

THE BEST THINGS I've SEEN in COACHING



Grit & Grind Mentality

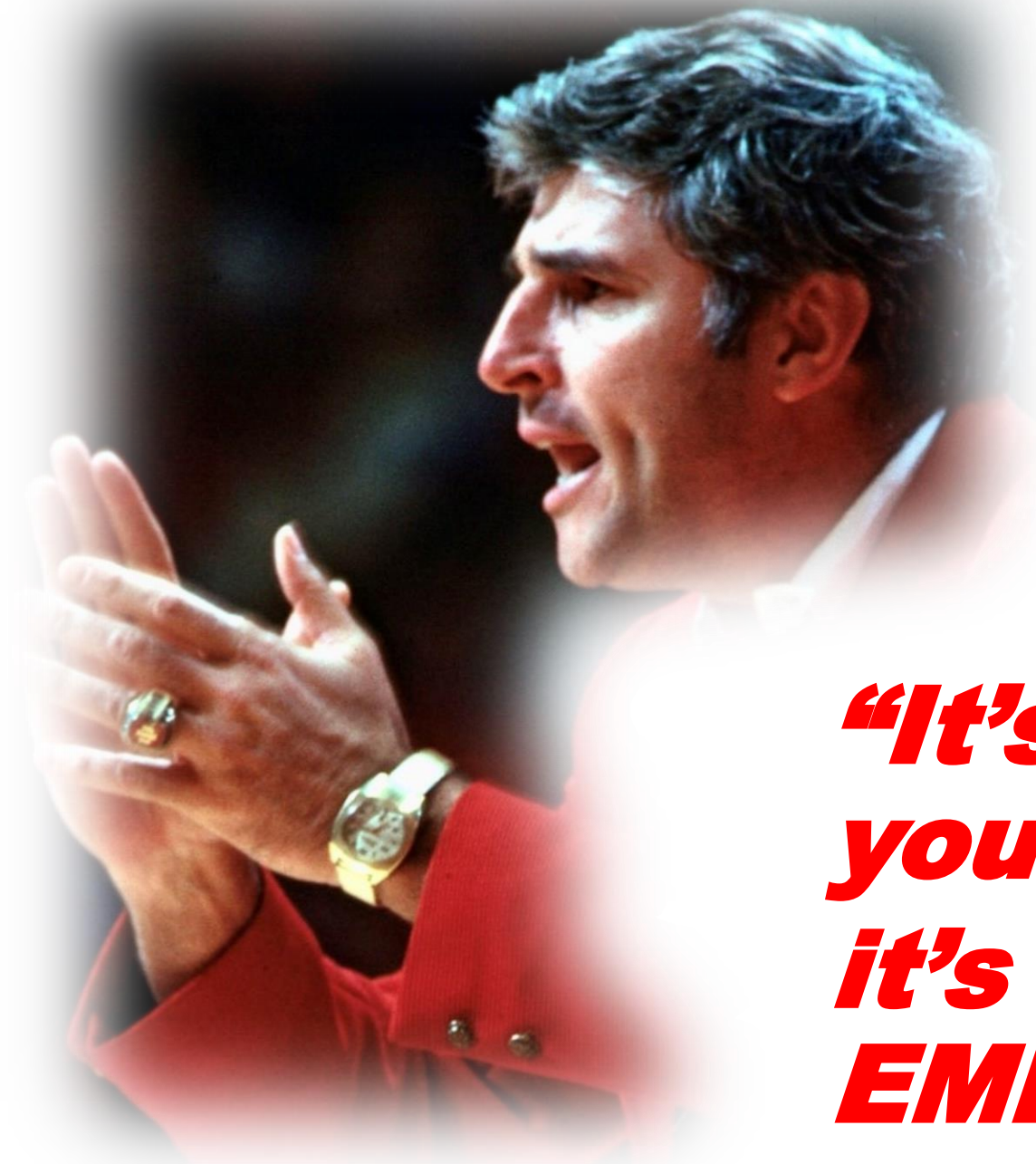
#TGHT

DEDICATED TO
COACH DON MEYER



***“What motivates me? Being
around coaches who care
and love to teach.”***

-Don Meyer



***“It’s not what
you TEACH,
it’s what you
EMPHASIZE.”***



CULTURE is EVERYTHING



#9

“Recruit Players you
can lose with first.”

~ *Dick Bennett*

US Army Study

- ❖ Willing and Able
- ❖ Unwilling and Able
- ❖ Willing and Unable

WHAT ARE YOUR PROGRAM'S ANCHORS?

UAFS ANCHORS:

- 1) SURENESS
- 2) SHOT SELECTION
- 3) GREAT TEAM DEFENSE

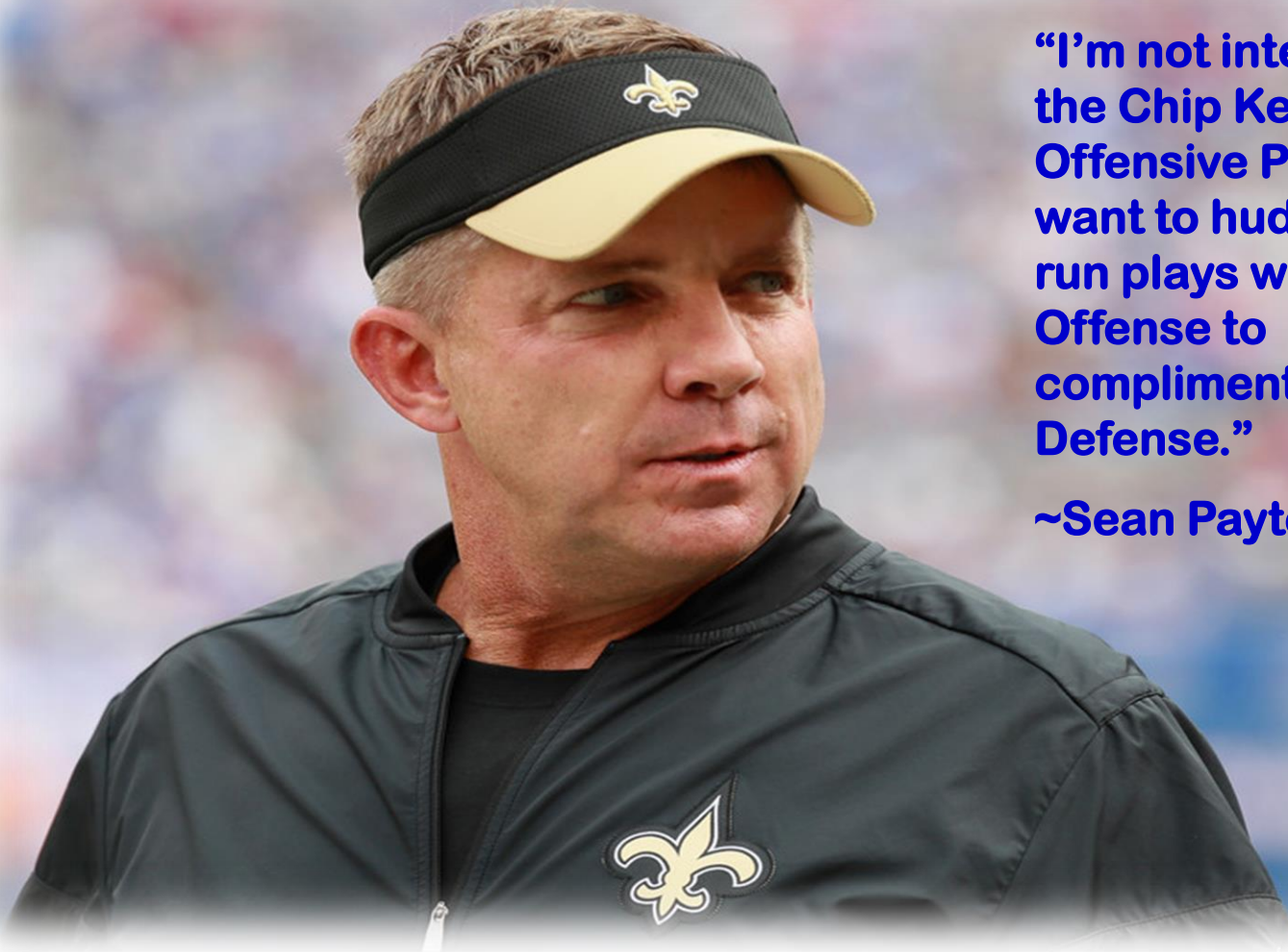


DEFENSE

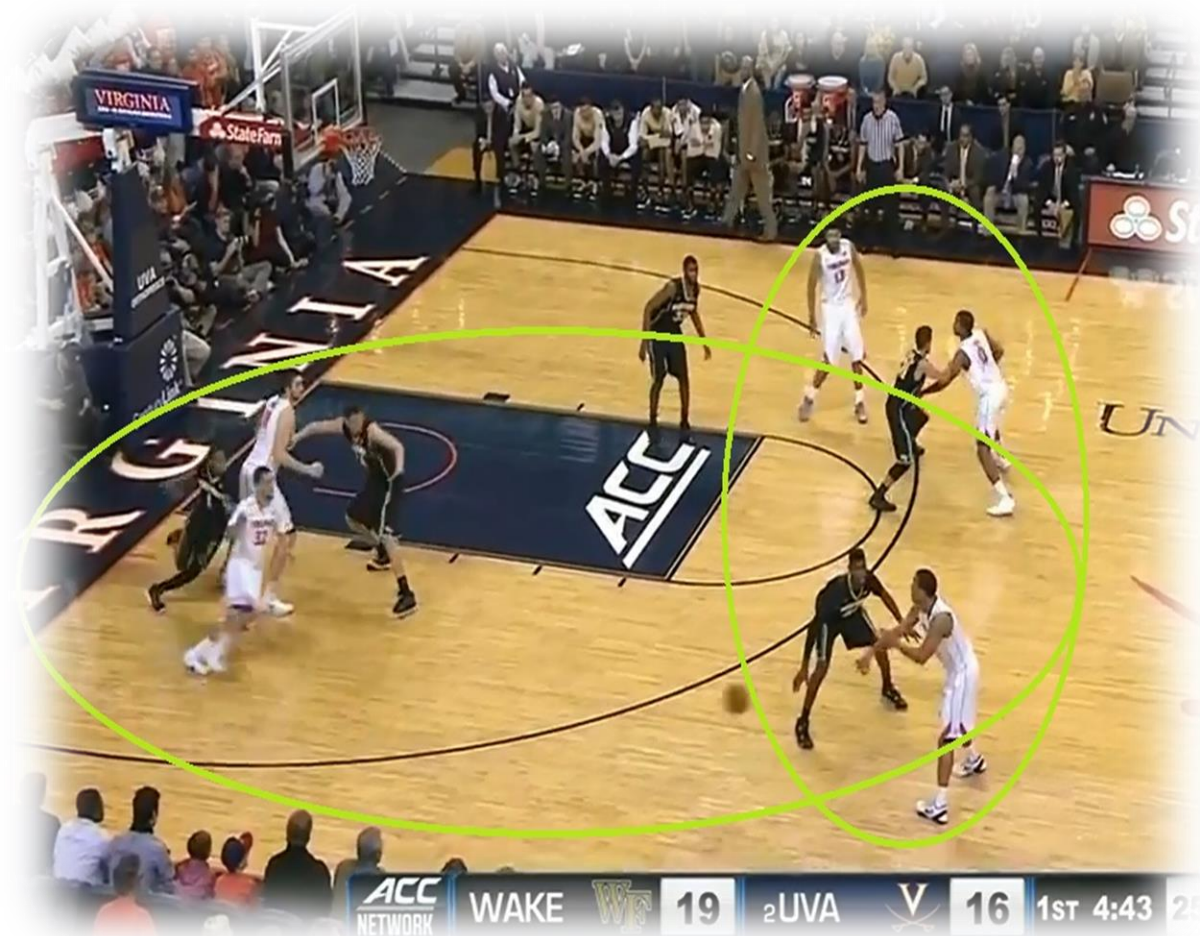
WE WANT AN OFFENSE THAT COMPLIMENTS OUR DEFENSE

**“I’m not interested in
the Chip Kelley 110
Offensive Plays. I
want to huddle and
run plays with my
Offense to
compliment our
Defense.”**

~Sean Payton



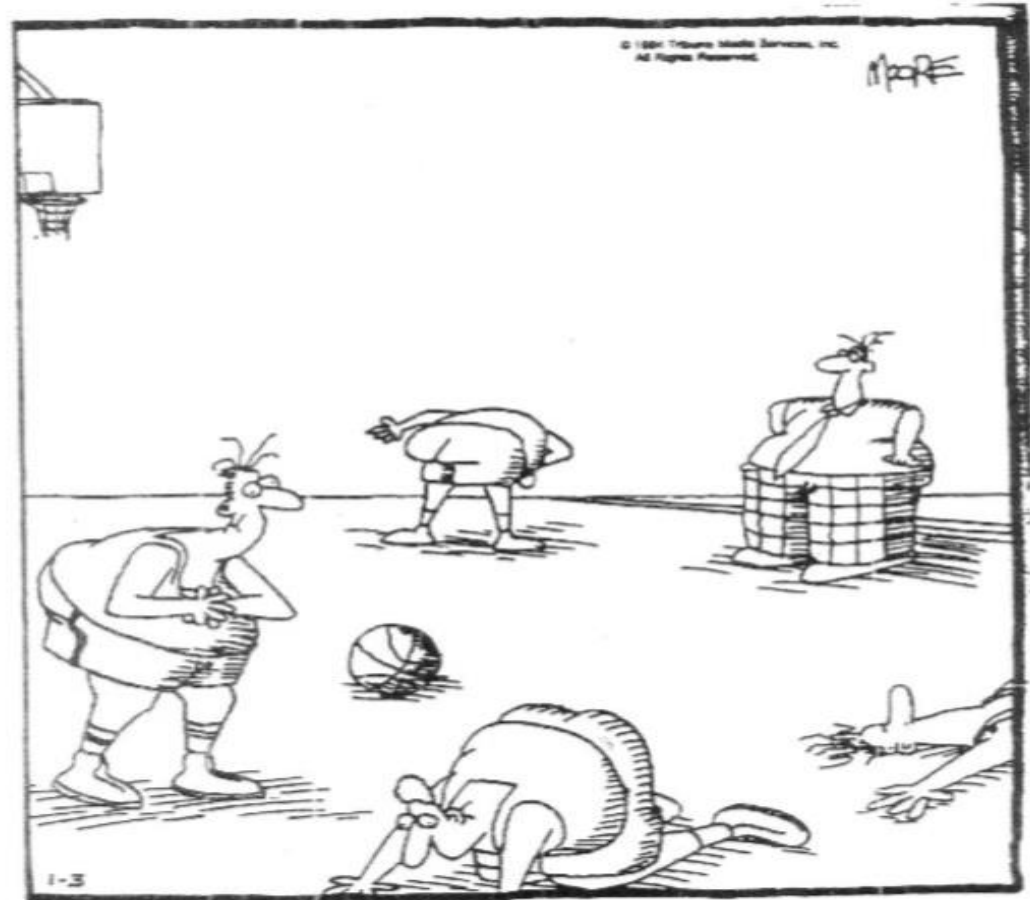
WHY BLOCKER MOVER



- *Shorter Learning Curve*
- *Eliminates Indecision*
- *Cleans-up Spacing*
- *Teach Whole Method*
- *Difficult to Play Against*
- *Compliments Defense*

Keys to Success:

- **Patience**
Wearing Down the Defense
- **Initiating Offense**
- **Cannot Become Groundhog Day!**
- **Know the What IF's**



Inevitably – and in spite of the Dramamine – too many players became ill, forcing Coach Filbin to abandon his motion offense.

END of GAME SITUATIONS

- Player vs Plays
- Getting to Bonus First
- Defending O/B Under
- Quick Three vs Rim Attack
- Think Leave with Time Out in Pocket
- Score with under :30 to Tie or take the lead, Time Out?
- Foul or Defend? Blitzing?
- When to Press?
- Game Winner with Short Seconds



A photograph of Rick Majerus, a middle-aged man with thinning hair, wearing a dark grey zip-up jacket over a blue t-shirt. He is speaking into a microphone with an NCAA logo. In the background, there are logos for "COM", a stylized "S" logo, and "BA". A nameplate in front of him reads "RICK MAJERUS". A water bottle is visible on the table to his right.

**“I Know What I Know, and I Know
What I Don’t Know.”**

~ Rick Majerus



The Blocker-Mover Approach to Motion Offense, A Masterclass

by Jim Boone

***SPECIAL CLINIC RATE
\$50.00 Thru Next Week***



Key Words:

CoachTube Jim Boone Blocker-Mover

<https://coachtube.com/course/basketball/the-blocker-mover-approach-to-motion-offense-a-masterclass/15221330?track=bf805d0b2bfda018d7390300f104528a>

What Their Saying:

Coach Boone runs a Mover/Blocker type of motion offense that is extremely difficult to defend. What makes it so effective is how hard their players cut and screen, their timing is perfect and they force you to guard actions on both sides of the floor. Because of that, it's difficult to get any help positioning once the ball is entered to a side. The two games we hated to prepare for every year were the games vs Coach Boone's teams. We knew we were in for a physical and demanding game for 40 minutes. I have tremendous respect for Coach Boone and how he runs his program. ~Lennie Acuff, Lipscomb University