

**General thoughts:**

We talk angles defensively, don't worry about slides, just get there.

Starting no big deal, start different kids, finish with the right ones.

Start 3 skill kids, and your 2 toughest ones.

With this system we don't care how the ref calls it. Tight or loose, it is to our advantage.

Morning open gym, started with 2 or 3 ended with 35, how important is it to them.

Get a good staff.

Be a hard working staff.

Be effective with your time, it's not just about logging hours.

Coaches, off the floor, be there for your players, on the floor, be their coach.

Find good kids who are willing to give you everything.

Does your player's passion match yours?

You need to create a family atmosphere, even if its' dysfunctional.

Weight room, get them in there.

Best players have to be your hardest workers.

Do not be afraid to sit down your best player.

Treat them all the same in regard to your standards of behavior.

After something is done, write down what went well, and what was a hot spot.

Remember it's about relationships; thank people, be humble, etc. treat people the right way.

\* How do you want to play, and why do you want to play that way.

Offensive efficiency, shot selection #1. it will make or break your team.

You need to get the extra effort, and the extra pass.

Last 9 years we have been 3 or key with our shot selection; record has been 292-29.

We like 3's, we love lay-ups.

Space them so you can drive the gaps, the bigger the gaps the better.

4 man should shot 60% in this offense.

Keep track of your points per possession.

FT line is the best place to be for a high points per possession.

No pull up J's from the mid-range. We will run them in practice, and sub for them in the game.

With this system they need to prepare for you, you do not really need to prepare for them.

We just try to get better.

How are going to rebound the 3, we like 2 or 3 players to the weak side.

Don't really like pull up 3's off dribble, like catch and shoot 3's with no hand in the face.

Don't break the arc, unless you have back cut to the rim.

Bust out of back court, then breakdown as you approach the offensive end.

No negative steps, stay outside the arc. We will run in practice if we see it.

FT to validate every win.

What do you ignore that you shouldn't?

What you accept in victory, you will have to accept in defeat.

If they don't play hard it is your fault.

If they don't play hard, take them out immediately, every time.

Don't ignore the "little stuff" there is no "little stuff".

Use 5 on 0 in the ½ court to run your sets, do this on both ends at the same time.

Your players have to understand the drop, drag, and rack zones.  
Opposite top must dive on post pass, with wing filling up behind the dive.  
2 on 1 defensively, never step to the ball.  
Fix problems now.  
They need to learn to not react to their mistakes, faces, sulking etc.  
High School; wear them out first 28-29 minutes, then do whatever the last 3-4 minutes.  
Streak call, lay-ups by anyone, or selected players only to shoot the 3.  
Wing to guard pass, wing breaks down to corner.  
Your 4 needs to flash on ½ court double teams.  
Your 2 and 3 need to be patient.  
No matter what system you run , you better understand the little things that make it work.  
It's about learning principles, not plays.  
Your players need to become students of the game  
Will they play through fatigue?  
Coaches job is to get them to play hard, play smart, play together, their job is to make plays.  
We want to take a lot of shots, but they need to be good shots.  
During games, #1 thing, handle your substitutions correctly.

### **Ball handling and Shooting**

Attack mentality.  
Plant and go on moves.  
Change of pace is the key.  
Phil Fords.  
Hesitations.  
Crossovers.  
Pull back crossovers  
We are going to get to the rim mentality.  
\*On the move, attack from 6-8 feet away from defender, and blow by his hip.  
Look by your defender, and figure out where the help will have to come from.  
Plant and go on your moves, then blow by his hip.  
Don't let them rock the ball on their lay-ups.  
Pound the crossover, elbow in, throw wrist into it, hand over ball, keep it tight to the body.  
Open the court by using left hand dribble while on the right side of floor, and vise versa.  
Cones at elbows, ½ court, and far elbows, 3 moves, then work on different finishes.  
Dribble short and quick.  
Work one handed pull backs working the 3 point arc, in, out, in, out etc.  
Attack arc, pull back, freeze, attack.  
Get rid of the standing dribble, attack dribbles only, get somewhere with it.  
Good ball handlers handle getting bumped, and actually encourage it.  
Catch and square up philosophy, throw that 1<sup>st</sup> dribble and chase it, beat some one.  
Throw the ball, and bust the hand, on the square up moves.  
Keep the ball up, and body down on shot fakes, ball stays below eyes on shot fake.  
In regard to shooting the basketball, for us biggest deal is, balance, and hold the follow through.  
Get rid of the ball dip on their shots, get their bodies lower.  
Get forehead going towards the rim, so shoulders don't go backwards.

We do a lot of 3 players 2 balls shooting with a lot of movement at the arc.  
Sharp passes, and call their names in practice on passes.