

Collection of Coaching Quick Notes

Courtesy of Todd Simon, Asst Coach UNLV

Hubie Brown

1. 4 things players must do:
 - a. Be on time. (Give 'em 5 minutes.)
 - b. Must play hard. (Give 'em 2 minutes to grow up.)
 - c. Know your job.
 - d. Do your players know when to pass/shoot?
2. San Antonio Spurs...are good because THEY PLAY...and nobody talks/jaws!

Coach Paul Hewitt, Georgia Tech University

Topic: Man to Man Offense

The more ball reversals the more stress you put on the defense. This causes more closeouts.

Get yourself or someone else open with your screen.

Catch the ball and rebound the ball with two hands always!!

Drive to score on the baseline, not to explore.

Be sure to read screens (pop, fade, curl) and make sure to set your man up and wait for the screen.

Coach Leonard Hamilton, Florida State University

Topic: Defensive Philosophy

- Be very detailed.
- Break down and explain
- don't take anything for granted
- Use terms and phrases that the players will know, relate to, and understand.
- "Shrink the Gap"

Shrink the gap between the ball handler and the next pass.

- Initial ball pressure is very important

Don't let them see the post, high post, skip pass

Make them worried about you by putting heavy pressure on the ball

- Front post on all entries foul line and below.
- Denying the post entry is a 3 part process
 1. Pressure on the ball
 2. Front the post
 3. Weak side help must be there
- "Connect the dots on defense"

Use defensive drills to develop skill and intensity

Coach Lute Olson, University of Arizona

Topic: Match up Zone Defense

- Mix up Defenses to confuse other team
 - Look to change your defense if the opposition scores on you 2 times in a row.
 - The goal of changing up defenses is to confuse the guards, and make them have to recognize what you are in.
 - Defenses Arizona runs
 - 20- Match-Up Zone
 - 10- Man to Man
 - 13- 1-3-1 Zone
 - Start on man to man and work on it for at least 2 weeks before you get into teaching zones.
- Develop the defensive fundamentals

Mark Gottfried

Practice

1. 15 minutes = Individual attention time (i.e. defend ball screen, defend down screen)
Nov.-Dec. = work on part of game and how/what our system will do (offensively and/or defensively)
Jan.- end = use as post/perimeter breakdown
2. 5 minutes = Wing denial OR closeouts
3. 5 minutes = Offensive drill (i.e. back door with guard & forward, 3 on 0 cutting)
4. 5 minutes = “Flanker”
5. 5 minutes = Rebounding (i.e. Ante over w/:)
 - v Power lay in
 - v Pump fake, power lay in
 - v Pump fake, 1 bounce, power lay in
 - v POGO (mikan hop)
 - v 2 hand follow in air
6. 15 minutes = Shell defense (position, help)
7. 5 minutes = 1 on 1 live
 - v Posts/Guards
 - v 2 dribble limit
8. 5 minutes = 2 on 2 defense
9. 5 minutes = 3 on 3 defense
10. 5 minutes = 4 on 4 on 4
11. 10 minutes = 3 on 2 conditioner (continuous)
 - v Red vs. White
12. 10 minutes = Man offense (no defense)

13. 10 minutes = Zone offense (no defense)

14. 10 minutes = Shooting

15. 10 minutes = 5 on 5 ½ court vs. man

16. 10 minutes = 5 on 5 ½ court vs. zone

• Practice time =

v Early in season = 2 ½ hours maximum

v Late in season = 1 ½ hours maximum

Bobby Gonzalez

• You learn how to coach at the lower levels (JV, Varsity)

• “The best job is the one you’ve got.” (enjoy where you are, appreciate it)

• Important to understand your players, how to motivate,...

• Important to coach attitude every day

v use articles

v NBA footage/video

• Working on pressure defense

v 1 on 1

v 2 on 2

v 3 on 3

v 4 on 4

v 5 on 5

— Points of emphasis/things we work on:

v ball pressure

* stance

* ball in front

v fake trap = “stunting”

v denial

• Our goal is to get a “5-10-5” = 5 second call (on the in-bounds), 10 second call (in the back court), 5 second call (in the half court)

• Deflection Chart

• = tip

μ = hand on ball

S = steal

F = flick
B = block

- Our goals:
 - v 20+ deflections by half
 - v 40+ deflections for game
- Pressure Defense Goals
 1. Wear people down (14 to 10 minute mark, game of runs)
 2. Never out of game
 3. Use more players
 4. Forces fast play = quick/bad shots, turnovers
- Scouting Specific
 1. Trap only PG
 2. Make 4/5 bring it and make a play (“shut out”)
 3. Trap dribbler
 4. Trap 1st sideline pass

“Put your players in emergency situations often.” = forces quick thinking and communication (game-like)

Tubby Smith

↔ Early teams were shooting 44% against Kentucky - TOO HIGH!
↳ Defense FG% is key!

↔ As coaches - we “have to give back to the game”

↔ In 11 years as a head coach he has never finished below 2nd or 3rd in defense FG%

↔ DEFENSE

θ Stance (1 hand high, 1 hand low (“dig” hand))

θ Focal point = Belly (peripheral vision to see ball)

θ Ball goes up = 2 hand pressure

θ Ball goes down = 1 hand down, 1 up, & step back

Steve Fisher San Diego State

1. Be loyal, work hard, don't complain!
2. Don't be afraid to speak up! (i.e. I disagree with..., I think...)
3. Let people be/feel important!

Don Meyer Northern State University (SD)

Post Play

1. Point toes out slightly
2. How do you know if you have angles in post?
If pass is right at your face = no angles
Pass communicates to you = tells you where your open angle is
3. Get open, stay open, score simply!
4. "Doleac" = arms out, palms out, fingers up to ceiling, be able to see back of hands
5. Chin ball = fingers to ceiling
6. It's a 2-handed, 2-footed game (power, balance)
7. Mikan series
8. "Get more of the defense."
9. Catch the ball perpendicular to the line of the pass.

How To Get Teams UP For Game

1. Urgency
2. Purpose

5 Stages of Coaching

1. Survival - philosophy, how to...
2. Strive for success - get respect
3. Satisfaction
4. Significance - impact, legacy
5. Spent - nothing left in tank

Reasons To Take a Job

1. Like to live there
2. Be able to win
3. Must enjoy people you work with
4. Get appreciation/satisfaction from work you do
5. Program money (budget)
6. Good kids
7. Salary

"Money has yet to make a person rich."

"Relationships make you rich."

"Money is a lousy way to keep score."

6 Ways To Get Fired

1. Alcohol/Drugs
2. Divorce
3. Merger
4. Incident
5. Taking a stand
6. Poor teacher

Wooden

"I never let our players get satisfied."

"I never let our coaches get satisfied."

"I was never satisfied."

"You can always do it better."

3 Things That Stop You From Winning

1. Injuries
2. Illness
3. Ineligibility

3 Dreads of Coaching

1. Telling a kid to do or not do something we don't do or do ourselves
2. Players in trouble
3. The end of it all

Skill coach vs. Drill coach

1. Make practices like games.
2. Make games like practices.

Our Practices

1. Skill development
2. Team competition
3. Team defense
4. Situation competition

"Be a practice player first."

"Properly and quickly execute the fundamentals of the game for the welfare of the team."

"We practice and play with the poise of a national championship team."

“Even when we lose we win.”

“Don’t have to win the championship to be a champion.”

Defense

1. Stance
2. Position
3. Movement
4. Re-position

Defensive Reminders

1. Jump to ball
2. Travel on air time of ball
3. Go where help came from (i.e. X out)
4. Sprint in and out of “i” on help side

Shooters

1. Shot off pass
2. Shot fake, shot

3 Rules for Coaches

1. Find out who you are
2. Find your unique gift/talent and develop it
3. Give your gift away

2nd Hand Compliments

Random Thoughts

1. Use short phrases in teaching
2. Echo yells
3. A quiet team is a scared team

4. Buddy System

- coach your position when on bench
- veteran & rookie NOT rookie & rookie

5. Attention to detail