

SECTION IV



SKYHAWKS
SKUTT CATHOLIC

ADDITIONAL FUNCTIONS AND PHILOSOPHY

Chapter 16

Special Situations and Miscellaneous Basketball Information

PART I: AN OVERVIEW

Initial Thoughts on Special Situations

- “Practice should simulate game situations.” → Joe Paterno
- “You must practice the game in the manner in which it is played.” → Henry Iba
- Work on Situation/ Score every day with repercussions for winning or losing
- Prepare for every situation!
 - Have player’s fill out notebooks so they know our philosophy in every situation
- Go through tapes and figure out every situation and what we will do
- Always keep coaching
 - Don’t quit coaching when you’re losing and when you’re winning
 - Keep coaching when your end of the bench players are in; they deserve your attention as well
- Consider designating a consistent opening game and after FT sets

Preseason Evaluation

1. Are we tough enough?
2. Are we athletic enough?
3. Are we mature enough?
4. Are we skilled enough?
 - If we don’t satisfy what we are looking for in any of these categories, how do we do it?
 - If we do satisfy any of these categories, you build one day at a time with soft rain

Break down of development of shooting skills by Year/Age Group for “Special Situations”

Elementary (5th Grade and Lower)

1. None

6th Grade

1. Introduce the concept of BLOB defense
2. Introduce the concept of taking a charge
3. Introduce the concept of the importance of tips on defense
4. Introduce, develop and master our pregame warm-up

7th Grade

1. Continue to develop the concept of BLOB defense, taking a charge, and the importance of tips on defense
2. Introduce the concept of SLOB defense and boxing out on opponent’s Free Throw attempts (“pinch”)

8th Grade

1. Continue to develop the concept of BLOB and SLOB defense, taking a charge, the importance of tips on defense and boxing out on opponent's Free Throw attempts ("pinch")
2. Introduce the concept of our delay game ("Victory")

Freshman

1. Master the concept of BLOB and SLOB defense, taking a charge, the importance of tips on defense and boxing out on opponent's Free Throw attempts ("pinch")
2. Continue to develop the concept of our delay game ("Victory")
3. Introduce the concept of our "Catch Up Game"

Junior Varsity

1. Master the concept of our delay game ("Victory")
2. Continue to develop the concept of our "Catch Up Game"

Varsity

1. Master the concept of our "Catch Up Game"

Break down of development of shooting skills by Year/Age Group for "Miscellaneous Basketball Information"**Elementary (5th Grade and Lower)**

1. Introduce the concept of the importance of communication in basketball
2. Introduce the concept of the importance of winning 50/50 balls, taking charges, mental toughness and getting tips on defense in basketball

6th Grade

1. Continue to develop the concepts of the importance of communication and winning 50/50 balls, taking charges, mental toughness and getting tips on defense in basketball
2. Introduce the concept of "Echo Drills" in practice, Skutt bench decorum timeout organization

7th Grade

1. Master the concepts of Skutt bench decorum and timeout organization
2. Continue to develop the concepts of the importance of communication, winning 50/50 balls, taking charges, mental toughness, getting tips on defense in basketball and "Echo Drills" in practice

8th Grade

1. Continue to develop the concepts of the importance of communication, winning 50/50 balls, taking charges, mental toughness, getting tips on defense in basketball and "Echo Drills" in practice
2. Introduce the concept of weight training

Freshman

1. Master the concepts of the importance of communication, winning 50/50 balls, taking charges, mental toughness, getting tips on defense in basketball and "Echo Drills" in practice
2. Continue to develop the concept of weight training
3. Introduce the concept of scouting opponents and practicing special situations

Junior Varsity

1. Continue to develop the concept of weight training
2. Continue to develop the concept of scouting opponents and practicing special situations

Varsity

1. Master the concept of weight training, scouting opponents and practicing special situations

PART II: SCOUTING AND GAME PLANNING**Two days out from a game, start introducing the concepts of our opponent**

1. Our conditioning vs. their conditioning
2. Our depth vs. their depth
3. Their fouling tendencies vs. our fouling tendencies
4. Key X's and O's

Game Day Procedures

1. The Night before
 - Scouting Report
 - Players create goals for the game
2. Day of the game
 - Pre game meal; don't eat too much
 - Meet and go over game plan one more time
 - Keep it simple on both personnel and team
3. Locker Room attitude
 - Start shooting at halftime of the JV game
 - Be preparing mentally and physically, but remember that every player is different
 - If you're not sure what approach to take, be conservative to start with before you do anything else.
 - Go out of the locker room and on the floor as a group
4. Pre game warm-up
 - Have one of your assistants supervise and encourage during pre game warm-ups
 - Watch for sweat and make them get their 2nd wind
 - Movement, enthusiasm and communication
 - Players shooting game shots at game speed
 - Allow players to design part of the warm-up
 - We need to work on post entries in warm-up
5. Pre game introductions
 - Practice before 1st game and before 1st state tournament game to set players at ease
 - Go through our match-ups one more time; be the type of team you want to be

Things to look for in an opponent's offense

1. Base offense

- Scoring strength in the post or perimeter?
 - Strengths of scorers (perimeter players)
 - Set shooters
 - Drivers
 - Strengths of scorers (post players)
 - Back to the basket
 - Face-up and drive
 - Do we need to full front, $\frac{3}{4}$ front, or play behind?
- What kind of screens do they use to get their scorers open?
 - Flex screens
 - Cross screens
 - Back screens
 - Pick and roll

2. Set plays

- Who are they trying to set up and where?
- Who do they go to when they need a basket?
 - Situation/score
- What is their press break?
 - Which one of our presses matches up best with their press break and personnel?
 - Black
 - White
 - Black T
 - White T
 - Yellow (2-2-1)
- BLOB'S/ SLOB'S
 - What do they run out of timeout's, especially ones that they call?

3. Special situations

- Tip play?
- End of quarter?
- Free throw break
- Trying to get their own free throw after a miss

Things to look for in an opponent's defense

1. Base Defense

- Man or Zone?
 - Things to look for against man to man:
 - Do they push middle or push baseline/sideline?
 - Switch screens or fight through them?
 - Do they communicate well?
 - Do they box out well?
 - Do they overpressure the wings, which would open up our backdoor options or Pass and Cut?
 - How do they play the post; full front, $\frac{3}{4}$ front, or play behind?

- Can we beat them with dribble penetration?
- Things to look for against zone:
 - Why are they in zone?
 - Laziness
 - Foul trouble
 - Big posts that can't extend
 - Small team
 - Do they overextend on the baseline?
 - Do they bump cutters?
 - Where are the offensive rebounding lanes?
 - Where are the soft spots?
 - Short corner
 - Mid post
 - High post
 - Is the skip pass open?
 - Do they trap out of their zone?

2. Press Defense

- What do they run?
 - Is it a trap press or a delay press?
 - Full court or half court?
 - Do they pressure the ball with posts or guards?
- Zone or man press?
- Are they slow in transitioning into their press?
- If they get beat a couple of times, do they get out of the press?
- Do we need to adjust our cycles to bring one or two people back?

Special Situations

1. Special situations

- Do they go man or zone against BLOB'S and SLOB'S?
- Do they change things up after timeouts?

2. Intangibles

- Do they play hard all the time?
 - If someone falls to the floor, does their teammates help pick them up?
- What are their bench players like? Do they stay in the game mentally?
- How does a coach react to a bad call or a change in momentum?
- Are their timeouts organized?
- Do they call timeouts for no real reason?
- Are they going to horde timeouts until the end of the game?

Ask yourself before and during every game . . .

1. How are they guarding the post?
2. Who is guarding our play makers?
3. Who are our early 3's?
4. Who do we want to get open?
 - Trying to open up one person will open up everyone else
5. Who do we want to exploit offensively?

SCOUTING REPORT: _____**PERSONNEL**

SHOOTERS	DRIVERS	POSTS	PLAY OFF

ADDITIONAL PERSONNEL INFORMATION**OFFENSES**

OFFENSE	KEYS TO OFFENSE
SPECIALS	

DEFENSES

DEFENSE	KEYS TO DEFENSE

KEYS TO VICTORY

1)
2)
3)
4)

SCOUTING REPORT: LINCOLN PIUS X

PERSONNEL

SHOOTERS	DRIVERS	POSTS	PLAY OFF
10-Out of control	32-Force left, jump	52	
12-Will flash inside	To help	40	
24-Frosh PG			

ADDITIONAL PERSONNEL INFORMATION

Every guard is a catch and shoot; close out hard and make them create off the dribble
 Force #32 left and jump into help in the lane; give her the jump shot over the drive
 Keep #52 off the offensive boards

OFFENSES

OFFENSE	KEYS TO OFFENSE
Utah into Flex vs. Man; "Kansas"/ Utah #3 out of 2-1-2 set/ Triangle motion	Vs. Orange: "Cyclone" → WIDE zone and extend out on shooters; will flash #12 or #32 into HP;
Press break →	Will also go 2 guard front→ watch for Elkhorn Flash w/ #52; Protect middle and attack the ball
SPECIALS	BLOB'S: Box Upscreens and roll backs; 1-4 low into Flex; our old #3 BLOB

DEFENSES

DEFENSE	KEYS TO DEFENSE
Orange	Short corners or high posts are there; ATTACK! Second shots are available; Black on BLOB'S
Black	"Patient Aggressiveness" and move the ball side to side; Post touches/ Inside out/

KEYS TO VICTORY

1) No catch and shoots for shooters! #10, #12, and #24 get no good looks!!!! One three point attempt per quarter for the 3 of them combined.
2) Keep #32 out of the lane. She is averaging 17 ppg, and it is all off of drives and FT's. Make her go left and no fouls
3) Attack their ½ court defense. Get the shot <u>we</u> want, and if we miss, second shots will be there if you work for it.
4) "We are who we are, so let's do what we do." We are REALLY close, we just need to make a couple more plays. It will happen if you believe it will happen!!!!!!!!!!!!!!

PART III: PREPARATION FOR SPECIAL SITUATIONS

Game situations that need to be covered

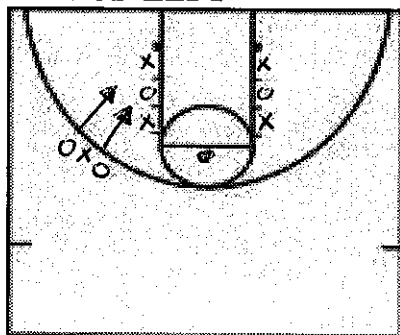
1. Jump ball
2. Free Throw rebounding
3. BLOB Defense
4. SLOB Defense
5. "Laettner" Defense
6. Comeback game and principles (Spread "2", Spread "3", situational substitutions)
7. Timeout Philosophy
8. Playing for a shot at the end of the quarter
9. Delay game offense
10. Offensive philosophy → Leading by five or more, three minutes left
11. Defensive philosophy → Leading by five or more, three minutes left
12. Offensive philosophy → Trailing by five or more, three minutes left
13. Defensive philosophy → Trailing by five or more, three minutes left
14. Substitutions
15. Situational Substitutions
16. Working with officials
17. Box and 1, Triangle and 2 Offenses

1. Jump Ball

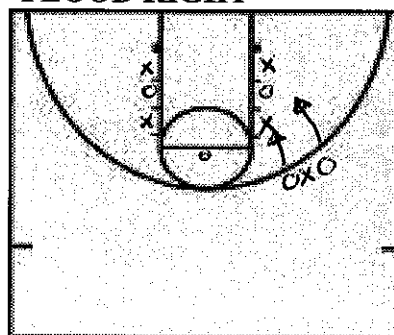
- Try to steal the tip; the worst thing that could happen is they get the ball on the side
- Defensive tip for possession
- Try to steal the tip by reading the tip
 - Attack on the tip by going to the basket
 - Work on the tip play in offense dummy
- Jump ball is a 50/50 ball; don't you want to win 50/50 balls?

2. Free Throw Rebounding

"FLOOD LEFT"



"FLOOD RIGHT"



Free Throw Box outs:

1. Pinch on one side
2. Box out the shooter on the other side

3. Baseline Out of Bounds Defense

- We will usually run our Orange defense on BLOB'S to prevent easy baskets off of a quick hitter and to push everything out of the lane
- The most important thing is to prevent easy baskets!

4. Sideline Out of Bounds Defense

- If we are in a Black defense, we are going to play regular shell drill defense on the four player's in-bounds, while the player guarding the inbounder will play off the ball and help protect against back door cuts and back screens. Like baseline out of bounds plays, the most important thing is to prevent easy baskets

5. "Laettner" Situation (5 or less seconds; half court or more to advance the ball)

- We will be in our "White" defense, with our longest regular rotation player is guarding the inbounder and we have the four quickest players allowing the ball inbounds but staying between the offensive player and the basket

6. Comeback Game

How to come back:

1. Offensive rebounds; Strong offensive rebounding can gain momentum
2. It is important to stop the clock as often as possible
 - Take the ball to the basket and get fouled, either on a post up or dribble drive
 - Drive and get fouled; score without the clocking moving
3. Hit wide open shots
 - Emphasize "3 and out" (stops on three possessions in a row) and "Turkeys" (score three possessions in a row)
4. Have to have super hustle plays on defense; tips lead to steals and easy baskets
5. Situational substitutions; substitute defensively and offensively if possible
 - Any time your players or parents complain about situational substitutions, tell them that they need to develop into complete players and you wouldn't have to do situational substitutions
5. We never lose, we just run out of time

"Spread 2": Spread the floor as much as possible looking to drive quickly to get a quick two point make (probably followed by a timeout to set pressure defense)

"Spread 3": Spread the floor as much as possible looking to shoot the three point shot (probably followed by a timeout to set pressure defense)

7. Timeout Philosophy

Timeout Philosophy:

- I want to try and keep as many timeouts for the last three minutes of the game
 - An ideal situation would be to go into the last three minutes with four timeouts
- In the first three quarters are a sign of weakness; I believe that in most situations we need to learn how to play through tough times

- Tell them two things on offense and two things on defense
- Start with defense first

“Running Timeouts”:

- When at all possible (especially before our FT attempts), run over to the sideline to confer with me so it is easier for us to communicate what we want to do the next possession

Timeout Organization:

- On 30 second timeouts, I want the five players in the game to line up in front of me in order of their position (1, 2, 3, 4, 5). If you are not in the game at that point, stand behind those players so that you can see the same thing that I am trying to explain to the players in the game from the same perspective.
- On full timeouts and if there are chairs (like at our gym), I want six chairs pulled out 3 to 5 feet away from the bench. One chair will be for me to sit on, and the five players in the game to sit in front of me in order of their position (1, 2, 3, 4, 5). If you are not in the game at that point, stand behind those players so that you can see the same thing that I am trying to explain to the players in the game from the same perspective.
- On full timeouts and if there are not chairs, I will kneel in front of the five players in the game while they sit in front of me in order of their position (1, 2, 3, 4, 5). If you are not in the game at that point, stand behind the coaching staff and get the best perspective that you can.

8. Playing for a shot at the end of the quarter

- If we have the ball, we want to shoot with about six seconds left. This gives us enough time to get a second shot, but it doesn't give the opponent much time to try and score if they get the rebound

9. Delay Game Offense

Press offense

- Inbound the ball quickly before the opponent can call timeout or set up their press
- Get a good athlete into the middle of the floor to break down the defense
 - Work on 1-4 press breaks during press situations after timeouts or dead balls

“Victory”: Pass and Cut, 5 out offense

- After you pass, you cut
- Only offensive options are to get fouled or to shoot wide open lay-ups
 - Keep the ball in the middle of the floor above the free throw line if at all possible
 - Avoid corners!
- Use situational substitutions to get your best ball handlers and free throw shooters in the game as often as possible

10. Offensive philosophy → Leading by five or more, three minutes left

- If we have the lead by more than five or more points, we will go to our "Victory" offense
 - We will only accept uncontested lay-ups or free throws. We will stay strong with the ball and chin every pass, receiving it well.
 - Teams will be trying to overplay us at this point, so look to back door for your uncontested lay-ups
- If the opponent is shooting free throws and makes the second free throw, we will take our time getting the ball out of bounds, then run either our "14" or "Wheel" press break

11. Defensive philosophy → Leading by five or more, three minutes left

- We will designate the major offensive threats from the opponent in "Running Timeouts"
- We will run a soft, non-trapping press to keep the ball in front of us and limit the opponent's quick baskets
 - "Soft Black"
 - "White"
 - "Yellow"
 - "White Z" (if best scoring threat is the point guard)
- We will concentrate on keeping the opponent in front of us, challenging every shot, and finishing every possession with one shot by the opponent
- If the opponent should score, we want to get the ball in as quickly as possible to our best ball handler(s) and keep the floor as spread as possible
 - The most important thing is to gain possession as quickly as possible!*

12. Offensive philosophy → Trailing by five or more, three minutes left

- We need to score as quickly as possible, with these following options as the best, depending on the strengths and weaknesses of the player(s) on the floor
 - Driving to the basket to score quickly or get fouled
 - Three point shots by our better perimeter shooters
 - Crashing the offensive boards
- I would like to call timeout after scores to stop the clock, make situational substitutions if necessary, and set our pressure

13. Defensive philosophy → Trailing by five or more, three minutes left

- Our first option defensively is if we don't score, we smother hard, deny outlets and rotate to trap and force turnovers
- If we have scored, we would jump into one of our more aggressive presses
 - "Black T"
 - "White T"
 - "White X"
 - "Yellow T"
- If we are down by more than seven, we will call "Fire" (intentional foul) when the ball crosses half court at 2 minutes remaining
- If we are down by three to six points, we want to wait until 1:20 remains to call "Fire"
- If we are down one to three points, we want to wait until 0:40 remain to call "Fire"

14. Substitutions

1. Substitute during time outs to disrupt match-ups
2. Substitute after free throws to set up pressure
3. Use a towel exchange to encourage communication

15. Situational substitutions

- I will use situational substitutions (i.e. offense and defense) starting as early as the last four minutes of the 4th quarter if I feel the situation is appropriate, dependant on our situation and score and how certain players are playing that night
- If you do not want to be substituted for in certain situations, become a complete player so I don't have to do this

16. Working with officials

- Know rules and talk with players about how to deal with officials
- Just grab a ball when it is going out of bounds
- Use "sir" and "maam"
- Throw the ball to the official that didn't make the call
- Run to the free throw line right after the call is made
- Use "soft rain" instead of torrential downpours

17. Box and 1, Triangle and 2 Offenses

- If an opponent runs a Box and 1 defense against us, we will run our normal zone offenses ("Hawkeye" or "Cyclone") against the set and look to exploit the open areas of the zone left open as a result of the defense
- If an opponent runs a Triangle and 2 defense against us, we will run our normal zone offenses ("Hawkeye" or "Cyclone") against the set and look to exploit the open areas of the zone left open as a result of the defense

Chapter 17

Conditioning and Weight Training

PART I: PRESEASON CONDITIONING

There are a variety of different activities that employ in order to get our team in shape for the season. We believe that it is important to emphasize toughness and competition in the fall season, and that comes from short, intense conditioning workouts. During condition, we are not necessarily worried about basketball skills; we are worried about building a culture of toughness and teamwork that will establish what we want to do as a team.

Along with these intense workouts, we want to work on basketball skills from time to time, as well as bond as a team while working hard. Here are some things that we do to condition for the upcoming season:

1. Distance running → usually 1.5 to 2.5 miles long
2. Circuits in gym
 - We set up 10-12 stations that the players have to go through 2-3 times, each player has a partner
 - Each station has either a conditioning or basketball purpose
 - Each rotation is timed (usually 35-45 seconds)
 - Players must sprint between stations, communicate and encourage one another throughout every station, and give max effort at every station; if they don't do this, we begin the entire circuit process from the very beginning
 - Examples of stations:
 - “X Out” layups
 - Jump Rope
 - Line Jumps
 - Wall Sits
 - Medicine Ball work
 - Ball Handling
 - Defensive Shuffle
 - Sit-ups
 - Vertical Jumps/ Wall Touches
 - At least one water station
3. Ladders on soccer field
4. Navy SEALS workout on soccer field
 - 1 minute of push ups
 - Soccer lines (1:15)
 - 1 minute of sit ups
 - Soccer lines (1:15)
 - 4 Corner Race
 - 1st Corner → 25 pushups
 - 2nd Corner → 25 sit-ups
 - 3rd Corner → 15 medicine ball pushes above head
 - 4th Corner → 50 jump ropes

- Sprint to soccer bleachers, pick up and spin 180 degrees
- Soccer lines (1:15) for team that loses
- 5. Track workout: Walk $\frac{1}{4}$ lap, jog $\frac{1}{4}$ lap, sprint $\frac{1}{2}$ lap (6-8x's)
- 6. Stadium Steps: 4-6 laps around the football field
- 7. Scavenger Hunt
- 8. Play pickup games
- 9. Run Hills at a local park
- 10. Football day → Run pass routes and defend

3 on 3 Full Court (Preseason Drill)

- Play to 2; limit dribbles (start at 0); defense picks up full court
 - Offensive foul → automatic team win
 - 2 defensive fouls → automatic team win
 - No cherry picking
- Winner's stay on winner's court; only 2 teams on the winner's court at a time
- Have to win on loser's court to have the privilege to play on the winner's court
- Run for 20 minutes to start; team with the most wins on the winner's court wins 1st prize. Team with the most wins overall wins 2nd prize

PART II: WEIGHT TRAINING

Our weight training is done by Jeremy Moore, C.S.C.S.. If you have any questions about our weight training regime, it would be best to contact him via email at our school; jjmoore@schools.archomaha.org

Chapter 18

“Making a Difference” Coaching High School Basketball

PART I: AN OVERVIEW

The motto of our school is “Make a Difference”, and we, as coaches, must know that through all the high’s and low’s of our experiences, we are making a difference in a lot of young people’s lives. Sometimes we got caught up in the wins and losses (and let me make no bones about it, if you don’t win big from time to time, your influence will not be as strong; that may not be a politically correct statement, but it is a true statement), but we also must realize that we are role models and we are not only influential on our athletes, but also to our students that we teach on a daily basis as well.

This chapter is all about the things that don’t fit conventionally in the rest of this book; “surviving” coaching, summer camps, “to-do” lists, itinerary’s, and handouts that we use to help motivate and use perspective to teach our players about basketball and life.

Points of Contact: When you first meet someone, ask them about their life, not talk about your life → Remember little things about people

Three Rules for your God-given talent

1. Find your unique talent
2. Develop it to the highest level you can
3. Give it away every day

Three Assets of John Wooden by John Wooden

1. “I am meticulous.”
2. “I am organized and very good at time management.”
3. “I do not feel pressure, because I do not measure myself in comparison to others, but rather on the quality of your efforts to improve.”

Three Liabilities of John Wooden by John Wooden

1. “I have had to work at being patient.”
2. “I have had to work hard at self-control of my emotions.”
3. “I have had to work hard at seeing shades of gray rather than black or white.”

Analyzing your past, present and future teams

-I use this simple numbering formula to evaluate my classes, past, present and future

- “1”: Contributing Senior player
- “2”: Senior Starter
- “3”: Contributing Junior player
- “4”: Junior Starter
- “5”: Contributing Sophomore or Freshman player
- “6”: All Conference player at some point in career
- “7”: All-Area player at some point in career
- “8”: All-State player at some point in career

- If your class has an average ranging from 0-2.5, you will probably win less than 1/3 of your games
- If your class has an average of 2.5-3.5, you will probably win around ½ of your games
- If your class has an average of 3.5-4.5, you will probably win around ½ to 2/3rds of your games
- If your class has an average of 4.5 and above, you will probably win more than 2/3rds of your games and have a chance to play in the state tournament

Working with your administration and the media

- A good administrator never gives a good coach a reason to leave; a bad administrator gives a good coach multiple chances to leave every day.
- Pick battles big enough to fight but small enough to win
- You can win any battle you want, but you can't win every battle
- Don't fight battles with the media; they buy their ink by the barrel, while you buy yours by the pen

Adversity

- No matter how bad you have it, someone else has it worse
- Be thankful for tough times; necessity is the mother of invention
- Quit blaming the kids; blame the adults for the problems with athletics today.
- Those that can't or won't complain
- When something bad happens to your team, don't say "Why me?" say "What now?"

Random Thoughts and Ideas on Coaching

- Use managers as moles to find out what is going on behind the scenes
- Drill work → Give the players a "big picture" view of why we're running this drill and its purpose
 - Show them teams winning or losing games on tape; it will force them to start watching games like a coach
- Try to make each drill as multi-purpose as possible
- Great programs have "program shock", where great players are shocked by the work ethic and intensity
- "The more they think, the slower their feet get." → Jerry Tarkanian
- No one gets to determine when the 1st day of practice is. You can determine when your last practice is by how hard you work every day in practice.
- Once we step into the gym, I don't care about you individually; I only care about the best team we can put out there
- We are looking for the most competitive people we can find between the 1st practice and the first game
- "Sweat with the players." → Rick Pitino
- Instead of constantly finding what is wrong with your players, spend that energy trying to figure out how they can help you
- Sometimes less is more; leave them wanting to come back
- Never sacrifice work ethic and character for talent when all things are equal
- Let your players know that you care about them
 - "Love is the most powerful word in the English language." → John Wooden

YEAR ROUND TO DO LIST

FALL

- *Work out practice schedule with boy's team
- *Conditioning schedule
- *Football clean-ups; get as many as possible
- *Booster luncheon
- *Parents social
- *Coaches clinic
- *Go through uniforms and make sure they all are there (Angel Flight Prep)
- *Booster sign-up (Liz Smith)
 - Include alumni and parents
- *Pick out special games
 - Feeder team night
 - Alumni night
 - Senior night
- *Travel schedule (Wendy)
- *Coaches manual; update and add
- *Plan long distance summer camp
- *Schedule individual meetings
- *Find a work study basketball manager
- *Talk to informed Junior High people about kids we need to go after
 - Get PAL schedules
- *Parent letter out around mid-October
- *Posters

WINTER

- *Schedule summer camps
- *Put together JV League (start January 1st)

SPRING

- *Hand in uniforms
- *Schedule individual meetings
- *Schedule shootout
- *Finalize summer camps

**SKUTT CATHOLIC GIRLS BASKETBALL
PRESEASON QUESTIONNAIRE**

NAME _____

Directions: Answer each question honestly and to the best of your ability.

1. What are your goals (as an individual) for the upcoming season?

2. What are some of the strengths that you can bring to the program?

3. What are your expectations for your coaches this season?

**4. What do you think are your parent's expectations for this season?
Do you think that collaborates with your expectations and goals?**

5. What would be your definition of a successful season for you as individual?

6. What would be your definition of a successful season for your team?

7. Anything else?

2011-2012 Post-Season Survey

Name _____

- 1. What did you enjoy about basketball this season?**

- 2. What did you not enjoy about basketball this season?**

- 3. What are some things that you did well this season?**

- 4. What are some things that you could have done better this season?**

- 5. What are some things that we, as coaches, can do better to make this the best program that we can?**

- 6. As of today (and this is not set in stone in any way), are planning on going out for basketball in 2011-2012?**

- 7. Any other comments:**

BROOKE DENTON

Three things that you have done well:

- 1. Shooting**
- 2. Competitiveness and knowledge of the game**
- 3. Leadership improved greatly this season**

Three things that you need to work on:

- 1. Attacking the rim and getting to the FT line more (6x's a game)**
- 2. Continued strength development to help increase FT attempts**
- 3. Rebounding**

“I love winning, and I’m one of the worst people to be around if we lose. I honestly think I hate losing more than I like winning.”

-Lindsey Moore, Nebraska Senior Point Guard (from the Lincoln Journal-Star, Thursday, 2/28/2013)

ALEX BANKER

Three things that you have done well:

- 1. Attacking the basket and getting to the FT line**
- 2. Rebounding**
- 3. Character and coach-ability**

Three things that you need to work on:

- 1. Move shooting range out to 15-17 feet and face up game**
- 2. Strength**
- 3. Bring everyone to your competitive level**

“I love winning, and I’m one of the worst people to be around if we lose. I honestly think I hate losing more than I like winning.”

-Lindsey Moore, Nebraska Senior Point Guard (from the Lincoln Journal-Star, Thursday, 2/28/2013)

SUMMER 2013

Here is your summer workout program for the summer of 2013. It will be given to you the second week of April, and it is due back by July 31st. This is a system in which we, as coaches, can determine, using your information, who is putting the most time in during the summer months.

Like last summer, you can earn stars that can be applied to the back of your in season t-shirt. These stars accumulate over your career from 9th-12th grade summer workouts, so your stars from last summer will carry over to this summer.

Obviously, this is an honor system, and we expect you to keep as accurate of records as possible and to be faithful to filling out your record book. Bear in mind that if you are not as honest as possible with your summer work-out program, you are not only hurting yourself, but your teammates as well.

This is the system we will use to hand out our stars. There are five main areas in which we can factually measure improvement in the summer. They are:

- Open Gyms (Including morning shooting)
- Camps and League Play
- Shots
- Free Throws
- Weight Training

The following are the numbers you need to achieve in order to receive a star:

- Open Gyms (including spring open gyms and summer morning shooting): 12 times if you are not involved in a spring sport at SCHS; 8 times if you are involved in a spring sport at SCHS
- Camps and League Play: 75% games played or attended (injury/illness)
- Shooting: 8,000 shots made (following shooting/open gym workout)
- Free Throws: 5,000 shots made
- Weight Training: 30 times in weight room

Many times, I have a long-winded explanation of why the summer is important. This is a big summer for two or three reasons, and I am keeping it very brief and simple:

1. For the program, we have not been to the state tournament for two seasons, and we have hovered around .500 for the last three. There should be a tremendous sense of urgency from the opening tip of the summer, both as individuals and collectively as a program, to rectify both of those situations. There are many of you (including many of our returning players at all levels) who could make a case that their skill set could, in some way, help us at the Varsity level; I need to find 8 or 9 people that feel that same urgency about Skutt Catholic Girls Basketball that I have.

2. For our seniors, what kind of legacy do you want to leave on the program? How do you want our future players to look at your accomplishments both on and off the floor? I challenge you to leave a great legacy, because you have a chance to do that, but in order to do that, it starts this summer.

3. This will be very competitive, and there will be multiple opportunities given to many of you; what you do with it is up to you.

I like the physical make-up of this team and where we are at, but we have a lot of work to do. There are three things that I know going into this summer:

- **The best players play, regardless of class or age.**
- **I don't decide your playing time; you do. Put me in a situation where I can't take you off the floor. That doesn't mean it's all about scoring, but doing the little things, playing SkyHawk basketball!**
- **This packet will help you get there; it is up to you to put it into action.**

Additional tips about summer organization

1. Spring individual meeting; we are brutally honest as to where they stand going into the summer
2. Make a list each off-season (fall, spring and summer) of your athletes to find out if/what other sports they are participating in
3. Get summer information and dates to players and parents as soon as possible (April 1st is our target date)
4. Give each player/family a "summer receipt" so that there is no confusion on what they have or have not signed up for
5. Have your parents and players help with fundraising projects in the spring and summer; make them work for something that they want!
6. Have an email distribution list to send out information at any time
7. We open each summer with a team barbeque to bring everyone together to "restart" the next "season".
8. During the summer, we don't put the focus on winning games; we put the focus on getting better. Sometimes it is more important to show players what they can't do rather than what they can do.
9. When you come in to your summer games or open gyms, you better be ready to coach. If you're not, you can't get mad at your players for not being ready to play
10. At the end of each summer, the players turn in their summer packets to tell us what they have done. They are responsible for what they turn in to me, and they better tell me the truth. If they have only done 30% of what is expected, it is better that they tell me early rather than late, because then I will be expecting 100% improvement rather than the 30% improvement they have actually put in.



2013 GIRLS BASKETBALL SUMMER CAMPS

5-time State Qualifier (2004, 2005, 2009, 2010, 2011)

2012 District Runners-Up

2004 State Runner-up

2005 State Semi-Finalist

2010 State Semi-Finalist

DATES

June 3rd-7th, 2013 for the High School Camp

1:30-4:30 P.M.

June 17th-20th, 2013 for the Elem./ Jr. High Camp

1:30-4:30 P.M.

CAMP FEATURES

Off. and Def. Fundamentals

Team Concepts

Shooting

Contests

Guest Speakers

COST

\$60 for the entire camp, or \$15 per day attended

NEED MORE INFORMATION?

Contact Head Coach Marty Plum at (402) 333-0818

or

mdplum@schools.archomaha.org

Name _____ Address _____
 City _____ State _____ Zip Code _____ Home Phone _____
 Emergency Phone _____ Grade entering Fall of 2013 _____
 School Attending, Fall, 2013 _____ T-Shirt Size: YS YM YL AS AM AL
 Session Attending (Circle One): 6/3-6/7 6/17-6/20

Return Check to: Coach Marty Plum
 Skutt Catholic High School
 3131 South 156th Street
 Omaha, NE 68130

Or register online at: www.skuttcatholic.com

We certify that our daughter has been cleared for athletic participation by a medical doctor. We also understand that it is our responsibility to carry adequate medical insurance to cover injuries. Parent Signature: _____

SKUTT CATHOLIC GIRLS BASKETBALL 2011 FALL ELEMENTARY FUNDAMENTAL CAMPS

*5-time State Qualifier (2004, 2005, 2009, 2010, 2011)
2011 District Champions and State Tournament Qualifiers
3 CONSECUTIVE District Championships
2004 State Runner-up
2005 and 2010 State Semi-Finalist*



DATES

Dates: Saturdays starting on October 22nd and running every Saturday through November 19th

TIMES

1st-3rd Graders: 9-10:30 A.M.
4th and 5th Graders: 10:30 A.M.-Noon

STRUCTURE OF FUNDAMENTAL SESSIONS

First full hour of each session: Fundamental skill work with the Skutt Catholic coaching staff and players

Last 30 minutes of each session: Games and contests (Public welcome)

COST

\$50 for the entire camp, or \$10 per day attended

NEED MORE INFORMATION?

Contact Head Coach Marty Plum at (402) 333-0818 or mdplum@schools.archomaha.org

Name _____ Address _____
City _____ State _____ Zip Code _____ Home Phone _____
Emergency Phone _____ Grade for Fall of 2011 _____
School Attending, Fall, 2011 _____ T-Shirt Size: YS YM YL AS AM AL
Session Attending (Circle One): 1st-3rd Grade Session 4th-5th Grade Session

We certify that our daughter has been cleared for athletic participation by a medical doctor. We also understand that it is our responsibility to carry adequate medical insurance to cover injuries. Parent Signature: _____

SUMMER GUARD SHOOTING WORK-OUT

Important things to remember about SkyHawk shooting fundamentals

- *Inside pivots
- *Bend your knees; butt down, hands up!
- *Square up your body, especially your shoulders
- *Get the ball in your shot pocket
- *Hold your follow-through; snap your wrist off and hold it for one second

Don Meyer Shooting

1. Arm swing
 - Groove your shot pocket
2. Lay on your back, snap wrist off (with basketball)
3. Mirror-form shooting without basketball
4. Mirror-form shooting with basketball
5. One-handed shots from point-blank range

1. Self pass series, no chair (5 shots apiece from 10 different spots, using your inside pivot on both right and left; 10 shots total per exercise)
 - *Catch and shoot
 - *Shot fake, one dribble right
 - *Shot fake, one dribble left
 - *2 Free Throws
 - *Shot fake, dribble drive right to the basket
 - *Shot fake, dribble drive left to the basket
 - *2 Free Throws
 - *Shot fake, one dribble right, cross back over to the left and jump shot
 - * Shot fake, one dribble left, cross back over to the right and jump shot
 - *2 Free Throws
 - *20 Catch and shoot 3-pointers
 - *2 Free Throws
2. Self pass series with chair (10 shots coming off a chair from five different spots; 5 shots apiece from right inside pivot, then 5 shots from left inside pivot)-Chair should be 15 feet away from the basket
 - *Catch and shoot
 - *Shot fake, one dribble right
 - *Shot fake, one dribble left
 - *2 Free Throws
 - *Shot fake, dribble drive right to the basket
 - *Shot fake, dribble drive left to the basket
 - *2 Free Throws
 - *Shot fake, one dribble right, cross back over to the left and jump shot
 - * Shot fake, one dribble left, cross back over to the right and jump shot
 - *2 Free Throws
 - *20 Catch and shoot 3-pointers
 - *2 Free Throws

SUMMER POST SHOOTING WORK-OUT

Important things to remember about playing in the post:

- *Get into a good stance (PDP); drop your butt and get a good base
- *Hands up; give the guards a target, then receive the ball well
- *Get a feel for the defender
- *Don't fade from the basket; be the aggressor!
- *Finish High on lay-ups; use the backboard if you have an angle on jump shots

Don Meyer Shooting done by 4:00 PM

1. Arm swing

-Groove your shot pocket

2. Lay on your back, snap wrist off (with basketball)
3. Mirror-form shooting without basketball
4. Mirror-form shooting with basketball
5. One-handed shots from point-blank range

1. Self pass, Drop Step Baseline (5 times on both sides)
 - *Make sure you get in a good stance (PDP)
 - *Swing your baseline foot around the "defense" to get a good seal
 - *One two-handed dribble
 - *Square your shoulders and finish high!
3. Four Free Throws
4. Self pass, Turn Around Jump Shot (5 times without a dribble turning over your right shoulder, 5 times without a dribble turning over your left shoulder, 5 times with a dribble, turning over your right shoulder, 5 times with a dribble, turning over your left shoulder both sides of the basket)
 - *Make sure you get in a good stance (PDP)
 - *Square up to the basket
 - *Use the backboard if you have a good angle
5. Four Free Throws
6. Self pass, reverse pivot face-up, Shot fake, 1 dribble to the basket and finish (5 times going right, 5 times going left, both sides of the basket)
 - *Make sure you get in a good stance (PDP)
 - *Square up to the basket
 - *Finish High!
7. Four Free Throws

Work on one or the other for 8, either A or B:

- 8A. Self pass, hook shot (5 times with your right and no dribble, 5 times with your left and no dribble. Then repeat using one dribble going in each direction. Then repeat on the other side of the basket)
 - *Make sure you get in a good stance (PDP)
 - *Square up to the basket
 - *Snap your wrist off
- 8B. Self pass, one dribble to the middle, fake to the middle, then step through up and under
 - *Make sure you get in a good stance (PDP)
 - *Square up to the basket
 - *Give a good shot fake, then attack the defense
 - *Use the backboard if you have a good angle
9. Four free throws
10. Twenty 3 point shots from the top of the key area

Using a chair as defense just above the block area, repeat steps 2-10

SUMMER BALL HANDLING DRILLS

Important things to remember about handling the basketball:

- *Keep your eyes up
- *Protect the ball at all costs; it is invaluable!
- *Keep your dribble lower than your waist
- *One strong move against pressure, then attack
- *Beat pressure with pressure
- *If you make the simple play every time, the simple play becomes spectacular

1. Stationary Control drills (Head up on each drill; do 20 times apiece)
 - A. Ball Slap
 - B. Around right leg
 - C. Around left leg
 - D. Around both legs
 - E. Figure 8 between legs
 - F. Around both legs, waist, head, back down to waist, to legs
 - G. Hands in front, catch the ball, let go and put hands behind the legs
 - H. One hand in front, one hand in back; let ball go and switch hands
2. Stationary Ball handling drills (1 minute apiece)
 - A. Right hand dribble, left arm protect
 - B. Left hand dribble, right arm protect
 - C. Pull backs (both hands)
 - D. In and out (both hands)
 - E. Two up, two back
3. Full Court drills
 - A. Speed dribble (both hands)
 - B. Speed dribble, pull back one dribble, cross-over and attack (both hands)
 - C. Cross-over (both ways)
 - D. Hesitation (both hands)
 - E. Behind the back (both ways)
 - F. Between the legs (both ways)
4. Two ball drills
 - A. In rhythm
 - B. Alternate
 - C. Cross-over
 - D. Zigzag in rhythm (full court)
 - E. Zigzag alternate (full court)

STATE TOURNAMENT CHECKLIST

1. Order T-shirt's by 1-20
2. Room list if staying overnight
 - A. Disable phones and pay per view
 - B. Take away cell phones
3. Itinerary for both players and parents
4. Reserve gym time in Lincoln if necessary
 - Nebraska Wesleyan
 - Lincoln Pius X
5. Scouting
 - NSAA schedules
 - Cell phones of all Class B coaches
6. Check brackets for all possible opponents
7. Fruits for energy to bring with before and after games
8. Put shell around the team
 - A. Rest
 - B. Behavior
 - C. Being on time for all activities
9. Game passes from NSAA
10. Game forms
 - A. Lineup cards
11. Extra dry erase markers
12. Cash; keep receipts
13. Extra dubs of district games for exchanges
14. Reserve vans for travel

10 Pointers for winning the state championship

1. Get there

Gear for it. Everything is pointing to getting there!

"Practice to beat the best" - Dick Bennett

Must have a system to accomplish that, Chuck Daly had that system with the Pistons and stick to it. Princeton plays to beat the best

2. When your team gets there - it's not a big deal.

Don't make it a big deal. A big deal is winning the championship. Our Attitude: We are going there to win!!

3. Do what you did to get there.

Freak out with changes vs. Faith in the system.

Ordinary players making ordinary plays every time = extraordinary players

On good team, two players will do the dirty jobs (take charges, get on the floor, etc). On GREAT teams, all the players and coaches do the dirty jobs.

4. Be Aggressive.

Look for ways to win.

Play to win, don't play not to lose.

Pete Newell like to press on the first possession and he wasn't a press coach. He just wanted to come out and be aggressive early in the game.

Avoid Super Bowl Stupor.

5. Rest.

Mentally and physically; short, intense practices.

Duke goes dummy in tournament practice. No real contact.

More gold medals are lost by overtraining than under training.

6. Give no easy baskets.

No lay ups - no uncontested shots - block out - no put backs.

7. Get easy baskets.

a. Run - Must run but don't have to shoot.

b. Offensive rebounding - only possible flaw in Princeton system.

c. Get fouled - neutralize athleticism (make more free throws than opponents attempt).

d. Take the ball at their best player or any player prone to foul.

8. Make free throws.

Big part of our skill development workouts.

Free throw swish...swish = +1, rim make = 0, miss = -1...play to +2 or -2

9. Make lay ups.

Emphasis: perfect lay-ups in practice - no rim touches, net only.

Pressure lay-ups in practice with a defender.

You can also use reduced rims.

In all drills, if not using reduced rims stress the clean lay-up.

10. Give your team a reason to win.

"Deserving victory" - Pitino.

Those who work hardest are the last to surrender.

Fight the feeling of championship games against team that are inferior to a team you have already defeated.

In a championship tournament you will likely have a bad night. You must play hard enough to win when the ball doesn't bounce right.

WESTERN CONFERENCE INVITATIONAL TOURNAMENT ITINERARY

Wednesday, November 28th, 2012

- Both the boys and girls teams will practice from 6-7:30 AM.
- All student-athletes going on the trip will attend class through 4th period (11:15), at which time they will be dismissed.
- Bus will be loaded, and sack lunches will be served on the bus. Buses will leave Skutt Catholic at approximately 11:45 PM.
- Bus will stop in Grand Island at Bosselman's Travel Center (approximately 1:30 PM) for a 20-30 minute stop to stretch and use restrooms.
- Team will arrive at North Platte at approximately 4:30 PM for dinner at Applebee's (just off I-80 exit). Dinner will take approximately 60-75 minutes.
- Teams will go over to Mid Plains Community College for a 45-60 minute shooting practice from approximately 6:15-7:15 PM. Teams will load up after shooting practice and get back on the road around 7:30 PM.
- Teams will arrive at Scottsbluff Comfort Inn at approximately 10:30 PM (9:30 PM local time, as we will be on Mountain Standard Time). Teams will check in, go over next day's schedule, and then retire for the evening.

Thursday, November 29th, 2012 (All Times MST)

- 7:45 AM wake-up call for girls, followed by continental breakfast.
- 8:30 AM wake-up call for boys, followed by continental breakfast and study hall from 9:00-10:00 AM.
- The Girls Basketball team will leave at 8:30 AM for Western Nebraska Community College, arriving at approximately 8:40 AM. The girls will have floor time from 9:00-10:30 AM. The boy's team load up around 10:00 AM, and will practice from 10:30-Noon.
- The Girls Basketball team will have study hall from 10:45 AM-12:15 PM.
- Teams will return to the hotel, where lunch will be delivered at 12:15 PM from Subway at Monument Mall.
- The Boys Basketball team will have a study hall from 12:45-1:30 PM.
- Both programs will have "Game Day" in conference area of hotel from 1:30-2:30 PM.
- Teams will rest and relax from 2:30-3:15 PM; bus will load at 3:15 PM and leave at 3:30 PM for Alliance.
- Teams will arrive at Alliance at 4:30 PM; girl's team will play at 5:30 PM, with the boys playing @ 7:00.
- Teams will be fed by the Alliance Booster Club that evening.
- Teams should arrive back at hotel by 10:30 MST. Lights out one hour after return.

Friday, November 30th, 2012 (All Times MST)

- 7:45 AM wake-up call, followed by continental breakfast
- Both teams will load at 8:30 AM to journey to Western Nebraska Community College Arena, arriving at approximately 8:40 AM. Both programs will have floor time from 9:00-10:30 AM.
- After practice, the programs will visit Scottsbluff National Monument and Museum from 11:00-Noon; Steve Osborne is our contact at the museum, which is where we need to start.
- Both Teams will return to the hotel, where lunch will be delivered at 12:15 PM from Subway at Monument Mall.
- Teams will have daily Study Hall from 12:30-1:45.
- Girls will leave the hotel on the bus at 2:15 for Western Nebraska CC for 3:30 game. Girls will watch the first half of the following game, and then eat supper, supplied by the Western Conference Boosters.
- Boys will continue their study hall until 2:15.
- Boys will have free time from 2:30-3:15 followed by a light pre-game meal @ 3:15
- Boys will watch the second half of the girl's game before returning briefly to the hotel to prepare for their game.
- Boys will leave hotel at 5:15 for their game at 6:30.
- Girl's team will return to the hotel after the boys contest.
- Boy's team will stay for at least the first half of the other boy's semifinal that tips @ 8:00. Boys will be supplied supper by the Western Conference Boosters.
- Lights out at 11:00 PM MST.

Saturday, December 1st, 2012 (All Times MST)

- 7:45 AM wake-up call, followed by continental breakfast.
- Both teams will load at 8:30 AM to journey to Western Nebraska Community College Arena, arriving at approximately 8:40 AM. Both programs will have floor time from 9:00-9:45 AM.
- Both teams will return to the hotel, where lunch will be delivered at Noon from Subway at Monument Mall.
- Teams will begin process of packing up belongings and preparing for the trip home.
- Girls will play at either 1:30 (consolation game) or 5:00 (championship game). Boys will play at either 3:00 (consolation game) or 6:45 (championship game). At the conclusion of our competition, we will be supplied supper by the Western Conference Boosters, and then head back to Omaha.

ROOM ASSIGNMENTS AND HOTEL RULES FOR WESTERN CONFERENCE TRIP

<u>ROOM 1</u>	<u>ROOM 2</u>	<u>ROOM 3</u>	<u>ROOM 4</u>	<u>ROOM 5</u>
Sierra	Mac	Lis	Coach Plum	Dobel
Savannah	Alex	Jess	Coach Ritz	
Brooke	Miranda	Anna		
Nicole	Lauren	Kristin		

Rules for the Hotel

1. Curfew will be strictly enforced. "Lights out" means "lights out". Remember that there is a reason we are setting the curfew at the times that we are.
2. All cell phones will be turned in to Coach Dobel and kept in her room overnight 30 minutes before curfew. We will make sure that each phone is recharged by the next morning. If your parents need to get a hold of you for emergency reasons, have them call me at _____, Coach Ritz at _____ or Coach Dobel at _____.
3. There will be absolutely no males in any rooms at any point. If there is a male in your hotel room, you will be suspended for at least one quarter, and the coaching staff reserves the right to add on to that suspension.
4. That being said, you guys have been a great group to work with, and I anticipate no problems. Use common sense, say "please" and "thank you", and let's be grateful for everyone's hospitality. This is going to be a great trip!

SkyHawk Attitude



1. Go to class.
2. Compete. (No excuses).
3. Be on time. (No excuses)
4. Listen.
5. Play through the official's calls.
6. Make the simple play.
7. Huddle up as a team on free throws
8. Run to the bench when substituted for.
9. Run to timeouts.
10. Run to the locker room.
11. No cussing on the court.
12. Do not hang your head.
13. Never quit on a play.
14. Control your body language.
15. No pointing fingers (unless it is for a good pass).
16. Root for your teammates while you're on the bench.
17. Study during study hall.
18. Say "thank you".
19. Look people in the eye when you're communicating.
20. Be a role model off the floor.
21. Be humble in victory and gracious in defeat.
22. "Deserve victory."

You Are a SkyHawk When...

- *You don't care if you are the one who sets the screen or the one who hits the winning three, because fulfilling your role, whatever that role is, is most important
- *You have a desire to excel for the benefit of those relying on you.
- *You have an unquenchable need to exceed your past limitations.
- *You play without the option of defects
- *You play and know, without a doubt, that you competed like a champion.
- *You understand your commitment to your teammates.
- *You understand that basketball is a team sport.
- *You finish playing and only your body leaves the floor your heart and soul are captured within the game.
- *You will exchange your blood, sweat, and tears for the benefit of the team.
- *You understand the irrelevance of individual awards.
- *You would rather encourage a teammate to success than benefit personally from his mistakes.
- *Your respect for the game outweighs your personal pride.
- *You make mistakes and use them to improve instead of using them as excuses.
- *Your ability to make your teammates better increases each time you play.
- *You do the little things right when nobody is watching.
- *You serve your teammates with unselfish motives.
- *You understand your role and strive to perform it better.
- *You have done all you can and still feel you haven't done enough.
- *You give more than what is asked and take less than what is deserved.
- *Your effort is constant and your play is consistent regardless of the situation.
- *You think you can, and you do.

10 Commitments of SkyHawk Basketball

1. "I will be on time"

-Everyone will be on time for all scheduled events. Classes, weight lifting, practice, physical therapy and team meetings.

2. "I will get rest"

-It is important that each of you get enough sleep to be at your best each day. Everyone is expected to get rest. Plan ahead and take naps when you can.

3. "I will eat right"

-It is important that you eat properly. You must eat the proper foods to perform at your best. Remember, the most important meal is breakfast, so get up and eat.

4. "I will take pride in our facilities"

-Our team has a first class locker room, team room and weight room. We take pride in keeping them neat and clean. We have good equipment, uniforms, travel bags, etc . . . we take care of them. We don't steal from the program.

5. "I will be committed to having class"

-Treat teachers, trainers, support staff and all you meet with respect. Treat other people the way you want to be treated. Moody people are rude. Remember to smile, say please, thank you, yes sir, yes ma'am, and to give people the benefit of the doubt.

6. "I will work hard"

-Our program is built on the concept that hard work pays off. We believe that we work harder than anyone else, and because of that, we always deserve to win. There is a reason why we are the best; we work at it.

7. "I will be a smart player"

-Our players must be ready to learn. We believe we work-smarter than anyone else. We must develop players who understand the game. Our players must be good listeners and learn by watching. We must make good decisions, and we must play with poise. We prepare mentally and physically for games.

8. "I will be a team first player"

-We must have players who believe in our team concept. Our program is built on the concept that the team/program is bigger than any one player. We need unselfish players.

9. "I will have a winning attitude"

-Our players must be committed to winning but understand that we don't measure success by winning alone. Each time we play, we evaluate ourselves on reaching our potential. The test for our team is to play against the game not just our opponent. We never quit. We are always looking for a way to win.

10. "I will believe in our system"

-Commit yourself to our philosophy and to our system of play. Be a sponge and soak up the concepts of how we play. Learn your role, accept your role, and embrace your role.

"Deserve Victory"

Little Things; they're the difference between good teams and great teams

A jump stop

A loose ball

A bad close out

A one possession mental lapse

A quiet bench

A bad attitude or an attitude that isn't as good as it could be

One bad shot in warm-ups

Not tagging the guy you came in for

Tossing a towel in frustration

Not accepting a hand when you come out

A missed lay-up because we didn't chin it

A bad warm-up

A reach because we were lazy

Talking too much to an official

Not concentrating on the bench, then not being prepared to perform when you are called to go into the game

Wouldn't it be terrible if you've put in the work that you've put in to basketball, and our season, instead of being decided by either our performance or our opponent's performance, is decided by something on this list?

John Wooden's Strategy to Find Happiness

1. Promise yourself that you will talk health, happiness and prosperity as often as possible.
2. Promise yourself to make all your friends know there is something in them that is special and that you value.
3. Promise to think only the best, to work only for the best, and to expect only the best from yourself and others.
4. Promise to be just as enthusiastic about the success of others as you are about your own.
5. Promise yourself to be so strong that nothing can disturb your peace of mind.
6. Promise to forget the mistakes of the past and press on to greater achievements in the future.
7. Promise to wear a cheerful appearance at all times and give every person you meet a smile.
8. Promise to give so much time in improving yourself that you have no time to criticize others.
9. Promise to be too large for worry, too noble for anger, too strong for fear, and too happy to permit trouble to press on you.

WOODEN'S DEFINITION OF COACHING

"To get the maximum effort and peak performance from each of your player's that best serve the team."

WOODEN'S RULES FOR PRACTICE

- 1. New Drills should be done early in practice when players are fresh and can concentrate at a high level.**
- 2. 50% of practice should be fundamentals**
- 3. Discuss practice with your assistant's right afterward**
- 4. Combine as many fundamentals into each drill as possible**
- 5. Always end practice with a positive drill**

"Our players may not have been the best conditioned team in the country, but they thought they were."

-John Wooden

WHAT I WON'T DO FOR MY FRIENDS **OR TEAMMATES**

- 1. I won't steal for my friends or teammates.**
- 2. I won't cheat for my friends or teammates.**
- 3. I won't act dumb for my friends or teammates.**
- 4. I won't do drugs or alcohol for my friends or teammates.**
- 5. I won't disrupt class for my friends or teammates.**
- 6. I won't disrespect, laugh at or ridicule others for my friends or teammates.**
- 7. I won't intentionally fail for my friends or teammates.**
- 8. I won't behave irresponsibly for my friends or teammates.**
- 9. I won't knowingly hurt others for my friends or teammates.**
- 10. I won't destroy my life or anyone else's for my friends or teammates.**

***Anyone who would ask me to do any of these things
is not my friend or my teammate.***

A PRAYER FOR THOSE THAT DON'T "GET IT"

People are unreasonable, illogical and self-centered.

Love them anyway.

If you are kind, people may accuse of selfish, ulterior motives.

Be kind anyway.

If you are successful, you will win some false friends and true enemies.

Succeed anyway.

If you are honest and frank, people may cheat you.

Be honest and frank anyway.

What you spend years building, someone could destroy overnight.

Build anyway.

If you find serenity and happiness, they may be jealous.

Be happy anyway.

The good you do today, people will often forget tomorrow.

Do good anyway.

Give the world the best you have, and it may never be enough.

Give the world the best you've got anyway.

You see, in the final analysis, it is between you and God.

It was never between you and them anyway.

Abraham Lincoln: A Lesson in Persistence

- *Failed in business, 1831**
- *Defeated for Legislature, 1832**
- *Second failed business venture, 1833**
- *Suffered nervous breakdown, 1836**
- *Defeated for speaker, 1838**
- *Defeated for Elector, 1840**
- *Defeated for Congressional Nomination, 1843**
- *Defeated for Congress, 1848**
- *Defeated for Senate, 1855**
- *Defeated for Vic-President, 1856**
- *Defeated for Senate, 1858**
- *Elected President of the United States, 1861**

“Never give in-never, never, never, never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to force; never yield to the apparently overwhelming might of the enemy.”

-Winston Churchill

Tips for an Exceptional, Superb & Powerful Life!

- 1.) Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate antidepressant.
- 2.) Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
- 3.) Buy a Tivo (DVR), tape your late night shows and get more sleep.
- 4.) When you wake up in the morning complete the following statement, 'My purpose is to _____ today.'
- 5.) Live with the 3 E's -- Energy, Enthusiasm, and empathy.
- 6.) Watch more movies, play more games and read more books than you did last year.
- 7.) Always pray and make time to exercise.
- 8.) Spend more time with people over the age of 70 and under the age of six.
- 9.) Dream more while you are awake.
- 10.) Eat more foods that grow on trees and plants and eat fewer foods that are manufactured in plants.
- 11.) Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.
- 12.) Try to make at least three people smile each day.
- 13.) Clear your clutter from your house, your car, your desk and let new and flowing energy into your life.
- 14.) Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead, invest your energy in the positive present moment.
- 15.) Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra classbut the lessons you learn will last a lifetime.
- 16.) Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
- 17.) Smile and laugh more. It will keep the energy vampires away.
- 18.) Life isn't fair, but it's still good.
- 19.) Life is too short to waste time hating anyone.
- 20.) Don't take yourself so seriously. No one else does.
- 21.) You don't have to win every argument. Agree to disagree.
- 22.) Make peace with your past so it won't screw up the present.

- 23.) Don't compare your life to others'. You have no idea what their journey is all about.
- 24.) Ladies - Go on and burn those 'special' scented candles, use the 600 thread count sheets, the good china and wear our fancy lingerie now. Stop waiting for a special occasion. Every day is special.
- 25.) No one is in charge of your happiness except you.
- 26.) Frame every so-called disaster with these words: 'In five years, will this matter?'
- 27.) Forgive everyone for everything.
- 28.) What other people think of you is none of your business.
- 29.) Time heals almost everything. Give time, time!
- 30.) However good or bad a situation is, it will change.
- 31.) Your job won't take care of you when you are sick. Your friends will. Stay in touch with them.
- 32.) Get rid of anything that isn't useful, beautiful or joyful.
- 33.) Envy is a waste of time. You already have all you need. God provides, remember?!
- 34.) The best is yet to come. (in Heaven)
- 35.) No matter how you feel, get up, dress up and show up.
- 36.) Do the right thing!
- 37.) Call your family often.
- 38.) Each night before you go to bed complete the Following statements: 'I am thankful for _____.'
Today I accomplished _____.
- 39.) Remember that you are too blessed to be stressed.
- 40.) Enjoy the ride. Remember that this is not Disney World and you certainly don't want a fast pass. You only have one ride through life so make the most of it and enjoy the ride.

LIVE, LOVE, LAUGH. LIFE'S A GIFT ... UNWRAP IT!
Have a Blessed day. Please share with friends!

10 things to learn from Japan

- 1. THE CALM:** Not a single visual of chest-beating or wild grief. Sorrow itself has been elevated.
- 2. THE DIGNITY:** Disciplined queues for water and groceries. Not a rough word or a crude gesture.
- 3. THE ABILITY:** The incredible architects, for instance. Buildings swayed but didn't fall.
- 4. THE GRACE:** People bought only what they needed for the present, so everybody could get something.
- 5. THE ORDER:** No looting in shops. No honking and no overtaking on the roads. Just understanding.
- 6. THE SACRIFICE:** Fifty workers stayed back to pump sea water in the N-reactors. How will they ever be repaid?
- 7. THE TENDERNESS:** Restaurants cut prices. An unguarded ATM is left alone. The strong cared for the weak.
- 8. THE TRAINING:** The old and the children, everyone knew exactly what to do. And they did just that.
- 9. THE MEDIA:** They showed magnificent restraint in the bulletins. No silly reporters. Only calm reportage.
- 10. THE CONSCIENCE:** When the power went off in a store, people put things back on the shelves and left quietly!

The Law of the Jungle
(From *The Jungle Book*)
by **Rudyard Kipling**

**Now this is the Law of the Jungle --
as old and as true as the sky;
And the Wolf that shall keep it may
prosper,
but the Wolf that shall break it must die.**

**As the creeper that girdles the tree-trunk
the Law runneth forward and back --
For the strength of the Pack is the Wolf,
and the strength of the Wolf is the Pack.**

THE CRITIC

By Theodore Roosevelt

“It is not the critic who counts, not the man who points out how the strong man stumbles or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errors and comes up short again and again because there is no effort without error and shortcomings, who knows the great enthusiasm, the great devotions and spends himself in a worthy cause, who at the best knows in the end of the triumph of his high achievement, and who at worst, if he fails, at least he fails by daring greatly, knowing his place shall never be with those timid and cold souls who know neither victory or defeat.”

Twenty Practical Ways to Love Your Wife and Family

by John Enderby

1. Each day hug your wife tightly and tell her that you love her. Do the same with your children, regardless of how old they are.
2. Be quick to admit, "I am wrong, I am sorry, please forgive me."
3. Be quick to say, "I forgive you," when family member says they have been wrong.
4. Turn off the TV, turn to your wife, and ask her questions about her world.
5. Write notes of encouragement for each family member, mention you love them and are proud of them.
6. Surprise your wife. Plan a special night out.
7. Fix breakfast, or take your family out for breakfast, on a Saturday morning.
8. Continue to help meet the emotional needs of your spouse like we discussed last month.
9. Give focused attention when your spouse or child talks to you.
10. Send your wife flowers or buy her a special gift, just because.
11. Praise your spouse in front of your mutual friends.
12. Say and do things that tell your wife and family they are priority in your life.
13. When you say you are going do something, do it. Don't break your promises.
14. Look for ways to help your wife around the home. Help with dishes, pick up the kids from the mall, vacuum the carpet, etc. True love means serving others.
15. Ask your wife where she would like to go on a date and then do it.
16. Give 10-minute neck and back rubs to your mate on a regular basis.
17. Take each of your children (individually) out for a lunch or dinner date, just the two of you. Share with them what life was like when you were their age.
18. Make it a point to express love and appreciation to your wife when your children can see and hear it.
19. The next time you and your wife get into a debate, apply the words of St. Francis by trying to understand her feelings more than you want to be understood.

Bring laughter and joy into your home. Twenty years from now when your children think about you, may their thoughts be, "Dad was a great guy, he smiled and laughed a lot. He enjoyed being around me. Home was a great place to be because of him!"

SKYHAWK QUOTES

“Deserve Victory”

-Winston Churchill

“Our goals this year are about what our basketball team can accomplish this year.”

“I don’t think it’s important whose right. I think it’s important what’s right.”

-Bill Belichick

“-A pat on the back is only three feet away from a kick in the ass.”

“You have to compete.”

-Tom Brady

“A lion never roars after a kill.”

“Nature has given us two ears, two eyes and but one tongue- to the end, we should hear and see twice as much as we speak.”

-Socrates

“Tough times don’t last. Tough people do.”

-Chuck Noll

“Making shots count-but not as much as the people who make them.”

-Coach K

“Only the mediocre are always at their best.”

-Jean Girardoux

“Spectacular achievements are always preceded by unspectacular preparation.”

-Roger Staubach

“Everything starts in practice.”

-Deion Branch

“Leaders don’t create followers. They create more leaders.”

-Tom Peters

“Success is impossible without short term goals.”

-Peter Drucker

“Everyone has a plan until they get hit.”

-Evander Holyfield

“You can’t win games if you’re losing them.”

-Bill Belichick

"We try to do the little things right, and then the big things come."

-Tom Brady

"There's no shortcut to building a team each season. You build the foundation brick by brick."

-Bill Belichick

"You may think I'm a genius, but not that long ago people thought that I was a failure, so don't let temporary setbacks crush your passion for pursuing your dreams."

-Bill Belichick

"Any time you make a decision, it's gonna maybe be good for somebody and not be good for someone else, but in the long run it's good for the team, and that's why you make it."

-Bill Belichick

"The journey is better than the inn."

-Cervantes

"You can make mistakes, but you aren't a failure until you start blaming others for those mistakes."

-John Wooden

"It's amazing how much gets accomplished when no one cares who gets the credit."

-John Wooden

"Great effort naturally springs from a great attitude."

-Pat Riley

"Champions never complain. They are too busy getting better."

"The best teams have chemistry. They communicate with each other and they sacrifice personal glory for the common goal."

-Dave DeBusschere

"Defense is the foundation and heart of the game of basketball."

-Jerry Tarkanian

"We are what we repeatedly do. Excellence then is not an act, but a habit."

-Aristotle

"Approach the game with no pre-set agendas and you'll probably come away surprised at your overall efforts."

-Phil Jackson

"Perfection is what we are striving for, but perfection is impossible. However, *striving* for perfection is not impossibility."

-John Wooden

“Winning makes everyone a star.”

-Lenny Wilkens

“You don’t play against opponents. You play against the game of basketball.”

-Bobby Knight

“Sometimes a player’s greatest challenge is coming to grips with their role on the team.”

-Mike Kryzewski

“All great teams have two things in common; defense and rebounding.”

-Larry Brown

“Winning a championship is never easy. And it shouldn’t be.”

-Phil Jackson

“All our dreams can come true-if we have the courage to pursue them.”

-Walt Disney

“The nicest thing that anybody ever said about me as a basketball player was that I made the players around me better. To me, there’s no higher compliment.”

-Earvin “Magic” Johnson

“Work is a good word. When we work hard at something we enjoy and feel good about, we feel good about ourselves again and again and again.”

-Mike Krzyzewski

“Truly, I have never known a really successful man who deep in his heart did not understand the grind, the discipline it takes to win.”

-Vince Lombardi

“Many, many times, the kids with less talent become the better athletes because they’re more dedicated to achieving their full potential.”

-Red Auerbach

“There are three kinds of men. The one that learns by reading, the few who learn by observation, and the rest of them have to pee on the electric fence for themselves.”

-Will Rogers

“Remember that basketball is a game of habits. If you make the other guy deviate from his habits, you’ve got him.”

-Bill Russell

“One way to regain your rhythm on offense is to make big plays on defense.”

-Scottie Pippen

"I really believe defense is an art."

-Dennis Johnson

"Winning basketball goes beyond the superstar. The secret is balance, teamwork, hustle and defense."

-Red Auerbach

"It's not up to anyone else to make me give my best shot."

-Hakeem Olajuwon

"Winning basketball goes beyond the superstar. The secret is balance, teamwork, hustle and defense."

-Red Auerbach

"To be successful, you don't have to do extraordinary things. Just do ordinary things extraordinarily well."

-John Rohn

"Do or do not. There is no try."

-Yoda

"Rebounding is about an attitude."

"Today we must build so that tomorrow's dreams can come true."

"Happiness is winning on the road."

"Always keep your goals in sight. This will help define your role."

"Each play in each game is only done once."

"For the strength of the wolf is the pack, and the strength of the pack is the wolf."

"Do not allow anyone else to decide how you play-you decide how you play."

"Teamwork cannot flourish without trust."

"If you want to be good under pressure, compete in everything."

"Believe in yourself. If you believe you can do something, don't let anybody in the world tell you can't."

"Keep it simple. When you get too complicated, you forget the obvious."

"If you ignore the little things, the little things become big things in a hurry."

“Physical toughness will make the opponent weaken, and mental toughness will make him crack.”

“Be prepared for special moments. Some arrive and repeat while others appear only once.”

“Disappointment offers lessons and opportunities.”

“You will feel and become stronger after battling through a tough situation.”

“It’s the little things that have always made us who we are, and we have to make sure that we don’t lose sight of that.”

“A lot of days you just want to give up, but the hard work and the pressure make a better person out of you. It prepares you for life.”

“The final test of a championship team is how strongly the players believe in each other.”

“It’s supposed to be hard. If it wasn’t hard, everyone would do it. The hard is what makes it great.”

“Minds are like parachutes; they only function when open.”

“Not everyone can be a winner all the time, but everyone can make that effort, that commitment to excellence.”

“Adversity often produces the unexpected opportunity.”

“Rebounding is all about heart.”

“I want us to play mother in law defense; constant nagging and harassing.”

“Failure to prepare is preparing to fail.”

“To be successful, you have to like to lose a little less than everybody else.”

“Leaders aren’t born, they are made. And they are made just like anything else, through hard work. And that’s the price we’ll have to pay to achieve that goal, or any goal.”

-Vince Lombardi

Studies have shown, to master a fine motor skill, one must practice that skill correctly 200,000 times or more!

Good shooters will shoot at least 1,000 shots per week during the “off” season. How hard are you willing to work?

"If you don't have time to do it right, when will you have time to do it over?"

-John Wooden

"Some say you have to use your five best players, but I found out that you win with the five that fit best together as a team."

-Red Auerbach

"The Packers won the Super Bowl primarily because the *team* had a lot of love for each other, and this unity helped us hold together under extreme pressure."

-Vince Lombardi

"Our titles would not have been possible without the unselfishness displayed by all our teams, the *team* wins, not the individual."

-John Wooden

"Don't coach mad."

-Rick Pitino

"Coming together is a beginning; keeping together is a process; working together is success."

-Henry Ford

"When your organization operates like a strong family, you can't be knocked out by one punch."

-Coach K

"Don't come back until you have improved."

-Nick Saban sign in locker room

"He who is a friend is always a friend, and a brother is born for the time of stress."

Proverbs 17:17

"Some friends bring ruin to us, but a true friend is more loyal than a brother."

Proverbs 18:24

"A patient man is better than a warrior, and he who rules his temper, than he who takes a city."

Proverbs 16:32

"I know the plans that I have for you . . . They are plans for good and not for disaster, to give you a future and a hope."

-Jeremiah 29:11

"Even children are known by the way they act, whether their conduct is pure, and whether it is right."

-Proverbs 20:11

"Those who exalt themselves will be humbled, and those that humble themselves will be exalted."

-Luke 18:14

SECTION V



SKYHAWKS
SKITT CATHOLIC

APPENDIX AND CHARTS

APPENDIX A-Program Philosophy Checklist

SKUTT CATHOLIC GIRLS BASKETBALL **PROGRAM PHILOSOPHY CHECKLIST**

OFFENSE**Transition:** Cycles/ Flip/ Flow**Man. Offense:** Stanford/ Arizona**Delay:** Victory**Sets:** Post "X"/ Pride/ Power/ Pin/ Cross/ Dive Sets/Loop Sets/ America Series/
Elevation/ Oregon/ "Fist"/ Tap/ Smash**Zone Offense:** Hawkeye/ Cyclone/ Bulldog/ Overload/ Panther Entry**Sets:** Maryland/ Pride Flash/ Panther Seal/ Chicago (Lob)**BLOB'S:** #1/ "Slip", #2, #3, #4, #5, America/ "Fist"**SLOB'S:** Box/ Gun/ Elevation/ Curl/ Power**Last Second:** Home Run/ Georgia**Press break Man:** 11/ 14 → Iowa State and Brady/ 32 vs. Run and Jump/ 41/ 51**Press break Zone:** 21/ 31**Press break Half Court Trap:** 21 → Welker and Branch**DEFENSE****Base:** Yellow/ Blue → Black/ Orange**Change Up:** 23 Black/ Black 23/ Orange "X"**Catch Up:** White "X"/ Full court Black**BLOB:** Orange/ Black**SLOB:** Orange/ Black**ACADEMIC MONITORING**

School Policy

-Guidance

-Success Study Hall

-Bi-weekly Updates during season

BALANCE IN YOUR LIFE

Kid's activities

Time with Carla

Writing

X-Box Football Dynasty

BUDGET CONTROL

Nancy Kirker (High School) and Mike Dobel (Feeders)
Summer Budget

SUMMER CAMPS

High School Camp: First week of June
-Implementation of Summer X's and O's
-Introduction of Freshman and Transfers

Junior High Camp: Third week of June
-Skill development
-Fun activities
-Guest speakers
-Recruitment Tool

COMMUNICATION

Coach to Team: Role meeting before and after season/ Mass team meeting last day of conditioning/ Daily meeting before practice starts/ Unity Council/ Open Door Policy

Coach to Staff: Daily email/ phone calls

Coach to Parents: Mass email

Coach to Fans: Facebook/ Skutt Website

Coach to Media: Email

Coach to Alumni: Facebook/ Alumni Night

Coach to Administration: Drop ins/ Email

CONDITIONING

Strength: Jeremy

Agility: Jeremy

Stamina: Fall conditioning program

DISCIPLINE

Team: School infractions → School Policy/ 3 rules for on and off the court/ Team patrols the locker room

Self: Discipline within the community

FEEDER SYSTEMS

Kent Speer and Tricia Speer → Need to improve!

FREE THROW

Daily practice

- Competitive games
- Need to keep better individual statistics on a daily basis

INJURY MANAGEMENT

Eric Urbanec

Long term/ Short term → Preseason presentation

LANGUAGE/TERMINOLOGY

Base Offense: Pac 10 schools

Sets: Actions (Loop, Dive, Power, etc . . .)

Zone Offense: Iowa College Nicknames

BLOB'S: Single digit numbers

SLOB'S: Actions

Press breaks: Double digit numbers/ Patriots players

Defense: Colors

PLAYER DEVELOPMENT

Spring: Open Gyms

Summer: Skutt Team Camp/ Morning Open Gyms/ Leagues/ Team Camps

Fall: Weights/ Conditioning

PRACTICE PLAN

Length: Preseason 2:00-2:15

December 1:45

January 1:45

February 1:15-1:30

Time of Day: After School

Weekends: Mornings for either practice or shoot around

Holidays: Family first; have to get practices in during this time

Pace/ Flow: Fundamentals/ Press work/ Individual Defense/ Team Defense/ Team Offense/
Situations/ Shooting

REBOUNDING

Offense: 3 crash/ 2 back at all times (Mac, Brooke, Katy)

Defense: Rebounding out of zone/ Push and fill lanes/ Flow and fill in transition

RETAINING INTERESTED PLAYERS

Feeder teams → Need to be better and more consistent

SCOUTING

Shooters/ Drivers/ Posts/ Play Off

Basic offense and prep for major actions/ individuals

Basic defense and prep for defenses

Pre game → Four keys on offense/ Four keys on defense

SHOOTING

Spend more time on mechanics and finishing shots

-BEEF

-Hold the follow through

-Finish on balance

SIDELINE/ BENCH DECORUM

Wooden Decorum

No technical fouls

More involved bench from players → Norris 5's, etc . . .

STAFF ORGANIZATION/ DELEGATION

Coach Plum-Practice planning/ Work with posts/ Scouting/ Substitutions/ Offenses and defenses

Coach Ritz-Work with guards/ Watch the game like a head-coach/ sit in the middle

Coach Ronnfeldt-Work with posts/ BLOB'S and SLOB'S/ Post bench coach

Coach Polacek-Work with guards/ Fouls and timeouts/ Guard bench coach

TEAM POLICIES

Off the court: 1. Be on time 2. Stay out of trouble 3. Get the best grades you can

On the court: 1. Have fun 2. Concentrate 3. Play as hard as you can all the time

TRAVEL

Quiet but not rigid bus rides to games

"All ride home" games to be announced, especially long trips

APPENDIX B-Skills Spread Sheet

GRADE LEVEL	SHOOTING	BALLHANDLING	PASSING
ELEMENTARY (5TH GRADE AND LOWER)	<ol style="list-style-type: none"> 1. Solid form is developed using Don Meyer Shooting 2. Teach how to chin layups , both right and left handed; 70% on unguarded lay-ups 3. 50% on FT's 4. Shooting range at 8-10 feet 	<ol style="list-style-type: none"> 1. Introduce the concept of Triple Threat“ and “finding the rim” on every catch 2. Develop the ability to dribble with both hands 3. Introduce the concept of shooting off the dribble from 8-10 feet, with all dribbles going “north/south” 	<ol style="list-style-type: none"> 1. Develop simple passing fundamentals 2. Know how to make simple chest and bounce pass 3. Know how to receive simple chest and bounce pass
6TH GRADE	<ol style="list-style-type: none"> 1. Solid form is developed using Don Meyer Shooting 2. Continue to develop the concept of chinning layups with both the right and left; 75% on unguarded lay-ups 3. 55% on FT's 4. Expand individual shooting range to 10-12 feet 	<ol style="list-style-type: none"> 1. Master the concept of Triple Threat“ and “finding the rim” on every catch 2. Continue to develop the ability to dribble with both hands 3. Continue to develop the concept of shooting off the dribble from 10-12 feet, with all dribbles going “north/south” 	<ol style="list-style-type: none"> 1. Continued development of passing fundamentals, including how to make and receive chest and bounce passes 2. Introduce the concept of “dribble and pass” execution and reception
7TH GRADE	<ol style="list-style-type: none"> 1. Solid form is developed using Don Meyer Shooting 2. Continue to develop the concept of chinning layups with both the right and left; 80% on unguarded lay-ups 3. 60% on FT's 4. Expand individual shooting range to 10-12 feet 5. Introduction of Don Meyer Shot Discipline 	<ol style="list-style-type: none"> 1. Master the ability to dribble with both hands 2. Introduce the concept of the crossover and pull-back crossover dribble to handle on ball -pressure 3. Continue to develop the concept of shooting off the dribble from 10-12 feet, with all dribbles going “north/south” 	<ol style="list-style-type: none"> 1. Master the concepts of basic passing fundamentals (execution and reception) 2. Continue to develop the concept of “dribble and pass” execution and reception 3. Introduce concepts of wing to post bounce pass entry and full court pass
8TH GRADE	<ol style="list-style-type: none"> 1. Solid form is developed using Don Meyer Shooting 2. Continue to develop the concept of chinning layups with both right and left; 85% on unguarded lay-ups 3. 65% on FT's 4. Expand individual shooting range to 12-15 feet 5. Continued education on Don Meyer Shot Discipline 	<ol style="list-style-type: none"> 1. Master the concept of the crossover and the pull-back crossover dribble 2. Introduce the concept of the hesitation dribble 3. Continue to develop the concept of shooting off the dribble from 12-15 feet, with all dribbles going “north/south” 	<ol style="list-style-type: none"> 1. Master the concept of “dribble and pass” execution and reception 2. Continue to develop the concept of the wing to post bounce pass entry and full court pass 3. Introduce the concept of the weak hand pass

GRADE LEVEL	SHOOTING	BALLHANDLING	PASSING
FRESHMAN	<ol style="list-style-type: none"> 1. Solid form is developed using Don Meyer Shooting 2. Continue to develop the concept of chinning layups with both right and left; 90% on unguarded lay-ups 3. 70% on FT's 4. Expand individual shooting range to 15-17 feet 5. Master the Don Meyer Shot Discipline 	<ol style="list-style-type: none"> 1. Master the concept of the hesitation dribble 2. Introduce the concept of the between the legs and behind the back dribble 3. Continue to develop the concept of shooting off the dribble from 15-17 feet, with all dribbles going "north/south" 	<ol style="list-style-type: none"> 1. Master the concept of the wing to post bounce pass entry and full court pass 2. Continue to develop the concept of weak hand pass
JUNIOR VARSITY	<ol style="list-style-type: none"> 1. Solid form is developed using Don Meyer Shooting 2. Continue to develop the concept of chinning layups with both right and left; 95% on unguarded lay-ups 3. 75% on FT's 4. Expand individual shooting range to 17-19 feet 	<ol style="list-style-type: none"> 1. Continue to develop the concept of the between the legs and behind the back dribble 2. Continue to develop the concept of shooting off the dribble from 17-20 feet, with all dribbles going "north/south" 	<ol style="list-style-type: none"> 1. Continue to develop the concept of weak hand pass
VARSIITY	<ol style="list-style-type: none"> 1. Solid form is developed using Don Meyer Shooting 2. Continue to develop the concept of chinning layups with both right and left; 99% on unguarded lay-ups 3. 80% on FT's 4. Shooting range should reach consistent 3 point shooting 	<ol style="list-style-type: none"> 1. Master the concept of the between the legs and behind the back dribble 2. Continue to develop the concept of shooting off the dribble from 17-20 feet, with all dribbles going "north/south" 	<ol style="list-style-type: none"> 1. Master the concept of weak hand passing 2. All fundamental passing skills should be mastered

<u>GRADE LEVEL</u>	<u>IND. PERIMETER OFF.</u>	<u>INDIVIDUAL POST OFFENSE</u>	<u>MOVEMENT WITHOUT BALL</u>
ELEMENTARY (5TH GRADE AND LOWER)	<ol style="list-style-type: none"> 1. Introduce the concepts of being aggressive on offense, to get in a "Triple Threat" position, "Find the Rim", and "Attack the Basket" whenever possible (Scoring in a one on one situation) 2. Introduce the concept of the importance of using the backboard on lay-ups and jump shots 	<ol style="list-style-type: none"> 1. Introduce the concepts of being aggressive on offense, to get in a "Triple Threat" position, "Find the Rim", and "Attack the Basket" whenever possible (Scoring in a one on one situation) 2. Introduce the concept of the importance of using the backboard on lay-ups and jump shots 	<ol style="list-style-type: none"> 1. Introduce concept of "L" cut and how to get open away from ball 2. Introduce concept of screening away from ball and coming off screens tightly, or a straight cut 3. Introduce concept of passing and cutting to the basket
6TH GRADE	<ol style="list-style-type: none"> 1. Continue to develop the concepts of being aggressive on offense, "Triple Threat", "Find the Rim", "Attack the Basket", and using the backboard on lay-ups and jump shots (Scoring in a one on one situation) 2. Introduce the concept of coming off screens to score, either off the dribble and/or with a catch and shoot 	<ol style="list-style-type: none"> 1. Continue to develop the concepts of being aggressive on offense, "Triple Threat", "Find the Rim", "Attack the Basket", and using the backboard on lay-ups and jump shots (Scoring in a one on one situation) 2. Introduce the concept of "Plant/ Drop/ Pivot" to establish post position, followed by a "drop step" 	<ol style="list-style-type: none"> 1. Master "L" cut and how to get open away from the ball 2. Continued development of screening away from the ball, coming off screens tightly (straight cut) and cutting to the basket after passing 3. Introduce the concept of curl cut off screens
7TH GRADE	<ol style="list-style-type: none"> 1. Master the concepts of being aggressive on offense, "Triple Threat", "Find the Rim", "Attack the Basket", and using the backboard on lay-ups and jump shots (Scoring in a one on one situation) 2. Continue to develop the concept of coming off screens to score, either off the dribble and/or with a catch and shoot 	<ol style="list-style-type: none"> 1. Master the concepts of being aggressive on offense, "Triple Threat", "Find the Rim", "Attack the Basket", and using the backboard on lay-ups and jump shots (Scoring in a one on one situation) 2. Continue to develop the concept of "Plant/Drop/ Pivot" and drop step 3. Introduce the concept of the "High/Low" post pass. 	<ol style="list-style-type: none"> 1. Master concepts of screening away from the ball, coming off screens tightly (straight cut) and cutting to the basket after passing 2. Continued development of curl cut off screens 3. Introduce concept of back screen
8TH GRADE	<ol style="list-style-type: none"> 1. Continue to develop the concept of coming off screens to score, either off the dribble and/or with a catch and shoot 2. Introduce the concept of scoring using the pick and roll 	<ol style="list-style-type: none"> 1. Master the concept of "Plant/Drop/ Pivot" and drop step post move 2. Continue to develop the concept of the "High/Low" post pass. 3. Introduce the concept of scoring using the pick and roll 	<ol style="list-style-type: none"> 1. Master concept of curl cut off screens 2. Introduce and develop the concept of back screen 3. Introduce the concept of relocation after a post entry for guards (crack back) and posts (dive)

<u>GRADE LEVEL</u>	<u>IND. PERIMETER OFF.</u>	<u>INDIVIDUAL POST OFFENSE</u>	<u>MOVEMENT WITHOUT BALL</u>
FRESHMAN	<ol style="list-style-type: none"> 1. Continue to develop the concept of coming off screens to score, either off the dribble and/or with a catch and shoot 2. Continue to develop the concept of scoring using the pick and roll, adding the "slip" read to the pick and roll 3. Introduce the concept of shooting left handed from 5 feet and in. 	<ol style="list-style-type: none"> 1. Master the concept of the "High/Low" post pass. 2. Continue to develop the concept of scoring using the pick and roll, adding the "slip" read to the pick and roll 3. Introduce the concepts of the "Sikma" reverse pivot face up and "Up and Under" post moves 	<ol style="list-style-type: none"> 1. Master the concept of the back screen 2. Continue to develop the concept of relocation after a post entry for guards (crack back) and posts (dive) 3. Introduce the concept of "Utah" (High Post) entry and backdoor wing cut
JUNIOR VARSITY	<ol style="list-style-type: none"> 1. Continue to develop the concept of coming off screens to score, either off the dribble and/or with a catch and shoot 2. Continue to develop the concept of scoring using the pick and roll, using the "slip" and adding the "pop" reads to the pick and roll 3. Continue to develop the concept of shooting left-handed from 5 feet and in. 4. Introduce the concept of posting up, if skill set is appropriate 	<ol style="list-style-type: none"> 1. Continue to develop the concept of scoring using the pick and roll, using the "slip" and adding the "pop" reads to the pick and roll 2. Continue to develop the concepts of the "Sikma" reverse pivot face up and "Up and Under" post moves 3. Introduce the concept of the trailer 3 point shot in our "Cycle" fast break 	<ol style="list-style-type: none"> 1. Master the concept of relocation after a post entry for guards (crack back) and posts (dive) 2. Continue to develop the concept of "Utah" (High Post) entry and backdoor wing cut
VARSITY	<ol style="list-style-type: none"> 1. Master the concept of coming off screens to score, either off the dribble and/or with a catch and shoot, using the pick and roll, using the "slip" and "pop" reads, and shooting left-handed from 5 feet and in. 2. Continue to develop the concept of posting up, if skill set is appropriate 	<ol style="list-style-type: none"> 1. Master the concept of scoring using the pick and roll, including the "slip" and "pop" reads, the "Sikma" reverse pivot face up, and "Up and Under" post moves 3. Continue to develop the concept of the trailer 3 point shot in our "Cycle" fast break 	<ol style="list-style-type: none"> 1. Master the concept of "Utah" (High Post) entry and backdoor wing cut

GRADE LEVEL	TEAM OFF.	IND. DEFENSE	TEAM DEFENSE
ELEMENTARY (5TH GRADE AND LOWER)	<ol style="list-style-type: none"> 1. Introduce the concept of "sprinting the floor" after a miss or make 2. Introduce the concept of cutting and moving without the ball and finding the open person 	<ol style="list-style-type: none"> 1. Introduce the concepts of a good on-ball and off-ball stance 2. Introduce the concept of "attacking the basketball" and making the offense uncomfortable 	<ol style="list-style-type: none"> 1. Introduce the concept of weak side help
6TH GRADE	<ol style="list-style-type: none"> 1. Master the concept of "sprinting the floor" after a miss or make 2. Introduce the concepts of "Cycles" and "Keep" full court offense, "Stanford" ½ court man, "Hawkeye" zone offense and our "32" pressbreak 3. Introduce 1-2 appropriate BLOB plays out of Mich. St. sets 	<ol style="list-style-type: none"> 1. Continue to develop the concepts of a good on-ball and off-ball stance and attacking the basketball 2. Introduce the concept of boxing out rebounders and the importance of gaining offensive rebounds 	<ol style="list-style-type: none"> 1. Introduce the concept of "shell drill" <ul style="list-style-type: none"> *Close out on top side shoulder *Push the ball baseline/sideline *Post players play ¾ bottom side or full front *Off the ball players pressure without getting back-doored
7TH GRADE	<ol style="list-style-type: none"> 1. Continue to develop the concepts of "Cycles" and "Keep" full court offense, "Stanford" ½ court man, "Hawkeye" zone offense and our "32" pressbreak 2. Continue to develop 1-2 appropriate BLOB plays out of Mich. St. set (Introduce 1 more if appropriate) 3. Introduce our "Box" SLOB concept 	<ol style="list-style-type: none"> 1. Continue to develop the concepts of a good on-ball and off-ball stance and attacking the basketball 2. Continue to develop the concept of rebounding (on and off the ball) and the importance of gaining offensive rebounds 	<ol style="list-style-type: none"> 1. Continue to develop the concept of "shell drill" 2. Introduce the concept of transition defense
8TH GRADE	<ol style="list-style-type: none"> 1. Master the concept of "Cycles" and "Keep" full court offense, "Stanford" ½ court man, "Hawkeye" zone offense and "32" pressbreak 2. Master 1-2 BLOB and our "Box" SLOB 3. Introduce the concepts of "Cross" and "Pin" entries into "Stanford" 	<ol style="list-style-type: none"> 1. Master the concepts of a good on-ball and off-ball stance and attacking the ball 2. Master the concept of rebounding (on and off the ball) and the importance of gaining offensive rebounds 	<ol style="list-style-type: none"> 1. Continue to develop the concept of "shell drill" and transition defense 2. Introduce the concept of defending the pick & roll ("hedge and recover" or "blitz")

<u>GRADE LEVEL</u>	<u>TEAM OFF.</u>	<u>IND. DEFENSE</u>	<u>TEAM DEFENSE</u>
FRESHMAN	<ol style="list-style-type: none"> 1. Master the concepts of "Cross" and "Pin" entries into "Stanford" 2. Introduce the concepts of our "Cyclone" zone offense, our "Tulsa" man offense, and our "Power" and "Tap" options in Stanford 3. Introduce the concepts of our "14" late game pressbreak, 1-2 BLOB'S, and our "Gun" SLOB option 	<ol style="list-style-type: none"> 1. All skills should be mastered but continually emphasized and practiced 	<ol style="list-style-type: none"> 1. Master the concept of "shell drill" and full court man to man defense ("Black") 2. Continue to develop the concept of transition defense and defending the pick & roll ("hedge and recover" or "blitz") 3. Introduce the concepts of "Gold" on a post player and ½ court zone defense ("Orange")
JUNIOR VARSITY	<ol style="list-style-type: none"> 1. Master the concepts of our "Cyclone" zone offense, our "Tulsa" man offense, and our "Power" and "Tap" options in Stanford 2. Master the concepts of our "14" late game pressbreak, 1-2 BLOB'S, and our "Gun" SLOB option 3. Introduce 2-3 set plays that are appropriate and effective for the personnel given. 	<ol style="list-style-type: none"> 1. All skills should be mastered but continually emphasized and practiced 	<ol style="list-style-type: none"> 1. Master the concept of transition defense and defending the pick & roll ("hedge and recover" or "blitz") 2. Continue to develop the concepts of "Gold" on a post player and ½ court zone defense ("Orange")
VARSIITY	<ol style="list-style-type: none"> 1. Master the concept of 2-3 set plays that are appropriate and effective for the personnel given. 2. Introduce, develop and master the concept of 2-3 set plays that are appropriate and effective for the given personnel 	<ol style="list-style-type: none"> 1. All skills should be mastered but continually emphasized and practiced 	<ol style="list-style-type: none"> 1. Master the concepts of "Gold" on a post player and ½ court zone defense ("Orange")

<u>GRADE LEVEL</u>	<u>PRESS DEFENSE</u>	<u>MISCELLANEOUS BASKETBALL INFO.</u>	<u>SPECIAL SITUATIONS</u>
ELEMENTARY (5TH GRADE AND LOWER)	None	1. Introduce the concept of the importance of communication in basketball 2. Introduce the concept of the importance of winning 50/50 balls, taking charges, mental toughness and getting tips on defense in basketball	None
6TH GRADE	1. Introduce the concept of full court man to man defense ("Black"/"White")	1. Continue to develop the concepts of the importance of communication and winning 50/50 balls, taking charges, mental toughness and getting tips on defense in basketball 2. Introduce the concept of "Echo Drills" in practice, Skutt bench decorum timeout organization	1. Introduce the concept of BLOB defense 2. Introduce the concept of taking a charge 3. Introduce the concept of the importance of tips on defense 4. Introduce, develop and master our pregame warm-up
7TH GRADE	1. Continue to develop the concept of full court man to man defense ("Black") 2. Introduce the concept of our 2-2-1 press ("Yellow")	1. Master the concepts of Skutt bench decorum and timeout organization 2. Continue to develop the concepts of the importance of communication, winning 50/50 balls, taking charges, mental toughness, getting tips on defense in basketball and "Echo Drills" in practice	1. Continue to develop the concept of BLOB defense, taking a charge, and the importance of tips on defense 2. Introduce the concept of SLOB defense and boxing out on opponent's Free Throw attempts ("pinch")
8TH GRADE	1. Continue to develop the concept of full court man to man defense ("Black") and our 2-2-1 press ("Yellow") 2. Introduce the concept of our trapping man to man press (White "X")	1. Continue to develop the concepts of the importance of communication, winning 50/50 balls, taking charges, mental toughness, getting tips on defense in basketball and "Echo Drills" in practice 2. Introduce the concept of weight training	1. Continue to develop the concept of BLOB and SLOB defense, taking a charge, the importance of tips on defense and boxing out on opponent's Free Throw attempts ("pinch") 2. Introduce the concept of our delay game ("Victory")

<u>GRADE LEVEL</u>	<u>PRESS DEFENSE</u>	<u>MISCELLANEOUS BASKETBALL INFO.</u>	<u>SPECIAL SITUATIONS</u>
FRESHMAN	<ol style="list-style-type: none"> 1. Master the concept of full court man to man defense ("Black") 2. Continue to develop the concept of our 2-2-1 press ("Yellow") and our trapping man to man press (White "X") 3. Introduce the concept of our 1-2-2 press ("Blue") and our run and jump press (White "X"; if applicable) 	<ol style="list-style-type: none"> 1. Master the concepts of the importance of communication, winning 50/50 balls, taking charges, mental toughness, getting tips on defense in basketball and "Echo Drills" in practice 2. Continue to develop the concept of weight training 3. Introduce the concept of scouting opponents and practicing special situations 	<ol style="list-style-type: none"> 1. Master the concept of BLOB and SLOB defense, taking a charge, the importance of tips on defense and boxing out on opponent's Free Throw attempts ("pinch") 2. Continue to develop the concept of our delay game ("Victory") 3. Introduce the concept of our "Catch Up Game"
JUNIOR VARSITY	<ol style="list-style-type: none"> 1. Master the concept of our 2-2-1 press ("Yellow") and our trapping man to man press (White "X") 2. Continue to develop the concept of our 1-2-2 press ("Blue") and our run and jump press (White "X"; if applicable) 	<ol style="list-style-type: none"> 1. Continue to develop the concept of weight training 2. Continue to develop the concept of scouting opponents and practicing special situations 	<ol style="list-style-type: none"> 1. Master the concept of our delay game ("Victory") 2. Continue to develop the concept of our "Catch Up Game"
VARSITY	<ol style="list-style-type: none"> 1. Master the concept of our 1-2-2 press ("Blue") and our run and jump press (White "X"; if applicable) 	<ol style="list-style-type: none"> 1. Master the concept of weight training, scouting opponents and practicing special situations 	<ol style="list-style-type: none"> 1. Master the concept of our "Catch Up Game"

APPENDIX C-Mastery of Skills Checklist

GRADE LEVEL	SKILLS MASTERED
ELEMENTARY (5TH GRADE AND BELOW)	NONE
6TH GRADE	<ol style="list-style-type: none"> 1. "Triple Threat" and "finding the rim" on every catch 2. L-Cutting and how to get open away from the ball 3. "Sprinting the floor" after a miss or make
7TH GRADE	<ol style="list-style-type: none"> 1. Dribble with both hands 2. Basic passing fundamentals (execution and reception) 3. Being aggressive on offense (Triple Threat, "Find the Rim") 4. Using the backboard on lay-ups and jump shots (scoring in a one on one situation) 5. Screening away from the ball, coming off screens tightly (straight cut) and cutting to the basket after passing 6. Skutt bench decorum and timeout organization
8TH GRADE	<ol style="list-style-type: none"> 1. Crossover and pull back crossover dribble 2. "Dribble and pass" execution and reception 3. Posts: "Plant/Drop/Pivot" and drop step post move 4. Curl cuts off of a screen 5. "Cycles"/ "Keep" primary and secondary break 6. "Stanford" ½ court man offense 7. "Hawkeye" ½ court zone offense 8. "32" pressbreak 9. On and off the ball stance and attacking the basketball 10. Boxing out on defensive rebounds and attacking offensive rebounds
FRESHMAN	<ol style="list-style-type: none"> 1. Hesitation dribble 2. Wing to post bounce pass entry and full court pass 3. Posts: High/Low post pass 4. Back screen 5. "Cross" and "Pin" entries into Stanford 6. "Shell Drill" ½ court concepts 7. Full court man to man ("Black") defense 8. Communication, winning 50/50 balls, taking charges, mental toughness, tips on defense and "Echo" Drills 9. BLOB and SLOB defense, and free throw rebounding
JUNIOR VARSITY	<ol style="list-style-type: none"> 1. Relocation after a post entry for guards (crack back) and posts (dive) 2. "Cyclone" zone offense 3. "Tulsa" man offense 4. "Power" and "Tap" options 5. "14" press break 6. 1-2 BLOB's and "Box"/"Gun" SLOB 7. Transition defense 8. Defending the pick and roll ("hedge and recover" and "blitz") 9. "Yellow" and White "X" presses 10. "Victory" delay game
VARSIITY	<ol style="list-style-type: none"> 1. Between the legs and behind the back dribbling 2. Weak hand passing 3. Coming off of screens to score or dribble 4. Attacking the pick and roll offensively 5. Guards: Shooting left handed from 5 feet away 6. Posts: "Sikma" move and "Up and under" move 7. "Utah" high post entry and backdoor wing cut 8. 2-3 set plays that are appropriate for personnel given 9. "Gold" on a post player and ½ court "Orange" defense 10. "Blue" and appropriate "T" press 11. Weight training, scouting, special situations, and "Catch up game"

APPENDIX D-Drills Spread Sheet (*Italicized* indicates our favorite drills)

PRE-PRAC. SHOOTING	FREE THROWS	PASSING & RECEIVING
<i>Don Meyer Shooting</i>	25 FT's in a row	Elementary and Jr. High
<i>Continuous Shooting</i>	+2/-2 Free Throws	4 Corner Passing
	<i>Turkey FT's</i>	<i>Cardinal Passing</i>
LAY-UPS	<i>Bubba FT's</i>	4 Corner Criss-Cross Drill
<i>Northern Power Moves</i>	Make 16 FT's in 6 minutes	<i>Burt Drill</i>
<i>80 Lay-ups in 2 minutes</i>	<i>Team 1 and 1</i>	Lane Passing
<i>Husker Lay-ups/ Shooting</i>	Foul Shooting Change Drill	Fundamental Outlet Passing
<i>SkyHawk Team Offense</i>		High School
2 on 2 Dribble and Finish	3 POINT SHOOTING	<i>Two Ball Passing</i>
<i>UConn Transition</i>	<i>7 Spot Shooting</i>	<i>Two Ball Pick Up</i>
	<i>5 Minute 3 point shooting</i>	<i>Back to the Passer</i>
CATCH AND SHOOT	Make 25 3's w/out missing	Husker Shooting w/ screens
<i>Partner Shooting</i>	2 in a row	<i>2 on 0/ Saver/ Savee</i>
<i>Three Line Shooting</i>	60 Second Shooting	2 Man Fast Break
"4 Up"	Wisconsin Team Shooting	
4 Man Elbow to Elbow		POST DEVELOPMENT
25 Shot Drill	BALL HANDLING	35 Shot Drill-Posts
5 Point Countdown	Elementary and Jr. High	<i>Post Flash Series</i>
Beat the Pro	<i>30 Second Ball Handling</i>	<i>2 on 0 Post Work</i>
<i>Rapid Fire Shooting</i>	<i>Right Hand/ Left Hand</i>	1 on 1 Passing
2 on 2 Shooting	Full Court Change of Pace	<i>Mikan's/ Reverse Mikan's</i>
Make 10 in a row, don't miss 2	Jump Stop Drill	Post Lane Drill
2 Ball, 3 Closerout	<i>Shark Tank</i>	<i>Superman Drill</i>
<i>2 Ball, 3 Shooters</i>	Stationary Dribbling	<i>Dive to the Block</i>
4 Quarter Shooting	<i>4 Corner Ball Handling Series</i>	2 Man Post Drill
	<i>CPS</i>	Power Move Rotation
SHOOTING OFF DRIB.	High School	Post 4 Spot Shooting Drill
<i>1/2 Court 3 Line Shooting</i>	2 Ball Dribbling Series	Spartan Pick and Roll
<i>90 Second Shooting</i>	Dribble and Juggle	<i>UConn Pick and Roll</i>
Self Pass Series	Harlan Dribbling	<i>4 on 2 Post Motion</i>
5 Spot Self Pass Shooting	<i>Gauntlet Drill</i>	HS Back to the Basket
<i>32 Point Game</i>	<i>Cone Series</i>	Power Up
Elbow Spin Dribble		<i>1 on 1 in the post; trans. to D</i>
<i>2 Line Shooting</i>	PERIMETER DEV.	<i>Post Series</i>
Atlantic Shooting	<i>35 Shot Drill-Guards</i>	<i>Endurance Drill</i>
<i>Indiana Shooting</i>	Spartan Pick and Roll	Block to Block Post Drill
	<i>UConn Pick and Roll</i>	Three Post Entry Drill
	<i>Chair Series</i>	Three Man Post Drill

Face Up Post Development	MOVEMENT W/OUT BALL	INDIVIDUAL DEFENSE
Space Out Drill	High School	Mass Closeouts
Brick Wall Drill	Post Relocation Series	Duke Slides
Point Blank Shooting	3 Ball Relocation	Mass Defense
Post Breakdown Shooting	4 on 4 Cut Throat	X Slides
Post Trail Drill	Utah Backdoor Entries	SkyHawk Def. Gauntlet
4 Man Elbow to Elbow	4 on 3 w/ an open post	1 on 1 Closeouts
Post Backdoor Entries	5 on 0 to 5 on 5	1 on 1 Denial
Post Pop out and Attack Series	5 on 2 Post Guarded w/ dum.	Full Court Zig Zag
Hawkeye Post Shooting Drill	Motion Breakdown	1 on 3 Closeout Drill
Charger Shooting Drill	Team Baseball	1 on 1 Cone Curl Drill
Ten on the Block	Double Stagger Evade Screen	Spartan Pick and Roll
Celtics Post Shooting Series	Draw and Kick/ Drive & Dish	4 Defense vs. 5 Offense
2 Ball Post Drill		2 on 1 Baseline Closeout
	Zone Skill Development	5 Spot 1 on 1
MOVEMENT W/OUT BALL	Penetrate and Pitch vs. zone	2 on 2 Closeouts
Elementary	Zone Offense Relocation	2 on 2 Full Court
2 on 0, 3 on 0, 4 on 0 Passing	3 on 3 Drib. Pen & Bounce	2 on 3 Creighton Closeouts
2 on 0 Passing Post and Guard	4 on 4 vs. Box Set	3 on 3 Closeouts
2 on 0 Back Cut Dribbling		Team Closeouts
3 on 0 Carolina Passing	TEAM OFFENSE	5 on 5 Closeouts
3 on 0 Shot Fakes	Cycle Breakdown Drills	Zone Drills
2 on 1 with a Passer	Cycle Score and Transition	
2 on 2 Screening	Cycle Drills	HALF COURT DEFENSE
2 on 2 Evade the Screen	Stanford Pos. Breakdown	Shell Drill
3 on 1 Screening	5 on 0 Stanford	-Lead the Cutter
3 on 3 Pass and Cut	5 on 5 Stanford	-Hedge Pick and Roll
3 on 3 Cross Screen		-Nelson
Junior High	REBOUNDING	-Dribble Penetration
Down/Cross/Back Screen	1 on 1 Rebounding	-Continuous Pick and Roll
3 on 3 ½ the court screening	1 on 1 Weak side Rebounding	-Make it, Take it
4 on 3 vs. Box	1 on 1 Go Get It	-Point System
2 on 2 No Dribbles; Try to score	Towel Rebounding	-Timed Shell Drill
2 on 1 Post and Guard	Warrior Rebounding	
2 on 2 Post Feed and Relocate	Free Throw Rebounding	
3 on 2 Fronting the Post	2 on 2 Rebounding	
5 on 2 Post Entry Drill	3 on 3 Rebounding	
	3 on 3 Rotation Rebounding	
	5 vs. 4 Rebounding	
	UCLA Rebounding	
	4 on 3 Rebounding	
	Team Rebounding Drills	

TRANSITION	PRESS DRILLS
Chuck Daly Transition	2 on 2 "X" Traps
5 on 0 Off. To Def. Trans.	Spear Drill
3 on 2 plus 1	2 on 1 Bust Out Drill
Team Transition	2 on 3 Defensive Rotation
Baseline Transition	3 on 4 Defensive Rotation
5 Man Change	4 on 5 Defensive Rotation
Indiana 5 on 5	1 on 2 Strongside Alley Drill
Wisconsin Transition	3 on 4 vs. "Box" Drill
5 on 4 Scramble	
5 on 5 Drop the Ball Trans.	
7 on 7 Creighton Stop & Score	
5 on 4 ½ Full Court	

APPENDIX E-Recommended Reading List

Blink by Malcolm Gladwell

Competing with Character by Kevin Kush

How to be Like Coach Wooden by Pat Williams

How Lucky Can You Be by Buster Olney (Don Meyer biography; tremendous!)

Lincoln on Leadership by Donald T. Phillips

Management Secrets of the New England Patriots; Volumes I and II by James Lavin

Outliers by Malcolm Gladwell

Quiet Strength by Tony Dungy

Rebound Rules by Rick Pitino

Success is a Choice by Rick Pitino

The Book of Basketball by Bill Simmons (a yearly read)

The Championship Formula by Dr. Jack Stark

The Education of a Coach by David Hallberstam

The Franchise by Cameron Stauth (Building the Detroit Bad Boys)

The Leadership Lessons of Jesus by Bob Briner and Ray Pritchard

The Man Watching by Tim Crothers (Anson Dorrance; must read for males that coach females)

The Miracle of St. Anthony by Adrian Wojnarowski

The Politics of Coaching by Carl J. Pierson (must read for any head coach at the Varsity level)

The Power of Habit by Charles Duhigg

The Score Takes Care of Itself by Bill Walsh

The Winner Within by Pat Riley

Turning the Thing Around by Jimmy Johnson

Wooden by John Wooden and Steve Jamison (must read for any coach at any level)

APPENDIX F-John Wooden Program**WHO IS JOHN WOODEN?**

**Head Men's Basketball Coach, most notably U.C.L.A.
(1948-1975)**

Career Record: 664-162 (.804 winning percentage)

10 National Championships in 12 Seasons

88 game unbeaten streak

6 Time NCAA Coach of the Year

Basketball Hall of Famer as a player, Class of 1961

Basketball Hall of Famer as a coach, Class of 1973

PRACTICE #2**DATE: November 15th, 2011****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

WOODEN TOPIC #1: Industriousness

"There is no substitute for hard work."

"Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty."
-Proverbs 21:5

"Which of you wishing to construct a tower does not first sit down and calculate the cost to see if there is enough for its completion?"
-Luke 14:28

Why would do you think Wooden placed "industriousness" as the first block to his pyramid?

What are three things you have worked really hard at to get yourself ready for this season?

- 1.
- 2.
- 3.

What are three things that you still need to work on to make yourself a better player?

- 1.
- 2.
- 3.

How can hard work and industriousness in basketball help prepare you for your future?

PRACTICE #3**DATE: November 16th, 2011****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

WOODEN TOPIC #2: Enthusiasm

"If we are to succeed, we have to enjoy what we do. If we enjoy what we do, we will be enthusiastic about it."

*"Never be lazy in your work, but serve the Lord enthusiastically."
-Romans 12:11*

What are three things that you enjoy doing most?

- 1.
- 2.
- 3.

What, if anything, do these things have in common?

Can enthusiasm be counter-productive? Why or why not?

Who are three people that you look to on our team that our enthusiastic?

- 1.
- 2.
- 3.

Why do you think Wooden put "industriousness" and "enthusiasm" as the two corner bases of his pyramid?

Why are these two qualities important to our success this season?

PRACTICE #4**DATE: November 17th, 2011****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

WOODEN TOPIC #3: Friendship

"People make us better. It is easier to reach our potential when we learn the value of including others in our quest. Friendship must be worked on and cannot be taken for granted, and in order to receive in a relationship, you must first give."

"A person standing alone can be attacked and defeated, but two can stand back to back and conquer. Three are even better, for a triple-braided cord is not easily broken."

-Ecclesiastes 4:12

"He who is a friend is always a friend, and a brother is born for the time of stress."

-Proverbs 17:17

Who are your three best friends in our program?

- 1.
- 2.
- 3.

Why are these people your friends? What do you have in common?

If you had three quarters and could only call three people for help, who would it be?

- 1.
- 2.
- 3.

Do you think the people listed above push you towards becoming the best that you can be? Why or why not?

What kind of person do you want to be? What do you think is more important, your reputation or your character? Why?

PRACTICE #5**DATE: November 18th, 2011****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

WOODEN TOPIC #4: Cooperation

"Cooperation is working with others for the benefit of all. If our actions don't help everyone involved, what we are doing is something other than cooperation."

"For by the grace given to me I tell everyone among you not to think of himself more highly than one ought to think, but to think soberly, each according to the measure of faith that God has apportioned. For as in one body we have many parts, and all the parts do not have the same function, so we, though many, are one body in Christ and individually from one another. Since we have gifts that differ according to the grace given to us, let us exercise them."

-Romans 12: 3-6

What are three things that, in the game of basketball, are the most cooperative aspects of the game?

- 1.
- 2.
- 3.

On a scale of 1-10 (1 is low, 10 is high), rate our team on those three things.

What do we need to do to improve on these things?

What are three things that you can bring to this program to help it succeed?

- 1.
- 2.
- 3.

What is something in your life that you think you could do a better job of cooperating on?

What are things that you can do to improve?

PRACTICE #6**DATE: November 20th, 2011****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

WOODEN TOPIC #5: Loyalty

"Loyalty is the force that forges individuals into a team. It's the component that moves teams toward great achievements. No individual or team will become great without loyalty."

"So then, brethren, stand firm and hold to the traditions which you were taught, whether by word of mouth or by letters from us."

-2 Thessalonians 2:15

What are three ways that, in the game of basketball, that we can show our loyalty to our team and our teammates?

- 1.
- 2.
- 3.

On a scale of 1-10, rate our team on those three things.

How are we going to improve those things?

Has your loyalty ever been tested? When? How did you resolve the situation?

On the pyramid, loyalty is in the middle of the base. Why do you think Wooden put it there?

PRACTICE #7**DATE: November 21st, 2011****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

WOODEN TOPIC #6: Self-control

"Self control is the ability to discipline ourselves and keep our emotions under control. No matter the task, mental or physical, if our emotions take over, we're not going to execute near our personal level of competency, because both judgment and common sense will be impaired. Self-control must be worked at, no matter your role."

"Knowing God leads to self-control. Self-control leads to patient endurance, and patient endurance leads to godliness."

-2 Peter 5:6

What are ways we can demonstrate self-control on the basketball court? If you have seen lack of self-control on a basketball court, explain.

How can lack of self-control derail our team this season?

How can you help others control themselves?

Has your self-control ever been tested? When? How did you resolve the situation?

Who is someone that you believe has self-control? Why? What can you learn from this person?

PRACTICE #8**DATE: November 22nd, 2011****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

WOODEN TOPIC #7: Alertness

"Alertness simply means that we observe what is going on around us. Except for what we garner through personal experience, everything else we learn comes from observation."

"So let's not sleepwalk through life like those others. Let's keep our eyes open and be smart."
-1 Thessalonians 5:6

"Keep a cool head. Stay alert. The Devil is poised to pounce, and would like nothing better than to catch you napping."
-1 Peter 5:8

Who is your favorite athlete? Why? What have you learned from them?

What are three things, either good or bad, that you learned from last season?

- 1.
- 2.
- 3.

When you play basketball, and a young girl is watching you, what would you want them to see or learn from the way that you play basketball?

Describe a situation where you, by being alert, learned a life lesson.

PRACTICE #9**DATE: November 23rd, 2011****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

WOODEN TOPIC #8: Initiative

"Initiative is having the courage to make decisions and take actions. People with initiative move forward without fear of failure, even though they might make mistakes or fail."

"He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like drops of blood."

-Luke 22:44

Describe a situation where you have failed. What did you learn from it?

What are three things that we can do with our initiative as a team to achieve what you want to achieve this season?

- 1.
- 2.
- 3.

Wooden writes: "I wanted my players to be active and to take initiative. I didn't want them worrying about mistakes, as long as they didn't repeat the same ones over and over. I wanted them to learn from their mistakes . . . careless mistakes aren't the right kind. Mistakes made while expanding boundaries are what I wanted. "

What are three types of mistakes that are good mistakes in the game of basketball?

- 1.
- 2.
- 3.

What are three types of mistakes that are not good mistakes in the game of basketball?

- 1.
- 2.
- 3.

PRACTICE #10**DATE: November 25th, 2011****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

WOODEN TOPIC #9: Intentness

"Intentness is the ability to resist temptation and to distraction. Intentness is the quality that won't permit us to quit or give up, even when our goal is going to take awhile to accomplish."

"A woman suffering hemorrhages for twelve years come up behind him and touched the tassel on his cloak. She said to herself 'If I could only touch his cloak, I shall be cured.' Jesus turned around and saw her, and said 'Courage, daughter! Your faith has saved you. And from that hour she was cured.'"

-Matthew 9: 20-23

What are three things you can do individually to keep your intentness at the highest level possible?

- 1.
- 2.
- 3.

What are three ways we can minimize our distractions and keep our intentness this season?

- 1.
- 2.
- 3.

How would you correct a teammate who isn't being as intent as she should be?

Who has the best intentness in our program? Why?

With our team, what is going to take the longest to develop this season, i.e., what aspect of our team are we going to need patience to develop it to its pinnacle? Why?

PRACTICE #11**DATE: November 26th, 2011****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

WOODEN TOPIC #10: Condition

“By condition, I mean physical, mental, moral and spiritual fitness. Conditioning must be preempted by accepting responsibilities on the part of the coach as well as the athlete.”

“Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward to both this life and the next.”

-1 Timothy 4:8

What are two things you can do individually in each of the following areas to achieve great conditioning?

Physical

- 1.
- 2.

Mental

- 1.
- 2.

Moral

- 1.
- 2.

Spiritual

- 1.
- 2.

What is an area in your life that you could give up some of your “conditioning” time to make more time for basketball? How? What is an area in your life that you would like to give more “conditioning” time to? What do you need to do to make this happen?

Wooden writes: “In my early years, I said ‘Let’s be in better condition than anyone else.’ But I changed, saying ‘Let’s become the best conditioned team we can possibly be.’” How can this apply to our season?

PRACTICE #12**DATE: November 28th, 2011****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

WOODEN TOPIC #11: Skill

"Skill is knowing what to do and being able to execute all of the fundamentals important to a particular task."

"He has endowed them with skill to execute all types of work; engraving, embroidering, that making of variegated cloth of violet, purple and scarlet yarn and fine linen thread, weaving and all other arts and crafts."

-Exodus 35:35

What is your greatest skill on the basketball court? What is your greatest weakness?

Of everyone in our program, who is the best at the following skills:

- Perimeter shooting:
- Mid-range game (10'-17' jump shots):
- Making layups:
- Free Throws
- Passing:
- Ball handling:
- Offensive Rebounding:
- Defensive Rebounding:
- Perimeter Defense:
- Post Defense:
- Help Defense:
- Press Defense:
- Reading passing lanes:
- Communication:
- Toughest:

Which one of these skills are we the strongest as a team? Which one are we weakest? What are ways we can increase our strengths and minimize our strengths?

PRACTICE #13**DATE: November 29th, 2011****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

WOODEN TOPIC #12: Team Spirit

"Team spirit is an eagerness to lose oneself in the group for the good of the group. Team spirit is the ultimate expression of interdependence."

"This is my commandment: love one another as I love you. No one has greater love than this, to lay down one's life for one's friends."

-John 15: 12-13

What do you think your role in our program will be this year?

We often refer to the phrase "know, accept, embrace and fulfill your role". How can you do take this statement and make it a reality?

How can we be considerate of each other to realize everyone's importance to our program?

How can we build our team spirit to make it stronger every day?

What profession would you like to work in when you get older? How can be part of a program that has great team spirit help you in this profession?

PRACTICE #14**DATE: November 30th, 2011****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

WOODEN TOPIC #13: Poise

"When we have poise, we're not acting, faking or pretending. When we are being who we really are, we'll have a greater likelihood of functioning nearer to our own level of competency . . . Poise greatly depends upon two nearby blocks: confidence and self-control. Confidence comes from thorough preparation and enables us to be quietly in control at all times. The discipline of self-control usually produces poise."

"I have lifted the yoke of slavery from your neck so you can walk free with your heads held high."
-Leviticus 26:13

Describe a situation where you have demonstrated poise in a stressful time. Why do you think you were able to be poised in that particular situation?

Describe situations that you struggle to keep your poise. What can you do to be more poised when encountering those situations?

What are three situations that we, as a team, need to keep our poise?

- 1.
- 2.
- 3.

What can you, as a member of our program, do to help everyone keep their poise?

PRACTICE #15**DATE: December 1st, 2011****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

WOODEN TOPIC #14: Confidence

"I always wanted my teams to be confident, but not over-confident. Solid respect without fear is what I was after. I wanted them to believe in themselves without being self-centered, intimidated or naïve."

"For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord."

-Romans 8: 38-39

Fill in the blank: "When I am _____, I am very confident."

Why did you pick this?

When do you feel most confident on the basketball court?

What can you do to build your confidence as a basketball player? What can you do as a teammate to build another teammates confidence?

PRACTICE #16**DATE: December 2nd, 2011****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

WOODEN TOPIC #15: Competitive Greatness

“Competitive greatness is the pinnacle of the Pyramid. With competitive greatness, we can deliver our best when the best is needed, and at the same time, we can make those around us better, too. A person with this quality loves a challenge- the tougher, the better.”

“Don't worry about a thing, ' David told Saul, 'I'll go fight this Philistine!”

-1 Samuel 17:32

“Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win.”

-1 Corinthians 10: 24

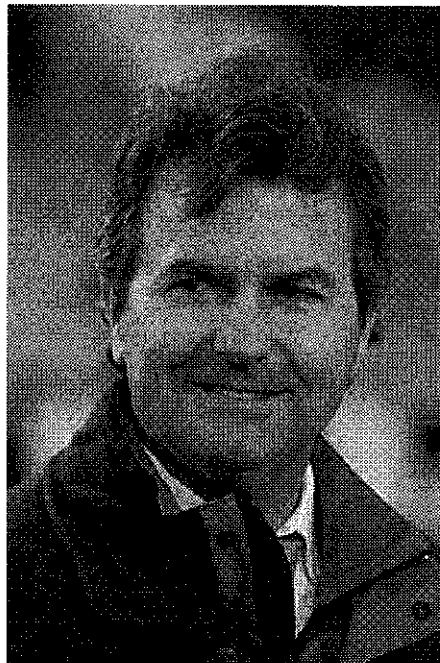
Wooden writes: “We don't have to be superstars to reach competitive greatness. All we have to do is learn to rise to every occasion, give our best effort and make those around us better as we do it.”

What are three things you can do on a daily basis to help our team achieve competitive greatness?

- 1.
- 2.
- 3.

What is one thing that you can do today to help us achieve competitive greatness to give us a chance to win tonight?

Wooden writes: “Competitive greatness is ‘I did my best’. Never say you should have won a game. You are taking away from the other team who apparently did a good job. Sometimes you might say ‘you could have won.” Look back to what we covered on our first day of practice; what do you think Coach Plum wants from you, both as an individual and as a program, this season?

APPENDIX G-Anson Dorrance Program**WHO IS ANSON DORRANCE?**

Head Women's European Football Coach at the University of North Carolina (1979-Present)

Career Record: 719-39-24 (.935 winning percentage)

20 National Championships

101 game unbeaten streak

7 Time NCAA Coach of the Year

European Football Hall of Famer, Class of 2008

Recruited, developed and has coached 20 National Players of the Year

SELF-EVALUATION OF ONES' SELF, USING THE UNIVERSITY OF NORTH CAROLINA WOMEN'S SOCCER CORE VALUES

PART I

Directions: Rate yourself on the following statements on a scale of 1 to 5, with "1" being extraordinary example of this statement and "5" meaning someone who rarely embodies this core value.

1. **I don't whine:** I can handle any situation and never complain about anything on or off the field ever.
1 2 3 4 5

2. **The truly extraordinary do something every day:** I have self-discipline, doing the summer workouts from beginning to end without omission or substitution. Every day I plan to do something to better myself and the people around me.
1 2 3 4 5

3. **We want these four years of high school to be rich, valuable and deep:** I am a focused individual here for the right reason; to get an education. I lead my life here with the proper balance and an orientation toward intellectual growth and makes good choices to represent myself, the team and the school well (against the highest public standards and most noble universal ideals).
1 2 3 4 5

4. **I work hard:** I never stop pushing myself, both academically and athletically, both in the classroom and on the court at all times. I am relentless in practice and in games.
1 2 3 4 5

5. **I don't freak out over ridiculous issues or live in a fragile state of emotional catharsis or create crises when none should exist:** I am even keeled and stoic. I do not require high-maintenance, nor am I overly sensitive and becomes unstable or volatile over nothing significant.
1 2 3 4 5

6. **I choose to be positive:** Nothing really upsets or depresses me, and I choose to stay positive. I am neither moody nor negative.
1 2 3 4 5

7. **I treat everyone with respect:** I work to make sure that I never separate myself from anyone or make anyone feel beneath me.
1 2 3 4 5

8. **I care about my teammates as human beings:** I am a non-judgmental and all-inclusive friend that never says a negative thing about anyone and embraces everyone because of their humanity with no elitist separation for any reason.
1 2 3 4 5

9. **When I don't play as much as I would like, I am noble and still support the team and its mission:** I always place the goals of the team above my personal goals, no matter what my own personal successes and failures are within the team concept.
1 2 3 4 5

10. I play for our team first: I am the type of player that works very hard to cover for my teammates in the toughest games and situations. My effort and verbal encouragement makes me a pleasure to play basketball with and my selflessness makes everyone around me a better player.

1 2 3 4 5

11. I am a leader: I am a verbal leader who is less concerned about my popularity and more concerned about holding everyone to their highest standards and driving my teammates to their potential. I compete all the time and I demand that everyone do the same.

1 2 3 4 5

12. I am thankful for every opportunity that I have been afforded in basketball and in life: I am a humble, gracious high achiever that understands the sacrifices that others make for me to play basketball and go to a great school like Skutt Catholic, and I want to show others how grateful I am for all of these gifts that I have been blessed with.

1 2 3 4 5

PART II

Directions: Answer each question to the best of your ability.

13. Which of these attributes do you think you are strongest at? Why?

14. Which of these attributes would you like to improve upon? Why?

15. Within our program, who do you believe encompasses the highest level of these core values? Why?

PRACTICE #1**DATE: November 12th, 2012****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

TODAY'S TOPIC: ATTITUDE

I don't whine: *I can handle any situation and never complain about anything on or off the field ever.*

It is very easy to get caught up in whining or complaining. It is a natural human reaction to blame others for our own shortcomings, rather than look inwardly at ourselves and say "I didn't do this" or "I should have done that."

We all have regrets in our life, but until we look within ourselves and not make excuses for anything, than everything will be difficult, both on and off the court.

- 1. What is a situation in which something you perceived as bad happened to you and you decided to 'whine' about it? Why? Did it do any good?**

- 2. What is a situation in which something you perceived as bad happened to you, and you decided to face the consequences and decided to accept the responsibility of what had happened? How did it make you feel?**

- 3. What are ways that we can 'whine' in the game of basketball? Of these things you've listed, how many of them can we change once they've occurred? How many of these things are truly worth 'whining' about?**

PRACTICE #2**DATE: November 13th, 2012****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

TODAY'S TOPIC: SELF-DISCIPLINE

The truly extraordinary do something every day: I have self-discipline, doing the summer workouts from beginning to end without omission or substitution. Every day I plan to do something to better myself and the people around me.

Being self-disciplined is easy to talk about but difficult to do. Whether it is school, sports, relationships or work, it is hard to show up every day, put in the work you have been asked to put in to something, and to do it well all the time.

Self-discipline takes time and patience. We, as a society, are a microwave society, wanting instant gratification and not understanding that most good things happen over time. A garden is not grown in a day, a house is not built in an hour and a loving relationship doesn't happen overnight. In order to make anything work in your life, you have to be self-disciplined to work on it day after day, until there is no more to do.

- 1. What is something that you do that takes self-discipline that makes you very proud that you have the discipline to do it? What about this activity or hobby gives you the patience to do this?**
- 2. What makes you impatient? Why?**
- 3. What are things that you can do individually on the basketball court that, by using self-discipline, will make you a better player?**
- 4. What are things that we, as a team, need to use more self-discipline to make us into a better team?**

PRACTICE #3**DATE: November 14th, 2012****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

TODAY'S TOPIC: APPRECIATION

We want these four years of high school to be rich, valuable and deep: I am a focused individual here for the right reason; to get an education. I lead my life here with the proper balance and an orientation toward intellectual growth and makes good choices to represent myself, the team and the school well (against the highest public standards and most noble universal ideals).

You are very fortunate to have the opportunities that you have here at Skutt Catholic High School. Your parents are spending their own money to ensure that you get the best possible education that you can receive, and you have the opportunity to participate in many great activities, including basketball.

You also have tough choices to make, especially when it comes to peer pressure. You've heard me say it before, and you will hear me say it again; sometimes, the right thing to do isn't the easy thing to do, and the easy thing to do sometimes isn't the right thing to do. You will be faced with these situations for the rest of your life, but the choices you make today will affect the rest of your life.

- 1. What are one or two things that your parents do for you that you really appreciate? Why?**
- 2. What are one or two things that your parents do for you that you don't really appreciate as much as you should? Why?**
- 3. What do you appreciate about your teammates and your coaches? When is the last time you told them that?**
- 4. How can appreciation help us be successful this season?**

PRACTICE #4**DATE: November 15th, 2012****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

TODAY'S TOPIC: HARD WORK

Work hard: *I never stop pushing myself, both academically and athletically, both in the classroom and on the court at all times. I am relentless in practice and in games.*

Work is not a bad word; work is a good word. You feel better after working hard. When you work with someone, it feels good to do work with others after a job is finished.

Sometimes it is easier to see hard work paying off in a tangible sense. In basketball, seeing a scoreboard with the SkyHawks victorious is an easy, tangible indicator of hard work paying off. Other times, it is not as easy. A 'B' on a test in which you wanted an 'A' doesn't immediately show the work you thought you put in, but maybe that work on this test will lead to an 'A' on the next test.

I know one thing about hard work; you may or may not succeed if you work hard, but I know that you won't succeed at all if you don't work hard.

- 1. Describe a situation in which you worked very hard at something and it paid off. How did that make you feel?**

- 2. Describe a situation in which you worked very hard at something and things didn't pan out the way you had hoped. What did you do to try to ensure that it didn't happen again?**

- 3. What are some areas in which we do a really good job of working at as basketball program? What are some areas in which we need work on to ensure our teams success?**

- 4. What are some areas in which you do a really good job of working at as a individual basketball player? What are some areas in which you believe you need to work on to make yourself a better basketball player?**

PRACTICE #5**DATE: November 16th, 2012****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

TODAY'S TOPIC: EMOTIONAL STABILITY

I don't freak out over ridiculous issues or live in a fragile state of emotional catharsis or create crises when none should exist: I am even keeled and stoic. I do not require high-maintenance, nor am I overly sensitive and becomes unstable or volatile over nothing significant.

Being emotional is being human; that's what makes us human. How we handle our emotions in correlation to the situation at hand, however, is important. We cannot get too upset when things are not going well, and we cannot get too elated when things go the way we wanted them to.

Life, and basketball, are emotional entities, and we should be emotionally involved. However, if we allow emotion to affect all of our decisions and/or reactions, then we will not be successful. There are going to be ups and downs no matter what we do. How you handle these ups and downs will greatly impact how successful you are in both.

- 1. What are some of your pet-peeves, or things that bother you easily? Why does this bother you?**
- 2. Basketball is an emotional game. What is a good way to show emotion on a basketball court? What are negative ways to show emotion on a basketball court?**
- 3. What can you do to make yourself more "even-keeled"?**
- 4. How can emotion help us achieve our goals this season?**

PRACTICE #6**DATE: November 17th, 2012****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

TODAY'S TOPIC: BEING POSITIVE

I choose to be positive: Nothing really upsets or depresses me, and I choose to stay positive. I am neither moody nor negative.

Sometimes it is hard to stay positive. Being positive, and developing a positive frame of mind, is just that; working to be positive. It is easy to look at things negatively (as we referred to on Day 1), but it takes work to be a positive person.

When we are positive with each other, we are better as human beings. Being positive brings energy to situations, and energy creates in positive results.

Life is too short to find all the negative things; being positive gives us the chance to make the most out of the opportunities that we have been given.

- 1. Are you a positive person? Why or why not?**

- 2. What can you do to be more positive?**

- 3. Who do you think is the most positive person in our program? Why?**

- 4. How do you think working on being positive in your youth help you to achieve your goals as an adult?**

- 5. How can we, by being positive with each other, use this attribute to reach our goals this season?**

PRACTICE #7**DATE: November 19th, 2012****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

TODAY'S TOPIC: RESPECT

I treat everyone with respect: I work to make sure that I never separate myself from anyone or make anyone feel beneath me.

Respect is a very important word in our English language. It is also very difficult to describe and to define. One definition of respect is "treating someone well that you will never get anything back from."

Everyone wants to be respected, but you need to respect people in order to get respect from others. Respect is not earned in a day or in a week, but it is earned over time by being consistently good to everyone around you. It takes a long time earn respect, but by one action or one incident, you can lose respect in an instant. We've seen countless celebrities and athletes lose a lifetime of achievements because of one bad choice.

- 1. Who are two or three people that you really respect? Why?**

- 2. What type of people do you not respect? Why?**

- 3. Do we respect one another within our program? If so, what are some examples that you can use to illustrate this? If we don't, what are some examples that you can use to illustrate this?**

- 4. How can we show respect to one another on the basketball court?**

PRACTICE #9**DATE: November 21st, 2012****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

TODAY'S TOPIC: SACRIFICE

When I don't play as much as I would like, I am noble and still support the team and its mission: I always place the goals of the team above my personal goals, no matter what my own personal successes and failures are within the team concept.

Sacrifice is essential for any aspect of your life to succeed. You will be asked to sacrifice things that you would like to have or would like to see happen, and you will, at some point, ask others to sacrifice.

Sacrifice and being unselfish is a very difficult quality to develop. We, as human beings, are naturally selfish, but the very first thing we are asked to do when asked to join any partnership, team or relationship, is to be unselfish. It goes against our natural instincts, yet it is essential for any of these entities to work.

What you will learn in life is that the more you give up, the more you receive. People appreciate and notice sacrifice, just as they notice selfishness and self-centeredness. Decide how you want people to notice you, because you will be noticed for one or the other.

1. Have you ever been selfish? When and where? Why? How did it make you feel?

2. When have you given yourself up for something or someone else? When and where? Why? How did it make you feel?

3. Basketball is a unique sport; there is no individuality per se, there are no huddles after every play, there is a flow and a necessity to play together as ONE on the floor. Would you be willing to sacrifice yourself for the good of the team; i.e. limiting your minutes, statistical gains, etc . . . for the success of the team? If you cannot, why not?

PRACTICE #10**DATE: November 23rd, 2012****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

TODAY'S TOPIC: ACCOUNTABILITY

***I play for our team first:** I am the type of player that works very hard to cover for my teammates in the toughest games and situations. My effort and verbal encouragement makes me a pleasure to play basketball with and my selflessness makes everyone around me a better player.*

In a transparent world, accountability is a very popular word. Everything that we do, especially in the public world, people want to hold you accountable. Things that would not make the news 20 years ago now scream through the headlines because of our modern communication systems

Being accountable on the basketball court is no different. Games and practices are taped and examined more closely than ever, and our performances and actions are more scrutinized than ever before. Is it fair sometimes? No, but it is the reality we live in.

As a person, as a basketball player, and as a basketball team, I want you to give me three things; a team first attitude, your fullest concentration on a daily basis, and your best effort every day. I will hold you accountable for those three things; if you do that, I can live with whatever your performance is as an individual and whatever our results are as a team.

- 1. Who holds you accountable? Why? Do you appreciate it?**
- 2. What are some things that you can do on the court that can help our team become more accountable? What can you do to make people around you a better player?**
- 3. What are some areas that we can be more accountable as a team and as a program? Why are these things important to you?**

PRACTICE #11**DATE: November 24th, 2012****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

TODAY'S TOPIC: LEADERSHIP

***I am a leader:** I am a verbal leader who is less concerned about my popularity and more concerned about holding everyone to their highest standards and driving my teammates to their potential. I compete all the time and I demand that everyone do the same.*

Leadership is easy to talk about and hard to define. Some people are verbal leaders, some are quiet leaders, and others lead by example. There is no exact way to lead, you just need to make sure that you do it your own way and do it well!

Sometimes leadership is confused with popularity; popularity is reserved for Prom Royalty and Twitter. Leadership is saying and doing what needs to be done to improve the whole, not the individual, for both the short term and for the long term. In order for people to take your leadership qualities seriously, you need to compete and be selfless yourself at all times; otherwise, your demands of others will fall upon deaf ears.

- 1. What are some good leadership qualities that you have? How can you use these qualities to help our team reach our goals this season?**
- 2. What are some leadership qualities that you think you can improve upon? Why do you want to improve on these qualities?**
- 3. Who are the leaders within our program right now? Why do you respect them?**
- 4. If we have shortcomings within our teams leadership, what can we do to overcome these shortcomings?**

PRACTICE #12**DATE: November 26th, 2012****TODAY'S QUOTE:**

TODAY'S EMPHASIS:

TODAY'S TOPIC: PERSONAL GROWTH

I am thankful for every opportunity that I have been afforded in basketball and in life: I am a humble, gracious high achiever that understands the sacrifices that others make for me to play basketball and go to a great school like Skutt Catholic, and I want to show others how grateful I am for all of these gifts that I have been blessed with.

When you stop growing as a person (figuratively, not literally), you are as good as dead. Right now, a lot of the emphasis in your life is about the things that you can and do learn about in books; Theology, Science, Math, etc . . . what will carry you in life is what you learn outside of the text books and the classrooms.

You have a great opportunity to learn and grow as a human being, so take advantage of it!! Use the opportunities to learn from your teachers, your peers, your parents, your priests, your nuns, anyone that can help you grow and make yourself better as a human being. Read every day, take time to be by yourself every day, laugh every day and love every day . . . if you do that, you will be a success no matter what you do.

- 1. What do you do on a daily basis to make yourself a better person? What do you enjoy about this?**

- 2. How can these qualities make you a better basketball player? In turn, how can it make our basketball team better this season?**

- 3. What are some qualities that we have as a team that will make us successful this season? What are some qualities that we need to develop to help us improve ourselves as a team to help us reach our goals?**

APPENDIX H-Beginning Coaches Worksheet**BEGINNING COACHES WORKSHEET****OFFENSE****Transition:****Man Offense:****Delay:****Sets:****Zone Offense:****Sets****BLOB'S:****SLOB'S:****Last Second:****Press break Man:****Press break Zone:****Press break Half Court Trap:****DEFENSE****Base:****Change Up:****Catch Up:****BLOB:****SLOB:****ACADEMIC MONITORING****BALANCE IN YOUR LIFE**

BUDGET CONTROL

SUMMER CAMPS

COMMUNICATION

Coach to Team:

Coach to Staff:

Coach to Parents:

Coach to Fans:

Coach to Media:

Coach to Alumni:

Coach to Administration:

CONDITIONING

Strength:

Agility:

Stamina:

DISCIPLINE

Team:

Self:

FEEDER SYSTEMS

FREE THROW

INJURY MANAGEMENT

LANGUAGE/TERMINOLOGY

Base Offense:

Sets:

Zone Offense:

BLOB'S:

SLOB'S:

Press breaks:

Defense:

PLAYER DEVELOPMENT

Spring:

Summer:

Fall:

PRACTICE PLAN

Length:

Time of Day:

Weekends:

Holidays:

Pace/ Flow:

REBOUNDING

Offense:

Defense:

RETAINING INTERESTED PLAYERS**SCOUTING****SHOOTING****SIDELINE/ BENCH DECORUM****STAFF ORGANIZATION/ DELEGATION****TEAM POLICIES**

Off the court:

On the court:

TRAVEL

About Coach Plum



Coach Marty Plum just finished his eighth season as head coach of the Skutt Catholic Girls Basketball program this season, and his 11th season overall at the school. Before coming to Skutt Catholic, Coach Plum spent six years at Briar Cliff College as an assistant coach, as well as one season at Bishop Heelan High School as the boys Junior Varsity coach and one season at Gothenburg, Nebraska as Girls Head Coach.

In his eight seasons, Plum has lead the Sky Hawks to three state tournament appearances, three district championships and four district championship game appearances. The 2009-10 squad set numerous school records, including wins in a season (19), points per game (61.1) and team free throw percentage (67.4%). The 2009-10 squad became the first program other than South Sioux City to win the River Cities Conference Tournament, and it finished 4th in Class B.

Plum was an assistant for the SkyHawks for three years previous to his head coaching stint, helping the SkyHawks to a 49-15 record and two state tournament appearances, including a state runner-up season in 2004.

Plum's career record as a head coach is 128-86, including a 112-80 mark at Skutt Catholic. His overall record as both an assistant coach and head coach is 312-133.

Coach Plum has been married to his wife, Carla, for fifteen years and has three children, Michael, Carter, and Genenvieve.

Feel free to contact Coach Plum via email at coachplumschs@gmail.com