

7 pts. Skull Drill

4:00

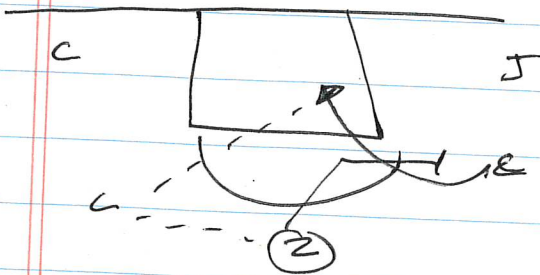
"Don't practice things until you get them right. Practice them until you can't get them wrong."

Work on nothing but urgent + important
Defend w/out fouling

The best way to gain credibility is to always be prepared.

Cultivating a Winning Culture

- ① Make people feel loved and appreciated
- ② Don't be afraid to share your feelings
- ③ No excuses
- ④ Results driven by everyday behavior + performance
- ⑤ Immediately confront challenges to the culture



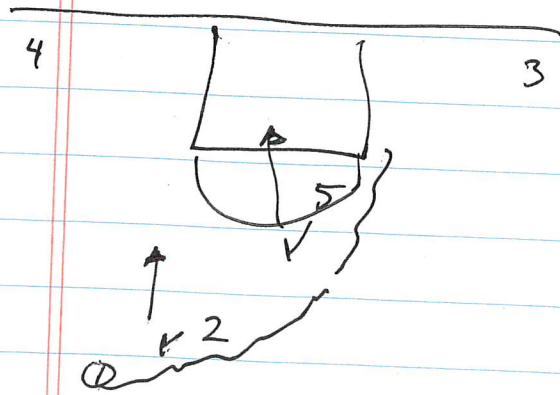
If they deny → backdoor

If they switch → slip

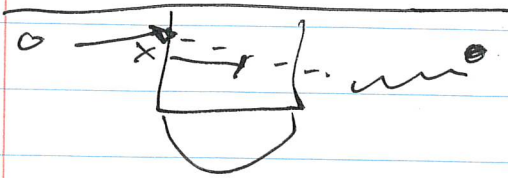
Look to run handoffs +
then hand backs

Against drop coverage, set

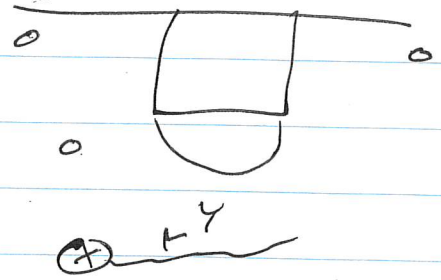
TAP 5 feet above 3pt. line



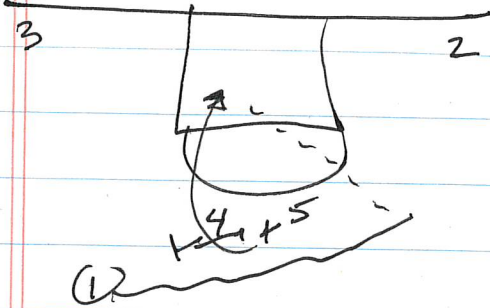
Next Level Breakdown



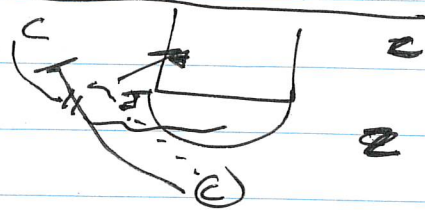
Spread $x+y$



Oklahoma Elevation

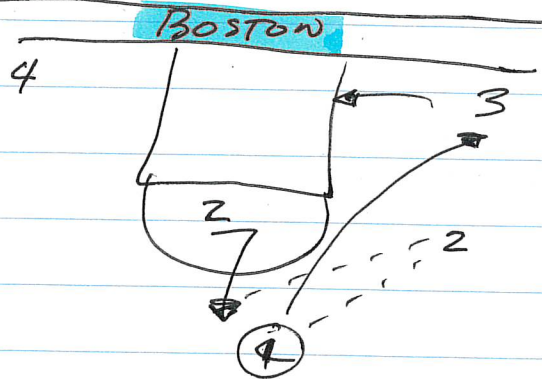
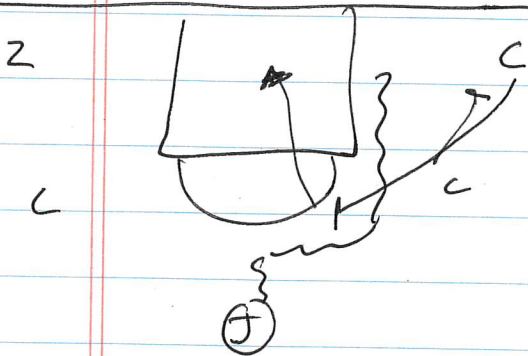


Elbow

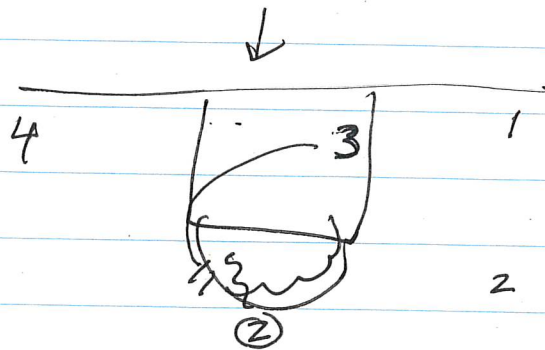
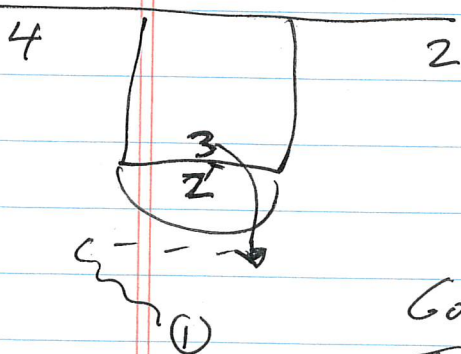


Next level entry
 "RAM" - Left or Right

Lock = Nelson



STACK



Go into TAP

Selfless Leadership

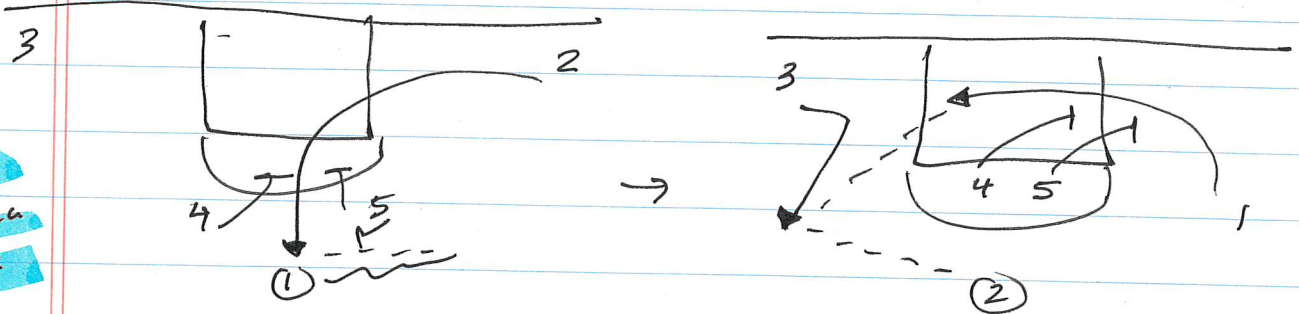
- ① Serve others
- ② Be flexible
- ③ Give to others
- ④ Teach the difference between coaching + criticism
- ⑤ Listen more than you speak. Listen to hear, not reply!

Do you want harmony or honesty?

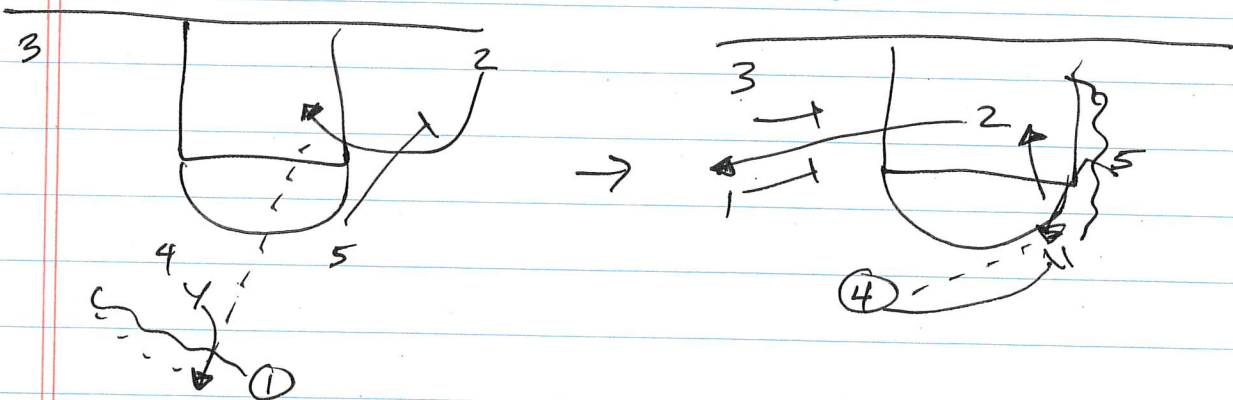
Comparison is the thief of joy

"One Heartbeat" in the locker room

Horns
America
Flex

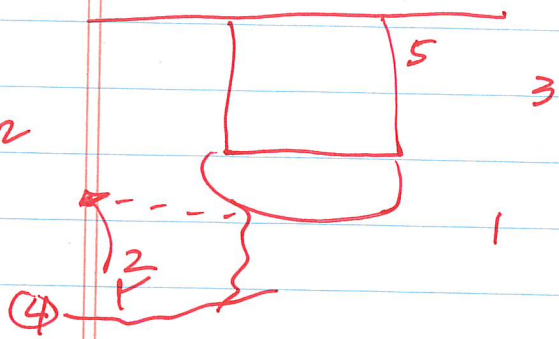


Horns Hook

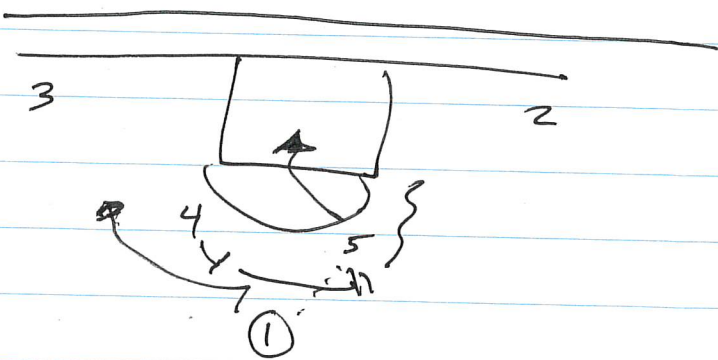


Add diving on the floor for loose balls to defensive gauntlet

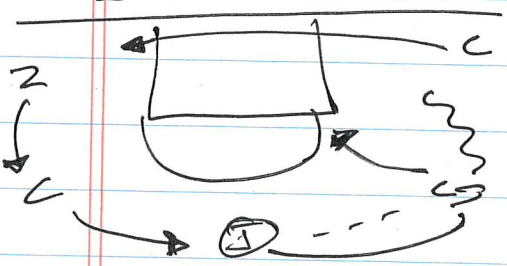
RPO for 2



VS $\square + 1 \rightarrow$ Have 1 screen on Bottom to take out 2 defenders
 VS $\triangle + 2 \rightarrow$ Horns



2 MAN CLEAROUT



Positive Touches in practice

Be the ultimate workaholic

- Never stop looking for ways to win
- Have uncompromising standards
 - Trust that the culture will bring players to you
- Be in great shape

4-3-2-1

- Make 4 3's at one end, then 3 at other end
- 2 at other end, 1 at the other

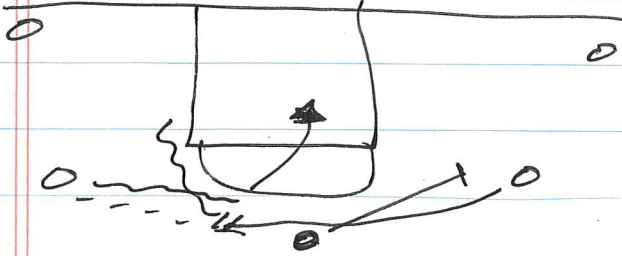
Be connected at both ends of the floor

NBA → Next Best Action

Player Designed Practice

- What drills do you like

~~RAM~~ RAM



Reacting in anger or annoyance will not advance one's ability to persuade

"Fight for the things you care about. But do it in a way that will lead others to join you."

Have people that disagree with you, but respect differences of opinion.

Keep learning!

What did I do today to become a better human being?

Make every day a search for discovery. Search for new ways to connect, to learn, teach, inspire, discover, share + to be

93% of communication is non-verbal

Get two to the ball, force a moment of indecision

MBCA 9-23-20

USA vs. Argentina 2004

Youth → Instilling passion + develop ball skills

Start w/ one decision at a time; try to develop ~~multiple~~ players
that can make multiple decisions

↳ Shot/Drive/Kick

High pace; get them out of comfort zone

Innovative workouts w/ conditioning

Pococurantism

Weak Hand Development
Footwork + Balance

Play through contact

Restricted area or 3 pt. line

Full ct. passing → on time, on target

Outlets

mholt@huskers.com

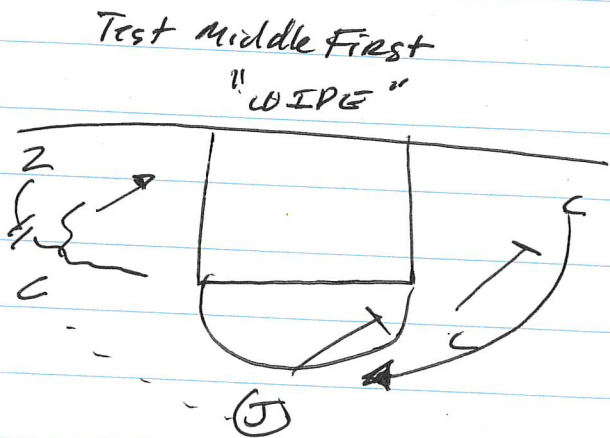
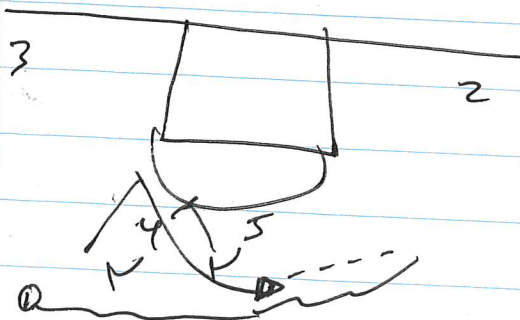
Balance → Body Position

Screen bottom hip and defender on DHO or TRAP ***

Answer back

Slush = Backdoor

Turn head = Backdoor



Daily Vitamin = 20 minutes on player development → individualized

BH: Slow + Steady

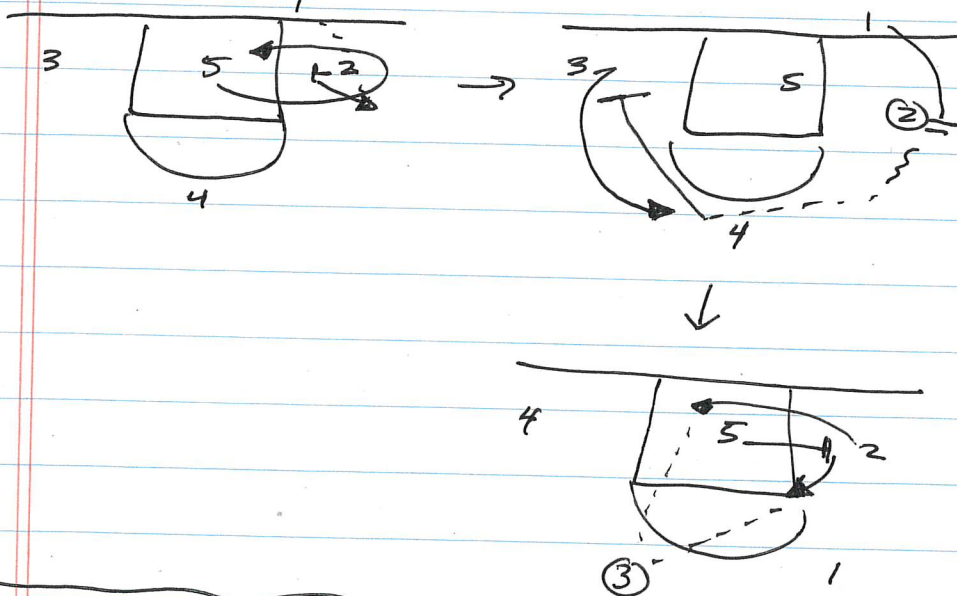
- Use hips + butt to control defenders

Championship Game Plan

- ① Keep your concentration in the "now"
- ② Bring yourself back when you lose your focus
- ③ Focus on your job
- ④ Have fun
- ⑤ Leave goals out of it
- ⑥ Stay occupied + busy
- ⑦ Control the controllables

Your team is only as strong as its weakest relationship

"2 Twist"



5 on 5 on 5 Cycles w/ :18 shot clock

"Don't let someone else dictate the culture of your program."

Goal: Be the Best practice team in the state

Coaches are asked to hold players to that standard

Leadership involves daily maintenance of + attention to culture, goals and all relationships w/in your program

Players want to know

~~What~~

- ① Can you help me?
- ② Do you care about me?
- ③ Can I trust you?

Team Defense \Rightarrow COMMUNICATE!

Make lay-ups worth extra points

Attacking switching defenses

- Slips - Screen own player - Stampede - keep it moving
- 1/4 TAP = 1/5 TAP into 1/4

Minimize season slippage

Recognize small things as big things

Hands out on defense

Guarding the post is draining

Help the helper

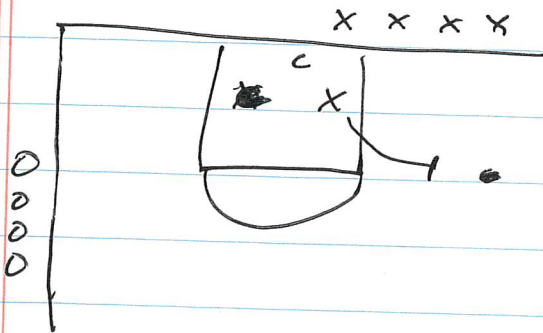
Win 1 on 1 closeouts so we don't have

Fouling negates hustle

to stunt or help

1 on 1 to 5 on 5 (Pioneer Build-up)

- Start 1 on 1, then go 2 on 2 up to 5 on 5 1/2 ct.
- Win 3/5



KELLY FLYNN

Invest time w/ youth coaches

KIF - Keep it Fun!

Best players have to be the hardest workers

DETAILS

Have a defense that will force the other team to take a timeout

FRAN McCAFFERY

win the 1st shot!

1 defense or multiple defense

Force indecision by PG

Get the other team to play East/West

Have Plan A / Plan B / Plan C

Get them thinking w/ multiple looks

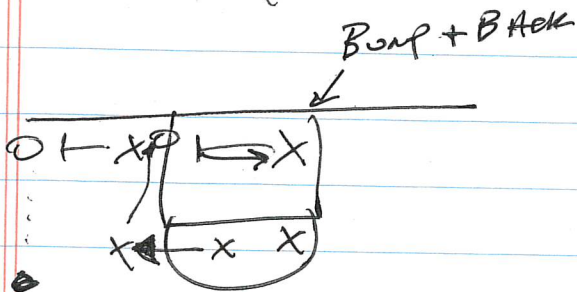
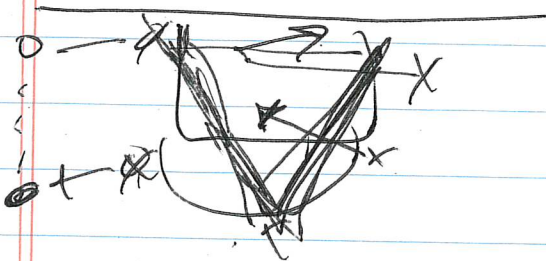
Blue / Blue - Take away strong side + middle

Do not ~~press~~ press to give up open 3's

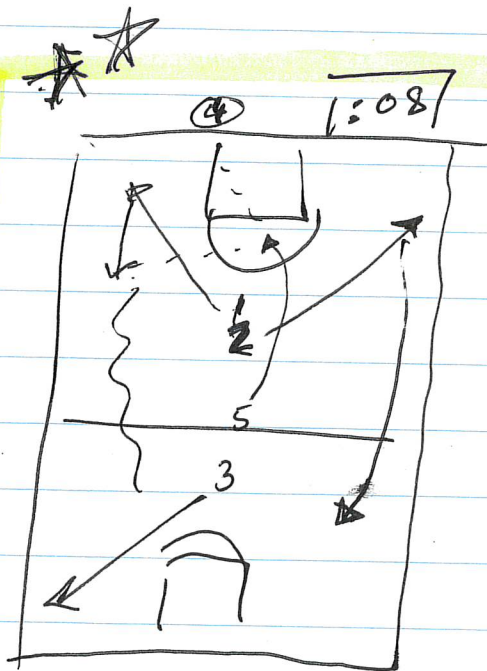
Make multiple players handle the ball

Try to find someone to Boxout in zone

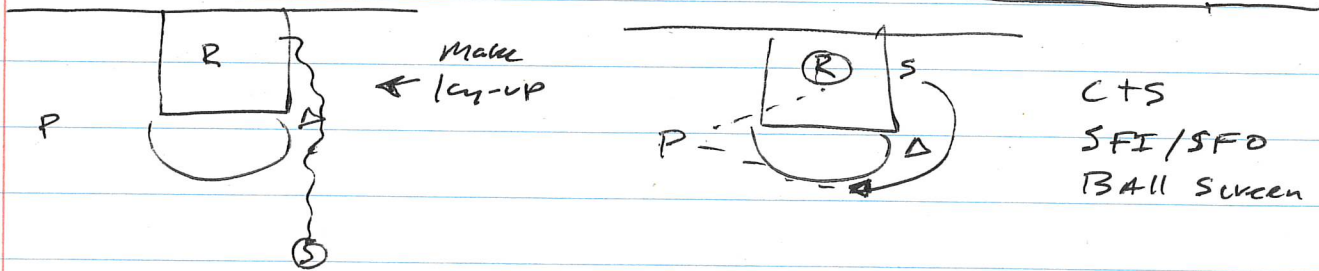
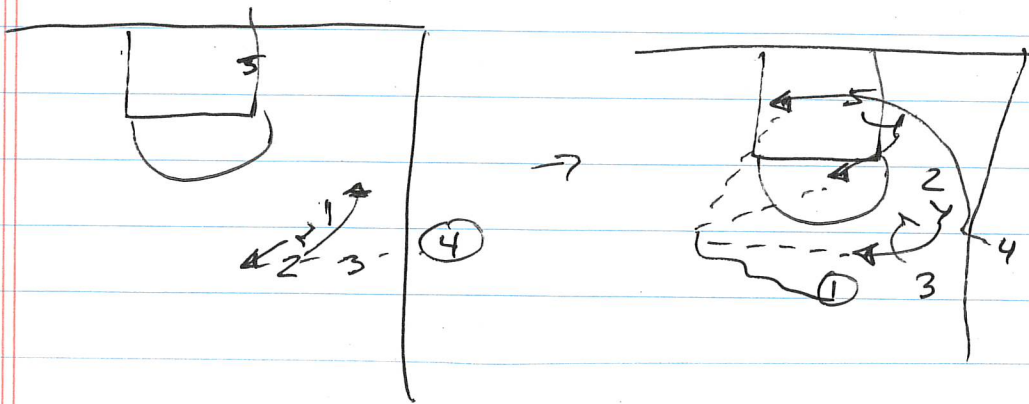
Bumps → communicate



Change defenses ATO



Let go



We cannot allow someone else's inability to see our work serve as an indictment of our abilities, as difficult as that can be at times.

Leading By Fear

- ① Stops Team work
- ② Divides the work place
- ③ Stops open communication
- ④ kills confidence

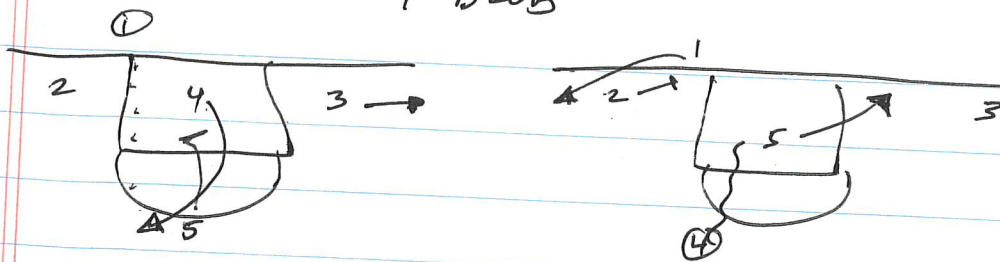
Validate wins in open gym
w/ FT

How fast can you function?
"Make the defense wrong."

Be great at something!
Post defense is about attitude!

Karate Kill w/
Mr Miyagi
Sand the floor
paint fence
Wax cars

* 4 BLOB



Minimal touch time leads to better shots

5 on 5 on 5

1st Team vs. 2nd Team

2nd Team vs. JV

JV vs. 1st Team

ONE PAGE

Championship killers

- ① Entitlement
- ② Arrogance
- ③ Selfishness
- ④ Complacency
- ⑤ Lack of confidence
- ⑥ Lack of Effort
- ⑦ " " Trust
- ⑧ Lack of conditioning
- ⑨ " " commitment
- ⑩ Lack of leadership

Teach the concepts, implement the way we want to play so that we can win as many games as possible.

We finish every offensive possession w/ points

Each player must understand their personal scoring role

3 on 3 :10 no paint touch

- Defensive can't go to Off. until they win :10

UNO - Darrin Hansen

Standards vs. Rules → Communicate them

Have Captains organize Milwaukee Scouts once by force
it out

Couch Communication every day

Areas to be selfish.

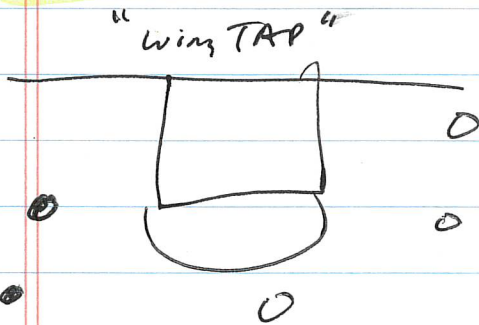
- ① Post seals
- ② Paint forches by perimeter
- ③ off. Reb.

Shot clock on possessions

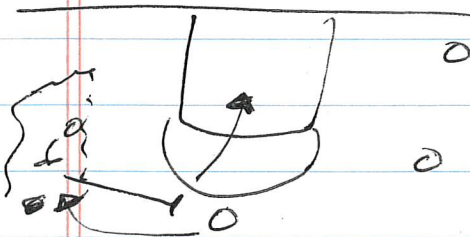
- Duke Transition = 10^{sec} shot
Clock
for team w/ adv.

Relocate = "Line of site"

Open side
TAP



Drive it to make ~~a play~~ a play
for a teammate



CHARLIE BANKS

How the best prepare

Be willing to do things other people aren't willing to do

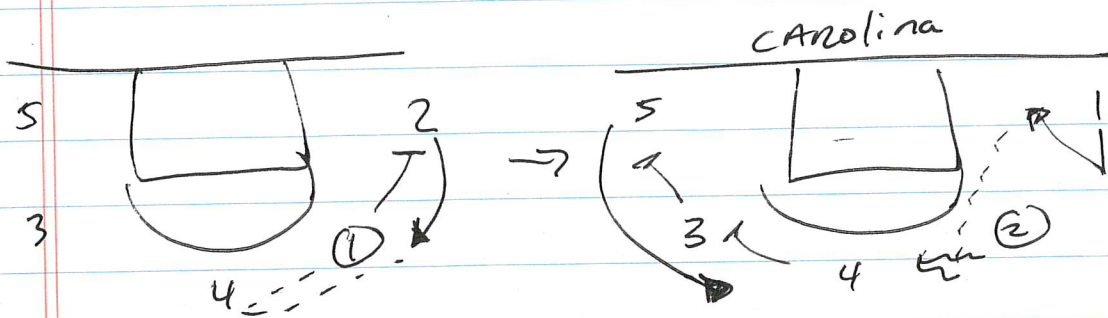
Teach them what it takes

What do Elite players want to do?

Extra reps @ the end of practice

It's your game

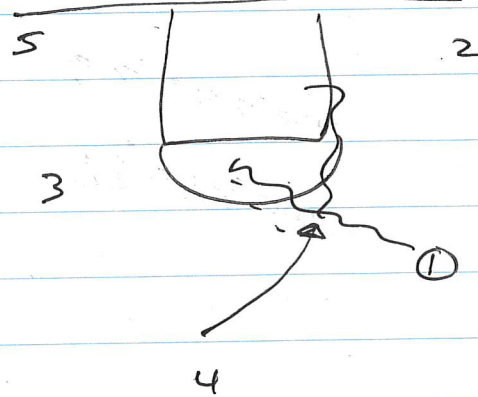
so don't have the advantage, move the ball



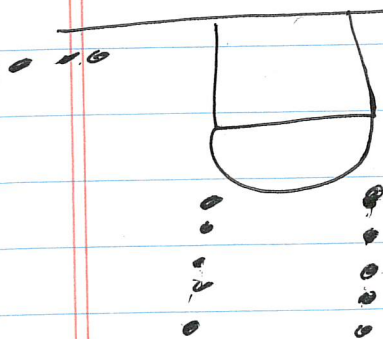
Blood = Line



TRAIKEN TRANSITION

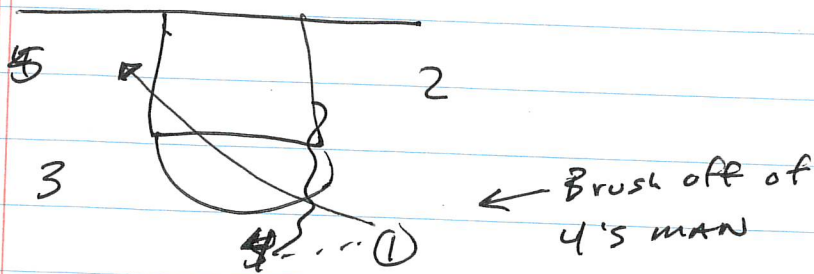


4:00 - 1:00 per spot self PASS TEAM SCORE



Self PASS

Whole team



Empower your players to be aggressive

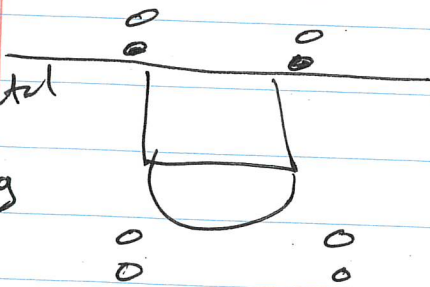
Catch to shoot

Be intentional w/ culture

~~Above Rips - PASS / CTS / SFI Chin / SFO Chin / SFI Pull-up / SFO PO~~

Do different Things

Fundamental Lines PASSING



- Weak hand PASS - Chest BE
- " " - Bounce Receive it well
- Strong hand - Chest
- " " - Bounce
- 2 Hand outlet

Stack Series from Casey

Have to learn "2 levels up"

- Leaders create leaders

Keep in mind the collective

"Why" and stay focused on that

- What's the big picture and stay focused on that

What do I have to do

Report stats to PAPER

Email parents schedules

for week

Schedule feeder stuff

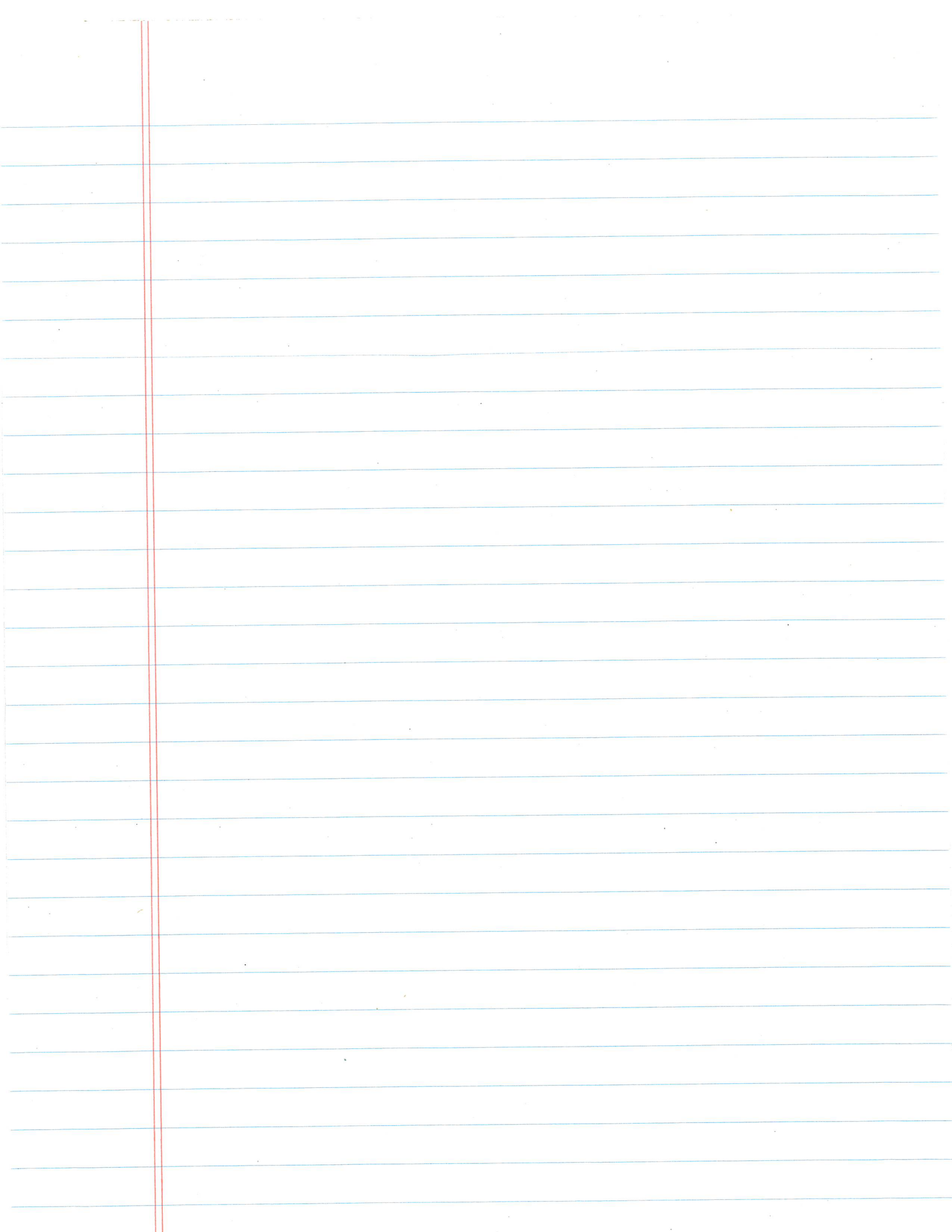
Be ready to zig while others zag
- Don't be scared to make mistakes!

Helping turn the Tide

- ① Don't personalize any losses
- ② Maintain the same standards as the first day
- ③ Don't isolate yourself from the team
- ④ Don't be consumed by winning the next game
- ⑤ No shortcuts
- ⑥ Be detailed and take accountability for losing
- ⑦ Don't threaten players or launch verbal insults
- ⑧ Don't blame the media
- ⑨ Understand how to evaluate progress
- ⑩ Simple is always better

Don't put a bar up

"Frontierist": Someone who is always trying to find a new boundary to break through



No victim talk; focus on the process, the preparation, and the details, never the outcome.

Self-evaluate once a week

The humble person who practices humility keeps their accomplishments, gifts and talents in a proper perspective.

4 Steps in Self-leadership

- ① Control Our Emotions
- ② Be adaptable
- ③ It's all about achievement → strive for excellence
- ④ Be a positive voice

Increasing Range

- ① Increase power → Dip the ball
- ② Focus on follow through → snap + wiggle → Trigger ~~finger~~ ^{finger} Down

Do Defensive slides on wall sits

Coaches of Character

- ① Tell the Truth
- ② Keep Your Promises
- ③ Give forgiveness
- ④ Treat others how they want to be treated