USA BASKETBALL
COACH ACADEMY
2024

Kansas City

COACH ACADEMY

BECOME YOUR BEST

SPEAKERS

Adam Hepker

Head Coach,
Men's Basketball,
MidAmerica Nazarene
University

Lindsay Whalen

Naismith Hall of Fame,
2x Olympic Gold Medalist,
Member of the USA 3x3
National Team Committee

Ras Vanderloo

Head Coach,
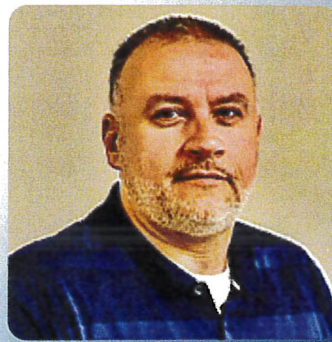Boys Basketball,
Sioux City East

Ben McCollum

Head Coach,
Men's Basketball,
Drake University

Don Showalter

10x Gold Medalist
Head Coach
USA Basketball Men's
Junior National Team

Greg White

Head Coach,
Boys Basketball,
Thaden School

Kyle Blackbourn

Head Coach,
Men's Basketball,
Rockhurst University

Kevin Eastman

Motivational Speaker
and Former NBA Coach

Digital Program

ADAM HEPKER-PLAYING WITH PACE

- Kids haven't changed; parents and coaches have changed
- Change lives → You coaching should outlive you
- Play some zone, just as a change up
- Stay curious a little longer
- Never do back to back drills in the half court
- Stop-Score-Stop
- Defensive scouting: Consistently take away three basic actions and know your star player coverage
- First :07 of shot clock: we want either FT, lay-up or step-in 3 → we want to get ten of these a half
- If I have less talent, I want to play faster to try to create advantages
- Point guards need to receive outlets with their heels to the sideline
- Are your players jogging or sprinting? There's a difference!!
- Get the ball out quick!
- Wings: Try to get the layup first before fanning out to the three point line
- Rebounders: Get their heads around as they land

UTAH TRANSITION
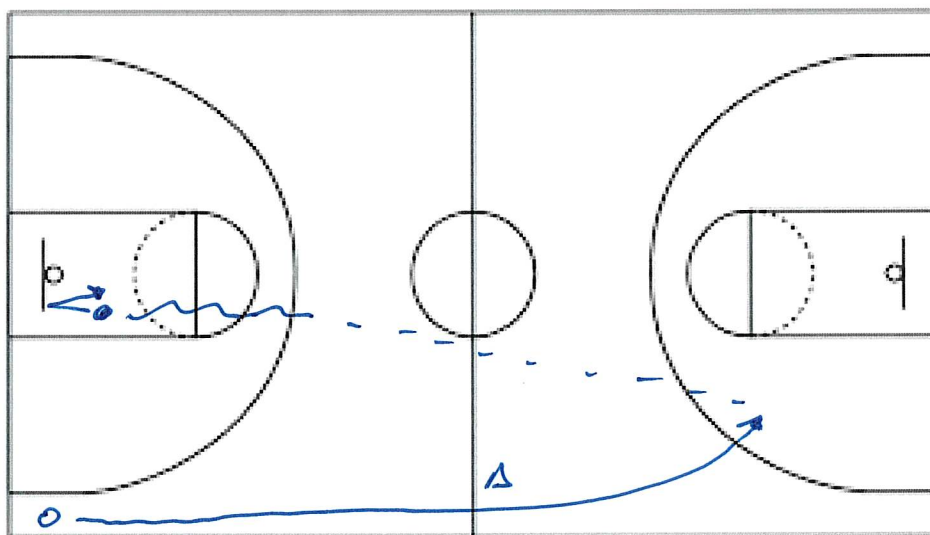
- "Get the ball in the hands of your best decision maker as soon as you can."
  - Jim Calhoun
- You need more "swing-swings" in your offense
- Play :10 reps
  - Get the ball across half court in :03 or its a turnover
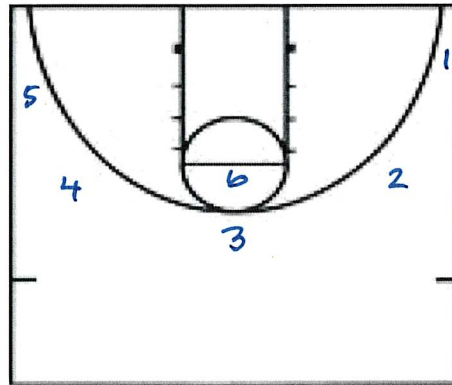
Four "Blender" Rules

1. .5 basketball
2. Play off two feet in the lane
3. When the ball moves, you move
4. No back to back drives
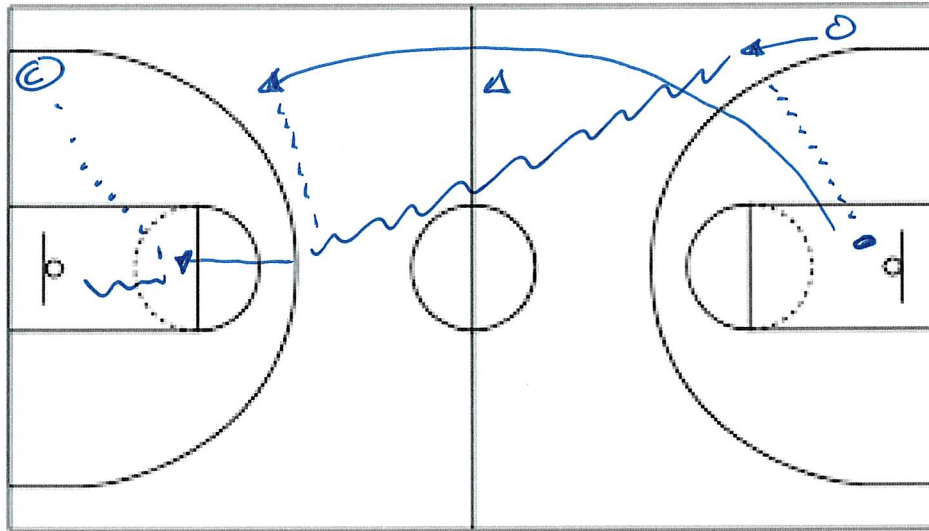
4 ON 3 :10 SHOT CLOCK (Have to get a paint touch first!)
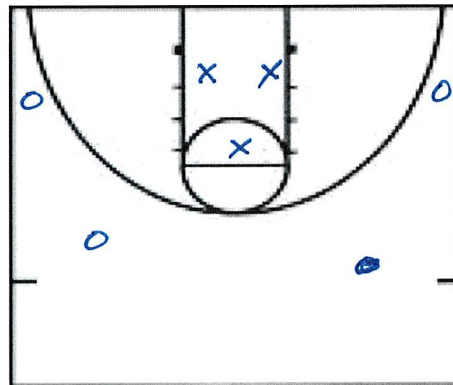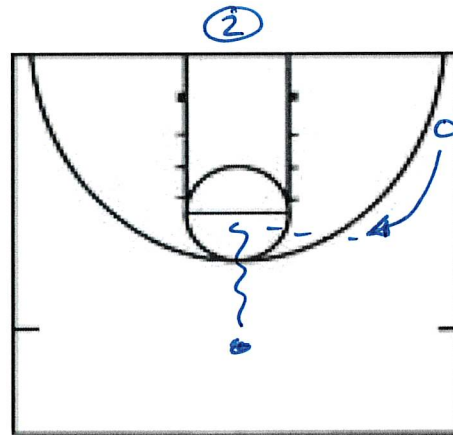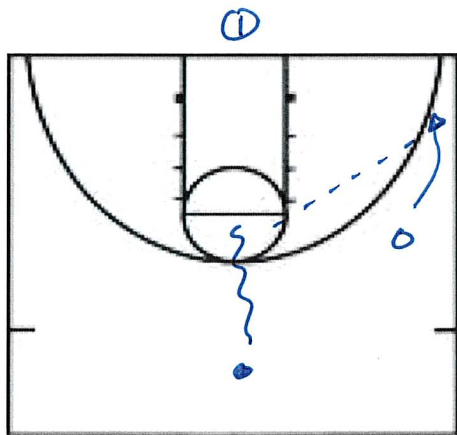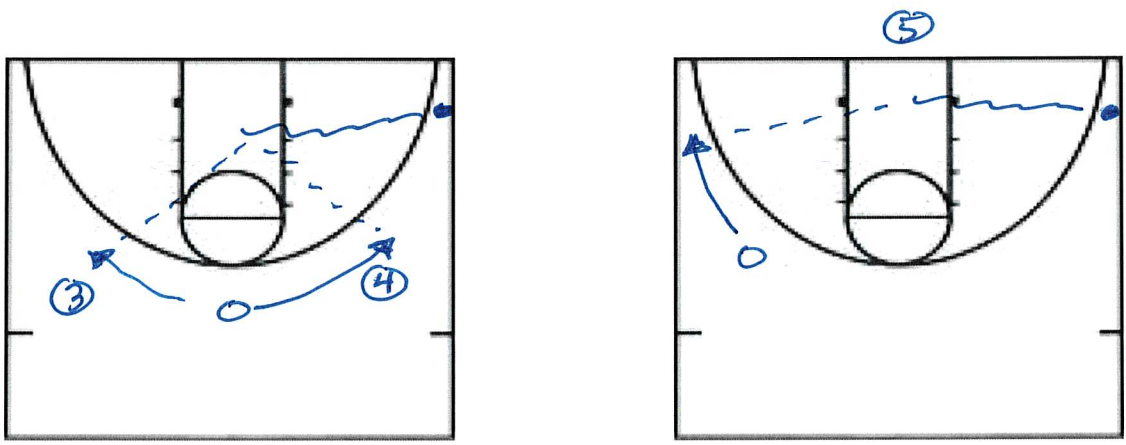
LINDSAY WHALEN-PUTTING SKILLS TO THE TEST THROUGH 3 x 3

Teams of 3 or 4 shooters
-Make three shots from each spot before missing two in a row; if you miss two in a row, you go back a spot
-If you make four in a row you skip a spot
-Most spots you can advance to in 3:00

Mike Thibodeaux/ Cherly Reeve/ Geno Auriemma: Start every day with a competition
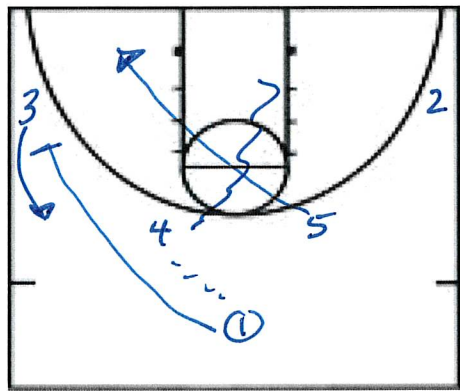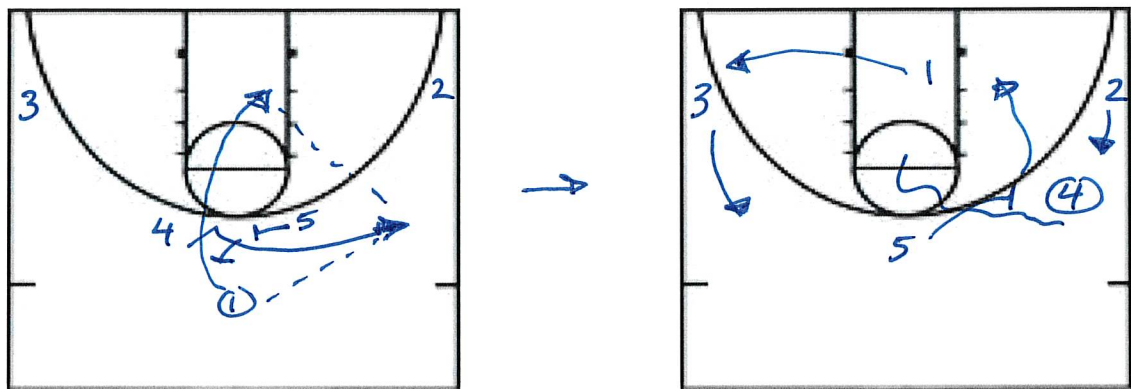
80 IN 8:00 SHOOTING DRILL

Teams of 4
-Shot fake to start, and play off of two feet when hitting the lane
-Make 8 shots per spot/ once you go through the first half of the drill, flip everything (either driver or shooter) so you're working on both sides of the floor
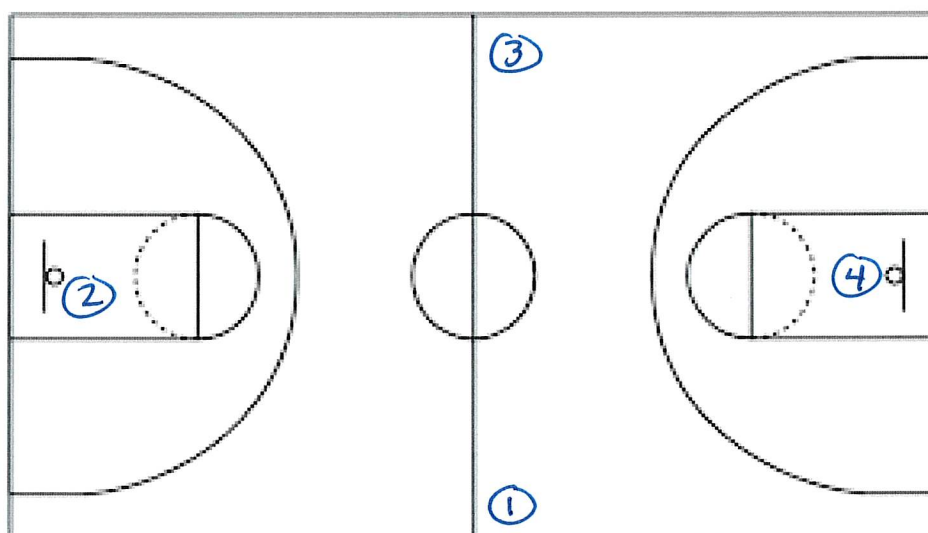-8 x 5 x 2=-80 (or whomever gets it done in 8:00)

HORNS SETS

4 goes to Rim

RAS VANDERLOO-PLAYER DEVELOPMENT DURING THE SEASON

- Don't be afraid to do simple drills
- Think about putting in "lock left" (forcing every touch left) defense
- Lost part of practice: Pre-practice development

PRACTICE CIRCUITS

Station 1: Passing
Station 2: Mikan/ Reverse Mikans
Station 3: Stationary Ball Handling
Station 4: Power lay-ups/ Finishing

- You can make anything (when it comes to gym space and availability) work for a day or two
- Receive every pass well!
- A bad shot is the same thing as a turnover
- Teach your players all the positions
- Your players will match your energy
- Don't be afraid to tell your players the truth
- Make sure your players are practicing with their AAU teams, not just playing games!

# BEN MCCOLLUM-OFFENSIVE ACTIONS THAT ARE HARD TO GUARD

- Make a difference on other people's lives
- Make them successful once they leave your high school
- Never put winning first
- The "Right People"
    1. Extreme work ethic
    2. Elite effort
    3. Great character
- There's a big gap between what first and second place people do
- If you're a moody person, we don't recruit them
    - We don't allow negative energy into the program
- Be the change you want to see in others
- We do a great job of telling players what <u>not</u> to do; always tell them what <u>to</u> do!
- There are coaches who want to be liked, not respected
- Discipline is the highest form of love
- Efficient offense allows you to set your defense
    - Get two on the ball and pass the ball
        - Follow it with either a drive or a cut
- Ball screens: Force the defense to either go through or over the screen → Get below and stay below
    - Screen the bottom of the players butt
- Movement before the ball screen and movement after the ball screen are vital
- Rescreen the ball screen
- Find players that will create gravity for their teammates
- Their guards shoot a lot of floaters
- Points per possession really important
- On both ends, they track deflections and paint touches
- No pressure FT's in practice → players then begin to associate FT's with pressure
- It's better for the players to find the answer than for the coaches to find the answer

COUNTERING "ICE" COVERAGE
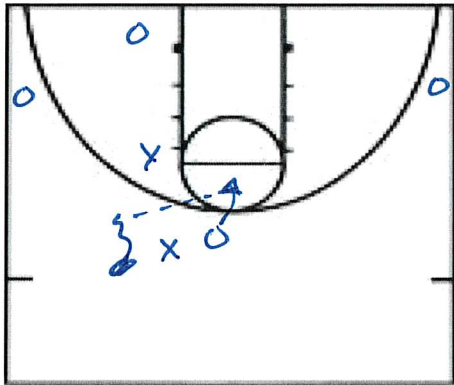

Look for the pocket pass
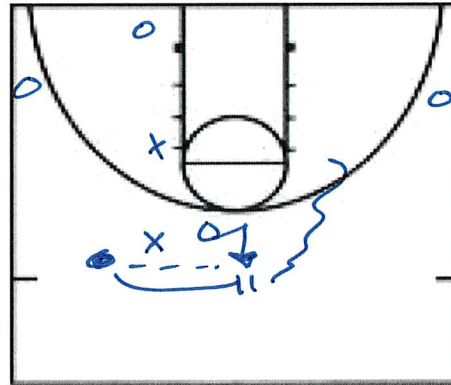
Pass into hand off

DON SHOWALTER-SAMPLE PLATTER BASKETBALL

- Put your best coaches at the middle school or freshman level
- Number one goal of youth basketball: Make sure they come back
- Half court defense
  1. Closeouts
  2. Guard the ball
  3. Shell spots/ positioning
- Half court offense
  1. Spacing
  2. Ball reversals
     a. Zero ball reversals: Score 38% of the time
     b. One ball reversal: Score 49% of the time
     c. Two ball reversals: Score 60% of the time
- You can't win in the Olympics playing NBA basketball, because FIBA basketball relies on offensive movement, while NBA basketball relies on isolation
- Elevate skill level throught 3 on 3 or 4 on 4
- Habits are built by repetition
- Hardest teams to play against are the best passing teams
- Most turnovers occur while passing or catching on the move
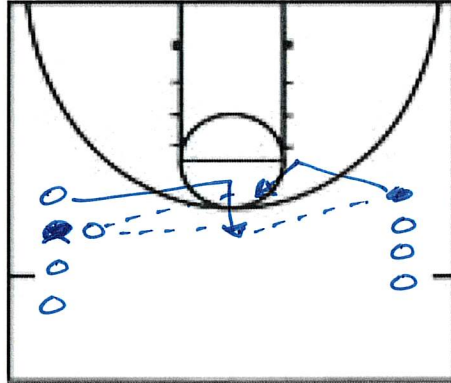
How many reversals can you get in :15 or :30?

- Be a great teammate
- Screen the screener is great action, especially when you're running ball screens
- Fastbreaks
    1. Lay-ups
    2. Open three's
    3. Paint touches
- Play the game "low to high"; look like a basketball player
- ⅓ of your practice should be on individual skill work

<u>Eight skills to cover every practice</u>
1. Shooting → Make it competitive
2. Passing
3. Footwork
4. Ball Handling
5. Rebounding
6. Screening
7. Whole Offense
8. Whole Defense

<u>GREG WHITE-QUITTERS NEVER WIN UNLESS YOU KNOW HOW TO QUIT</u>

- You are a program, not a family → Your family is your family, for better or worse
- You can't be perfect at everything, so find balance
- Thnk differently
- Intuitiveness: The quality of being able to understand or know something through feelings rather than facts or proof

- Sticktoitiveness vs. Quittoittiveness
  - -Sticktoittiveness: The quality of continuing to try to do something, even when it's difficult or unpleasant
  - -Quitoittiveness: An unparalleled intelligence of knowing how, when and why to quit
- Annie Duke Books
  - "Thinking in Bets"
  - "How to Decide"
  - "Quit: The Power of Knowing When to Walk Away"
- "What good poker players and good decision makers have in common is their comfort with the world being an uncertain and unpredictable place."
- Once you hear a story and accept that it is true, it's hard to change your mind
- What are your "anchors" or things that keep you grounded?
- Reduce your biases
- Burn your goals
- Being aware of negative changes
- Quit wasting energy
- Learn to win with players who "like" basketball
- Quit doing things just because other coaches or programs are doing them
- Don't practice just to practice
- Be where your feet are
- "Coaches get fired for making bad decisions. Bad decisions are detonated from two factors; ego and panic."
  - Tates Locke
- Every day tell your team why you love basketball
- Protect and pass on the game

KEVIN EASTMAN-WHAT THE BEST OF THE BEST DO DIFFERENTLY THAN EVERYONE ELSE

- The challenge of the room: Be better than everyone else in the room
  1. Be the most prepared
  2. Be the best listener
  3. Be the best notetaker
  4. Be the best question-asker
- "Success lies in the simplicity. Failure lies in the confusion."
- Teach every drill in three bullet points

- Send powerful messages in the least amount of words possible.
- Truth: Live it, tell it, take it
    - -Do your actions match your words?
    - -Hard conversations; who and how?
        - -Garnett demanded the truth
- Clarity: So clear it's impossible to misunderstand
- Intentional: What you do on purpose to fulfill my purpose
    - -Role is not a dirty word. It is the value that you bring to the success of the team
- Preparation: Be there before you get there
- Player's Questions for their coaches
    1. Do you care about me?
    2. Can I trust you?
    3. Can you make me better?
- What do we want to do every day?
    1. We want to be ready to play in warmups
    2. We want our extra effort to be our normal effort
    3. Winning actions over personal accomplishments
    4. Be the best at this rep right now
    5. Have elite unselfishness
- Play defense inside to out
- Don't do drills that look good but might injure your players
- Competitors still play hard and intense when they are not playing well or the team isn't playing well
- Eliminate the drips: Don't let drips fill the pot
- Championship level practices
    1. Voices are continually talking
    2. Sneakers are continually squeaking
- Defensive rebounding is the first step of offense
- Get the best shot, not <u>A</u> shot
- Attack the hips on drives
- Do not waste drills, reps or days
    - -Don't become complacent
- What come with championships is higher expectations
- Brad Stevens Four keys to winning
    1. Great defensively
    2. Low turnover team, especially live ball turnovers
    3. Great shot selection
    4. Win hustle plays

- Each Player Every Day
  1. Develop their confidence
  2. Teach our system
  3. Improve their skills
  4. Help them fight through adversity
  5. Develop them as people
  6. Impact their lives
- You have to have the ability to explain "why"
- You must be competent and you must be sincere
- Seven Skills of the 21st Century Coach
  1. Teaching skills; talk in bullet points
  2. Communication skills
  3. Priority management skills
  4. Under pressure skills
  5. Problem solving skills
  6. Emotional control skills
  7. Roster building skills
- Assistant coaches should be 90% evaluation and 10% coaching during games
- Four S's that Ruin Teams
  1. Shots
  2. Stats
  3. Scoring Aveage
  4. Starting
- Three things to monitor for every player
  1. Motivation level of each player
  2. Concentration level of each player
  3. Confidence level of each player
- Keys to winning on the road
  1. Defend
  2. Eliminate easy transition points
  3. Defensive rebounding
  4. Minimize turnovers
  5. No shooting turnovers (bad shots)
  6. Elite resilience
- Allow players one timeout per practice
- Silent coaches practice: Call out drill and then don't talk
- Have players draw up a play
- When wisdom walks into your life
  - "It's not just about what you want, it's what you do every day that counts." (Stevens)
  - "He who angers you owns you." (Grady Rivers)

DON SHOWALTER-COACHING DNA

1. You must be a teacher. You must know the laws of learning
   - Demonstrate with players 6-10 to give them confidence
   - Teenage attention span is :07, a goldfish is :08
   - Correct reps while the drill is going on
   - We all have drill killers
   - Push people outside of their comfort zone
2. You must be authentic. Players trust coaches who are authentic
   - Be who you are
   - Let them know about your personal life
   - Don't make promises. Promise a little, deliver a lot
3. You must be organized. You have to know what you're doing.
   - AC's have to know what is going on in practice
   - Take notes, if possible, during practice
   - Name every drill
   - Conduct practices at the pace we want
   - Know <u>how</u> you're going to do <u>everything</u>
4. You have to be humble. There are two types of coaches; those that are humble and those that will be humbled.
   - Humility will allow you to keep learning and to help you keep building relationships
5. You have to be adaptable. You must adapt to circumstances
   - Day to day, on and off the court
   - In game situations
   - Communication with everyone associated with the program
   - Officials; adapt to how they are calling the game

CLAY MOSER-BASKETBALL SMORGASBORG AND DEVELOPING BUY-IN

- Establish the identity of what you want in your athlete
  - Toughness: sometimes forgo skill for toughness
- SLOB defense: smother the inbounder hard
- Next play mentality has to be done by the coaching staff as well as players
- Playing for "Two for One" at the end of the half/quarter
  - College: Want to shoot with :40 left
  - High School: Want to shoot with :45 left
    - Work on this for 5-7 minutes per practice
- Know situation/score
- Win games at the end of the first half/ start of the second half
- Foul up three, but you need to work on it
- If you believe in something, you have to have at least two good reasons as to why you are doing it
- Sometimes you have to save players from themselves
  - Decision making
  - Foul Trouble
  - Emotions
- Watch the entire film; bench, huddles, dead balls, etc . . .
- Be human to human
  - Empathy
  - Compassion
  - Sincerity
  - Authenticity
  - Humility
- First interaction with LeBron James: All about family, nothing about basketball
- Even on bad teams, someone has to be the leading scorer
- Don't set screens against switching teams on press breaks; give them space to get open on cuts
- Have self-awareness: Be aware of who you are
- Greatest strength is often your greatest weakness
- GAS level → Give A Shit
- Your ability to teach at the highest level is dependant on your organization and your preparation
- The higher level of player usually has the ability to figure out more quickly if you know what you are doing
- Narcicism: layers have to know that you're in it for them and not for yourself

- Make a big deal out of each role
- Extract as much out of each player as you can for as long as you coach them
- Hiring coaches
  - Integrity
  - Loyalty
  - Independent Thinkers
  - Well rounded/ good people
  - Someone you can spend time with
- The people make your culture: It doesn't matter what you culture is. If you have bad people, you're going to have a bad culture
- See something, say something, or you're going to have slippage
  - Slippage and stupid gets you beat
- Leave the office at the office. Be intentional about where you're at

BLOB: TRIANGLE SERIES
&
SLOB: ISO SERIES

BLOB - TRIANGLE SERIES

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BLOB - TRIANGLE SERIES

"5" - Lob Action (1 of 2)
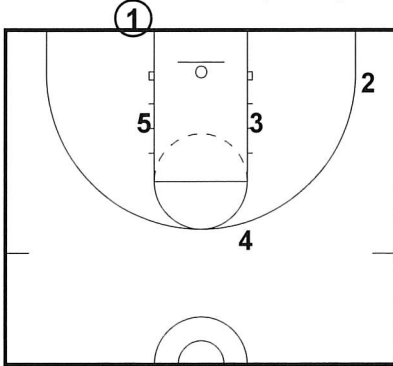
Initial Setup
1 takes ball out of bounds; 5 is on ball side 2nd FT line hash; 3 is on opposite side 2nd FT line has; 4 is on opposite slot line; 2 is in opposite corner

"5" - Lob Action (2 of 2)
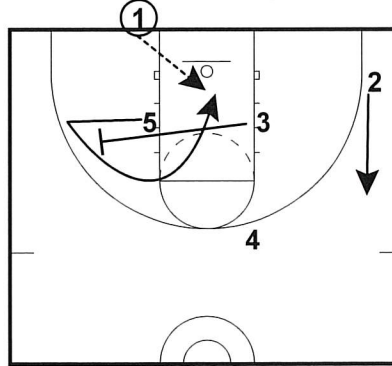
5 steps out to corner; 2 lifts to wing. 3 sets back screen for 5. 1 LOB ACTION to 5.

BLOB - TRIANGLE SERIES

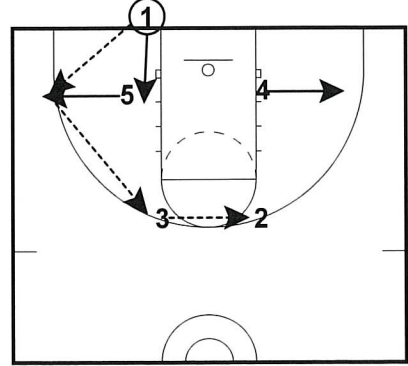### "3" - Shake Action (1 of 4)
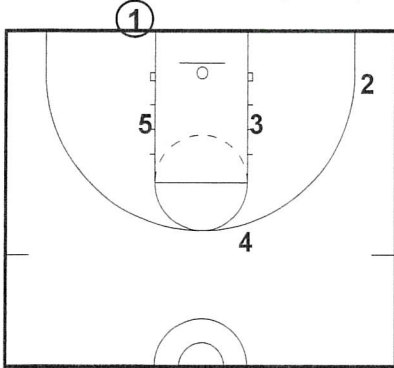
Initial Setup
1 takes ball out of bounds; 5 is on ball side
2nd FT line hash; 3 is on opposite side 2nd
FT line has; 4 is on opposite slot line; 2 is in
opposite corner

"3" - Shake Action (2 of 4)
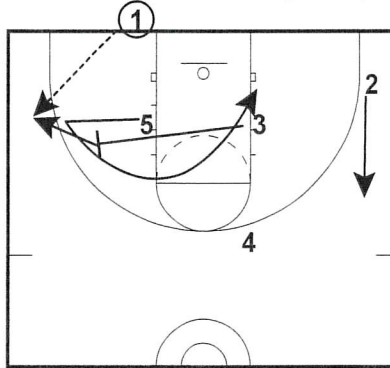
5 steps out to corner; 2 lifts to wing. 3 sets
back screen for 5. 3 pops & 1 passes to 3.

"3" - Shake Action (3 of 4)
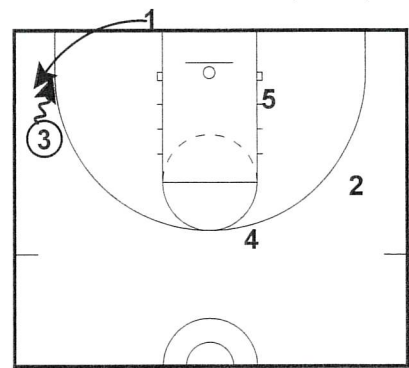
3 dribble hand-offs to 1.

"3" - Shake Action (4 of 4)
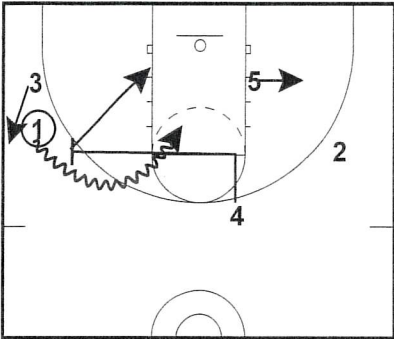
4 sets ballscreen for 1. 5 steps to short
corner. Turns into SHAKE ACTION w/ 3 & 4
on backside.

BLOB - TRIANGLE SERIES

"1" - Sweep Action (1 of 3)
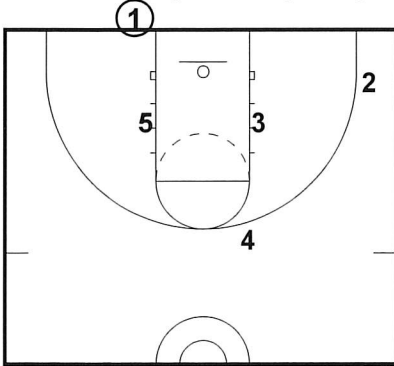
Initial Setup
1 takes ball out of bounds; 5 is on ball side 2nd FT line hash; 3 is on opposite side 2nd FT line has; 4 is on opposite slot line; 2 is in opposite corner

"1" - Sweep Action (2 of 3)
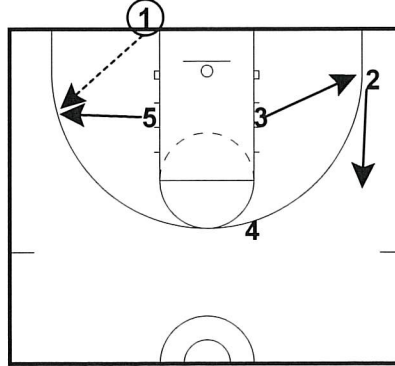
5 steps to ballside area between wing & corner. 2 lifts to opposite wing. 3 fills to opposite corner. 1 passes to 5.

"1" - Sweep Action (3 of 3)
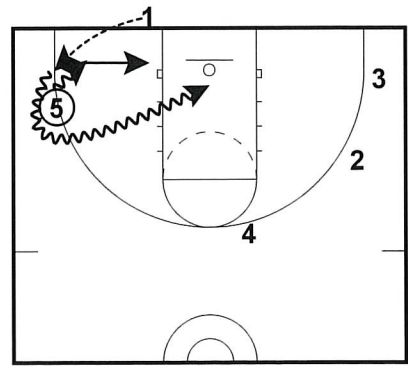
5 dribble hand-offs/SWEEP ACTION with 1. 5 rolls.

BLOB - TRIANGLE SERIES

"15" - Clip Action (1 of 3)
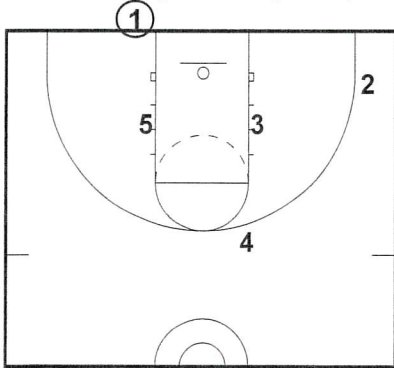
Initial Setup
1 takes ball out of bounds; 5 is on ball side 2nd FT line hash; 3 is on opposite side 2nd FT line has; 4 is on opposite slot line; 2 is in opposite corner

"15" - Clip Action (2 of 3)
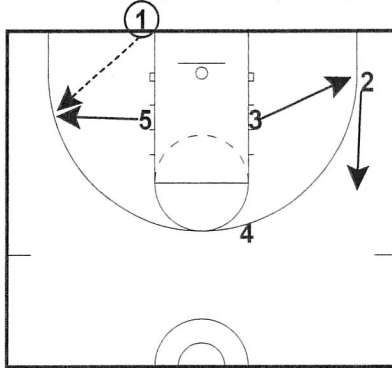
5 steps to ballside area between wing & corner. 2 lifts to opposite wing. 3 fills to opposite corner. 1 passes to 5.

"15" - Clip Action (3 of 3)
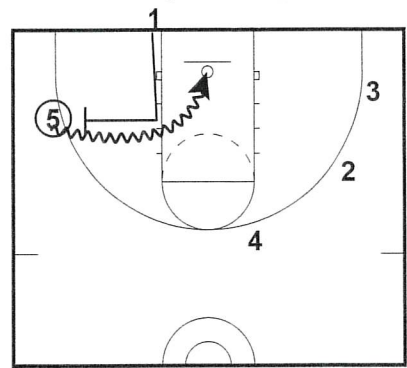
1 sets ballscreen/CLIP ACTION for 5.

BLOB - TRIANGLE SERIES

"34" - STS Action (1 of 4)
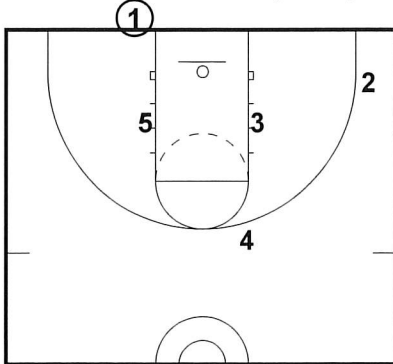
Initial Setup
1 takes ball out of bounds; 5 is on ball side 2nd FT line hash; 3 is on opposite side 2nd FT line has; 4 is on opposite slot line; 2 is in opposite corner

"34" - STS Action (2 of 4)
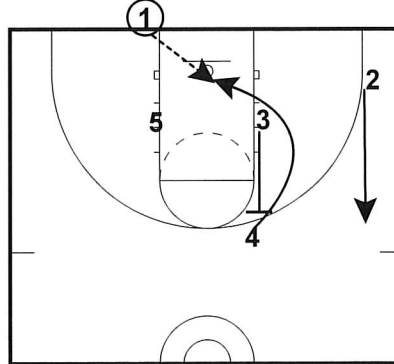
2 lifts to wing. 3 sets back screen for 4. 1 passes to 4 if open.

"34" - STS Action (3 of 4)
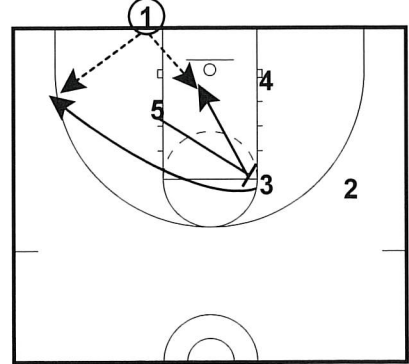
5 sets rip screen for 3. 3 cuts to corner. 5 rolls back to the ball/STS ACTION. If 5 is open throw to 5. If not, 1 passes to 3.

"34" - STS Action (4 of 4)
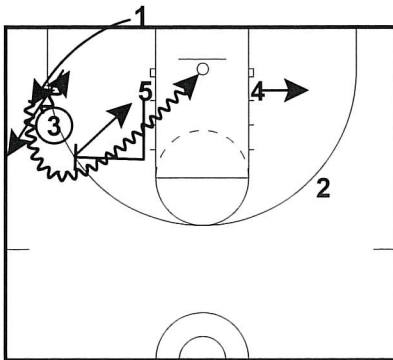
Turns into "3" - Dribble Handoff, Ball Screen into Shake Action. 4 goes to short corner.

BLOB - TRIANGLE SERIES

"54" - Stack Action (1 of 5)
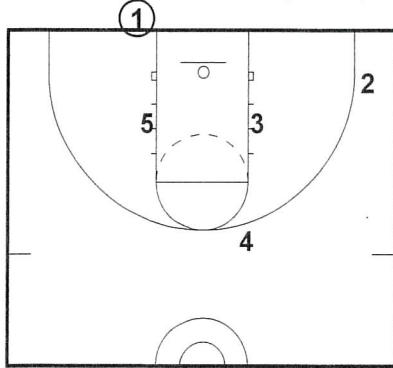
Initial Setup
1 takes ball out of bounds; 5 is on ball side 2nd FT line hash; 3 is on opposite side 2nd FT line has; 4 is on opposite slot line; 2 is in opposite corner

"54" - Stack Action (2 of 5)
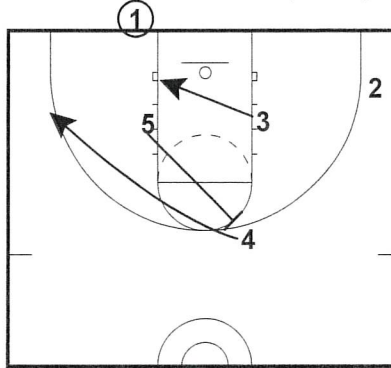
5 sets rip screen for 4. 3 cuts to ball side block. 1 passes to 4.

"54" - Stack Action (3 of 5)
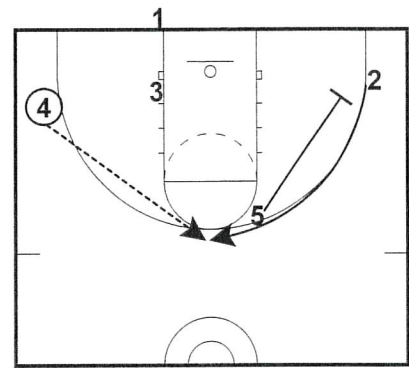
5 sets pin down for 2. 4 passes to 2.

"54" - Stack Action (4 of 5)
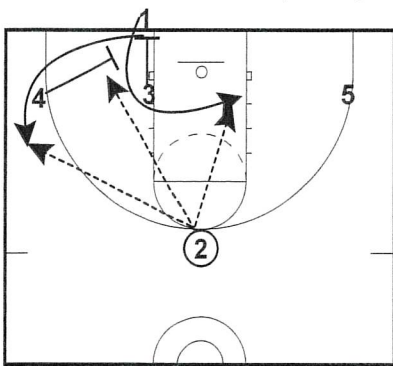
3 sets pin down for 1. 4 sets pin down for 3/STACK ACTION. 2 looks for:
A) inbounder-1
B) 2nd screener-4
C) cutter-3

"54" - Stack Action (5 of 5)
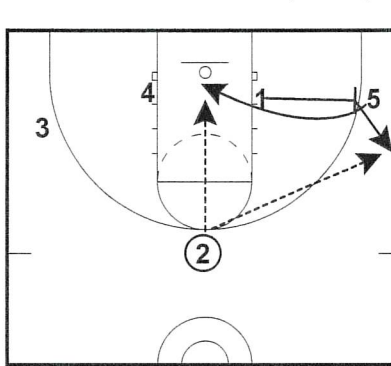
1 sets back screen for 5 & pops on back side.

BLOB - TRIANGLE SERIES

"X" - Flex Action (1 of 4)
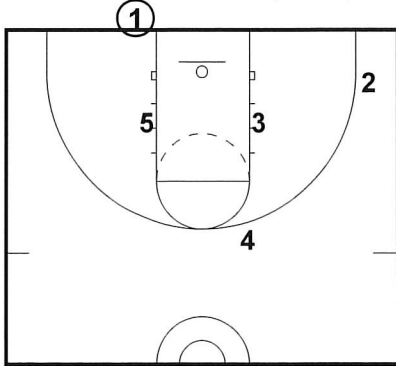
Initial Setup
1 takes ball out of bounds; 5 is on ball side 2nd FT line hash; 3 is on opposite side 2nd FT line has; 4 is on opposite slot line; 2 is in opposite corner

"X" - Flex Action (2 of 4)
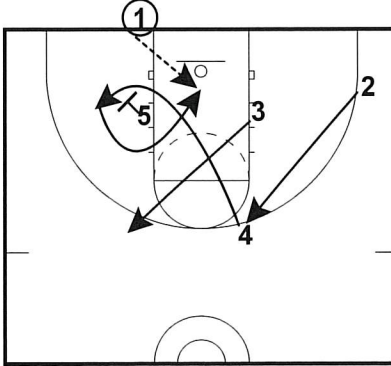
3 cuts to ball side slot. 2 lifts to opposite side slot. 4 loops under & over 5. 5 sets screen for 4. 1 lobs to 4.

"X" - Flex Action (3 of 4)

4 clears to corner. 5 pops to corner. 1 passes to 5. 5 passes to 3. 3 passes to 2.

"X" - Flex Action (4 of 4)
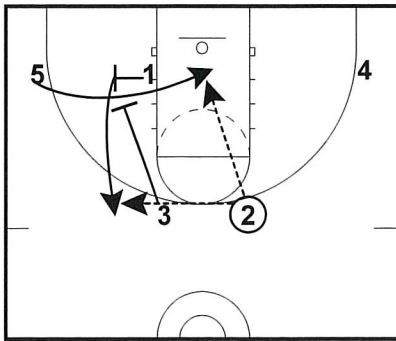
1 sets cross screen/FLEX ACTION for 5. 3 pins down for 1.

BLOB - TRIANGLE SERIES

"2" - Collar Action (1 of 5)
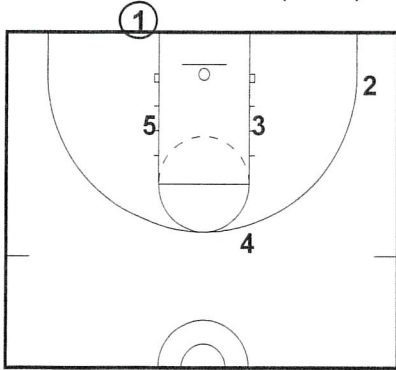
Initial Setup
1 takes ball out of bounds; 5 is on ball side
2nd FT line hash; 3 is on opposite side 2nd
FT line has; 4 is on opposite slot line; 2 is in
opposite corner

"2" - Collar Action (2 of 5)
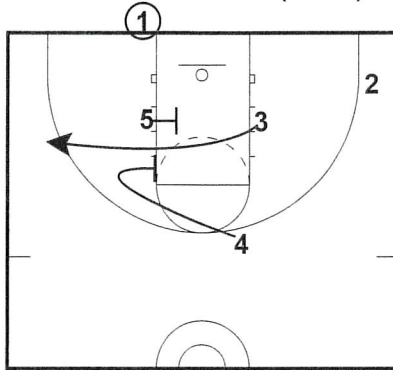
4 & 5 set double screen for 3. 1 passes to 3.

"2" - Collar Action (3 of 5)
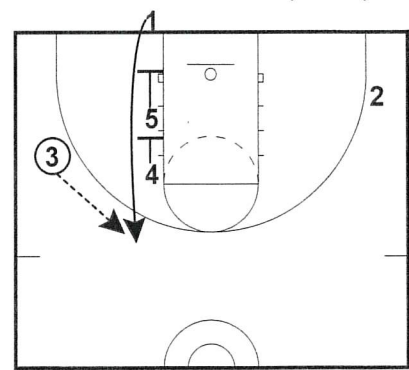
5 & 4 set stagger screen for 1. 3 passes to
1.

"2" - Collar Action (4 of 5)
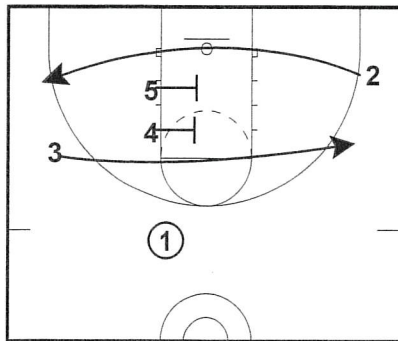
3 cuts over to opposite wing. 5 & 4 set
double screen for 2.

"2" - Collar Action (5 of 5)
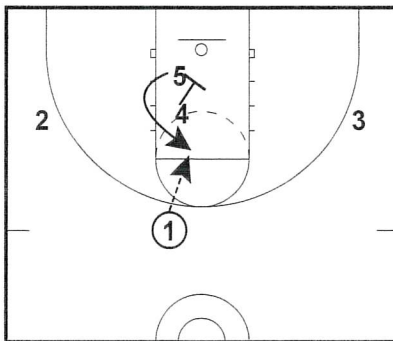
4 sets rub screen for 5/COLLAR ACTION. 1
passes to 5.

ISO

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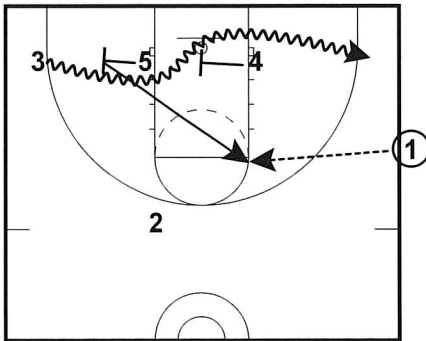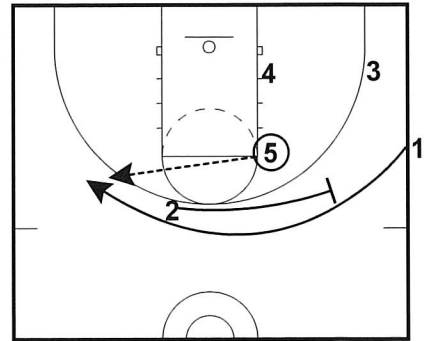
ISO
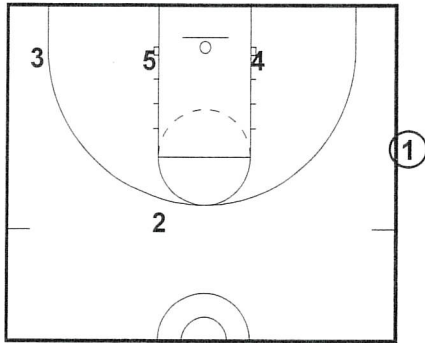
1 takes the ball out of bounds. 3 starts in opposite corner. 5 starts on opposite block. 4 starts on ball side block. 2 starts on opposite slot.
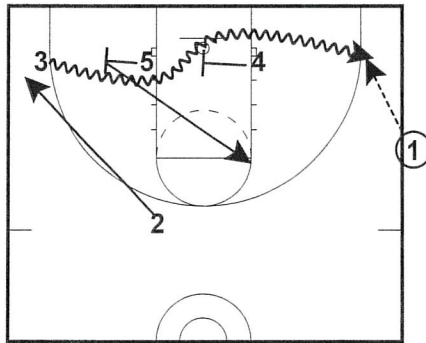
3 goes over 5 screen & under 4 screen. 5 rolls back to ball side elbow. 2 clears to opposite corner. 1 passes to 3.
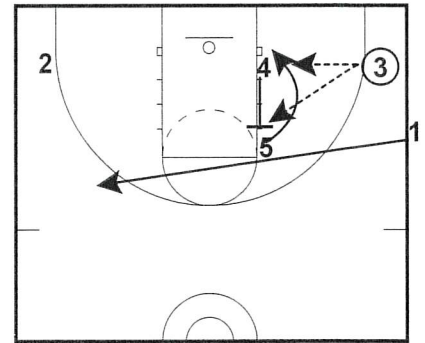
4 sets screen at elbow for 5/UCLA ACTION. 3 passes to 4 or 5. 1 clears to opposite wing.

ISO

"ISO-PIG" (1 of 4)
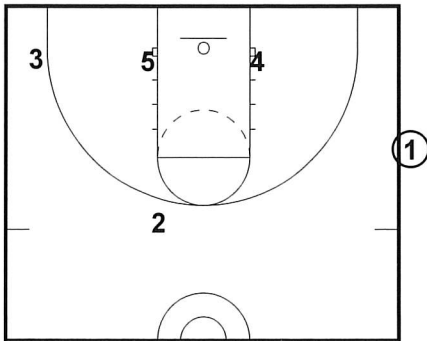
1 takes the ball out of bounds. 3 starts in opposite corner. 5 starts on opposite block. 4 starts on ball side block. 2 starts on opposite slot.

"ISO-PIG" (2 of 4)
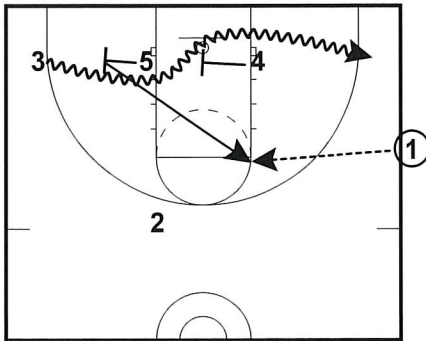
3 goes over 5 screen & under 4 screen. 5 rolls back to ball side elbow. 1 passes to 5.

"ISO-PIG" (3 of 4)
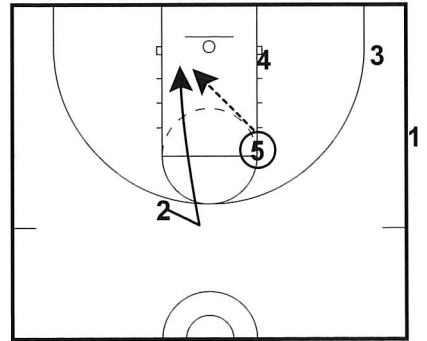
2 raises up & goes back door. 5 passes to 2/BLIND PIG ACTION

"ISO-PIG" (4 of 4)
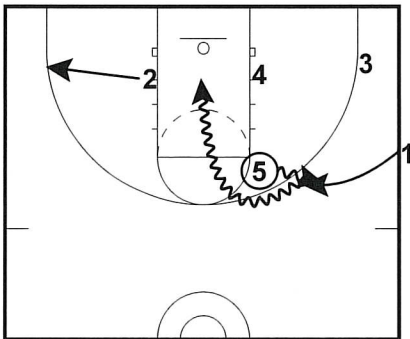
If 2 is not open, clear to opposite corner. 5 dribble hands off to 1.

ISO
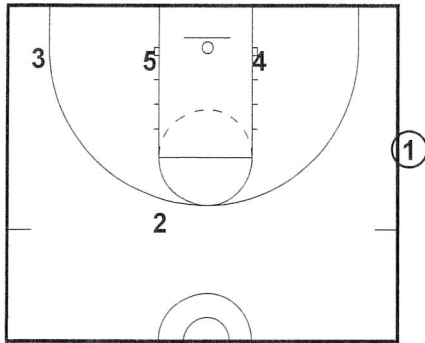
1 takes the ball out of bounds. 3 starts in opposite corner. 5 starts on opposite block. 4 starts on ball side block. 2 starts on opposite slot.
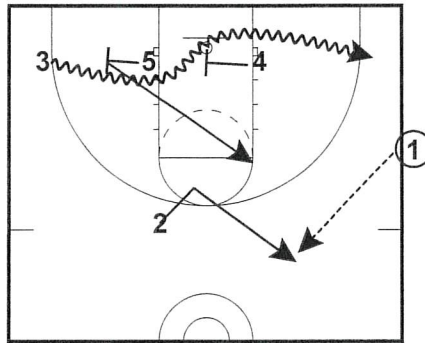
3 goes over 5 screen & under 4 screen. 5 rolls back to ball side elbow. 2 cuts to the ball. 1 passes to 2.
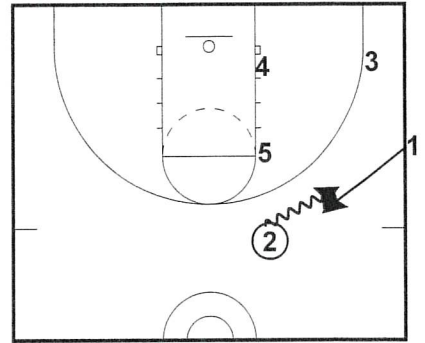
2 dribble hands off to 1.
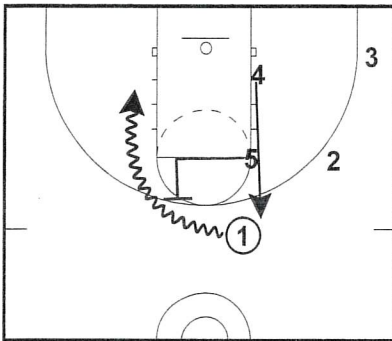
5 sets flat screen for 1/FLAT ACTION. 4 Lifts to slot.

ISO

"ISO-FADE" (1 of 5)
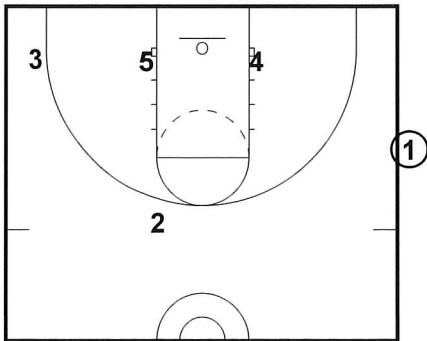
1 takes the ball out of bounds. 3 starts in opposite corner. 5 starts on opposite block. 4 starts on ball side block. 2 starts on opposite slot.

"ISO-FADE" (2 of 5)

3 goes over 5 screen & under 4 screen. 5 rolls back to ball side elbow. 1 passes to 5.

"ISO-FADE" (3 of 5)

2 sets fade screen for 1/FADE ACTION.

"ISO-FADE" (4 of 5)
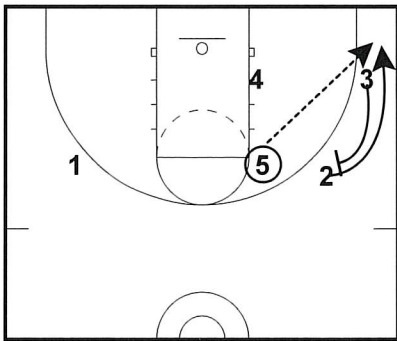
3 sets fade screen for 2/FADE ACTION

"ISO-FADE" (5 of 5)
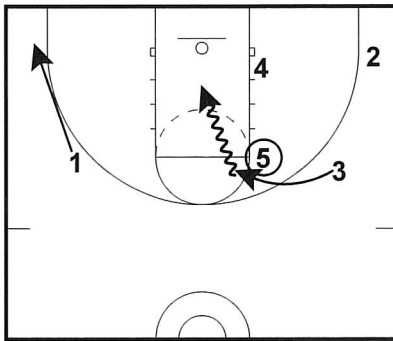
5 hands off to 3.

ISO
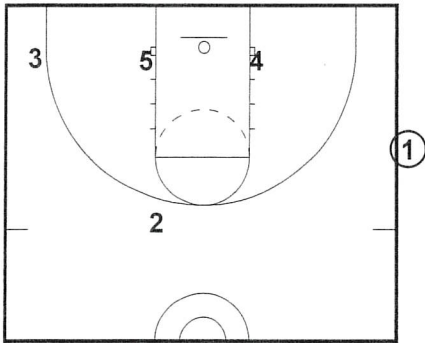
1 takes the ball out of bounds. 3 starts in opposite corner. 5 starts on opposite block. 4 starts on ball side block. 2 starts on opposite slot.
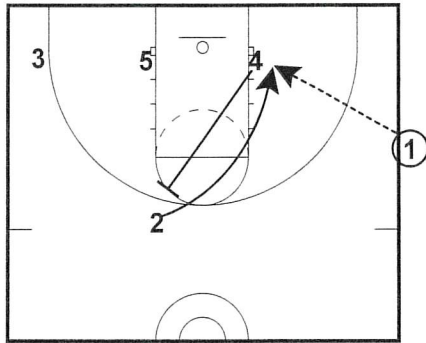
4 sets rip screen for 2. If 2 is open for a layup, 1 passes to 2.
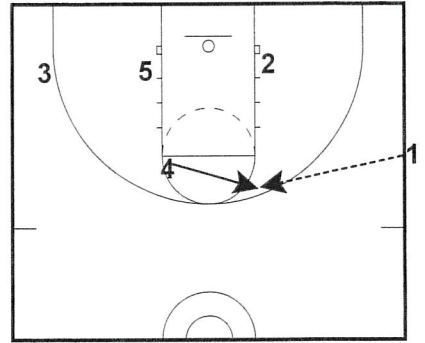
If 2 is not open, 4 comes back to ball side slot. 1 passes to 4.
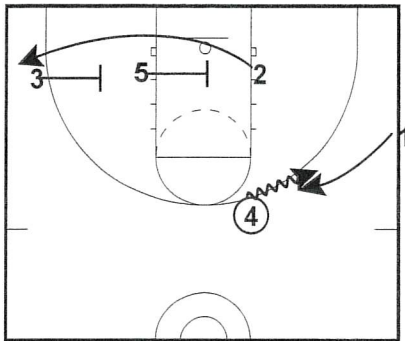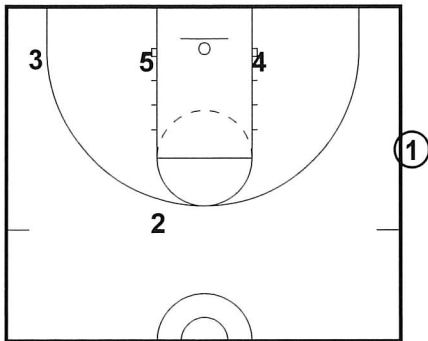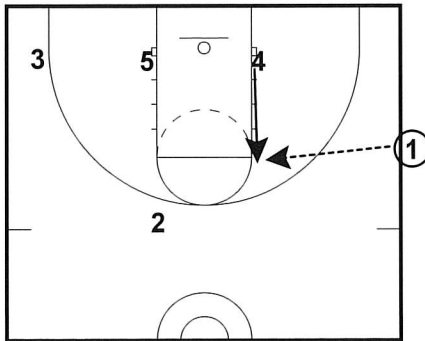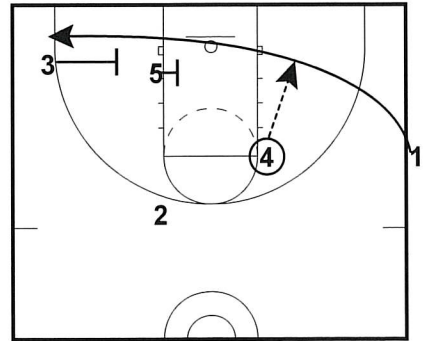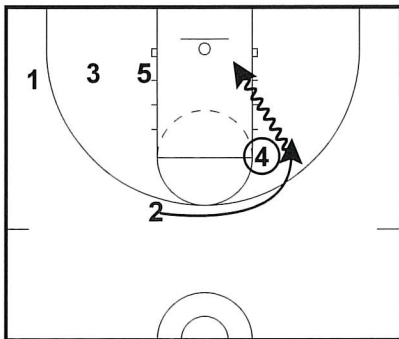
4 dribble hands off to 1. 5 & 3 set cross screen for 2.
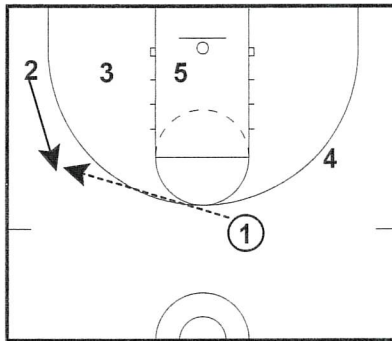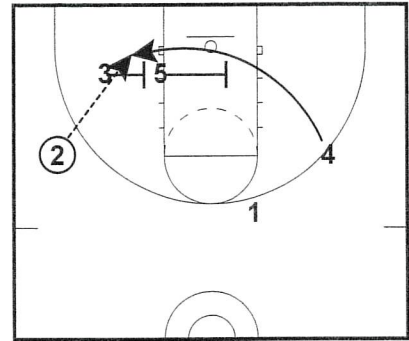
1 passes to 2.

3 & 5 set double cross screen for 4. 2 passes to 4/HIGH ACTION

ISO

1 takes the ball out of bounds. 3 starts in opposite corner. 5 starts on opposite block. 4 starts on ball side block. 2 starts on opposite slot.

4 cuts to ball side elbow. 1 passes to 4.

1 back cuts to opposite corner. 5 & 3 set double cross screen for 1.
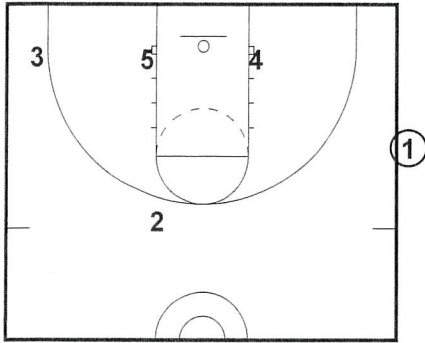
4 hands off to 2/SWEEP ACTION
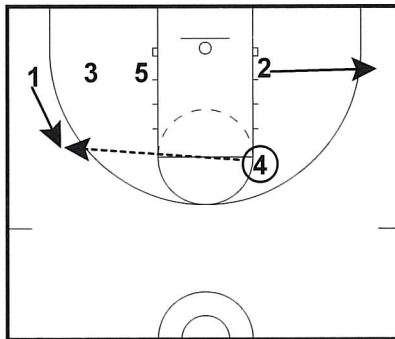
If 2 is not open. 4 passes to 1.
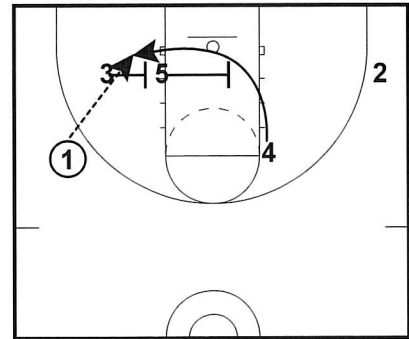
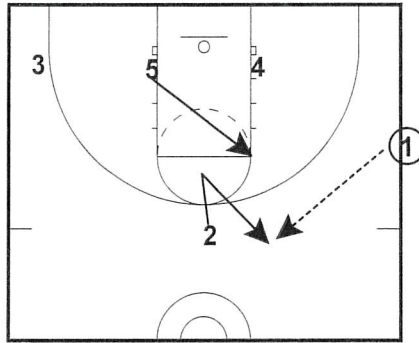3 & 5 set double cross screen for 4. 1 passes to 4 (Similar to HIGH ACTION).
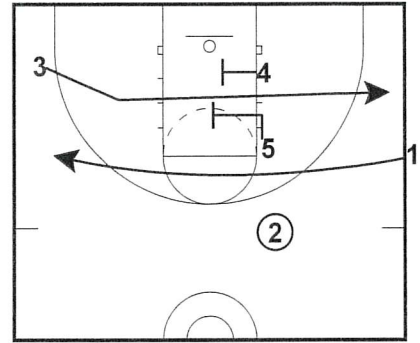
ISO

"ISO-COLLAR" (1 of 4)

1 takes the ball out of bounds. 3 starts in opposite corner. 5 starts on opposite block. 4 starts on ball side block. 2 starts on opposite slot.
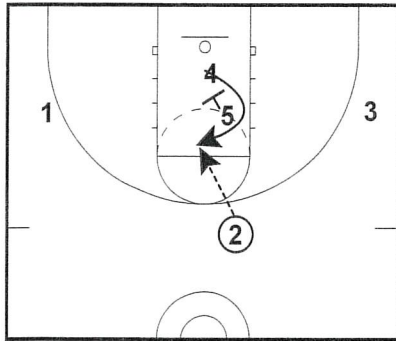
"ISO-COLLAR" (2 of 4)

5 cuts to ball side elbow. 2 cuts to the ball. 1 passes to 2.

"ISO-COLLAR" (3 of 4)

1 cuts over to opposite wing. 5 & 4 set double for 3.

"ISO-COLLAR" (4 of 4)

5 sets rub screen for 4. 1 passes to 4/COLLAR ACTION.