

- What are the vital few concepts in offense, defense, and player development that drive the majority of results? How can I double down on these factors and avoid wasting time with the trivial many factors that do not drive results with the same level of impact?
- 80/20 rule: 80 percent of results come from 20% of the work. What 20% do I need to be focused on in the areas of offense, defense, player development, and coaching
- Am I willing to live with the tradeoffs that will occur when a laser like focus on a few things I used?

Offense	Defense	Player Development
Spacing	1v1 Defense/Ball Pressure	Shooting
Creating advantage	Communication	Passing/Catching
Using advantage	Defensive Rebounding	Changing Speeds

Spacing:

- No skill, so spacing - it is not about how high and wide our offense is, it is about how high and wide defenders must go to guard us
- When does my teammate need help or. when does my teammate need space?
- Bring ball to the action or bring the action to the ball?

Creating Advantage:

- All offensive actions must be sound, solid, and simple
- Does the action flow seamlessly regardless of where the ball goes?
- Does the action flow from a BLOB or SLOB situation? Does the action work versus man and zone defense?

Using Advantage:

- Decision to shoot, attack, or pass in 1 second or less
- Keep a recovering defense in recovery
- If the advantage is lost can we seamlessly flow back into our action to create an advantage?

1v1 Defense/Ball Pressure

- Heel-toe stance, head on right shoulder, influence left always
- Do not get beat going right, do not foul going left - slide or run, whatever you have to do to stay chest to chest with the ball
- Hands at shoulder height mirroring and bothering the ball - fingertips to the sky

Communication

- ELO - early, loud, often
- 1 syllable words that have multi-word meanings and depict the responses they want to trigger (i.e. "switch", "down" "flare", etc)
- Scoring in practice to reward communication or penalize when it does not occur

Defensive Rebounding

- If we guard the ball and limit rotations, it will be much easier to defensive rebound/block out
- Read the flight of the ball, pursue the ball, make intelligent decisions on whether to box out or whether to just go get the ball
- Everyone pursues the ball - scoring in practice should reward defensive rebounding or offensive rebounding to emphasize the need to finish possessions.

Shooting

- Shooting hand spread wide under ball
- Rhythmic and balanced jump and landing
- Consistent release off pointer finger directed toward back rim

Passing/Catching

- Ball at shoulder push passes with hands in shooting position - pointer finger toward target
- One hand passes thrown off the dribble
- Catching with feet, eyes, and hands - possession always beats position!

Changing Speeds

- When you see pressure, create space, change speeds, and make a play
- Hard pound and glide in direction of ball to trigger response from the defender
- Eyes and chin to the rim, change in body height is essential as well

Practice Design and Team Organization

Practice should read like a book and follow a natural progression. Normally this looks like “on air” work with a focus on technique followed by a drill where the rules or set up gives the advantage to the skill you are teaching. Finally, you end with a live play drill. This is where you want the majority of your time to be spent.

Ways to make practice simple and efficient:

- Have a core set of 1v1, 2v2, 3v3, 4v4, and 5v5 drills that you can score various ways. This allows you to avoid long explanation of new things but still maintain focus.
- Have a core set of shooting drills such as 3 man 2 ball where you can vary the pre shot actions and scoring to change it up
- Use station work as a practice warmup and teaching opportunity to teach the “Part” sections of the whole.
- Name everything. Call out the name of what you are doing and let the players self-organize.
- What you ignore is just as important as what you teach - be specific, concise, clear, and consistent

Teaching and Communication

- Players want and respond to simple and specific instruction
- Short phrases, middle school vocab - you do not need to impress anyone with words
- Sound, simple, solid
- Focus on positive cues - do this, rather than “don’t”
- Ask questions - helps direct and enhance player learning, while also giving perspective for why the athlete is struggling