



Coaches Meeting – Points of Emphasis

"The structure of your practice is the main reason for your success or lack of success as a coach"

-Bob Knight

General:

- Come with plan – time goes too fast, kids need be ready to start practice on time. No group stretching.
- If you do conditioning, do full court lay-ups, dribbling, etc.
- Be energetic – praise the things we are focusing on.
- Find life lessons to teach (leadership, perseverance, handling adversity, focus, effort, etc.)
- Spend time on skills (*50% or more time on Skills, 25% or less time on team plays/strategy*).
- 3-10-30, don't teach more than 3 things, drill maximum of 10 minutes, get drill started in 30 seconds
- Simplicity wins – Very clear – EVERYTHING we do connected to our principles

Offense:

- **Proper Court Spacing**
 - 4 out or 5 out
 - Does the ball need help or does the ball need space?
 - Catching in space – V cuts, cutting, dribble hand offs, screen away
 - Lane is lava drill after making pass
 - In transition, one rim runner & run to corners – throw ball ahead
- **Get downhill**
 - Maximum 4 or 5 dribbles, get in lane
 - Give offense advantages to teach – or have disadvantaged defense (skyscraper, airplane, holding ball)
- **Attack open space**
 - Get ball side to side and into lane – make dominoes fall – force long closeouts
 - Find double gaps
- **Cutting**
 - ALWAYS towards basket
 - When getting dribbled at, ready to go backdoor when defender turns head
 - When dribble is dead, closest person cuts to basket – next players fills
 - GIRLS – when pass inside, “zoom cut” by passer to basket & everyone fills behind
- **Read help defense**
 - When beat defender, look at help defender: if see chest then pass, if see shoulder then keep going

Defense:

- **Back facing basket, squared up on man when they have ball**
 - As get more advanced, off-ball defenders should be in staggered stance, foot closest to ball being forward
- **Be between man & basket**
 - Show them what happens if not
- **See both ball & man**
 - Point to both until they get it
- **Ball is most important thing – help side positioning (don't hug your man)**
 - One pass away, in the gap
 - Two passes away – on weakside, one foot in the lane
 - Three passes away – on lane line
- **Everyone moves when ball moves**
 - Whether the ball is dribbled or passed, EVERYONE is moving closer to ball or basket
 - Move on the pass – not when it is caught
 - Start shell with just passing and everyone jumping to the ball

3 on 3 teaching:

- **Use 3 on 3 to teach with constraints to do teaching points**
 - Must catch & square up or other team gets ball
 - Must get into lane before a shot or other team gets ball
 - Must find a double gap before a shot or other team gets ball
- **Less 5 on 0 because they don't have imagination of where defense would be (especially younger ages)**

Practice Area Breakdowns

Here is a break down of the approximate amount of time you should spend on each of the 5 areas depending on the length of your practices.

Keep in mind that these do not need to be exact every practice, but are preferably the average amount of time you spend on each area throughout a season.

60-Minute Practice

5 Minutes - Talk + Warm Up
25 Minutes - Skill Development
12.5 Minutes - Strategy
12.5 Minutes - Games
5 Minutes - Breaks

90-Minute - Practice

5 Minutes - Talk + Warm Up
37.5 Minutes - Skill Development
18.75 Minutes - Strategy
18.75 Minutes - Games
10 Minutes - Breaks