

### **Jefferson Boys Traveling Basketball Coaching Philosophy:**

Our goal is to create competitive teams by focusing on process and not outcome. We are here to provide players in our program the opportunity to improve individually and have success as a team. We are part of the larger Jefferson Basketball community and are growing and preparing players to have success at not only their current level, but the next level and eventually high school.

We expect to build our program with boys who exhibit good character, self-esteem, and self-discipline. We will teach good work habits, leadership skills, teamwork, and commitment, and help them strive to reach their highest potential.

We want to create players that demonstrate leadership and dedication to each other, to show courage, commitment, loyalty, and trust.

### **Coaching Style**

Be yourself. We want you to be yourself and coach with the style you are comfortable and confident in. We do not expect you to change your temperament. If you are out-going, be out-going. If you are quiet, be quiet. If you are loud and animated, then be who you are. We want you to find a style that works for you and allows you to successfully connect with your team.

Whatever your style is, be agreeable and, without compromising your principles, be someone that is easy to work with. We all like working with someone who is easy to work with, who follows the rules and is respectful of others. This applies to our players, parents, and fans, as well as opposing players, coaches, fans, officials, etc.

As a program, we also have guidelines that we expect all coaches to follow.

### **Coaching Guidelines**

Fundamentals must be stressed throughout the program. We want our players to be successful in learning the fundamentals and to work as a team at every level. Players need to show improvement each day and season.

- A. **Playing Time:** All players will have the opportunity to compete for playing time. Younger teams should have equal or close to as equal playing time as possible with the understanding that not all games or tournaments will be the same. As players get older and as roles within the team establish themselves, playing time will be less consistent, but coaches should always find opportunities for their players to play.

Things to consider with playing time:

1. Our youngest teams should have nearly equal rotation for 80% of games.
2. All players should have a chance to start, as well as learn to come off the bench. We want our players to be able to adapt and not let these circumstances affect them.
3. Get all players in games early, even if for short stints. As games get tight down the stretch, you may not be able to get certain kids in late, so get them in early.
4. When games get lopsided, use that time to give players who have had less playing time more opportunity. Same goes for “friendship” games once medaling is no longer possible.

5. For younger teams: If a player is significantly outmatched and playing him will cause confidence issues, talk to the player and the parents about the situation and let them know you will find other opportunities to get them involved.

- B. **Defense:** Defensively we will primarily play man to man, with situational zone defenses only. We will press and trap as a teams' personnel allows, but we will have an emphasis on aggressive, up-tempo pressure, that is built around moving our feet and putting ourselves in the right position.

Indicators of a successful defense include:

1. Players constantly talking to each other
2. Ability to both fight through screens and switch
3. Transition defense and making the correct assignment adjustments
4. Boxing out
5. Aggressive defense without reaching and being able to trap
6. Always Seeing the basketball with help side rotation

- C. **Offense:** Offensively we will run motion/spread offenses that allow for cutting and passing with continual movement and in-game player decision making. Set plays should be available but used sporadically (as needed) and not as a primary means for offense (grade and skill level dependent).

Indicators of a successful offense include:

1. Swinging the ball from one side of the court to the other and back without hesitation
2. Post entry passes, kickouts, and passes into the middle of the court
3. Use of on and off-ball screens
4. Back door cuts, cutting away from the basketball and give-and-go cuts
5. Wide spacing
6. Outlet passes off rebounds and additional passes up the sidelines

- D. **Positions:** Players should know how to play all five positions within the offense and for all set plays. Stressing position-less basketball at the younger levels is important and can be continued through the higher levels. Understanding that skill and size development will change significantly over the course of a player's journey is critical for long-term development. Allowing kids to try and fail, or succeed in a variety of positions, will help their long-term success.

- E. **Practice:** Practices should consist of both skill development and game play. Fundamentals and techniques should be taught while doing drills and while playing a variety of half court and full court games. Make your practices competitive and upbeat. We want to create well rounded basketball players and the more game-like drills and experiences they can have, the better. The more our players have a basketball in their hands the better. Encourage skill development at home and provide direction on how players can work on their game away from practice so that practice can focus on game play as much as possible. If a drill takes more than 30 seconds to explain, find a new drill. We want to take advantage of the gym time that we have, and our kids should be playing basketball 90% of that time.

Practices should start and end on time. Having a prepared plan will help both you and the team.

- F. **Games:** Coaching in games will vary at different levels. As challenging as it may be, coaches should limit micromanage players on the court while the ball is live. Live-ball commands should be focused around offensive and defensive strategy, along with broad instructions around talking, helping, hustling, etc. and not dictating each individual movement. Yelling instructions can be extremely counterproductive as we develop our players to think and react to the game on their own. Often this micromanaging is for us coaches to feel relevant and involved more than it benefits the players. This can be painful and hard early in the process but yelling constant instructions will slow down player and team development and cause internal confusion for your players. We want you to coach but find a balance and help your players learn from their mistakes. Teams will have better long-term results if you teach at low-stress times (in practice or at half time) and allow the kids to learn from their mistakes.

**Yelling:** Never embarrass a player during a game in front of his parents, friends, teammates, fans, etc. Games are for players. In practice and behind closed doors, it is your classroom. Know your team and your players and use yelling appropriately. We do not discourage yelling at players or teams in practice, not to belittle them, but to get them to compete harder. Profanity is not tolerated.

**Sideline Parents:** Discussing this topic with your parents is strongly encouraged. Making sure your parents understand that you may be teaching something different than what they are yelling from the sidelines is important. You may be playing a weaker team and your players may be able to score easily, but you are working on developing an offense and learning certain cuts to help them be successful against stronger opponents. Parents yelling, “shoot” and “pass” during the game can cause confusion in your players and again slow down not only their development, but the team’s long-term success. Parents should be encouraged to cheer and support their children, but not coach from the sidelines. We also want to avoid players looking at their parents for instructions throughout the game as well.

- G. **Discipline:** Set rules and maintain discipline, but don’t have too many rules that you will later regret. Kids will violate rules and you need to be prepared to handle things in a fair manner. Do not paint yourself into a corner by having too many rules and by being overly inflexible. And enforce your rules during successful times as well as slumps. Be consistent. Teach them to always do things right whether you are up by 20 or down by 20.

Build for the future more so than the present, focus on the process not outcome.