

Kevin 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%)

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

Things that you must work on daily...

- 1) Close outs
- 2) Transition Defense
- 3) Pick and roll defense
- 4) Catch and shoot guys
- 5) Scramble and disadvantage
- 6) Rebounding
- 7) Post defense

Impact situations on Transition defense...

- 1) Shot selection
- 2) Turnovers
- 3) Spacing and floor balance
- 4) Pace you play

In the NBA there is an 18% difference in contested and uncontested shots

Nets goal was to have 60% contested shots during the course of a game...

Why do you talk on defense:

- 1) It's necessary to be successful
- 2) It's intimidating – has impact on psyche
- 3) It gives you a headstart
- 4) It gives man on ball more confidence
- 5) It wakes up a disengaged defender
- 6) It catches mistakes before it happens
- 7) It energizes the defense

ELO – Early, Loud, and Often

- Three loud yells (ball, ball, ball, etc...)
- Trust the talk and trust the coverage!!!

- Positioning is a coach's fault --- this must be drilled till there is not mistakes!
- Resolve and mental toughness
- 3 guys are back for the Nets, Celtics and Magic

Transition Defense

- Get them to turn 2 times in the back court
- Pressure ball as hard as you can relative to quickness
- Load to ball in transition – create a strong side with dribble
- Think help and talk help
- Stop ball above three pt line
- Get ahead of ball and know where it is
- No buddy running

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