedication of this book halfway with the 13-year old kid shooting three-pointers beside him.

The Author

Joe Lipa began his coaching career when he was barely 18, entering when he was 19, and he has been coaching ever since.



From the lowest rung of the UAAP basketball ladder, Lipa catapulted the Fighting Maroons to the summit of college basketball, leading University of the Philippines to the final back-to-back in 1982 and 1983.

The Fighting Maroons and Lipa finally won the Big One in 1986 when they beat Nautical University of the East in the UAAP final, ending 46 long years of waiting for a major collegiate crown.

If the UAAP championship provided the spark, Lipa's success in handling ESQ Marking in the Philippines Amateur Basketball League (PABL) tested the flames that marked his fiery years in the commercial league.

The ESQ Merchants' much-publicized triumph over powerhouse Lagerlife in the 1985 Freedom Cup final has been hailed as the "greatest PABL championship ever." He won two more PABL titles — a second for ESQ and a first for Philips Gardines — in 1986 and 1988.

In 1986, Lipa whipped up a young but talented squad into a fighting unit that won the bronze medal — described by sportswriters as "the golden bronze" — in the Asian Games in Seoul, Korea. The following year, in Indonesia, he piloted the national team to the championship of the Southeast Asian Games.

He also had a brief stint in the PBA, handling two different ballclubs from 1985 to 1988, before returning to the amateur scene.

Joe Lipa, along with some friends, now conducts basketball and coaching clinics all over the country. He lives with his wife, Glor, in Panapaque.

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Arturo Cuomo

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