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-Don't cheat your kids. Hold them accountable. There might be friction at times and that's good. Don't let them accept themselves for what they are. Push them to make them better. That's your job. It's up to us to help the next generation. Accept the profession that you've chosen and the duty you hold.

-I have a problem with how coaches are approaching this new era of parents we're encountering. Most coaches these days are pushing the parents away and completely shutting them out. Bring them in, have a meeting and build a relationship. Ask them to put their support of the team above their support for their child and ensure that you will look out for their child.

-Coach in a way that fits your personality. I would be a terrible coach trying to be anything I'm not.

-Create a system to your personality.

-Build a culture of trust within your program.

-Defense: Aggression + Discipline

-We want to speed you and try to play 1-on-1 off of the dribble (and we want to recruit athletic guys that can guard the dribble).

-We don't want you to score within the timing and rhythm of your set offense.

-I believe there's a residual element of pressure. If we make your first catch and push you out, your next catch will be pushed out even farther.

-No 3's, No Layups, Tough 2's.

-Our offensive rebounding philosophy is that we fill spots on the raise of the shot. 3, 4 and 5 go to the opposite block. 1 and 2 fill the elbows.

- Opposite/Inside: Opposite of where the shot came from and fighting for inside position.

-We are on the line, up the line. Our body is in the passing lane and we're not glued to our man. The farther away from the basket we are, the more aggressive we can be.

-Bob Huggins is such a freaking good coach. I worked for him for three years and I tried to grab every single thing I could, but a guy like me can only remember so much. Here's one I do remember and I'll take it to my grave: "Passes go over, under or around you - NEVER do they go through you."

-Do not accept being screened. "I got screened" isn't an excuse.

-I know it's expensive and you guys don't have the budget I am so lucky to have ("Believe me, I've fought your battles."). I love the treadmill on the side of the court as a discipline tool. I would do whatever I could to get that in my gym. Keeps kids in practice and allows you to discipline them quickly.

-HS coaches: I guarantee there's a teacher in your school that knows a good deal about strength & conditioning. Bring them into the fold and boom you know have something fancy like a "Strength & Conditioning Coach."

-When a drive occurs, we're not opening up to the ball to stop it with our chest. We plug the gap with our butt rather than committing ourselves fully to the ball (leaving him vulnerable to a catch & shoot 3-pointer).

-I want to keep my guys out of rotation. I'd like to avoid as much help as we can (obviously we can't completely do this). Rotations lead to rebounding mismatches (a guard trying to box-out a big) and leads to closeouts. I want to stay away from those 2 things. People think to play pressure defense, you need to trap. We play pressure defense and we don't trap (leads to rotations).

-We do 4-on-4 Shell every day. Early in the year that's just passing and cutting or dribble-drive. As the year goes, we'll add screening concepts we expect to see.

-One guy that can't get beat: The Help.