

2016 Coaches' Clinic

Organized by Larry Shyatt and Mike Robuck - Hosted by the University of Florida

Notes taken and prepared by Jonathan Blake & Mitchell Wise



2016 Annual Fall Clinic Line-up

August 25-26, 2016

Thursday, August 25th, 2016

PRACTICE FACILITY (ON COURT)

- 9:00 Larry Shyatt – Welcome / Introduction
9:15-10:00 Jeremy Foley
10:15-11:15 Chris Holtmann (Butler) – Offensive & Defensive Transition Principles
11:30-12:30 Kevin Eastman (NBA – LA Clippers)– "The Championship Separators: What Separates the Best Teams, Coaches, Leaders, and Organizations From All the Rest"

WOMENS' CLUB

- 12:30 Lunch
1:00-1:45 Allen Edwards (Wyoming), Matt McCall (UT Chattanooga) & Mark Pope (Utah Valley) – Accepting your 1st Head Coaching Job (initial days and months) – **Open discussion**
2:00-2:30 Steve Spurrier – Coaching Do's & Don'ts

PRACTICE FACILITY (ON COURT)

- 2:45-3:30 Kenny McDonald (Spurs D-League) – Spurs Concepts
3:45-4:30 Joe Scott (Holy Cross)– Zone Match-up Principles
4:45-5:30 Holly Warlick (Tennessee – W) – Team Competitive Drills

WOMENS' CLUB

- 5:30 Dinner
6:00-6:15 Tim Jacobbe – Caleb's Pitch
6:30-7:15 Jon Rothstein (CBS) – The Media Culture in 2016

PRACTICE FACILITY (ON COURT)

- 7:30-8:15 Tad Boyle (Colorado) – Colorado Practice Culture
8:30-9:00 Matt Doherty (Indiana Pacers) – Coaching Leadership - **Open discussion**

Friday, August 26th, 2016

PRACTICE FACILITY (ON COURT)

- 9:00 Larry Shyatt – Introduction
9:15-10:00 Mike Young (Wofford) & Dustin Kerns (Wofford) – Special Situations
10:15-11:15 George (NBA) & Coby Karl (Knicks D-League) – Selecting The Best Staff & Evolving as A Coach
11:30-12:30 Will Wade (VCU) – VCU: The System

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Jeremy Foley

- 1) Honesty and Integrity
 - a. Do things the right way
 - b. Be aggressive in what you do but do not cross the line
 - c. Reputation is key
 - i. Only coaches can fix the bad reputation of college basketball and cheating
- 2) Treat People Right
 - a. From top to bottom in the organization on and off the court
 - b. Bad tempers are not a good trait for a leader
 - c. Key to success at Florida is believing in treating people fair and right
 - i. Starting coaches don't get that
 - ii. Treating people fairly will show return from those people in 10 fold!
- 3) Most successful coaches self-evaluate
 - a. Not being about the ego
 - b. Self-evaluate how you treat people
 - c. You are in a relationship business – you have to care about people
 - i. Care about people in the office and around you
 - ii. Good relationships with people will help you be successful
 - d. Can't be focused on the job
- 4) Relationships
 - a. Bill Arnsparger – Got to have a personal and professional relationship with someone
 - i. When there is a break in one, the other will pick you up
 - ii. Will not always see eye to eye, but having both of those relationships leads to success
 - b. Having relationships with supervisors is important
 - i. Having a positive relationship in the good times and the bad
 - ii. Don't let an agent effect a relationship
 - c. Be Normal
 - i. Win 1000 games? Win a championship? – Stay normal and stay humble
 - ii. Say hello, please, thank you
 - iii. Respect people
- 5) The Brand
 - a. Don't put yourself above the brand
 - i. You don't have the right to hurt the brand
 - ii. Don't recruit someone to the school who could potentially hurt the brand
 - iii. Getting pissed and going after refs, getting kicked out of a game is bad for the brand
 - b. Not sacrificing school's reputation for a win
 - i. There will be other games
- 6) Building a Culture
 - a. Value ALL sports and respect what they do

- i. Coaches exchange strategy and ideas that may help them win a game
- ii. This culture gets coaches to come to the school and stay there

Chris Holtmann – Offensive & Defensive Transition Principles

- 1) Do today well
 - a) Whatever is right in front of you for that day is truly all you can control
 - b) Every day you have a chance to interview
 - c) Hard to skip the daily steps and end up being successful in the long run
- 2) Who we are(brand/culture) will outlast who we have on the floor
 - a) What am I about?
 - i) When people see me, what do they know or think of me?
- 3) Biggest Mistake: Self
 - a) How can I make myself better each day?
 - i) If you grow as an individual, the better a coach you will become
- 4) Define what you want your program to be about
 - a) Staff and administrators should know core principles
- 5) Recruit your AD everyday
 - a) There are going to be disagreements and bumps, but it is important to be on the same page
- 6) Stuff we let go early, come back to bite us in February and March during the most crucial moments of a game/season.
 - a) Accountability
 - b) The best coaches and players own their own growth
 - i) Make everyone feel as if it is their program
- 7) KenPom Four Important Factors
 - a) Turnover %
 - b) Effective FG %
 - c) Offensive Rebound %
 - d) Free Throw Percentage

Transition Offense

- 1) Get ahead of the ball
 - a) Run lanes
 - i) Running off long rebounds
 - ii) Convert quickly off turnovers and those long rebounds
 - b) Don't cross court
 - c) Quick decisions
- 2) First bug run opposite lane line
- 3) Angle of drag screen (almost step up screen)
- 4) Double drag- better shooter should pop/second screen
- 5) Stay in corner for long rotation
- 6) Cut the court ("cross the street") with handback (PG>wing)
- 7) Traffic drag (rub screen)

- 8) Sideline step up – outer 1/3 (outside the chute)
- 9) Better shooter above you? Pin-in from corner (flare)
- 10) Time in practice (21-22 secs)- 3 different reads/3 trips

Transition Defense

- 1) Get Back
- 2) Protect Paint
- 3) Close/Contest
- 4) Pressure ball
- 5) Defend without fouling
- 6) Block out and rebound
 - Don't sacrifice zero rebounds to be better in transition defense

Transition Defense Principles

- 1) Players have to buy into your defensive culture
- 2) Quality half-court offense
- 3) Outnumber them in transition
- 4) Transition supersedes matchups
- 5) No compromise on O-Glass
- 6) Verbal/Non-verbal communication plus body language
- 7) Match and load to the ball
 - 3,4,5, go to glass on release to load up strong side of floor
 - fullback – eliminate easy buckets
 - halfback – connect and direct the ball
 - 5 on O > transition spots
 - No pressure on outlet pass

Kevin Eastman – The Championship Separators

- “A good Assistant Coach knows how to weed the garden”
 - Get rid of the small stuff before it turns into big stuff
 - Make your head coach look good
- Not where you've been or done. It's about what were capable of doing and what we are capable of becoming
 - Losers live in “did”
 - Champions live in “become”
- 1) We are all on a seek and find mission
 - a. Motivated by success
- 2) The separator is how we think and apply
- 3) Sustained thought to what we put down – application
- Success leaves footprints
 - Find/Follow/Fit footsteps
- All Championship teams have these three sets
 - Skill Set
 - Ability to reach players

- Mind Set
 - Investment vs. Entitlement
 - Investment in own growth
- Reset
 - Realizing that nothings perfect
 - Mistakes are fine as long as their new mistakes
- NBA Players have the best ears, when they want to use them, in the entire world
- Leadership is a position, Leader is a title
- The best live in a world of UNTIL
 - There is no clock on greatness
- There is no old school there is no new school. There is only one school = The school of success
- The most important word in success is TRUTH
 - Need to live it
 - Reps determine Rep
 - Tell it
 - Can't lie your way to the next level
 - A message is only a message if it is received and acted upon
 - Must take it
- 3 Dimensional look at success
 - Learn from the past
 - Produce in the present
 - Prepare for the future
- As an assistant coach, never bring a problem to your head coach without a solution
 - Make your head coach look good
 - Take things off their desk
- Preparation
 - Preparation is being there before you get there
 - There is only pressure when the challenge is greater than the preparation
 - Preparation must exceed limitations
 - Preparation should be your separation
- Clinics and learning environments
 - How well you listen
 - Notes you take
 - Q's you ask
 - Relationships you start
 - How deep you study
 - Clinics are all about the X's and O's
 - Winning is about the RTB's
 - RTB's = Relationships and Team Building
- Know your No's
 - Championship teams live by these 3 No's
 - No excuses
 - No agendas

- No more
 - No more BS, unforced TO's, etc...
- What makes a guy tick?
 - In order to determine, find out what makes him talk? What makes him listen?
 - All players listen to somebody, as coaches it's our job to be in the top of those somebody's
- Doc is just a nickname
 - A head coach can't change or rehabilitate a player
 - Don't recruit a player thinking your head coach can change them
- Assistant Coaches – Robots or Resources
 - Want them to grow
 - Never go to practice without something to write on
- Want to be great? – Can't think normal
 - Kobe isn't a player, Kobe is a mindset
- Coaches want players to buy in
 - In order to get buy in we must get them to believe in
 - In order to get them to believe in we have to get them to trust us
 - In order to get trust we must speak the truth
- 1) Good teams know plays, the best teams execute them
- 2) Don't fail the plan, let the plan fail you
 - a. NBA Philosophy for adjusting
 - i. Do it harder, do it better, sub you out, change scheme
- 3) Don't want to be lucky, want to be good
- 4) Good for staff? Or good for players?
 - a. Know when practice is the next day before the game to avoid emotional decisions after wins and losses
- 5) You become us, we don't become you
 - a. Clarity must proceed accountability
 - i. If roles are not well defined, how can we hold you accountable?
 - b. We can help ME, ME will destroy WE
- "You're not training to be the best in the world, you're training to be the best in the world on your worst day"

Doc-isms

- 1) He who angers you, owns you
 - a. If you anger the refs, they will own you
- 2) Winning teams are clutter free
 - a. Relationships have to be strong to know what the clutter is
- 3) We will not win until you drop your guard and let me in
- 4) It's not about being right, it's about us getting it right
- 5) May not play great every night, play right every night
 - a. Can't always control how well you play but you can always play right

Assistant Coaches

- Job at game time = 90% Evaluation 10% Emotion

There are guys who buy in and guys who are not it

- Watch out for guys who give in
 - They are hard to see and eventually will become not in
- 1) No matter what position we hold, we all hold a platform
 - a. We must be responsible with our platform
- 2) Young assistant need to know how to Show up, Shut up, Keep up
- 3) Take action on the things that whisper to you
- 4) As a leader we have the power to Influence, Impact, and Inspire

Allen Edwards/Matt McCall/Mark Pope – Accepting Your First Head Coaching Job

- Someone is always watching – road recruiting, how you carry yourself, dress, and act as if it's your program
- Read an hour a day along with 30 motivational messages to stay sharp
- Get up with a plan, it cannot just happen
 - Be expected for the plan to change rapidly at any time
- As you grow as an assistant coach, always be on the look out for recruiting
 - Talk to everyone you possibly can on the road
- As a head coach, things come across your desk constantly that you need to act quickly on without having the time to think of a plan
 - It can never be about ME, its about the program/developing relationships
 - Learning to have hard conversations/say no
 - Evaluating the University
- Opportunity to Create a program
 - 1st team meeting – they don't remember what you say, rather how you make them feel
 - Reach out to those who helped along the way
- 4 Pillars for hiring an assistant coach:
 1. Loyalty
 2. Upward Mobility – guys who will be HC's
 3. 24/7 guys – different skill sets
 4. Being on the same page (words, mindset, etc.)
- Play the way you play then go get recruits
 - Don't be someone you are not
- Prepare players to practice, don't prepare practice
- Assistants make syllabus for HC
- Make time for loved ones
 - Invest time with your kids and players
- Be bold and strong in who you are
 - If you are passive, players feel it. If you are strong, they will feel that too.

Steve Spurrier – Coaching Do's and Don'ts

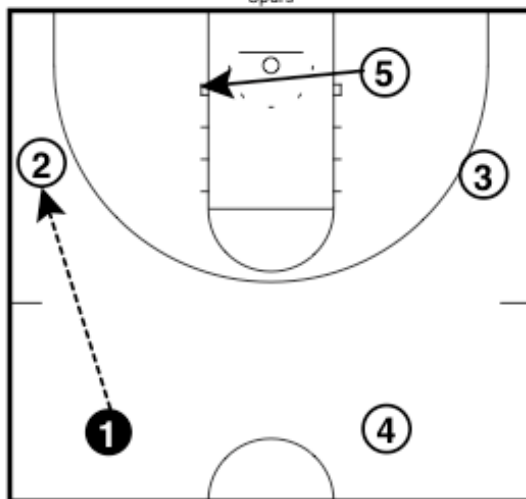
- 1) Treat every player fairly
 - a. Not equal but fair
 - 2) Say something positive after you yell at them
 - a. Ex: Your too good to ply like that
 - 3) Make all players feel important
 - a. Back up's and walk on's too
 - 4) Don't lose your temper
 - 5) What they learn is the most important thing not what you know
 - 6) Work on practice plans
 - 7) Make the game fun
 - 8) Coach with enthusiasm
 - 9) Practice all of the fundamentals
 - 10) Be concerned with player's injuries
 - 11) Encourage players to do well academically
 - 12) Don't swear at refs
 - 13) Honesty is the centerpiece of a player/coach relationship
 - a. Don't threaten them if you can't back it up
- Two keys to success as a coach
 - Outwork everybody else
 - Do things differently

Kenny McDonald – Spurs Concepts

- We all eat if we succeed
 - Coaches can move up, players develop and evolve, and everyone's character enhances
- Things behind the scenes make the practice go flawless
 - Character
 - Leadership – Veterans constantly teaching the young guys
 - Professionalism – Guys show up on time and get their work done.
- Disagree – Debate – Commit
- Process and Discipline
 - Off-season approach
 - Getting to know players
 - Talks before and after practice/games

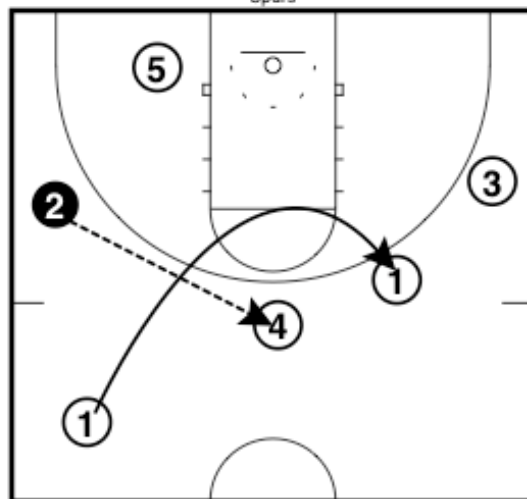
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Spurs Base Set
Spurs



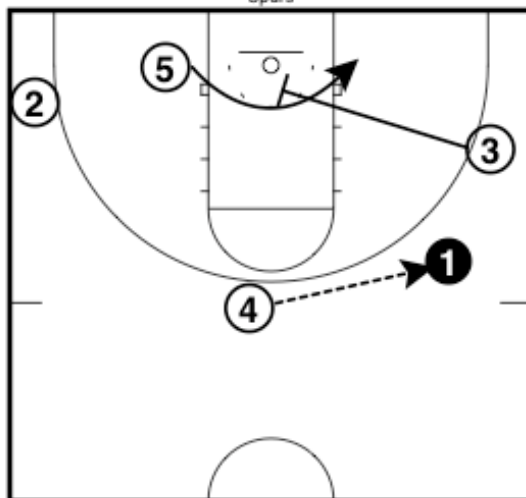
PG advances the ball to wing. Opposite big flashes to strong side block.

Spurs Base Set
Spurs



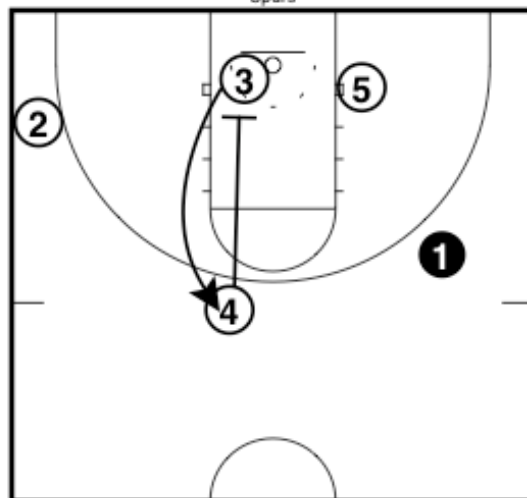
PG cuts in front of 4 to opposite wing. 2 swings the ball to 4.

Spurs Base Set
Spurs



As 4 swings the ball to 1, 3 sets a screen for 5 coming towards the ball.

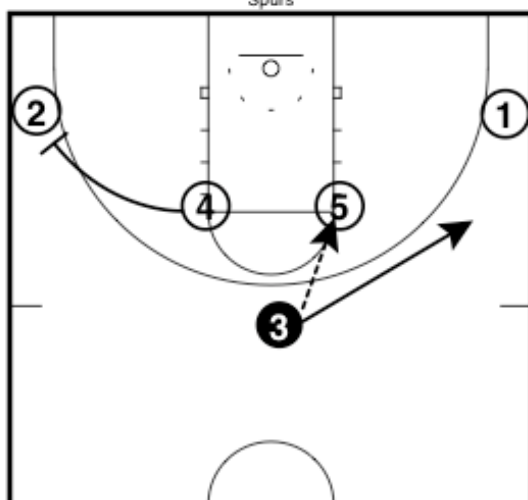
Spurs Base Set
Spurs



Once 4 has passed the ball and 3 has screened 5, 4 sets a down screen for 3 coming up to the top for a shot.

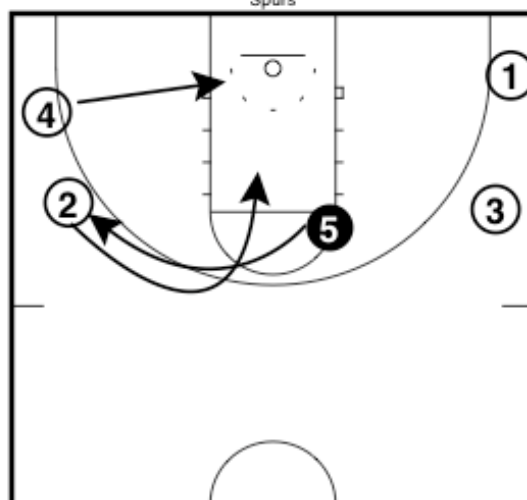
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Spurs Base Set
Spurs



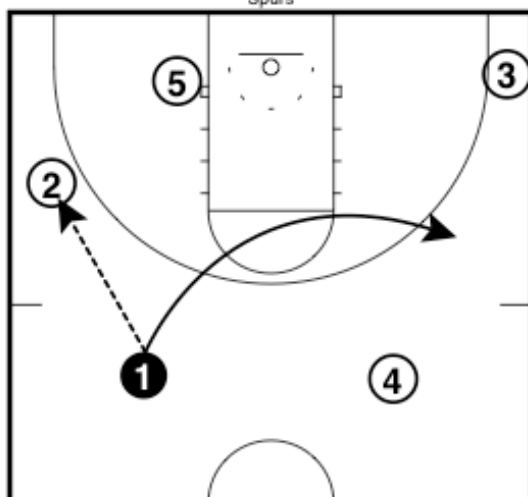
4 and 5 raise up to the elbows. 3 passes to a side and cuts. 4 sets a screen for 2 away from the ball.

Spurs Base Set
Spurs



4 rolls to the basket after screen. 5 dribble hands off for 2 looking to attack the basket.

Spurs Base Set Backdoor
Spurs



1 advances the ball to 2 and cuts to opposite wing.

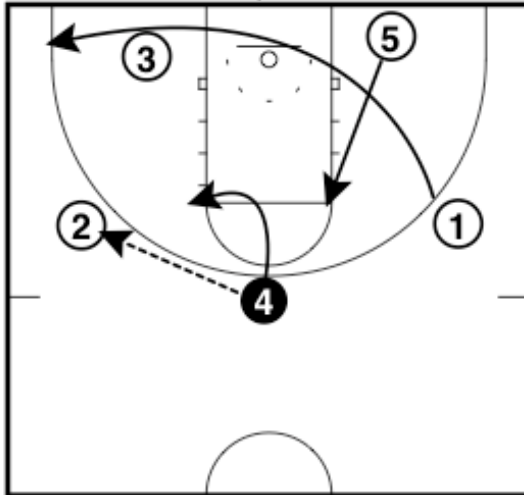
Spurs Base Set Backdoor
Spurs



As 2 swings the ball to 4, 3 sets a screen for 5.

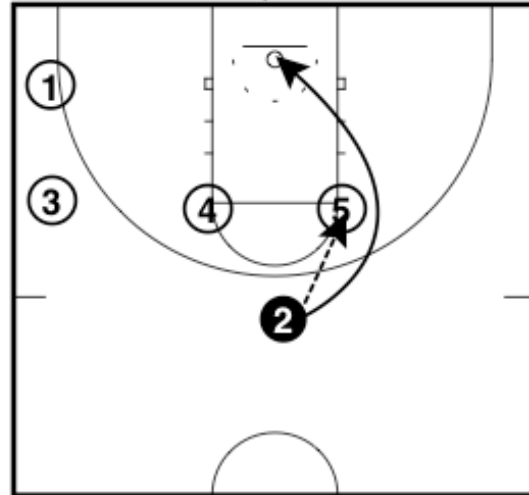
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Spurs Base Set Backdoor
Spurs



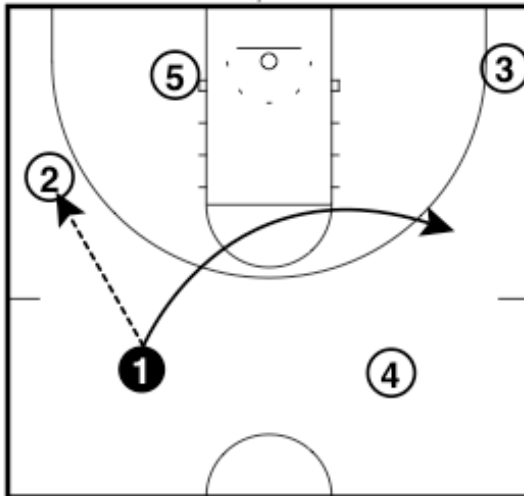
1 back doors. If not there, 4 passes it back to 2 and moves to elbow, at the same time the 5 moves to other elbow.

Spurs Base Set Backdoor
Spurs



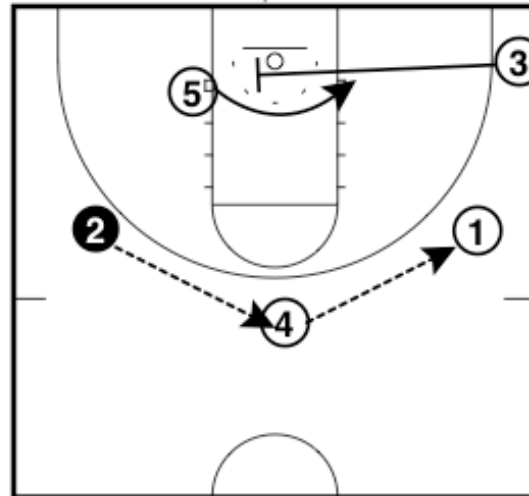
Two man game as 2 passes to 5 and immediately gets a hand off back looking to score.

Spurs Base Set Weak Pick Pick
Spurs



1 advances the ball to 2 and cuts to opposite wing.

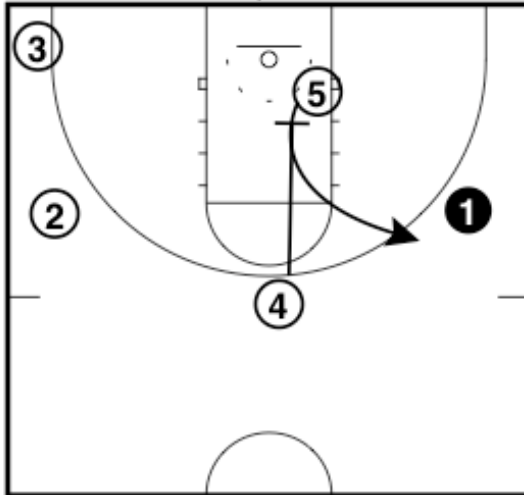
Spurs Base Set Weak Pick Pick
Spurs



As 2 swings the ball to 4, 3 sets a screen for 5.

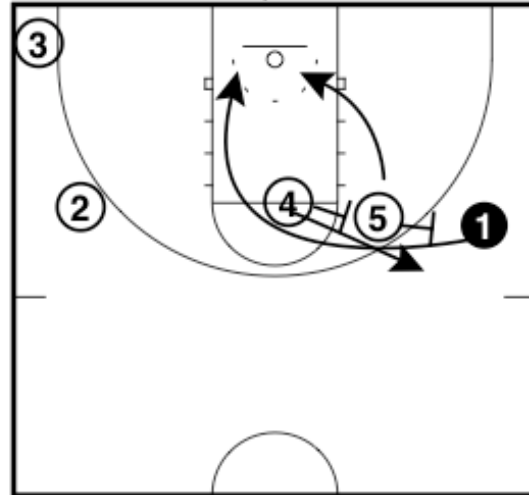
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Spurs Base Set Weak Pick Pick
Spurs



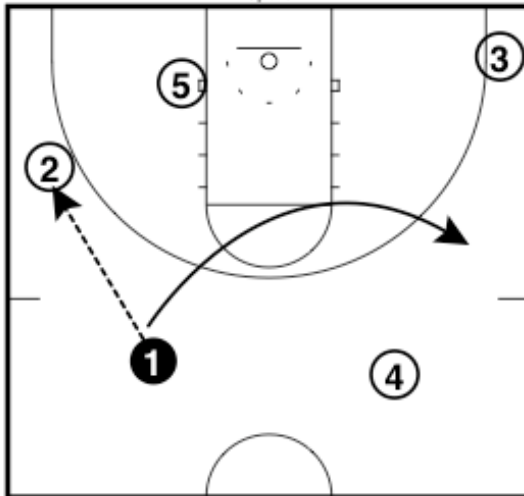
4 Sets a pin down for 5 who comes into a ball screen for 1

Spurs Base Set Weak Pick Pick
Spurs



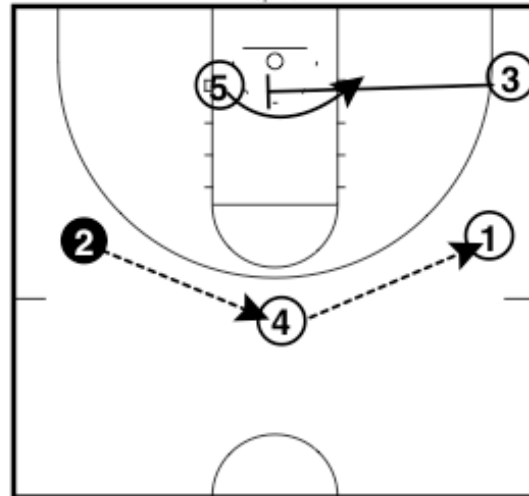
4 follows 5 into a double screen for 1 attacking. 5 rolls to basket while 4 pops to the wing.

Spurs Base Set Weak Rub
Spurs



1 advances ball to 2 and cuts to opposite wing.

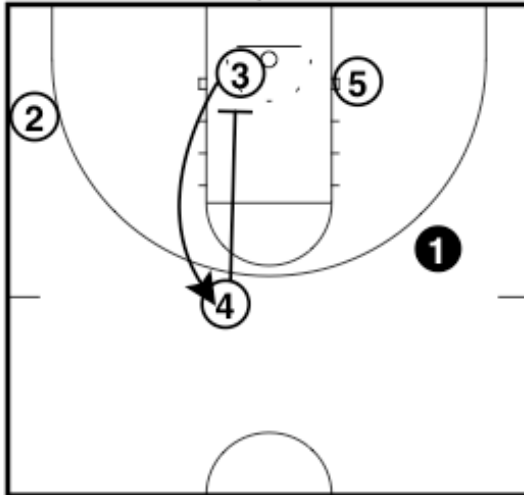
Spurs Base Set Weak Rub
Spurs



As 2 passes the ball to 4, 3 sets a screen for 5. 4 then passes to 1

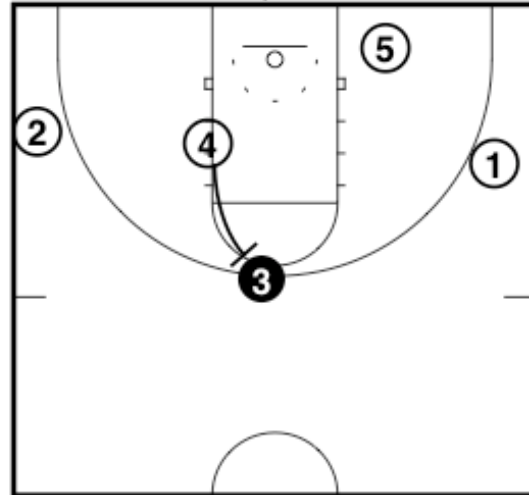
2016 Coaches' Clinic

Spurs Base Set Weak Rub
Spurs



Once 4 has passed the ball and 3 has screened 5, 4 sets a down screen for 3 coming up to the top for a shot.

Spurs Base Set Weak Rub
Spurs



After the down screen, 4 immediately goes into the a rub screen for 3 for a pick and roll.

Joe Scott – Zone Match-up Principles

- Your team is a reflection of you
- Match-up zone is intended to create traits and develop players
- Have to be a ball-hawking team
 - Everybody goes for the ball
- Don't worry about the other team or what the other teams running
 - The ball will tell you where you need to be in the zone
- See the ball, play the ball, react to the ball
- Move on the pass not before or after the pass
- How do you create effort?
 - Playing for one another
- This defense teaches effort and discipline
 - Discipline – behaving wisely doing what you're supposed to be doing
- Defensive stance down and in
 - Low to the floor
- Defense in the post plays on the top side unless ball is in corner
- Everybody in the zone has a partner
 - Two bottom players are partners
 - Three top players are partners
 - Weak side and strong side are partners
- Track the lane
 - When the ball moves and you move, keep one foot on the lane line as you move
- Keep the ball out of the middle of the defense
- Weak side defenders have the responsibility of flashers with switching man principles
- Runners are guarded horizontally
- Cutters are guarded by back guys or weak side guys
- 6 minutes a day
 - 5 on 3
 - Teaches top players of zone
 - 5 on 2
 - Teaches back players

Holly Warlick – Team Competitive Drills

- See separate packet

Jon Rothstein – The Media Culture in 2016

- Build your presentation
- There has to be reciprocation between coach and media
- Cannot take each other for granted
- One-sided relationships do not last
 - Sometimes the coach may need reporters
- Cardinal sin: don't have to tell the truth, don't lie
- Never miss the opportunity to say anything

Tad Boyle – Colorado Practice Culture

- 80% of games are won before the ball is tipped
- 3 keys to winning games
 - Recruiting
 - Players that want to get better
 - Players ability to get better in the off season
 - Player development
 - How much you get better in practice
- Practice Books
 - Log every workout, practice, conditioning from day 1 in august to end of summer next year
 - Book also contains assistant coach's duties along with preseason conditioning
- Practice
 - In the morning between 7-7:45
 - 7:45 preseason 7 in season practice
 - Practicing in the morning gives guys more energy
 - Players face no adversary before practice
 - Day is over by 5pm
 - 30-45 minutes of player development to start
 - Station work
 - Make practice fun and competitive
 - Make practice the most important part of the day
 - Stress to players we cannot have a bad practice
 - Short film session most days
 - 10-15 minutes
 - What we're working on
 - What do we need to get better at?
 - Shoot around is very light 45 minutes to an hour
- Practice Structure

- Only score on stops
 - Buckets gives you juice to get these stops
- 60% of practice on Defense first
- 40% of practice on offense second
- Need to scrimmage more
 - Guys have fun and it's competitive
- 5 on 5 for offensive drills
- 4 on 4 for most defensive drills
 - Makes guys scramble and rotate more
 - If you can guard 4 on 4, 5 on 5 should be easier with an extra defender
- Free throws in between drills
- 12 Second Transition Offense Game
 - 12 seconds to score
 - Have to get a paint touch or swing the ball 3 times in order to take a shot
 - Only get two dribbles in the back court, so ball must be advanced quickly
 - Assist to Turnover ratio must be positive in order to break out with the ball
 - Otherwise find a guard and sprint the floor
 - Can't have an agenda with 12 seconds
 - Decisions have to be made quickly
 - Transition after every miss
 - First big runs the middle of the floor trying to post up
 - Wings run flat to the corners and space out
 - Other big trails the play
- 3 on 4 contest and rebound drill
 - 4 offensive players around the three-point line
 - 4 defensive players in the paint
 - One on the free throw line, two on the blocks, one under the basket
 - 3 outside defenders in the paint rotate and scramble guarding the ball
 - Defender under the basket stays still until shot goes up
 - 4 outside players are stationary and must move the ball and shoot within 5 passes
 - Once the shot goes up all 4 inside players find a body and box out
 - All 4 offensive players crash the boards
 - If shot is made offense goes to defense
 - Must get 3 consecutive defensive rebounds to win the drill
 - Losers run

Matt Doherty – Coaching Leadership

- Out of pain can become your purpose
- Leadership is a learned behavior
 - Certain leadership tactics work for certain scenarios
 - People don't think like you think
- Your biggest strength is your biggest weakness
- Body language = 50% of communication, 25% tone, 25% content
 - Not what you say, but how you say it.
 - No body language or tone in text messages or e-mail
- Intensity is good until you cross a certain line
- Can't apologize more than once to your players
 - Coaches or players can't take things personally; if a player doesn't execute a play right, it's not about you, it's about the team.
- Praise the actions you want repeated
 - Learn to ignore
- Respect trust commitment
- You don't win games; you won't be able to impact the lives of young people as well as the community
 - Earning respect

George Karl – Selecting the Best Staff & Evolving as a Coach

- Where is the game going?
 - Do something different
 - Trapping and double teams
 - Have a good balance between offense and defense
 - GSW only example
 - Pro coaches want TOTAL players
 - Players that respect both ends of the court
- Tell the truth, be yourself, but know who you are
- Find a mentor that you can talk hoops with
- Assistant Coaches
 - Need these three traits
 - Loyalty
 - This is shrinking in today's game
 - Make a HC job easier
 - Take things off their table
 - Inspiration and
 - Can you give your guys juice?
 - Lift, motivate, and stand up to you
- Money is driving dreams of playing basketball, not the love for the game
- Big staff isn't always a better staff
 - Want a staff that has to overachieve
- Teach TEAM

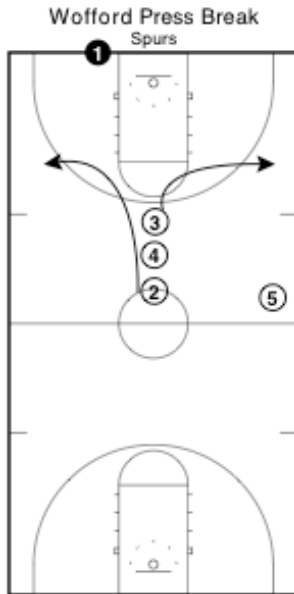
- If the staff isn't a team the players can feel it and will act the same way
- Teach basketball in a way that makes the game an entertaining and inspiring stimulus on a day to day basis
- As a coach, the most important time of the day is the time you spend with your players
- Teams and organizations that are connected and do it the right way have success sustained over time
 - Spurs
- The most important thing a head coach does in the first 90 days is hire their staff
- Hire the best fit for your team, not your friend
 - Sometimes your friend isn't always the best hire
- Flow
 - Basketball should flow and have a rhythm
 - Defense is out there to disrupt flow
 - Flow is difficult to teach without shooters
 - Flow happens fast
 - Players have freedom and creativity
 - Coaching fast is harder than coaching slow
 - Flow is playing hard
 - Playing hard is a talent not an attitude
- Don't disrespect the role players
 - Role players can make or break your team
- Learn from the past, but don't go back to the past
 - Coaches linger in the past
 - Be present
 - Coaches that linger in the past are the ones you want to play against
- Compromise doesn't work
 - It's a negative energy
 - Not a team energy
- Turning individual skilled players into team players is an art
 - Done through communication and relationships
- Coaching is saying the same thing 1000 different ways
- Always be asking yourself where is the game going?
 - Zone in the NBA?
 - Guarding the three-point line
- Assistant coaches need to use the locker room to connect with the players
 - Build a relationship and energize the locker room
 - Create a spicy locker room that carries onto the court
- Potential kills
 - Guys that have potential can make or break a team
- Know to hire before you get hired
 - As an assistant coach, know the guys you want on your staff
 - Guys you trust and that are loyal

- Most important aspect of the game of basketball is being physical on the defensive end of the court and being a passing team on the offensive side
- Playing Fast
 - Throw out plays first 3 weeks of practice
 - Get them playing fast and up and down
 - Spacing over execution
 - Can't take bad shots or have TO's playing fast
 - Speed over size
 - Have to Commit to it

Mike Young and Dustin Kerns – Special Situations

- Three actions your opponents run so there's familiarity
- Guard stunts at rolling ball
- Student across half as clock ticks – can't run play
- Matchup on downhill passes
- Cross court pass > stay 1-3-1

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2 cuts first either way. 3 cuts second opposite way



1 passes it in to too low to 2. 5 clears weak side, 4 clears strong side, 3 stays middle, 1 stays even with the ball.



All Contents Proprietary



If ball is entered to the 3, 5 clears strong side, 4 clears weak side, 2 stays middle, 1 still stays even with the ball.

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3 V cuts to foul line extended to get the ball.



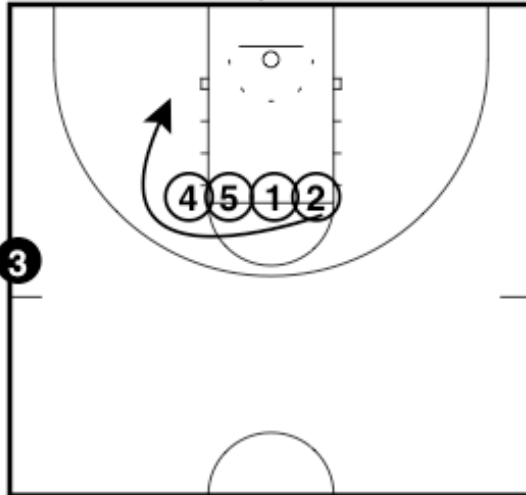
5 leaks out, 2 breaks towards the basket, 1 stays middle, 4 stays even with the ball

All Contents Proprietary



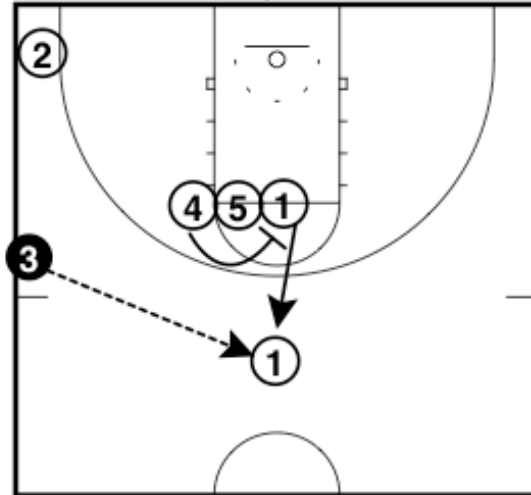
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Wofford Side OOB
Spurs



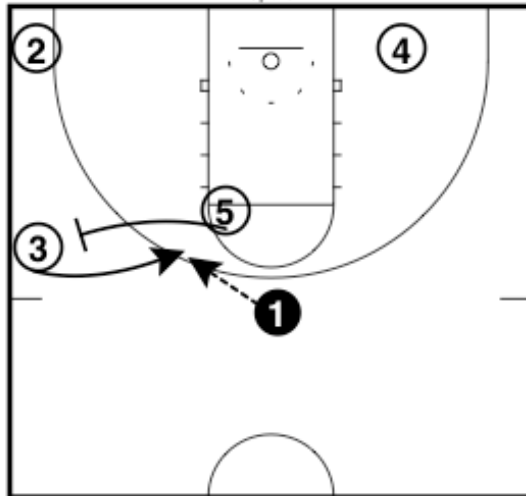
2 loops around looking for the ball. 3 pass fakes to 2

Wofford Side OOB
Spurs



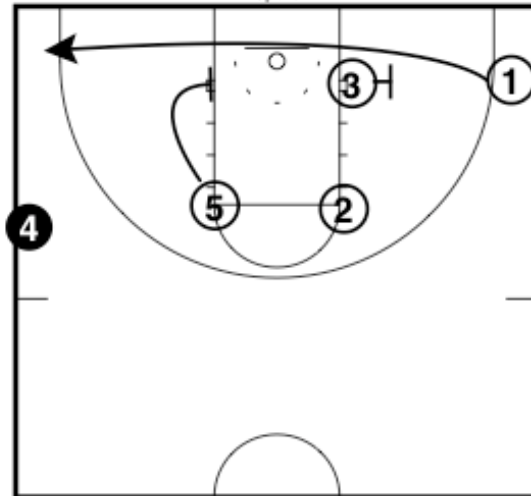
4 brush screens 1 then clears to the corner. 1 pops up to the top of the key and gets the ball.

Wofford Side OOB
Spurs



5 screens for 3 coming off and looking for a shot.

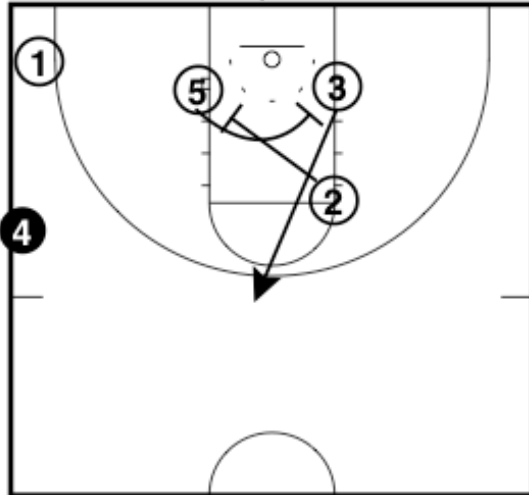
Wofford Side OOB 2
Spurs



5 and 3 set a double for 1 on both blocks. 4 pass fakes to 1 as a decoy

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Wofford Side OOB 2
Spurs



2 sets screen for 5. 5 comes off and sets screen for 3 coming to the top of the key for the shot.

Will Wade – VCU: The System

- Top 20 in the country in these 3 stats
 - Offensive Rebounding
 - 80% to the glass
 - Have to get over 40%
 - Recruit the best athletes
 - Sacrifice other parts of the game
 - 3PT Defense
 - Run them off the line
 - No strong side help
 - Fly out at shooters
 - Can't get beat 2 by 2
 - Get Steals and Cause TO's
 - Have to compensate for shooting higher % of 2's
 - Play the game on "our" terms
- Playing Aggressive
 - Chance favors the aggressive team
 - Toughest team sets the rules of engagement
 - Refs won't call everything
 - Practice everyday disadvantage situations
 - Scrambling and flying around
- As coaches, we are in a daily battle for the hearts and minds of players
 - Staff spends quality time off the court with players
 - All about the relationships with players
- Better to be the one told to wait, than the one that waits to be told
 - Question Behind the Question
- Measuring in Practice
 - Measuring everything is measuring nothing
 - 1) Transition quickly live and dead ball situations
 - 2) Players having their hands on knees
 - 3) Turnovers
 - 10 Free turnovers
 - Running individually after the 10th
 - 4) Springing
 - 5) Contest all 3's
 - 6) Offensive Rebounds
 - Players run if these are not met
- Offensive Rebounding
 - Always make a violent move to the middle of the floor
 - Move to the baseline is not enough effort
 - If all players do their job, semicircle forms around the basket
 - Swim, Rip, Spin, Pin
 - Swim – When defenders hands are low, swim around them towards the basket

- Rip – When defenders hands are up, swing arms up through theirs and go towards the basket
 - Spin – place foot between defender's legs and spin around defender to get the inside position
 - Pin – Wedge or shove the player to baseline to get them out of the play
- No dribble on offensive rebounds
 - Go straight up or pass out for 3
 - Only dribble to turn and kick
- Sending more to the offensive glass forces the defense to block out and not leak out
- Teach Hit, Find, and Get
- End of season, practice is around 45 minutes
- Play 5 Guards, 3 Bigs, 1 Swing
- We only control 1/3 of the game
 - 2/3 = The opponent and the Refs
 - Our 1/3 better be good enough to win
- Practice leaving feet to contest and block 3PT shots
 - 4 on 4 scramble with first play being a defender flying out at 3PT shooter
 - Becomes 4 on 3 scrambling
 - 1 on 1 forcing baseline
- Always turn and look to pass the ball when you get a steal