

Season Structure

Off-Season: We are not going to just ‘work out,’ we are going to outwork

Question for players: “Will you work when no one is watching?”

End of season: shorten practice time – great individual workouts pre and post practice

Post-Season Meeting: March 28 (8 days after 2nd round loss to UNC on March 20)

2 weeks off from end of season to weights (April 4)

3 weeks off from end of season to work-outs/pick-up (April 11)

“Basketball doesn’t start in October, it starts right now.”

“We are not going to talk about how good we’re gonna be this year – no tweets, etc. – we’re gonna go out and work. No predictions on how good we’re gonna be.”

“It oftentimes takes guys until going into their senior year to really flip the switch and work at the off-season with everything they got. We need to get guys at all ages to buy into that and work like everyone is going into their last year.”

“Sometimes guys ask if they should drop weight for the mile (ran in September). You don’t need to do that. The competitive guys add muscle and still bring it.”

New to next season: strength/conditioning coach handles all punishments for missing/being late to class

Ideas for the Off-Season:

Write players a hand-written note (similar to John Wooden)

Ideas for Practice:

ALL OF THE CRAZY IDEAS (SOME BELOW) SEE PETE – get organized

Ideas for the Season:

Team building exercises (basketball related)

Game film from previous teams/seasons

Speakers – Former players, motivational speakers, guest speakers

Spotlights

Bring in referees for practice

Use towel balls when not allowed to use basketballs

Before games, write players hand-written notes of encouragement and place in lockers

Player goes to the strength coach if he is slacking off in practice

If a player skips class, he meets the strength coach at the end of practice

Service projects

Start with a rack of balls – if the team turns all of them over, they run

Give your team one timeout per practice – helps you learn who your leaders are

Rank players based on two criteria: coachability and effort – “people who try to do what we tell them and are scrappy players trying to get something done”

When someone comes to the bench, must touch the person

When you come out of the game, a seat will be left vacant next to the last assistant coach – sit in it once you have high-fived your teammates

Hustle in and out of game – no walking

Huddle before all free throws and BLOBs

Have an emphasis of the day for every practice on offense and defense (ex. sprint to offense, sprint to defense, offensive boards, defensive balance)

Have a thought for the day for every practice: ex. “whenever you fall, pick something up” – keep pre-practice discussion light for laughter

Dean Smith

Let players know at the beginning of the season what bothers you:

Hands on knees – send message to opponent we are in better condition

Talking while I am talking – as soon as you hear a whistle or coach is talking, be quiet

Profanity – 1. People come to our practices 2. Must have control over language in games

Walking – we are an up-tempo team so we do everything fast (run to water, run back) – “If you’re walking, you’re losing.”

Un-tucked shirts – tuck shirts in for practice as you would for a game

Charge – if someone takes a charge, his entire team runs over to help him up

1st Practice:

Coach K (6 minutes):

1. Play harder than everyone else
2. Play more together – communicate, be honest, accept it as such, set high goals, play for us, take care of one another (classes)
3. Have more fun – a great deal of enthusiasm and excitement

Slogan:

Play Hard, Smart, Together

Tough, Smart, Unselfish

Ideas for the Staff:

Spotlights

Ask your staff EVERY single day, “How can we make our players better – academics, people, players.” Rick Barnes

Coaching retreat at the beginning of the season – also a way to get on the same page with regards to terminology

Locker Room Material:

“What you do, you do to everyone in this room.”

“OUT OF YOURSELF AND INTO THE TEAM.”

Conference standings

Poster of Final Four site

“Leave it better than you found it”

“I cannot hear what you are saying because your actions are speaking so loud.”

On Marquette women's entrance to locker room: "We talk about being champions, about discipline, about hard work, and sacrifices. But it goes beyond words...Our actions set us apart as winners." Terri Mitchell

T-Shirts:

(Name of School) is a brotherhood

"I'm In" – Large print on back of shirt

"Just Today"

On Top of Scoreboard:

Always compete

Team Chants:

"I, I believe, I believe that we will win!" (repeat)

Goal Setting:

State goal to team

Marker Board on Court or Quotes for Team:

"The most good plays win, not great"

"Every play, every day"

"Can you make yourself better today and can you make a teammate better today?"

"Focus over time is hard. Concentration allows you to see."

"If you're walking, you're losing."

Film Following a Game:

1. Point Distribution: players predict how many points they contributed to giving up during the game – players watch the film and speak up when they make any sort of defensive error – cannot just say "blow-by" but must make it principles related, such as "no middle" – (example 2) when he brings the ball below his waist, back off – players see how accurate their predictions were

2. Group Clips (Good offense, bad defense, rotations, etc.)

3. Good Shot/Bad Shot: show all shots from previous game(s) and have players determine good shots/bad shots

4. Catch 'Em Doing Good

Scout Team:

Have every jersey number for scout team to wear opponent's number

The first day of running scout plays have the shooters reverse their jerseys to yellow

Bring Film (TV) onto the Court:

Show clips and then run them

Conditioning Drills (Relocate):

20/20: 20 suicides in 20 minutes at own pace – everyone starts on the minute (repeat later if do not make)

If you have a negative assist to turnover ratio you run at the end of practice

*If a player continually finishes last in sprints the entire team runs again

Identity Chart (used during practice):

Talk about identity chart at beginning of season – show video from previous season that includes hustle plays, charges, blocks, steals, and floor dives from previous season – explain the importance of being a player with an identity and a team with an identity – ensure the team understands the importance of having an impact on the game without the ball

Can receive +1s from coaches (setting screens, hustle plays, etc) to encourage players to take pride in doing the little things

Stories:

Force-feeding stories from the dairy

Shot Clock:

:28 in half court

:35 in full court

Practice Evaluation:

Identity Chart

4 Minute Shooting Chart

Film of Opponent (the day before game, twice on road or for tournament):

Personnel (3-6 clips)
Transition offense (2-3 clips)
Offense
Sets
Defense (2 clips)

Scout Board (2 days before game and 35 minutes prior to tip-off):

Opponent (Record)

Starter #1 #, name, position, height, weight, year
Starter #2 (cont. for each player) Strengths- individual shooting %, #s, averages
Starter #3 (cont. for each player and using a different color) What we will do- close out type,

Starter #4 range, pressure, physically box out, etc.
Starter #5 KEY: cc=charge candidate L with a circle=lefty

Bench #1
Bench #2
Bench #3
Bench #4

Jersey #, Name, Position, Height, Weight, Year
Strengths, Individual Shooting %, Averages
What we will do: close-out type (shooter, regular, driver), range, pressure, box out, etc.
CC: charge candidate
L with a circle: lefty

3-Point Shooters (name, percentage, number made)

Shot Blockers

Offense

Defense (including ball screens)

Strengths

Weaknesses

Pre-Game Board (12 minutes before game):

University of Washington:
Starting 5 with matchups

Husky Basketball:

42% defense

Share the basketball (15-20 assists)

13 turnovers or less

Out-compete

Shaka Smart:

Aggressive

Confident

Loose

Defense: Fist

Post: Straight up with digging

Ball Screens: Hedge

Clock Down: 45

Game Day Procedures:

Shoot-around: at least 65 minutes prior to tip-off

Warmups: 55 minutes prior to tip-off

10 minutes: guards stretch, bigs shoot

10 minutes: bigs stretch, guards shoot

Scout/prayer: 35 minutes prior to tip-off

Lay-Up Lines (can move one line to middle of court): 20-25 minutes prior to tip-off

Free Shoot: 15 minutes prior to tip-off

Pre-game board: 12 minutes prior to tip-off

Final warm-up: 3-7 minutes prior to tip-off

Last drill before coming in: basic camp defensive slides

Post-Game Evaluation:

Post-game evaluation

4 Categories:

1. Productivity
2. Defensive Errors: talking, rotate
3. Offensive Rebounds
4. Defensive Rebounds

Overall impact on the game not just scoring

After a period of 5 or 6 games, those getting D's and F's aren't gonna play much

PG- when rebounding, must check to see man with eyes

