

University of Alabama Coaching Clinic

September 29-30, 2011

Anthony Grant: Head Coach University of Alabama

5 V's of Success

1. Values: You determine your values before you determine your vision.
2. Vision: Set by the leader. Inspire, Influence, Impact the lives of your players.
"I can help you achieve by making you do things you don't want to do."
3. Virtues: We have to know strengths of team and coaching staff. Players want to know are you competent, sincere, trustworthy, reliable.
4. What vehicles do we employ? Where do you want to go? How do you develop the people in your organization? How do you add people to your organization?
5. What are our Vices? What are we going to have to overcome.

"As a leader my job is to serve. Staff and Players.

You have to sacrifice its not about us. Its about the greater good.

You cant be afraid to fail.

"You only know what you really believe in when you lose." Van Gundy

What do you want to be remembered for?

Talent is never enough.

"If you have talent, but your not willing to do things that don't require talent you cant be successful." Anthony Grant

Expectations: Think and Act like a Champion. Be on time. Be accountable. Handle adversity.

Buy Ins from your players: 1. Coaches-they must believe in you 2. Style of play- believe in your system 3. Cause- Change the Culture and the way they think.

Radio channel today's players are tuned into: WIIFM: What's In It For Me

Today's player live in the I generation: I Tunes, I pad, I Phones.

Championships are build daily not in one day.

We chart effected passes and shots. When pressing players have to give maximum effort or they will stand out

Coach Pujol: Assistant Coach University of Alabama

Transition Defense

Understand your opponents: What do they like to get. Easy baskets, open 3's

Offensive Rebounding increases 10% in transition. Must block out.

Transition defense begins as soon as we take a shot.

How many people do you send to the glass?

Load to the ball. Create a wall to discourage penetration. Last big will load to help on ballhandler.

Sprint back with vision. Get to help.

Fill from inside to out. Compared House and Yard. Chase guys off the fence (3). Don't let them in the house (paint). Keep them in the yard (contested 2).

Matchups won't beat you open shots will.

Must be able to communicate. It engages a disengaged defender.

Bigs keep post players away from where they want to go. Arm bar at the FT Line

Dan Hipsher: Assistant Coach University of Alabama

Special Situations

If your drawing your losing. Players better know the plays and you are just refreshing them .

Things to think about: Time and Score, Possession Arrow, Who to foul. How to foul. Timeouts Left, Fouls till Bonus, Sub at Table on FT (allows you to set up Pressure Full court)

Kevin Eastman: Assistant Coach Boston Celtics

DNA of a championship Team

6 S's: For a successful Coach 1. Survival 2. Shit hits the fan 3. Things begin to slow down
4. Success 5. Significance 6. Sharing.

"Success doesn't stop when you get there." Michael Jordan

No one here has arrived. Best coaches are sponges.

Don't be a know it all. Be a learn it all.

Success lies in the simplicity. Confusion lies in sophistication.

Hesitant athlete is a non athlete.

Study all successful sport organizations.

Champions D.N.A.

1. Culture- defines success/failures
2. Standards- who we want to be
3. Success Checks- motivational reminders/mind set
4. Core

Championships are WE driven not ME driven.

"If you want to go fast go alone, If you want to go far go together."

Team work divides the effort. Team work adds to the efficiency. Team work subtracts the selfishness.

All you have to give yourself to the team.

When the best play the best execution makes the difference.

Standards:

1. Execution-Lead the league in doing little things. Passers must be on time and on target. Why throw a \$11 pass to a \$11 million shooter.
2. Resolve- Keep coming back. What do Doc Rivers, Bill Belichick, and Terry Francona have in common? Were all fired from their 1st job. Now they are all world championship coaches.
3. No Excuses- Admit Mistake. Correct it. Never Happens Again.

Have PAINT consequences...Keep offense out of the lane.

Post Play: Fist fight to get open foot fight to score.

Kobe Bryant on working out: "I don't work out I BLACK OUT" Powerful

Kevin Garnetts #1 goal: To be the best HEDGE defender in the NBA

Coach K: I never want to stop growing.

Study Success: Seek wisdom from those who came before you.

Leaders: Put your arm around them and take them with you. Garnett may have choice words for a teammate but he is always pulling that teammate right with him.

Message is only a message if it is received.

Success leaves footprints.

When Ray Allen is in a shooting slump the first thing he looks back at to correct is his shot selection and feet.

Teams of entitlement never win titles.

Embrace the C's: Culture, Change. If we fight you lose your future.

Make a daily practice plan for everyday!! Map out your life just like a practice plan.

To be the best you must beat the best at their best.

Your pay check is your responsibility not your employers.

There are 2 kinds of assistant coaches: A. No Problem B. Shit Man

Erik Spoelstra was named No Problem by Pat Riley because he did whatever he was asked to do. The other type of coach when asked to do something his first word is Shit.

Big eyes. Big ears. Small Mouth

Have answers before they ask questions.

Michael Jordan was once asked if it was hard to avg 32 points. He said he didn't look at it that way his goal was the score 8 points a quarter.

Working on your shot: shoot 1 perfect form shot 500x a day

Invest in yourself not by yourself.

Commitment has no expiration date. Give 100% everyday.

Work on the days you don't feel like it

There is a price to pay for the seat you want to sit in.

Players with talent and players are talented. The difference is the ED

Play for WE not ME

Sign in the Patriots Locker Room: Do your job. Completely.

We want players who have character but NOT character's.

Players who have an inner drive

Kids enthusiasm. Adults maturity.

Leadership is plural. Everyone leads.

Truth- Live it, Take It. Tell It.

Trust- Time, Consistency, Proof

Leaders have to adjust all the time.

Shit it Aint working: 4 most important words in coaching

Open Door policy also a Open Ear, Open Mind and Open Heart

What you say you know they will evaluate. What you say they will hear. What you do they see

Its not how much you know its what you bring. Player need to see your heart, see you sweat. Your willingness to learn and grow. Your willingness to listen.

Kevin Eastman

50 Bullet Points for any Offensive System

Don Meyer- Evaluate your program. Bring what is up to the level it should be. Its not who we play or where we play its how we play.

Never say NO to a basketball opportunity.

List all the people who can help you.

Someone has to know who you are, what you do, how well you do it.

Stimulating Your Offensive Thinking

1. Best time to feed post is after the ball is reversed. Movement=mistakes
2. Fist fight to get open foot fight to score.
3. Finish spacing. Sprint to spacing.
4. Be go to guy but don't be the force it guy. Define Roles and Late Game Roles
5. All passes on time and on target
6. Scorers-You have responsibility to make good decisions with ball.
7. Motion- When in doubt spread out. Sprint outside the 3 rengage to get back in offense.
8. Ball Reversal=Defensive Breakdowns
9. The floor shrinks at the next level
10. Inbounders-give them reads. Never 2 guys open at same time.
11. 2 most forgotten advantages. Hit the 1st open man. Reverse the ball.
12. During skeleton offense have to hear shoes squeek
13. Make sure best players keep ball as long as they need to not how long you want to
14. Give up position for possession rather than reach and hope

15. Own the mid line
16. Emotional Involvement vs Evaluation Involvement
17. Screener arrive without your defender. Sprint to pick/roll
18. Feel Mine, Read His, See Theirs, When using screens
19. Do you have a must screen situation
20. Shooting Turnovers
21. Shooting % go down or shot selection gone down
22. Closer you run offense to rim the more physical it will be
23. The play may be yours the shot may not be
24. Good offensive rebounders live on the weak side of the rim. Get middle rim and weak side rebound position. At least get hip to hip
25. Logic states the more you go after the more you get
26. Vs. switching we want to cut with speed
27. Whatever is the mind of the passer needs to be mind of receiver
28. Take away help
29. Move ball against bad defensive teams
30. What is your adjustment philosophy defensively.
31. Give role players goals each half
32. Whoever has ball their game. 1 pass away ready for ball
33. Post cutting-when ball entered into post player cuts
34. Must own your space. Get open. Take away deny arm
35. When shot blocker goes to get shot the person he was guarding attack rim
36. Screening Rules: Don't screen air. Can't screen teammate
37. One more pass. Make the extra pass

38. Don't do your thing 1st time you catch it

ITS=IMPOSSIBLE To Succeed

When you start to complain its hard to win the game.

Whats on your locker room walls speaks to your team

Don't fear failing. Fear the consequences of not trying.

Analzye your regrets while your living change it.