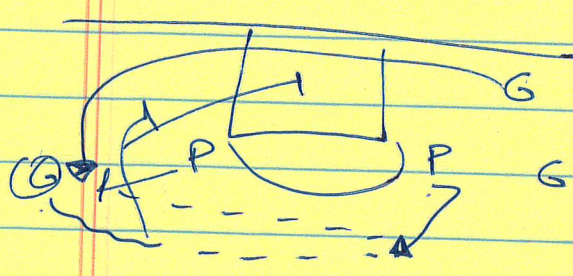
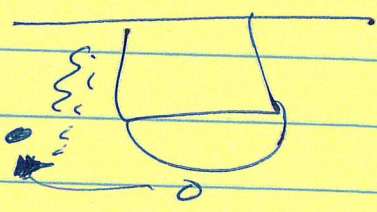


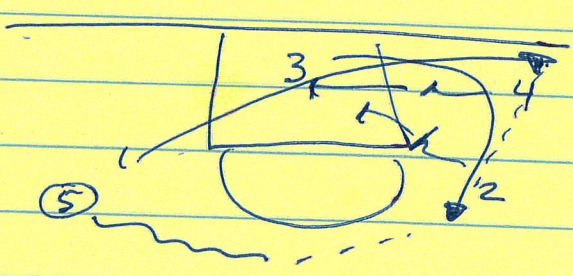
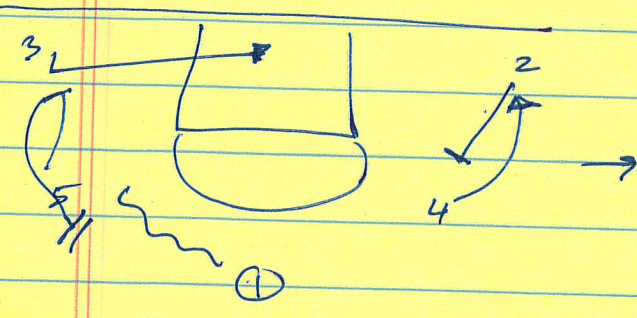
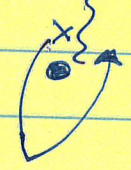
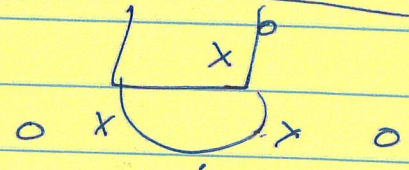
DR



DRILL



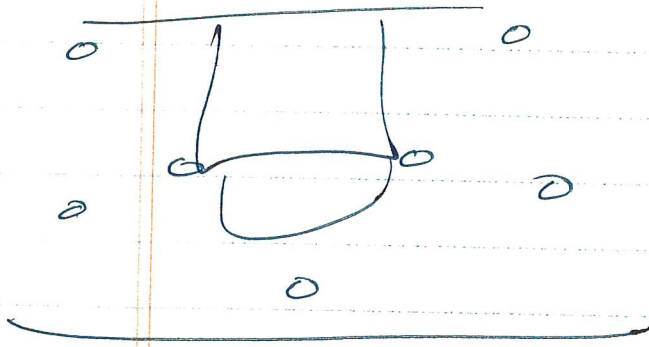
4 on 3 Advantage



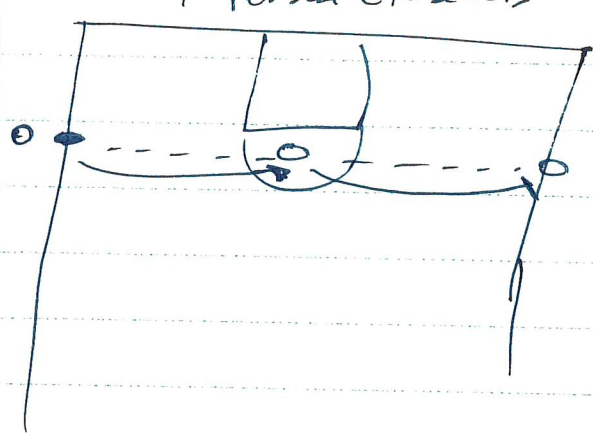
You are constantly communicating to everyone in the gym with your body language

2 spot

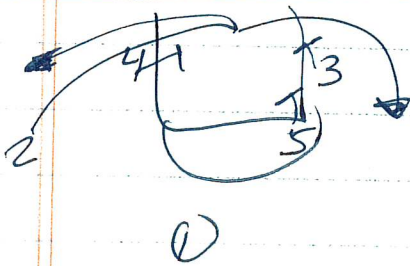
1 on 1



4 person closeouts



Box to Home



Pay attention to the home

Development of the team

Create a sisterhood

Team accountability

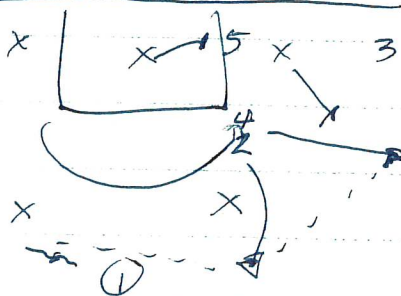
Change the climate, then change

the culture

Competitive Spirit

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

OVERLOAD vs. ZONE



Timed Skill Drill

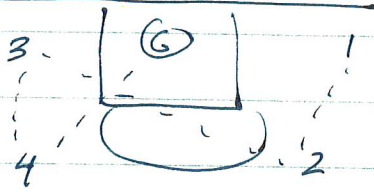
ADD SHOT FAKES TO

NOVA RIPS OFF

THE BOUNCE

Ladders for footwork

GUN ENTRY



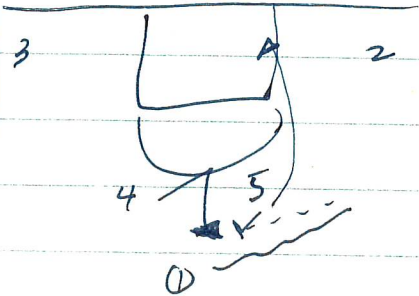
Post Entry

1 Gets 1st Shot

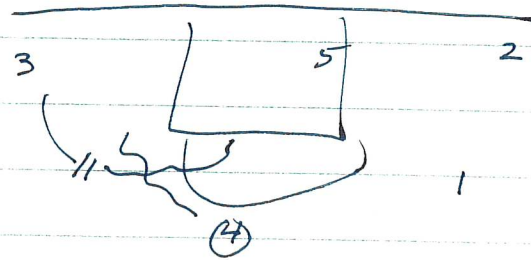
2 Gets 2nd Shot

3 gets 3rd → CAN step out/ follow up

4 gets 4th



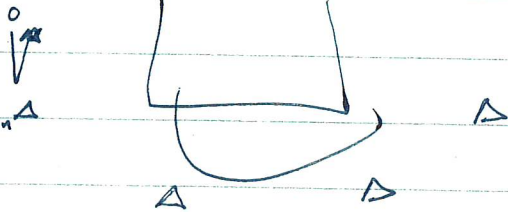
→



★★

10 3's from each zone

Have to touch the cone between every rep



5 2:00 Drills

Show film on good plays from the season

Call the Name
~~5 min~~ shell

Pts. per Zone per shot

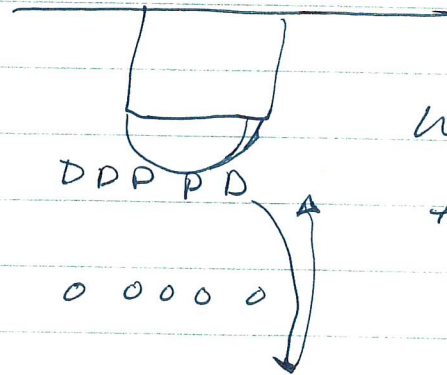
1.26 → Restricted Zone

.8 → Other 2's

1.18 → Corner 3's

1.07 → Above the Bruck 3's

1.53 → FT's



Work on
stunting
& helping

HANDLING PRESSURE

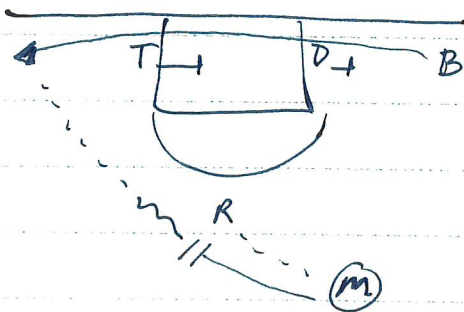
Sell the idea that pressure is a myth
Teach them ~~but~~ ~~press~~ to handle pressure

- Cut - Eyes up

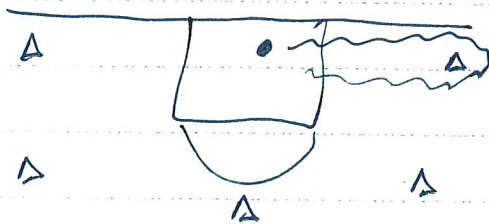
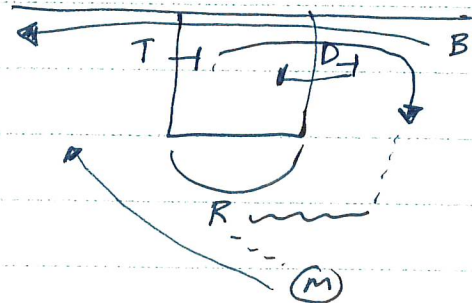
- Backcut - Ripp

Drill them on technique

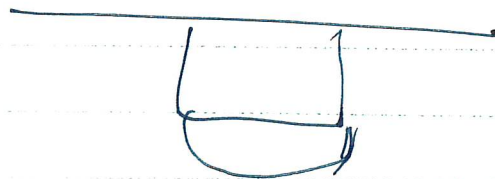
Play small sided games



OR



All WH



C+S

Chin

Ball Screen

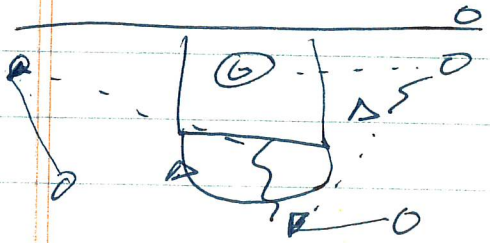
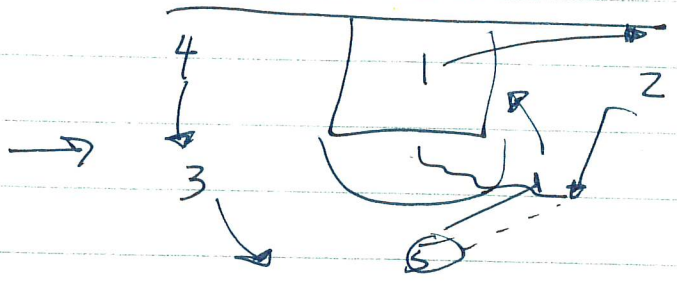
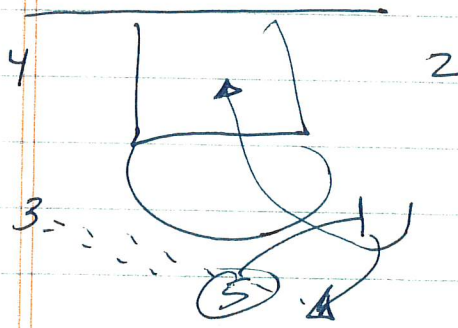
Post-UP

CROSS

DHO

ZIPPER

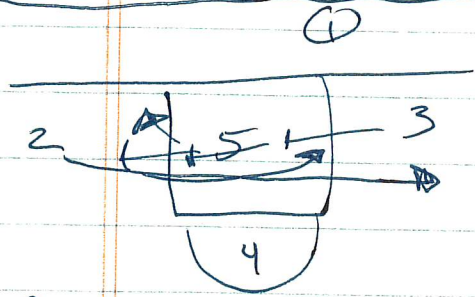
RPS - PIONEER SERIES



- | | |
|-------------------|-----------------|
| show them why | Be authentic |
| Praise them | Love them |
| Be honest | Know the game |
| Bring energy | Discipline them |
| Innovative Drills | |

Teamwork Intelligence: The purposeful and intentional relational process of team members together raising one another to higher levels of motivation, collaboration, compassion and performance

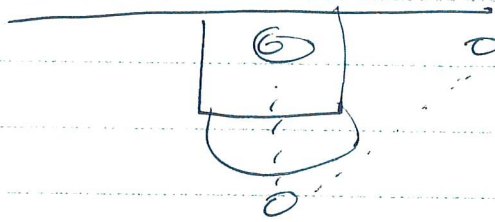
It is not inevitable; it is forged methodically and deliberately



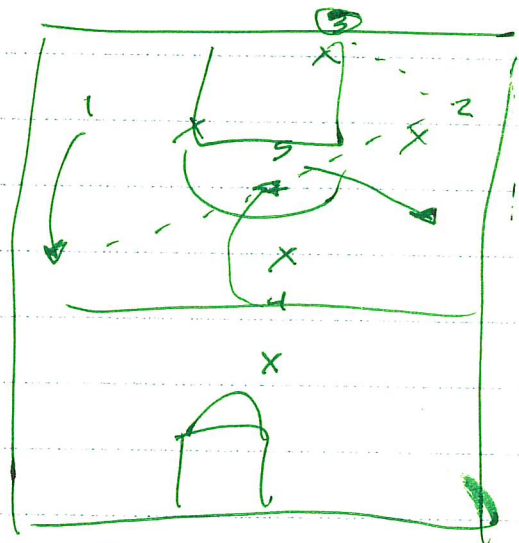
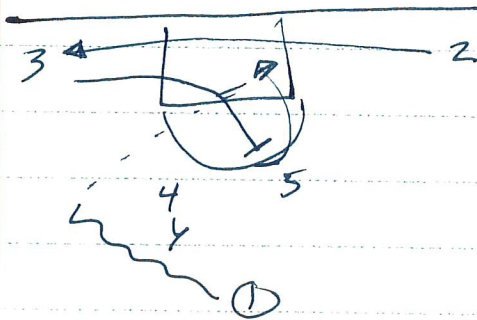
- 3/6/9/12
 RPS → 3 3's
 6 off the bounce
 9 Snipers
 12 lay-ups, 6 on each side

BLOB
22

Do what your players do Best



All five spots around
the world + back
- Make 2 from each spot
in 3:00



Talking in "Bump" Area of zone

Correct attitudes before they delve into resentment

"Eyes make lay-ups, feet make jump steps."

Give your team 1 timeout per practice

Create mini goals → 3 lay-ups a quarter

1 pass ahead lay-up a half

If you rebound too much you won't come out!

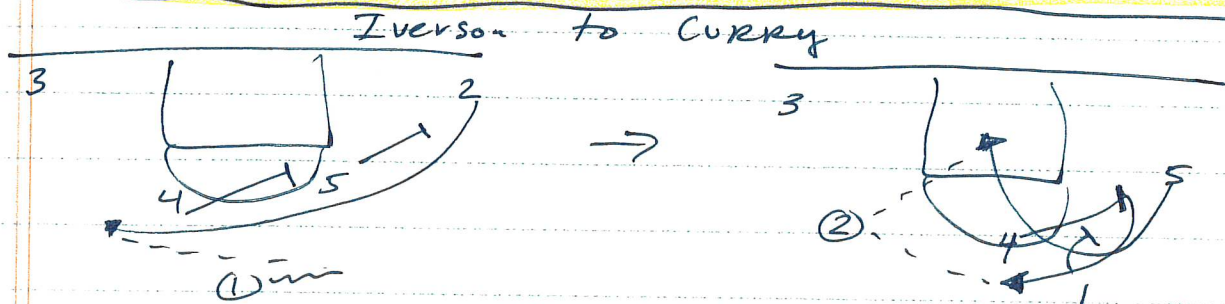
Pause for poise

Vs. zone → Attack gaps / Look opposite or diagonal / ~~Don't~~ Move
Validate wins in open games w/ FT

Need to develop a plan for each player

- Tess: Ball Handling
- Maddie: Athleticism
- Briia: Finishing around basket
- KP: Face-Up Shooting
- Raegen: Finishing around the basket
- Dala: Passing + BH
- Katie: C + S

Team Theme: Creating
our own shots



"Winning on the road is about defending the paint."
- Rick Meeker

- 2 minutes to teach a drill
- 2 days to learn the skill
- 2 months to make it a habit

Promiseless, Do More

Look for ways to shorten practice

Zero Reversals = -63 PPP
One " " = .83 PPP
Two " " = 1.1 PPP

"How good can we be when our best player might not be our best teammate?"

Can you play basketball?

- Tough, smart, dependable

What can we do in the locker room

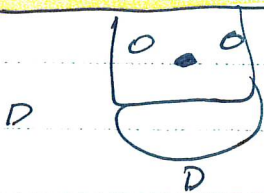
Get old + stay old w/ your roster (JRS + SRS)

No excuses!

Next play!

Concentrate on This play

AA

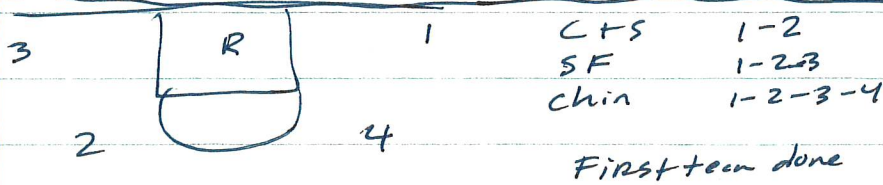


- * Make a lay-up, then all 3 offense players sprint out to 3 pts line; have to get 2 feet above 3 pts line
- * Defense sprints to touch baseline, then matches up

Rebounding Drills → Get 1, 2, 3 Rebounds in a row to get out

5 on 5 Rebounding → Offense gets Rebound → try to score
Defense gets Rebound → Transition to other end

How can we make our players better leaders?



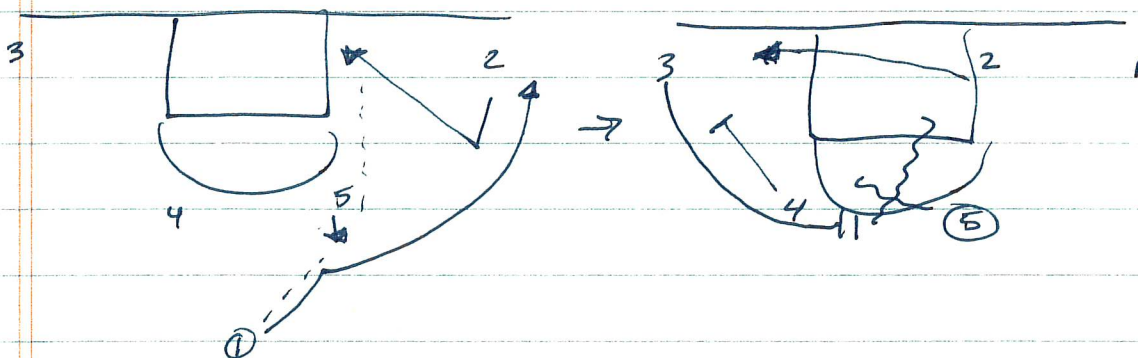
There are approx. 120 possessions in a game; all you can do is with this one!!

Be the first to the floor

The more things you can do, the harder you are to keep out of the line-up

Buy-in or buy a ticket

Shell Drill → What team has the longest streak of time in steps?

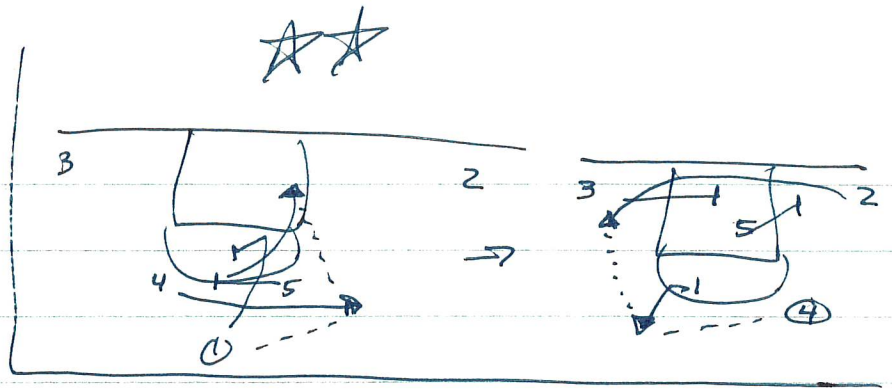


Think of your ^{team's} culture like a tornado watch; conditions are always for a storm to create havoc, and you have to be prepared in case one hits.

Girls 6:30-7:30

HS 7:30-8:30

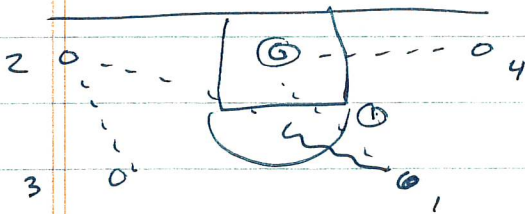
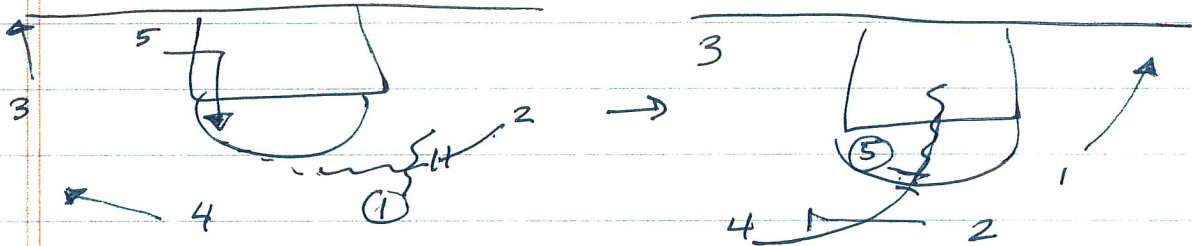
Elem. 8:30-9:30



Clutch performers

- ① Know ~~what~~ the right thing to do at that time
- ② Focus on " " "
- ③ Disciplined to do " "
- ④ Resilience to keep chipping away
- ⑤ They believe that ~~we~~ they can do it

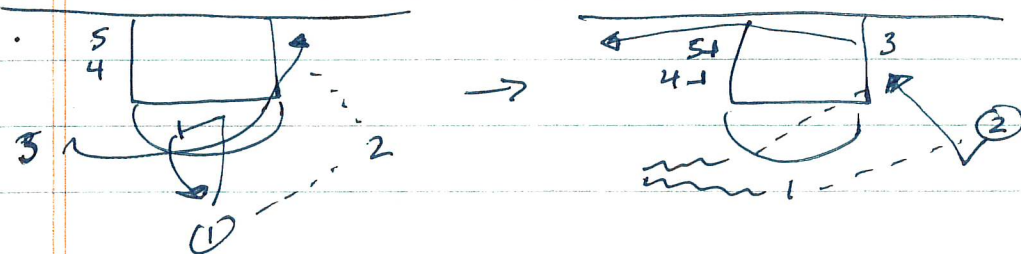
SCISSORS

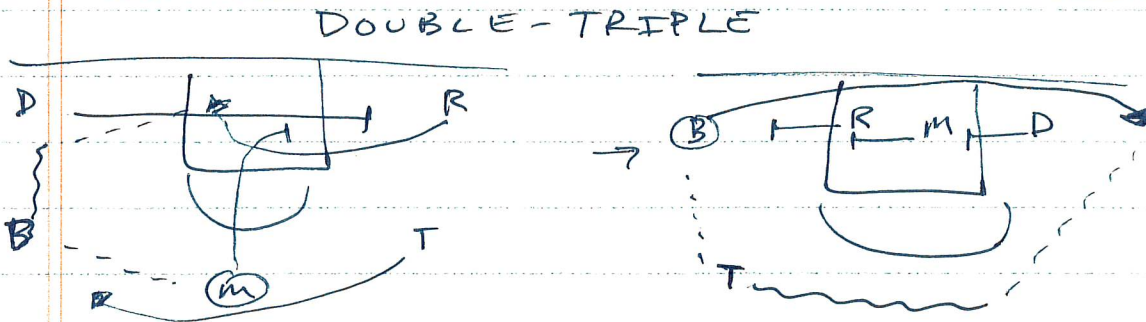
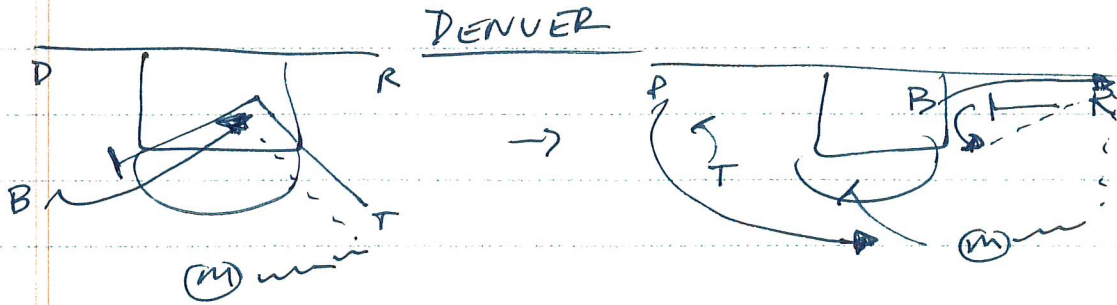


1st Shot

1-2, 2-3, 3-4, 4-1

CAROLINA



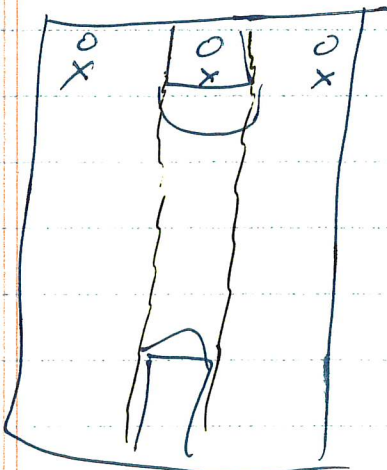


★★
★★★

2 Questions your players should know the answers to
if you are doing your job as a coach

1. Do you know what I expect of you as a player?
2. Once in the game, do you know how to stay in the game?

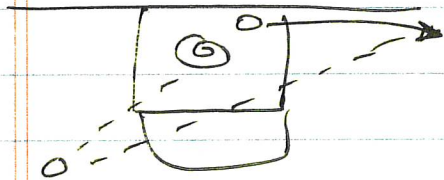
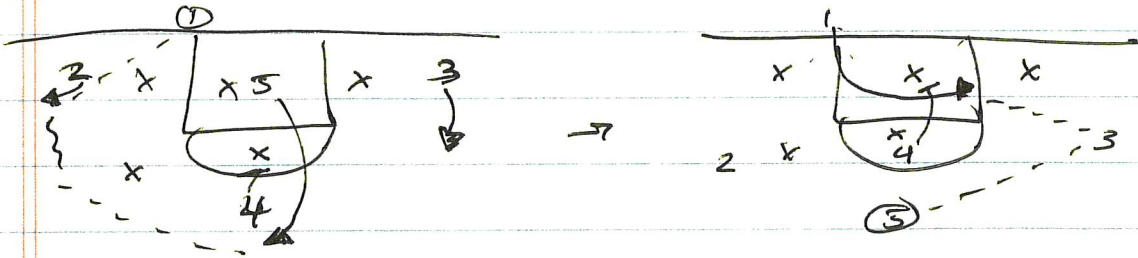
CAMP QUESTION



- No Dribbles
- Have to stay in lane
- Have to go FC
 - "X" amount of passes
 - No tips

3 on 3 Full court lanes ↑

Be the first to the floor for 50/50's
 Sprint Back on defense!



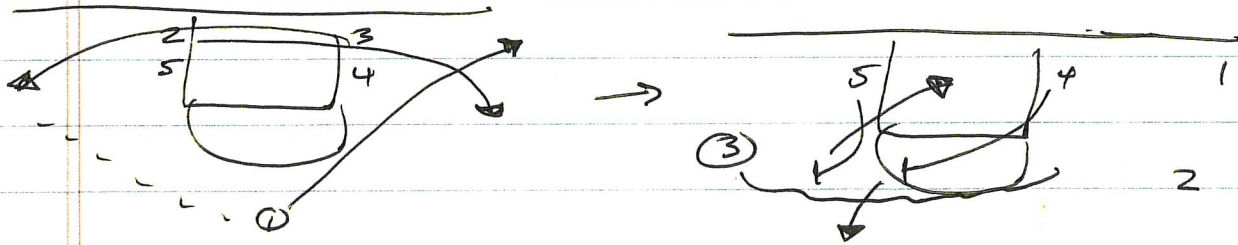
2nd Ball CTS or
 off the bounce

"Excuses are the nails used to
 build a house of failure."

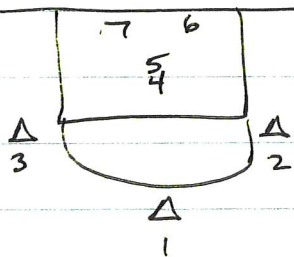
Attention to detail

"It's a daily decision to be uncommon."

CROSS ORLATTOMIA

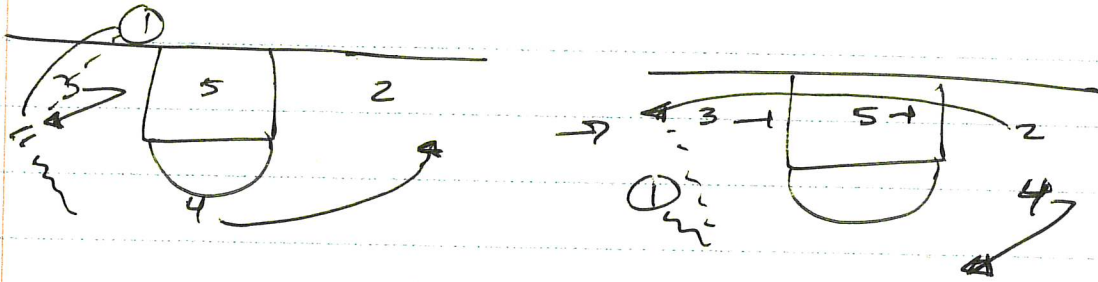


Skill
 Work



- 1 - CTS
- 2 - SFR
- 3 - SFL
- 4 - SFR / CO / Pull up or Floater
- 5 - SFL | " " "
- 6 - SFR / CO / chin
- 7 - SFL / CO / chin

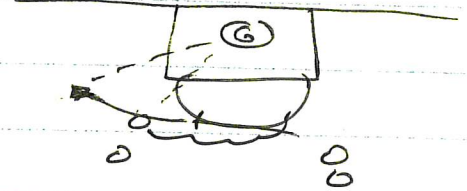
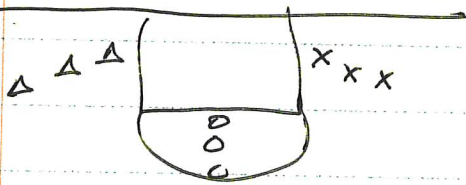
HAVE A STAR FOR COMMUNITY SERVICE



could look for slips for 3 + 5

Warrior rebounding in Teams

- S hots
- W arriors
- gen Gyms
- C ompetitions
- F ree Throws
- * for Com. Serv



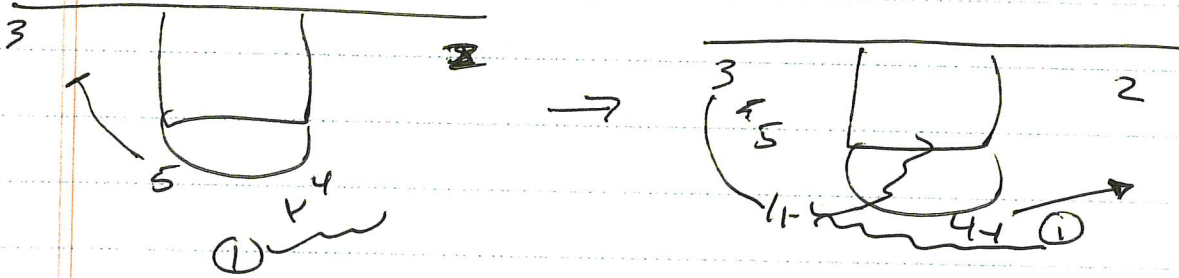
- ① Cone off P+R
- ② Pick + Pop

Coaching is a people business

Let's Be RATS (Gym)

No "Scoreboard hangover mentality"

"Players play, tough
players win."

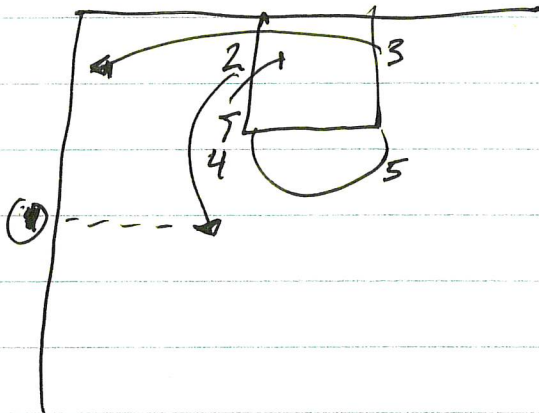
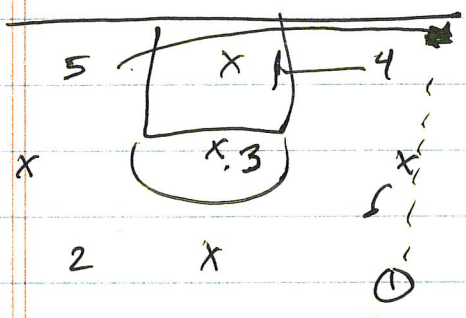


"Every day guys" & Guys you can count on everyday.

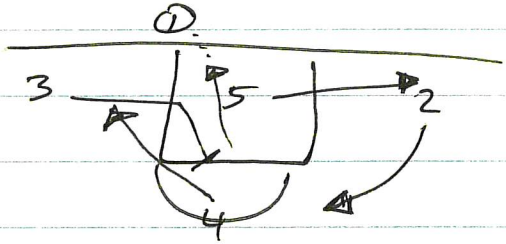
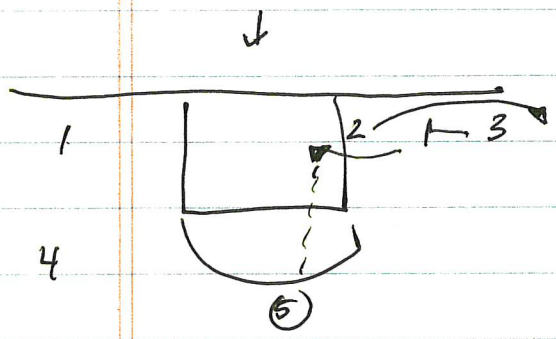
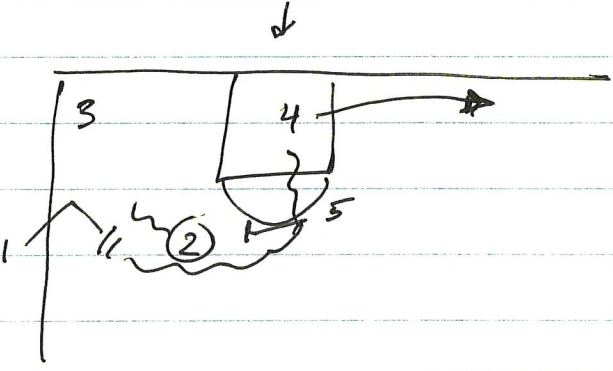
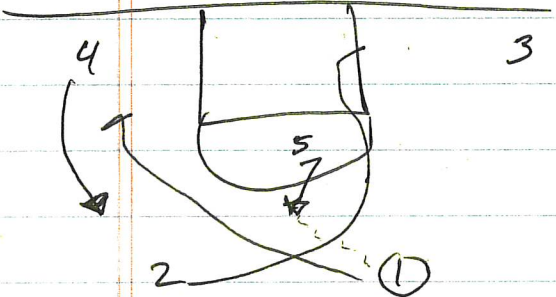
Things you can't do today

Find their passion

- Be slow
- Have to be convenient
- Have to entertain

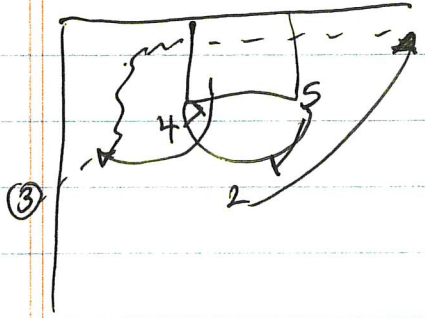


Tape timeouts

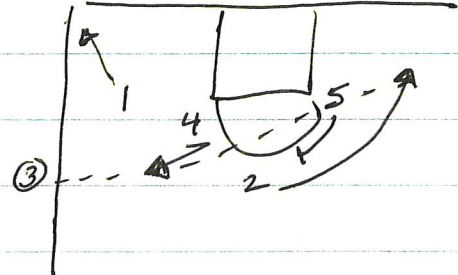


There is no time to think in basketball

SLOB



OR



Be humble

Listen

Serve Others

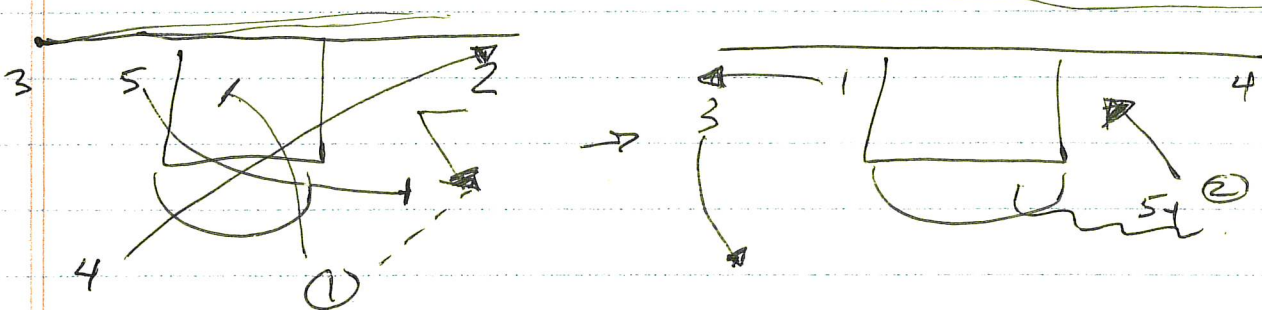
Work Hard

} Standards

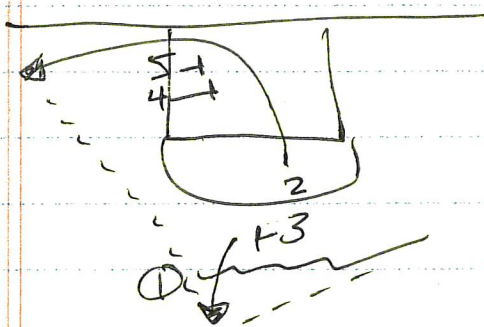
What are our standards?

32 pt. shooting → Play to 32 on go for "X" minutes and play as a team vs. team.

Don't be afraid to leave your comfort zone



Failure is so close to success.



Don't talk; communicate!

Anticipate!

Be a problem solver on the floor!

Keep re-motivated

Play w/ ~~the~~ discipline

RPS-5 major spots 3/SF → Have to make 2 in a row before you miss 2 in a row to move on

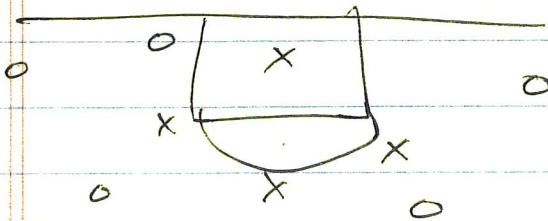
No feet → No shot!

Stunt "Thumbs Down" + Retract

Take away middle + CTS → Try like hell to push 2nd baseline

Do everything w/ more energy + higher standards

5 on 4 Scramble Shell

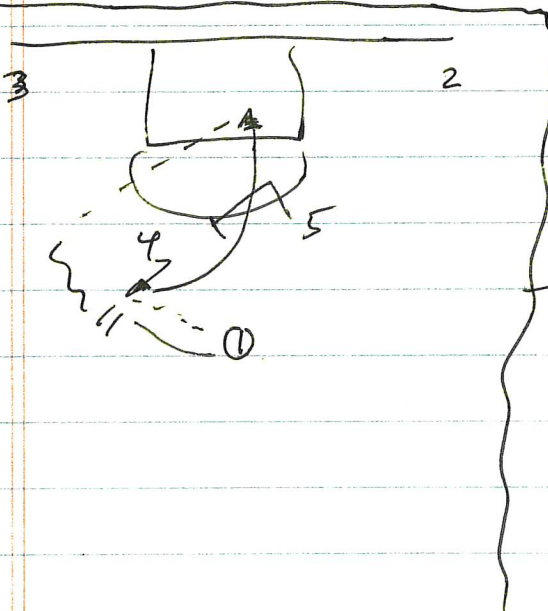


Have to have someone on the ball at all times

Efficiency → If you can't excel in both offense + defense, excel in defense + survive on offense

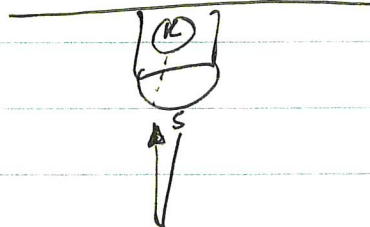
Try to talk only in dead balls

Coach everything backwards
— Jungers



How do we defend at EOG
Designated foulers

1/2 Ct. Touches



After every shot
go touch
Go for 1:00

Team Perception Test ★★

- Toughest Player
- Hardest Worker
- Vocal Leader
- Clutch player
- Best defender
- Who to take FT's

$10 \times 3 = 30$

$10 \times 2 = 20$ CTS

$10 \times 2 = 20$ SF

$10 \times 2 = 20$ Chins (Mikans)

80 pts Shooting

★★★★

Teams / Players v. Players

★★★

Things We do A lot

Transition Defense

Close out

Rebound

Defensive Rotations

OFFENSE

Dribbling

Passing

Shooting

Cutting / Screening

DAILY GOALS

- ① Respect and trust your teammates
- ② Have a positive impact on someone else
- ③ Dominate your opponent
- ④ Be responsible
- ⑤ Act like a champion

"I don't care what you did yesterday. If you're happy with that, you have bigger problems"

"Make all your decisions based on winning."

Competent Coaching

- Strategically sound
- Plays w/ discipline
- Don't beat itself

Get comfortable being uncomfortable

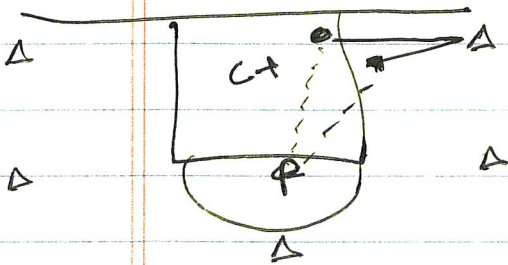
Physical errors typically come from an athletic mismatch instead of ~~ment~~ poor concentration

Things to defend

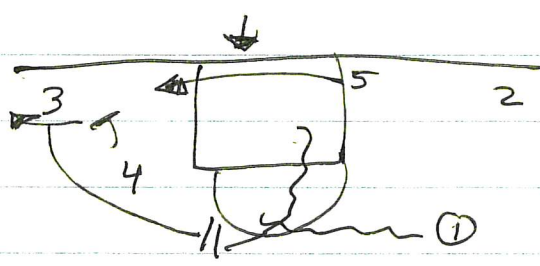
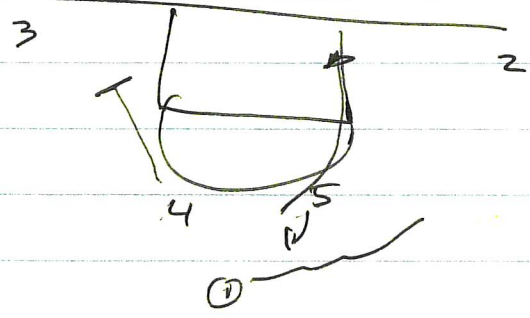
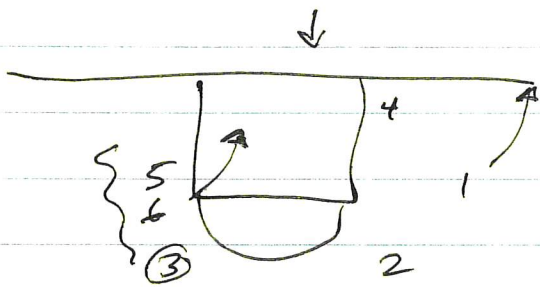
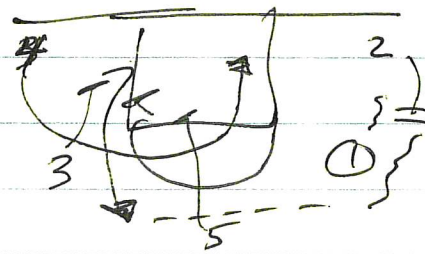
- ① Closeouts
- ② Post touches
- ③ Ball screens

Roles

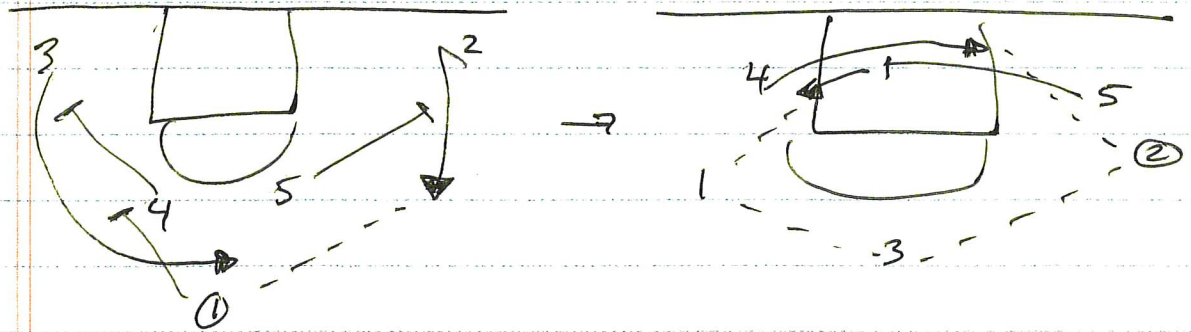
STAR power finishes



Power Dribble + finish into pad



Great leaders understand what they can control, + they control them. They also know what they cannot control and stay away from them.



Don't play it, teach it

4:00 MAX → How many 3's could they make in 4:00

After Jan. 1st → Special Situations

- Film for Special Situations

"Good to Great" by Jim Collins

"The game of basketball goes in 8 point streaks." - Lenny Wilkens

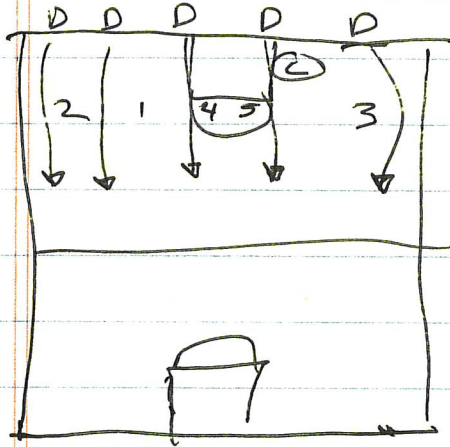
Timeouts: "Clear + Concise"

Mental preparation is all about routine to create confidence

- Control adrenal line + breathing

Ask questions to the whole team first, then zero in on specific players

Full ct. Shell Drill



* Coach makes shot + offense pushes the ball up the floor

~~9/22~~

What are the moves you have the most confidence in?

What is our playing time standard?

- What does it take ~~to~~ to get playing time w/in our program?

- Acceptable + Unacceptable

Arkansas

- Bad shot is better than no shot
- No live BALL TO'S
- Get to the FT line

4:00 MAX →
How many 3's can you make in 4:00?

ATO Strategies

Have a play you only run after FT

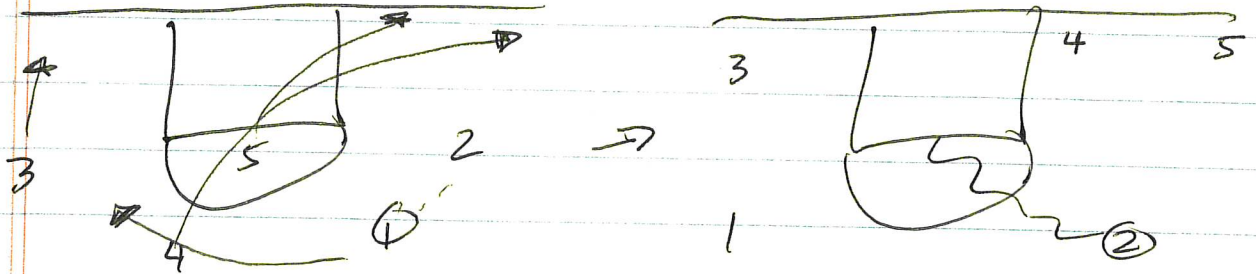
What are you prepared to do?

Winning is not normal. Success leaves clues

Tally Bright Spot meetings

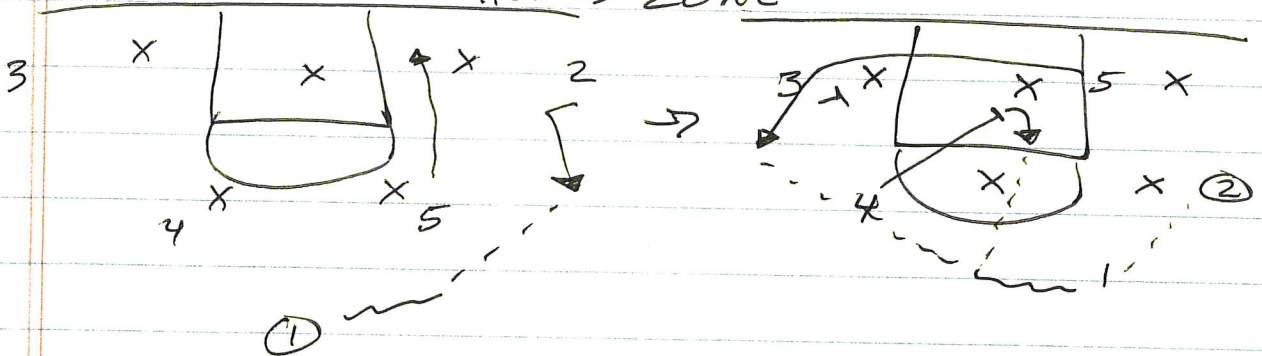
Back cuts; IF the defender turns their head throw
the back door pass.

Deny

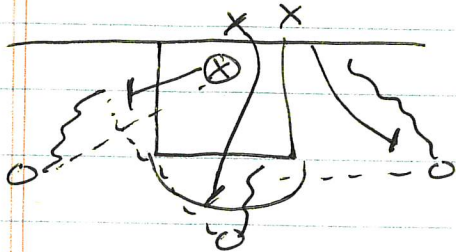


Teach concepts through cognitive activities (drills)

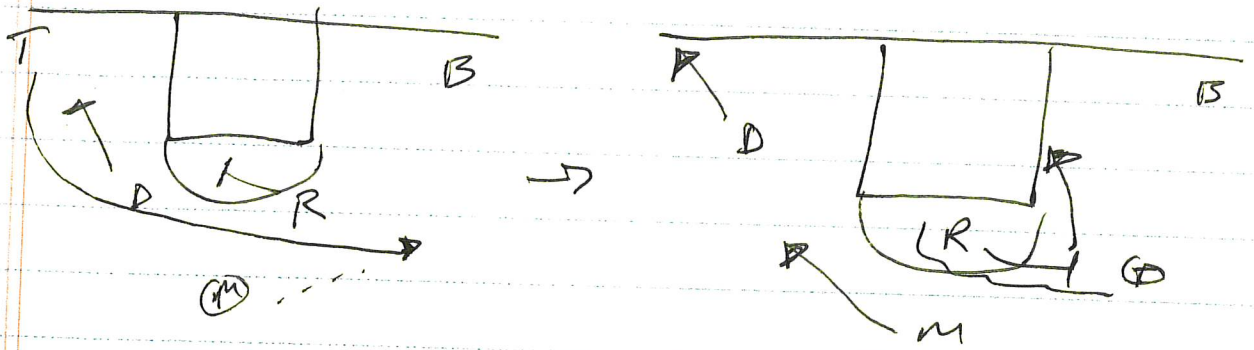
HORNS ZONE



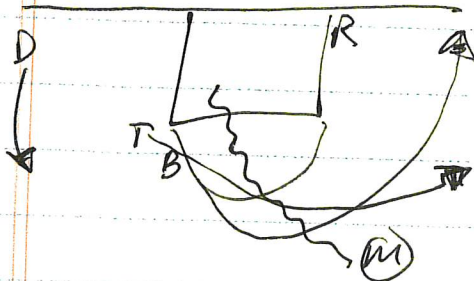
[HAWLEN DRILL]



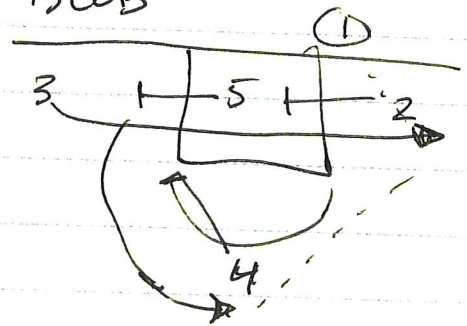
- * 1 pt for a point touch or 2pts.
for Manhattan touch
- * 2 dribbles on wings, 1 dribble
on top
- * Once it gets to WS, go live to
score



DOUBLE GHOST



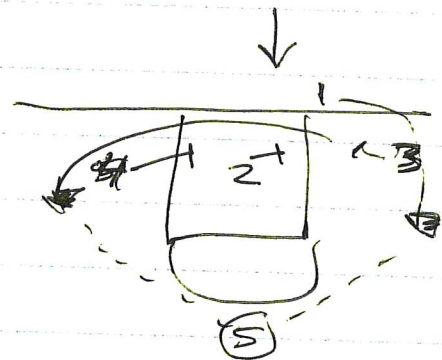
BLOB



1 on 1 - 3 Dribble MAX

Post TRAPS & collapsing c-posts

- Have to pinch hands



Take away 3pt. shots, don't worry about 3 PT 2.

- React on the flight of the pass

- Be willing to give up 2 guarding 3 on the weakside

VS. Hard Hedge / Blitz or TAP → Short Roll

Couch in bullet points

Couch players, not a system

You can't win every game, but you can prepare to win every game

EAT TOGETHER as often as possible

- 6 people at a table

The key to team building is taking them out of their element

Don't do a half-assed job

Be consistent and loving

You are equal to men and should see yourselves in that way

We aren't going to talk like girls, we're going to talk like women

Teaching should have a purpose and a plan

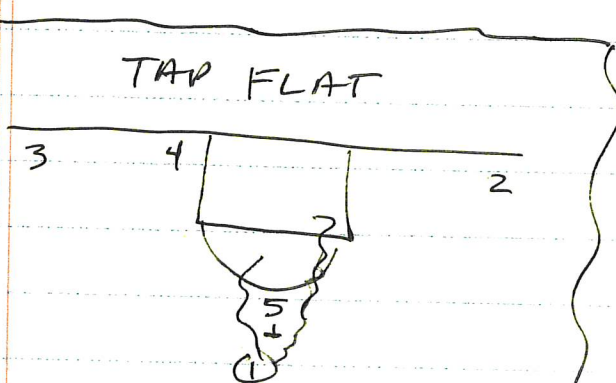
"I can teach you or I can train you."

Find each player's heartbeat

Missed FT's = TB's

Eliminate coaches passing in practice

Boring is sometimes necessary to be good



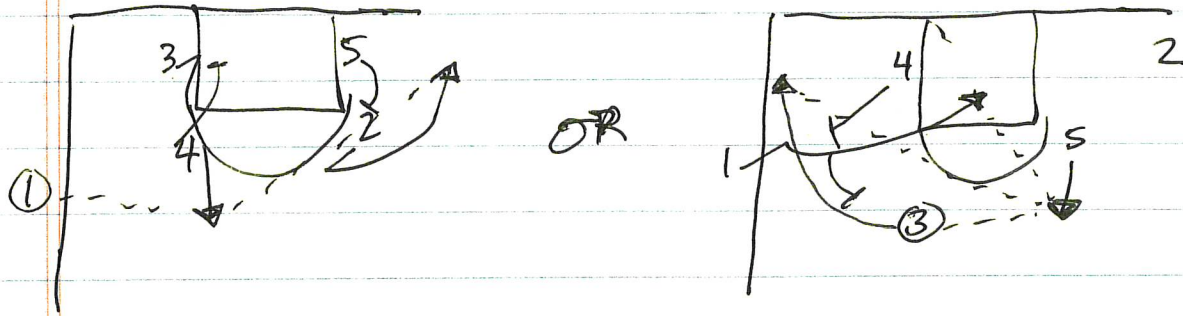
3 on 3 ~~1/2~~ Full Ct. LANES

- 0/1 Dribbles

Be demanding but not be demeaning

What is your worth to the team?

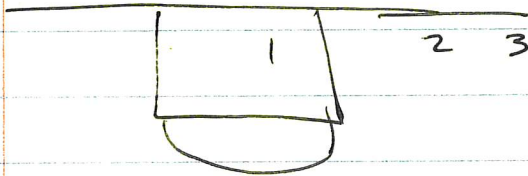
NCAA / NBA greatest endings to teach situation / score



Practice Chaos = Game Calmness

32 Point ~~Team~~ Shooting - TEAM

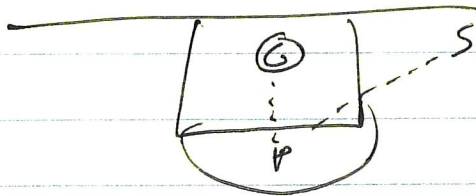
★★★★



6 players in line / 2 BALLS

- ~~Winning spots~~
- Team total points
- Winner at basket
- Have to get 3 pts. to "win" a basket
- Have to get 3 pts. to "Survive" basket

You can spot a winner, even on a losing team.

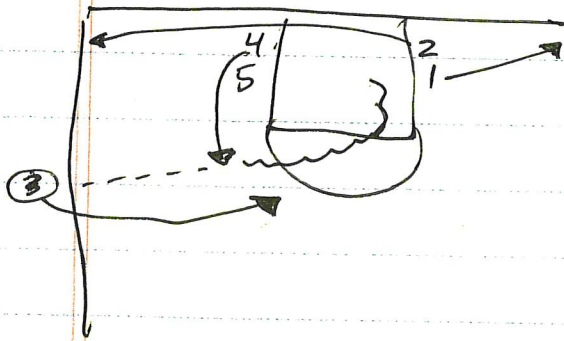


5 main spots

How can you improve if you don't have the ability to analyze yourself?

SABAN CONTROLLING THE UNCONTROLLABLES

- ① First determine what you can + can't control
- ② He identified fear, seniors others would try to highlight the negative
- ③ Uses his influence ~~to~~ to change the narrative
- ④ Let people know how he viewed "the problem"
- ⑤ Removes the stress of the situation
- ⑥ Takes the negative and explains why it is a positive



Ask Carter how to cut film on Hudl

Momentum Killers

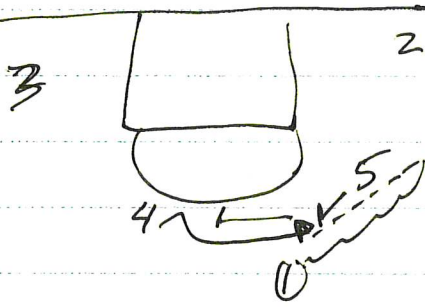
- ① Bad Shot Selection
- ② Missed FT's
- ③ Second Shots
- ④ EOQ Score
- ⑤ Live BATT0's
- ⑥ 3 pt. makes in 4th Q
- ⑦ Unnecessary Fouls
- ⑧ Loss of poise
- ⑨

Momentum Getters

- ① Scoring at EOQ
- ② Taking a charge
- ③ Winning a 50/50 BATT
- ④ Scoring in 4th Q to take lead
- ⑤ Scoring in Press Attack
- ⑥

Plan out sets vs. Shell 10/4 practice → What order?

Kidnapped
Rosen



Don't make promises

- Nothing is guaranteed
- Everything is earned

It's all about the process

The mental toughness of strength
+ conditioning

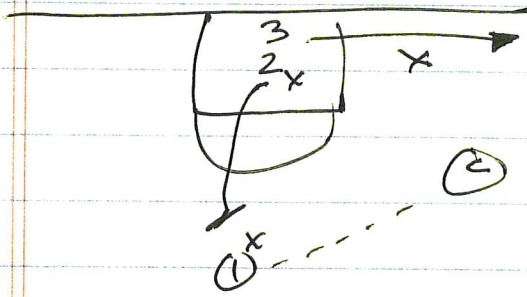
"Everybody's good from the neck down, but what separates them is from the neck up."

The Process = Discipline

- Every play has a life of its own
- Forget the bad play
- Play one game at a time
- Don't get too up or too down
- Focus on small details
- Eliminate distractions
- Concentrate on execution
- Don't settle for 98% right
 - The discipline to do it all over again

The standard is not measured by the opponent, it is measured by Alabama. The opponent is yourself

Learning never stops; adjustments never stop



- 1 - BH
- 2 - Trap Screen (CRPD) } MAKE A READ
- 3 - SPACER

1's Progression 1 ① Rim ② Rollen ③ Spacer

Does a player fit our scheme + culture

What does my team need right now?

"Entitlement vs. Investment"

"If you steal it, make sure you can teach it!" - ~~ITZRO~~ ^{Hubie Brown}

FT's to help regain strokes → Don't overcoach it

Drill "help to help" everyday

It's all about player development!

Strokes Shooting - 1 in a row - 1 pt

2 in a row - 2 pt.

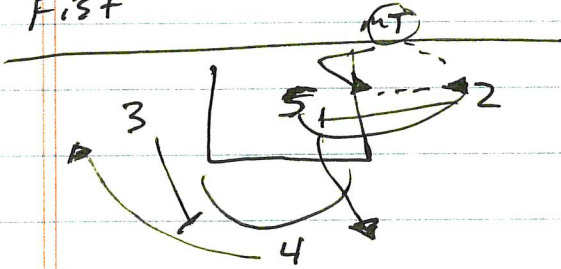
3 in a row - 3 pts etc...

Create a safe zone to make mistakes so people can grow

Post Practice Stretching

End practice w/ First 12 of Hoiberg 33?

"1 First"



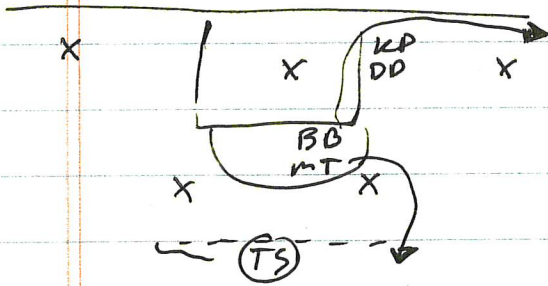
Kids are state conscience

Need to do game goals better!

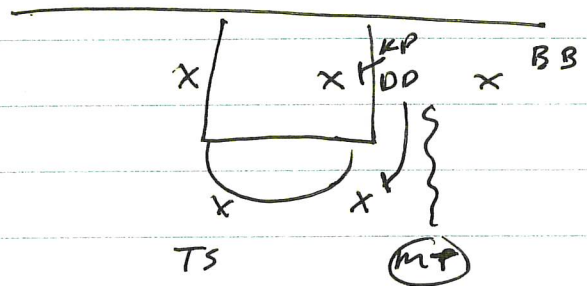
How do we commit turnovers?

- Need to chart!!

US-ZONE ★★



→



Eliminate Losing

Know + Accept what we do well + what we don't do well

Effective FG %

No lay-ups

Win the 1st shot

Veteran Leadership

Be a leader when coaches aren't present

Positive reinforcement

Take care of younger players