

Kevin Eastman:

Keep Learning
Keep Growing
Nothing's guaranteed

***"Coaching is about investment not entitlement." Eastman

"10 toes to rim - always get you squared to rim when shooting." Eastman

"Screen - get your back to area of attack" Eastman

Defending Pick and Roll:

Two areas that Celtics are most concerned about: Transition Defense and Pick and Roll Defense

What Pick and Roll does to us:

- 1) It forces us to make decisions
- 2) It puts us in a physical defensive situation
- 3) It puts us in scramble mode / not rotation mode (we can drill rotation mode and we trust that!)

3 Parts of Defense:

- 1) Positioning - be where you need to be, not where you want to be
- 2) Awareness - ability to sniff plays out
- 3) Alertness - ready to move and react to situation at instant we need you

Simplicity allows us to be decisive and aggressive

The more complicated / sophisticated they are the more simple we must be

5 W's of pick and roll defense:

- 1) Where is it set
- 2) Who is involved
- 3) What is the alignment
- 4) What is our communication
- 5) What's the coverage

***90% of players are role players! Tough concept for most to understand!

*** have role player goals – 4 points for charge, 4 points for bucket, etc...

Early / Loud / Continuous (ELC Talk) – Celtics communication ques

***Determine who controls the talk – Celtics say the post is because he has vision of floor

The more change the more hesitation – can't get too complicated.

Offense – arrive to screen without your defender (sprint to screen)

Pick and roll defense:

Show / hedge –

- Small – you must push up to man, you must force him to use the screen, square the ball back up after screen
- Bigs – arrive when pick arrives, arrive with chest on shoulder, can't jump early or too far, finger tips on hedge (keep contact), mirror screener's feet, shoulders to hips means you are in a stance, big is responsible for 2 dribbles.

Soft Coverage –

- Smalls – know coverage, square up asap
- Bigs – get in a stance, ball – you – lane – basket, know shooters, stay with ball till it is squared

Blitz / Switch –

- Must have impact, aware and alert with other three defenders
- Very important late in shot clock (can't panic late – let them panic)

***"Don't melt on the screen"

***"Are you a sneaker team or are you a voice team."

***"the game is God's gift to us." Brendan Suhr

***"Rules are 100%, Guidelines are 75% of the time." Brendan Suhr

***"Great players like space – defenders need to destroy it." Eastman

You must **buy time** with pick and roll defense: Key terms

- Hi hands – you must recover within 2 dribbles if you can't hi hands are a must!
- Stunt – fake help
- Bumps – usually in lane with opposite help man
- Pursue and square
- Trust Talk / Trust Coverage

8 things that hurt Celtics pick and roll defense:

- Poor talk, small not forcing action, big not arriving with action, splits or early splits, lack of effort, big not in a stance, screener screens first, opponents occupy other three defenders

Hierarchy of changes:

- Do it harder
- Do it better
- Substitute
- Change our scheme

Brendan Suhr:

Why we pick and roll:

- Control tempo
- Get best shooters open shots
- Create mistakes
- Can run offense without making entry pass
- Goal is to get 2 defenders to guard the ball
- Spread floor
- Take shot blocker away from rim
- Put best defender in pick and roll
- Put worst defender in pick and roll
- Create confusion in opponents defensive philosophy
- Cause players to not trust stuff
- Teach player to slip / bounce vs blitz or switch
- Pick up easy foul on big
- Relieve full court pressure
- Make 1 defender play 2 offensive players
- Attack at different angles
- Feel “yours” – see “his” (dribblers)
- No pressure defense can take you out of offense
- Screener must arrive without defense
- Spread Defense – allows you to get offensive rebounds
- Ultimate team game
- When ball defender goes under the screen – screener must move down the floor

Where Pistons (Knicks) pick and Roll

- Middle P&R
- V P&R
- Side P&R
- Step up P&R
- Horns / Angle P&R
- Low Wing P&R
- Flat P&R
- Drag P&R
- Double Drag P&R
- Running Slips P&R
- L P&R
- Elbow P&R

Kevin Eastman:

3 Areas of greatest concern (in order):

- P&R defense
- Transition Defense
- ½ court defense

“Our defense will always bail out our offense.” Eastman

- 1) Don't want to create fouls
- 2) Don't want allow penetration to create foul on bigs
- 3) Don't allow 2v1
- 4) Don't allow off. Rebounds

Boston Celtics --- Championship Teams

- 1) Transition Defense
- 2) Help Team
- 3) No Paint
- 4) No Corner Threes
- 5) Awareness / Alertness
- 6) Multiple Effort Mentality

“Mismatches don't hurt us, open shots do.” Eastman

“The best teams can defend in disadvantage.” Eastman

Why Communicate...

- 1) It gives your defense a headstart
- 2) Talk gives guys on the ball more confidence
- 3) You can wake up a disengaged defender
- 4) Can catch a mismatch
- 5) Productive loud

“Teams that don't trust each other foul.” Eastman

“Championship teams have resolve.” Eastman

We need consistency in 5 areas:

- 1) Focus
- 2) Effort
- 3) Positioning
- 4) Awareness
- 5) Alertness

Perfect Possession Defense:

- 1) Set our defense (no fools gold)
- 2) Stop the ball
- 3) Pressure ball
- 4) Stay b/w ball and rim
- 5) Contest shot
- 6) Finish on block out / rebound (1st shot 35%, 2nd shot 50%, 3rd shot 65%)

5 Must for road win:

- 1) Must defend
- 2) Eliminate transition
- 3) Rebound
- 4) Defensive Resolve

5) Eliminate turnovers

“70% of practice time spent on defense.” Spurs, Celtics, Magic

Defense can change games (Game Changers):

- 1) 50/50 game – you need 70% of them
- 2) 1st to floor
- 3) Charges (1 per quarter as a team)
- 4) Deflections (6 per quarter)

“Pause for Poise.” Eastman – on post play

5 things that we need to master

- 1) Help positions
- 2) Defensive rotations
- 3) Close outs
- 4) Reactions to jabs – 6” back is our reaction
- 5) Cross match up – dead ball gd your assignment / live ball get who gds you.

Post Defense before the catch

- 1) Transition defense – bang early and off lane line
- 2) Shoulder’s game – get more leverage
- 3) Fist fight for positioning / foot fight after fist fight

Transition Guidelines:

- 1) 1,2,3 back / 4 & 5 depends on position
- 2) 1st 3 steps must be sprints
- 3) Get below ball and get in stance
- 4) If 2 back tandem
- 5) If 3 back triangle
- 6) First big back - get to basket
- 7) 2nd big back - load the ballside
- 8) No buddy running (JUCO transition)
- 9) Get to shrink spots (help position)
- 10) Do your best to force 2 passes (buy time)

“Get back and defend their team – not your man.” Eastman

Brendan Suhr:

Coaching is all about relationships – Coaching is all about making people better

“We try and take you where you can’t take yourself.” Suhr

- You must first know yourself...yourself and your players
- You must coach each player differently...it’s about their strengths and their needs...not yours!
- Your goal should be to make each player the best they can be (make them their best version!)
- I’ve learned more from my players than they have ever learned from me.
- A coach / parent need to be servant leaders

- Everyone needs a leader – Tiger, LeBron, Phelps, etc... the hardest thing to do is coach people with great talents! The more intense the talent the greater their expectations are of you.
- You win with “internal Leadership” – it must be encouraged
- Fill up your player “emotional bank accounts” --- Make more deposits than withdrawals
- Dream Team Meetings
 - First thing Daly said was be on time – it shows respect – closest anyone got to be late was 10 minutes early – Jordan averaged 30 minutes early!
 - A true band of brothers
- Jordan Rules – Isiah Thomas came up with them and Daly did not want to listen – but eventually he did.
- 5 Keys to success
 - High energy level / enthusiasm
 - Pit bull determination (be a Charlie)
 - Have a plan / Preparation
 - Insatiable desire to win
 - Mental toughness is a must (control things you can control)

“Chuck Dalyisms”

- 1) Nobody looks bad in a blue suit
- 2) Coaching is like flying an airplane, there’s going to be turbulence but you need to land the plane.
- 3) Never trust happiness – complacency
- 4) You can’t fool dogs or NBA players
- 5) I’m not a pessimist, but a optimist with experience
- 6) See that bridge...I ain’t jumpin
- 7) All decisions are 50/50
- 8) You are NO bargain
- 9) You don’t have many ideas tonight – pistons were getting beat badly and he said this to his assistants
- 10) Get past mad
- 11) Whatever
- 12) Never look back
- 13) Make it a one day story
- 14) Never get in a fight with a person who buys ink by the barrel
- 15) Hang around
- 16) Play 48 minutes
- 17) Get 1 stop
- 18) Every step was a struggle
- 19) Nothing’s easy
- 20) No warm up jumper (in a game – defense)
- 21) It won’t work (challenging players)
- 22) Beyond belief
- 23) I’m a pretty good coach when I have good players
- 24) They allow you to coach them / when they stop listening it is time to go
- 25) Understand the players
- 26) 12 o’clock rule
- 27) To be a good nba coach you need to be hard of hearing and have selective sight
- 28) Shout praise and whisper criticism

- 29) Be non-confrontational
- 30) Greatest thing you can give is belief
- 31) You must love your players
- 32) Speak in headlines (catch phrases)
- 33) He would put his hand in my arm pit --- “didn’t sweat again tonight, did ya”
- 34) You must have likability
- 35) What’s your team’s identity
- 36) You must have presence as a head coach
- 37) “Daddy Rich”
- 38) They are tired of hearing me, they need a new voice
- 39) It’s simple, I got outcoached
- 40) The job! Work that job, it’s the very best you’ve got
- 41) You must have patience...don’t be in a hurry
- 42) Don’t worry about making mistakes

Panel Discussion:

- Have silent coaches practice
- Players directed timeouts
- Defense – directional talk
- Offense – encouragement talk
- Standards vs. rules
- At ½ time have players write on board plus (+) and minus (-) while you and coaches are talking – ownership

Kevin Eastman: Advancement in coaching...

- Never say no to a basketball opportunity
- Always be prepared to do it tomorrow
- “WOO”- winning others over
- Genuine engagement
- Are you on the “positive energy bus or the negative energy bus?”

Each coach needs a board of advisors

Figure out who your doorman is – who “promotes” you

Achievement, advancement and success does not exist in isolation

Consequences for not trying are greater than the consequences of failure

- 1) Offer to do all the crappy jobs
- 2) Know who you are and who you are not

Going after job

- 1) Early
- 2) Often
- 3) Offer

Kevin Eastman – Skill development

- Skill development can...create a career, promote a career, revitalize a career
- Your player improves...you improve as a coach

6 ways to get them to buy in...

- 1) Knowledge leads to respect
- 2) Know your system
- 3) Catch them doing something right – they need to know you believe
- 4) Know their “label” - most labels are negative (can’t shoot, can’t finish, etc..)
- 5) Tell them the truth
- 6) It’s not what you know / it’s what you bring (energy / enthusiasm)

3 words...

- 1) Hard work --- needs to be a given
- 2) Competitive
- 3) Committed – this is only 1% of the guys --- Story of Kobe’s “blackouts” he doesn’t work out he goes till he “blacks out” – relentless

“Theory of 2’s”

- It takes 2 minutes to show the skill
- It takes 2 weeks to make it comfortable to go full speed
- It takes 2 months to perfect the skill

The better shooter you are the more important foot fakes are

You pick up time on the catch and not the release – get ready to shoot – we don’t want up-down-up!

7 teaching points each skill development sessions needs:

- 1) Eliminate soft dribbles – pound the ball
- 2) Shoulder to hips – drives
- 3) Feet first / ball second
- 4) Game of inches
- 5) Play game from low to high
- 6) Always be ready for next play
- 7) Find your feet (best shooters have consistent feet)

Feet give advantage and Hips give you power --- get low!!!

Passer must be on time and on target