

# Coaching U Live '12 (Indy)

## Kevin Eastman: terminology and terms that get attention...

- Be there before you get there...be prepared...you never know when it be time...
- Show up, Shut up, put up...get stuff done...
- 3 ways to move up
  - Big eyes
  - Big ears
  - Little mouth
- Master the “bilities”
  - Responsibility
  - Accountability
  - Availability
  - Dependability
- Success does not stop when you get there...none of us have arrived...strive for better!
- “Doc-isms”
  - You have to get thru something before you get something
  - Broken records are reached thru unbroken habits
  - Coaching takes place in office; leadership in locker room and court
  - Knowledge is quickness
  - You can't win with...1) my turn shots 2)ill-timed shots (bad shots)
- Coaches have body language too!
- How many culture changers are there in NBA?
  - Garnett – Doc
  - Kobe – Jackson
  - Durant – S. Brooks
  - Duncan – Pop
    - Would these guys be as special without each other?
- 2 things that kill a program:
  - Don't know players
  - Don't care players
- When the “stuff” hits the fan what do you do...“turn off the fan” – nip the issues in the bud”
- Put fires out / Put gas in tanks / focus lens
- See the action don't force the action
- To be the best you must hold yourself to a much higher standard!
- Seek wisdom from the people that came before us!
- Leadership
  - Drag behind
  - Push from behind
  - Put arm around
- Championships strengths come in numbers ---- TEAM
- 3 E's – Energy plus Effort from Everyone

- You can't live in perfect – you will kill yourself – let perfection help you strive for excellence
- We will win if we are “clutter free” – be clear in actions and talk
- Let's get things right not just get them done...
- “get from practice not get thru practice”
- Winning team = Velcro / losing teams = 2 negative charges
- We must win the “little things game”
- You must be an all-star at your role
- Do your job completely
- “It's supposed to be hard.” Doc
  - Get past hard
  - Get past selfishness
  - Get past mad
- Less dribbles everytime you move
- Success is not on remote control – DOC ---it's an absolute “GRIND”
- Health (injury) is a concern, it can't be a crutch...
- “is it good for the staff or is it good for the players...” thought for decisions
- Role players always want different role after winning a championship
- Everybody / Every play / Every day
- “Once someone else can do what you do + one more thing, you become expendable”
- Point Guards – Whole floor / Whole Game
  - Best players see the floor
- Enforce the emphasis
  - Stat the most important
- Correct it or accept it
- Eliminate boredom and fatigue
- Don't make decisions based on fears
- Once practice starts everything becomes important
- Focus on who's here, not who's not here
- Preparation is not work
- I work on it “until”...Kobe
- “Prep trumps pressure most of the time”
- Champions get knocked down a lot...use lots of boxing analogies...
- The “low whispers” are the ones that will destroy your program...
- Fitness and conditioning proceeds mental toughness
- If mental ever catches up to physical you will be an all-star
- Energy taker or energy giver
- Role player goals are invaluable!!!
- Who is our best cutter

Eastman's Defensive thoughts:

- Chart breakdown fouls – helper's fouls, etc...
- Plug a hole
- Can't help blind – which foot do you help with
- Games are won on strong side/ championships are won on the weakside
- 2<sup>nd</sup> shot is the killer
- 3 stops in a row
- Multiple efforts...defense
- Multiple actions...offense
- Multiple mistakes...avoid
- Helper can never get beat
- "body is here / mind is there"
- Feet first / ball second ... feet advantage / ball separation
- Low man wins!
- Fist fight to get open / foot fight to score
- Shot selection should not be a surprise
- When in doubt spread out – offense spacing
- Make simple plays!!

Trust: help solidify relationships ... 1)time 2) consistency 3) proof

"Sprint break"

Drag break – key is angle of screen – it must be at a 45 degree...send dribbler downhill!

Mistakes – don't let the sweat dry! They must be corrected quickly! "Get in get out"

[Kebc24@aol.com](mailto:Kebc24@aol.com)

[bsuhrbball@aol.com](mailto:bsuhrbball@aol.com)

## *Jimmy Dykes: 20 truths of basketball; successful coaching philosophy*

- Plug on, treat people right, grind!
- “everyday guys beat sometime guys everytime.”
  - a. Can you count on your guys everyday?
- You cannot get bored with the basics
- Head Coach is the tone-setter for the program
- Commitment – find examples and share them!
- Look at yourself first!
- If you are not tough you will not win!
  - Don’t flinch on loose ball
  - Blow up screens
  - Don’t let one mistake lead to another mistake
- “Mental toughness – doing what’s right when it is really hard to do what’s right” Jimmy Dykes
- If you cannot talk it you cannot execute it...make players talk through it!
- Where are we scoring from? “Quality of our shots vs. the quality of their shots...”
  - 3 areas that you must
    - FT Line
    - Get shots at the rim
    - Clear 3’s
- How hard are your team’s cuts...
- 24 of the last 24 final four teams shot better than 32% from the arc...it’s all about selection...
- Is it a good shot...am I open and am I on balance
- Quit shooting bad passes!!!
- It’s the number of plays that you run perfectly & not the number of plays that you have in your book
  - Can players 1-9 run the plays great!
- You cannot be a great player and try to avoid contact...embrace it, blow up screen, u must screen
- Guard your yard...you must be able to defend a yard to each side of you...you have to be that good...no one should be able to cross the yard stick...
- Average teams defend the first action, good teams defend the 2<sup>nd</sup> action, and championship teams defend the 3<sup>rd</sup> on ball actions....
- Any form selfishness needs to be eliminated!
  - Nothing can destroy any relationship quicker...
  - How do your best players treat your worst players...
- The greatest leaders suck scum...
- What is emphasized last ten minutes before the game must be what is emphasized since day one!
- “They have been taught to play that way or they have been allowed to play that way.” Dykes

- Good coaches see the problems, great coaches fix the problems
- We all need a reference point – (a center point) to always refer back to when struggling or winning everything...
  - Are you ready to get rattled / you know when...
- Don't get bored with the basics!
  
- Things that Dykes doesn't see enough of...
  - 1v1 defense or offense...it eventually becomes 1v1!
  - Play more no dribble scrimmages
  - Have purpose with skill development
- Don't allow outside distractions influence yourself, your players, affect practice, locker rooms, games

## ***Brad Stevens: Assessing your team throughout the season....***

- Highlights as coaches...
  - Spending time with your players
  - Staff, faculty, and administration
  - Retreats with coaches
- Assessment: 4 blocks (Butler way...) much like Wooden's pyramid
  - Character: passion, thankfulness, accountability
  - Preparation: "chances favor the prepared man"
  - Performance: do your job to the best of your abilities everyday
  - Results: "not what we want, but what we are" – not a big emphasis on this at all...but is what we are known for as athletes...
- Off-season meetings:
  - Believes there is a huge correlation between classroom success (drive and passion) and success on the floor
  - Community service
- "Believe or Leave" / Must have a defensive DNA – Stevens!
- 40 minute workouts –
  - 32 minutes of applicable bball stuff
  - 8 minutes of "dreamtime" – getting better at things you want to improve on
- 2 sets of goals they must accomplish
  - How many total reps at 185 lbs can you get as team – 220 reps as a team
  - Average for whole team needs to be below 5:35 – 1 mile
  - Pull-ups and push-ups...numbers???
    - Before practice starts these numbers need to be accomplished...thought process
  - 4 suicides w 2 minute rest...
- "You're either getting in shape or you are getting better." Great quote by Stevens
- Head coaches tough task...balancing skills, system , prep, conditioning, strength
- When you go from coaching individuals to coaching basketball then you have a great team!
- When do you try to break monotony...change scoring with scrimmaging, teams, etc...
- You gotta beat human nature sometime...hard task!
- Be able to thoroughly assess your team at Christmas!
- You can never de-emphasize what is important.
- We don't get paid to ride the wave of success, but to coach and teach every day!
- Stop moping and coach your team!!!

## ***Flip Saunders: Match-up zone...***

- “Never let your conditioning get in the way of your talent.”
- Knowledge empowers us...
- Confirmation and Information
- Don't cheat the process...success depends on opportunity
- Flip has had 10 different jobs...8 of them were paycuts, but better opportunities...

### Match-up zone...

- Unorthodox
- Ball Defense (5v1)
- Neither a zone or a man defense s tailored to against it
- Never poor defensive night
- Protect middle and funnel players to corners
- Help first, man second (6 eyes on ball)
- Contest shots!

### Qualities of good match-up players

- Aggressive
- Communicates
- Unselfishness
- Basketball IQ
- Pride and confidence

### Defensive Aids:

- Mouth
- Arm and hands
- Legs
- Stunting

## *Jeff Van Gundy:*

The 4 C's that he misses from not coaching:

- Competitiveness
- Camaraderie'
- Charter – buses and plains

Bill Parcells:

- #1 job as coach is to pace your team for the season...
- You have to know what loses before you know what wins

Qualities of JVG teams:

Defend, rebound, extra pass, best shot, low TO's

Are you: Competent, Trustworthy, Sincere, And Reliable???

- Great players do not want you to waste their time...
- Your best players must inspire and lead and work on uniting the team
- Larry Brown – “you gotta know who you can coach and who you cannot coach.”
- Soft, Selfish, Stupid – you can probably coach 1 of 3 but never 2 or 3 of the 3...
- BBall IQ vs Personal IQ
  - Time, situation, TO's, When to shoot, when to pass, etc...
- Show video of stupid plays to start the season
- Make sure you have a strong finishing five (not just starting 5)
- It's amazing how much you can eliminate when you eliminate dumb!
- E.L.C. – Early Loud and continuous... transition defense
- Your best offense should be your defense
- Eliminate unnecessary fouls

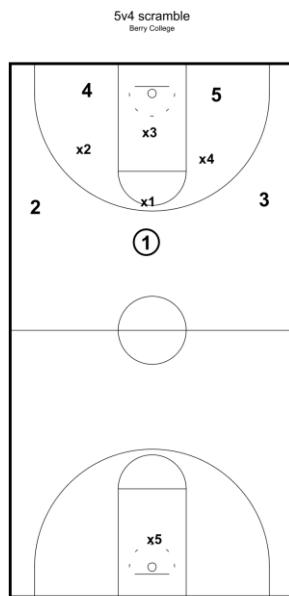
Transition Defense:

- JVG loves the term “load” to set transition defense...
- “hit” a great point guard to create uneasiness (Hit – soft slow trap)
- Hubie Brown – “If you are not on the boards & you are not back where are you.”
- Screens and closeouts should be uniform throughout your program



- Transition Drill:

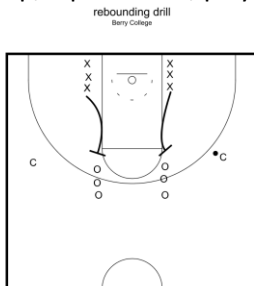
- 5v4 scramble: 5v4 scramble - # of passes for shot – go in transition, transition to 5v5 with man out at other end – one more transition....



All can be any position

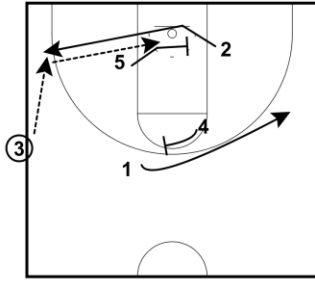
- Circle Transition
- Teach Whole Part Whole!
- Rebounders: 3 types – get em, prevent em, get and prevent em...
  - If you get shoved underneath you better engage that person so they cannot jump or rebound! – negate their rebounding legs

Rebounding drill: coach shoots, if x gets reb and scores they get 1 pt, if o gets reb, play 2v2 till score or stop, 1 pt for foul, play for 4 minutes

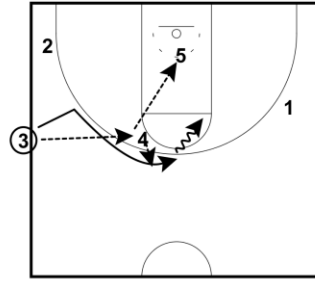


- Work on Offensive rebounds out of FT's
- BOB – 90% of passes go to corners...what are you doing about it?

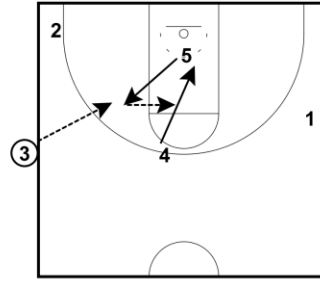
Winner (1 of 3)  
Berry College



Winner (2 of 3)  
Berry College

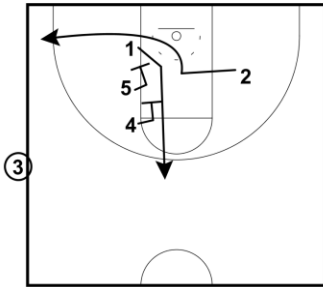


Winner (3 of 3)  
Berry College



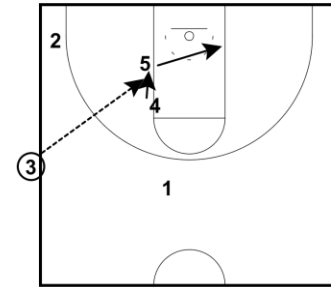
option #1 - corner and in

Open Door (1 of 2)  
Berry College



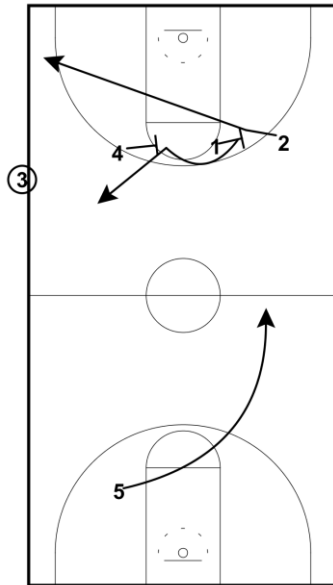
option 2 - hand off / duck in

Open Door (2 of 2)  
Berry College

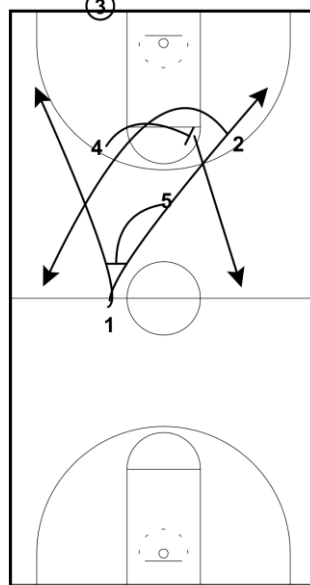


3rd option - screen and drive 4 man - look opposite follow with BS.

best FT shooter OB play  
Berry College

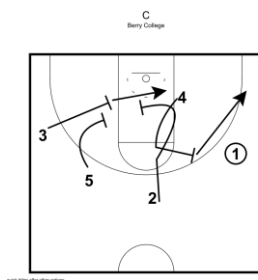
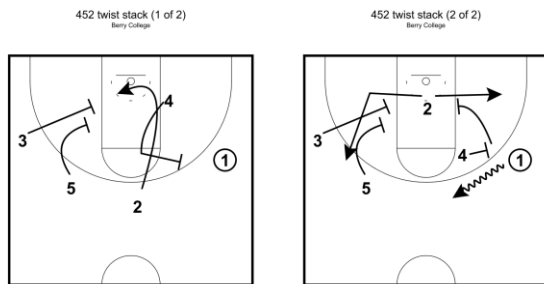
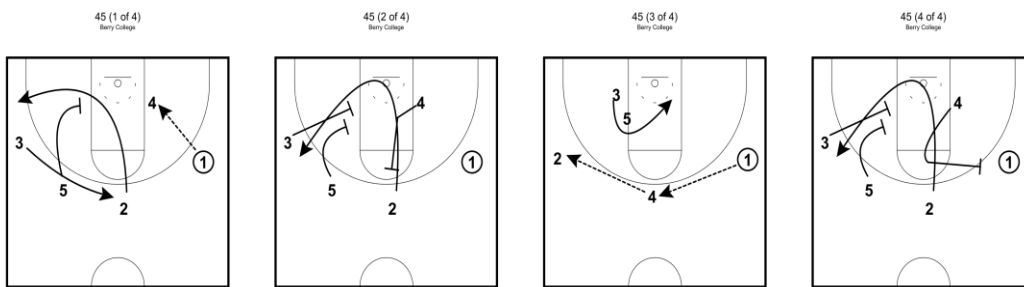


OB play for any spot...  
Berry College



## Jeff Van Gundy & Flip Saunders – diagrams – X's and O's

- Know how you are attacking switching man to man
- Stunt at shooter to break rhythm
- Get head through screen first then try to break the screener's hip
- Defense give the cutter one option (screens or ballscreens!)
- Cut with force and speed
- Lock and trail everywhere except screen below block or wide downscreen
- No defensive scheme is good enough for a lack of intensity, multiple efforts and discipline!
- Get post depth – you don't need to make a move! Also eliminates TO's



## ***Alan Stein:***

- Best players are in the best shape
- Must incorporate balance drills into shooting
- Teach kids to compete, have toughness, etc...
- Brick by brick philosophy
- 8000 to 10,000 reps to change movement permanently!
- When you have hap-hazard warm-ups you cannot expect to have a great practice....
- 6 movement patterns – sprint, back pedal, pivot, lunge, slide and jump / land
- 3 types of injuries: acute injuries, overuse injuries, dysfunction
- Ankle – strengthen feet – ankle is by far the most injured area!
- Does the drill transfer to skill development / better player or better at the drill???
- Intensity (Stein defined) – leaving your comfort zone...each kid is different!
  - Greatest intensity / greatest reward!
- Mental Toughness (Stein defined) – ability to play or coach “present”
  - Focus on next play
  - Focus on what you can control
  - Focus on process – what you need to do to be your best!
- Narrow down your focus
- If you can't do it don't do it!
- Don't just play the game, think the game
- Scrimmage thought– call a TO, give the team 3 or 4 bullets then send them back out...right before play starts back...call them back over then ask them the 3 or 4 thoughts...there's where a leader will pop out!
- Separators – what are you doing to separate yourself from competition???
- Musical chair reference...each level there are less seats...5 chairs / starters and 19 players...