

## FAQs

### **What is the Long Term Athlete Development model?**

This is a 12 year development plan that teaches the game of basketball in stages instead of all at once. It is important because children who are taught the right things at the right times are not only more likely to remain active later in life, but are more likely to reach their sporting potential.

### **Why is there an emphasis on Small Sided Games (SSG) and 3 on 3?**

Small Sided Games and 3 on 3 break the game down into more manageable components for players to digest, as well as allow players to handle the ball more and make more decisions compared to 5 on 5 play. We believe in SSG and 3 on 3 so much that we plan to implement a 3v3 offseason development league in the future.

### **What's the best way to use this guide?**

We'd like our coaches to study development stage they will be coaching, and have the flexibility to scale up or down depending on the skill level of the players on the team. Some groups of players may be more advanced, and can handle concepts tailored to the next stage of development, and some may need to be scaled down. Process this information and try to apply it to the best of your ability. I know it can be extremely challenging to get a lot accomplished in short practices, but we need to prepare and think big picture as coaches. Prepare to play a game this weekend, but also keep the long term development of the players as a guiding principle to what each practice looks like.

### **What youth offense is recommended if we aren't running a lot of plays?**

A conceptual, rule based offense either out of a 4 out or 5 out alignment. The high school programs all run transition into 4 out alignment. Both of these alignments promote "global players." Within the alignment create some rules for the players, like: after you pass, cut to the basket and fill out to the weak side, or "Player X" can ball screen after any reversal pass, or if the ball is trapped form diamond spacing. Beyond a base offense, have a few sets to run on dead balls that take advantage of your personnel. Try not to stop play to run sets, only use them on dead balls. In reality, transition tends to dominate youth basketball - pushing a defensive rebound or a pressing defense or breaking a press creates offensive advantages. So in the big picture, there is more value in teaching concepts such as "diamond spacing" to break a trap or protecting the basket then stopping the ball in transition, than is to put in lots of set plays.

### **What is the best way to use the drills presented in this guide?**

Obviously a team needs to prepare for competition by implementing a base offense, adding BLOBs, preparing for situations, etc. Aside from preparing for competition, we'd like the players exposed to as many of these drills as possible, and as frequently as possible. This provides the best base of learning for them to build skills as they elevate through the program. If you are unsure about the execution of a drill, email me and I'll be happy to help or send one of our coaches into your practice to help with it. If you feel very confident in the execution of a particular drill, do it frequently within your practice structure.

THANKS AGAIN FOR YOUR COMMITMENT AND DEDICATION! I TRULY BELIEVE WE ARE BUILDING SOMETHING SPECIAL HERE AT GLENOAK, BUT IT TAKES A LOT OF PEOPLE TO GET THE PROGRAM TO THE TOP. THANKS FOR YOUR SERVICE. I'M HERE TO BE A RESOURCE FOR YOU. PLEASE REACH OUT IF I CAN HELP.