

I. Intro & General Coaching Thoughts

Steven Covey Principle - ***“You have to begin with the end in mind”***.

- What is the End Goal
- What do we want student athletes to be able to do?

- Really Take Ownership as Coaches - In a Game you have either 1) Allowed it, or 2) Taught it. It is important that we take ownership of the product we have put on the floor.
- Be the Coach and Teacher that you want your child to have the experience of playing for one day.
- Leadership - Set the Tone at the Top (Credited Coach Beilein for this)
 - What you are doing is going to portrayed to those underneath you

4 Stages of Learning:

1. Unconsciously Incompetent
 2. Consciously Incompetent
 3. Consciously Competent
 4. Unconsciously Competent
- **You can do anything, but you can't do everything. (LOVE THIS)**

Assistant Coaches:

- What can I take off your plate?
- Evaluation over Emotion
- 90% Evaluation & 10% Emotion from Assistants

Things that your team needs to hear:

- I Screwed that up....
- I believe in you....
- I haven' taught you well enough....
- Can you execute that?
- I don't know....yet.

II. Building a Defensive Culture

- Coach is literally asking this to the audience.....

1. What is your MISSION on Defense? (1 Sentence)

- His was to allow 1 two point shot each trip down the floor.

2. What are your VALUES/EMPHASIZE on Defense? (4 Max)

- We are going to (chart) and have a Culture of Contesting Shots
- We are going to Value Transition Defense
- We are going to Value Rebounding the Basketball

→ Trying to do 8-9 things is too much, you need to be really good at a few things.

3. What are your PRINCIPLES on Defense? (5 Max)

→ Day by Day, Year by Year, Drill by Drill..... what are these things?

- Strategy, Movements, etc.

4. What are you going to hold your TEAM accountable to on Defense?

→ After every game we will evaluate this and share with the team

- Defensive FG%
- 3 FGA Taken Against You
- Rebounding
- Steals, etc.

→ All of these things need to blend together. As a teacher, "What does the grade look like for the team?"

5. What are you going to hold your PLAYERS accountable to on Defense?

→ After EVERY game we will evaluate this and share this with the team.

III. Have a Defensive OBSESSION

QUOTE - You have to "out crazy" them sometimes.... What some call crazy others call passion.

- Coach Yak thinks that you need to have someone on your staff who is absolutely obsessed with what you do on the defensive end. This is what determines your identity... and someone needs to drive that.
- **You are only 2-4 stops per game away from being a drastically different defensive team. (1 point per quarter in High School) How many games did you lose by 6-8 points?**
- Add defensive rebounding to your shooting drills whenever you can.
 - The Season can be Difficult on your body
 - So find ways to incorporate Defensive Rebounding Technique as you Shoot

It is a Positionless Game...

- There is no better time to be a great defensive player

Study Your Team: (Just like you would on Offense)

- Build Defensive Systems around Your Players
- What are they good at?
- What are their weak Points?
- Give them the best chance to succeed.

IV. Defensive Specific Details

What does a perfect possession look like for you? What are you willing to give up?

- We are going to allow 1 two point shot each possession (Coach Yak's Answer)
- We are giving up one shot = We need to Rebound
- We are going to Contest Hard
- We are going to Take away the 3 Point Shot

What is Your Transition Plan?

- Get Back vs. Who's Back?
 - The Question is WHO is supposed to get back?
 - If the PG Shoots who's back
 - If your 5 Man Shoots a Three Who's Back, Who Rebounds?
- Who Rebounds, Who Gets Back, What are the ROLES?

Where can your team begin picking up the ball?

- Look at your guards
- Where can they guard in space?

What is your ball screen plan for your 4 Man? What is your ball screen plan for your 5 Man?

- Be Versatile
- Put them in a position to be successful
- The ½ Men will be involved in the Screens, so its critical what they can do

→ They have been a Flat Hedge Team in Recent Years.....

Technique Questions for Your Defense:

1. How are you going to Defend the POST?
2. How are you going to Teach BOX OUTS?
3. How are you going to Teach CLOSEOUT?

V. Communication

- Communicating EARLY-LOUD-OFTEN is a critical component of defense.
- To Coach Yak "you get what you put up with; if talking is a skill then are you teaching the skill?"

Coach Yak Thoughts on Communicating on Defense:

- Communication Eliminates Assumption, and Effort negates mistakes
- Standing - Staring - Silent = Sitting
- Know your terms & Teach your Talk
 - Can't expect players to talk if you don't teach them what to say
 - Explain on the COURT and in the CLASSROOM
 - It will help you as a Coach
- DEMAND IT - Let Players do the Talking in Practice

- Talk in your 1/1 and 2/2 Drills; Goal of Saying Certain Number of Things
- Voice Pressure
 - Be QUIET as a Coach, They Need to TALK!
- Name a Communication Captain (4 Man)
- You're only as good as your most Silent Defender

Summer Project:

Have the Players Play - Defensive Bingo! Where they use their own lingo and have GA Assistants Act it Out and the guys would guess what it was.

- Can they Explain Them
- Everything has a Name
- Label what **KNOW**, **KIND OF KNOW**, **HAVE NO IDEA**
- Then they had their entire Staff do it!

The screenshot shows a Microsoft Word document titled "Texas Talk - Defensive Language". The document contains a 10x10 grid for a bingo game. Below the grid, there are three numbered lines for values: "1. _____ 2. _____ 3. _____". Below these are two more lines of text: "My defensive grade on October 14th on a championship scale (1-5) _____" and "What is the #1 things we are 'allowing the offense to have?' _____". The document is displayed in a window titled "Online Coaches Clinic". In the top right corner, there is a video call window showing a man named "Lucas Yaklich". The bottom right corner of the window has the logo for "COACHESCLINIC.COM" and "Powered by COACHESCLINIC.COM".

**** Take Pictures of What You do, Value it & then Show Video of it!**

Coach Yak WISDOM -

- EVERY TERM you have in your program defensively should appear in effect on your end of the season Highlight Film.
- If you're not going to WATCH IT, FILM IT & STAT IT then you can not Emphasize it.
- If you're not willing to go through it EVERY GAME and you're not willing to stat it in practice - then don't do it.

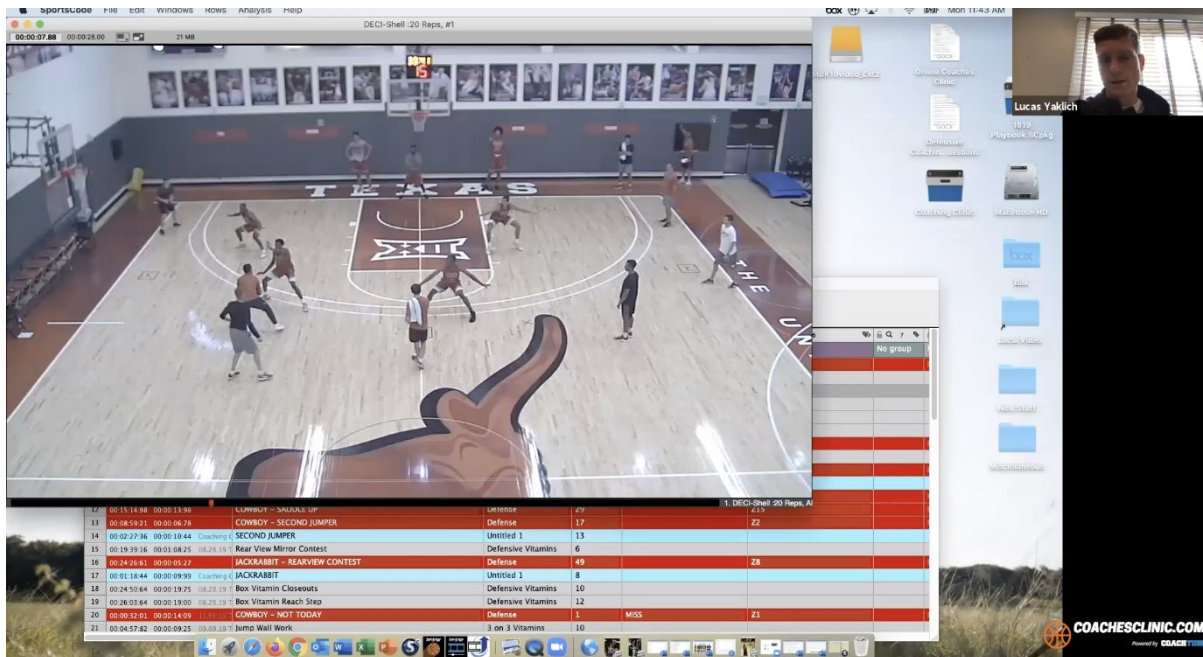
VI. Some Defensive Drills

VITAMINS - What you want to take every single day to be healthy. These are drills that they are doing every single day to be solid on the defensive end.

- *My Thought - What are we doing every day on the defensive end?*

Showed a Quick Shell Drill.....

- 4 Men
- Defend for 10 Seconds
- Closing Out & Getting in Gaps
- They Measure their Decibel Level
- Simple Cell Phone App... can measure this.
- At the End they work on Rebounding Technique



→ **Make it as Simple as Possible, but not Simpler.**

- Teach it Methodically
- Teach it Slow

2/1 Defensive Drill:

- Offense (Point & Wing), Defense Plays the Wing Player
- Working Gap & Denial
- Then Working on Ball

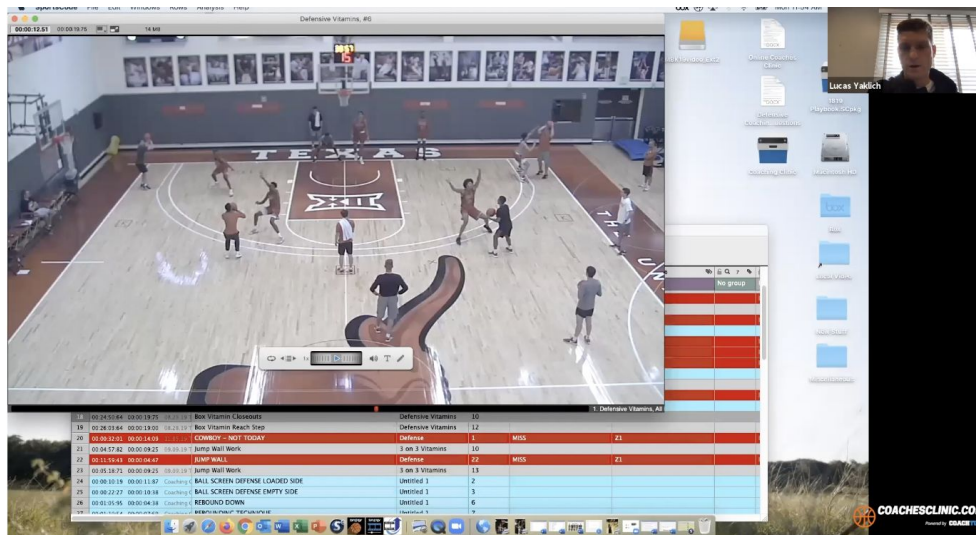
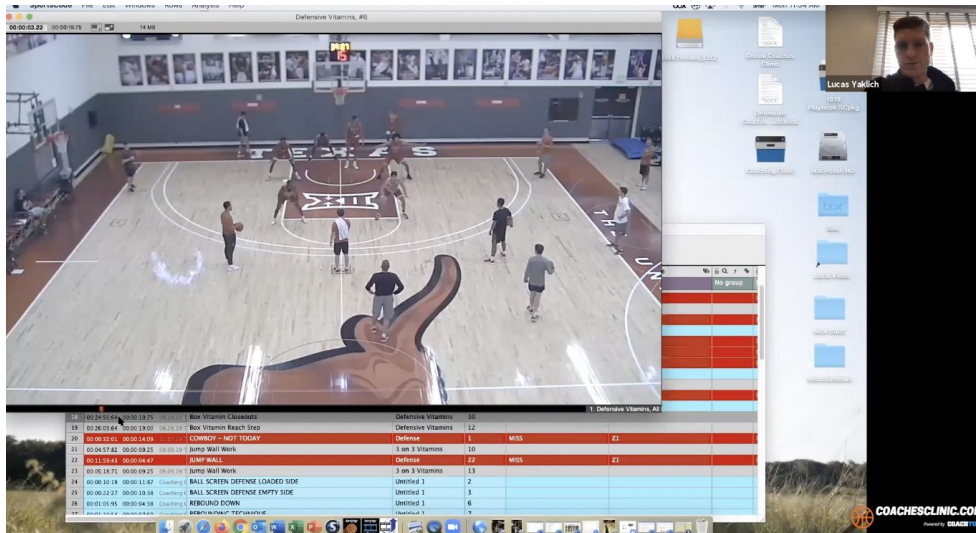
** Show your Players Video of it being Done Correctly, then pair it with the defensive drills to build the defensive habits.

CREATE A DEFENSIVE HIGHLIGHT FILM:

- This is how you create a Defensive Culture.
- Just like you would on OFFENSE

X-Out “Vitamin Drills”:

- Start in Box
- X Out Action
- Work Your Closeouts” DAILY!



VII. What is your Defensive Accountability Plan?

- If you try to be great at 5 Things, You'll be great at nothing.
 - That which gets measured gets done
 - What are you willing to sub out for on defense?
 - If you aren't stating it out every day - it doesn't matter enough to you

- Watch films of practice; use HUDL, if you're not watching film you are absolutely CUTTING your team's development and your individual player's development in half.
- Have individual challenges for players
- Post Game Stats - Share what matters after EVERY game and make sure they know its IMPACT on WINNING.