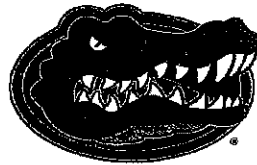


UNIVERSITY OF FLORIDA

SEC Champions
2000, 2001, 2007, 2011
SEC Tournament Champions
2005, 2006, 2007



National Champions
2006, 2007

GATOR BASKETBALL

9-7-2012

Dear Coach:

Enclosed you'll find the notes and DVDs from our clinic this past August. On behalf of our staff, at the University of Florida, I want to thank you for your attendance and participation. We felt like it was a tremendously successful event. Also attached you'll find a contact information sheet with the information of the attendees. These notes were compiled by Florida Basketball Graduate Manager Matt Wise-mfwise11@gmail.com.

We wish you the best of luck this upcoming season, and if there's ever anything we can be of assistance with please do not hesitate to reach out. Thanks again for making this a successful event, and we look forward to seeing you next year.

Sincerely,

Oliver Winterbone
Video Coordinator

www.coachbillydonovan.com

UNIVERSITY ATHLETIC ASSOCIATION, INC. • P.O. BOX 14485 • GAINESVILLE, FLORIDA 32604-2485 • 352-375-4683, EXT. 4200 • FAX 352-377-8483

2012 Annual Fall Clinic Line-up August 22-23

Wednesday, August 22nd, 2012

(You are on your own for breakfast)

PRACTICE FACILITY (ON COURT)

- 9:00 Introduction-Larry Shyatt
- 9:15 Zone Offense Quick Hitters-Tim Floyd (UTEP)
- 10:15 Princeton Basketball-Jeff Reynolds+ Jimmy Tillette
- 11:00 Tony Dungy (Super Bowl Champion Coach)

WOMENS' CLUB (Women's Club – Next to Practice Facility)

- 12:15 Lunch Served – John Adams (Head of NCAA Officials) – Officiating Today's Game (OD)

PRACTICE FACILITY (ON COURT)

- 1:15 Pittsburgh Defense-Jamie Dixon (Pitt)
- 2:15 Erik Spoelsta (Miami Heat)
- 3:15 Guarding Specific Actions- Brad Brownell (Clemson), Matt Painter (Purdue), Matt McCall (UF) (OD)
- 4:15 Oklahoma Offensive Wrinkles-Ten Motion "Actions"- Sherri Coale (Oklahoma)
- 5:15 Team Situations-Shootarounds, Short Rest/Prep, Summer Workouts, Scouting Reports, Best Player is Worst Person, etc-John Pelphrey(UF), Brett Gunning (Magic), Dave Leitao (Missouri)(OD)

WOMENS' CLUB

- 6:15 Dinner Served -Caleb's Pitch- John Jacobbe
- 6:45 Pressure Performance: Getting your players to perform at their best with the game on the line-Spencer Wood (Ice Box) (OD)
- 7:45 Legal Defense – What College Coaches Need to Know About the NCAA Infraction Enforcement Process- Stuart Brown Esq. - (OD)
- 8:30 Advanced Stats: How They Can (and Can't) Help You-Ken Pomeroy (Kenpom.com) (OD)

Social

Thursday, August 23rd, 2012

(You are on your own for breakfast)

PRACTICE FACILITY (ON COURT)

- 9:00 Surrounding Yourself with Success- Jeremy Foley (Director of Athletics-Florida)
- 9:45 Billy Donovan (Florida)
- 10:45 Offensive Actions Useful in Both College and the NBA-Flip Saunders (NBA)
- 11:45 Terminology and Phrases That Capture Team's Attention-Kevin Eastman (Boston Celtics)
- 12:45 Larry Shyatt-Close

****Reminder: For the open discussion topics, please attend with thoughts to share.
We encourage Q & A with all speakers throughout the event.
Please have a drill or a play that you particularly like that we can copy for the group.**

Tim Floyd

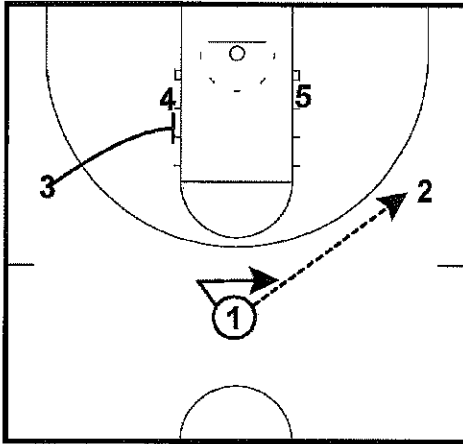
Zone Quick Hitters

- Why zone?
 - Foul game (force jumpers)
 - Don't want to guard you
 - Don't like matchups
- Goals
 - Easy baskets
 - Rebound
 - Foul
 - Inbounds plays
- Every game vs. zone
 - Push the ball and expl__
 - Goal: flatten zone out at baseline
- Throw baseline
 - Big to block but not below
 - See Diagram
- "Mullet" in zone – mullet – worthless fish – don't bite, not good to eat = worthless defender on the backside of the zone
 - See Diagram
- "Inside X"
 - Bigs X on catch
 - Top foot pin and seal wings of zone
 - Top guys flatten out
 - See Diagram
- "Pop"
 - 2nd pop over ½ court, everyone breaks
 - See Diagram
- "A"
 - See Diagram
- Don't like bounce passes, 1 handed bounces, jump in air passes
- "B"
 - See Diagram
- "High/Low"
 - See Diagram
- Misdirection
 - See Diagram
- Have something effective vs. 1-3-1
 - Dave Odom zone offense
- Vs. matchup
 - Wing screen and roll
 - Run man-man offense
 - Motion and movement

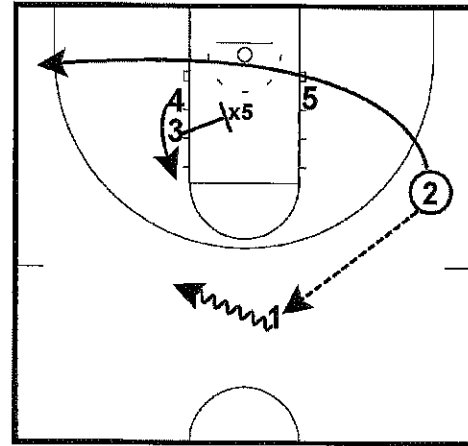
- They want you to run zone offense and sets
- Have a second practice where you work on:
 - Zone quick hitters
 - Specials
 - Side out of bounds quick hitters
 - Zone underneath quick hitters

Tim Floyd

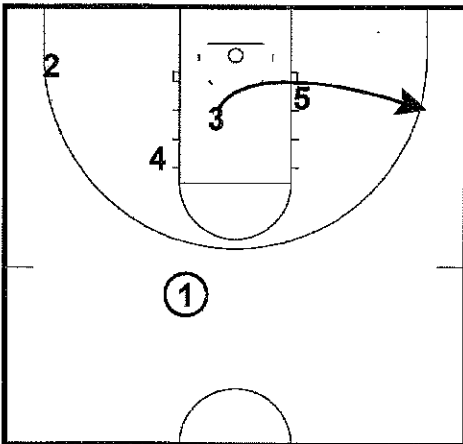
Floyd- "A"
Coaches Clinic 2012



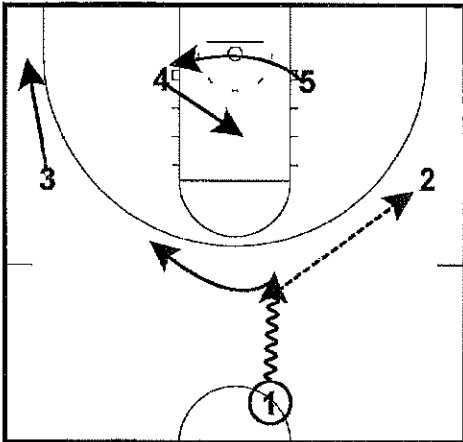
Floyd- "A"
Coaches Clinic 2012



Floyd- "A"
Coaches Clinic 2012

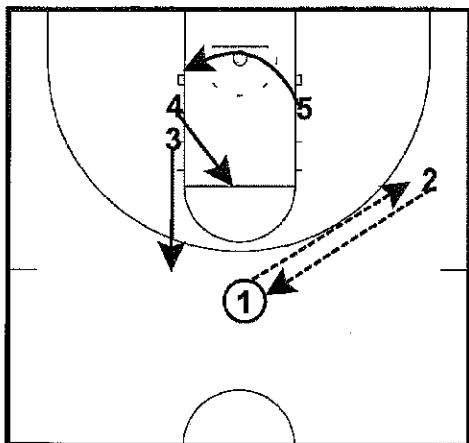


Floyd- "B"
Coaches Clinic 2012

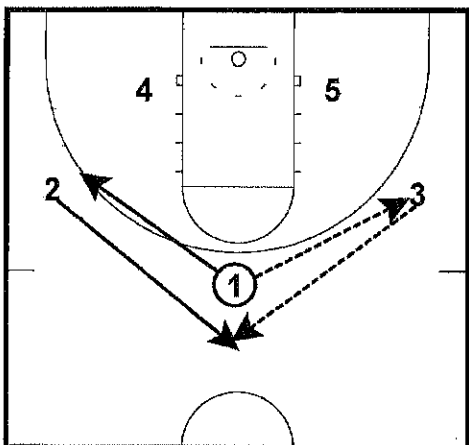


Tim Floyd

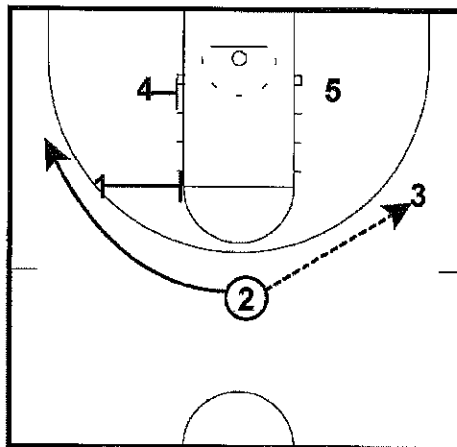
Floyd- "C"
Coaches Clinic 2012



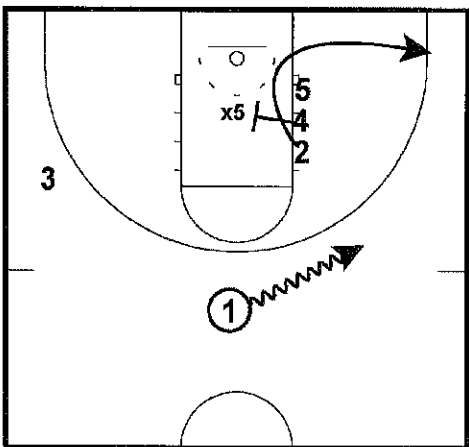
Floyd- For a Shooter
Coaches Clinic 2012



Floyd- For a Shooter
Coaches Clinic 2012

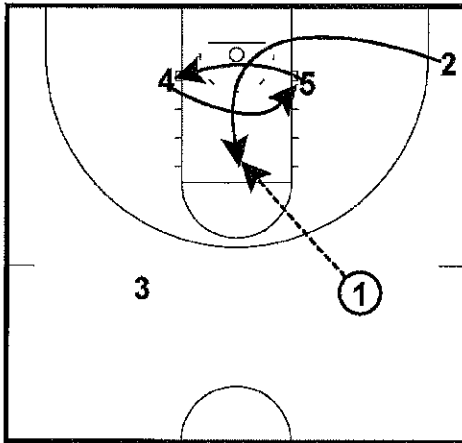


Floyd- High Low
Coaches Clinic 2012

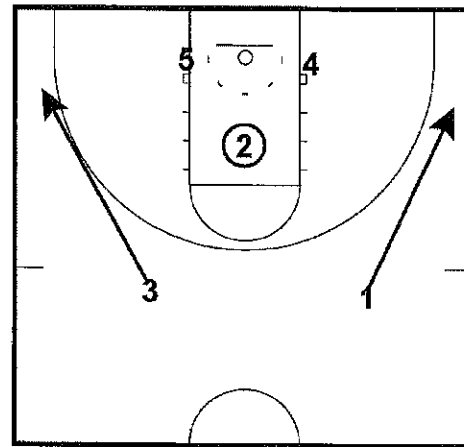


Tim Floyd

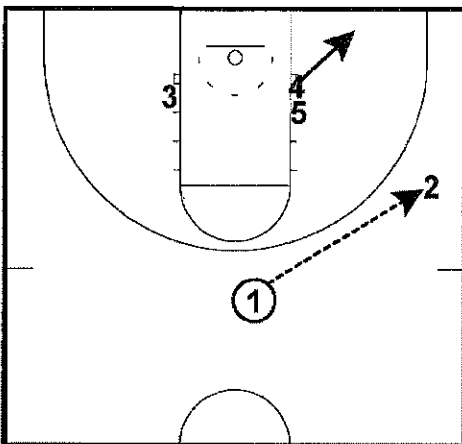
Floyd- Inside X
Coaches Clinic 2012



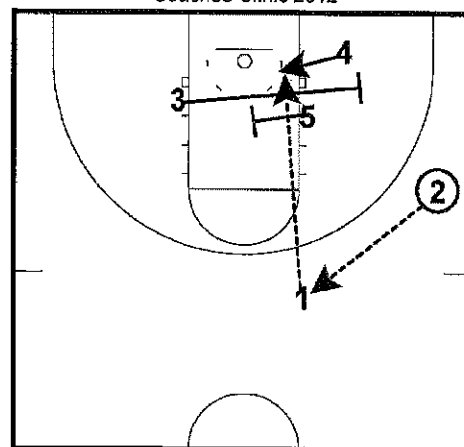
Floyd- Inside X
Coaches Clinic 2012



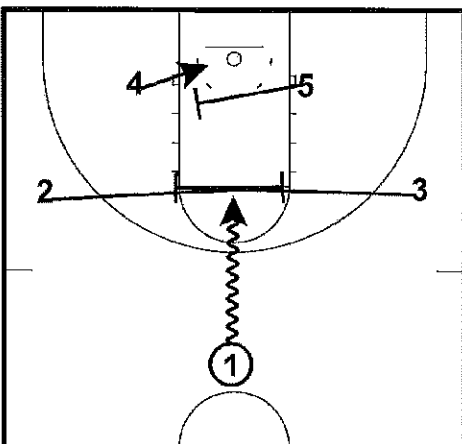
Floyd- Misdirection
Coaches Clinic 2012



Floyd- Misdirection
Coaches Clinic 2012



Floyd- Pop
Coaches Clinic 2012



Tony Dungy

- What coaching is all about... What is our purpose in coaching
- "The lord sometimes has a better plan than we do"
- Chuck Knoll – such an impact on his life
 - "Football is a great game and your profession, but it is not your life. Want to help you do your life's work."
 - "Champions don't do extraordinary things. Champions do ordinary things better than everyone else."
 - "Your job is to help our players play better"
 - Always talked about the process
- 2 pieces of advice from Coach Knoll
 - Have to figure out a way to reach everyone
 - Never take a job based on money, title, or position
 - Take job based on who you work for, with, and how much you can learn
- Learned from Bible
 - Verse: Jeremiah 29 – "I know the plans I have for you says The Lord..."
 - When your plans aren't met, it's the Lord taking you in another direction
- Got to Minn. Chapel
 - "What are you doing for your players off field?"
 - Explain to players how to be a man, husband, professional
 - Q – Who got you going in the right direction?
 - Changed view of his job
 - Responsibility to guys under his watch
 - How to live, how his faith was going to be involved
- Won 2006 Super Bowl
 - "Certainly wasn't my plan"
 - Don't put the results as the end all, but focus on the process
- "You're going to coach a lot of people and you're never going to know what impact you'll have on them. They may go on to impact hundreds of people you'll never meet."
- Q – What do you miss?
 - A – misses the relationships the most
- Q – How did you manage the pressure?
 - A – 1) worry about the process, not the result and 2) Jeremiah verse – put some things in the Lord's hands
- Q – How did you handle the perception of soft-spoken equaling soft?
 - A – So much of profession is perception-oriented
 - If someone doesn't give you a chance, cannot worry about it
 - Don't judge me by my perception – go by my record
- Advice doesn't always sink in immediately
- Looking at players as asset vs. as a person
- Play to win?

- Players – Play our best and to do what we want to do

The One Year Uncommon Life Daily Challenge – Tony Dungy

Maximizing Your Impact: Purpose – Scott Whitaker

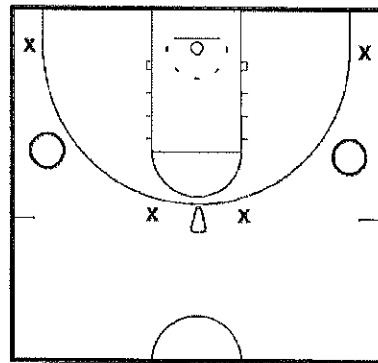
- These two books were generously donated to the clinic attendees by Impact for Living

Jeff Reynolds

- Right spot right time
- Cut hard
- All spacing
- How do you guard this stuff?
 - Matchup – hide lack of athleticism, control game
- 4 concepts to bother the matchup
 - Screen your own man – vs. matchup or switching 1-5
 - Misdirection
 - Zipper action
 - Press, Pressure, shrink
- Ball side cuts
 - Must honor ball side cuts
 - Goal of matchup – take “unpracticed” shot
- Switching defensively – “Talk it, touch it, switch it”

Jimmy Tillette

- "Extremes of offense" – Princeton
- "Hard cuts" – "cut harder"
 - Not quickness of players but speed of offense
 - Must change speeds of offense
- Least regimented offense
 - Have to be a grind it out offensive team
- Reduce offense to 2 components – vision and action
 - Narrow vision, wide action
- Near feel and far look to be effective with the ball
- Fight for a dribble angle
- Offense must know difference between simultaneous and sequential
- Spots offensively, so people know where to be
- Speed of offense, not quickness of player
- "Does the ball need help or does it need space?"
- Extremes of offense – no focus
- Defense:
 - Pressure ball
 - Pressure cutter – take away speed of offense
 - Pressure dribble
 - Switching
 - Selective trapping
 - Delaying or changing defenses
- 2 cuts – stationary to sprint or sprint to stationary
 - Nothing else is acceptable
 - Get through bumps/holds
- SOS – "shit out of sureness"
 - Must get to sureness with urgency
 - Get to spots, regain flow



- Prepare – 1 or 2 things
 - Try to take away everything, you take away nothing
 - Can't take away 3's and basket cuts
 - Change defenses

EXTREMES OF OFFENSE

CALCULATION



CHAOS

ABC (SEQUENCE)

SOS (UNCERTAINTY)

CHARACTERIZED:

DAIBBLING

DAIVING

(UP+IN/DOWN+OUT)

(AT, BUT ARCED)

RELATIONSHIP:

BESIDE

BETWEEN

PLAY WITH:

FUNCTION

FRENZY

← W'OUT PURPOSE →

RESULT:

LOOKED:

SHOCKED:

① DISTORTED SPACING

① ABRUPT FINISHING

② SKEWED DAIBBLE ANGLES

② SKEWED PASSING ANGLES

JIMMY TILLETTE < 205-532-3465
JATILLET@SAMFORD.EDU

DEFENSIVE IDEAS VS PRINCETON

OBJECTIVE: FORCE OFFENSE TO OPERATE
CONSTANTLY IN EXTREMES OF PLAY/
DESIGNED TO DICTATE THAT OFFENSE
OPERATE UNCOMFORTABLY, EITHER
W'OUT SPACE OR WITH UNACCUSTOMED
SPACE

* PLAYING CONSTANTLY AT EXTREMES
MAKES IT MORE DIFFICULT TO REMAIN
IN RHYTHM + FLOW

TECHNIQUES:

① PRESSURE < BALL (DRTBBLE)
KATCH

② SWITCHING : ① ALL ② SOME ③ LATE

③ SELECTIVE TRAPPING

④ DELAYING / CHANGING DEFENSE

EFFECTIVE OFFENSE -

PLAYS AS MUCH AS POSSIBLE WITHIN MARGINS

CIRCUMSTANCE

NBA (JUDGMENT + ADVANTAGE)

(NARROW VISION)

CHARACTERIZED : POUNDING (DABBLE/DRIVE/BOUNCE)

RELATIONSHIP : INSIDE (UNDERNEATH)

PLAY WITH : * FOCUS (APPROPRIATE ATTENTION + AWARENESS)
* PURPOSE (SURENESS/COMFORT)

KEYS : ① BALL SURENESS (NEAR FEEL + FAR LOOK)

② COMPETE FOR POUND ANGLES ("IS YOUR POUNDING
MOVING US ALONG OR AHEAD ?")

③ MOVEMENT < SPACE OR HELP ?
CUTS (S²) / SPOTS (DEFINED)

④ FLOW (MAINTAIN/REGAIN)!

LESS THE QUICKNESS, MORE THE SPEED

ABE FOLLOWING : CALL (SUBAU)

SOS (SURGENCY)

John Adams

- National Coordinator of Officials
- Different styles of play
 - Different styles is the beauty of the game
 - Different styles of officiating are not
- Officiating standard – level of predictability
- Started working on “absolutes”
- Constantly reviewing illegal plays
- Recognizing and reacting
 - More of a science and less of an art
- NCAA basketball tournament 850 mil/yr
 - We want our tournament to go well
- Adams – “I have nothing to do with officiating during the year”
 - NCAA – Federal government
 - Leagues – State governments
 - Different leagues want certain types of officiating
- Goal – seamless transition to NCAA tournament
- 850 independent contractors (refs in NCAA)
- 2008-2011 – Plays that officials didn’t get right
 - Lagging behind pace of play
 - Out of position
- 92% of all whistles – Correct
- 67% of block/charge calls – Correct
- 60% of non whistles – Correct
- 88% overall – Correct
- jwasports1@aol.com
- Most important criteria in evaluating officials is getting the plays right, then:
 - Be an adequate communicator
 - Manage major moments

Jamie Dixon

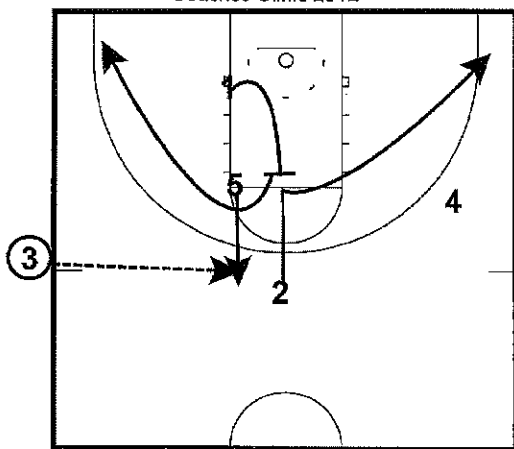
- Pride in guarding ball screens
- Side ball screen with weak side duck in
 - Hedge and go over
 - Show and go over
 - Switching
 - Trapping
 - Squeezing
 - Downing
- Hedge – ahead of the screener, foot to foot, one slide
- Roll and fill – hedge and switch with bigs – “Rush Man”
- Only want one guy helping on the roll
- Point and talk – “Take mine” on roll and fill
- Switch out and switch under
 - “Switch the gap” – stay in gap to give help to drive by 1 on X4
 - No rush man on switch
- Hedge – turn him away from basket – maintain ball pressure
- X out on flight of the pass
 - “Error on the side of aggressiveness”
- Sprint into ball screen – be ahead of the screener
- Foot to foot – don’t get split
- Not concerned with big catching on the move with back to the basket

Erik Spoelstra

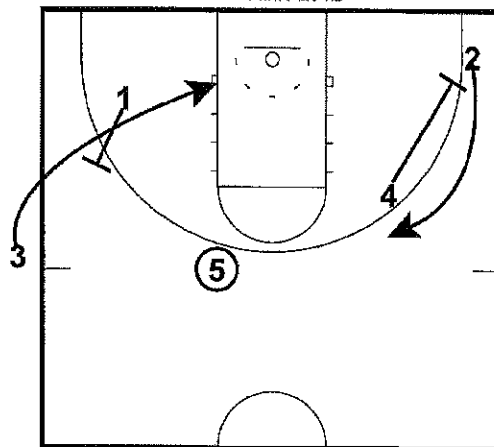
- Foley on Billy D – “Just be normal”
 - Bad karma to take yourself too seriously
 - Scout your own team
 - What do they not want you to see?
 - Dig deeper into what works
 - Protective defense
 - Always what they’ve done
 - Pace of game = slow
 - Bottom 5 in league in points off TO’s
 - Forced him to change his lens
 - Core values – together, though, trust
 - We’re all peers in this – all struggling, all seeking
 - Stan Van Gundy and Pat Riley – incredibly detailed
 - “I’ve lost every possible way you can imagine up 3”
 - D Wade – he gets rebound, he’s the guy late game – no timeout
 - Try to get a cheap one – if not, timeout
 - 1st case – have to foul up 3 – easy to foul
 - There are some situations that we don’t foul
 - D Wade – only guy that is allowed to intentionally foul
 - D Wade guards the ball and takes away every open cut
-
- Importance of time and score
 - What exactly are we doing on situation
 - “I don’t believe in elephants in the room” – has created an honesty
 - Importance of taking the sword
 - Everything is together
 - Don’t allow separation, gurus

Erik Spoelstra

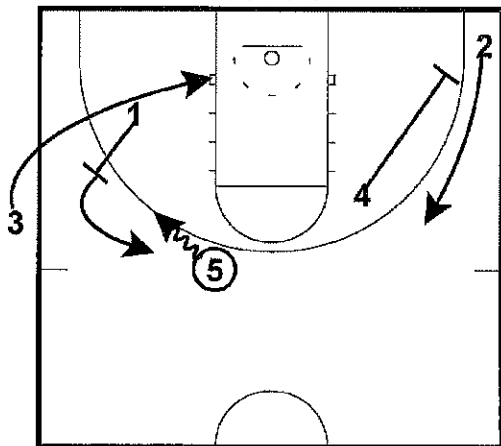
Spoelstra- Bulls
Coaches Clinic 2012



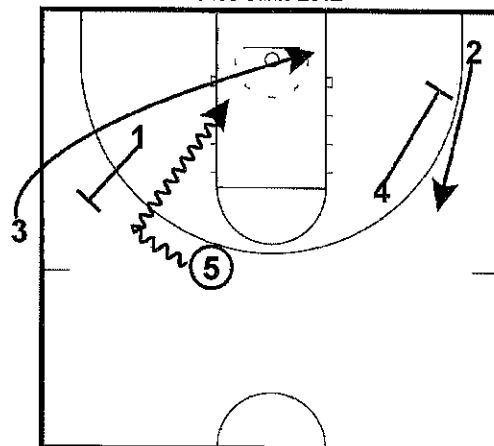
Spoelstra- Bulls
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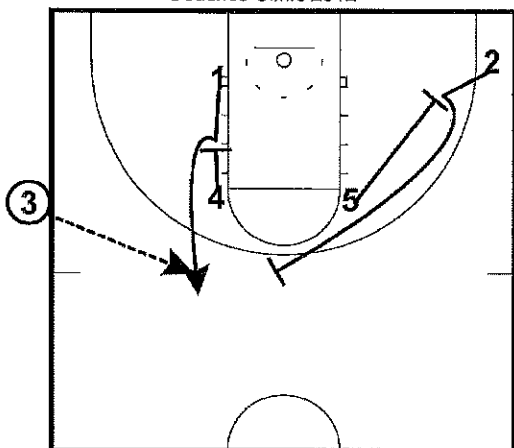
Spoelstra- Bulls
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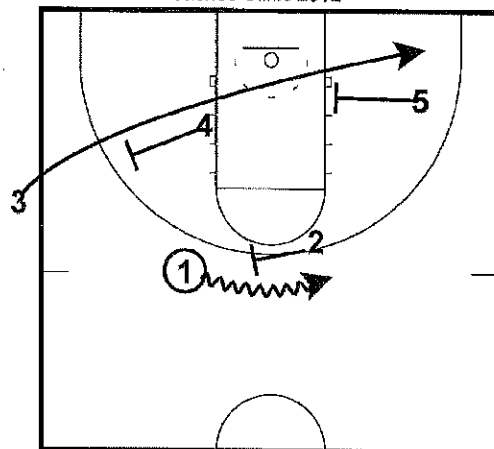
Spoelstra- Bulls
Coaches Clinic 2012



Spoelstra- Celtics 2
Coaches Clinic 2012

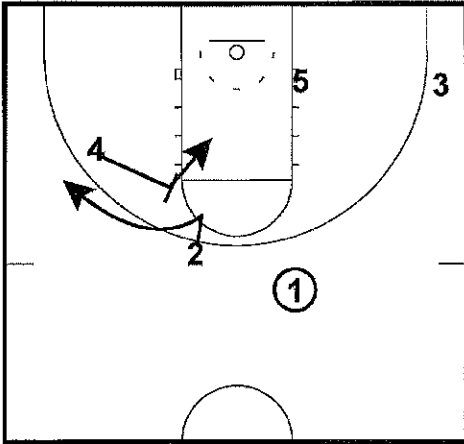


Spoelstra- Celtics 2
Coaches Clinic 2012

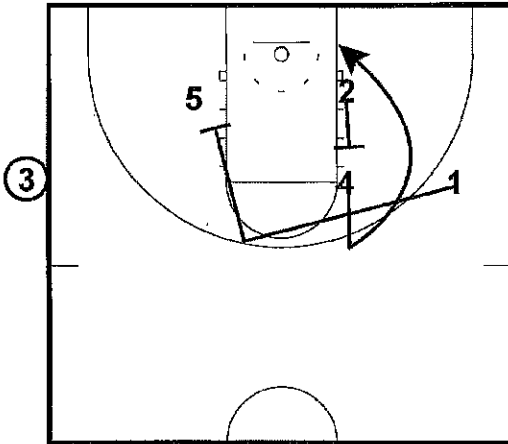


Erik Spoelstra

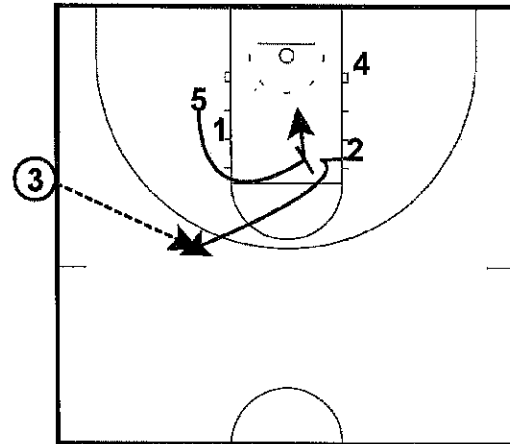
Spoelstra- Celtics 2
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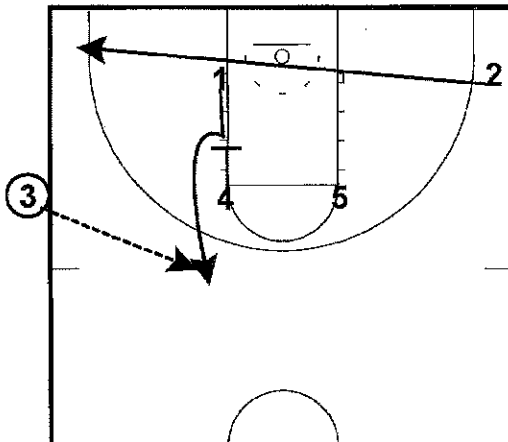
Spoelstra- Celtics 3
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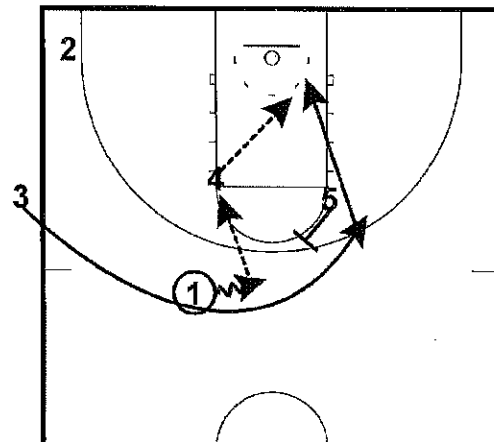
Spoelstra- Celtics 3
Coaches Clinic 2012



Spoelstra- Celtics 4
Coaches Clinic 2012

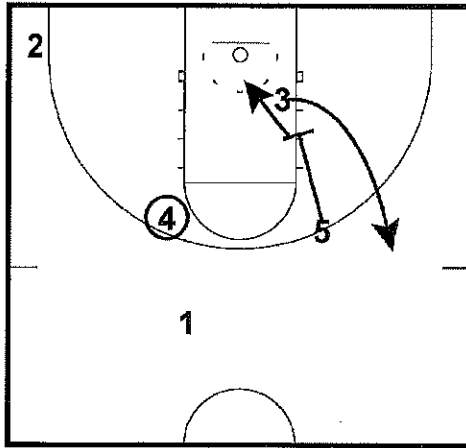


Spoelstra- Celtics 4
Coaches Clinic 2012

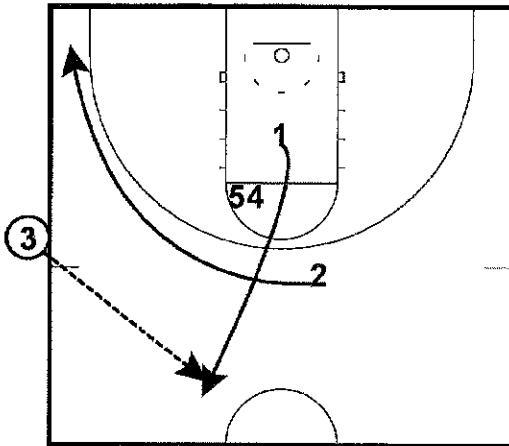


Erik Spoelstra

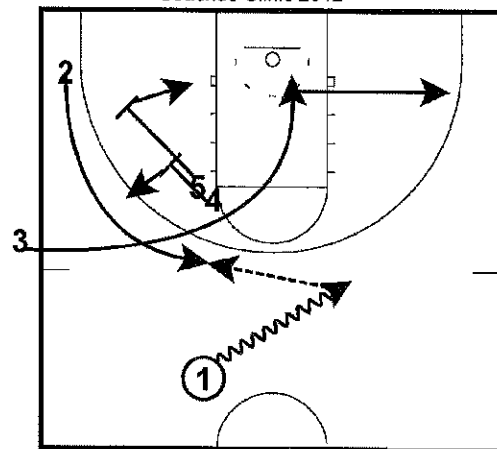
Spoelstra- Celtics 4
Coaches Clinic 2012



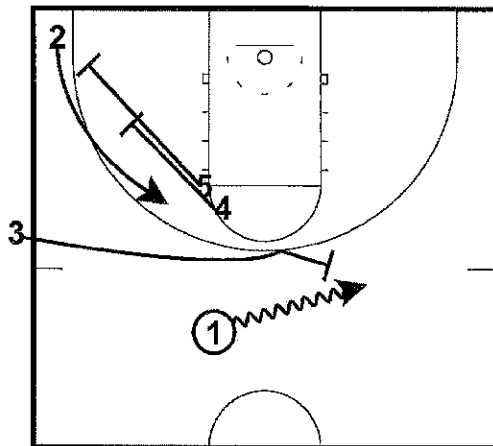
Spoelstra- Celtics 5
Coaches Clinic 2012



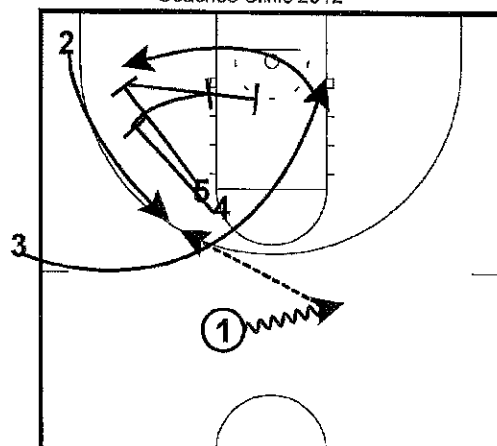
Spoelstra- Celtics 5
Coaches Clinic 2012



Spoelstra- Celtics 5
Coaches Clinic 2012

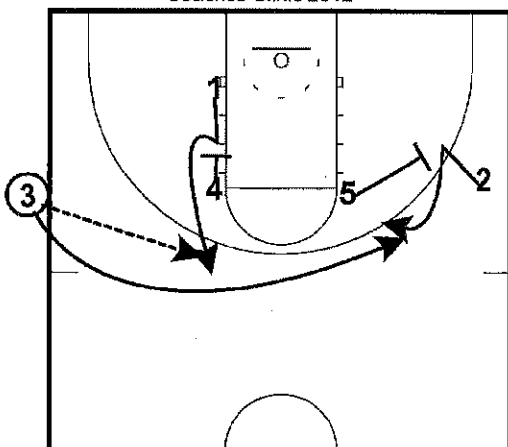


Spoelstra- Celtics 5
Coaches Clinic 2012

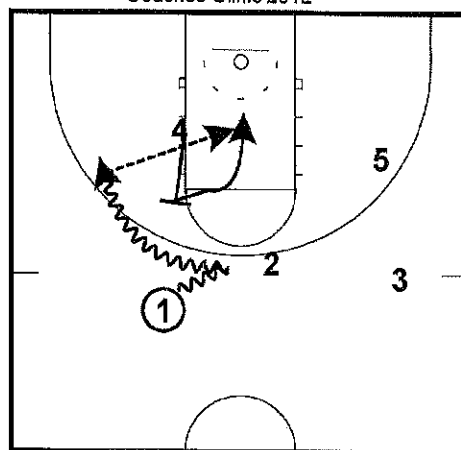


Erik Spoelstra

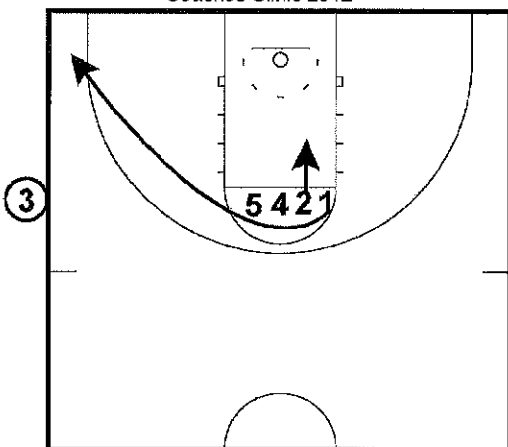
Spoelstra- Celtics Step-Up
Coaches Clinic 2012



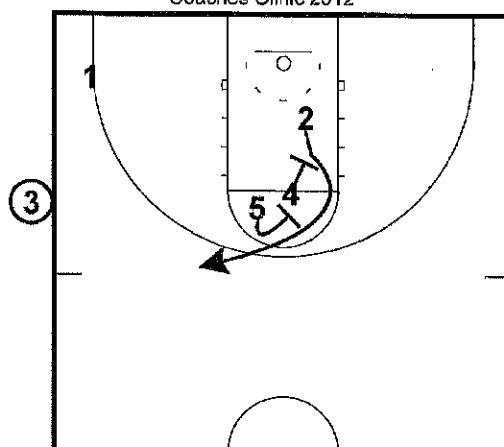
Spoelstra- Celtics Step-Up
Coaches Clinic 2012



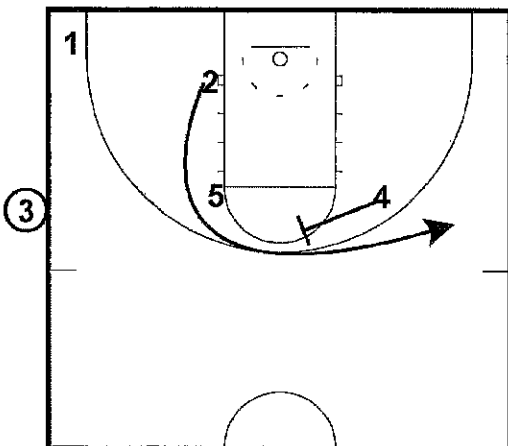
Spoelstra- Line at FT line
Coaches Clinic 2012



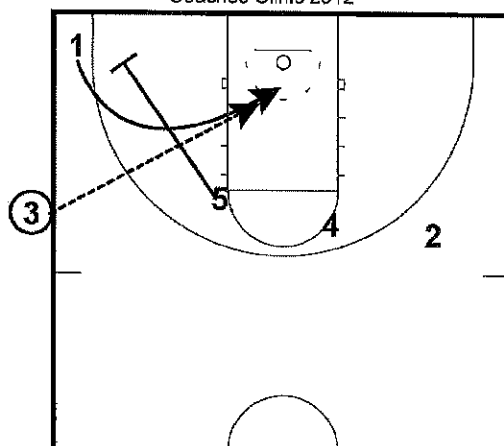
Spoelstra- Line at FT line
Coaches Clinic 2012



Spoelstra- Rondo Play
Coaches Clinic 2012

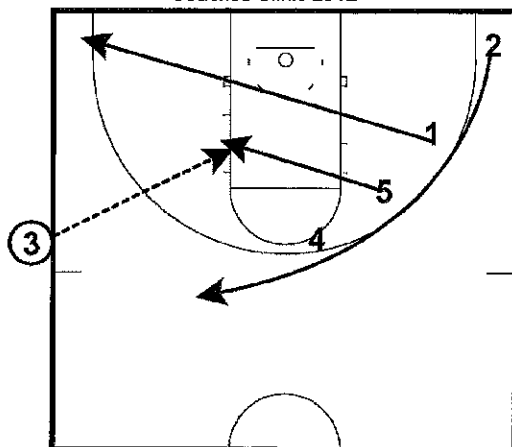


Spoelstra- Rondo Play
Coaches Clinic 2012

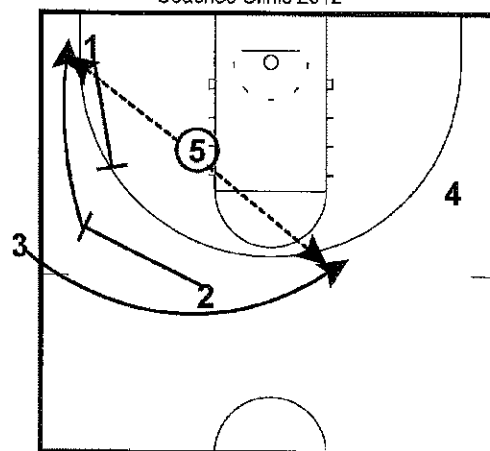


Erik Spoelstra

Spoelstra- Weakside Line
Coaches Clinic 2012



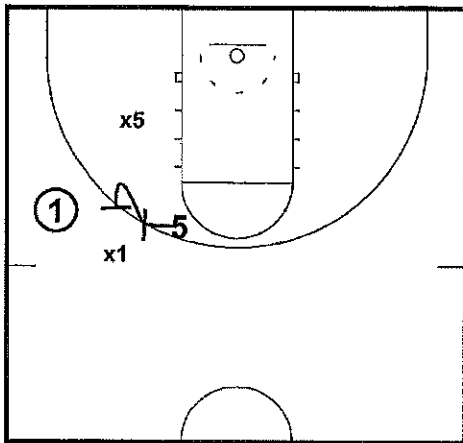
Spoelstra- Weakside Line
Coaches Clinic 2012



Matt Painter

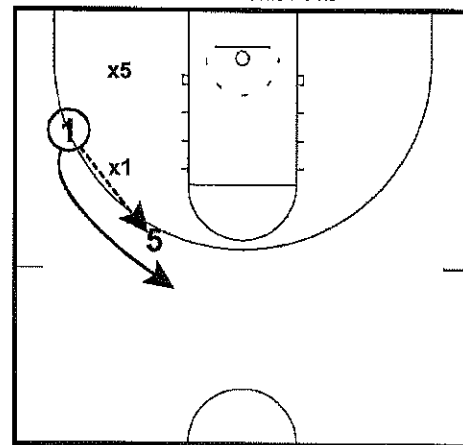
- See Diagrams for Downing Actions
- Transition D
 - High volume 3's – gets back
 - PG goes to glass, then takes the outlet
 - PG sprints to ball level if it comes on to someone else
 - If PG belly cuts, you cut off his angle
 - Work on this in dry offense
 - Transition more important than rebounding
- “Blow up a screen”
 - Hit him as you get hit by screen
- Baseline guy – shoot gap at last minute
- Vs. Matchup Zone
 - Post middle of matchup zone
 - Cut middle vs. matchup – cannot leave middle until a misdirection dribble

Painter- Downing Actions
Coaches Clinic 2012



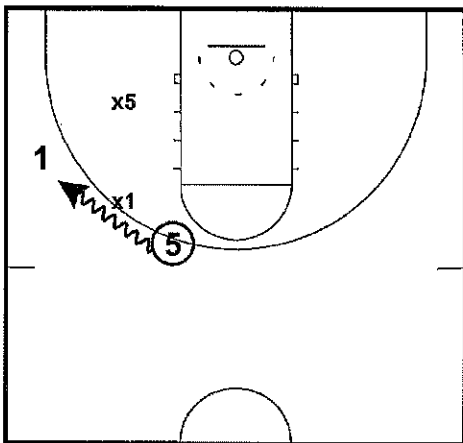
Adjust Screening Angle

Painter- Downing Actions
Coaches Clinic 2012



Throwback to Immediate Handoff

Painter- Downing Actions
Coaches Clinic 2012



Throwback to Immediate Dribble Handoff

Brad Brownell

Guarding specific actions

- Cross screen/down screen
 - Hit his hand, feet below – bump the cutter
 - Get in the way of the screener
 - X out on the backside
 - Or, hold up path and go ball side
- Search-stagger
 - Wall post player or “Gold” – Front
 - Switch out to deny
 - “Jump to ball, get small”
 - 90% of people who run search-stagger don’t throw it in
 - So front the post
- $\frac{3}{4}$ front on slice/stagger/stagger
- Nobody runs off screens free
- Never a free shot – Red to switch in emergencies
 - Guy guarding passer, retreat to the pass
- Screens – bump screen to throw off timing
 - Get to top side of screen and ride the guy off screen
 - Contact at point of screen
- Wide pin down – gives his guy the option
- 2 reasons why his teams are good defensively
 - Will play guys that defend that can’t score
 - Take out good player for defensive mistakes

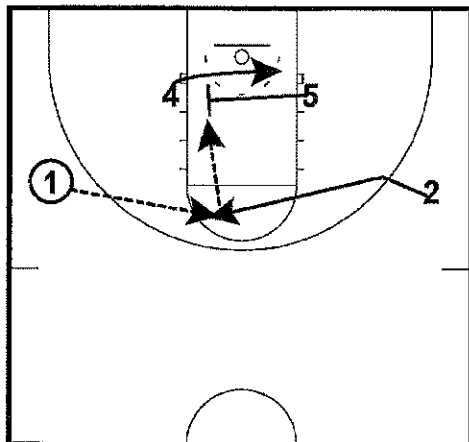
Sherri Coale

Motion Offense

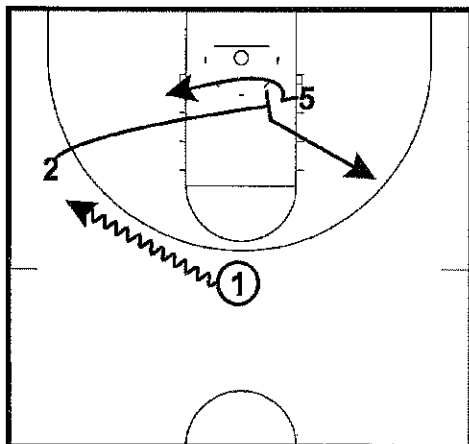
- Not a motion guy a fundamental guy
 - Drill and drill footwork and fundamentals
- Want guys who are smart and fun to be around
- Motion offense wrinkles
 - "Midget series"
 - Wing away from big on opposite block sets cross screen
 - Creates separation for the "midget guard"
 - See Diagram
 - Key to ball screen – arrive at the screen without your defender
 - See Diagram
 - "Hooptie" – dribble into the channel, quick stop, reverse pivot, backdoor
 - See Diagram
 - High ball screen twist
 - Away block-block screen, high post flash, high low pass to the screener
 - See Diagram
 - Screen coupling
 - Back screen/pin screen
 - See Diagram
 - "Cut backs" – to get guards to back screen
 - "Billy Ray" – backdoor to down screen
 - See Diagram
 - "Squeeze" – ball screen, flare screen, re-screen
 - See Diagram
 - Worst feeling – break down your man and your teammate doesn't move
 - Dribble at you – space and chase
 - 15ft electrical fence, stay spaced
 - Dribble away from you – crack
 - Fill in right behind the driver
 - Baseline drive – drift opposite corner
 - Big goes to the dot and crack guy fills behind
 - "Naked post" – open wing – big pins in for guard to fill opening
- Championship behavior – practiced every day
 - Every drill – scorer points to the passer who gave the assist
 - When a player hits the floor – every player sprints over to pick them up
 - Charge – everyone in the program stands and applauds
 - Huddle before the other team on every FT and out of bounds
 - First team to the bench during TO – first to return to the floor

Sherri Coale

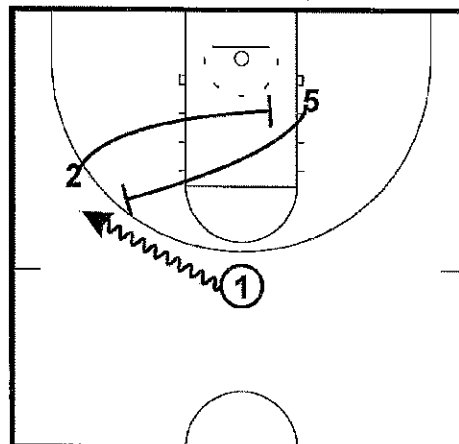
Coale- Block to Block Screen
Coaches Clinic 2012



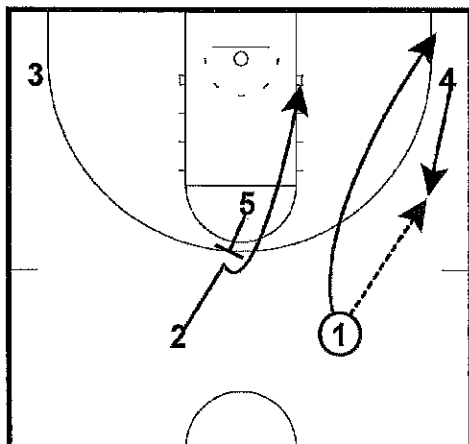
Coale- Cross Screen
Coaches Clinic 2012



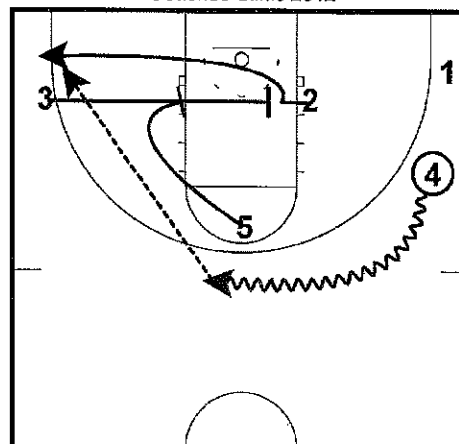
Coale- Cross Screen
Coaches Clinic 2012



Coale- Double Wheel
Coaches Clinic 2012

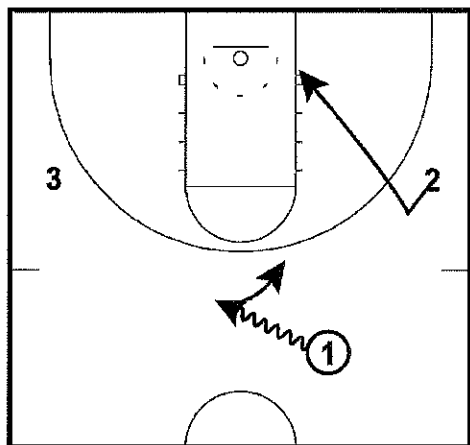


Coale- Double Wheel
Coaches Clinic 2012

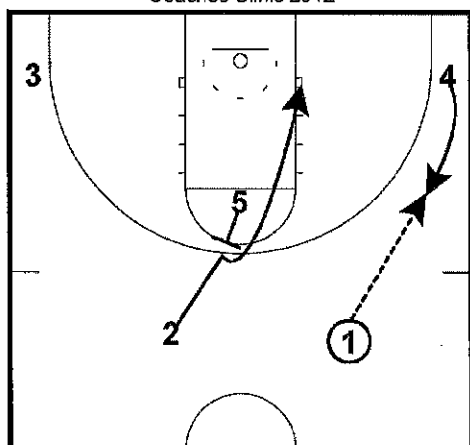


Sherri Coale

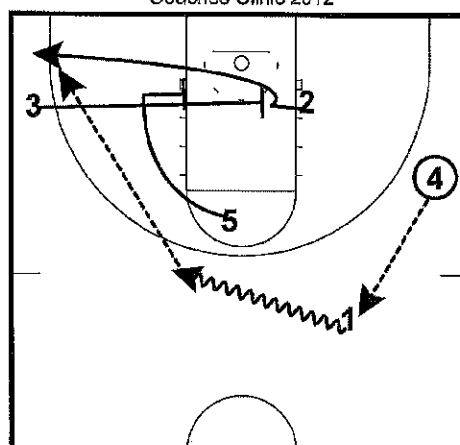
Coale- Hooptie
Coaches Clinic 2012



Coale- The Wheel
Coaches Clinic 2012



Coale- The Wheel
Coaches Clinic 2012



Pelphrey, Gunning, Leitao

Shoot Around

- Jackson – Sharp and on edge with schedule, etc.
- Greer – Let them stay up late when travelling East on West coast time
- Leitao – What you don't do with your body, you must do with your mind – verbal
- Pelphrey – Accuse us of working too hard rather than not working hard enough
- Saunders – Comfort zone – ritual
 - Get guys out of bed – reconfirm what we're trying to do
 - Pat Riley 2.5 hour shoot arounds
- Gunning – McHale – positive person, not spending 50 minutes about how they'll beat us, but 50 minutes on how we'll kick their ass

Pelphrey – Summer... too much like practice?

- Focused this summer on getting bigger, stronger, faster
- More film, more walk through
- Plant seeds now that we'll water later
- Shyatt – We'd be missing the boat if we don't spend quality time with our guys
- 2 hour workout-Skill work, 4 man, Team

Best Scorer Worst Defender

- Pelphrey – “He's got to try”
- Leitao – Scoring takes a lot of energy – need to consider the energy it takes to be great offensively
- Saunders – “The great ones do both”
 - Doesn't mean you can't be a team defender
 - Players have to become their own niche
- Gunning – Lots of defense is a choice
- Brownell – Figure out defensive rules for guys that aren't as good defensively
 - We always think of rules as offense
- Leitao – Are you better than your problems?
- Floyd – Can't be afraid to coach a gamebreaker
 - Great players are often strong personalities – lots of them are begging for strength
- Pelphrey – “When do we let one go?” – hardest question
 - As an assistant – try to head it off before it gets to the head coach
- Floyd – Address guys individually vs. team – resonates more
- Painter – “A sack of shit rarely loses its smell”
 - By saving one kid, you could also dog a lot of guys that do everything you say

Spencer Wood

- Mental toughness cannot win you a championship, but can lose you a championship
- Pressure – understanding expectations, internal and external – confidence
 - Grows in any gap that exists between expectations and confidence
- Answer – Drop expectations without expecting any less of the athlete
 - How?
 - How well of a job do we do eliminating external expectations?
 - VCU – confidence is greater than expectations
 - This is what Cinderella teams are about
- Pressure kills fine motor skills and motivation
- Crush and ignore external expectations
- What about internal expectations?
 - Expectations go sky high when they think about achievements, results, rather than the process and the present
- Minefield mentality
 - Choose direction
 - Then execute each step
- Every basketball game involves our mind being in one of 3 time zones
 - Past, present, future
 - How do we stay in the present?
- What is choking?
 - An absence of one or more of 4 C's of peak performance
 - Composure
 - Concentration
 - Confidence
 - Commitment
- How do you win – focus on "what's important now"
- What wins? 4 C's in the present
- Why athletes check out of the present?
 - Choking
 - Past – mistakes – carry those mistakes
 - Impact of major mistake can haunt us
- Memory is associated with emotion
 - Good memory = good emotion
 - Bad memory = bad emotion
- 3 F's – Flush, Fix, Forget
- Great athletes aren't perfect, but they are near perfect in their response to mistakes
- Every athlete – 2 categories
 - Less poise, less confidence, less relaxation
 - Athletes that gain poise, confidence, relaxation from adversity
- How do you FFF?
 - Mentally acknowledge mistakes

- Must use 2 lenses
 - In bleachers (outside-in)
 - Lens in the moment (inside-out)
- Acting out on mistakes – ego preservation, vulnerability
- Best players implement self-talk
- Left side of the brain – analytical, critical
- Right side of the brain – creative, imagination
- Occupy mind right up until point of execution
- Every player has a line in the sand
- What were the emotions of our players during their best games of their careers

The 2012 "Florida Coaches Clinic"

"Pressure Performance"

Getting the most from your players with the game on the line

- Spencer Wood
PhD (ABD), MS., BA., BS., PES, CSCS
President, Icebox Athlete

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Mental Toughness & Pressure

A LACK of mental toughness is guaranteed to cost us a championship

Particularly under Pressure: But void between what we know & what we do...

Tradition (resistance training), practice = same thing, perceived weakness + what do we do?

Pressure = gaps between E & C

Challenging the model... Bird, Jordan, Tiger & Bolt

The Canadian Corundum

This = approach & goals... what about mindset under pressure (before and during game)?

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Excelling under Pressure

Playoffs/Pressure = warfare and MINEFIELD...

Destination is important... but stay in moment

(= no thoughts of past - mistakes, or future - ramifications of win/loss - W.I.N.)

What will you do to STAY IN THE PRESENT?

Control the things that typically pull us out of the present (DO MORE than say 'stay in present')

1. Pulling toward future - shaking mentally = ego save vs. correct def of choking (3 overtimes)

Great eg = Cal Tech study on choking (what happens when you focus on outcome)

2. Pulling us toward the past - key mistakes..... the sun-refractions..... emotions & memory

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The Bounce Back - Mistakes & the 3 F's

All athletes divided into two groups: Sheryl Swoopes type vs. everyone else

Great athletes are not great b/c they are perfect...

- 1) Flush it... Acknowledge disappointment, but be kind + play game body language
- 2) Fix it... See it (inside out)... L side vs R side + OCCUPY MIND
- 3) Forget it... Hear it (go to sentence)

Doubts are normal... like thief at door... (Red light to Green light... stopwatch = tough)

Bouncing back from bad games... same 3 F's... the Phil M approach... Tiger HAD it

Remember: never outperform self-belief system... THE 17 STEPS + MTR

Gives extreme Confidence + OCCUPIES mind!... Bannister - self-belief / confidence

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The clutch response to stress

Threat leads to 'Fight or Flight' Reaction

Situations in life + Sports... 4 things occur

The Chart - a small level of stress is useful but **KNOW YOUR NUMBER!**

Good News: BRAIN controls this... thoughts... feelings... actions

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The clutch response to stress

AGGRESSIVE-POISE... Yuri Vlasov

But beware: athletes typically take baby steps past their HYPE # = hard to recognize

Two extremes can be: Under-aggressive, Over-aggressive (< timing, decision making, skills)

How Olympians got there and stay there... the **INTERNAL** thermostat + **LOCKER**

Vs. Thermometer (the first is proactive, the second is reactive)

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Plan of Action

Sometimes things don't go according to plan because...

Identify TRIGGERS for each INDIVIDUAL that affect one or more of 4 C's

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Individual TRIGGERS – mental sheet of armor

Michaelangelo's DAVID

Identify External: (team exercise)

- Opponents – getting lucky, great play, dirty/un-sportsman like play
- Family/friends/media – expectations
- Bad call or no call by refs or getting unlucky (ie falling overboard etc)
- Crowd/size or size of game (what is on the line... or what is NOT on the line)
- Teammates mistakes that lead to frustration or weaken confidence

Identify Internal: (team exercise)

- Anger/frustration (inability to manage mistakes – NAME TOP 3)...you do not have to be perfect to play to...
- Cycle of negative thoughts and doubt – negative spiral physically and mentally...

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Summary

- Pressure E & C... mindfield mentality...stay in present (choking + bounce)
- In-game process of bouncing back mistakes / adversity (3 F's) + MTR 17 steps
- Clutch response to stress – hype #
- Plan of Action (Triggers + Assessment with laser-like accuracy)

Prepare...Habits... Same is true for the Mental.....VIREN & SPITZ

Lots of info...but pain of not achieving our goals will always be > than....

Three Edges....

Thank you + IB

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Mental Skills & Toughness Training Plan of Action

At least read 3 things...what are I now doing...This begins with honest answers, a good day of career

PEAK PERFORMANCE ASSESSMENT		1	2	3	4	5	6	7	8	9	10
1	Ability to handle adversity + mistakes										
2	Ability to compete against "equal or better" competition										
3	Ability to compete against "worse" competition										
4	Pre-competition preparation / focus										
5	Ability to push through fatigue & positive pain in practice										
6	Ability to push through fatigue & positive pain in competition										
7	Pain:										
	a. In Practice										
	b. In Competition										
8	Focus:										
	a. In Practice										
	b. In Competition										

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Mental Skills & Toughness Training Plan of Action

PEAK PERFORMANCE ASSESSMENT		1	2	3	4	5	6	7	8	9	10
9	Performance Consistency										
10	Qualitative to skills outside of team profile										
11	Accepting responsibility for setbacks, handling others										
12	Leadership (positive or negative influence)										
13	Overall Work ethic										
14	Coachability										
15	Integrity:										
	a. In Practice										
	b. In Competition										
16	Confidence:										
	a. In Practice										
	b. In Competition										

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Legal Defense – What College Coaches Need to Know About the NCAA Infractions Enforcement Process

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I. THE ENFORCEMENT ENVIRONMENT

NCAA ENFORCEMENT STAFF

- Enforcement Staff basically doubled in size to roughly sixty full-time people in last few years
- Enforcement Staff now very aggressive in developing independent information re potential NCAA violations
 - » traditional leads: self-reports; disgruntled players, families, girlfriends, ex-coaches, trainers, third parties
 - » enhanced methods of information collection: top prospect interviews; eligibility center; AAU certification process; internet & social media; databases from prior investigations
- campus visit from Enforcement Staff now more likely from information not known by schools, so less likely to be anticipated

NCAA ENFORCEMENT STAFF AREAS OF FOCUS

1. third-party "influencers,"

- 7 major infractions cases decided since 1/2011 had a significant third-party component
 - » UCF, South Carolina, UNC, Ohio St, Oklahoma, Ga Tech, UConn
 - » others going on include Miami
- third parties =
 - » agents (very broadly defined)
 - » AAU coaches
 - » apparel company reps
 - » "non-traditional boosters"
- NCAA looking for connections w/ coaches and programs – "red flags" include
 - » shared representation
 - × coach and players

- × multiple players
 - » volume of communications with coaches (esp. return calls/texts)
 - » communications re multiple kids
 - » kids in different geographical areas
 - » no family or coach-player relationship
 - » relationship starts after 6th grade
 - » presence at recruiting evaluations
 - » presence on UOVs and OV's
 - » game tickets
 - » program access
 - » moves to community when kid enrolls
 - » funding of "foundations" – do these people have "real jobs"
- if NCAA sees some connection, it presumes the worst; "third party must be improperly assisting recruiting"
 - » coaches must be prepared to explain legitimacy of contacts w/ these groups; and the legitimacy of their contacts w/ kids

2. unofficial campus visits

- Enforcement Staff looking at
 - » who comes
 - » who pays
 - » geography
 - » number of visits by kids and coaches/mentors

3. summer issues

- Enforcement Staff looking at
 - » period between regular academic schedule and summer school
 - » housing, local transport – "coach arranging," even though no \$ from coach (see, Boise State; Radford)
 - » international PSAs; JUCOs finishing credits nearby or on-line

4. academic fraud

- area of media interest – See, UNC
- Bylaw 10.1-(b) is very broad
 - » can be even limited assistance on work for credit
 - » "any staff involvement"

5. "investigating the investigation"

- 11 of 18 non-administrative cases resulted in UEC findings vs coaching staff members
 - » misleading testimony

- » not maintaining investigation confidentiality
- in several cases, the coaches' underlying violations were clearly secondary
 - » Tennessee; Ohio St; Radford
- Enforcement Staff strategy -
 - » look at post-interview phone and e-mail records
 - » ask others if talked to coach – particularly PSAs, SAs, parents

TWO KEY PRESIDENTIAL WORKING GROUPS

1. Rules Group -

- good goal = revise NCAA Manual to reduce the volume of unenforceable and inconsequential rules
 - » rules should support core values; not dictate resource allocation
 - » have more "underlying concepts" and fewer "dos and don'ts"
 - » problem = every rule in book because some membership group wanted it
- need to know more; but beware –
 - » Q: Who is going to judge compliance with "core values" and "concepts"?
 - » A: Same group – Enforcement Staff.
 - » SO: be sure school administrators have approved decisions

2. Enforcement Group -

- three important changes to Bylaw 19 coming in 8/2013
 - » already see impact in more aggressive Enforcement Staff charges vs coaches and greater penalties vs coaches and schools
- (I): replacing current definition of major and secondary violations with "four-tier" approach
 - » L1 = severe breaches (major)
 - » L2 = significant breaches (major)
 - » L3 = breaches (secondary)
 - » L4 = incidental (secondary II)
- also have aggravating and mitigating factors
 - » list of aggravating factors = longer (and more likely) than mitigating factors
- (II): significantly increased penalties
- penalties from "six course menu"
 - » competition limits (post-season bans)
 - » financial penalties (post-season claw-backs)
 - » scholarship limits (more severe)
 - » recruiting limits (more severe)

- » show cause orders on coaches with coaching suspensions
- » probation (longer and with more requirements)
- (III): much more emphasis on the head coach's responsibility and penalties
- "For level I and II violations, Bylaw 11.1.2.1 (Responsibility of Head Coach) is the centerpiece of the working groups' recommendations."
 - » essentially "strict liability" on head coach whenever a violation happens
- penalties = significant suspensions for coaches
 - » from games and other team activities during suspension period
 - » could be over multiple years of a show-cause order

Sever Agg		50-100%	5-10 years
Severe	Sig Agg	30-50%	2-5 years
Severe Mit	Sig	0-30%	1-2 years
	Sig Mit	0-10%	0-1 years

- overcome presumption by showing what did to promote and monitor
 - » likely NOT going to prevent finding
 - » instead looking to reduce penalty
 - × by lowering tier (via mitigating factors)
 - × by justifying lower range of penalties wi/ a tier

II. THE NCAA INVESTIGATION PROCESS

- in a major NCAA investigation...
 - » time
 - » energy
 - » money
 - » media
 - » distraction
 - » impact on recruiting
 - » job in some jeopardy – no matter success

1. Notice of Inquiry

- you are on your own; school can't help you
- school's lawyers are NOT your lawyers

2. investigation phase – NOI through NOA

- first question = participate or not
- interview preparation and the interview

- » no specific notice of subjects
- » no prior opportunity to review documents
- » the interview(s)
 - × multiple long interviews
 - × personal information; repeated questions; ask questions, then show documents; accusatory statements disguised as questions
- document requests
 - » NCAA will get from school without your knowledge
 - » ask for personal phone, e-mail, internet, bank, travel records
 - » “fishing expeditions”
- NCAA investigating the investigation
- communication with Enforcement Staff to shape NOA
- communication with current employing school

3. processing phase – NOA through COI hearing

- word of investigation will get to the media
 - » media and public presume “allegations” are “findings”
 - » worse under new approach that will include “evidence” in NOA
 - » coach prohibited from publicly responding
- first question = is summary disposition process possible
- review dozens of interviews and thousands of pages of documents
- conduct additional investigation; with or without NCAA and school
- draft a response to the NOA
- analyze the responses of other parties and the Enforcement Staff’s Case Summary
 - » likely to be “false and misleading” info in case summary
- pre-hearing conference with enforcement staff
- draft a supplemental response if needed
- hearing preparation and hearing
 - » may take place during your season; but need to prepare
 - » anticipate getting attacked from multiple directions
 - » coach is “on an island” in the hearing room
 - » COI = tough questioners
 - » keep emotions in check

- continued communication with current employing school
- the processing phase is very time and money consuming

4. post-hearing phase

- result from hearing
 - » usually takes about three months
 - » virtually no advanced notice
- immediate media and employment issues
- possible appeal
 - » postpones implementation of penalties
 - » approximately six month process
 - » time, effort, and money
 - » limited grounds; success unlikely; can “win battle and lose war”
- serious follow-on obstacles
 - » restrictive terms at current school
 - » effect on recruiting...
 - » impediment to subsequent jobs

III. WHAT COACHES CAN DO TO MANAGE RISKS AND MITIGATE DAMAGES

1. enjoy coaching your teams & cash your checks
2. “don’t cheat”
 - » compare fired for cheating vs fired for not winning enough
 - × duration
 - × “buy-out” money
 - × future employment opportunities
3. hire experienced staff
 - » you are going to be responsible for their mistakes
4. deal with “reliable” characters
5. Take pro-active steps to demonstrate promoting and monitoring compliance
 - » steps in NCAA “coach control” document
 - » be aware of and discuss NCAA “hot button” issues
 - » document and keep communication w/ compliance office
 - » document and keep other compliance paperwork
 - » implement agent policy in conjunction w/ compliance office
 - » audit monthly phone records (e.g., top 30 numbers called)

- » letters from compliance office to AAU coaches, third parties
 - » invite compliance office to speak to staff and team monthly
 - » attend NCAA regional rules compliance seminar
6. Be friendly with the Enforcement Staff... but don't think it really matters
 7. Get counsel at the start of any NCAA inquiry
 - » interview preparation
 - » interview presence
 8. Get "compliance counsel" before any NCAA inquiry
 - » confidential sounding board
 - » assist implementing proactive steps
 - » monthly updates on compliance topics
 - » bi-annual staff compliance interviews
 9. Address contract language to fit new Bylaw 19
 10. Put deposits in the "bank of good will."

HOW ADVANCED STATS CAN (AND CAN'T) HELP YOU

Ken Pomeroy

Team	W	L	OT	PTS	FG	3PT	FT	ORB	DRB	TRB	AST	STL	BLK	TOV	PF
Alabama	10	12	0	82.1	45.2	32.1	78.9	12.3	23.4	35.7	15.6	8.9	2.1	18.7	19.2
Arizona	11	11	0	81.5	44.8	31.5	77.5	11.8	22.9	34.7	14.9	7.8	1.9	17.6	18.1
Arizona State	12	10	0	80.9	44.1	30.8	76.8	11.2	22.1	33.3	14.2	7.1	1.8	16.9	17.4

MY BACKGROUND

- ▷ The legend: "Stats geek"
- ▷ The reality: No formal training in statistics
- ▷ More like "data analyst"
- ▷ Nothing really advanced about the math!



- ▷ Traditional stats: Most things are percentages or per-game

- ▷ Advanced stats: Most things are percentages or per-possession

PHILOSOPHY

- ▷ Use amazingly complex statistics to confuse the hell out of people in order to prove I'm smarter than everyone else

PHILOSOPHY

- ▷ Use data to help make informed judgments and improve the understanding of the game

PHILOSOPHY

- ▷ Use data to help make informed judgments and improve the understanding of the game
- ▷ Every stat has a weakness
- ▷ Some have bigger weaknesses than others...

EXAMPLE – "SCORING OFFENSE"

Team	Points per game
Iona	82.9
LIU Brooklyn	81.4
North Carolina	81.3
Belmont	80.9
UNC Asheville	80.7
Missouri	80.4
Oakland	79.9
VMI	79.7
Creighton	79.2
Oregon State	78.9

EXAMPLE – "SCORING OFFENSE"

Team	Points per game	Pace per game
Iona	82.9	
LIU Brooklyn	81.4	
North Carolina	81.3	
Belmont	80.9	
UNC Asheville	80.7	
Missouri	80.4	
Oakland	79.9	
VMI	79.7	
Creighton	79.2	
Oregon State	78.9	

EXAMPLE – "SCORING OFFENSE"

Team	Points per game	Pace per game
Iona	82.9	71 (20 th)
LIU Brooklyn	81.4	74 (2 nd)
North Carolina	81.3	72 (10 th)
Belmont	80.9	68 (83 rd)
UNC Asheville	80.7	69 (85 th)
Missouri	80.4	66 (163 rd)
Oakland	79.9	71 (21 st)
VMI	79.7	74 (4 th)
Creighton	79.2	67 (140 th)
Oregon State	78.9	71 (15 th)

► Scoring offense is influenced by the pace a team plays at

► Doesn't tell you much about a team's ability to score when they have the ball

EXAMPLE – "SCORING OFFENSE"

Team	Points per game	Scoring offense
Iona	82.9	
LIU Brooklyn	81.4	
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Oregon State	78.9	

EXAMPLE – "SCORING OFFENSE"

Team	Points per game	Scoring offense
Iona	82.9	72.7 (29 th)
LIU Brooklyn	81.4	77.7 (31 st)
North Carolina	81.3	67.1 (170 th)
Belmont	80.9	67.5 (185 th)
UNC Asheville	80.7	71.4 (274 th)
Missouri	80.4	65.3 (153 rd)
Oakland	79.9	78.6 (335 th)
VMI	79.7	80.6 (336 th)
Creighton	79.2	69.7 (242 nd)
Oregon State	78.9	72.7 (297 th)

POINTS PER POSSESSION

► The fundamental measurement of offensive (or defensive) effectiveness

► What's a possession?

OFFENSIVE EFFICIENCY

Team	Points per poss.
Missouri	1.21
Belmont	1.17
Kentucky	1.17
Creighton	1.16
Florida	1.15
Indiana	1.15
Iowa	1.15
South Dakota St.	1.14
St. Mary's	1.12
Syracuse	1.13

OFFENSIVE EFFICIENCY

Team	Points per poss.	Poss. per game
Missouri	1.21	66 (163 rd)
Belmont	1.17	68 (82 nd)
Kentucky	1.17	66 (161 st)
Creighton	1.16	67 (140 th)
Florida	1.15	65 (236 th)
Indiana	1.15	67 (108 th)
Iowa	1.15	71 (20 th)
South Dakota St.	1.14	65 (202 nd)
St. Mary's	1.13	64 (262 nd)
Syracuse	1.13	65 (209 th)

ADJ. OFFENSIVE EFFICIENCY

Team	Points per poss.
Missouri	1.25
Kentucky	1.23
Florida	1.21
Indiana	1.21
Creighton	1.19
Syracuse	1.18
Ohio State	1.17
Purdue	1.17
Belmont	1.16
Baylor	1.16

ADJ. OFFENSIVE EFFICIENCY

Team	Points per poss.	FG%
Missouri	1.25	50.4 (11 th)
Kentucky	1.23	48.8 (9 th)
Florida	1.21	46.3 (53 rd)
Indiana	1.21	49.2 (5 th)
Creighton	1.19	48.8 (2 nd)
Syracuse	1.18	46.7 (43 rd)
Ohio State	1.17	47.6 (20 th)
Purdue	1.17	44.0 (135 th)
Belmont	1.16	48.1 (16 th)
Baylor	1.16	46.7 (41 st)

PURDUE

Scouting Report (7)			
State Include games through Monday, April 2			
against D-I teams only			
Conference only			
Category	Offense	Defense	D-I Avg
Adj. Efficiency	102.7	101.8	100.8
Adj. Tempo	65.4	104	66.1
Field Goals			
Effective FG%	51.1%	49.5%	49.5%
Turnover %	22.5%	26.5	26.1
FT Rate %	55.5%	57.8%	57.4
FT/FGA	34.1%	35.8%	36.4
Minutes Played			
MP%	57.4%	56.4%	54.5
SP%	47.8%	48.1%	41.8
FT%	66.2%	69.1%	64.2
Reb%	30.1%	32.7%	32.2
Stole%	11.1%	10.0%	9.5
Style Categories			
SPR/PAI	57.3%	50.6%	52.9
APR%	57.5%	52.5%	55.5

ADJ. OFFENSIVE EFFICIENCY

Team	Points per poss.	FG%
Missouri	1.25	50.4 (1 st)
Kentucky	1.23	48.8 (9 th)
Florida	1.21	46.3 (53 rd)
Indiana	1.21	49.2 (8 th)
Creighton	1.19	48.8 (2 nd)
Syracuse	1.18	46.7 (43 rd)
Ohio State	1.17	47.6 (20 th)
Purdue	1.17	44.0 (135 th)
Belmont	1.16	48.1 (16 th)
Baylor	1.16	46.7 (41 st)

FLORIDA

Scouting Report (7)

Stats include games through Monday, April 2
against D-I teams only
D-I Conference only

Category	Offense	Defense	D-I Avg
Adj. Efficiency	83.83%	95.97%	100.0
Adj. Tempo	64.3	22.8	64.3

Team Totals	
Effective FG%	55.13%
Turnover %	16.37%
Off. Reb. %	33.77%
FTATG%	35.37%

Miscellaneous Components	
SP%	38.07%
AP%	34.36%
FT%	71.37%
Blocks	9.51%
Steals	7.88%

Style Components	
DR%	44.67%
AP%	34.36%

2010 DUKE

Scouting Report (7)

Stats include games through Monday, April 2
against D-I teams only
D-I Conference only

Category	Offense	Defense	D-I Avg
Adj. Efficiency	83.83%	95.97%	100.0
Adj. Tempo	64.3	22.8	64.3

Team Totals	
Effective FG%	55.13%
Turnover %	16.37%
Off. Reb. %	33.77%
FTATG%	35.37%

Miscellaneous Components	
SP%	38.07%
AP%	34.36%
FT%	71.37%
Blocks	9.51%
Steals	7.88%

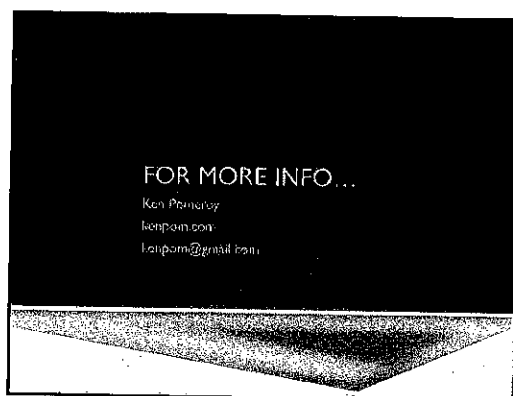
Style Components	
DR%	44.67%
AP%	34.36%

- ### DO'S AND DON'TS
- Don't use field goal percentage
 - Do use
 - 2-point percentage
 - 3-point percentage

- ### DO'S AND DON'TS
- Don't use rebounding margin
 - Do use...
 - Offensive rebounding percentage
 - Defensive rebounding percentage

- ### TAKEAWAYS
- Every stat has context
 - Better ones have less
 - Much more to this than shown here!

9/10/2012



Jeremy Foley

- Billy Donovan
 - Has eliminated jealousy on campus
 - Gets coaches focused on their sport's success
 - Importance of working relationship between coach and AD
- How do you hire people, recruit people – “we don’t have it all figured out”
 - Key to what I do is hiring coaches
 - “I like our coaches” – it’s about coaches, people
- 1st and foremost – when you’re going after someone – must fit what this place is all about
 - Fit into this culture – UF – unique – we hire a coach that doesn’t fit that, it’s not going to work
 - Every sport we have is important – you better respect what they do
 - Treating people the right way is a big thing around here
- UF – people oriented – care about each other
 - Can’t treat people right – can’t be here
 - Fighting = counter productive – ego’s get involved
- Integrity – integrity about intent
- Work ethic – part of our fit, head coaches set tone in recruiting
- No ego – can’t last here
 - Not a coach here that did it by themselves
 - Can’t play if the field is not painted
 - That is not always the case
- It’s not OK for any of us to be an asshole
 - “Just be normal”
- Chemistry
 - If I don’t have chemistry, we can’t reach our potential
 - Can’t be referencing crap that doesn’t have to do with winning and losing
- Analyze who you are
- Likes to promote from within – yes, because they know the culture
- Can’t be afraid to fail – “It’s not fatal”
 - But you also must learn from those things
- Gut will tell you that variety is right
 - Don’t discount your gut
- Talk about expectations for the culture
- Coaches help one another – want a coach that enhances that environment
- Coaches party – enjoys watching the interaction
- I’m amazed watching other athletic departments that are successful

Billy Donovan

- Create more opportunities for assistants just like players
- Most important – if somebody wants to leave, be excited – then find somebody better
- Promote and help our guys – get them ready
- Get people here that want to do everything
 - Expose them to what they have to deal with
- Process of hiring
 - Dynamics of our staff – fit at moment in time
 - There are head coaches that are afraid to hire the right guy
 - Ask – What is your job? #1 job – make the other guys in the office better
 - Best assistants – most selfless guys
 - Live in the moment of what's going on – how do I make the other guy better?
 - I've got to help them do their job better
- We are here to make each other better
 - Cover up his mistakes
- If your staff doesn't have chemistry, not willing to sacrifice – how can you expect that of your team?

Flip Saunders

- At clinics you get new information or you get confirmation
- Always work on individual development everyday with your players
- Concepts for your offense
 - Wants spacing, ball, and player movement
 - Aggressive scoring cuts – cuts that put pressure on the basket
 - Changing pace on cuts – run P&R
- Always has a weak-side back screen for movement and offensive rebounding
- Bigs need to finish cuts to basket
- Likes to give best scorers freedom on the baseline
- When defenses deny wide pin down, move the angle up to the wing instead of corner
- Turn down series
 - Keys: top guy must be at screen when the ball is passed into the post
- Everyone should have a couple of go to sets for end of game situations
- 45 series
 - For when teams switch screens
- Anytime the ball goes into the post, dive and replace
- Wants to make sure bigs screen defender and our stop shots
- For screeners: your back dictates where the guy with the ball goes
 - Have hands in front of you to ease and slow down the defender
- P&R
- When people switch P&R, get into the flex
 - Punch
- 84 Strong
 - Middle P&R with two screeners
 - Tough to guard
- Bigs are never on the same plane when screens are being set
- Specials
- SOB
- UOB
- Best way to get officials better is to learn how the game is played



3-POINT AND POST SUMMARY (2010-2011)



3-Point Offense and Defense

WIZARDS OFFENSE	Attempts Per Game	Percentage of all 3's Attempted	Percentage of 3's Made
All 3 Point Attempts	14.28		
Corner 3's	4.70	32.91%	34.67%
Arc 3's	9.06	63.45%	33.33%
Transition 3's	2.99	20.94%	33.33%
Draw and Kick 3's	5.39	37.75%	35.67%
Pindown 3's	1.07	7.49%	30.33%
Rebound 3's	0.82	5.74%	31.00%
Post-Up 3's	1.37	9.59%	42.00%
Pick and Roll 3's	4.22	29.55%	34.33%
Made 3-Pointers	4.73	33.12%	

WIZARDS DEFENSE	Attempts Per Game	Percentage of all 3's Attempted	Percentage of 3's Made
All 3 Point Attempts	17.89		
Corner 3's	5.63	31.47%	43.67%
Arc 3's	11.43	63.89%	36.00%
Transition 3's	3.76	21.02%	36.00%
Draw and Kick 3's	6.80	38.01%	42.33%
Pindown 3's	1.41	7.88%	35.00%
Rebound 3's	0.96	5.37%	26.00%
Post-Up 3's	1.79	10.01%	43.00%
Pick and Roll 3's	5.68	31.75%	44.00%
Made 3 Pointers	6.65	37.17%	

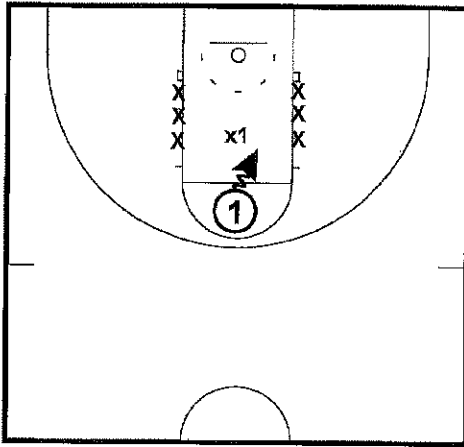
Post-Up Offense and Defense

WIZARDS OFFENSE	Attempts Per Game	Percentage of all Post-Ups Attempted	Percentage of Post-Ups Made
All Post-Ups	10.61		
Direct Post Shots	8.16	76.91%	44.50%
Post Passes	1.52	14.33%	43.20%
Turnovers in Post	1.33	12.54%	0.00%
Fouled in Post	1.49	14.04%	
Made Post-Ups	3.44	32.42%	
Points on Post-Ups	8.74		

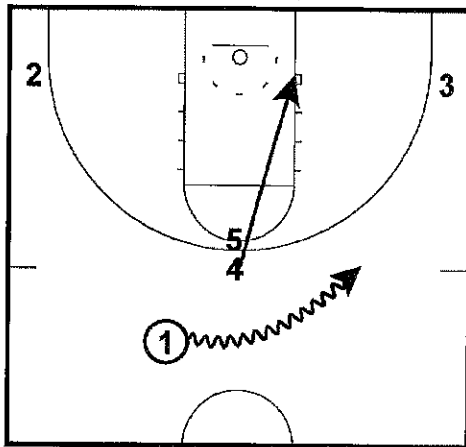
WIZARDS DEFENSE	Attempts Per Game	Percentage of all Post-Ups Attempted	Percentage of Post-Ups Made
All Post-Ups	11.35		
Direct Post Shots	8.11	71.45%	54.00%
Post Passes	2.15	18.94%	56.25%
Turnovers in Post	1.21	10.66%	0.00%
Fouled in Post	1.78	15.68%	
Made Post-Ups	4.21	37.09%	
Points on Post-Ups	11.1		

Flip Saunders

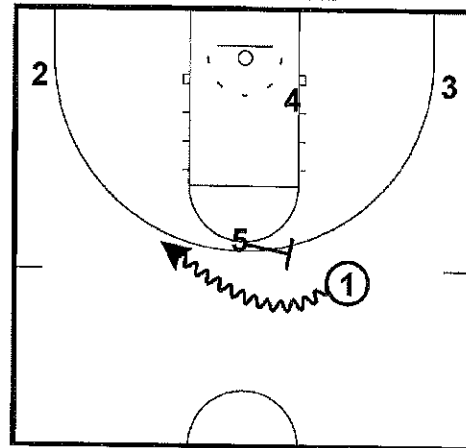
Saunders 1 on 1 to the baseline
Coaches Clinic 2012



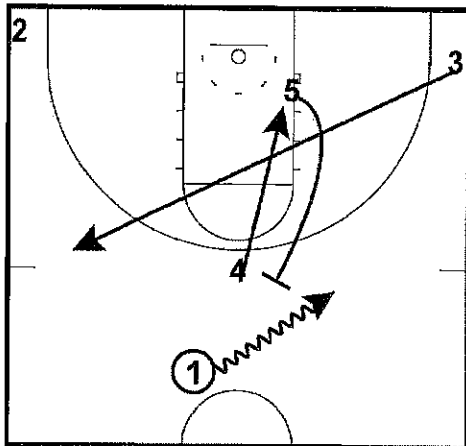
Saunders Double to Re-screen
Coaches Clinic 2012



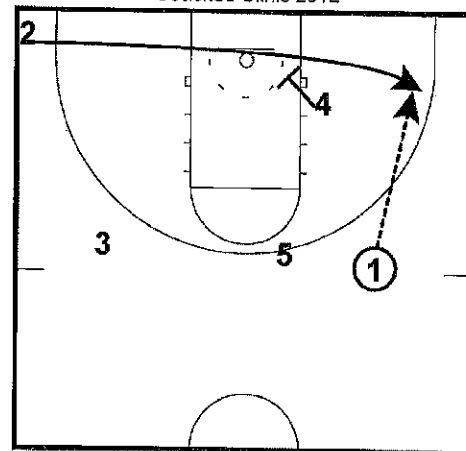
Saunders Double to Re-screen
Coaches Clinic 2012



Saunders end of game play
Coaches Clinic 2012

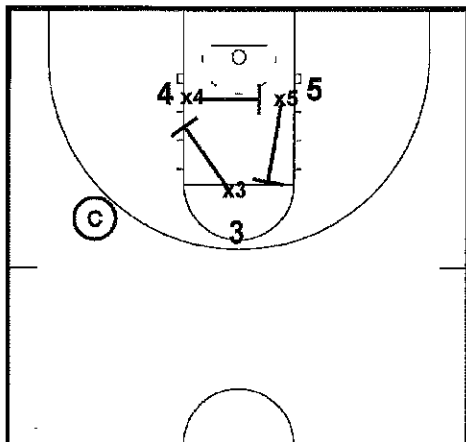


Saunders end of game play
Coaches Clinic 2012

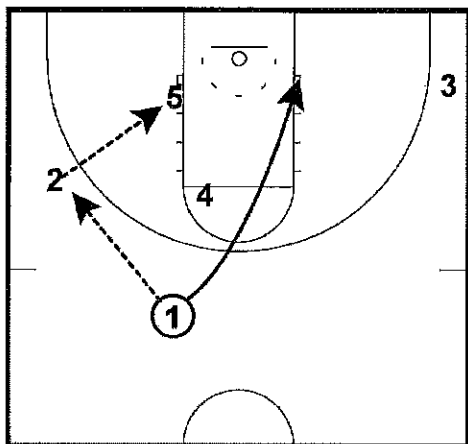


Flip Saunders

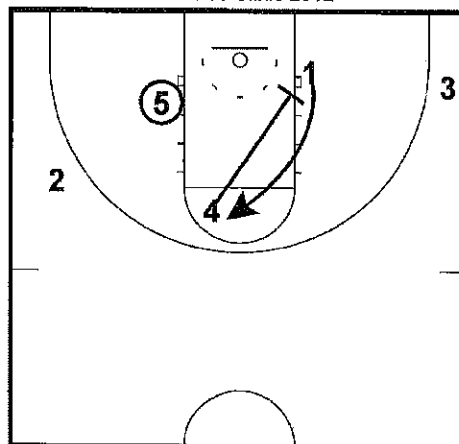
Saunders Rotational Blockout Drill
Coaches Clinic 2012



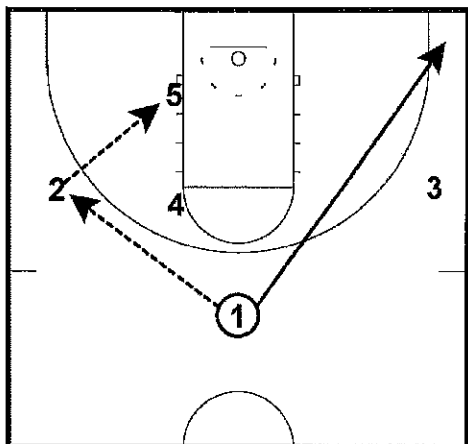
Saunders Screen in for 1
Coaches Clinic 2012



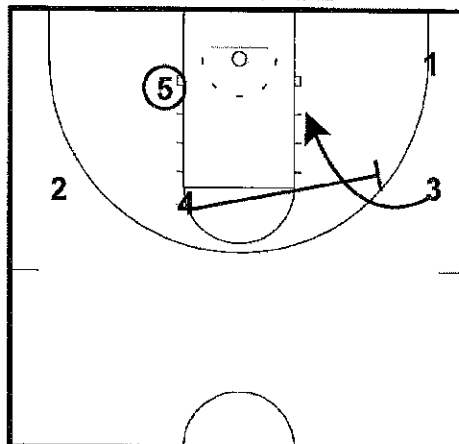
Saunders Screen in for 1
Coaches Clinic 2012



Saunders Screen in for 3
Coaches Clinic 2012

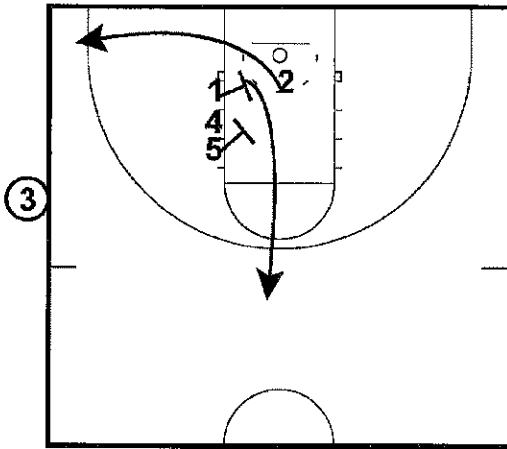


Saunders Screen in for 3
Coaches Clinic 2012

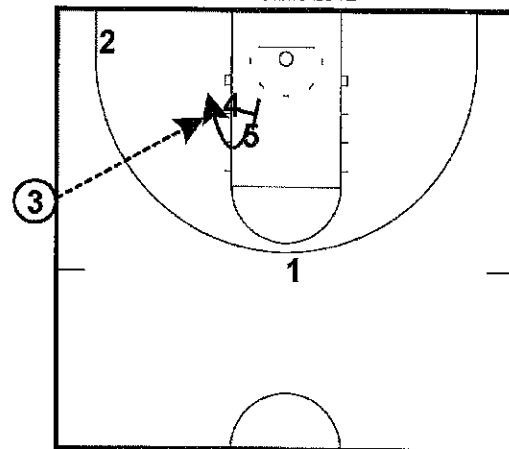


Flip Saunders

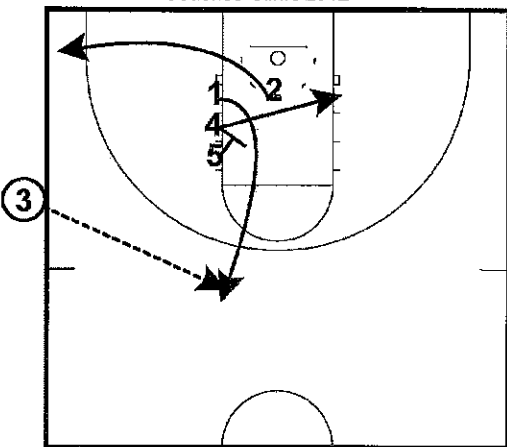
Saunders Side OOB
Coaches Clinic 2012



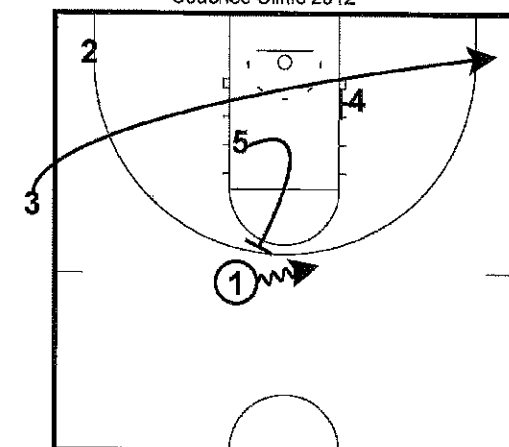
Saunders Side OOB
Coaches Clinic 2012



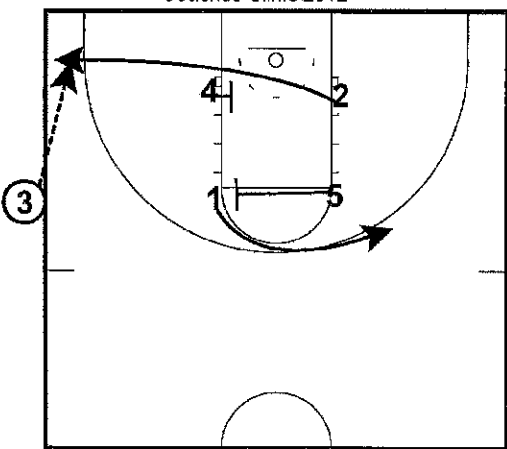
Saunders Side OOB 2
Coaches Clinic 2012



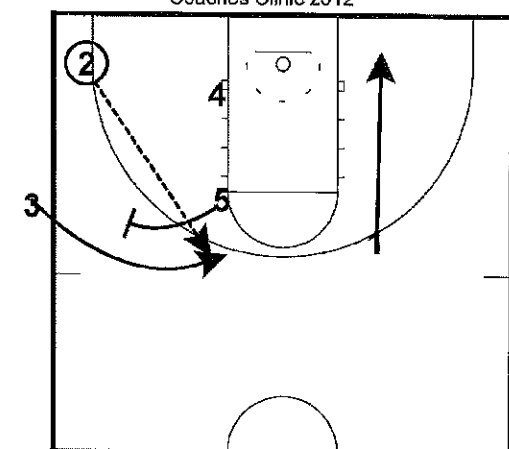
Saunders Side OOB 2
Coaches Clinic 2012



Saunders Side OOB for 3
Coaches Clinic 2012

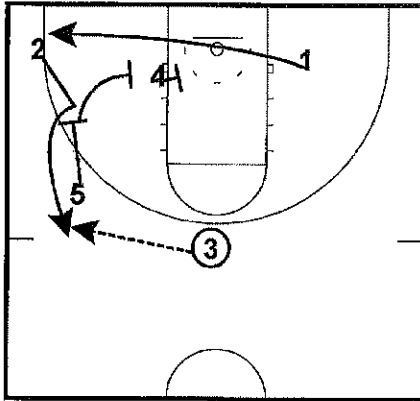


Saunders Side OOB for 3
Coaches Clinic 2012

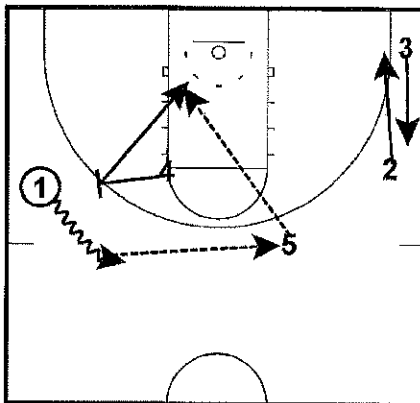


Flip Saunders

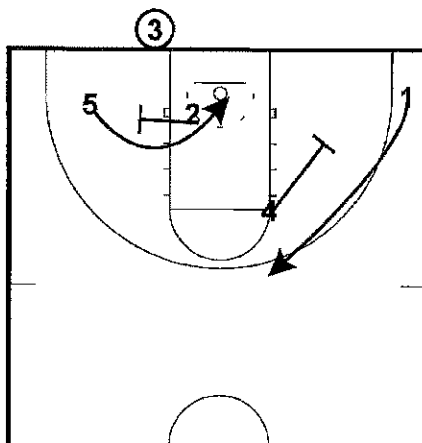
Saunders Side OOB for 3
Coaches Clinic 2012



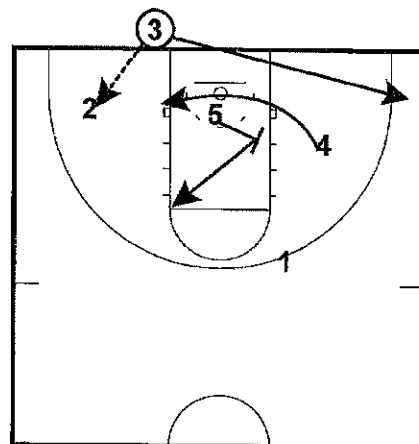
Saunders vs. Hard Hedge
Coaches Clinic 2012



Saunders- Baseline OOB
Coaches Clinic 2012

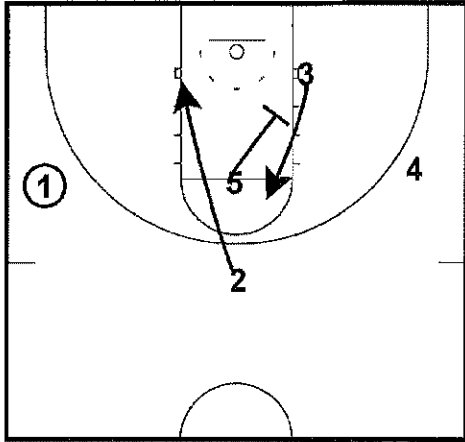


Saunders- Baseline OOB
Coaches Clinic 2012

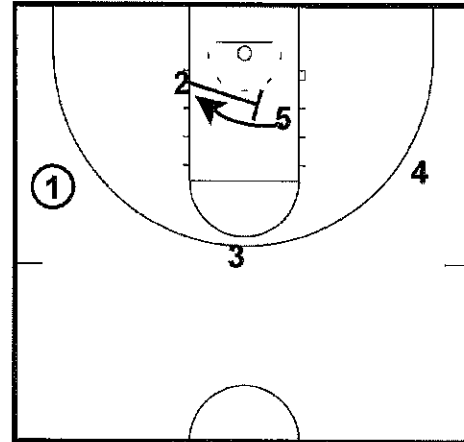


Flip Saunders

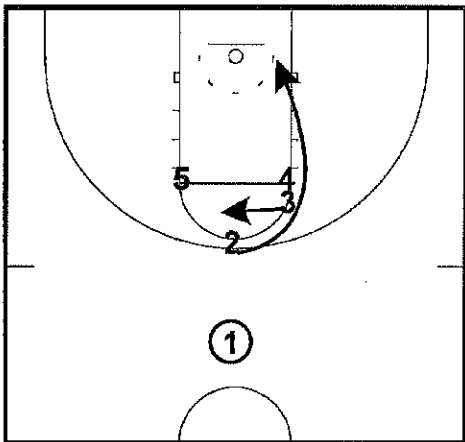
Saunders- for 5 man
Coaches Clinic 2012



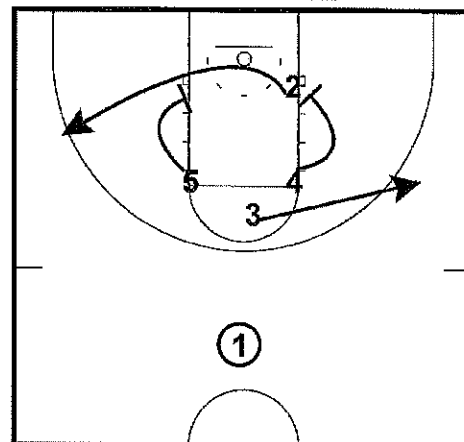
Saunders- for 5 man
Coaches Clinic 2012



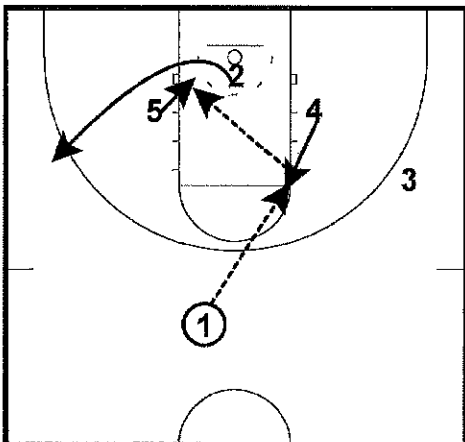
Saunders- for Rip Hamilton
Coaches Clinic 2012



Saunders- for Rip Hamilton
Coaches Clinic 2012

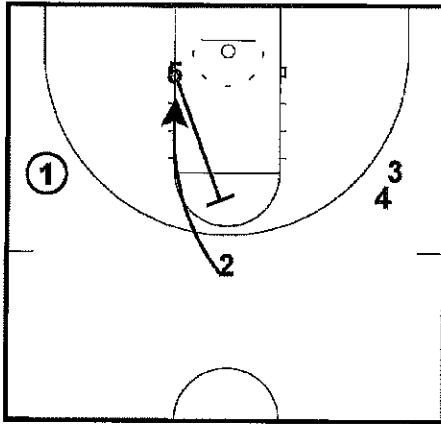


Saunders- for Rip Hamilton
Coaches Clinic 2012

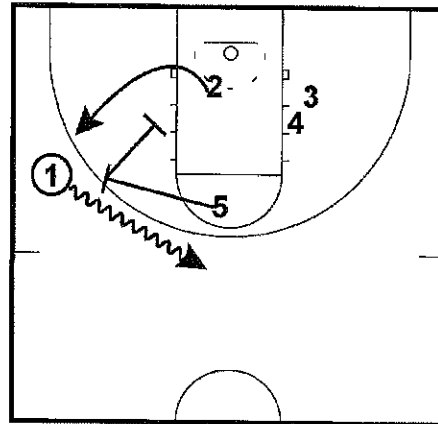


Flip Saunders

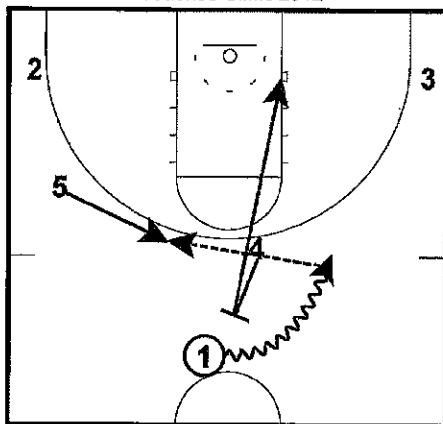
Saunders- Misdirection
Coaches Clinic 2012



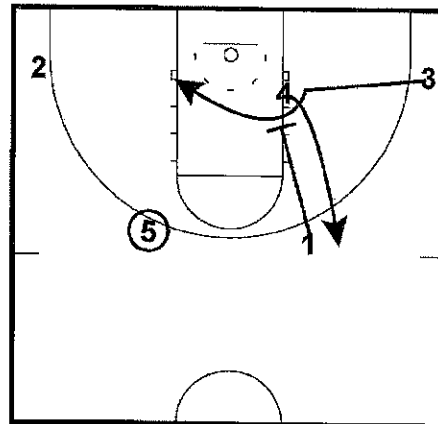
Saunders- Misdirection
Coaches Clinic 2012



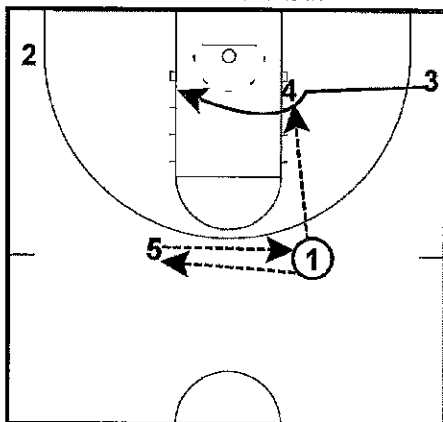
Saunders- PNR to Flex
Coaches Clinic 2012



Saunders- PNR to Flex
Coaches Clinic 2012



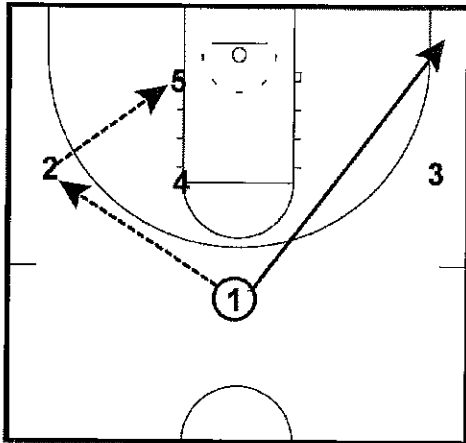
Saunders- PNR to Flex
Coaches Clinic 2012



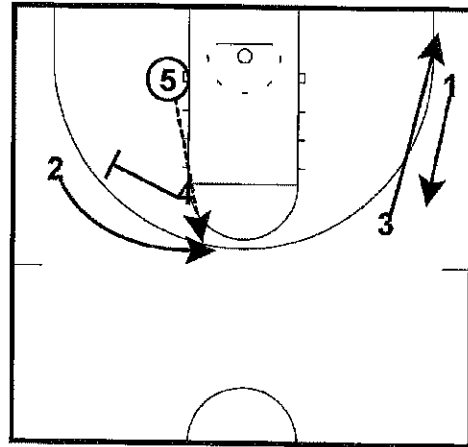
Flex Throwback

Flip Saunders

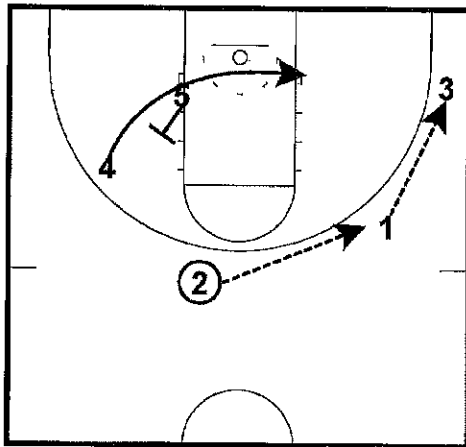
Saunders- Post up 4 man
Coaches Clinic 2012



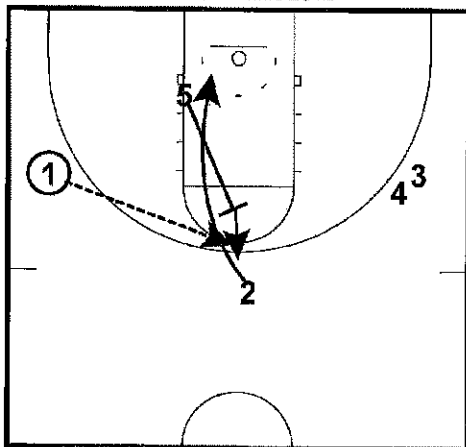
Saunders- Post up 4 man
Coaches Clinic 2012



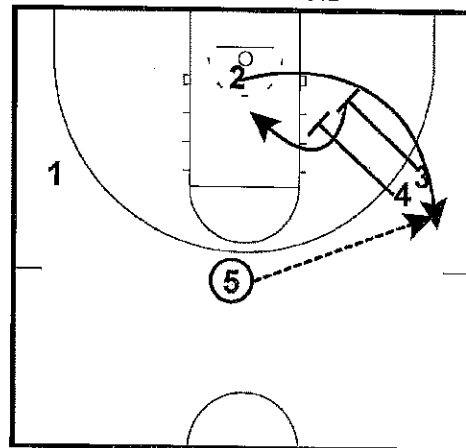
Saunders- Post up 4 man
Coaches Clinic 2012



Saunders- Post up for 4
Coaches Clinic 2012

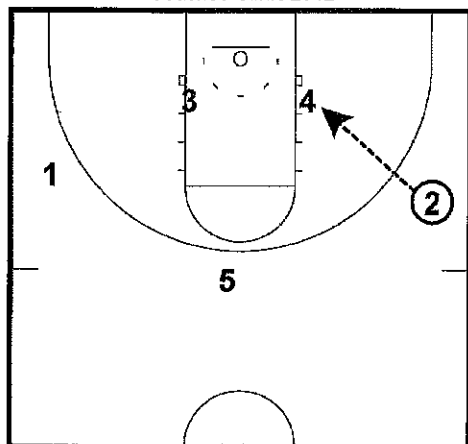


Saunders- Post up for 4
Coaches Clinic 2012

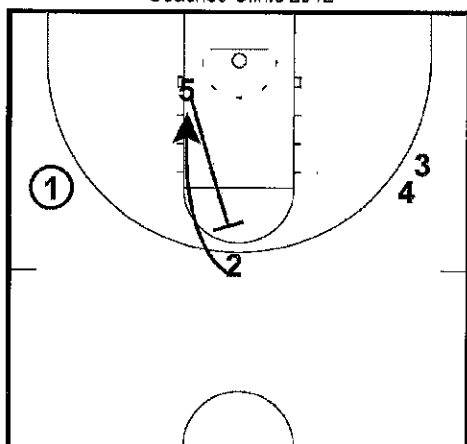


Flip Saunders

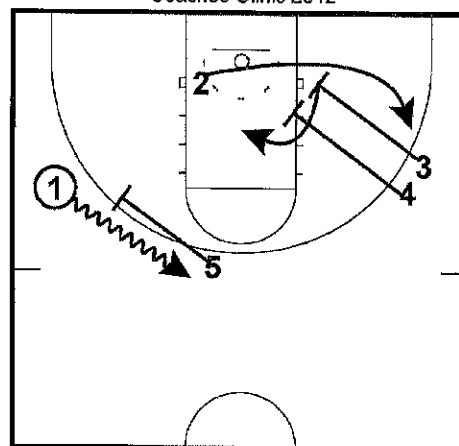
Saunders- Post up for 4
Coaches Clinic 2012



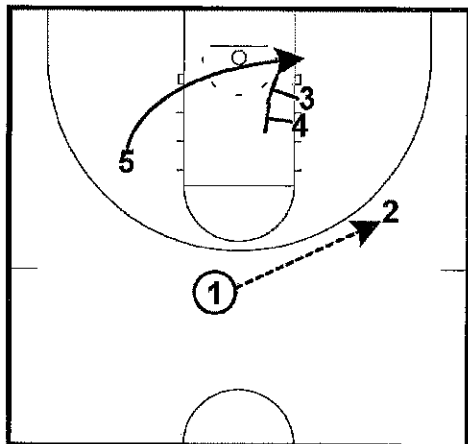
Saunders- Same Action with PNR
Coaches Clinic 2012



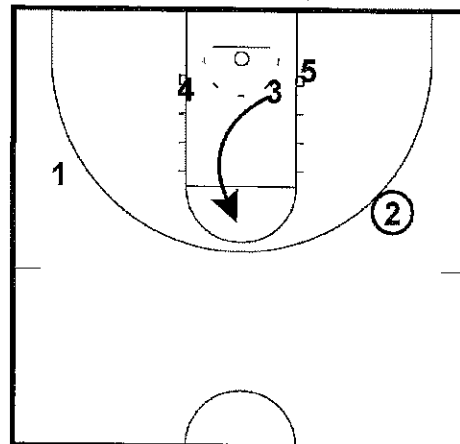
Saunders- Same Action with PNR
Coaches Clinic 2012



Saunders- Same Action with PNR
Coaches Clinic 2012

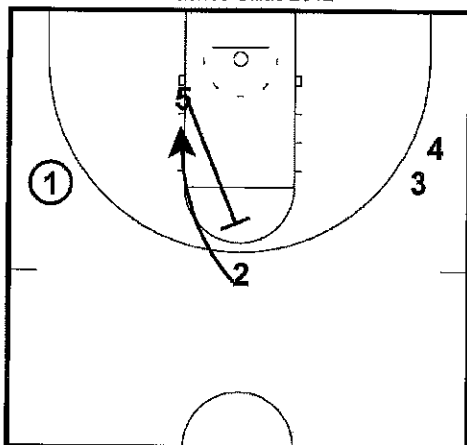


Saunders- Same Action with PNR
Coaches Clinic 2012

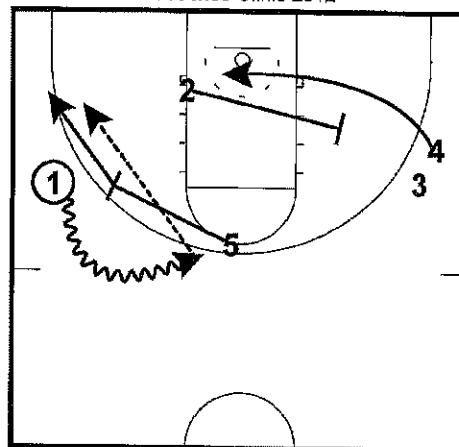


Flip Saunders

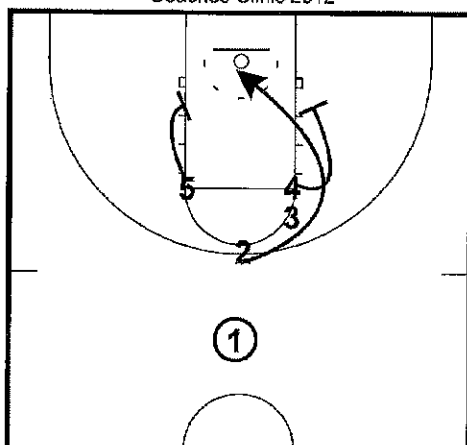
Saunders- Throwback Sneak
Coaches Clinic 2012



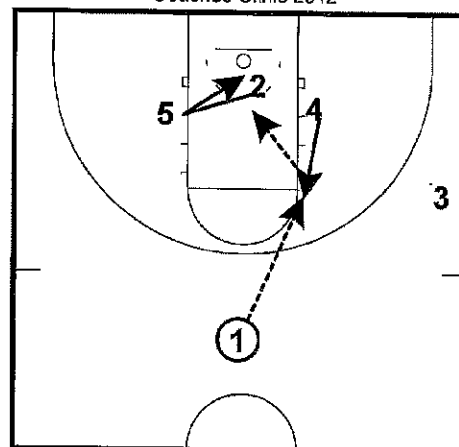
Saunders- Throwback Sneak
Coaches Clinic 2012



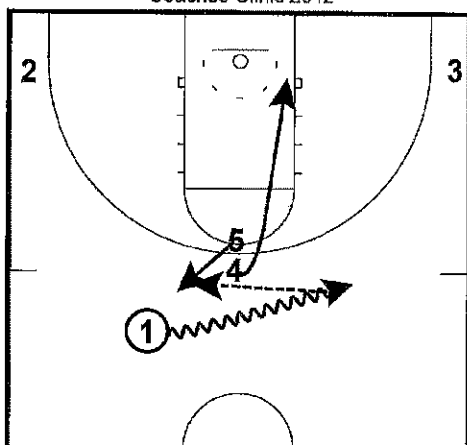
Saunders- to post 2 man
Coaches Clinic 2012



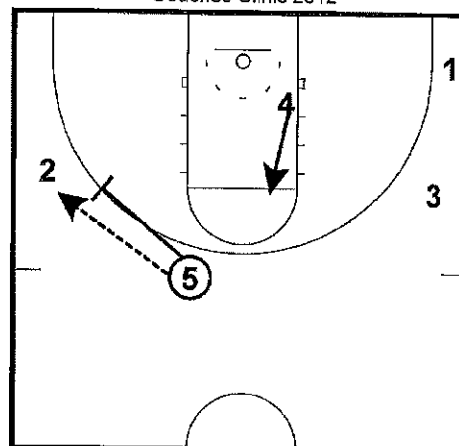
Saunders- to post 2 man
Coaches Clinic 2012



Saunders- vs. Hard Hedge2
Coaches Clinic 2012

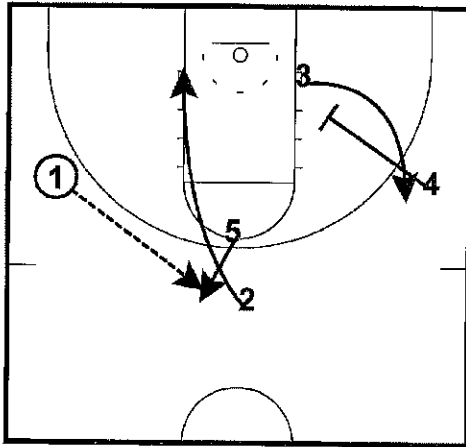


Saunders- vs. Hard Hedge2
Coaches Clinic 2012

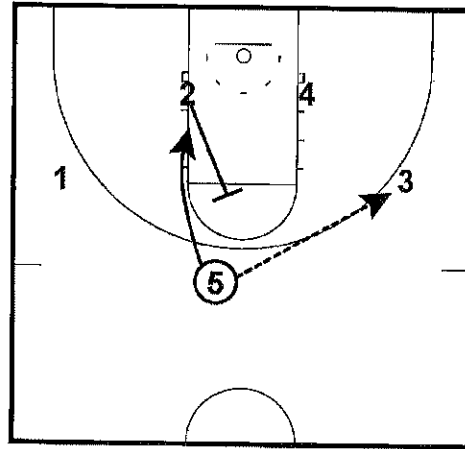


Flip Saunders

Saunders- Wing Entry
Coaches Clinic 2012



Saunders- Wing Entry
Coaches Clinic 2012



Kevin Eastman

Bullet Basketball

- A – Attitude – to practice floor and game time
- B – Belief – 1) Trust 2) Truth – live it, tell it, take it
 - Time, consistency, proof
- C – Character and characters
 - R. Wallace – No T's in 4th Q or during a run
 - Chemistry
 - Relationship – Players “liked, trusted, respected other players”
 - Players “” coaches
 - Coaches “” players
 - Coaches “” coaches
 - Culture
 - When there's a breach of culture, must confront right away
- Success ingredients – Be there before you get there
- Players/Assistants
 - Show up, shut up, keep up
 - Never say no to a basketball opportunity
 - Show people you're willing to learn
 - Know it alls vs. learn it alls
 - Know it alls don't succeed
- Successful people master the “billities”
 - Responsibility – execute role given
 - Accountability – Pats – do your job completely
 - Dependability – can we count on you?
 - Sustainability – can you give it to us all of the time?
 - Availability – are you available?
- Success doesn't stop once you get there
 - Continue to journey, grind, process
- Curse to sustaining success is having early success – no one has arrived
- You've had a number for the last time – draft – you've got to earn a spot now
- Young players understand they're on the floor for invisible stats
 - Charges, loose balls, hockey assists
- Coaching is done in offices and floor – leadership is in the locker room
 - Many venues for leadership – Locker room, apt, houses, hotels
- Knowledge is quickness
- 2 things you can't win with...
 - My turn shots
 - Shooting turnovers – ill timed shots
- Are you a don't know player or don't care player?
 - Hope it's don't know, then it's on us
- When the shit hits the fan, what do you do?
 - Don't clean up the shit, turn the fan off – get to the cause

- 3 musts of coaching
 - Must be ready to put out fires, put gas in the tank, refocus the lens
- Preparation trumps pressure
- Are you a team of get or a team of give?
- Have a core philosophy that can withstand failure
 - Can overcome failure, criticism
- See the action, don't force the action
- We don't want to be lucky, we want to be good
- 3 E's – Energy and Effort from Everyone
- Doc – Be clutter free before practices and games – best coaches read their team
 - "Thermometer guys"
- Balance sheet with practices – offense, defense
- 2 People who can't have bad practice – head coach and best player
- The drills you do in practice should show up in the game
 - Bad coach – "We're going to get back to the fundamentals"
 - Where did they go?
- Coach in absolutes up to the 1st game, then begin tweaking
- "What if" coach on staff – what if this happens?
 - "No position lineups?"
- Let the plan fail you, don't fail the plan
- Is it good for staff or good for team?
 - What are you doing?
- Doc – toughest league in college basketball – one you're in
 - "Applause waits for success"
- Bobby Knight – must be a creative master of overkill (Repetition)
- Once practice starts, everything counts
- The best teams see the whole floor the whole game
- In your mind, who wins? Doubt and fear or believing and knowledge?
- Always fear consequences of failure
 - Give an equal amount of fear to the consequence of never trying
- Players – are you a couldn't or wouldn't?
 - If you couldn't do it, correct it
- Championship teams get past 3 things – mad, sad, hard
- Coaches – whenever you're in a job that deals with people, budget your bitches with employees/team
- Coach must control
 - System we employ
 - Culture with which we operate
 - Players on your team
 - Preparation you put in
- Assistant coaches – Emotion and Evaluation
 - Assistants- 90% evaluation

- Give high maintenance stuff to me
- Best feeling – when only team that can beat you is you
 - Boston vs. Boston in Miami
 - You beat yourself more often than your opponent beats you
- Dreaded S's
 - Shots, stats, starter, salary
 - Only S winners care about – success
- Have we placed limits on ourselves?
 - How can you find 2 hours a day to read?
 - How can I not?
- Assholes – if the mental can ever meet the physical, then you can get where you want to go
 - If you change your habits, you change your limits, if you change your limits, you change your life
 - If you change your life, you can be what you always dreamed of being
- Important date in life – October 7, 2035 – Life expectancy – Give back

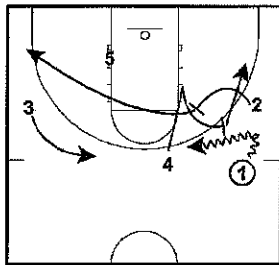
Opponents Various Pick and Roll Sets

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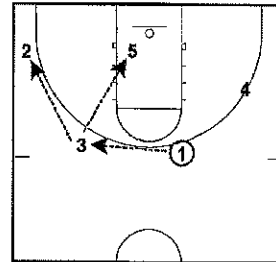
Opponents Various Pick and Roll Sets Alabama

"Thumbs Up"
Quick Hitters



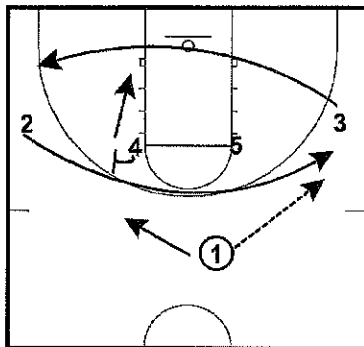
2 man sets up screen for 4 man and then cuts to opposite corner, similar to our "post feed" action...4 man acts like he is coming off the up screen for layup and then breaks off cut to set ball screen for 1 man

"Thumbs Up"
Quick Hitters



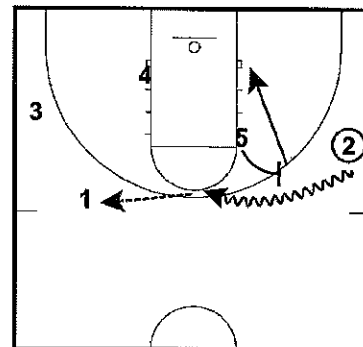
As 1 man comes off ball screen, he looks to overload weak side with 5 man ducking in or a "one more" pass to 2 man...4 man pops after the ball screen and plays a 2 man game with 1 man

"Motion High"
Zone Offense



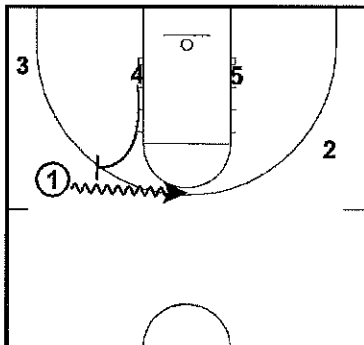
2 man cuts high and 3 man cuts low, 1 man passes to 2 man

"Motion High"
Zone Offense



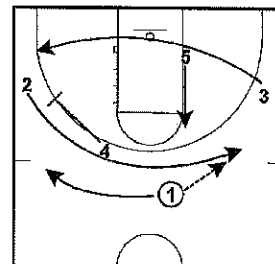
2 man comes off ball screen from 5 man...4 man ducks in...ball gets reversed to 1 man

"Motion High"
Zone Offense



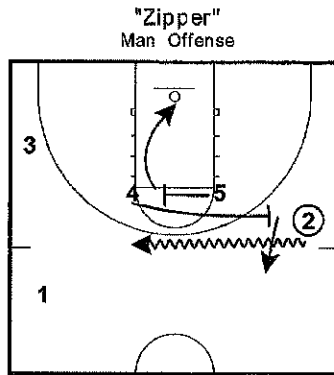
4 man comes up to set a ball screen for 1 man and the continuity continues

"Zipper"
Man Offense

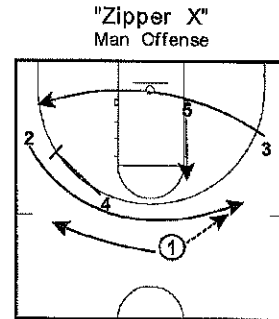


"2/3 ZIPPER"...2 man comes off WPD, and 3 man goes thru low...5 man begins to flash to elbow and may get a piece of 2 man's man...IF BALL IS PASSED TO 3 MAN, SAME ACTION OCCURS.

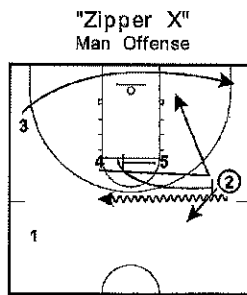
Opponents Various Pick and Roll Sets Alabama



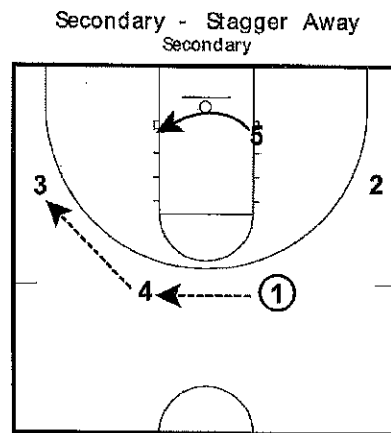
5 man sets screen for 4 man and then rolls for duck in...4 man continues into side ball screen with 2 man and then pops for the hi/lo



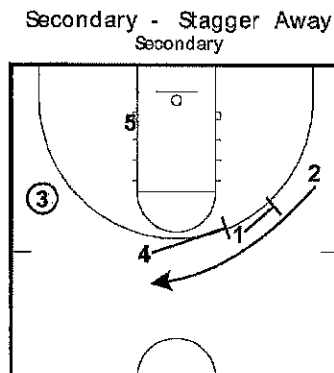
"2/3 ZIPPER X"...2 man comes off WPD, and 3 man goes thru low...5 man begins to flash to elbow and may get a piece of 2 man's man...IF BALL IS PASSED TO 3 MAN, SAME ACTION OCCURS



5 man sets screen for 4 man, who sprints into a slip and then sits in for a duck in...5 man follows with a ball screen and pop for hi/lo...If 4 man doesn't get ball on the slip, then 3 man clears to opposite side looking for pass and feed to 4 man



Ball is reversed thru the 4 man

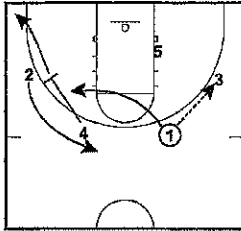


Double stagger for 2 man...5 man posts up on block...2 man can reject staggers and 1 man comes off 4 man

Opponents Various Pick and Roll Sets

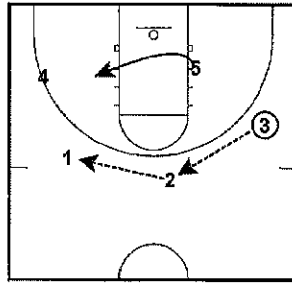
Belmont

"4"
Motion: 4 out and 1 in



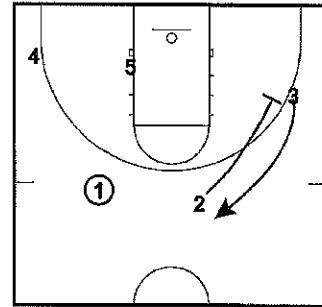
- 1 passes to 3 on wing
- 4 sets pin down for 2 to curl to top
- 4 replaces 2 in corner
- 1 cuts opposite ball
- 5 post strong side block

"4"
Motion: 4 out and 1 in



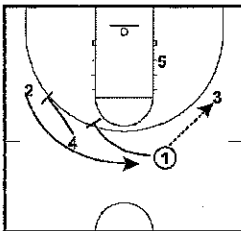
- 3 looks to pass to 5 on block
- OR
- 3 passes to 2
- 2 passes to 1

"4"
Motion: 4 out and 1 in



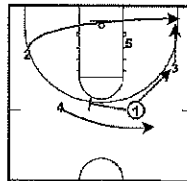
- 2 sets pin down for 3
- OR

"4"
Motion: 4 out and 1 in



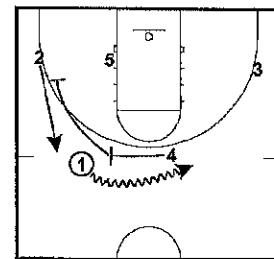
- 1 passes to 3 OR 1 passes to 5 on block
- 4 and 1 set stagger away for 2
- OR

"4"
Motion: 4 out and 1 in



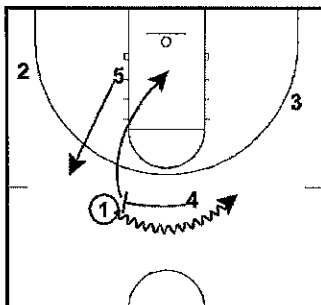
- 1 passes to 3
- 2 clears out to strong side corner
- 5 post on strong side block
- 3 passes to 5 on block OR passes to 2 in corner
- 1 screens away for 4 to strong side wing

"5 Man"
Offensive Quick Hitters



- 4 sets ballscreen for 1
- 4 sets pin down for 2
- 2 lifts to wing
- OR

"5 Man"
Offensive Quick Hitters

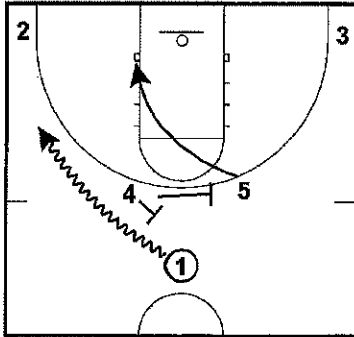


- 4 sets ball screen for 1
- 4 curls to box
- 5 replaces to the wing

Opponents Various Pick and Roll Sets

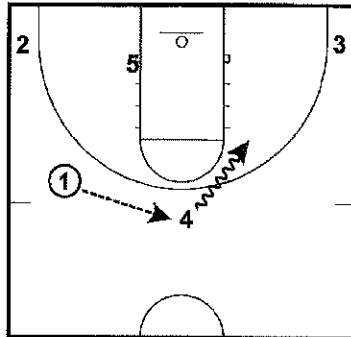
East Tennessee State

"45 Back"/"Touch Shoulder" - Horns -
Touch Shoulder
Man Offense



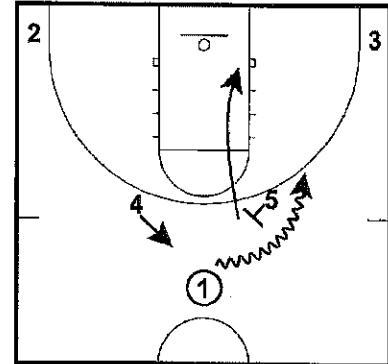
4 man sets screen for 5 man and then pops

"45 Back"/"Touch Shoulder" - Horns -
Touch Shoulder
Man Offense



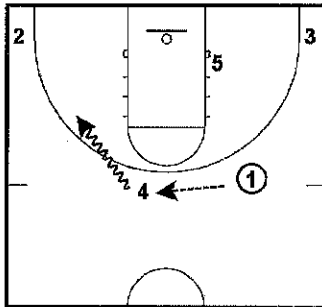
4 man looks to go 1 on 1 or penetrate and kick to wing

"Roll" - Horns
Man Offense



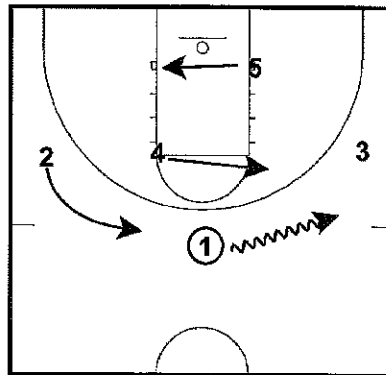
5 man rolls after setting Horns ball screen for 1 man

"Roll" - Horns
Man Offense

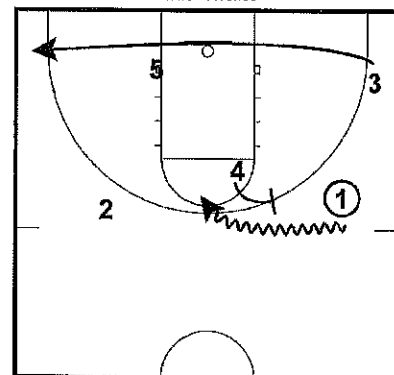


5 man posts hard on block...1 man looks to hit 4 man...4 man either goes 1 on 1 or penetrate and kick for 2 man

"Freeze"/Hugs Himself - Our Side Fist
Zone Offense

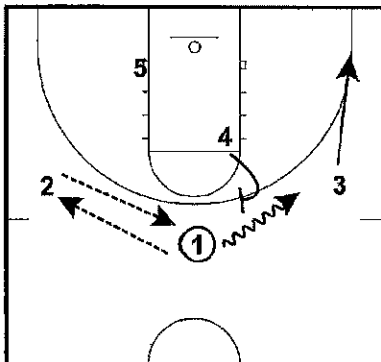


"Freeze"/Hugs Himself - Our Side Fist
Zone Offense



Our Side Fist

Our Head Tap 1
Zone Offense

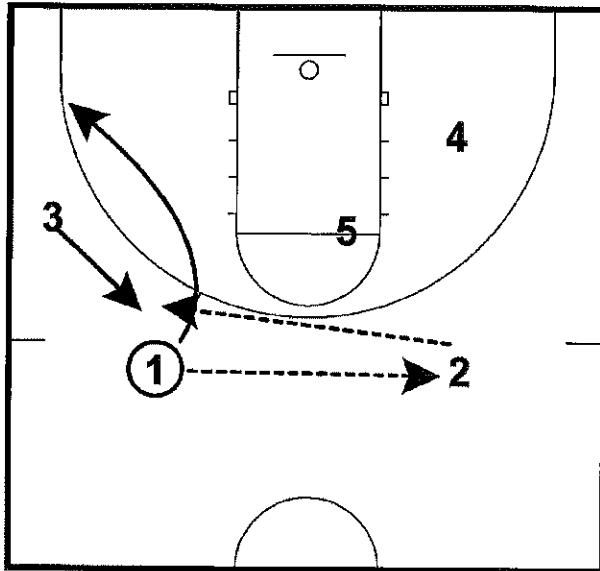


5 man stays opposite block, 3 man slides to corner

Opponents Various Pick and Roll Sets

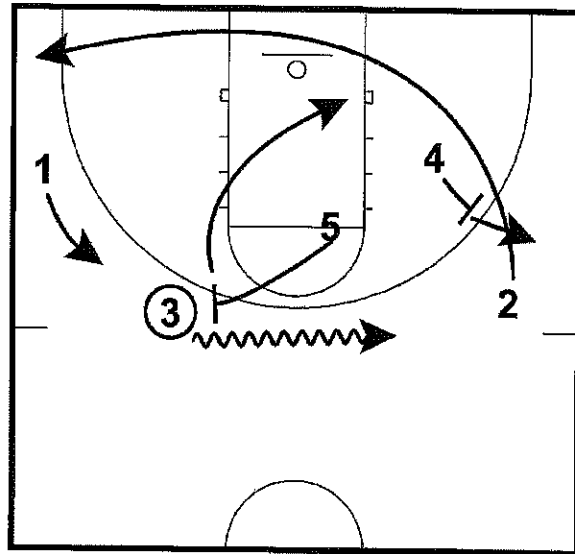
Florida Gulf Coast

Two guard set into Ball Screen ending
Man Offense



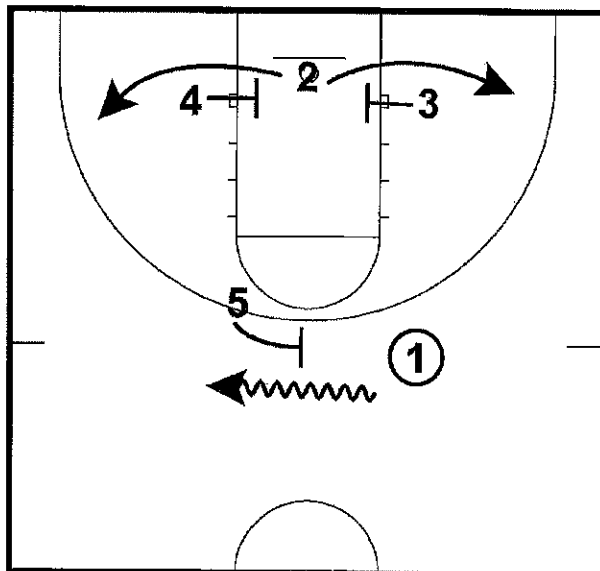
Ball is reversed to 2 man, 2 man hits 3 man after interchange with 1 man

Two guard set into Ball Screen ending
Man Offense



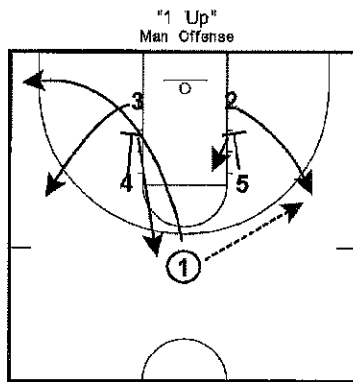
5 man sets ball screen at the slot for 3 man, then rolls to opposite block...4 man back screens his way out to perimeter and feed may come from 3 man or 4 man to the block

Drag with Money
Man Offense

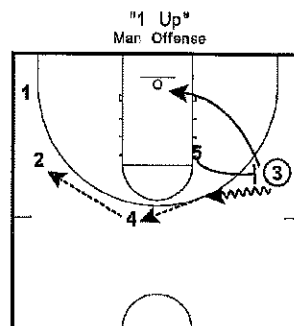


Opponents Various Pick and Roll Sets

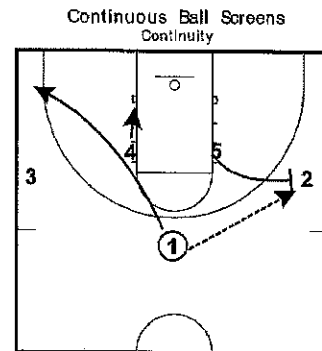
Illinois State



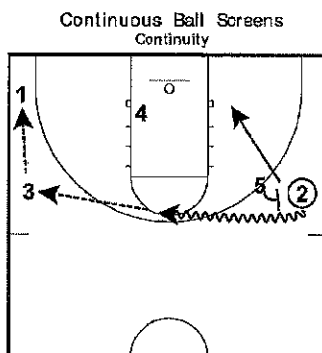
Wings may or may not cross, and then come off down screens from 4 and 5 men



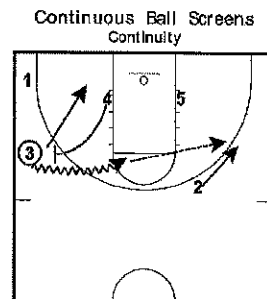
5 man can set side ball screen or slip...4 man pops out and now it is 4 around 1 in a post iso trying to get 5 man the ball



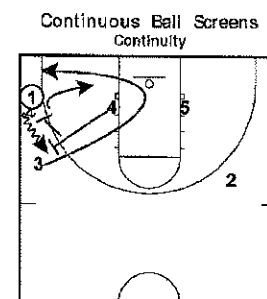
5 man sets immediate ball screen for 2 man...1 man cuts opposite, and 4 man looks to duck in/post



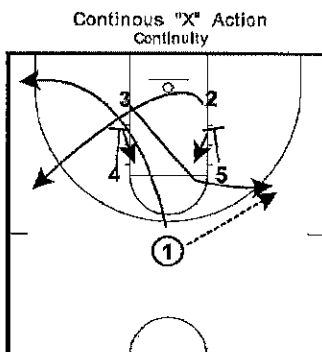
As 2 man comes off ball screen and ball is reversed, ball may get swung to 1 man in corner



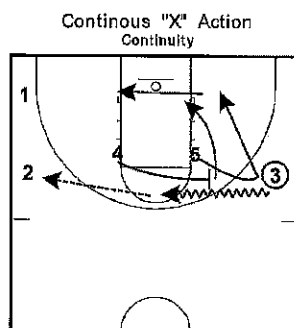
Once 4 man does not receive the ball on a 2 sec count, he will sprint into a ball screen (could be for 1 man in corner as well)...3 man comes off ball screen



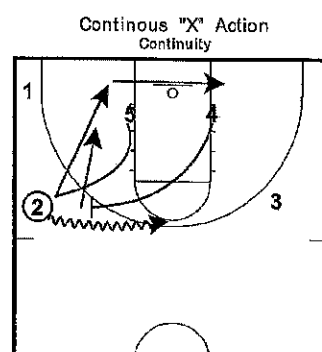
If reversed to the corner, 4 man sets a shuffle screen for 3 man, and then ball screen for 1 man...3 man replaces same side and fills, as 1 man comes off ball screen



Wings may or may not cross/go high, and then come off down screens from 4 and 5 men



5 will slip the 1st screen, and 4 man will come from behind with a ball screen...5 could set ball screen as well and complete double ball screen

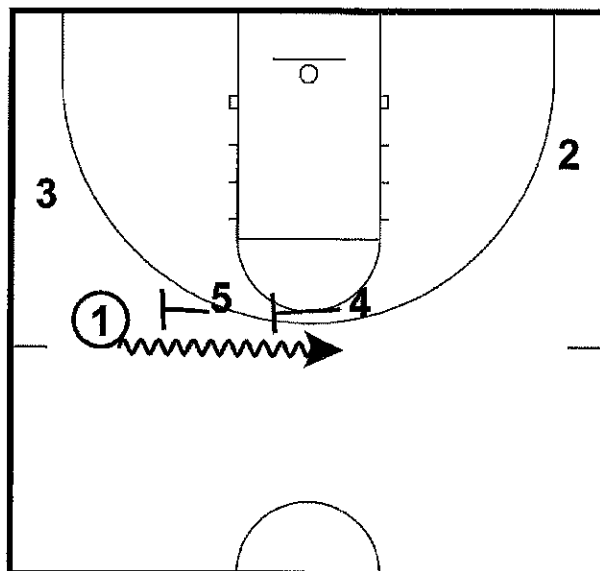


5 will slip the 1st screen, and 4 man will come from behind with a ball screen...1 man fills with "Suns" Action

Opponents Various Pick and Roll Sets

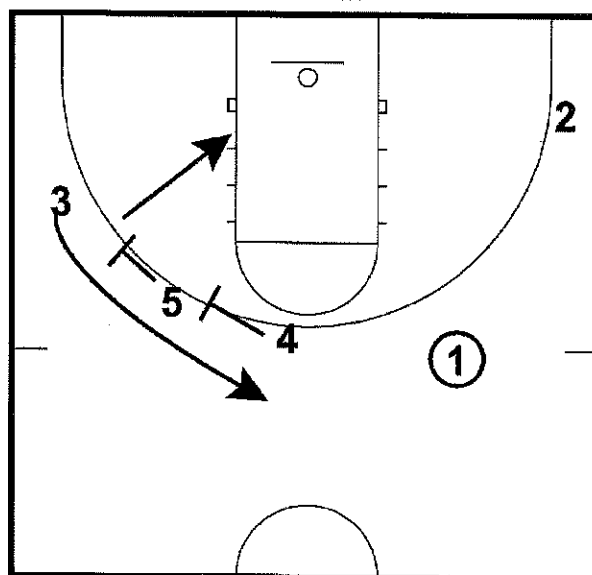
Missouri

Double Hi Ball Screen Call = "Head Tap"
Man Offense



1 man comes off double high ball screen...will look to penetrate and pitch with 2 man

Double Hi Ball Screen Call = "Head Tap"
Man Offense



Continues into stagger for 3 man...5 man can slip after setting first screen

UNCW

BALL HANDLING

NOTES:

- PERFORM ALL DRILLS AT GAME SPEED
- POUND THE DRIBBLE INTO THE FLOOR
- KEEP YOUR HAND ON TOP OF THE BALL
- STAY LOW WITH YOUR BACK STRAIGHT
- ALWAYS KEEP YOUR HEAD UP, SEE THE FLOOR
- CHANGE SPEEDS AND CHANGE DIRECTIONS
- MAKE YOURSELF UNCOMFORTABLE
- GET USED TO POUNDING DRIBBLE TO MAKE YOUR PULL-UP JUMPER QUICKER

STATIONARY BALL HANDLING

1. BALL SLAPS
2. AROUND THE WAIST
3. AROUND THE KNEES
4. FIGURE 8 – NO DRIBBLES
5. FIGURE 8 – LOW DRIBBLES
6. QUICK HANDS
7. SPIDER
8. 2 BALL TOGETHER
9. 2 BALL ALTERNATING
10. 2 BALL CROSSOVER
11. 2 BALL IN-OUT DRIBBLES
12. 2 BALL HIGH-LOW

1 BALL FULL COURT DRIBBLING

1. SPEED DRIBBLE
2. CROSSOVER
3. IN-OUT
4. BETWEEN THE LEGS
5. BEHIND THE BALL
6. SPIN
7. COMBO MOVES

2 BALL FULL COURT DRIBBLING

1. TOGETHER
2. ALTERNATING
3. HESITATION
4. CROSSOVER
5. IN-OUT
6. CROSSOVER – BETWEEN THE LEGS
7. CROSSOVER – BEHIND THE BACK
8. REVERSE SPIN

PULLBACK CROSSOVER DRIBBLE

- START AT THE TOP OF THE KEY
- DRIBBLE HARD AT ONE ELBOW
- TAKE 2 RETREAT DRIBBLES – CREATE SEPARATION FROM THE DEFENDER
- MAKE A LOW AND HARD CROSSOVER DRIBBLE, ATTACK THE OTHER ELBOW
- CONTINUE THE DRILL UNTIL HITTING BOTH ELBOWS 5 TIMES EACH (STAY LOW)

MACHINE GUN PASSING

- 2 BALLS, THEN 4 BALLS
- PARTNERS FACE EACH OTHER ABOUT 15' APART
- CHOP FEET (QUICK), PASS FROM RIGHT HAND TO PARTNER'S LEFT HAND SIMULTANEOUSLY
- ONE HAND PASS, ONE HAND CATCH, TRANSFER AT CHIN LEVEL, MAKE PASS
- SWITCH TO RIGHT HAND CATCH, LEFT HAND PASS, BUILD UP TO 4 BALLS
- EACH SET IS 30 SECONDS

BASEBALL PASS & 1-HAND CATCH

- PARTNERS FACE EACH OTHER 15-20' APART
- THROW A BASEBALL PASS AT YOUR PARTNER
- MAKE A ONE-HANDED CATCH USING YOUR FEET, HANDS, AND EYES; STAY LOW AND GET UNDER THE BALL

4 FULL COURT TRIPS – 4 DRIBBLES

- 4 DRIBBLES TO FINISH A LAY-UP ON 4 STRAIGHT TRIPS
- EYES UP, ATTACK THE RIM IN A STRAIGHT LINE, EXTEND YOUR DRIBBLE