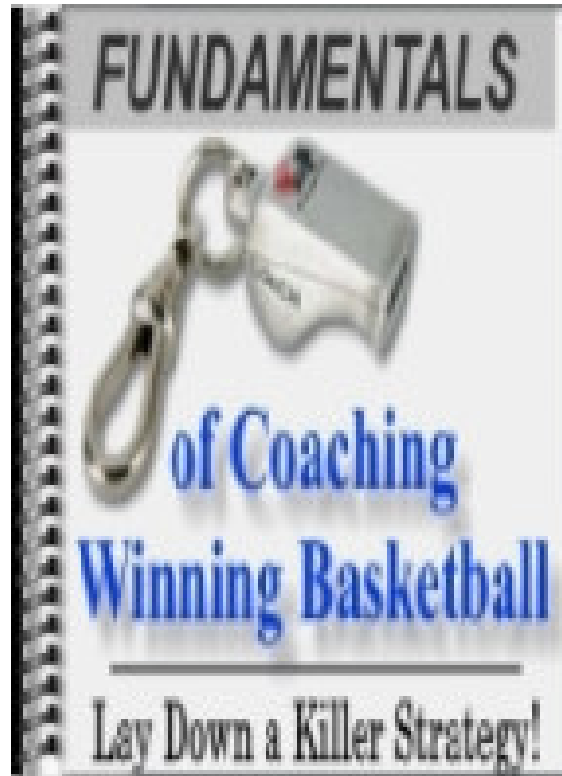


# **The Elite Basketball Coaching Success System**

## **-PART 2-**



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## ***Introduction***

Hi, and welcome to one of the most comprehensive basketball coaching resources on the net. Inside, you will gain enormous insights and tips that'll keep you well ahead of your competition.

From coaching philosophies, to selecting the right offenses and defenses, to off-season training programs, we got you covered. Whether you're a rookie about to coach your first game or a seasoned vet leaning towards retirement, we have something for you.

To gain the most out of this e-book, it is very important not to jump around. This e-book has been strategically designed so that each chapter builds upon one another. No matter how well you think you know the topics, I guarantee that you will learn at least one new principle or concept.

Anyone will tell you that, to make it as a successful coach in this league you have to continuously educate yourself. This is the key ingredient that separates the "half hazard" from the "grand masters".

Which is precisely why we have included links to only the best basketball coaching resources. Please take the time to check out the links. Trust us you do not want to miss out on the priceless information presented in these resources.

You're now ready to dive into the material and start implementing game winning strategies that'll have other coaches scratching their heads and slamming their clipboards.



## *Developing Your Basketball Coaching Philosophy*

What comes to mind when you hear of names like John Wooden, “Red” Auerback, or Phil Jackson? I’m sure most of you think of their X’s and O’s, and all their championships. But if you really study what made them successful, you’ll find that the answer lies in their basketball coaching philosophy.

When coaching basketball, you not only have to be a teacher of the game. You have to be a teacher in life, a parent figure, psychologist, counselor, public relations expert, and a role model.

### **What Makes a Successful Coach?**

The basketball coach needs to be a true student of the game. To become successful as a basketball coach you must first develop a **basketball coaching philosophy**.

Obviously you’re not going to wake up tomorrow with the perfect basketball coaching philosophy. This is something that takes years to develop. But the good news is that you’ve already started.

That’s right; from the moment you first picked up a basketball you started your journey to discovering your basketball coaching philosophy. Your own experiences as a player, observer and lover of the game, will allow you to develop your own philosophy, just as the great coaches previously mentioned developed theirs.

Your basketball coaching philosophy separates you from every other coach. It becomes your roadmap to success and it’s something that continues to grow and mature as you learn more and more about the game.

At least in the beginning, I highly recommend studying the philosophies of proven coaches. Read their books and attend coaching clinics to broaden your knowledge.

### **Basketball Coaching Philosophy**

So, what is philosophy anyway?

Once you combine all your experiences as a player, observer, student, and your own personality, you have the beginnings of a coaching philosophy.

Simply developing a coaching philosophy doesn’t guarantee success. How you implement your philosophy is equally important.

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You should start off by selecting the offenses and defenses you plan to use during the season and break the offense and defense down into fundamental drills and procedures to use in your practices.

As the coach, you must make practices fun and effective. When practices become boring, and monotonous, players lose interest and focus.

You can do this by implementing a wide variety of quality drills and plays. Click on the following link to give your practice the extra boost it needs: <http://www.basketball-drills-and-plays.com/elite-success-system.html>.

What's your priority? Is it to develop your athletes as people, or simply basketball players? It's OK to adopt ideas from others, but if you try to be someone you're not, your players will catch on right away and you will lose your effectiveness as a coach.

The core of your coaching philosophy has to lie in the fundamentals of the game. When teaching the **fundamentals**, you must stress perfection. These should be repeated so often they become instinctive in game situations.

Balance, Balance, Balance. These three principles are the key to any offensive philosophy. Basketball is a team sport by definition. Everyone has a role to play, and it is your responsibility as the coach to put the players in the right positions on the court.

You must allow your players to take advantage of their individual skills and talents. However, you must make certain it conforms to the overall team effort. After all, welfare of the team comes first.

You must also maintain good team chemistry, and get the players up for every game. Your goal should be to try to get the best out of each player and have a true understanding of each individual player's needs and wants.

It is very important that you use caution in dealing with disciplinary measures. This is not to say that you turn a blind eye. You need to deal with such problems, and stay on top of any situation that might cause team friction. At the first sign of conflict between players, they should be called in to talk it over. All such problems can usually be settled if they are not allowed to fester.

Be constructive with your criticism. When players make mistakes, don't jump on them right away. Make at least one positive comment with your criticism. Your players should understand that a coach wouldn't waste his breath if he didn't like you.

Your relationship with your players is of the utmost importance. One-on-one conferences with each player before, during, and after the season are definitely worthwhile. Use these conferences to discuss their approach to the game, basketball progress, weaknesses, shortcomings, health, studies, outside problems, the player's contributions to the team, and other personal situations.

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Developing your basketball coaching philosophy is without a doubt a difficult task to say the least. However, with the guidelines and resources presented, you now have a working knowledge of what it takes to construct your very own basketball coaching philosophy. With this new philosophy in hand, coaching basketball will never be the same.

## *Developing Your Offensive Philosophy*

Ok, now it's time to pick an offensive system. This can really be a grueling task. With so many different formations, and philosophies out there things can get pretty overwhelming for someone coaching basketball.

You need to start out by making things simple. An easy way would be to take an existing offensive system and implement your own coaching philosophies.

Once you've established a solid foundation, you can go ahead and start creating your own unique integrated system with all the bells and whistles.

But, for now trust us, stick to the easy approach. Don't make things more difficult than they need to be.

To be a successful basketball coach, you need to constantly educate yourself. Read books, magazines and attend clinics. Implement any new tactic suitable to your personnel.

Here is an excellent resource for developing your offensive philosophy. This e-book comes complete with illustrated offensive plays, coaching notes and focus points. Click on the following link to get started: <http://www.basketball-drills-and-plays.com/elite-success-system.html>.

You don't need to reinvent the wheel to make your mark as a coach. Your mark will be made by how you use your system to make all of your players better. The key is finding the perfect balance between the system and the players.

### **So What Offense Suits My Personnel?**

At the core, there are really only two types of offenses:

**Free-Lance** - players create their own offense depending on the defense (man-to-man, zone, etc.). Free-lance is not as free or uncontrolled as the term implies, because all one-on-one, two-on-two, and three-on-three plays are practiced over and over.

**Controlled** - a system where the team keeps control of the ball until a player gets open for a high-percentage shot. Any basic system can be used to implement a control-type of offense.

If you're just completely lost when it comes to choosing an offensive system, we got you covered. Below you'll find a quick and easy guide to selecting a system based on your personnel.

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### **Five Taller Than Average Players:**

A team composed of this group should really run a controlled offense. I would recommend the stack offense.

### **Four Bigger Players and One Small Player:**

This type of team should also run a more “up-tempo” controlled offense with a little fast break action.

### **Three Bigger Players and Two Small Players:**

This is normally the ideal type of basketball team. The team can use the fast break and/or a set two-three offense in which the three big men stay in close for offensive rebounds.

### **Two Bigger Players and Three Small Players:**

The fast break is recommended for this team. They should use more of a “Free-lance” offense.

### **One Big Player and Four Small Players:**

This team should use a controlled fast break, followed by a good quick-shot secondary attack, transitioning into a good set offense.

### **Five Small Players:**

This team should use a “Free-lance” offense. They should push the ball at every opportunity.

Coaching basketball on the offensive side just got a whole lot simpler. You now have a quick and easy way of coming up with an offensive system. With these guidelines and resources at your finger tips, you’re ready to dive in head first.



## *Developing Your Defensive Philosophy*

If your team can't defend, they can't win. It's just that simple. Many basketball coaches mistakenly focus on trying to outscore their opponent. Successfully coaching basketball requires that you develop your defensive philosophy to try to stop your opponent.

The best way to defend an offense is to take the opponent out of the offense they are trying to run. This can be done by:

- Forcing the ball toward low-percentage shooters, or scoring areas by fronting or overplaying the opponent's high scorer.
- Getting back quickly on defense to limit the fast-break opportunities.
- Forcing shooters to alter their position, timing, release, or arc of their shot.

From the above, you can see the entire purpose and strategy in regards to coaching basketball on the defensive end. Basically, you need to limit your opponent's opportunity to score by these three things.

The correct defense limits your opponent's offensive attacks. A good defensive philosophy should have the ability to incorporate the strong points of both the zone and man-to-man defenses.

Serious about developing your defensive philosophy? Click the following link to get complete defensive plays, coaching notes and focus points: <http://www.basketball-drills-and-plays.com/elite-success-system.html>.

The primary focus in a man-to-man defense is the person and the secondary objective is the ball. With that said, you're obviously not going to tell your kids to be on their defender like glue when the ball is on the opposite side. You still teach good help defense principles.

Conversely, zone defensive players play the ball first and the person second, but must be able to defend against the opponent with the ball on a man-to-man basis.

Back in the day, a zone player covered a specific area. It isn't that way, today. Zones of today, flex with a man-to-man attitude at the ball, attacking the player with the ball and preventing a pass into the pivot.

### **Whatever Defensive You Choose**

1. Your players should never allow the offensive team to advance the ball to their point of attack without strong defensive pressure.
2. Have your team prepared to play multiple defenses.

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3. Adapt to whatever defensive style is best suited to counteract the opponent's offensive moves.

Improving your team's defense is not easy. Here are some key principles that any good defense must have:

- **Sound**, both individually and as a team.
- **Flexible**, adaptable to different offensive attacks
- **Simple**, enough for your players to learn.
- **Complex**, for the opponent's to solve.

As a coach, here are 10 Key factors that you must instill in your players:

1. Hard work.
2. Determination.
3. Dedication.
4. Discipline.
5. Concentration.
6. Responsibility.
7. Cooperation.
8. Physical and mental coordination.
9. Willingness.
10. Pride.

Defensively, you should try to change the pace of the game to your own advantage. You must surprise and confuse your opponent.

Coaching basketball using a defensive variation in the last few minutes of the first half is a good way to confuse the opposing coach. He will use much of his valuable half-time period discussing methods of attacking a defense that will not be used again in that game.

The winning team in basketball is frequently the team quickest in transition from offense to defense; therefore, it is important that your team maintains defensive balance while attacking offensively. You must always keep at least one player back in a defensive safety position so that he may hinder, or stop, the opponents from scoring an easy unopposed basket. A team should have:

- Three offensive rebounders.
- One person who is half offensive and half defensive, going to the ball only if certain of possession.
- One player at Safety Defensive position.

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### **Failing to Prepare Is Preparing to Fail**

Defensive preparation begins from day 1. Team defensive fundamentals are essential and should be reviewed throughout the season.

Emphasize the need for a good defense by doing the following:

- Insist upon attention to detail when implementing the defensive.
- Break the defense into fundamental parts.
- Practice group defensive techniques each session.
- Develop rules for each phase of the defense.
- Spread defensive drills discriminately through daily practice. For example: at the beginning of one practice session, halfway through another, and at the end on the third day.
- Never allow improper defense by any player. Correct poor procedure immediately.
- Reward good defensive play. Give praise both public and private for outstanding defensive accomplishment.

### **Determining Your Team Defense**

So, what's the best defense to play? The answer to this really depends on your personnel. In general, a team will consist of one of the following groups:

**Five taller than average players** – With 5 taller than average players, zones really work best. Your player's length will really help them cover a lot of ground and leave the opposing coach scratching his head.

**Four tall players and one small, quick player** - With this type of lineup, trapping zones are really effective.

**Three tall players and two smaller players** - I recommend playing a solid man-to-man aggressive defense.

**Two tall players and three small players** – Here, playing man-to-man defense is going to be your best option.

**One tall player and four small players** - I recommend a running full court traps off of made baskets, then dropping back into a man-to-man defense.

**Five small players** – With 5 small, quick players, I strongly suggest playing very aggressive zone defense, with an emphasis on trapping.

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Coaching basketball can really be an over-whelming task. Especially in regards to forming your very own defensive philosophy. Hopefully you've found these pointers helpful in your quest for creating a defensive powerhouse.



## *Constructing Your Championship Team*

What comes first, the system or the players? This is the question that basketball coaches have been debating for years. Now, before you start defending one side or the other, know that there really isn't a right answer.

The main thing is to be versatile. When coaching basketball, you always have to adapt to the ever changing world that is "coaching basketball". Your team may look dramatically different from the start of the season to the end due to injuries, suspensions, drop outs, etc.

I mean, are you still going to run a Flex Offense now that you're forced to insert three natural big men in your roster? Of course not.

Which is why when it comes to selecting players, you should not **solely** focus on finding the perfect player for your system.

What's really important is to have "basketball minds" at every position. And by "basketball minds" I mean players who truly have the fundamentals down pat.

Normally players, who have their fundamentals down, are products of high quality drills and effective practices. Click on the following link to get access to great illustrated defensive drills and complete practice plans: <http://www.basketball-drills-and-plays.com/elite-success-system.html>.

"So, what are the key attributes I should look for when selecting players?"

Well, let us break it down for you by position.

### *The Point Guard*

The point guard runs the offense and watches the backcourt. His role is so important to the team that he is really an extension of the coach on the floor. He must have these qualities:

- Instinctive knowledge of the game.
- Complete control as a ball handler.
- Possesses great court vision to read defenses.
- Athletically fast and quick on his feet.
- Must be defensively sound.

But above all, his ego must not interfere with his basketball judgment.

### *The Off-Guard*

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The off-guard or shooting guard is generally the better shooter of the two guards. The qualities that he needs to possess are:

- Instinctive knowledge of the game.
- Good ball handler.
- Good skills as a passer.
- Possess speed and is quick on his feet.
- Solid defender.
- Consistently able to hit from 15 to 20 feet.
- Must know how to move without the ball.

He must also be a student of the offense so that he can step in for the point guard and run the offense.

### *The Center*

The center is arguably one of the most important players on the team. Normally, he is the tallest player on the floor. The qualities he must possess are:

- A monster on the boards.
- A dependable scorer at short and mid range.
- Defensive leadership, always talking to his teammates.
- Able to see the floor and hit the open man if his shot is not there.
- Able to read how he is being defended and to take advantage of this when he is posting-up.
- Must have strong hands, good upper body strength, and good jumping ability.

### *The Small Forward*

The small forward is the most gifted player on the team. He should possess the following characteristics:

- Athletically gifted.
- Adequate rebounder.
- Solid passer.
- Sound ball handling skills
- Superb all-around defender.

Most of all the Small Forward must be a good scorer, capable of shooting from anywhere from the wings, around the key, and under the boards.

### *The Power Forward*

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Like the point guard, the power, or strong forward, does not receive much recognition. Usually, if he's doing his job well, his role as the player doing the "dirty work" is taken for granted. He must possess the following:

1. Monster on both sides of the glass..
2. Adequate passer.
3. Adequate scorer.
4. Play big in the paint.
5. Great defender.

The Power Forward must stand up to the opposition and be an “enforcer” at both ends of the court.

### *The Sixth Man or Role Player*

This is the coach's best friend. He is the guy who has set aside his ego so that he can come off the bench at a moment's notice and fall right into the flow. He's able to do whatever is necessary to help his team win.

Sometimes his role calls for him to score, play exceptional defense, or a combination of the two. Whatever he's capable of doing, the sixth man is an important component to the game. He satisfies his coach's quest for an advantage, particularly when the game is close. He's a spark plug, capable of picking up the tempo when play gets sluggish.

Since he doesn't start the game, the sixth man must study the game tempo and prepare himself mentally so he is able to adjust to flow of the game the moment he steps on the floor.

More than anything else, he gives his team quality minutes when he plays. As a coach, you must know the sixth man's capabilities and limitations. You need to know how long the sixth man can deliver these quality minutes before losing his effectiveness to the team.

Coaching basketball at a high level is something that takes dedication, courage, commitment, and perseverance. As you grow as a basketball coach, you will naturally have a good idea as to what qualities you're looking for in each position, and in each system, making coaching basketball a snap!



## ***Your Guide to Productive Practices***

Every year, we start out by telling ourselves that this year is going to be different. This year we're going to be on top of things. This is the year we're going to be organized.

This section is designed to accomplish just that. When coaching basketball, you need to map out your road to success before the start of the school year.

The mistake that many basketball coaches make is that they tend to practice too long. The ideal practice session should only be 1 to 1 ½ hrs long. This allows your players to function at the best of their abilities.

For optimal practice plans, and high quality drills and plays, click on the following link: <http://www.basketball-drills-and-plays.com/elite-success-system.html>.

Your map to success should be divided into three categories:

1. *Pre-season conditioning* - the period from the start of the school to the date of the first permissible basketball practice.
2. *Pre-season practice* - the period from the first permissible day practice with the coach is allowed until the day before the first scheduled game.
3. *In-season practice* - the period from the first scheduled game to the last game of the season.

### ***Pre-Season Conditioning:***

It is extremely important that you as a basketball coach set up off-season conditioning programs for your players. Conditioning should be a year round process for any athlete. Players that spend the off-season conditioning, see a dramatic improvement in their game throughout the season.

Successfully coaching basketball requires you to set up off-season conditioning programs for all your players. At the end of the season, you should meet individually with all of your players and give them each their very own personal off-season workout.

### ***Outline Your Practice:***

Your practices for the up-coming season should be outlined well before the start of the season. Of course, your outline will probably change regularly depending on different situations that arise throughout the season.

But, you must keep in mind that a sound practice plans makes the best use of your practice time. Your practices need to be organized, straight to the point and efficient.

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Here is a great resource where you can instantly get access to 15 high quality Practice Plans: <http://www.basketball-drills-and-plays.com/elite-success-system.html>

### **Effectively Teach Your Kids:**

Be careful not to over-teach your kids during the pre-season practice sessions. You want your players to retain what is being taught. Players can't learn when mentally exhausted.

Whenever one of your players makes a mistake, you should always ask "Why?" Your players should always know the reason for everything they do on the court.

When coaching basketball, you should *criticize softly* and **encourage loudly**.

You should constantly strive for mental anticipation, instinctive reaction, and intelligent aggressiveness on the part of all your players. These intangibles turn a good player into a great one and an average team into a championship team.

### **Conveying the Message:**

By now, you should already have a coaching philosophy and an offensive and defensive system in mind.

Now it's time to relate the information to your players. This should be done in a way so that your players will have confidence in what you're relating to them.

This can be accomplished by following this order:

1. Explain and diagram your tactics.
2. Demonstrate the skills involved.
3. Walk the players through the various parts of the offense, and/or defense.
4. Then, run them through at half speed.
5. After that run through at full speed without opposition.
6. Finally, implement the strategy at full speed with light defense.

Following the above enables the team to practice their strategies successfully, thus creating a positive attitude about their abilities as well as the system as a whole.

### **Basketball Coaching Tips:**

The coach needs to set an example for the rest of the team. If he arrives late and comes to practice unprepared, he should expect the same from his players. You need to maximize your practice times and the only way is to come to practice early and prepared.

This is the secret to great play and execution on the basketball court. Your early pre-season practices need to focus on conditioning and fundamental drills.

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For carefully conceived, skillfully organized, and well executed drills and plays click the following link: <http://www.basketball-drills-and-plays.com/elite-success-system.html>

As you start, you'll realize that drills are the best way to teach your offense, defense, and condition your players. It is important to keep drills simple and competitive.

Drills will only be of benefit only when they're completely absorbed by your squad. You need to give the reasons and logic for each operation and explain the correct techniques.

When this is followed:

- Players understand and gain confidence.
- They realize that there is a reason for everything.
- Proper technique is learned because you can analyze any mistakes your players are making and allows you to compliment those players who do the drill well.

Hand picked drills allow you to have concentrated practices in specific areas. You should use some drills just as a change of pace. Having a good variety of drills keeps your players interested, prevents boredom and complacency.

You need to constantly be observant and make corrections immediately. You must overcome the tendency to ignore or overlook slight irregularities or imperfections in your player's form or habits.

Remember that by practicing something incorrectly is just as habit forming as practicing something correctly.

### **Teammate Evaluation Sheets:**

Teammate evaluation sheets should definitely be used. Below, you'll find sample questions.

#### **POSITIVE FACTORS**

- Three players who always take good shots.
- Three best shooters.
- Three best rebounders.
- Three best drivers.
- Three best passers.
- Three best defensive players.
- Three best team players offensively.
- Three best team players defensively.

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- Three best hustlers.
- Three quickest players.
- Three players with the best straightaway speed.
- Four players you most like to play with.

### **NEGATIVE FACTORS**

- Three players who habitually take bad shots.
- Three poorest shooters.
- Three poorest rebounders.
- Three poorest drivers.
- Three poorest passers.
- Three poorest defenders.
- Three poorest players offensively.
- Three poorest players defensively.
- Three poorest hustlers.
- Three players who are least quick.
- Three players with the least straightaway speed.
- Four players you least like to play with.

### **Player Self-Evaluation Sheets:**

Self-evaluation sheets are also important. This sheet covers the intangibles as well as the qualities that you as the coach can observe. This sheet is as follows:

### **FACTORS TO BE RATED:**

- Basketball instinct.
- Attention to details.
- Ability to follow instructions.
- Alertness.
- Aggressiveness.
- Individual defensive ability.
- Team defensive ability.
- Individual offensive ability.
- Team offensive ability.
- Rebounding ability.
- Shooting ability.
- Shot selection.
- Ability to penetrate.
- Desire for the game.
- Physical condition.
- Selflessness.
- Dribbling ability.
- Passing ability.
- Catching ability.

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- Quickness.
- Straightaway speed.
- Hustle.
- Leaping ability.
- Work ethic.
- Footwork.
- Ability to get along with teammates.

**Ratings of 4 for excellent, 3 for good, 2 for fair, and 1 for poor should be given.**

A lot of times, you will find that players are either downgrading themselves, or have an exaggerated opinion of themselves. Through individual talks, you should be able to help the players evaluate themselves realistically. At the end, you also should rate each player on the same 4 to 1 scale.

### **Scrimmaging in Early Pre-season:**

It is a good idea to have multiple scrimmaging sessions. This way, every player feels that they're part of the team.

Scrimmaging also helps you evaluate your players in "real game" settings. This is why it's important to have officials, scoreboard, etc. You should try to simulate a real game as much as possible.

### **Pre-season Essentials:**

At the end of each session, you should conduct meetings with your coaches. During the meetings, you should analyze the practice sessions and decide if it accomplished what it was planned. You and your coaches should also analyze each player's progress as a whole.

### **Pre-Game Checklist:**

It is very important that you have thoroughly covered the following areas before your first game:

#### **OFFENSE:**

- Fast-Break: This could either be a side-line or conventional break.
- Secondary Break: This is the possible scoring opportunities that occur while getting into basic patterns.
- Basic attack against man-to-man defenses.
- Basic attack against zone defenses.
- Basic attack against combination defenses.

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- Basic attack against pressing defenses.
- Out-of-bounds plays, both from the side and under the basket, first for possession of the ball and then for a score.
- Free-throw alignment for a possible fast-break.
- Semi-freeze and stall situations.
- A one-shot play for late in the game.
- Rebounding fundamentals for the individual and the team.
- Last minute and late game situations when behind, with the score tied, and when ahead.

### **DEFENSE:**

- The methods of stopping the fast-break at the defensive backboard, cutting off the outlet, and guarding the rebounder to delay the break.
- Full-court defenses: Both man-to-man and zone (Aggressive and loose).
- Half-court defenses: Man-to-man, zone, and combination (Aggressive and loose).
- The defensive rebounding pattern for both individual and team.
- Last minute situations when behind, with the score tied, and when ahead.

By implementing the principles and using the resources laid down here, your job coaching basketball will be a snap. You now have the guidelines necessary to orchestrate the perfect practice. Congratulations, you're well on your way to making a name for yourself.



### ***Off-Season Training Program***

Every year, we complain about the same thing. Year in, year out it seems that players just don't take the time needed in the off-season to work on their bodies. You end up spending too much time and energy trying to get your players physically ready to play; it ends up taking a toll on you as a basketball coach. Coaching basketball would be much easier if your players came into the season physically ready to go.

Your players will never get close to their potential by taking the off season lightly. In the process of coaching basketball, you need to somehow find a way to convince them and show them the importance of the off-season.

You should lay down straight forward and easy to follow training principles. This should really make things easier on the player, and leaves out any guess work.

Pre-season is no longer enough to condition your players for the grueling up coming season. It is really vital to your team's success that your players understand the importance of conditioning.

Your practices need to focus on fine-tuning parts of your offense and defense. It's not a time for getting into playing shape. Give your offense and defense a giant boost by clicking the following link: <http://www.basketball-drills-and-plays.com/elite-success-system.html>.

The off-season needs to focus on developing endurance, strength, speed, coordination, and agility.

In order to be successful, all off-season training programs should include the following:

1. Warm-up 5 to 10 minutes to increase blood flow and lubricate the joints.
2. Flexibility exercises to slowly stretch muscles and tendons that cross and surround the joints.
3. Strength development to increase muscular power and force.
4. Endurance work to increase and maintain a high level of cardiovascular conditioning and interval workouts to increase speed and stamina.
5. A cool-down period of 5 to 10 minutes after the exercise has finished to let the heart rate return to normal and facilitate the return of blood from the extremities.
6. Post-exercise flexibility exercises of 5 to 10 minutes to prevent muscles from shortening.

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### **The Warm-Up**

This is without a doubt the most important thing your player can do. The number one reason for injuries while training, can be linked to improper or lack of warming up.

All it takes is about 5 to 10 minutes until your body starts to sweat.

### **Increase Flexibility**

These should always be done after warming up. Flexibility exercises greatly increase and improve the range of motion of the joints. By increasing your players' range of motion, you will decrease your players' chances of injury during a basketball practice or a game.

Basketball coaches need to teach flexibility. Flexibility for basketball can be achieved over a period of time by slow, passive stretching of the muscles and tendons that are used in basketball. Doing the exercises slowly is important in order to keep from injuring yourself by pushing the muscle too far and too fast.

### **Developing Your Players Strength**

Your players shouldn't be strangers to the gym. Proper weight training will undoubtedly enhance your players' athletic performance.

The core of all strength training is progressive resistance. This means that as your body becomes accustomed to one particular weight over a period of time and you can perform an exercise with little strain, more weight is added.

Guards and small forwards should be concerned with adding muscle tone (i.e., using less weight and doing more reps), while centers and power forwards should be concerned with building bulk (i.e., using more weight and doing fewer reps).

Start by having your players find their single-lift capacity for each exercise. This is the maximum amount of weight you are able to comfortably lift one time using strictly correct lifting form. The program is derived from percentages of that single-lift capacity.

### **Issue of Weights and Children**

Is it safe for my child to start lifting weights? The current feeling is that weight training can be started in high school and not before. There are two reasons for this.

- Prior to this age, young athletes don't possess the hormone level that will allow for significant gains.
- The child is still in a growth state. This risks injury to the growth plates of the bones.

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With this said, if your child is interested in strength training, the recommendation is that he do resistance exercises using his own body weight such as push-ups, sit-ups, chin-ups, dips, and leg raises.

### **Endurance Training**

Basketball is a fast paced game. Part of coaching basketball not only includes X's and O's, but also includes getting your players' bodies ready.

The best way to do this is through endurance training. It provides your players with sufficient fitness foundation to enable them to play a full-court game of basketball without being weakened by fatigue.

Basketball coaches need to stress the point across to their players. The bottom line is that players that don't have proper endurance will cause your team to lose.

### **Interval Training**

One thing you should be aware of is that training at long distances only lays the foundation for basketball conditioning. It is the interval training that will get your players in shape to play a real fast-paced game.

Intervals help your players develop explosiveness on the basketball court. This is key in assisting your players reach their fullest potential as a basketball player.

What do you mean by interval? An interval is a training method of alternating hard, short bursts of speed with short recovery periods. This type of training is vital for athletes participating in a fast-paced activity, such as basketball.

Your energy output varies throughout the length of the game. Interval training duplicates this and helps to quickly raise your fitness to much higher levels.

Your players need to use the last three or four weeks of the off-season towards interval training. Since intervals are so taxing to the body, they should never be done two days in a row.

They need around 48 hours to recover. Also, before beginning any interval session, make sure that they properly warm up.

Below is a sample interval running program you can give your players:

### **Sample Interval Running Program**

#### ***MONDAY***

1. 30-meter sprints: sprint one, walk back (5 times)

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2. 50-meter sprints: sprint one, walk back (5 times)
3. 30-meter sprints: sprint one, walk back (3 times)
4. 60-meter sprints: sprint one, walk back (3 times)

### ***WEDNESDAY***

1. 150-meters: sprint 50 meters, stride 50 meters, walk back (8 times)

### ***FRIDAY***

1. 30-meter sprints: sprint one, walk back (4 times)
2. 60-meter sprints: sprint one, walk back (4 times)
3. 100-meter sprints: sprint one, walk back (4 times)

\* Cool down for 5 to 10 minutes after workout. The cool down should be a continuation of the last activity performed, but done at a much lower level of intensity. End with the flexibility exercises.

Coaching basketball is already a difficult task as it is. But your job becomes even harder when your players come into the season fat, and out of shape. It is your job as a basketball coach to provide your players with the proper off-season training program.



## ***Teaching Your Kids the Fundamentals of Handling the Ball***

Your players have to be able to handle the ball in pressure situations. The last thing you want are players that easily get flustered and turn the ball over. Coaching basketball players how to properly dribble and protect the ball is no small matter.

Coaching basketball players how to dribble requires patience and attention to detail. It is your job as a coach to make sure your players dribble with a purpose. You need to teach your players the value of every dribble.

### **Fundamentals of Ball Handling**

The number one rule when it comes to dribbling is to keep your head up. This rule must be grinded into your players head.

Instruct your players to dribble with their fingertips and have them push down by simply flicking their wrist. Be sure your players feel comfortable dribbling with both hands. Have them keep one hand behind their back to force the action.

When coaching basketball players how to dribble, it is very important that your players don't pick up their dribble until they know what their doing with the ball. Your players should only pick up their dribble when their ready to pass or shoot.

### **Different Types of Dribbles**

There are about a gazillion different types of dribbles out there. So, to save you time, the important ones will be discussed below.

- **The Low Dribble**
  - Focus on keeping the ball low to the ground and under control.
  - Your player should use their off hand to shield the ball from the defender.
  - Works great when your player is closely guarded.
  
- **The Speed Dribble**
  - Your player needs to push the ball out in front at about waist height trying to maintain top speed.
  - Basically, the faster your player runs, the further out they need to push the ball.
  - Works great for fast break opportunities.

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- **The Change-Of-Pace Dribble**
  - When your player is being guarded tightly, have them slow down and almost come to a complete stop.
  - Once the defender loosens up, your player should explode past him while using their off hand to protect the ball.
  
- **The Crossover Dribble**
  - Your player must keep the ball low as their dribbling.
  - If your player is dribbling with their right hand, as they get close to the defender, have them bounce it over to their left side near their foot.
  - Your player needs to keep their left hand perpendicular to the floor to stop the ball and then push the ball out.
  - It is important that they stay low while shifting their body weight by pushing off with the inside of their right foot.
  - Then they should lower their right shoulder and use their trunk to protect the ball from the defense.
  - To execute while dribbling with the left hand, simply reverse the order.
  
- **The Between-The-Legs Dribble**
  - If your player is dribbling with their right hand, start off by having them dribble low to the ground.
  - On their last dribble before the changeover, they should place their right hand laterally on the outside of the ball and push the ball hard between their legs.
  - Their left hand should be close to their legs to receive the ball with their fingers spread out and pointed towards to the ground.
  - This is a quick way to switch hands when your players are closely guarded.
  
- **The Hockey Dribble**
  - Your player should stay low while keeping the ball on their side.
  - When your player gets close to their defender, they should perform “stutter” steps and make head-and-shoulder fakes at the same time.
  - If their dribbling with their right hand, the fakes should be made with their left foot and left shoulder.
  - Works great for faking out their defender.
  
- **The Behind-The-Back Dribble**

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- As your player approaches their defender while dribbling with their right hand, have them slide their palm over and then outside on the ball.
- They should swing the ball behind and across their lower back, pushing the ball to their left side.
- Make sure that their first bounce on the left side isn't made way out in front.

### **Ball Handling & Dribble Drills**

Dribbling like many other skills in basketball are only developed after many hours of practicing. As with all offensive basketball moves, your players dribbling skills will only improve through hard work, determination and effective drills.

Want access to great time-tested ball handling drills?... Simply click on the following link to get started: <http://www.basketball-drills-and-plays.com/elite-success-system.html>

When coaching basketball, it is essential to have a wide array of drills in your arsenal. Successful basketball coaching requires that you implement the right drills into your practices. Incorporating fundamental basketball drills into your practices will greatly improve your players overall game.



## ***Teach Your Player How to Shoot the Lights Out***

Yup, we're talking about shooting. How else are you going to score, unless you shoot the ball? Coaching basketball players how to shoot is an essential part of your job.

Your players need to be able to be their own critic. Because shooting is generally practiced alone, your players need to know the basics of how to properly shoot so they can evaluate themselves.

When coaching basketball players how to shoot, your player needs to know their range, and they need to know the definition of a good shot.

Nothing could be simpler than shooting a basketball. At its root, it is divided into two parts, the mental aspect and the physical aspect.

### **Mental Training**

The mind is a very powerful and tricky thing. Sometimes, all it takes is for a player to just visualize the ball going through the basket and he'll never miss a shot.

It is very important that you teach your players how to condition themselves for success. Your players need to be thinking in the right mind frame. When coaching the mental aspect you need to stress three main points:

*Concentration:* is the fixing of attention on the job at hand and is characteristic of every great athlete. Through continuous practice, good shooters develop their concentration to the extent that they are oblivious to every distraction.

*The Ability to Relax:* is closely related to *concentration*. You often hear great shooters having "ice water in their veins".

*Confidence:* That is a "gut certainty" that the ball will drop through the basket without touching the rim. Your players must believe in their ability, and believe without a doubt the every shot they take will go in.

### **Physical Training**

Now let's go over some of the physical aspects of shooting a basketball.

*Sighting and locating the target:* Since the eyes can not focus on an empty space, the best thing you should teach your players is to focus on either the front or the back part of the rim. I'm a big fan of focusing on the back part because you never want to leave shots short.

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*Body Balance:* Most players fail or neglect this aspect of their shot. They'll take wild off balance shots, and wonder why the ball didn't go in.

You need to teach your kids to keep their knees shoulder width apart. Even when fading away or leaning in, your players need to square up in order to consistently knock down shots.

*Generating the Force:* In their book, *Basketball Concepts and Techniques*, Bob Cousy and Frank G. Power, Jr., tell us, "From physics, we know that when several forces act upon an object, the effect is the same as that of a single force equal to the vectorial sum of the force components..." Basically, the more horses pulling in the same direction, the greater the horsepower.

Each of the following adds to the total force and are equally important when it comes to shooting a basketball:

- A forward action of the wrists and fingers.
- A sudden extension of the arm, snapping the shoulder and elbow.
- Rising to the balls of the feet.

The easiest and most effective way to improve your players shooting is through practice. With the proper drills, your players will automatically shoot with the correct mechanics, and apply the correct force and trajectory needed to consistently hit shots.

You can't afford not to take the time to check out this link for proven shooting drills that work: <http://www.basketball-drills-and-plays.com/elite-success-system.html>

With these guidelines and resources in mind, coaching basketball players how to properly shoot and consistently knock down clutch shots should be a breeze!



## ***Teaching Your Kids How to Effectively Rebound***

More often than not, when a team wins the rebounding battle, they end up winning the game. When you're coaching players how to rebound, don't take their heights into consideration. Of course it helps to be tall and be able to jump high, but they are by no means the only factor when it comes to rebounding.

Take a look at Charles Barkley. Here's a guy barely 6'5" snatching boards over 7 footers. Without a doubt one of the greatest rebounders in the history of the game. What was his secret? How was he able to accomplish this feat?

Through technique and heart.

Any time you're coaching basketball players how to effectively rebound, you need to focus on three main categories:

- Determination
- Positioning
- Aggressiveness

### **Determination**

Your players need to have the right mindset, "come hell or high water, I'm going to get the ball!"

Your players need to be determined. There are nine other players on the court. The one that wants it the most is going to get it. Coaching basketball requires that you teach your kids to be mentally and physically tough.

Once your player grabs the ball, make sure he brings it down chest level and elbows out. This protects the ball from pesky defenders.

If your player is in a crowd, under your offensive board, have them just try to tip the ball in. The advantage is that even if your player misses, the ball is still alive for a teammate to grab it.

### **Positioning**

A good strong position is the secret to both offensive and defensive rebounding. First of all, you have to teach your players how to anticipate where the ball is going to come down.

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Once your player is in the right spot, they must be able to hold their position for two or three seconds. Have them stay low, with their knees bent, and legs wide to provide a large and strong base.

This will keep them from being pushed out of position by the defense. Also, make sure their arms are held out to prevent defenders from getting around them.

Tell your players not to put the ball on the floor. Have them try to immediately go back up strong to the basket.

### **Aggressiveness**

The painted are isn't for the faint at heart. Your players need to realize that there will be plenty of shoving, pushing, and elbows flying.

Your players have to be aggressive. If they get blocked out, they need to fight to try to get better position.

Use some of your practice time and have your players study each others shots, so your players will be ready come game time. Also, we cannot over emphasize the importance of quality rebounding drills.

Incorporating high quality rebounding drills into your practice will give your players the confidence and technique they need to grab those game saving rebounds.

The following link contains great rebounding drills that have helped hundreds of players become better rebounders: <http://www.basketball-drills-and-plays.com/elite-success-system.html>

Winning the battle on the boards can help you win games that you would've otherwise lost. The more chances your team has to score, the higher the probability that they will score.

When coaching basketball players how to rebound, you need to stress the fact that it is 100% heart and technique. Don't let them use height and jumping ability as an excuse.



## *Teaching Your Players How to Move Without the Ball*

When coaching basketball, you must stress the aspect of effectively moving without the ball. This is the backbone to any successful offense.

I mean think about it. Only one person can have the ball at a time. What are the other four players on the court going to do?

This is one of the least understood basketball fundamentals. Most of our young players have no clue how this relates to shooting and scoring.

Your main goal when coaching basketball is to create the “perfect player”. In regards to this topic, the “perfect player” should be able to read the defense, and dart to the open spot.

As a coach, you need to make sure your players are in position to make split-second moves. They can’t be standing straight up with their hands on their hips. Basketball positioning is the foundation of your entire game. This isn’t a light matter.

### **Footwork**

When you think of basketball, you think of a game with lots of quick moves, cuts, and pivots. To properly perform any of these moves, you must start off by teaching your players good foot positioning.

You need to show your players the proper stance. Basically, keeping your feet a shoulder's width apart. The non-pivot foot should be slightly out in front of the other, with the toes of the pivot foot on the same plane with the heels of the front foot.

Tell your players to keep both feet on the floor, with their body weight distributed over the full length of each foot. A common mistake is to put all body weight only on the balls of the feet. This tires the calf muscles and will also slow your players down when they begin to make their move.

Show your players how to get their muscles “loaded”. This is done by having them keep their knees flexed and getting in a crouched position.

When your players stand straight-legged they lose this quickness, because their leg muscles are stretched out.

Only when they first contract and then stretch out again will your players be able to move with the deadly combination of speed and power.

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### Quick Starts

Your players need to stay alert and ready to react and move at the snap of a finger. Teach your players to stay low and to keep their initial steps short and fast. The key is how fast you move your feet, not the distance you cover.

### Quick Stops

Just as getting a quick start is important in basketball, it is equally important to be able to stop on a dime while maintaining the “fundamental basketball position”.

If your players are off balance when they stop, they have to waste time to regroup. That one second is all it takes for the defensive man to regain any advantage your player had over him.

There are many good ways of stopping on the court. It only takes a little practice to learn them properly. After a few practice sessions, they will become an instinctive part of your players’ basketball repertoire.

### Pivoting

When teaching your players how to properly pivot, follow these simple rules:

1. Keep their "fundamental basketball position." That is with knees flexed and feet a shoulder's width apart.
2. Pivots should be made on the balls of their feet; therefore, lift up the heel of the pivot foot.
3. When they make a full (360 degree) pivot, a half, or even a quarter-turn pivot. Just remind them to keep their body low and feet spread wide.
4. Pivots are made, both offensively and defensively, two ways:
  - A front turn is made when your chest moves around the pivot foot. This is a good way to square up to the basket for a shot.
  - A rear turn is made by leading with your rear end.
5. Your players should practice pivots on both their right and left foot. This prepares them for game situations.

### Change of Pace

The change of pace movement is a good offensive weapon and your players should use it throughout the game.

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It's a three part move used to lose your defensive man. It is executed by running, then slowing down your pace, straightening up your body slightly to give the defense the impression you are going to stop.

Usually, this gets his defensive man to relax. By quickly accelerating, your player will get his man off balance and he won't be able to react in time.

To properly perform all these moves, it requires lots of practice. Make sure to incorporate movement and footwork drills into your practices. If you don't practice it, they won't learn it. It's as simple as that.

Click on the following link to get access to hand-selected movement and footwork drills:  
<http://www.basketball-drills-and-plays.com/elite-success-system.html>

So, there you have it. The basics to moving without the ball. Using the guidelines and resources presented you will be an expert at coaching basketball players how to move without the ball and will have a leg up on the competition.



### *Summer Workouts for Post Players*

If you're serious about coaching basketball, you need to develop an off-season workout for your players.

It is vital to your team's success that your players come into the season fit. Before the AAU or summer leagues start, you should meet with your players individually and evaluate their play during the past season.

At this time you should also give your player a written list of things they need to concentrate on during their off-season workouts.

Here are some excellent guidelines for your big men to follow during their off-season workouts:

<b>Ball Handling</b>	Drills without dribbling - 5 minutes Drills with dribbling - 5 minutes Drills using two balls - 5 minutes
<b>Passing</b>	All types with both hands especially baseball, outlet, flick and bounce.
<b>Foot Quickness</b>	Jump Rope - 5 minutes at 3/4 speed for endurance. Jump Rope - 15 seconds off right foot for quickness. Jump Rope - 15 seconds off left foot for quickness. Jump Rope - 15 seconds alternating feet. Jump Rope - 15 seconds on both feet. Do 3 repetitions of each with 30 seconds rest between the quick sets. Run Steps - Up to build leg strength and down to build quickness - Six repetitions of 15-20 seconds each. Run Hills - Jog down and sprint up - Six repetitions of 15-20 seconds each. Intervals - Sprint straight-aways on a track and jog on curves.


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	<p>Alternate up to one mile. (Build to running 2-3 miles a day at 7 to 8 seconds.) To build additional quickness and leg strength run backwards or sideways, picking up your feet and putting them down quickly.</p>
<p><b>Rebounding</b></p>	<p>Six and In - 4 repetitions on each side of the basket.</p> <p>Superman Drill - 4 repetitions of 10.</p> <p>Tap Drill - 4 repetitions of 10 with each hand.</p> <p>Hook Drill - 4 repetitions of 10 with each hand.</p> <p>Second Effort - 4 repetitions of 10 (Make last effort as many repetitions as possible.</p> <p>Blocking Out - Work at pivoting and holding contact.</p>
<p><b>Shooting</b></p>	<p>Spin ball to yourself, catch ball with both feet off the floor, look over baseline shoulder and Drop Step at Low Post - Practice both ways - 4 sets of 10 shots each way and on each side of the lane.</p> <p>Spin the ball to yourself, catch ball with both feet off the floor, look over baseline shoulder, pivot in the opposite direction, and shoot a jump shot - 4 sets of 10 shots on each side of the lane.</p> <p>Duck Under - Spin the ball to yourself, catch with both feet off the floor, look over baseline shoulder, pivot in opposite direction, shot fake and duck under. - 4 sets of 10 shots on each side of the lane.</p> <p>Step-in-Direction Hook - At the low post spin the ball to yourself, catch with both feet off the floor, look over baseline shoulder, take a long step in direction of the opposite elbow, and shoot a hook shot. - 4 sets of 10 shots on each side of the lane.</p> <p>At the High Post practice stationary moves for a baby jump shot or a power lay-up. - 4 sets of 15 shots on each side of the lane. Work the shot fake into every 3rd set of shots, either on the move or at the very end.</p> <p><b>Shoot 10 free throws between each set to rest - record in your notebook!</b></p>

Coaching basketball requires that we spend the necessary time to prepare our kids for the up-coming season. With these guidelines, you now have a clear idea in regards to developing an off-season workout for your bigs.

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For a great selection of excellent Big Man Drills complete with Illustrations and Focus Points, click on the following link: <http://www.basketball-drills-and-plays.com/elite-success-system.html>



### *Summer Workouts for Perimeter Players*

If you're serious about coaching basketball, you need to develop an off-season workout for your players.

It is vital to your team's success that your players come into the season fit. Before the AAU or summer leagues start, you should meet with your players individually and evaluate their play during the past season.

At this time you should also give your player a written list of things they need to concentrate on during their off-season workouts.

Here are some excellent guidelines for your guards to follow during their off-season workouts:

<b>Ball Handling</b>	Drills without dribbling - 5 minutes Drills with dribbling - 5 minutes Drills using two balls - 5 minutes
<b>Passing</b>	All types with both hands especially baseball, outlet, flick and bounce.
<b>Foot Quickness</b>	Jump Rope - 5 minutes at 3/4 speed for endurance. Jump Rope - 15 seconds off right foot for quickness. Jump Rope - 15 seconds off left foot for quickness. Jump Rope - 15 seconds alternating feet. Jump Rope - 15 seconds on both feet. Do 3 repetitions of each with 30 seconds rest between the quick sets. Run Steps - Up to build leg strength and down to build quickness - Six repetitions of 15-20 seconds each. Run Hills - Jog down and sprint up - Six repetitions of 15-20 seconds each. Intervals - Sprint straight-aways on a track and jog on curves.

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	Alternate up to one mile. (Build to running 2-3 miles a day at 7 to 8 seconds.) To build additional
<b>Shooting</b>	<p>50 Shots off the Dribble:</p> <ol style="list-style-type: none"><li>1. Simulate shooting off the break</li><li>2. Move on the move into the shot (especially crossover, stutter step, inside-out, inside-out crossover, and Earl the Pearl move.</li><li>3. Stationary Move - Use Rocker Step to put defender on heels.</li><li>4. 5 sets of 10 shots at a time with 10 free throws between sets, and record free throws in your notebook.</li><li>5. Repeat 3 times</li></ol> <p>30 Shots using shot and pass fakes</p> <ol style="list-style-type: none"><li>1. Pump fake to shot</li><li>2. Pump fake, dribble to shot.</li><li>3. Pass fake to shot</li><li>4. 5 sets of 10 shots at a time with 10 free throws in between and record free throws.</li><li>5. Repeat 3 times</li></ol> <p><b>Note: Take all shots at game speed!</b></p>

Coaching basketball requires that we spend the necessary time to prepare our kids for the up-coming season. With these guidelines, you now have a clear idea in regards to developing an off-season workout for your little guys.

For a great selection of excellent Guard and Small Forward Drills complete with Illustrations and Focus Points, click on the following link: <http://www.basketball-drills-and-plays.com/elite-success-system.html>



## *Conclusion*

Becoming a winning basketball coach requires you to be theoretically and practically sound. By reading and studying the chapters above, you've just accomplished the first half of the equation . . . "But what about the second half?"

Never fear, the "Elite Basketball Coaching Success System" is here. With tons of illustrated drills and plays complete with easy to follow focus points, coaching tips and practice plans to help you slash your learning curve and get the most out of your time in the gym.

This exclusive system truly completes you as a basketball coach. Without this system, you'll be left with just theories and abstract concepts, which are useless without practically applying them.

When certain game-time situations come up, you'll have the book smarts, but will lack the street smarts necessary to effectively tackle the problem. And vice-versa. It is useless to have a thousand drills and plays, but lack the proper technical and theoretical approach needed to gain an edge on your opponent.

Imagine how it would be like to coach while being both theoretically and practically solid. . .

You'll be able to call the perfect play out of a time out, make critical half-time adjustments, know exactly when to call that surprise half court trap causing game changing turnovers, and simply leave the other coach standing in disgust, knowing that he's been out coached.

Don't miss out on this revolutionary system. Click on the following link and watch as your winning percentage skyrocket!

<http://www.basketball-drills-and-plays.com/elite-success-system.html>

Wishing You All The Best,

Basketball-Drills-and-Plays.com