

## Kakumei Basketball

### 1. Japanese Education System (Public School, Private School)

Elementary School: 6 years	Compulsory Education
Junior High School: 3 years	Compulsory Education
High School: 3 years	Not Compulsory Education
College (University): 4 years	Not Compulsory Education
Junior College: 2 years	Not Compulsory Education
Graduate School: 2 years	Not Compulsory Education

The Spring quarter starts in April, Autumn quarter starts in September, and Winter quarter starts in December. Summer vacation is for 40 days, winter and spring vacations are for 2 weeks.

### 2. Sports Education

In Japan, sports education is one of the most important subjects. Schools have three kinds of associations; Elementary School Sports Association, Junior High School Sports Association, and High School Sports Association. Most sports activities are the responsibility of each of those associations. Elementary Schools and Junior High Schools have a national competition once a year, and High School three times a year. We don't have any season off.

College (University) sports activities are a little different from those of Elementary, Junior High School and High School. Although we have College School Sports Association, they only plan some competitions, so students must pay their own money to do their activities.

### 3. History of Kakumei Gakuen

In 1895, Kakumei Gakuen was founded by Tazuko Kasahara. At that time, it was very difficult for women to get an education. Considering this situation, to build a girls' school was kind of surprising. After 103 years, the situation has totally changed, about 1,000 students are studying in Kakumei Gakuen, Nagasaki girls' high school now.

In public school there are no scholarships for sports players, but most private schools such as Kakumei Gakuen have scholarships for sports players: basketball players, volleyball players, badminton players and rhythmic gymnasts. Now there are 36 scholarship students active in their team. Especially, our basketball team is very strong and has won the national competition 4 times.

### 4. What to do after graduate from High school

After the students on a scholarship graduate from Nagasaki girls' high school, most of them go to University or companies and continue to play basketball.

### 5. My theory of teaching basketball

I require very difficult things of the students, and I think I must be strict with myself, too.

1. Need to have a passion for teaching basketball.
2. Need to have an affection for students.
3. Need to try to get new knowledge about basketball.
4. Need to continue teaching patiently
5. Need to build up my own body by training

When I was young, many people used to criticize me and I could have many opportunities to think about my teaching. However, as I get older and more experienced, few people say anything. Therefore I always try to ask myself these points. If I stop trying to do this, I will quit teaching.

Next, what I want to students are not only the skill of basketball but also their good personalities;

1. Need to look up to their own parents
2. Need to think about others (team mate)
3. Need to lead a well-regulated life

I believe the students who keep these points can solve many kinds of problems and contribute to the team.

## 6. Recruitment

Kakumei Gakuen is in a small city, on the farthest side of western Japan. We get three scholarship players every year but most players want to go to the bigger cities, so we don't always get the most talented players. It is especially difficult for us to get a 'big center'

I have been coaching here for 22 years and only been the recipient of two 'big center' The first time we came in runner-up in Japan National Competition and the other time we won it (1991).

After winning the Competition in 1991, I have been thinking of how to make a strong team without having a big center. My change of philosophy enabled us to come in runner-up in the National Competition in 1995 and 1996 using only smaller players.

## 7. My thoughts on basketball

1) We can't play basketball by just remembering patterns and plays. Basketball players have to be able to respond spontaneously to new and unpracticed situations. Players need to be autonomous in order to be able to make decisions by themselves.

2) We don't have to hurry to perfect the individual technique. It is more important that the players understand when and how to use the technique.

3) It is important for the players to want to be able to use the techniques well but when they can't succeed with the technique then they should be expected to think for themselves about how to proceed.

4) To win a game, defense is extremely important but offense should be practiced more than defense. For without a strong attack the defense is meaningless

## 8. Offense

### 1) Entrance

When a player enters the front court with the ball, he should be aware of the opposing defense. By utilizing the swing pass from side to side or by taking players across the court or by taking slide dribble, the defense will be forced to move around.

### 2) System

Both man-to-man offense and zone offense are motion offenses. For motion offenses passing and moving are the most important. Many teams use a pattern offense and their patterns are fixed. On the other hand the uniqueness of our system is to change the combination of patterns depending on each situation. In other words players have the freedom of improvise.

### 3) Basics of movement

#### Man-to-man

4 players on the perimeter and one on the inside. The center should be positioned at the high post because of the need to create open space near the basket. The center has two responsibilities, First, to screen the opposing players, Second, creating second chance shot opportunities. The center should only take advantage of open space created by the rest of players.

There are three types of movement give and go, screen away, and go around. The guard or forward should shoot after penetrating. Creating a power play from the guard and forward after penetrating and allows for a three point shooting opportunity.

When there is no other options the guard and center should play a two-men-game then other players should fall back to watch the game situation.

#### Zone

4 players on the perimeter and one on the inside. Every kind of zone should use the same kind of movement to attack. Movement should create a triangle by using a shallow cut from the outside and center in a flash or sliding movement.(dribble laterally to find the open gap in the defense)

#### 4) Common rules

1. No matter how good the passing and moving is a powerful drive is a requirement.
2. Guards and forwards are better power players than the center.
3. Constructing plays should start in the middle lane.
4. The basics of moving
  - Move from places that many players to places that there are few.
  - Priority of movement 1.cutting 2.screening 3.replacing.
  - Always need to have alternative options.
5. Basics of passing
  - Pass to areas with a few players.
  - Balance between passes to the outside and to the inside is important.
  - Passing must be done while moving.
  - Players should wait for pass plays for two seconds.

#### 9. Shooting

- 1) If the rhythm is good they should shoot.
- 2) If the space between you and opponent is appropriate then shoot.
- 3) If you feel strongly that you should shoot, then do.
- 4) If your body position is strong then shoot.
- 5) If you believe you are experienced then shoot.
- 6) If you do not have any other options, always good to finish by shooting.

#### 10 Basics of successful defense

- 1) The desire to steal is more important than position or stance.
- 2) You take the ready stance against the opponent with the ball.
- 3) The other players keep up the line and off the line.
- 4) The player next to the opponent with the ball takes denial stance.(man-to-man)
- 5) The other players keep open stances.(zone coverage)
- 6) Use a lot of switch ups.
- 7) When going full court, use running steps instead of cross steps.
- 8) When blocking out don't shift shoulder position.

#### 11 Others

- 1) The importance of words and language. How to teach and tell players your thoughts and opinions in a way they understand is important.
- 2) Many coaches ask me. "What kind of practice do you do to make good moves like the Kakumei Players?" But Kakumei basketball doesn't do special or hard practice. If Kakumei players make better moves than the other team's players though both of them do the same practice, It may be because Kakumei player can read the situation better.