Reggie Witherspoon (Buffalo) - 4/2/09

**Bio**

- Coach of University of Buffalo since 1999-2000
- Played two years at Erie Community College for John Beilein
- Became JV coach of his high school in 1984 while selling insurance during the days, then transferred to Empire State College.
- When a new head coach came in Witherspoon became the assistant because head coach wanted his son to be the JV coach.
- Five years later the Superintendent asked RW to become the head coach.
  - Other teachers who were not qualified wanted the job because it increased their pension; teachers were serving him during practice.
- Coached Erie Community College for two years
- During his second season he got a call from Buffalo because they had rules violations that meant they had to change the staff almost completely.
  - Said, “you’re probably not going to win a game.”
  - Was only promised an interview at the end of the season.
  - RW asked the AD “why me?” → The AD said “I met you once but I watched you a lot.” – People are always watching!
  - Won 3 games that year and interviewed for 3 days and got the job permanently.

- “What do I have to do to get where I want to be?” → “Do not look at what someone else did, your path will be vastly different.”

- As an **Assistant Coach** find out what the vision of the Head Coach is and enhance it.
  - You cannot just use your ideas, you may have many great ones as an assistant but you must use the ideas that *enhance the coach’s vision.*
  - Do not give him a million thoughts
- Look at film, and track the game statistically
- Need to find time to improve yourself as a coach outside of just the video and meetings.
- ASSISTant Coach: do not tell the head what he needs to do, sometimes just listen and do not always imply he was wrong.

• Skip Prosser said “coaching high school is better than any other level except on pay day because of the kids you affect.”
  - “Some do a better job at having the job than doing the job.”

• Beilein’s Emphasis
  1. Share the ball
  2. Cannot turn it over
  3. Must be able to shoot

• Whatever level you’re at you will find your job more enjoyable if you do what you emphasize.
• Your journey will not dictate where you end up or want to be.
• Make where you are where you want to be
• Networking with the intent to manipulate that person is not helpful to your coaching career.
• Some Assistant work harder for their next job than their current one
  - Pursuing other jobs
  - Can end up pretty miserable
  - Some guys end up telling stories even they don’t believe
• “Everybody deals with parents somehow no matter what level you’re at unless you coach at an orphanage.”
  - Tells players “you will always be your father’s son, but you do not have to always be his child.” → Telling the kid to grow up
• Everybody’s X’s & O’s look great with great players
• With freshmen try and do as much one on one film as you can with him
Dusan Ivkovic (Serbia)- 4/3/09

- Coaches in Serbia- has been coaching the Serbian National Team
- *When Teaching young Kids Change the Rules:* feel this can translate to high school and college as well.
  1. 35 second shot clock
  2. No pick and rolls
  3. No zone defense
  4. No 3 point line
  5. Closely guarded player- violation on offense

- **FLEX Offense**
  - It is ideal in Europe because of the balance at both sides; this offense offers great possibilities for successful offensive rebounds after back screens and down screens.
  - Ideal for transition defense, two players are always well placed for getting back and stopping the fastbreak.
  - Easier to pass into the low post

Bob McKillop (Davidson)- 4/4/09

7 Keys

1. See
2. Talk
3. Balance/ Be Down
4. Details & Little Things
5. Flesh to Flesh Contact
6. Have an Act
7. Finish Everything

*See:* if you see better you are quicker
• Have to create situations where players learn to see
• “Back cut, don’t beg”
• Davidson drill they use to help team see:

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Frame 1

Go one side at a time, player reads the coach defending them and cuts back door or up for shot. If back door occurs player on block flashes for shot.
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• “Fat to Skinny”-
  o 2 passes away player is FAT (arms out)
  o When player cuts get SKINNY
  o When getting screened get SKINNY
• Anytime ball is skipped that’s the best time for you to attack the rim.
• “Catch and See” Always
• *Davidson Offense* screening and cutting

**Talk**

• America has divorce because families don’t talk, coaching staff’s don’t work because they don’t talk, teams don’t work because they don’t talk.
• Guys don’t talk because they don’t have self-esteem
• Have to give them the words to say
• Can talk with your eyes
  o OB’s- players get to spots quickly
• In bounder never gets to his spot quickly
• Initiates when ref hand ball- players have to see

• Rehearse comments before games for timeout huddle

**Balance/Be Down**

• Low man wins
• When big guy catches the ball they have to be down → same with guards on the cut.

**Flesh-to-Flesh Contact**

• Hitting flesh hurts
  o Set a screen
  o Use a screen (shoulder to shoulder)
  o Rebounding (pin box)
  o Squashing the fly - someone’s gotta squash the fly (when offensive player flies in)

**Details and Little Things**

• Simulate things that happen in the game
• Possession not position
• 30 minutes per week
• When you get an offensive rebound:
  o Pump fake/score (cause defender is pissed he gave up rebound)
  o Sport up for open 3
• Never catch a deflected pass that’s going out of bounds
• Don’t shoot a fumbled pass

**Details in the Post**

  o Short arms vs. Long arms
  o Only throw if you can see his number
• Tough to cross over the fat guy, want the skinny guy (sideways)

*The Act*
• Have to have an act (shot, foot, ball fakes)
• There are so many times to act in basketball
• Tough to become a good actor
• If a fake looks like a fake it is a fake

Finish Everything

• Last part of the play has to be the strongest
• Tough guys finish the play

Run for Stephen Curry