

Kevin Eastman Coaching Clinic Notes

- Don't just network, build relationships
- 1 full year of giving before you ask a favor of someone
- Ends all his correspondence with "if you ever need anything from me don't hesitate to ask and I will do everything I can to help"
- Read 2 hours every day, no matter what
- Opportunity is everywhere, it's just that you are not
- "Must have knowledge of the old school, antennas up for the new school, and the ability to blend the 2 together"
- Your advantage comes from your growth, your growth comes from learning, learning comes from your antennas
- It's not what you know, it's what you bring
- Cant motivate all the time, must find ways to inspire them as well
- Fools Gold Transition Defense
 - Team gets back but not set
 - Set means in stance, below the ball, seeing man
 - If 1 man back it's a dunk
 - 2 men back it's a layup
 - 3 men back it's a contested 2
 - 4 men back = game on
- 11 Tenets of transition defense
 - The raise of the shot starts our transition defense – 1,2,3 get back unless they are in the key
 - First 3 steps must be sprint steps
 - Get below the ball as fast as you can
 - No buddy running
 - Get to shrink (help) spots quick as you can
 - Make the offense throw at least 2 passes
 - You are not guarding a man, you are guarding their team
 - Need communication in 2 ways – with voice and with finger
 - Must take away the early strike – first 6 seconds
 - Find and COVER shooters
 - In order to work you must have a transition mindset
- 8 Must haves in your transition defense

- MINDSET
- Sprint back to be back – no jogging
- Dominate first 6 seconds
- 2 passes fine, 3 passes will win the possession
- Guard theirs, not just ours
- About the team, not the match up
- Losing teams use voices, winning teams use fingers

- 5 things must eliminate in transition defense
 - Players complaining to official
 - Player missing shot
 - Celebrating shot
 - Instincts go to the glass – coaching philosophy
 - Gambles and misses

- Ideal Possession
 - No penetration
 - No shot off pass from penetration
 - No shot off first 3 passes

- Consecutive stops – 2 in row

- Multiple stops – 3 in row

- 7 must haves
 - Communication
 - Intimidates
 - Gives head start
 - Gives man on ball more confidence
 - Wakes up a disengaged defender
 - Catch mistake before it happens
 - Energizes your team
 - Trust
 - Teams that don't trust foul more
 - Positioning, awareness, alertness
 - All about multiple efforts
 - Resolve
 - Communication system
 - Early, Loud, Continuous
 - Adjustment System

- Trust on D is never having to turn around

- Best coaches have the answers before the players ask the questions

- Adjustment philosophy

- 1x do it harder
 - 2x do it better
 - 3x take out game
 - 4x change coverage
- Truism – doesn't matter what D you want to play, just matters if you'll commit enough to make it work
- 5 things must do to win on the road
 - must defend
 - must take away transition baskets
 - must rebound – especially defensive end
 - must have defensive resolve
 - must eliminate turnovers
 - Must have passion to succeed, but knowledge and skills must catch up with passion
- 4 game-changers
 - 50/50 game – want to win 70% of these
 - Win the first to the floor game
 - Win the take charge game – 1 per quarter
 - Deflections – 6 per quarter
- Games are won strong-side, championships are won weak side
- If I were blind?? What would you hear in our practice
- Shoulders game
- Win last step
- Know No's
 - No middle
 - No layups
 - No uncontested shots
 - No ball watching
 - No buddy running
- Mismatches don't beat you, open shots do
- Ball hits paint, we hit body
- Fouling negates hustle
- Sprint to help. Sprint to rotations
- Crowd shooters, cushion drivers

- Fight instincts late in game, stick to basics
- Pressure ball, shrink behind ball