

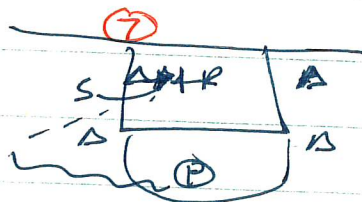
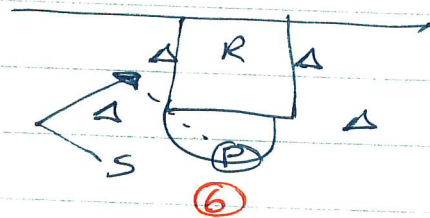
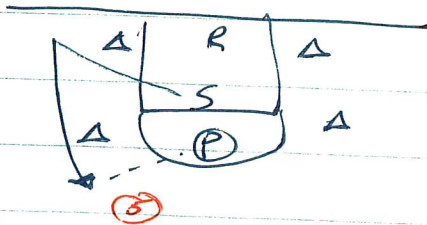
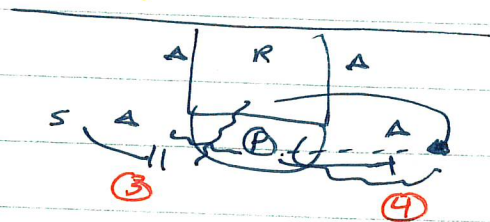
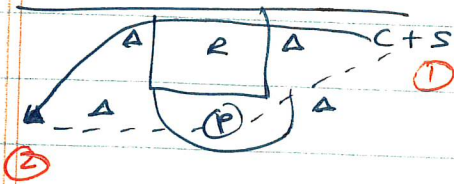
4 on 4 Full ct. → 0 or 1 dribbles

DTR: Dressed, Taped + Ready

Putting Teams Away

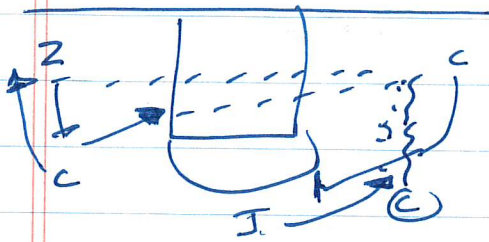
- ① No easy shots
- ② Don't let team run their offense
- ③ No easy Rebounds
- ④ Value possession
- ⑤ TAKE good shots
- ⑥ Play @ our tempo
- ⑦ No fouls OR FT'S

RPS - PIONEER SERIES



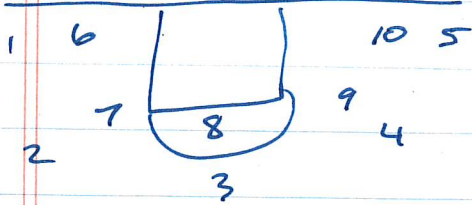
- ① C+S
- ② CROSS
- ③ DITO
- ④ TAP/Joker
- ⑤ Zipper (touch baseline)
- ⑥ BACK cut
- ⑦ Post up

~~Go Go~~
* Start in both corners
* Each player should Go 2x's in '00



flow into Milwaukee

← ghost



Keep shooting until you hit 1, then shoot until you miss (3 pts. per make)
 After miss, shooting 15' (1-6) worth 2 points
 Around the world + back = 100 pts.

Whose leading your locker room?

Create an atmosphere of ownership for the players

Self-less Team Leaders

- ① Listen and understand the needs of teammates
- ② Provide mentorship + guidance to underclassmen + new comers
- ③ Praise our teammates in public, ~~so~~ criticize in private
- ④ Always put others first, no matter the situation
- ⑤ Set an example worth following
- ⑥ Have a positive attitude at all times
- ⑦ ~~They~~ Are great practice players
- ⑧ Are coachable + take criticism well, knowing it's there to make them better

Create a Butterfly Effect → Atomic Habits

- Small steps → Big change!

Get 5-10 minutes of 1-on-1 a day

Ways to improve will power

- ① 10 minutes of meditation
- ② Good posture
- ③ Food diary
- ④ Use weak hand
- ⑤ Use correct speech
- ⑥ keep self-imposed deadlines
- ⑦ keep track of spending
- ⑧ Carry something tempting around
- ⑨ Limit impulsive decisions

New Basketball Positions

Low Usage
BH

~~Power Forward~~ 3+D Bulldogs

3 pt.
specialists

Snipers - Ray Allen, Korver

Paint
Protectors

GWOC (Great Wall of China) - Hibbert, Drummond

Scoring Rebound
Rebounders

Paul Bunyan @ Duncan, Aldridge

Jump-Shooting
Ball Handlers

Missile Curry, Lillard

Two-Way
All-Stars

Superman Durant

~~Inside out~~

~~Scorers~~

~~Scorers~~

~~Scorers~~

~~Scorers~~

~~Scorers~~

~~Scorers~~

~~Scorers~~

~~Scorers~~

~~Scorers~~

~~Scorers~~

~~Scorers~~

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~~Scorers~~

~~Scorers~~

~~Scorers~~

Mid-Range
Big Men ✓

Mid Big

Lin, Parsons Lay-ups of 3's

Brandon Bass, Glen Davis

3 pt.
Ball Handlers

Defensive
BH ✓

Badgers

Lawson, Lowry

"The fox knows many things, but the hedgehog knows one thing."

- Loud voices, heard a lot, are hedgehogs
- Meek, soft warnings about problems come from foxes

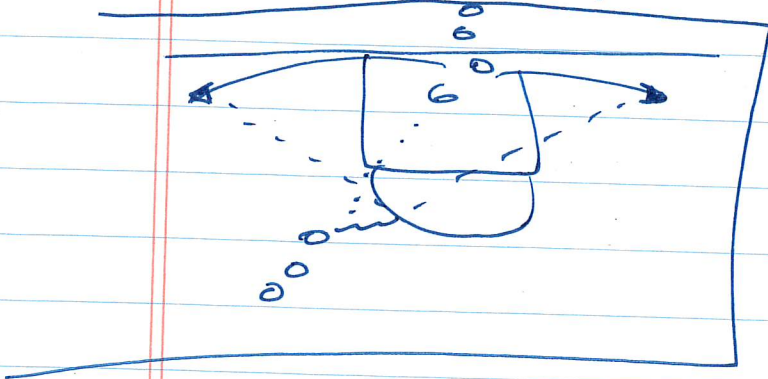
Need to work on job steps on SF

Gustavo - Asst. Manager

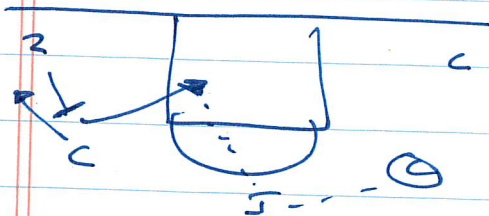
David - Manager

Sheila Amin used account

Closeouts: Hands high, hips low

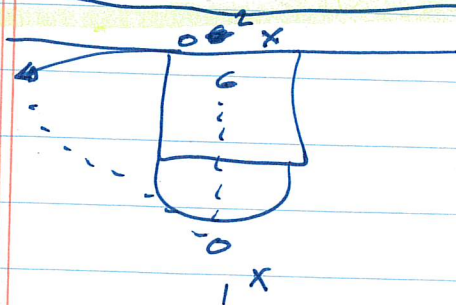


Find something bigger than yourself + get in touch w/ it everyday



Flare Oppo into Milwaukee

★★ Shell Drill / 3 on 3, etc...: Think like baseball; have to get 3 outs
~~Extra~~ Skills



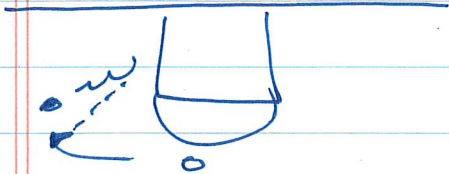
1-2 RC, LL, RS, LS

2-1

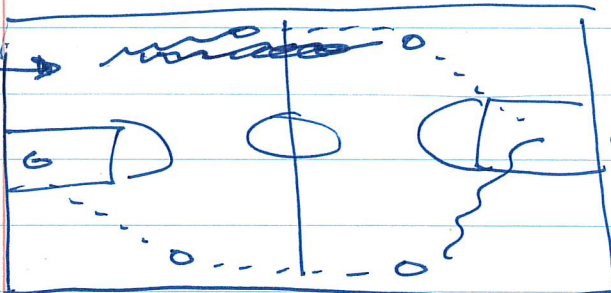
X's vs. O's → ? on the line

X makes, win by 2

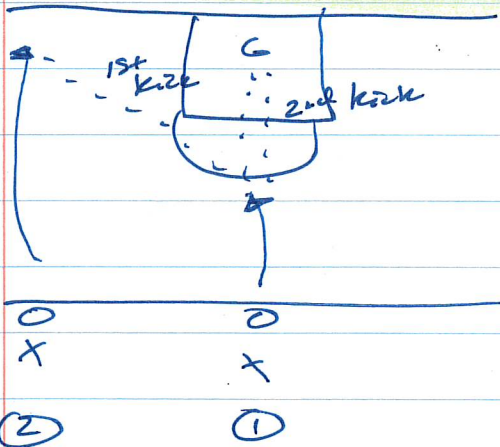
What are our winning priorities?



Pullup
J



chin/Getown Rebound

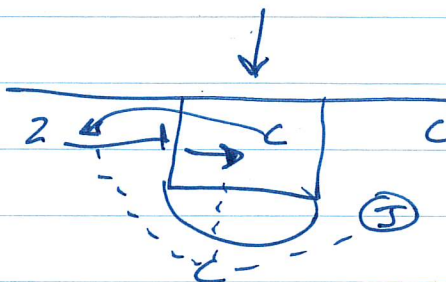
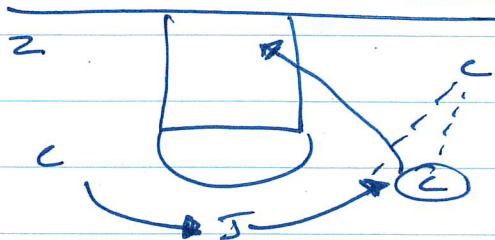
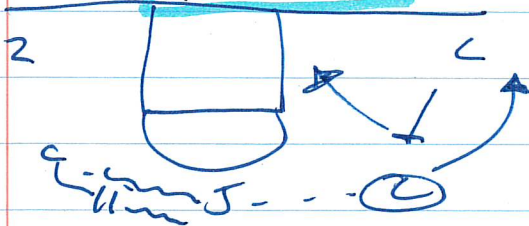


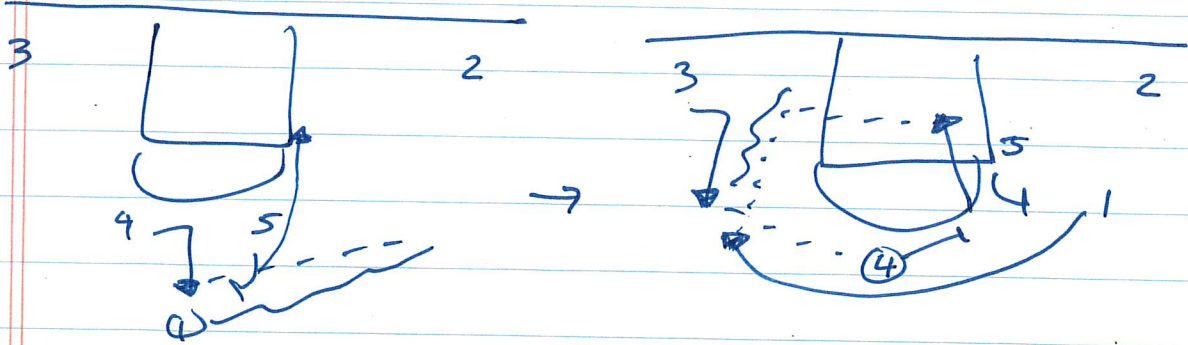
1-2
2-1

If you want to ^{get offensive} take good rebounds, take good shots.

If you want to stop the opponent's FB, take good shots

FLARE





Netflix Rules for Success

- ① Do at least 10% more than you're asked to do any time
- ② Never state as fact something that you don't know
- ③ Always be courteous
- ④ Never complain
- ⑤ Don't be afraid to make decisions when you have the facts
- ⑥ Be open-minded but skeptical → Challenge answers
- ⑦ Quantify when possible
- ⑧ Be prompt.

Make it fun!

We have to have solutions to problems and suggestions for uncertainty.

There are no lazy lion hunters
Self-image

"Positive culture comes from being mindful and respecting your coworkers + being empathetic."

Doubts are not truths

Do something you dream of

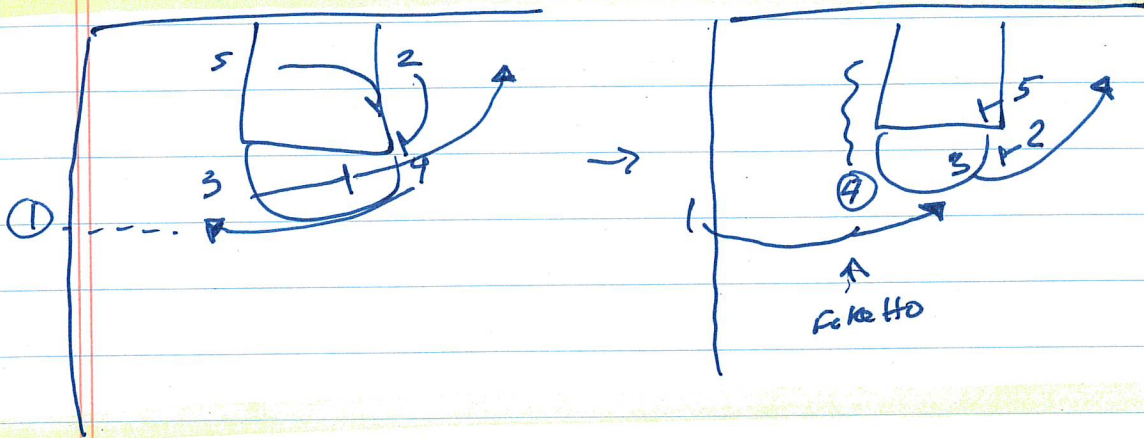
Steve Jobs → Narrow → Self Audit

7 Questions Each Month

- ① What did we do well?
- ② " " " poorly?
- ③ One lesson learned?
- ④ Mistakes made?
- ⑤ What did I not expect/anticipate?
- ⑥ What can we improve upon
- ⑦ What must I focus on this month?

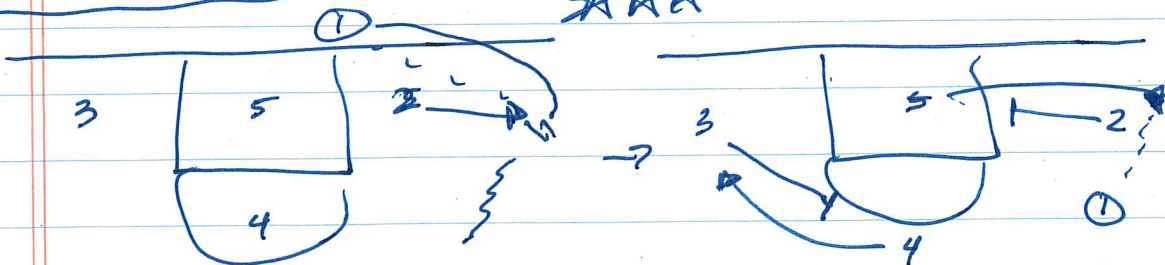
FORM

2/4/8:00 "Battles"

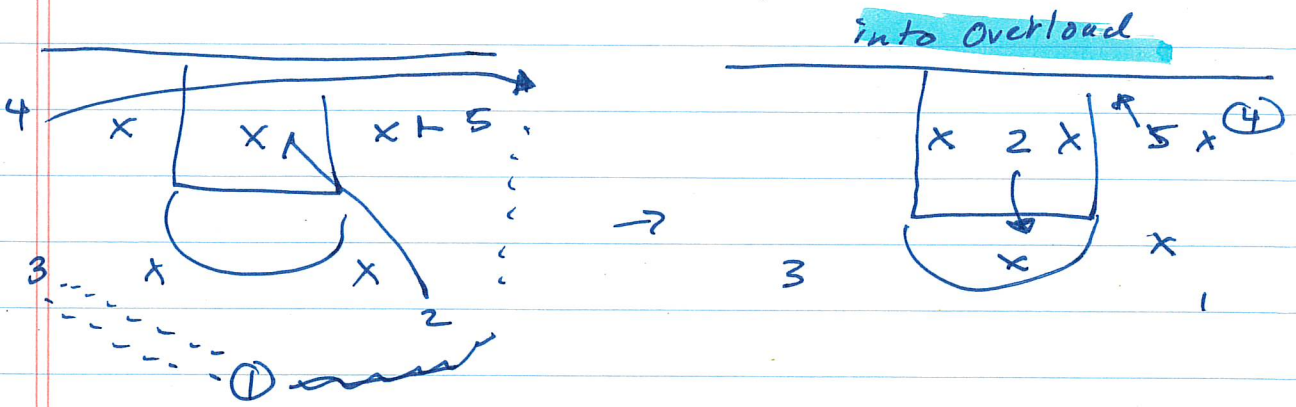


"Practice without improvement is meaningless." Chuck Knox

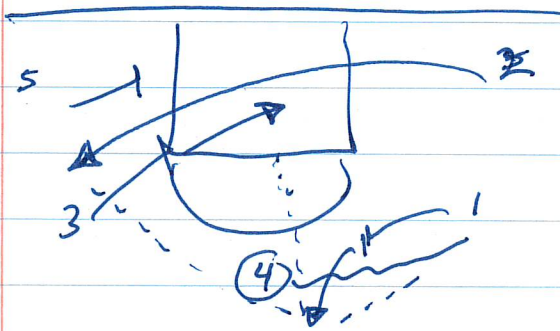
Daily improvement is directly proportional to your attention to detail in practice.



2 punch



It's hard to take words back



Short meetings

Law of Perception

Law of Focus → ATTACK!

Law of Singularity → Can be unexpected

Create a short-term direction

Jump Steps

Veterans have to spend time w/ Rookies

Deliberate practice

Turnover = 2 points for defense

Off Reb. = " " offense

What's our goal?

" " plan?

Accountability

Diversity practice

Game Speed

Track progress

Consistency

Push through fatigue

Ball Screens - Scouting

- ① Do they change screens?
 - ② " " Btt?
 - ③ " " angles of the screens
 - ④ Do they come from any where / any time
 - ⑤ Stretch 4's
- Get into a defensive Rhythm

Early Blitz b/4 the screen
Twist → same coverage

3 Most important things

Buy-in
Trust
Communication

5 W's of P+R

- ① Where is screen being set?
- ② Who is involved?
- ③ What is their alignment?
- ④ What is our communication?
- ⑤ What is our coverage?

Only M/S dribbles / (Ball Screen) DHO or TO

Season Organization Chart

- | | |
|---|-------------------|
| ① Off. Strengths - Ind + Team | ⑨ PB |
| ② " Weaknesses " " | ⑩ ATO options |
| ③ Def. Strengths " " | ⑪ Entries |
| ④ " Strengths Weaknesses " " | ⑫ EOG :12/:08/:04 |
| ⑤ How do we beat our best teams | FT Reb. |
| ⑥ Zone offense | |
| - BLOB's | |
| ⑦ Off vs. junk | |
| ⑧ SLOB vs. Zone | |

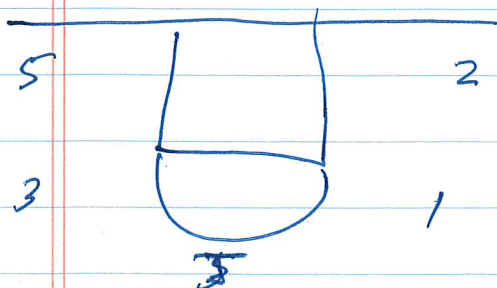
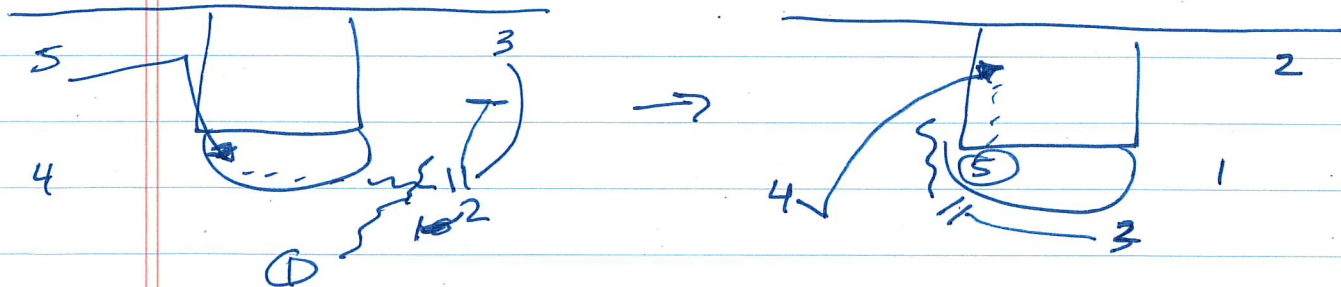
Things to work on vs. our Red (Counters)

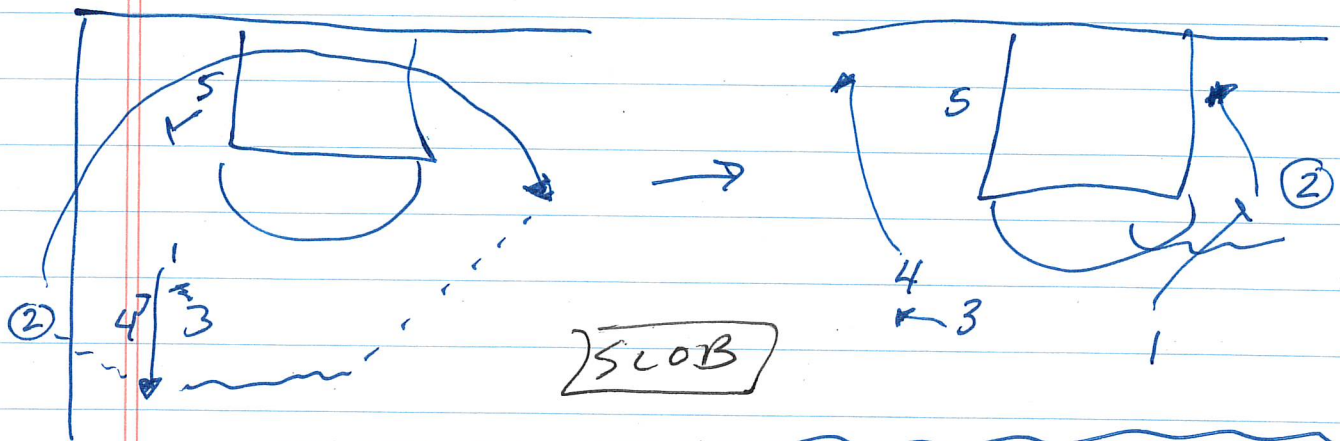
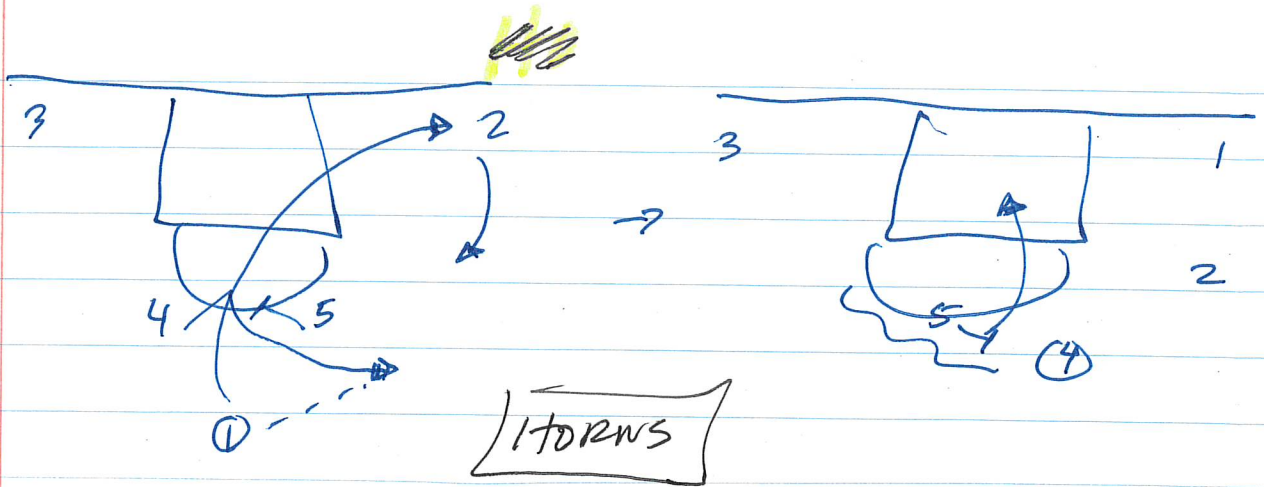
- ① Ghost P+R
- ② Slip + Pop
- ③ Post Slips
- ④ Post to guard Down screens
- ⑤ Hi/Low on P+R
- ⑥ Back Screens + Slip
- ⑦ Ball Screen into Flare Screen

Competitive Greatness

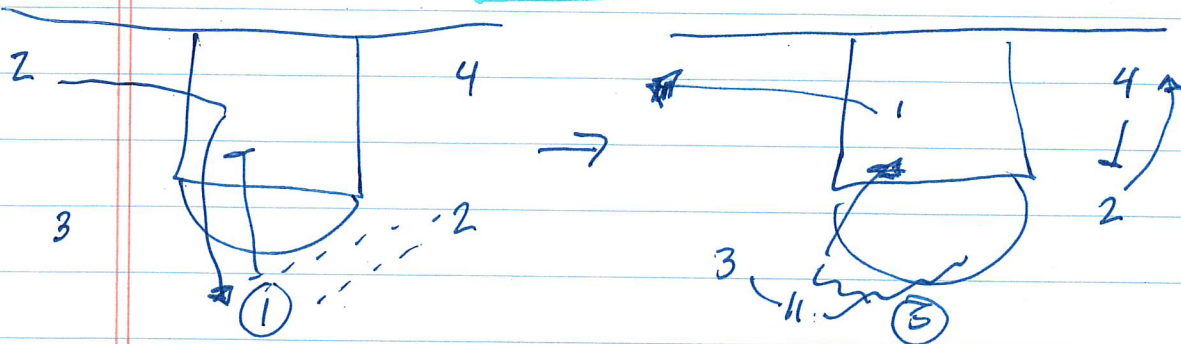
- ① Model Sportsmanship
- ② Communicate Respect
- ③ Be grateful
- ④ Competitive Practice Environment
- ⑤ Value the Process

BLIND PIG

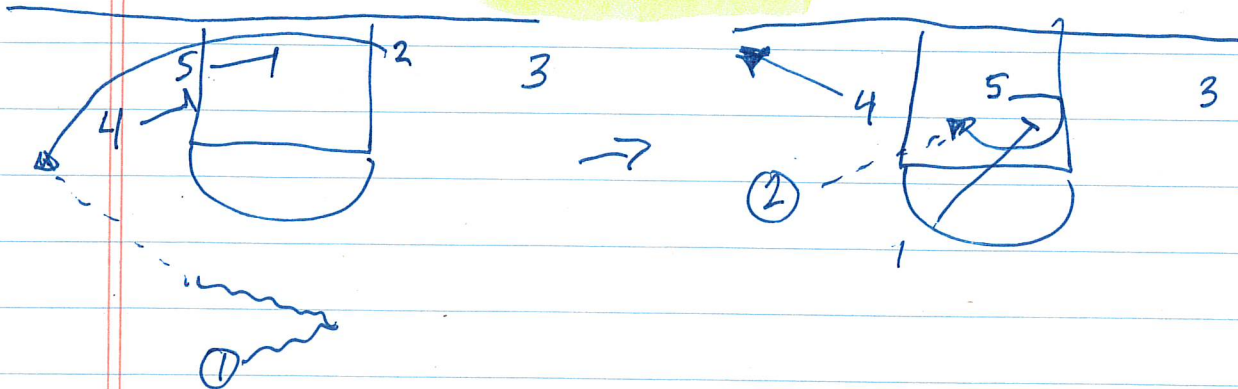




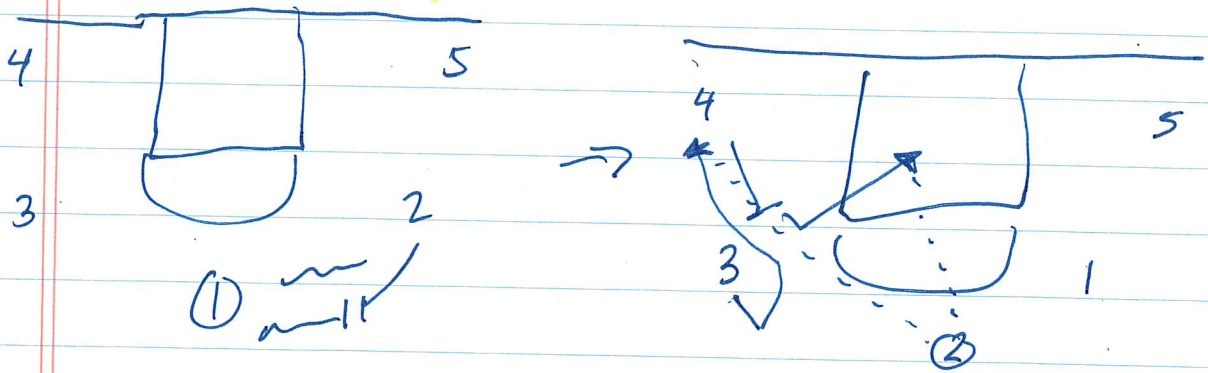
MIAMI



ORLANDO



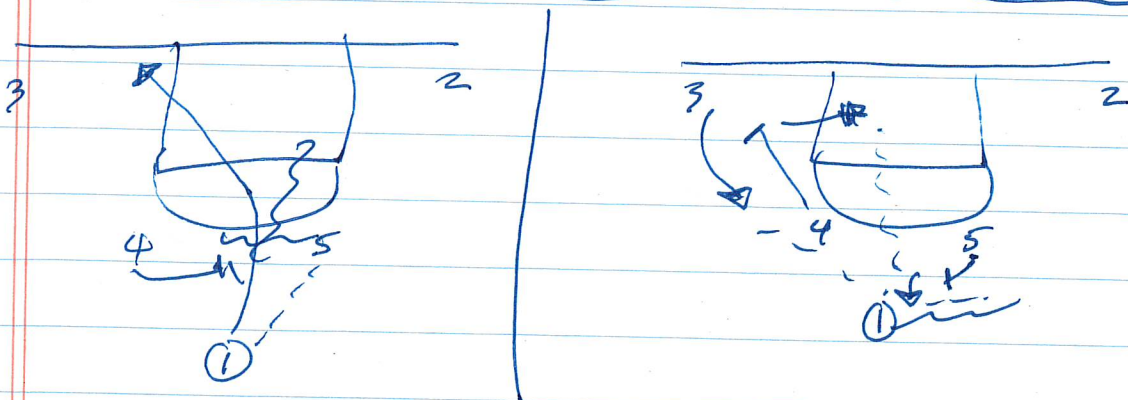
FLARE



7 Questions Assessing A Plan Gone Wrong

- ① Was the cause a production problem or design?
- Execution or the details?
- ② Was there a communication problem?
- ③ " " lack of adjustments that happened too late?
- ④ Did we not have a Plan B?
- ⑤ Was there missing information in the planning stages?
- ⑥ Was there internal or external biases that affected the plan?
- ⑦ Was the plan quantified correctly before implementation?

2



Can only change players who don't work hard but compete hard
- Can't make a ^{non} competitive person competitive

What can I do better for you?

How to Think

You have to be loyal to both your players and your beliefs
You're going to make mistakes

We all tend to exaggerate the wins, but we also tend to forget about the losses.

Don't let one loss become two losses.

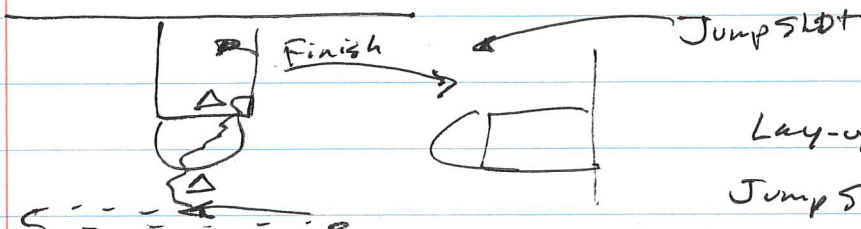
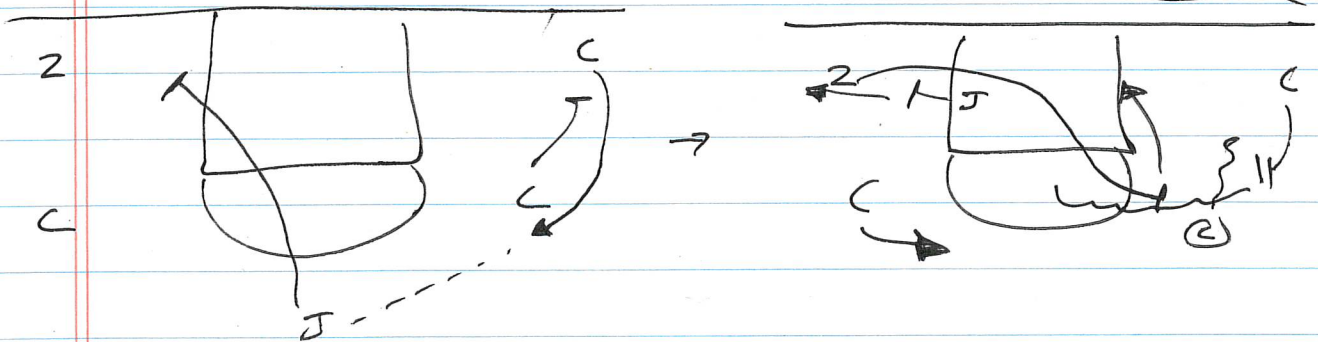
- "We're onto Cincinnati"

"Tilting": Being defeated publicly badly that causes someone to change their emotional state that upsets your judgment

Strategists start from within, not from others

- Have to recognize our own strengths + weaknesses
- Formulate our own identity

★★



Lay-up = 2 pts.

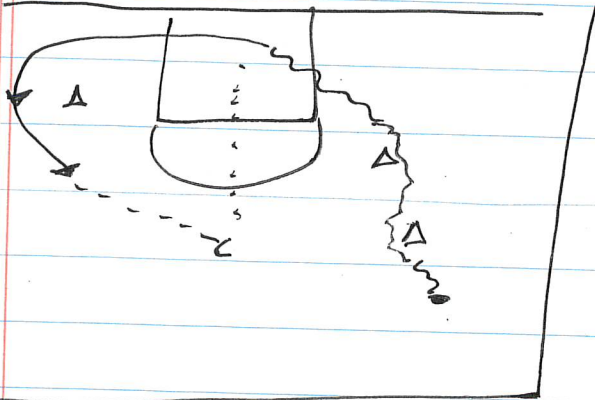
Jump Shot = 1 pts

Minor victories

Focus on the why

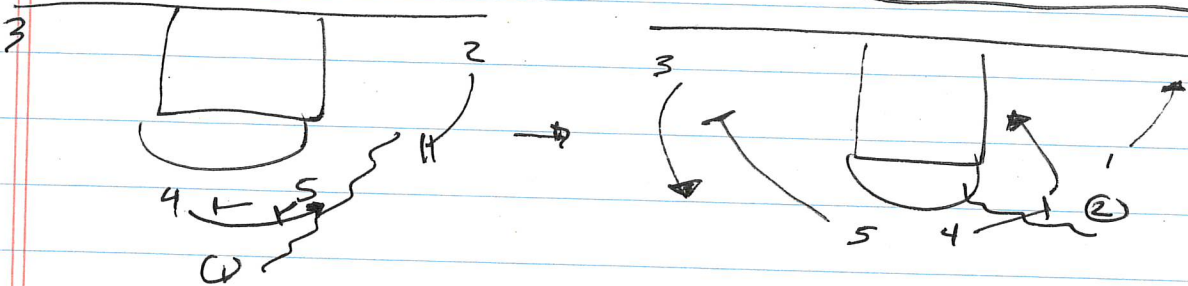
Reward yourself

- 2nd Action
- CTS
 - SF
 - P+R
 - Flare
 - Cover



Have a 3-4 year plan

- Lay a foundation for a winning culture



Championship commitment on Defense

- ① Verbal
- ② Physical
- ③ Emotional → engaged

Rules vs. Standards

↳ Own what you do

Track types of turnovers

in practice

- Travel
- Bad Pass ^{Trans} Post entry
- Double Dribble
- P+R
- Bad Catch

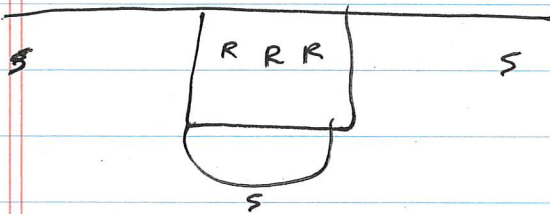
Where / when / How / Why

Did it lead to points?

Conditioning

- : 30 vertical jumps out of crouch, then sprint
- : 30 pushups → sprint
- : 30 jump Rope → Sprint

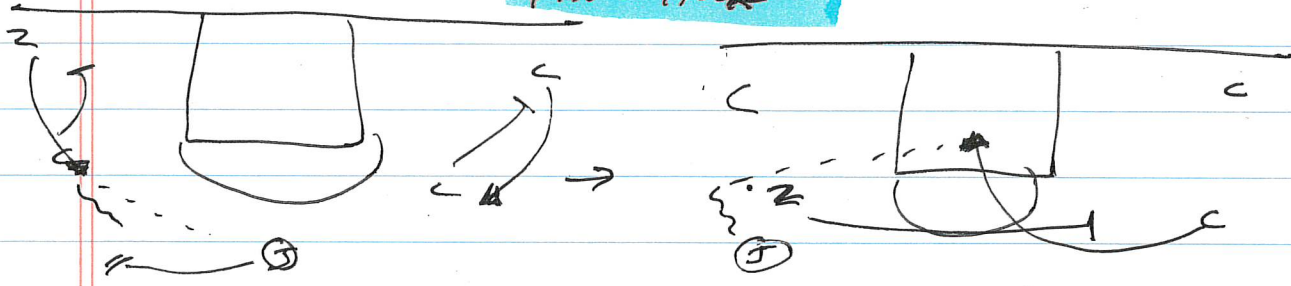
"Build a culture of accountability, trust + togetherness. Entitlement will not be tolerated." → Brad Stevens



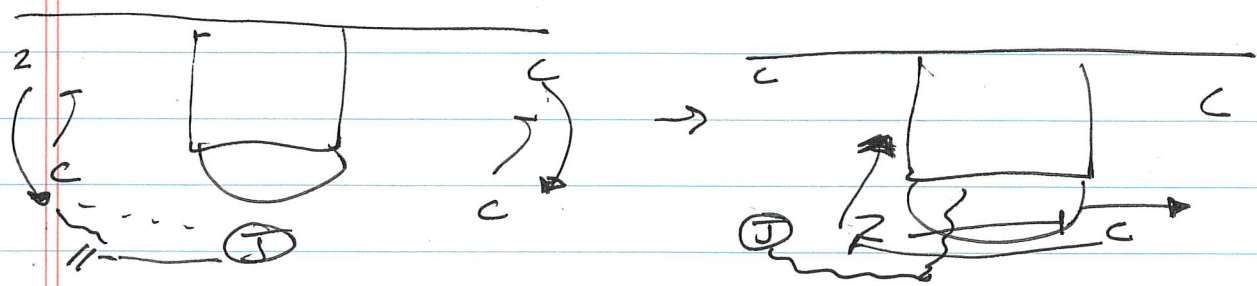
X Amount of makes
Y amount of time
- Blow whistle to flip SHOOTERS
Could also go 2 pts. for make, 1 pt. for putback

Zones → smaller movements on offense

Pin - Hook



Pin - TAP



What do we want to accomplish? → Challenging but realistic
 Who do we have to beat?
 How do we have to play?

Coach w/ purpose + confidence

Roles

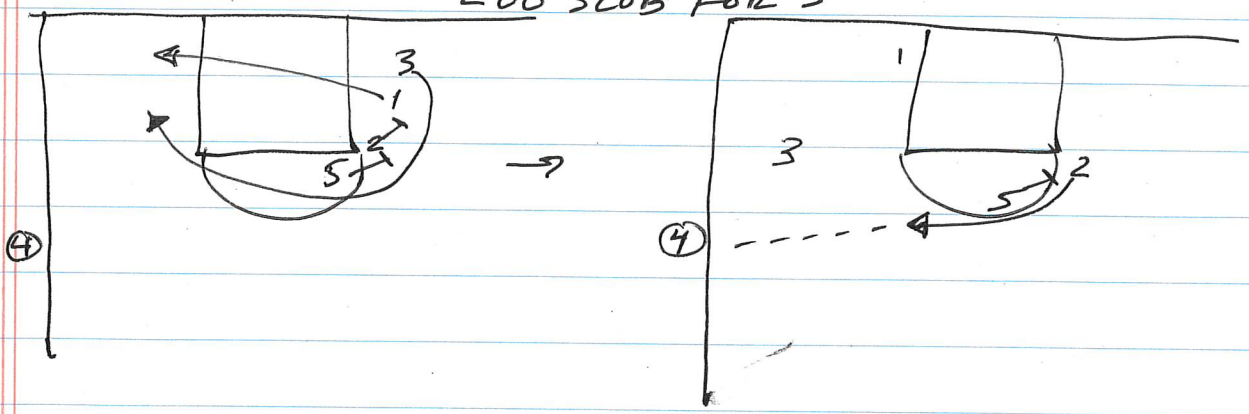
Francis Fukuyama

- Course over self
- Communication

Steps to track

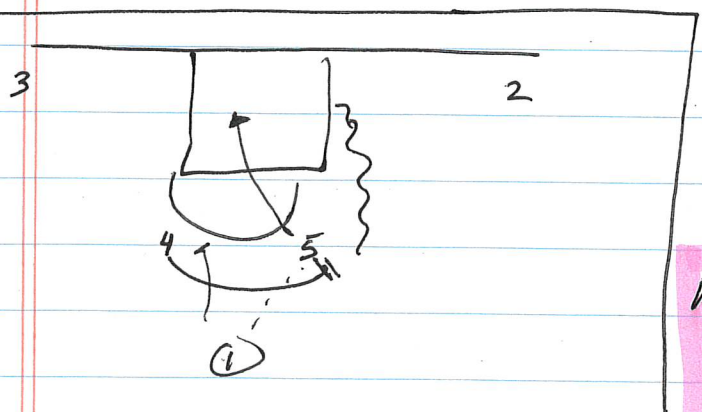
- ① Meaningful to your system
- ② Can be tracked with available resources
- ③ Players can digest + understand

EDG SCUB FOR 3



Increase aggression → Short, intensive drills

5 2:00 drills



Connect w/ purpose

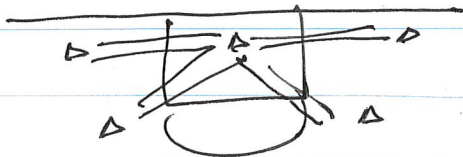
75% of all PG's come in 1/2 ct.

Most effective 1 on 1 situations =
 off ball screen + cut

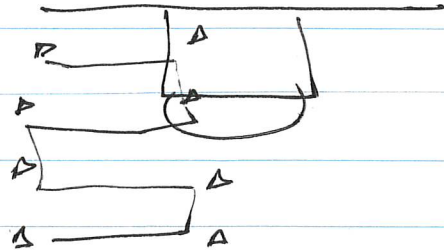
1 on 1 much more efficient after a "73" possessions.

Have 1 major objective for every practice

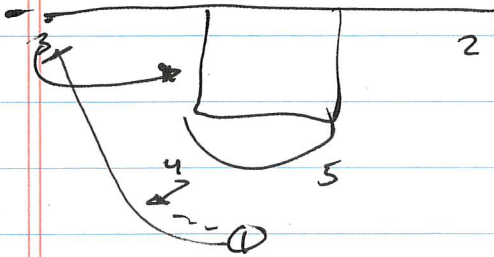
Use cones in conditioning - 2 defensive slides



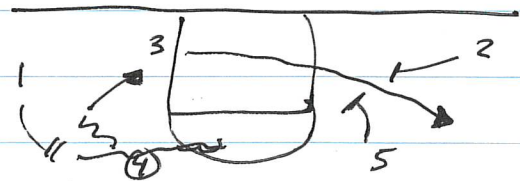
OR



★
★
★



→



Only make decisions on things that effect winning!

- Follow Your Gut

5 Habits of Poor Teammates

- ① Poor Body Language
- ② Disrespectful Attitudes
- ③ Poor Social Media Behavior
- ④ Lack of communication
- ⑤ "I" Guys → Good stats, Bad team

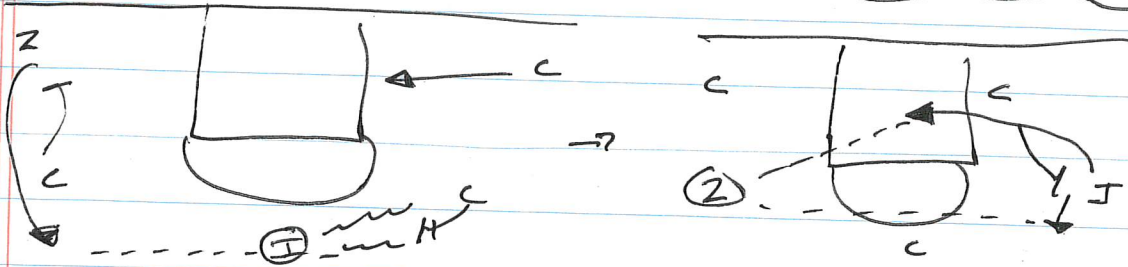
4 on 4 Full Ct. → 1 dribble

- Press

Can use #'s to emphasize anything

- Turnovers
- Body Language
- Lack of Communication

Fingertip pushups

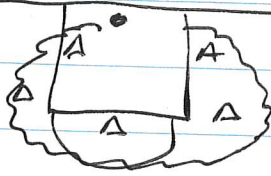


BACK SCREEN OUT OF MILWAUKEE

Switch scores in the middle of a scrimmage to put more pressure on the top team.

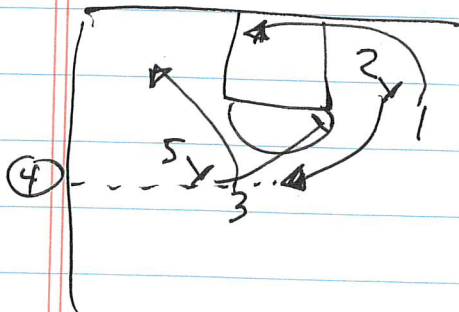
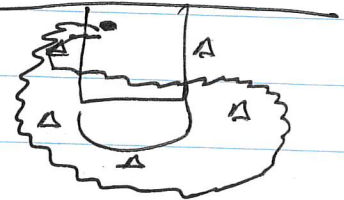
CIRCLE LAY-UPS / SHOOTING

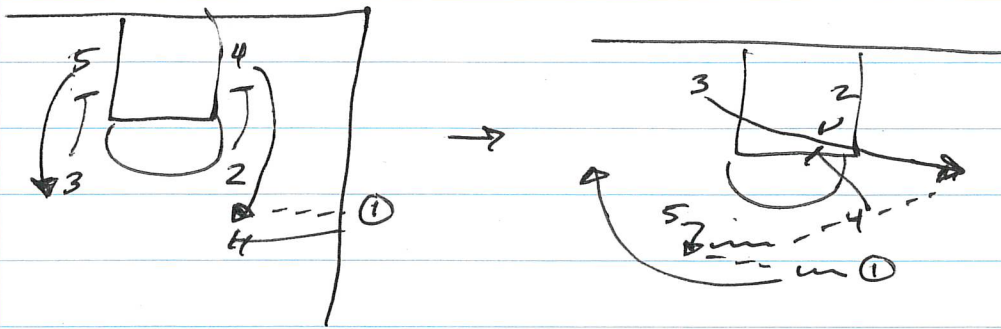
Good
WARM-UP



Right + Left

- Chin
- Pull up
- Split





SABAN

- Consistent intensity
- Consistent discipline of the team
- "4th Quarter Program" → Conditioning
- System for team attendance
- Quizzes on scouting reports
- Prioritize process over outcome

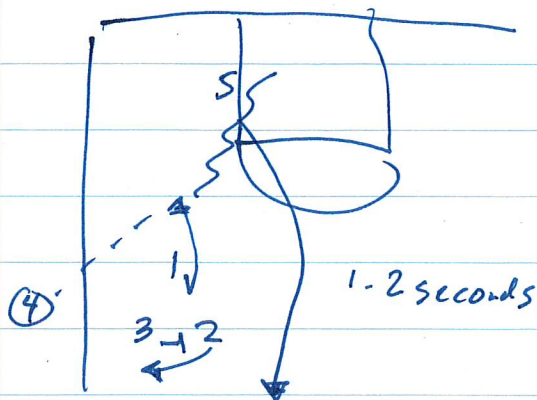
Cones for preseason workouts

Good teams have guys that can play multiple ~~defense~~ positions
 Get 10 points a game on special teams

- +6 on offense
- 4 on defense

Pressure
Release

HAWK



Begin w/ the end in mind

Who is Running the locker room?

"Individuals play the game... teams with championships."

- Bill Parcells

Plan Construction Bias: When you stick to the plan even if the plan appears wrong.

Plan

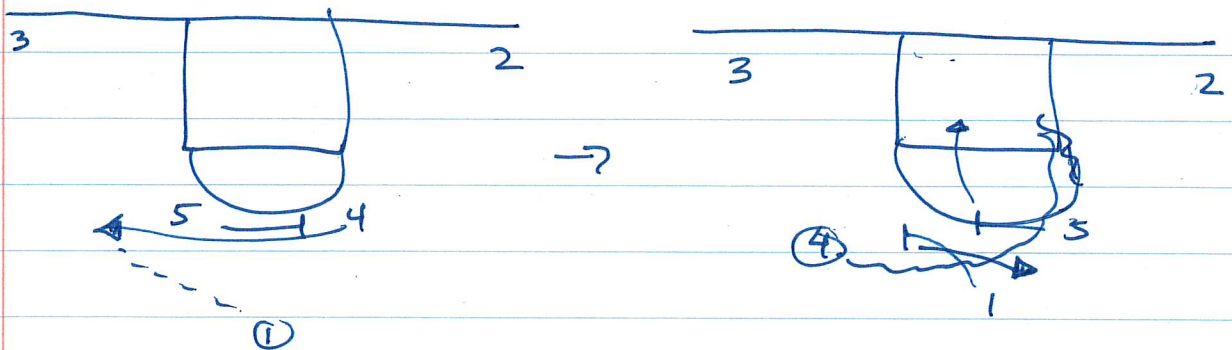
There are no labels when it comes to leading. Leadership is doing the right thing at the right time
- Just be authentic

No hand up on closeout → CTS

Hand up on closeout → off the bounce

Patriots Core Rules

- ① Do your job as it's defined
- ② Speak for yourself in all manners
- ③ Be attentive when in the building
- ④ Always put the team first

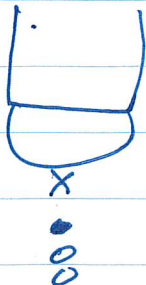


4 Hack pressure, don't fear it.

Add to 2 on 0 Series

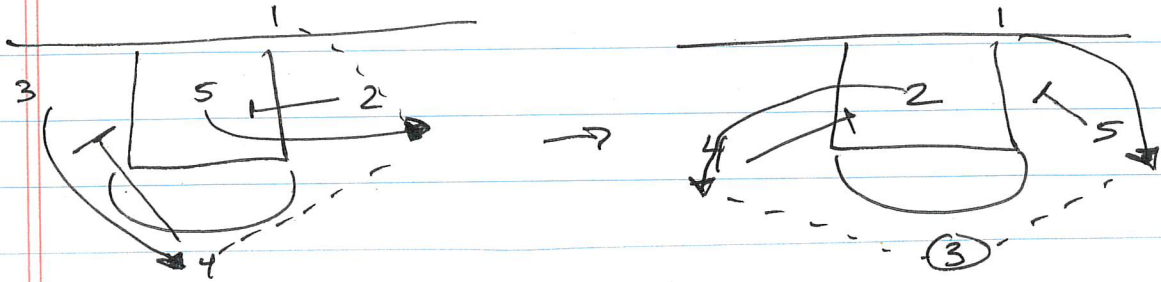
- Toss + Chop
- Pivot + pull back
- From PGL

3 stops
in Arrow
- 3 dribbles
- 0 Releazible

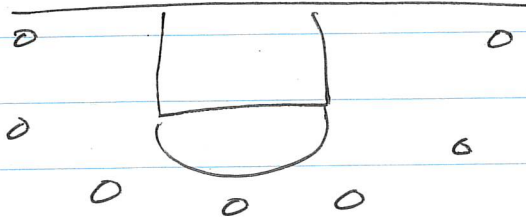


45884

Don't overestimate your chances of success, especially during the planning phases



RPS - 3:30 7 spots



3:30 a spot

Total notes

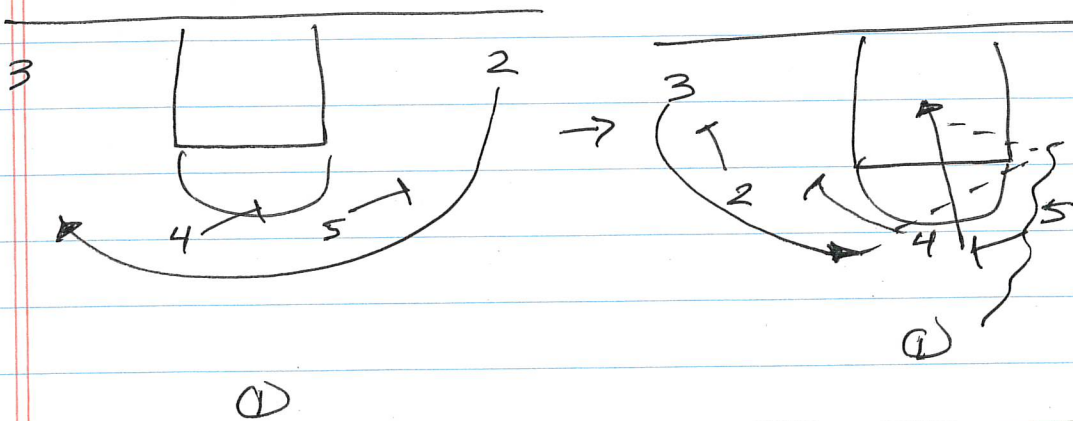
Strokes of 8+

Green Light: 50+

Yellow Light: 35-49

Red Light: 0-34

Identity Cancens 1st, then identity leaders



Go off both baseline cones for shots

