

76 5545

## NEIGHBORS INTERVIEW

Have they had enough opportunities in practice to correct their mistakes in practice + be confident in games?

Individualize your plans / Prioritize your plans / Let them play

"Functionally Fast"

- Have to zig while other people zag if necessary

What is your identity

~~You lose your race 2x's in a row, you either disengaged or you are tired and you will come out~~

Attack every single play → get a shot in :10 or less

Give the ball energy → Don't stall the ball

Simplify to play fast / make reads simple

"You are what you count"

"Eliminate losing forest"

~~"You either coach it or tolerate it"~~

Marginal gains → get 1% better in many things

~~- Don't throw it to Rim Runners after they are below the nail~~

~~- Don't throw to wing if they can't CTS~~

~~- Never fake a back cut, commit to it~~

- Brunson layups

- Steve Nash hockey dribble

~~- Don't have to score on every inbound play~~

Cycles  
rules

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~~Play~~ Structure things to player's strengths, let them be me

Win convincingly either Rebounds OR Turnovers

Footwork on outlet passes

Emphasize the pace → puts pressure on defense

Force opponent to change game plan

Only talk on dead balls → don't want players to lose focus

Best shooters have to get the most shots

Are we getting the right shots to the right people?

Shot attempts and FT's

Bright Spot Coaching → Work on their strengths 3x's as much as their weaknesses

3 things they are great at, 1 thing to work on

5:1 ratio of practice to play

Practices have to mirror your expectations

Become great at what you're good at

Not athletic? → Anticipate, watch film, <sup>play</sup> smarter, understand angles

Give them tangible things to change

Make it okay to understand that they will have weaknesses

It's not the X's + O's, it's the hows + the whys

Developing Reads:

- Passer starts unguarded so they can see the floor

- If they are having difficulty, strip the difficulty

- Increase difficulty as mastery progresses

- No delay in feedback; has to be immediate

- Phone / iPad

- kids crave it - Don't want to be

embarrassed in film room

2 on 1, 3 on 2, 4 on 3



Front of the line / back of the line

~~- If they master it, go to the back of the line~~

~~- If they need correction, have coach correct it and they go again~~

~~Record Boards in locker rooms~~

~~"The Power of One Story" Ted Talk~~

~~Force kids to have evidence of everything~~

~~Talk and listen to your players~~

~~- Be vulnerable / It's okay to say "I don't know"~~

~~- Be supportive when they are struggling~~

~~Wanna hear to feel good to play well~~

~~- No such thing as balance; find the rhythm~~

~~Try to continue to play kids when they are slumping~~

~~Celebrate victories and good times along the way; don't miss those opportunities!~~

~~Don't let other people define your definition of success~~

**YES!**

~~Quality shots by our best shooters in the best scoring zones~~

QUALITY SHOTS

Time / Score

Made in Practice

Was it the "best" shot?

BEST SHOOTERS

Green Light License

Practice earned

Game Maintained

SCORING ZONES

Paint

FT Line

Beyond the arc

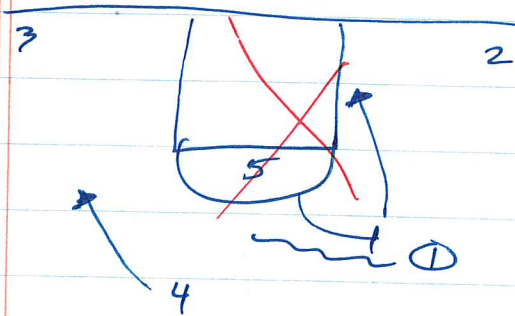
TRANS → RACE + SPACE → FLOW → ACTION → Family of SETS  
 → Off. Reb.

Options

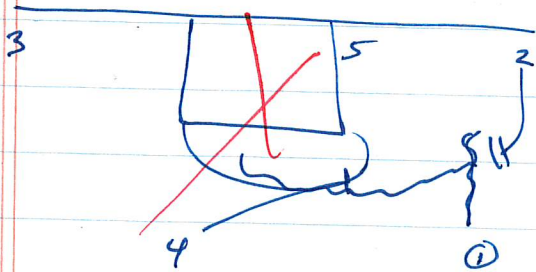
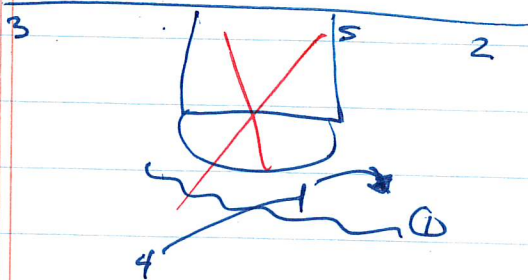
"Race to your space"

- ① 1 to Rim
- ② 1-5 (Rim Runner)
- ③ 1-2
- ④ 1-3
- ⑤ 1-4

Area between tops of keys is  
 "Decision Zone"

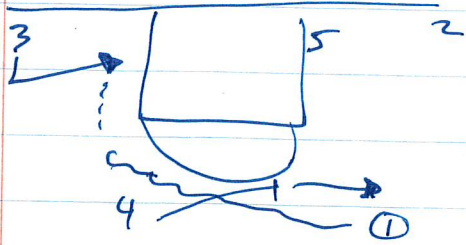


If transition is slower  
 Sets Ball Screen

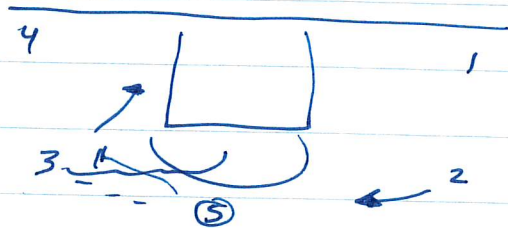
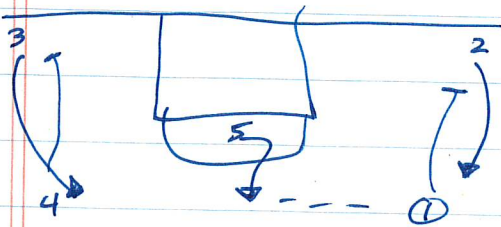
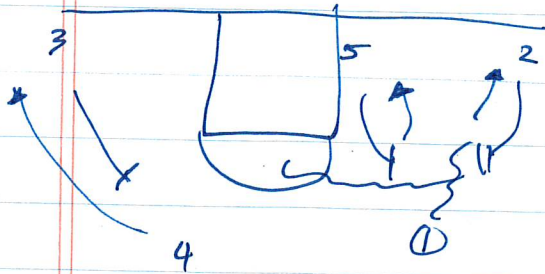


4 CAN Pick + Roll of flip  
 "Rub" Action





4 w/ brush screen



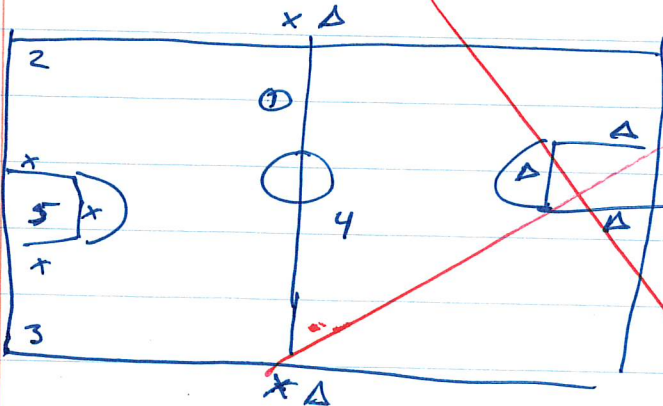
Whenever 5 throws it she goes to Ball screen

Live with some shots rather than live ball turnovers

Reveal Roles

5 vs. 3 + 2 (3 teams)

GOOD DRILL



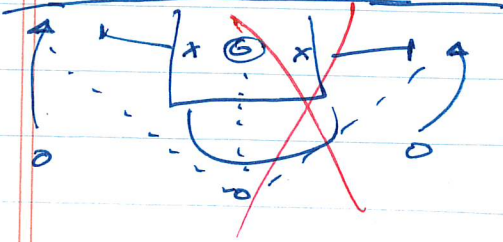
As soon as ball crosses  $\frac{1}{2}$  ct,  
2 people on side touch middle  
of the floor

Time + Score; always have  
a winner

Have an assistant keep track of PACE + # of possessions

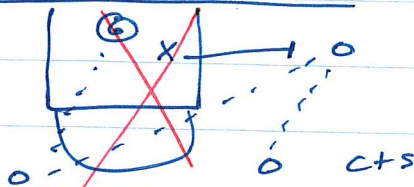
Don't turn down open shots - Balance / Good shots

### 6 ON DRILLS



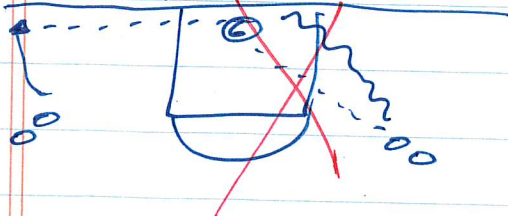
Then go from ~~corner to wing~~  
CTS  
Can go CTS / SPI / SFO  
Can also have two defenders to challenge shooters

### DECISION DRILL



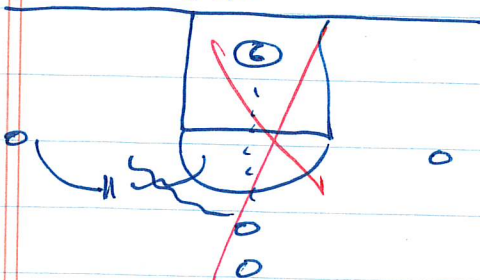
~~1st PASS: Decision~~  
~~2nd PASS: CTS for PASSER~~  
~~- You miss, you go to Defense if you are in Decision~~

### HAMMER



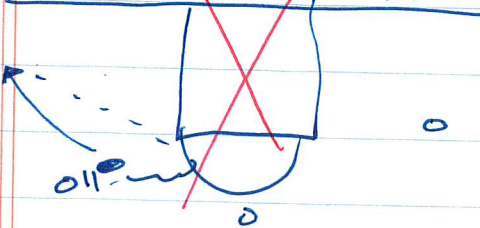
~~1st PASS: CTS~~  
~~2nd PASS: HAMMER / Baseline Drift~~  
~~Switch lines~~

### DHO



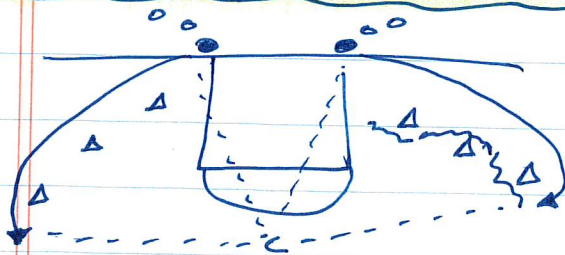
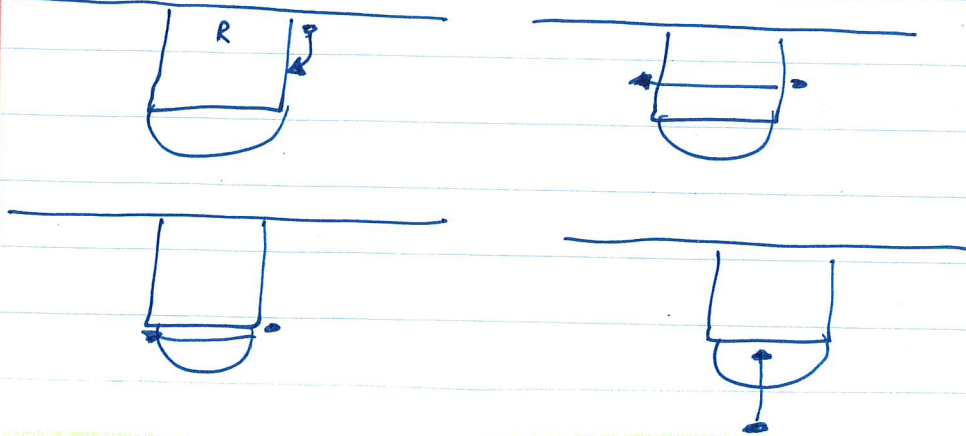
~~Go Right~~  
~~Go left~~

### DHO - 2nd OPTION



FOOTWORK SHOOTING - 7:30 Then Flip

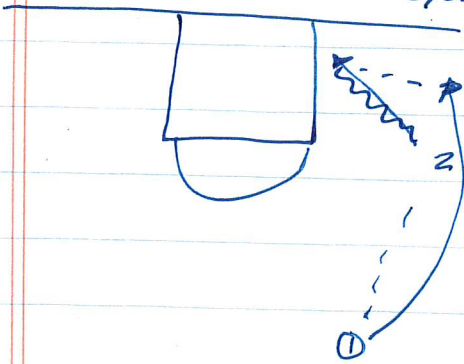
Good for Saturday Shooting



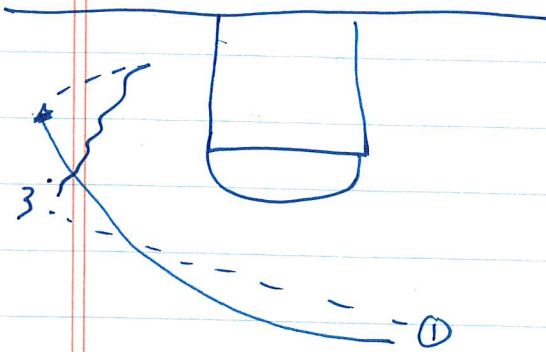
Hesitation / Cross over  
Finish

~~AA~~

Cycle Drill  
Breakdown



Fill Behinds



RPS

S

R

F

:30 Cts

- 2 pts. for made 3 pt. shot
- 1 pt. for put back off miss, ball doesn't touch ground

5 Spots