

SCOTT DUNCAN
COACHING PHILOSOPHY

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I. STAPLES OF AN ASSISTANT COACH:

- LOYALTY
- WORK ETHIC
- “GET ALONG” ABILITY
- AVAILABILITY

II. SKILLS OF AN ASSISTANT COACH:

- CREATIVE PROBLEM SOLVER
- RELATIONSHIP BUILDER
- ADAPTABILITY
- STRONG LISTENER

III. INTANGIBLES OF AN ASSISTANT COACH:

- ABLE TO THINK OUTSIDE THE BOX
- SOLUTION ORIENTATED
- A STEP AHEAD OF THE HEAD COACH
- HUMILITY ALONG WITH CONFIDENCE
- COMMAND OF THE ROOM
- EVALUATE THE STANDARD OF YOUR TEAM AND PLAYERS
- ABLE TO HOLD PLAYERS TO THAT STANDARD

IV. OFFENSIVE PHILOSOPHY:

- PLAYER VERSATILITY
- LOW TURNOVERS
- HIGH BASKETBALL INTERSECT (FEEL)
- DISCIPLINE
- SELFLESS PLAYERS
- SHOT MAKING ABILITY

TRANSITION PHILOSOPHY:

- 1-4 CAN BRING IT
- STAY MIDDLE
- PASS AHEAD
- ATTACK THE RIM
- QUICK STRIKE (6 SECONDS)
- LOVE – FOULS, MADE 3'S, LAY – UPS, KICK AHEAD & PLAY

TRANSITION DRILLS:

- WEAVE (3-5 MAN)
- LAKER/LAKER TO HEAT
- 2 VS. 1 (WANT LAY – UP)
- 3 VS 2 (KICK AND ATTACK)
- BUILD UP DRILL
- ALABAMA W/24 SECOND SHOT CLOCK

SECONDARY ACTIONS (EACH HAS MULTIPLE OPTIONS):

- DRAGS
- PITCH GAME
- TOP
- THRU
- QUICK @
- PISTOLS
- BACKSCREEN
- DHO'S
- SWING
- STAGGERS

SETS MOVEMENT:

- MOVER BLOCKER
- THUMB
- STAGGER STAGGER
- SHUFFLE
- 5 OUT WEAVE/SCISSORS
- 5 OUT GLOBETROTTER

CREATE SHOTS:

- CHIN 1,2,3,4, STAGGER, POST, ILLINOIS, BACK
- MONEY/MONEY RIP
- ELEVATORS (TOP/SIDE)
- OPPOSITE ACTION
- GREEN BAY FOX SHOOTER
- FLOPPY SERIES
- FLOW/FLOW PUNCH/FLOW DENY
- TOP 2,3,4
- STANFORD LOOP RETURN/ LOOP STEP
- HORNS 2,3,4 CHEST
- HORNS 2,3,4 FIST
- HORNS WILDCAT, NASH, CROSS TO PIN DOWN
- TURN 42,43,54
- CHOICE
- PISTOL 4
- CIRCLE STAGGER
- SMASH/RUB

SETS ZONE:

- 2-3 ON 3 -2
- GAP, GAP
- 1,2,3 GAP QUICK

BALL SCREENS:

- 7, 77, 777
- FIST SERIES (SPREAD PNR)
- HORNS R+R, AWAY, ISO, TWIST, LOCK, NASH
- FLAT 5/4
- ANGLE 5/4
- GO'S

SPECIALS:

- HOT PLAYER
- LATE GAME 2
- LATE GAME 3
- LATE GAME NEED TO GET FOULED

SOB:

- LATE 2
- LATE 3
- COMBO
- GET IT IN

VS. TRAPS:

- MIDDLE
- SIDE
- BEHIND
- SLANT

DRILLS:

- 3 MAN WEAVE SPREAD + TIGHT
- 2 MAN CHEST/BOUNCE
- 2 DRIBBLE HOOK
- 2 DRIBBLES BEHIND THE BACK
- REBOUND PITCH DEEP
- LAKER
- CYCLES
- PASS-CUT VS D (NO DRIBBLE)
- 4 CORNER PASSING
- 85 IN 2 (CLOCK STARTS ON MADE LAY- UP)

COMBO DRILLS:

- AUSSIE SHOOTING (120 POINTS IS THE GOAL)
- 4 ON 3 STATIONARY
- RILEY SCREEN DRILL
- 3 ON 3, 4 ON 4 BALL SCREEN DRILL

FAVORITE DRILLS:

- 24 SECOND STANCE DRILL TO START PRACTICE
- IOWA BALL SCREEN
- SHELL CLOSE OUT DRILL TO 5 BALL SCREENS
- DEFEAT THE SCREEN DRILL (PAT RILEY)
- 3 ON 3 ALL PURPOSE DRILL FULL CT
- 2 ON 2 HELP SIDE EXCHANGE
- SHELL ROTATION DRILL
- RON ADAMS SHELL SEQUENCE

OFFENSIVE TERMINOLOGY:

- USE ME
- GET ME
- FLASH
- BALL SCREEN – “FIST”
- FLARES- “CHEST”
- FLEX
- SHUFFLE
- BACK SCREEN – “BACK”
- POST SPLIT – “SPLIT”
- UCLA
- STAGGER – “DOUBLE”
- BACK SCREEN/DOWN SCREEN – “DIAGONAL”
- CROSS SCREEN – “CROSS”
- SINGLE DOUBLE – “FLOPPY”
- LOOP – “ZIPPER”
- BACKSCREEN – “HOOK”
- HIGH SET – “HORNS”

V. DEFENSIVE PHILOSOPHY:

“WANT TO LIMIT THE 2 EASIEST SHOTS. LAY-UPS AND FREE THROWS.”

- PROTECT THE RIM
- PROTECT PAINT – NO MIDDLE
- CONTEST SHOTS (NO FLY-BYS)
- LIMIT FOULS
- BLOCK OUT (ARM BAR)
- START IN NOT OUT (ELBOWS/BOXES)

FUNDAMENTAL MUSTS:

- TOUGHNESS
- STANCE
- ACTIVE HANDS
- COMMUNICATION
- VISION
- EFFORT

“IF YOU DON’T PLAY HARD THEN THE SCHEME DOESN’T MATTER.”

“EFFORT WILL ALWAYS TRUMP SCHEME.”

TRANSITION DEFENSE (MUSTS):

- GET THE BALL STOPPED
- GET THE BALL OUT OF THE MIDDLE
- BUILD A WALL
- COMMUNICATION
- EFFORT TOPS ALL

HALF COURT DEFENSE:

- STANCE
- TALK
- FLOOD TO THE BALL
- EYES ON THE BALL
- ACTIVE HANDS
- DON'T REACH
- CLOSE – OUT
- HIT
- NO MIDDLE
- IN TO OUT
- EVERYONE REBOUNDS

“IF A BLIND MAN WAS AT PRACTICE, WHAT WOULD HE HEAR?”

DEFENSIVE TERMINOLOGY:

- GENERAL
- PNR COVERAGES
- POST DOUBLE CALLS
- LATE GAME CALLS
- PRESS CALLS
- ½ CT CALLS
- ZONE CALLS
- SOB CALLS
- LATE GAME

VI. SCOUTING REPORTS:

- **COACHES VERSION:** BOARD COMPLETED BEFORE STAFF MEETING AND INCLUDES:
 - PROJECTED LINE-UP AND MATCHUPS (INCLUDE SUBS / ROTATIONS)
 - LAST 5 GAME RESULTS
 - INJURY UPDATES
 - WHO'S HOT
 - BEST 3-PT SHOOTERS
 - 4 MOST FREQUENT ACTIONS
 - 3 BULLET POINTS OF THEIR DEFENSE AND OFFENSE
 - SUGGESTIONS ON HOW TO EXPLOIT THEIR WEAKNESSES

- **MOST IMPORTANT INFORMATION:**
 - HOW DO THEY REALLY SCORE AND HOW DO WE DEFEND THAT
 - SHOOTERS WE MUST CONTEST AND WHO ARE THE DRIVERS WE COULD GAP AND LATE CONTEST
 - WHAT DO WE NEED TO BE PREPARED FOR ON OFFENSE
 - DO THEY GAMBLE
 - DO THEY JUMP OUT ON SWITCHES
 - WHAT IS THEIR LATE GAME DEFENSE
 - DO THEY ZONE AND WHAT TYPE
 - PRIMARY BALL SCREEN COVERAGE
 - MIDDLE
 - SIDE
 - CORNER

- ANY QUIRKY REMINDERS
 - HARDEN OVER EXTENDS HIS ARMS TO DRAW FOULS
 - PAUL WANTS TO SNAKE BACK TO THE MIDDLE
 - LILLARD WILL SHOOT JUST OVER HALF COURT
 - BRIDGERS WILL CRASH FROM THE CORNERS
 - MIAMI LEADS THE LEAGUE IN ASSISTS % SO THEY LOOK TO MAKE THE EXTRA PASS FOR 3'S
 - UTAH LEADS THE LEAGUE IN MADE 3-PT FG'S AT 17.8

- **2-3 BULLET POINTS BY POSITIONS:**

“ FOR US TO WIN TONIGHT”

BIGS MUST:

- 1.
- 2.
- 3.

WINGS MUST:

- 1.
- 2.
- 3.

POINT GUARDS MUST:

- 1.
- 2.
- 3.

- **VIDEO CLIPS:**

- REFLECT AND SUPPORT THE REPORT (20 MAX FOR COACHES)
- PLAYERS REPORT – QUICK SYNOPSIS AND TEAM UPDATE
- BOARD IN THE FILM ROOM AND LR IS A CONDENSED VERSION OF THE COACH'S BOARD
- CLIPS SHOULD BE NO MORE THAN 10-12 AND YOU NEED TO TALK GAME PLAN WHEN SHOWING THEM
- CLIPS PREGAME ARE JUST REMINDERS OF THE GAME PLAN

- **POST GAME REPORT:**

- DONE AFTER THE GAME
- BULLET POINTS ON THE FOLLOWING
- WHAT HURT US
- WHAT HURT THEM
- P&R COVERAGES
- KEY STATS
- LATE GAME STUFF IF CLOSE
- ANY SURPRISES

VII. PLAYER DEVELOPMENT:

- THERE IS NO PLAYER DEVELOPMENT IF THEY DON'T HAVE A RELATIONSHIP WITH YOU.
- THEY HAVE TO KNOW YOU CARE ABOUT THEIR PERSONAL GROWTH BEFORE THEY FULLY TRUST YOU ON THE COURT.
- A COACH'S JOB IS TO ELEVATE EACH PLAYERS CAREER. FROM EXTENDING THEIR CAREER TO BECOMING AN ALL-STAR.
- EVERY SEASON IS DIFFERENT, YOU HAVE TO KEEP THEM STIMULATED.
- HAVE TO BE ABLE TO READ THEIR MINDSET, MOOD, ETC. THEN ADDRESS IT WITH A SOLUTION.

3 KEY PARTS:

- FILM – DAILY DURING THE SEASON.
- COURT WORK - MANY COMPONENTS TO THIS DEPENDING ON THE INDIVIDUAL PLAYER. THEY DO HAVE TO KNOW THAT THIS TIME IS ALL WORK AND BUSINESS.
- GAME TIME - PROBABLY MOST IMPORTANT PHASE. YOU HAVE TO FIND TIME FOR THEM.

3 PHASES:

- OFF SEASON - FOCUS MORE ON WEAKNESSES.
- DURING SEASON – FOCUS MORE ON STRENGTHS.
- LAST ¼ OF SEASON – KEEPING PLAYER ENGAGED.