



TEACHING OBSERVATIONS:

There is more to life than basketball. However, there is more to basketball than basketball

Compete for Vision/ Compete for a way of life

Be firm in principle, but flexible in your approach

Sometimes you have to go through a lot of rocks before you get the gold

Running in place will never get you the same results as running from a lion

So you are saying I have a chance (Development)

The style of play can develop your players. The way you are asked to play can affect how good you become.

Success is a process not an event

Success is the byproduct of simply doing the right things on a daily basis

Teach conceptually, not robotically

Just knowing concepts has no real pay value. The key is understanding and believing in them...this motivates us to put them together and use them. Like a puzzle; you can have all the pieces, but until you put them together, you really do not have anything

- **Being the Best:** Continually playing the comparison game and always searching for the road to success. Being the best at anything is actually a byproduct of the competitive experience. It is the result of various factors and one of the most important is not beating yourself
- **Doing your Best:** is more important than being the best because we are focusing on ourselves, but truth is we rarely are able to do our best. Key question is how do we bring out our best?
- **Giving it our Best Shot**
Area that we have most control over...different than doing your best. When we do not do our best, or as good as we think, we get down on ourselves or start making excuses. When we concentrate on giving it our best shot, we just reload aim and keep firing. The by-product is that our best will come out a higher percentage of the time. The edge is in the process. When we learn to enjoy the process of giving it our best shot in all that we do, we raise the chances of doing our best more often. This can directly result in being the best some of the time

Road to Success...Imaginary trip people take to the end of the rainbow where the pot of gold is supposed to be...it is not there

Success Road...is based on the trip and the quality of living, not the destination. It is the short segments of the long trip that really count. Goals are derived from our desires and dreams which are the long and intermediate range targets that give us direction meaning and purpose. The goal is not the end of the road, it is the road



Hermit Crab:

As crab gets bigger, needs to find bigger shell. Creature goes on quest for new home. If it is not found quickly, a delicate moment of truth arises. Soft creature that is used to protection of built in armor must now go out into the world exposed to predators in all of its mushy vulnerability. The learning phase between shells is where growth can spring from.

Someone stuck in the entity theory is like an anorexic hermit crab starving itself so it does not grow to have to find a new shell

James 1

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

God is in the resume building business. He is always looking for a past experience to prepare us for future opportunities...disguised

Definition of Success: Do the best you can with what you have where you are. Make the most of where you are. Make the most of every opportunity. Spiritual maturity is seeing and seizing God ordained opportunities. Every opportunity is Gods gift to you God is bigger and more powerful than any problem you have God Hovers over chaos.

How you think about God will determine who you become. You are not just a by-product of Nature vs Nurture. You are a by-product of your Gods picture. That internal picture determines how you see everything else.

Most of our problems are not circumstantial, they are perceptual

We don't know the end of the story

Our problems seem really big because our God is really small

Don't accumulate possessions, accumulate experiences

When you study scripture, upgrading your mind by downloading the mind of Christ

Most of us are shaped by a handful of experiences

Random spontaneous thoughts that are not your own...**Holy Spirit**



Tactics come easy once principles are in the blood

NEXT PLAY

Eliminate putting yourself in a position to have an excuse

Improvement is a byproduct of a process

Coaches can't look at program through the same lens as a fan

While being obsessively assertive with daily tactics, we must be patient to allow the process to work

Compete for results...A win in itself is not a success. Instead it represents a multitude of successes during a particular contest...Compete for feet, boxouts, screens ect

What can we do today that will make us better tomorrow?

If you pay attention, you can learn from everything

Be 85% right...100% you lie or cheat to be correct

If you don't listen you will never be as smart as you should be

Treat every possession with significance

If someone has failed, then we have failed for allowing him to be in a position to fail

Failure is not an action...it is a consequence of previous actions or a previous lack of action

Must make the correlation between actions that led to the result

Make a play for a teammate

Is he a maverick thinker or a low character guy?

Just because a guy does not buy into your system doesn't mean he is a bad guy

Put your best decision makers in a position where they have to make the most decisions

Can't run offense until they buy into footwork, passing, and catching

Can't use skills until they know how to space the floor

Rarely is it the strategy, it is the execution

Skeleton offense...sneakers must squeak (must visualize)

We want to work more on the end game/ POA than the tricky openings

Willing passer

Keys to shooting...shot prep and shot selection

Quick feet vs. efficient feet...drive by, not around

The floor shrinks as the level goes up

All learning begins at the learners frame of reference

Once we earn skills, we must fight to protect them...Physically, Mentally and Emotionally

We are fanatical about feet, balance and eyes up

You want to be good at the things that happen a lot...passing dribbling shooting. If what your good at does not happen often, there is no real benefit to it.

Bad passing limits the number of things you can do



Quality of passing determines the quality of your shots
Coaches can't get bored with the basics, but players will. Make it interesting, keep it as fresh as possible, but some days you just have to grind away
Nothing can stop the ball from moving
How we get there is as important as where we go
Your attitude is understandable, but not acceptable
Role...may not be what you want, but it is what we need
Players think role is a 4 letter word...SUCK
Create image of being a superstar in your role
Roles will change as skills develop
Second unit can keep you from winning the title
Without individual skills, it is hard to be unselfish
Art of deception and misdirection
We are what we repeatedly do. Excellence is not an act, but a habit...Aristotle
Every time you step on the floor you are either creating good habits or bad habits
It is inside somewhere
We want coordinated free flowing movement
You never know about development
Does your teammate need help or space?
When Stopping with speed, use the stride stop
Plant square when catching inside the arc. Teach flyby for protection plan
We make decisions based on the relative advantages of one thing over another
People don't know what they want until they see it in context...everything is relative
Simplicity is the ultimate form of sophistication...Leonardo Di Vinci
My experience is what I attend to...William James
Make every rep count
Life is a creation of what you focus on and what you choose not to focus on
Greatest weapon vs stress is the ability to choose one thought over another (God's Gift)
Don't be a prisoner of narrow ambition
Flow: next action in offense begins as the current action is finishing, not when it stops
This is why top flare pause is better. Suckers the cutters defender to get in gap or look at the post. Better opportunity to time the top flare
Passing is a core skill by which a player starts to build a relationship with a teammate:
good pass says I care about you. Turn a teammate into a soccer goalie trying to catch your pass says I don't really care about you
You must talk your action
The way you think affects what you see and do
It takes incredible discipline to play with great freedom



If you conduct yourself in a certain way long enough, that characteristic will become yours

Teach kids to do the right things for the right reasons

Can't change the world, but you can influence your circle

Everybody plays, but few know how to play with others

Feel comfortable being uncomfortable

Individually improve skills of a player so they can work together as a single unit

Chunking :

The difference between seeing letters vs. words

Minds ability to take lots of information, find a harmonizing consistent strain, put it together into a mental file that can be accessed if it were a single piece of information "carved neural pathways"

See areas and appropriate principles in a blink... / Where the help is coming from

Players should look at less, not more...chunks of information that have been put together in the mind allow them to see much more with less conscious thought. They are **looking at very little and seeing a lot**

The conscious mind can only take in and work with a certain limited amount of information in a unit of time.

With a small amount of information in the same amount of time, then we can see in more detail. It feels like **time has slowed down.**

Trained mind is not necessarily working faster than the untrained mind, simply working more efficient

Be selfish in the pursuit of developing skills, but you can't be selfish when it comes time to blend them in for what is good for the team

Must become immersed in the fundamentals in order to have any potential to reach a high skill level

Make skills invisible to the untrained eye

Talent: The possession of repeatable skills that don't depend on physical size



Meaningful Repetition

Deep/ Deliberate Practice

Is fun when you are on the success road

Have to be able to do it slowly before we can have any hope of doing it with speed

Practice deeply and earn more skill

When there is intense competition, those who succeed have slightly more honed skills than the rest...not a mystery...mastery of a basic skill set. Depth beats breadth

Entries are the most important aspect of good possession... everybody is connected

Post feeds...can look in, up, and back in

You can curse the darkness or light a candle

Use escapes, quick reversals, and snapbacks to change directions

Teach to your fastest learner so he does not get bored...he can help teach others

Play with your eyes

Pass to the first open man...includes the post

Productive paranoia in analyzing team

Must Develop

- 3 point shooters
- Drivers/Passers (Direct drivers in small areas)
- Finishers
- Worst shot we can take is a contested 2
- 3s or lay-ups...opportunity to get an extra point

70%FT 1.4

60% lay-ups 1.2

37% 3s...1.2

TO = 0

- Opposite top dives on post feed, or we could make it automatic for the 4 man
- It is about learning principles of play, not plays...Don't turn offense into a government program
- Need depth to reach high performance...don't want to create simple players with no depth
- Partnership in screening...do not separate them
- Don't retreat back, go to side line
- Don't let the solution be to run another play
- Players will show us what we need to work on
- Who am I, who is guarding me, who are my teammates and who is guarding them

Your actions and decisions affect others



Point of Attack...end result of offense (How are you going to score?)

- Each shot is not an individual's shot, it is a team shot. What is the best shot we can get for our team
- Coaching is at one level the art of repeating and almost doing the same thing over and over so it does not look or sound like the same thing
- Do not let the defense dictate what shots you will take...get ball inside
- What hurts offense is when the passer becomes disengaged as far as not seeing the floor

The better our screening, cutting passing and driving...the better our shooting percentage...shooting is the last act

Shooting is spacing

What hurts spacing?

1. Work ethic
2. Throwing passes to guys who have not completed a cut
 - Need cues for general offense, but you also need to personalize them for individual skills
 - Practice with guys in foul trouble in practice
 - Practice without a pg, or move the pg to a wing
 - Finishing...body on, ball out
 - Teach coordination
 - Film feet
 - Develop movement straight ahead, side to side, and in arcs and circles...last is most neglected
 - Working your feet on every catch adds a north south component to any offense. It will also give you a chance to see
 - When a team holds the course and maintains its philosophy through good and bad, they establish an identity...playing hard should not be your identity...everyone should play hard
 - Execution is talent
 - Good bigs get a third of their points at the line
 - FT is a post move
 - **By-Pass**...come out of corner when the ball gets to the middle of floor/ same on post attacks
 - **Drift**...opposite wing gets to the corner



- If you can't dribble with your eyes up, you look selfish
- Don't throw a pass unless you see their eyes...includes passing to coach
- If you are pressured on your pass, use arcs or rips with step through and flick pass
- If you need a quick swing for a one up or one down, we still work feet, but we can roll hips without stepping
- The passer is the eyes of the shooter...he makes the shooter more conscious for his shot
- If your man is sagging off you on the wing and we want to feed the post, post should go short corner
- Late game situations...less people involved the better
- 3 on the baseline vs. Traps
- Stride stops, pivots and lifts are our **PROTECTION PLAN**
- Goal is to create space in order to utilize skill...screening/cutting/ penetration/ posting
- 4s who are not guarded...need more screening, hand-cuts and ball-screens, pinch post, and speed cutting
- Outside h/o or go screen gives offense a new vertical dimension
- Play call review mixed in with skill development increases concentration

Perimeter catch with advantage:

1. Shot
2. Lay-up
3. Shot pass
4. jumpskip
5. Kickback
6. Skipback

First week of practice is always about sharing the ball, working your feet, and understanding what an advantage is

- Every player should master the Mikan and perfect post catch
- You can create an unintended automatic response through individual development. 3-0 by-pass drift drill helps with shooting and sharing
- Protect players until they can grow their skills
- Play toward strengths
- Drive the outside shoulder

Triple threat: Score when defense is:

In front

Beside

Behind



Use dummy defenders for backcuts. Use air dummy for stridestops
6 boards between your feet for a good base
Great Teams will pass to everyone, but not everywhere

Ball is 9 inches wide
Rim is 18 inches wide
40 degree arc = $11 \frac{3}{4}$
50 degree arc = $14 \frac{3}{4}$
60 degree arc = $17 \frac{1}{4}$

What you feel, you can see
Defense can cheat when the offense can't see
Guards transport the ball. Win the war by destroying the transportation system
Good vision leads to good decisions
Hard to have vision if you can't pivot
Discipline is a higher form of intellect...it is efficient
Get dribbler to pick it up
Crowd him
Obscure vision on defense
Poor vision, poor decision

Stupid is forever
Once you teach a guy, you have the right to demand and be tough with standard of play...you do not have that right if you have not taught him
Catch and see
Dribble w/ purpose

Fight for space...post running/ pivoting (360)

Fight for your feet

Finish your cut to a spot...stay out of nomans land
Help somebody...sometimes you have to sacrifice
Dance like no one is watching and sing like no one is listening
Imagination is more important than knowledge
Seek contact first then the shot

Plays 6-6 volleyball, but all 6 guys must touch before it goes over

- Every player must realize an athletic potential beyond his present abilities
- There are a lot of reasons that can keep a superior athlete from playing, but no matter what the reason, it always reverts back to flaw-the player's inability to recognize his potential.



Never forget you are not coaching basketball, you are coaching basketball players
Never let one loss beat you twice. How about not letting a win cause slippage and a loss
You must understand as a player that you are the margin of victory; be a part of the
reason your team wins on a day to day basis
You must understand the game is about vision and great tactical minds are built on a
complete foundation of skill
Burnout comes from an emphasis on organized training and competition, while not
enough time is devoted to casual play or independent work
When setting cross screens, fan the top so you can use separation guy

