

**Coaching
Basketball
Portfolio**

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My Philosophy

- One of my biggest philosophies is understanding the fundamentals of the game. Once a player has a strong understanding of the game, they can build off that and improve. We all start from the absolute bottom so I feel it is best to learn the correct way the first time. In addition players who know the fundamentals are easier to coach. I also believe it is important to have heart and care for the sport. If a player is not dedicated they will not succeed. I want players who will put in the time and have a good attitude towards all aspects of the game. If I was to recruit players I would recruit girls that have similar backgrounds. For example, girls who grew up the same with similar goals and values will get along better. I would recruit girls based on their character and their attitude. Basketball is a team sport, and chemistry among the players is essential. Therefore if I came across a self-centered player I would not offer them a scholarship because I don't see how she would benefit the team's chemistry.

Skill Development

Shooting

- Shoot 100 shots a day in the off season. (ex: shooting machine)
- Work on long and short range shots with defense

Offense

- Work on moves for your position.
- Post moves-up and under, hook shot, baseline drive, fade-away jumpers, jab & go
- Perimeter moves-shot fake & drive, pull up three, cross over to wing, pick and roll

Defense

- Combination of close out drills- depending on if player is shooter or driver
- 1 on 1 full court- both start laying on floor, whistle blows sprint to ball, first one to get to ball is offense, other is defense
- Work on team help-defense with 5+ players

Ball Handling

- Series of 2 ball handling before practice starts Examples: push pull, high/low, cross in the front, together, opposite
- Miken drill with 2 balls

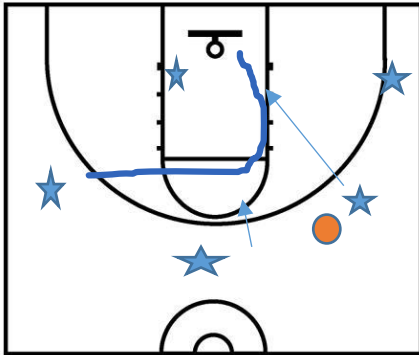
Conditioning

- Important to condition in the off season. Examples: run a couple miles a day, abs, squats

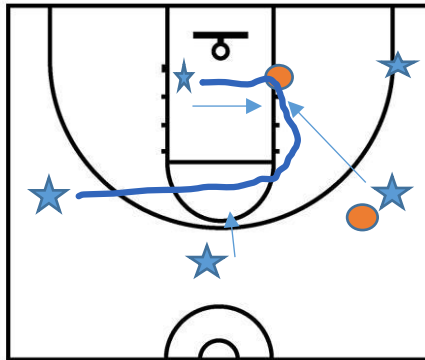
Base Offense

- My base offense is composed of a motion offense that has a series of options. It works best in a man defense. The set up includes a guard, 2 wings, and a post player. The stars are the offense and the arrows are where the ball was passed or a player moved. The line that is in pencil shows the option in each step.

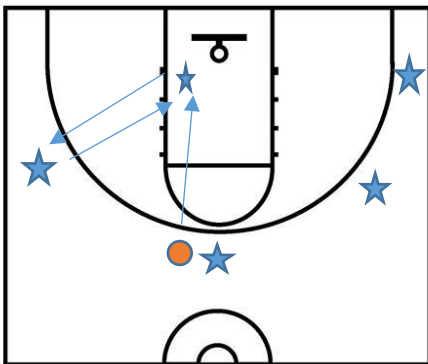
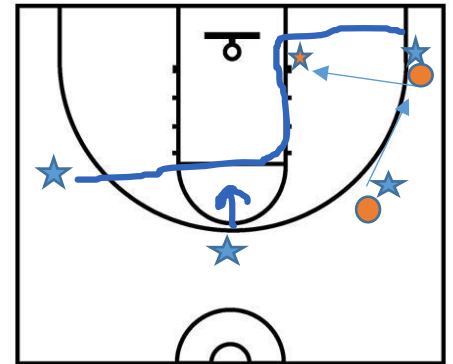
Option 1



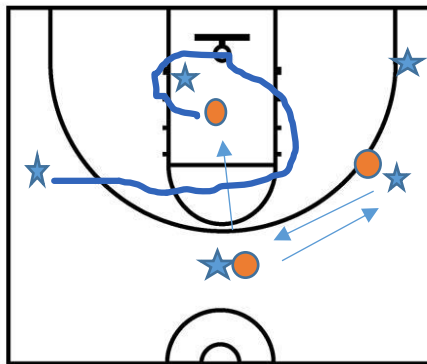
Option 2



Option 3



Option 4



Option 5

Option 1- Ball goes to the right wing and guard steps down to set a screen for the left wing who cuts through the lane for an easy bucket

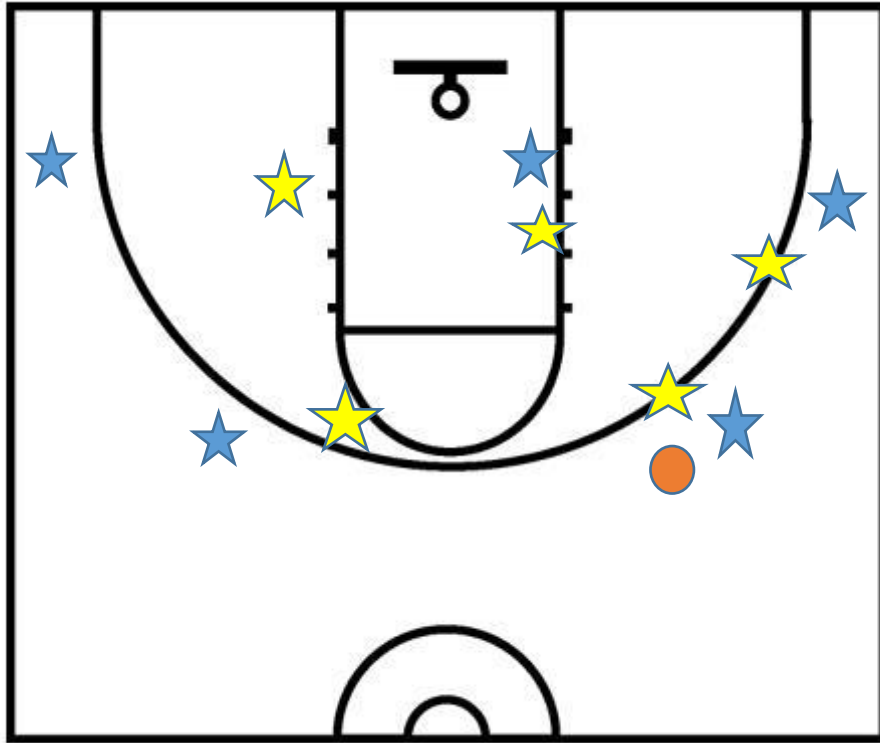
Option 2- Same as option 1, but the left wing continues through the lane to set a screen for the post player who comes across the lane for the pass, left wing then rolls open

Option 3- Same as option 1 but instead of stopping in the lane, the post player sets a screen for the wing who goes out shoots the 3 point shot, after the right wing passes it down

Option 4- The left wing and post player do a back door screen and roll for the pass from the top of the key

Option 5- The left wing does the same with the screen from the guard at the top and cuts through the lane, but continues across the lane and around the post for a screen and easy bucket.

Base Defense

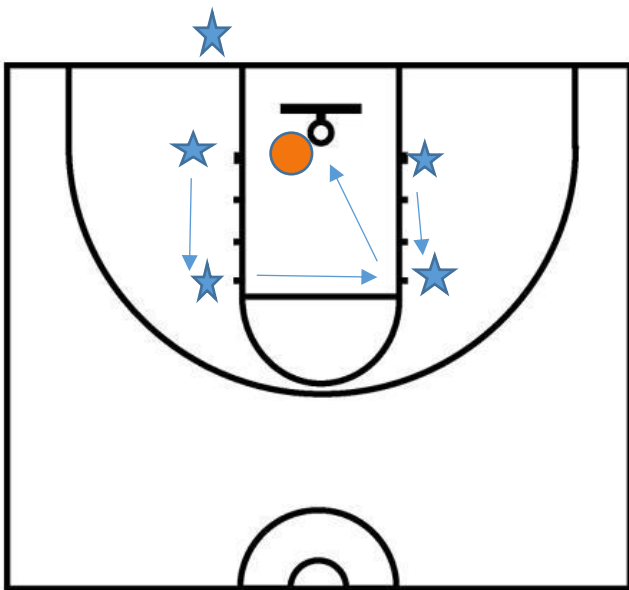


In this defense it's a man/help defense. The blue is offense while the yellow is defense. In this situation the right wing has the ball and the defender is all in the player's face. The right wing's defender has an arm in the passing lane and is in denial stance. Next the top left wing also has an arm in the passing lane and is in denial stance because they are one pass away from the ball. On down to the post player's defender. They can adjust to the size of post player they are guarding but is best to have a hand in the passing lane and deny the pass in. Then looking at the weak side left wing. They are in help defense stance in case someone drives middle or attacks the baseline. I feel this defense is very effective to many teams if ran correctly.

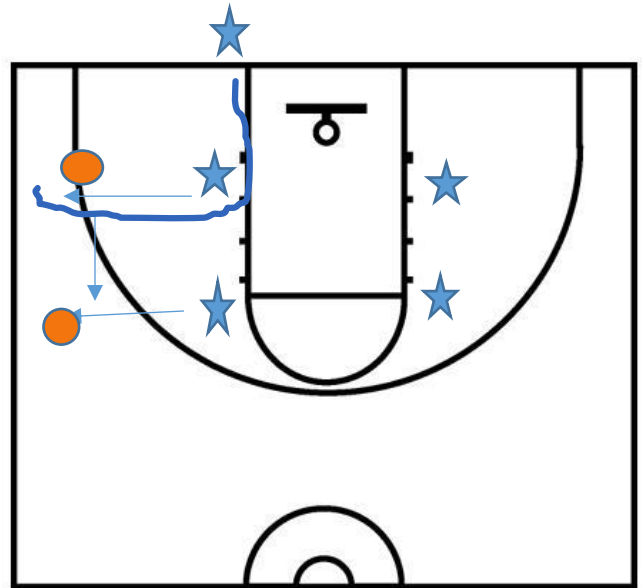
Alternative Defense

If I was in the situation where I needed to save the legs of my players or the base defense was not working I would put them into a zone defense. I would put them in a 2-3 zone if they had powerful post players. If the opposing team had strong perimeter players I would run a 3-2.

Out-of-Bounds



Red



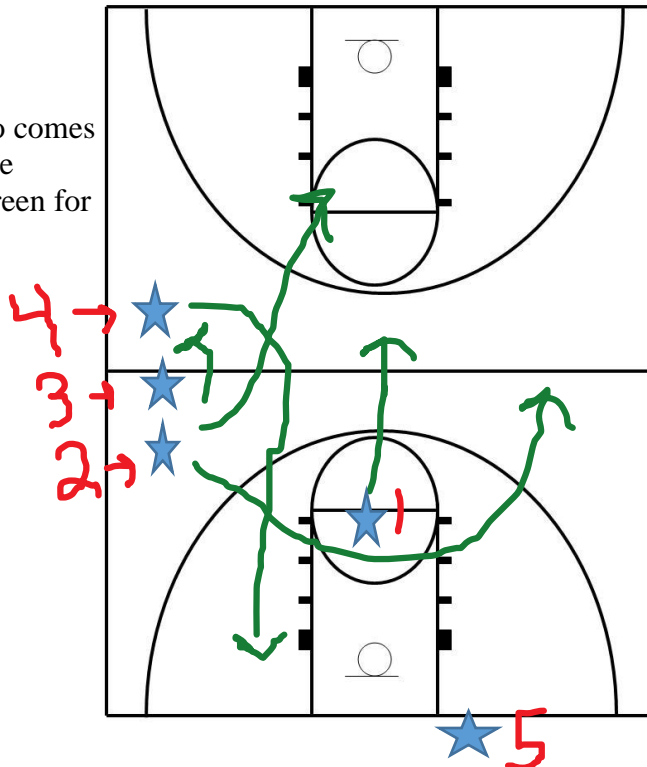
"3"

In the out of bounds play red, both post players screen up and ball side screens across. The ball side player then flies to the block which is always open.

In the out of bounds play "3", the ball side cuts out and ball is passed to the bottom wing and then passed up. In the meantime the lower wing cuts to the basket looking for the ball from the top wing. If that is not there the player inbounding the ball comes off a screen set by the bottom wing for a 3 point shot.

Press Breaker

Player 1 sets a screen for player 2 who comes off the screen. Player 1 then flies to the middle of the court. Player 3 sets a screen for 4 who cuts down to the ball. Player 3 flies down court for the deep look.



Practice Planning

Pre Practice

- 2 ball handling
- Warming shooting drill
- Stretch

Full Court/Transition

- 3 man weave with shooters
- fast break layups
- Carolina passing

Offense

- teach/run through offenses
- Practice the different options with and without defense

Defense

- switch roles and guard using zone and base defense
- incorporate help defense

Skill development drills

- Kenn Drill shooting
- shooting with rebounds and touch half court
- 6 baskets shooting

Scrimmage

Conditioning

- run sprints after missed free throws

- Pre-season: practice 3 times a week with weights 2x a week
- In season: practice every day with weights 2 to 3 times a week
- Post season: Scrimmage 3x a week with weights 2x a week

In-game Coaching

I hope to discipline my players enough at practice that there is no confusion when it comes to running offenses. When it comes to substituting players, I will send subs in when I feel a player is tired or not performing. I coach to win so I do not see the chance of all players getting equal playing time. (Note-Depends on age group I am coaching.) I will run the offenses I feel will help our team win, judging by the players I have.

Game Planning

The practice before a game should be a lighter practice. I would run through offenses that day and discuss the defense that we will run on that team. Watching film also gives the players a good idea on what they are going up against.

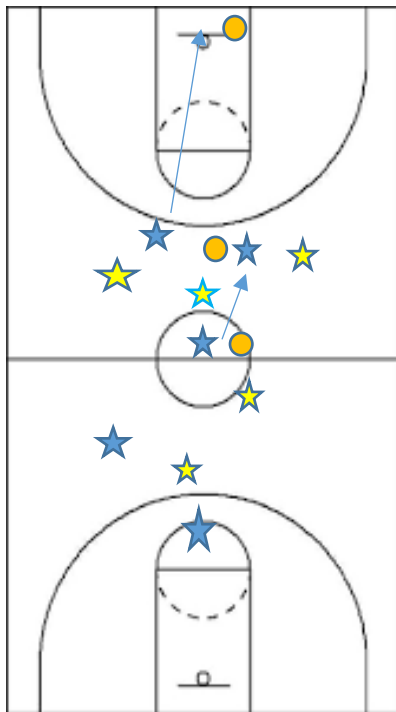
Extras

- Always play aggressive but smart
- Trust in your teammates
- Enjoy the years of basketball you get to play because some day they will be over

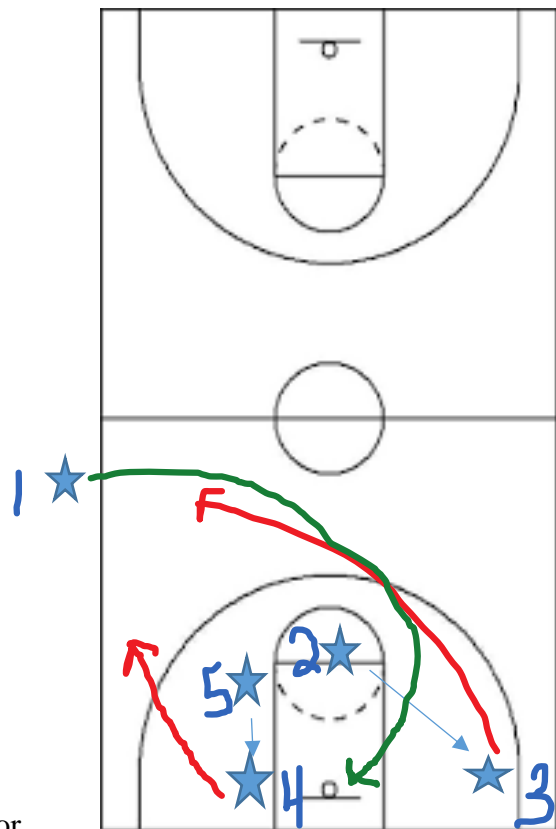
“You miss 100% of the shots you don’t take. Wayne Gretzky

Special Situations

Tip play: In this tip play the post tips the ball to either wing that is open. Then the other wing flies down court at which receives the pass from the other wing for an easy 2 points.



Sideline play



In this sideline offense player 2 sets a screen for player 3 who flashes to the sideline for the ball. In the meantime player 5 sets a screen for player 4 to get the ball if the first option is not open. Then after player 1 inbounds the ball to either 3 or 4, player 1 comes off the screen set by player 2 on the weak side for the lob pass from player 3. It is an easy 2 points if you can get the defense off balance.