

8. Frank Martin

University of South Carolina Head Coach

Offensive System

Opening Thoughts

- Worked his way from high school → small D1 → Power 5
- He states he is where he is today because coaches invested in him as a young coach, so he feels its important for him to do the same now
- Grew up in Miami and was heavily influenced by Shakey Rodriguez who has coached and mentored numerous other current D1 coaches
- SC known for their defense, ultra pressure ultra aggressive
- SC played the 9th fastest tempo this year on our offense

Of all the great coaches that he has been around (basketball, football, etc) they have different personalities, different ways of doing things but they have one thing in common

- They are every day guys. They get out of bed every morning and go to work. (Don't dwell on yesterday)

As a coach he loves practices most stressful part of his day

- Must plan a practice that helps every player get better
- Must create an atmosphere in which they are going to play
- Recruits guys who want to be pushed and want to be held accountable

Can find games exhausting but if win your fighting complacency, if you lose its misery

Scouting –

- do most of the scouting on the other times offense and how they are going to defend it. (Do a little bit on how they are going to attack the other team defense)
- The amount of information he gives the team depends on the age of the team.
 - If it's a young team keeps it limited / Older team can digest more info

Offense

- He says he is guilty of putting in to many plays over the course of the year
 - Big on adding wrinkles and counters the second time he plays a team
- **The easiest thing to guard is PLAYS the hardest thing to guard is PLAYERS and concepts**
- SC is a running team and that's not just steals or misses its on makes as well
 - Believes in a numbered break
 - PG, 2 , 3 , Trail, Post
 - Pg looks to pass it up if not cross over at half (gets a piece of the circle) and attacks one elbow or the other, wings in corner, and post gets under the rim reading to go opposite of the pg
- If don't have anything in the break they go into 3 out 2 in.
 - Team that gets the most easy baskets and free throws win
 - When using screens he tells his players to use the screen and he rather them come off late then early

Zone Offense

- Looks at attacking the zone at the spot they have the least men
 - 2-3 (bottom heavy) – spreading 4 players across the FT line area
 - 3-2 (top heavy) Attacking the back half