Offensive Thoughts – 8/14/17

Individual Gun Workouts for players during the week. – "Green Light" Three IDW

Use the three point line as a "Read Line" – if at any time during a fill cut your player gets one foot above the arc – BACK CUT

Back Cut Drill – 2/2 – Pass & Cut – Opposite player makes a fill cut and reads the defender in regards to the "Read Line"

Can we run Villanova Offense out of a 4/1 alignment??? Guard/Guard pass = screening action, Guard/Wing = Vertical Cutting Action

Every tite cutter should be coming back out to the same side the cut/screen originated from

5/0 Villanova Offense – Allow the "5" to flash into the high post – If ball is passed to the high post – pass will auto back cut and everybody will fill cut

How do we want to handle action after we feed the post:

-Laker Cut – Hi/Low
-Screen next player – Hi/Low

Advantage Drills on Offense – 5/4, 4/3 – Great for passing and decision making. Limited shot selection: Lay Ups, Post Moves, "3's"

Wing Ball Screens – get to the elbow – "Kill Area"

8/28/17

"Pitch" action on made baskets and "attack to score" off of missed shots – Transition Ideas

8/31/17

We need to pass the ball harder. Crisper passes "on time and on target"!!!

Two things to get better at with Advantage Drills

1. Player movement away from the ball
2. Sealing in the post

Stat practice more – Let kids see who is performing and not performing

Penetration reads away from the ball – Which one and why???? Kick, Trail, Drift, Pitch

See the Kick passes earlier, we can't wait until we are guarded to make the kick pass – Kick pass should come early.

5/4, 4/3 Advantage – JUST LIKE TRANSITION – The first pass from coach is going to be guarded. If you can't get to rim, then look for "pitch" action

NO WASTED DRIBBLES – IMPROVE YOUR SITUATION WITH THE DRIBBLE

5's – Post moves from behind defense – Also hi post flashes

Hi post feed = automatic back cut

2/1 Finish at the rim drill – Read the defense and play – AIR DUMMY

Perimeter Move – Jab to the "3"

Ball Screen = ROLL – The "roll" player will occupy another defender inside the lane – if you "pop" the screen – defense can zone up and recover

9/11/17

Away from the ball we are trying to create action through cutting and filling – to try and create "Unguarded catches"

Perimeter – Pass and vertical cut to create action – Fill cuts to create action

5's can down/ball screen to create action

5's – High Post Flash – AUTO back cut

Entries
- -Pitch Action
- -Pitch/Ball Screen
- -Pitch/Double Ball Screen

Drive/Kick – Passer needs to fill lowest spot on floor – NO cut back up through the action

5's – ROLL HARD on ball screen to commit another defender to the action

Can not "over drive" – Kick passes before help defender can defend the ball and deflect

Back Cut the over play – Defender gets one foot above the arc

Skilly/Shamp – Down screen to a space spot – NO pin/seal

NO SPIN DRIBBLE – crossover move to get ball into "Attack Area"

Helpside of the floor – SPACING on penetration – Find a lane and get open

Ball screen reads – Ball defender first, hedge defender second

"51" – 5 Out – Straight Cuts off the "5"
"52" – 5 Out – Tite Cuts off the "5"

DO NOT OVER CUT!!!!!!!

Getting ball into attack area is half the battle – the other half is making PROPER decision once ball enters attack area

1/1 Finishing Drills at the basket – with contact

Gangl, Anderson, Skjordal – play the "5" role on offense

3/2 Offensive Drill
- -8 seconds to score
- -Get ball into attack area
- -CAN'T shoot on entry pass from coach

9/13/17

Create or come up with a "back door" play off of some entry actions.

Thursday Practice Notes – Add "41" & "42"
- -"4" will ball/down screen on the perimeter

"5" – High Post Flash – If you don't receive ball, back cut through and fill lowest spot on perimeter

STAY AGGRESSIVE – getting to basket – breakdown everyday

Add defenders to drive/kick shooting drills – Have to read defense better away from ball on penetration

Keep working Ball Screen Action – beat defender to attack area, make "5" defender guard the ball

Thursday Practice Notes – "41" & "42"

Thursday Practice Thoughts – Entries into "51" & "52"

Thursday Practice Notes – Weave Action with 2 shooters in the corner

"5"'s – have to read penetration and react to defender

Thursday Practice Thoughts – Open Gym to work on Break Package Lane Runs

"5"'s – SCREEN/SPACE!!!!!!!!!!!!!!!

Drill – 2/2 Down Screen Action
-Screen/Space emphasis

Entry – "Straight/Pitch"
-"5" down screen to a straight cut then "pitch action"

Horns Series Stuff for Entries

Entry – "Pitch 2" – Pitch action to a ball screen
"Pitch 22" – Pitch action to 2 ball screens

Thursday Practice Thought – 5/5 Defensive Shell
-Introduce 3/2 Zone – Film

"41" & "42" – "5" can flash high post when ball is opposite

Thursday Practice Thoughts – Drive/Dish Drills

Screener needs to step back and fill next space spot after a curl cut.

Entry – "Curl/2" – Down screen to a curl cut – screener sprints back to a ball screen – GREAT ACTION TO GET A "3" OFF THE BALL SCREEN

Thursday Practice Thoughts – 5/4 Advantage Drill

9/23/17

Five Spot Passing Drill – w/ penetration

Three 10 minute sessions of shooting for first three weeks of practice

OBC – Above the FT line on the shot = get back
Below the FT line = crash the glass

Defensive Thoughts – 8/14/17

3/2 Zone – Bottom players need to front on ballside when wing is defending – so they can get to next pass to corner

3/2 Zone – Top kid can't let ball get into high post – When defending ball – active hands, when not defending ball – GET TO ELBOW AREA

How do we play wing catches in the 3/2 – Hard Pressure???? No throw below????? – They will have help to middle with ballside top player

Front the post in the 3/2 Zone!!!!!

How do we rotate on corner catches in the 3/2 Zone. Drop the top player to a front, or bring across other low player – size to size

3/2 Zone – Low players do NOT need to step out and extend unless there is a player below the ball being defended by the wing

Can we get a 5/3 or a 5/4 approach defensively in both of our zones??? MORE PRESSURE – All five players across/on the midline defensively

3/2 Up/Fire – Olivet Nazarene – always have two players committed to the ball, and one player protecting middle and rim

3/2 Up/Fire – Don't need to trap if far off arc, but still have two player committed to the ball (Bracket concept) with one player protecting the middle and another protecting the rim

3/2 Up/Fire – if ball id thrown over your head – follow pass and trap next ball handler

Three Things Defensively:

1. Are we NOT fouling
2. Low Defensive FG %
3. Limit OReb's

2/3 Zone – "Next Pass Mentality" – Next player will defend the ball – location will determine if we "bump" or not

How do we defend corner catches in the 2/3??? Do we deny ballside top and opposite top defend elbow???

You don't go for a steal, you GET IT!!!! – Bill Fennelly

2/3 or 3/2 – Only need to extend away from ball if there is a receiver out there – if no receiver out there then protect inside/out

How do we play high post catches???

1. Wing takes block to corner
2. Top takes wing and top
3. DO NOT GUARD AIR!!!!
4.

Zone Responsibilities:

1. Defend the Ball
2. Protect the Rim
3. Know who has next pass

If the "5" is engaged with a player – then they are NOT protecting the rim – if the "5" helps on dribble drive – they are NOT protecting the rim and thus we need another defender to protect the rim.

"Goalie" – player protecting the rim

Help/Recover with top – "Next Pass Mentality" – oppostite top will have to defend "kick" pass

If you defend ball outside of your area (wings high, or tops across), have to do what you can to not let ball get passed by you – if it does –you need to follow and defend.

Low Post Defend – High side – hand across chest – NO TOP/DOWN passes

Boxes on the floor to determine who should guard the ball where

Disadvantage Drills for EFFORT

8/28/17

3/2 Zone – Corner Catches??? Deny ball reversal with wing player, or take away hi post with ballside wing player.

Full Court Pressure – If ball gets to middle of the floor – CONVERT AND BACK TAP!!!!!

What is the best kind of full pressure for us???
2-2-1 or 1-2-2

8/31/17

When top defends across mid line – we may have to careful "X"ing out – we are trying to keep ball on same side with how we defend ball

We have to limit ball reversal from the top better: Quicker reaction to the ball, body/hand placement when defending the ball

Reaction time needs to improve

Tops = Defend ball or get to HI POST

Opposite Wing – Have to be aware of "5", that will determine your floor placement

Tops - Hi Post Position = 1 foot in lane

The more ball reversal we allow, the harder the tops will have to work and more area they will have to defend

Posts – "Fight to the Front" early – Late = Lay Up

Helpside Wing Positioning = NO CATCH VS. FRONT

Tops determine if we bump or not – if they come over to "wing" – then we auto "bump"

Sprint from position to position – QUICKER

9/11/17

Whatever full court pressure we do, if ball gets to middle, we need to back tap and convert quickly

What is best pressure for us???
1-2-2 – Take care of middle
2-2-1 – Run/Jump more

9/23/17

We want to win three games:
-The "3 Game"
-The "FT Game"
-The "TO Game"

Defensively NO's
-NO lay ups
-NO 3's
-NO free throws

Corner "3" is the only allowable "3" we will accept

All drills built around our Defensive NO's and rebounding

Transition NO's same as half court NO's

4/3 Disadvantage Drill

- -Defend Ball
- -Protect Rim
- -Next Pass

Leadership/Misc. Program Thoughts
8/14/17

Alumni/Program Newsletter – Bi-Weekly

Leadership Involves Daily Maintenance and attention to culture, goals and all relationships within your program – Bob Starkey

Players want to know three things: Tyler Costen

1. Can you help me
2. Do you care about me
3. Can I trust you

Inverted Triangle for Leadership – Coach at the bottom and players at the top – SERVANT LEADERSHIP!!!!

Leading from the "Bottom Up" – "Influencing Up"

You get what you measure and you get what you celebrate

You don't just read and write the vision, you invest and live the vision

Experience will not make you better – EVALUATED experience will make you better – Andy Stanley

Must read Book:
"Generation Y.I." – Tim Elmore

Can't always guarantee that you will fill up someone else's cup, but you can ALWAYS guarantee you will empty your cup

If you don't share you experiences, then the value of your life ends, when your life ends

The older you get, the more you have to give – MORE EXPERIENCES

MONDAY TEAM MEETINGS – EXPECTATIONS
8/28/17

Leading When you NOT Charge – begin with what you ARE in charge of and make that great

If we can make WBB great, that might motivate another coach to want to make their program or department great as well.

"Oasis of Excellence" – make whatever you are in charge of GREAT!!

The most primary thing that I am in charge of is MYSELF!!!!!

In order to show the ability to lead others, you have to have the ability to lead yourself first

YOU have the ability to talk yourself out of the most, because you see yourself the most in the mirror everyday

People will "buy in", if you give them a chance to "weigh in"

Have to find ways to give the players more ownership of the TEAM

Find ways to generate to enthusiasm and interest for our program

Two best kept secrets in leadership

1. The less you do the more you accomplish
2. The less you do, the more you enable other people to accomplish more

Two myths in leadership:

1. Great leaders are great at everything
2. Great leaders focus on weaknesses and make them strengths

"THE COMET WAY"

8/29/17

Coaching Basketball Toughness Article – Mike Neighbors – Part 1

Coaches can be tough, we MUST be tough if we demand our players to be tough as well

Tough Coaches Confront
It takes energy and effort to confront, a great deal of both in fact

When someone or something challenges the culture of the program, a tough coach stands up for what they hold true

Coaches who have toughness confront any player who falls below the standards they have set in their program

If you exhaust yourself of the energy to confront, then you are "allowing things in your program", rather than "coaching things in your program"

You must have (or find) the energy every single time something challenges the fabric of your culture. If you don't, no one else will. If you do, everyone else will.

Tough Coaches are Decision Savvy
Tough coaches know that making the hard decision is what separates the good from the great

Experience has taught them how to make them with the best interest of the team AND the best interest of the player at the same time

Avoidance of decision making is even worse than making the wrong decision in many instances

Tough Coaches Expect Mistakes, but don't Accept Excuses:
Tough coaches know their players are going to make mistakes

They are going to create scenarios designed to push them beyond their comfort zones

Touch coaches know mistakes lead to improvement

Wayne Gretzky routinely tripped over his skates because he pushed himself to go harder in drills than his coaches demanded

Touch coaches know the difference between a reason and an excuse

Tough coaches use mistakes to help a person grow

Tough coaches teach without the person even knowing they are being taught – Mr. Miyagi

Tough coaches do NOT hold grudges when dealing with discipline issues

If you want players to move to "the next play", then you as a coach better coach this way

Tough Coaches Actions are Aligned with Standards
Your actions should reflect your words and your words should reflect your actions

Players, fans, administrators believe what they see more than what they hear. If you want a TOUGHNESS in your program, your actions better be worth watching

Tough Coaches Take NO Credit for Wins and Deflect Blame in Loss
You can be honest and truthful in private, not public

Tough coaches never allow anyone outside their program to attack someone within it. – Mike Gundy OSU Football

We have all seen great teams derailed by team issues that become public.

8/30/17

Coaching Basketball Toughness – Mike Neighbors – Part 2

Tough Coaches are Visible

Tough coaches are accessible – they are seen

Tough coaches are visible – WIN OR LOSE
Tough coaches lead from the front

Tough Coaches Surround Themselves with People Smarter than Them

Coaches with toughness understand that having smart people surround them produces a multiplying effect rather than adding effect

Tough Coaches Routinely Mentor "Over Achievers"

A tough coach has mastered the skills it takes to push a player beyond the limits that the player has set for themselves.

Tough Coaches Get the Most of Practice Time

The richest school district or athletic department may have nicer uniforms or a fancier gymnasium, but they can't buy more time

Tough coaches use this commodity especially well when it comes to their practice time. There is NO wasted time. There are NO wasted movements. There IS a plan

8/31/17

Don't allow the players to separate themselves into groups – They will always "buddy up"

9/11/17

As a leader, your weakness is another person's opportunity

Leaders can derail a project, when they try to enter an area, they are not familiar with and try to take over.

Secret of leadership is concentration – "I know what I have to do, but I have to do what I can do" – Organizational lists

Leadership is getting things done through other people

Leaders need to distinguish between authority and level of competency. They may have the authority over every department, but they may not be competent in every department.