

Your Philosophy Outline

1. Your philosophy of coaching

Write down as much as you want; no minimum or maximum length.

Why do you want to coach?

2. Terminology

Break down your terminology A-Z or by categories; ie-offense, defense, etc.

3. Practice Organization

- a. Practice schedule and facilities
- b. Rosters
- c. Equipment
- d. Practice Plan template
- e. Practice plans for the season
- f. Staff responsibilities
- g. Locker room and Video

4. Team Management

- a. Roles for each player--describe how each player can help the team win not what they can't do.
- b. Varsity and Junior Varsity philosophy. Who plays on JV and what purpose does JV serve? Seniors play JV?

- c. Develop a Parents plan and policies.
- d. Discipline policy and stance on issues.
- e. Individual and Team meetings
- f. Locker room management

5. Defense

a. Your philosophy of defense

1. Keep opponent from scoring
2. Stay between your man and the basket
3. 5 players guard the rim, called team defense
4. Make your opponents shoot shots outside the lane over you and contested, block out, rebound with two hands
5. Priorities--Goal, ball, man
6. Play good individual and team defense without fouling.

b. Stance, balance, sliding technique

c. Defensive transition

1. How many back on the shot; rim and half court; 3 go to offensive glass.

d. Defending the ball

1. Stance on the ball
2. Gaps
3. No middle drives
4. Post defense
5. Close outs

e. Defending away from the ball

1. One pass away positioning

2. Two passes away positioning

3. Rotation to help

4. Help and recover

5. Scramble situations

f. Zone Defense

g. Defensive Drills

h. Pressing--full court, half court

i. Fouling--teach players how to foul and how to "not" foul.

6. Offense

a. Your philosophy of offense

1. Value the possession

2. Have a purpose for each possession

3. Make the defense work to guard us--make them make the mistake before we do

4. Get the ball to the rim by pass, dribble, post feed, or offensive rebound

5. Be hard to guard and get fouled

6. Define a good shot or each player and all know each others game

7. A good shot, as you define it, every time we have possession of the ball

- b. Stance, balance
- c. Offensive transition
- d. Offense with the ball
- e. Offense without the ball
- f. Penetration
- g. Reaction to penetration
 - 1. Slide and cover on perimeter
 - 2. Step out or up in post
- h. Spacing
- i. Screening
- j. Cutting
- h. Passing
- g. Catching
- h. Motion offense
- g. Set Plays
- h. Out of bounds plays
- i. Offensive drills
- j. Zone attack vs 2-3, 3-2, 1-3-1
 - 1. Zone "crutches"--quick hitting plays vs zone.
- k. Press Break
 - 1. Can run
 - 2. Can't run
 - 3. Get to half court call timeout

7. Rebounding

1. Philosophy of rebounding
2. Defensive rebounding
3. Offensive rebounding
4. Rebounding drills

8. Late Game situations

a. Defense

1. Game prep rules--don't come off, doubling the post.
2. When to foul and how to foul
3. Press on dead ball or live ball.

b. Offense

1. Plays for every situation to:
 - a. Get ball inbounds to get fouled
 - b. To score
 - c. Homerun play
- c. Cover all of the possible scenarios
 1. Up, down, tied.
 2. Hold a lead--take time off clock
 3. Catch up with deficit

9. Game Management

- a. Uniforms
- b. Equipment
- c. Notebooks
- d. Warm up
- e. Scorebook
- f. Substitutions
- g. Time outs
- h. Stats, fouls, shot chart
- g. Bench organization