

TEAMARETE OCTOBER 2009 BASKETBALL COACHING NEWSLETTER

For more great coaching tips, please visit TeamArete.com

Two TEAMARETE Videos Are Available

A SYSTEM OF ZONE TRAPPING - This DVD covers the 1-1-3 zone defense in the half-court and 3/4 court along with the 3-2 zone in half-court. The 1-1-3 in this DVD is not the normal 1-1-3, but an aggressive defense which features trapping and constant ball pressure. The defense is then extended to 3/4 court and the slides for trapping at half-court off the dribble and deeper in the front court off the pass are shown. Email TeamArete@aol.com for order information.

THE POWER MOTION OFFENSE - The Power Motion Offense is an inside triangle offense that centers on ball reversal and screen the screener action in the post. The offense is shown with six different actions that can be run into its continuity. The continuity is a triangle action with a high post and two low posts. It gets all five players into the triangle action. Some of the different options shown are pick and roll, post entry, wing entry, and more. Email TeamArete@aol.com for order information.

6 Ways To Win the Game

By Shane Dreiling, Director TeamArete.com

NO TRANSITION LAY-UPS

The first player back on defense must get under the rim and either draw a charging foul or force a 10 foot jump shot. If they try to stop the ball at the free throw line, the offense will get a lay-up.

40 OR MORE DEFLECTIONS

Deflections are a reflection of defensive intensity. Whenever we deflect the ball, there is a chance we are going to force a turnover. Deflections create easy scoring opportunities and give the defense a decided edge mentally.

FORCE 20 OR MORE TURNOVERS

Turnovers lead to fast break points and a frustrated offensive team. By playing smart defense, taking pride in "Guarding Our Yard" and being alert, we will become the type of defensive team that no one wants to play.

SHOOT MORE FREE THROWS THAN OUR OPPONENTS

Shooting free throws allows us to rest offensively while getting our opponents into foul trouble. We never want to allow our opponents to shoot more than 15 free throws in any game...that indicates poor defensive execution.

ATTACK THE PAINT

On offense we want the ball to get to the lane area, either by the pass or by driving the basketball there. On defense, we **MUST** keep the ball out of this area by good defense and selective trapping. Good things happen to teams that consistently get the ball into the paint area.

HAVE MORE OFFENSIVE REBOUNDS

We have to create easy scoring opportunities for ourselves. Three ways to do this are with free throws, fast break points and offensive rebounds. Assume all shots are misses, attack the glass and immediately look to score off of the rebound.

12 Rules for Bringing Out the Best in People

By Alan Loy McGinnis, Excerpt from Alan Loy McGinnis' book, "Bringing Out the Best in People."

- Expect the best from people you lead.
- Make a thorough study of the other person's needs.
- Establish high standards for excellence.
- Create an environment where failure is not fatal.

- If they are going anywhere near where you want to go, climb on the other people's bandwagon.
- Employ models to encourage success.
- Recognize and applaud achievement.
- Employ a mixture of positive and negative reinforcement.
- Appeal sparingly to the competitive urge.
- Place a premium on collaboration.
- Build into the group an allowance for storms.
- Take steps to keep your own motivation high.

Importance of Defensive Stops

Courtesy of Hoop Tactics November 2008 Newsletter

Defensive Stops are the determining factor of any game. A Defensive Stop is a possession in which the opposing team does not score.

Defensive Stops occur as result of offensive turnovers and defensive rebounds. Defensive Stops don't just happen. They are a product of solid defensive play.

Defensive Stops are a key element to all offensive runs - It doesn't do much good to score, if you don't keep your opponent from scoring. 14 to 2 and 10 to 0 blitzes are a result of combining defensive stops and scoring.

Defensive Stops allow you to play through adversity - Defensive Stops during a game buy you critical time when your offense is performing badly and not scoring. If you should experience a four or five minute scoring drought, Defensive Stops will keep you in the game and minimize the hemorrhaging. Instead of falling behind by double digits, you may only lose 2 or 4 points.

Defensive Stops neutralize and erase offensive mistakes - Offensive turnovers or bad shots, no matter how severe, can be simply "erased" or cancelled out just by hustling back on defense and making a defensive stop. The only turnovers that hurt are the ones that the opponent scores after.

Defensive Stops are vital after bad calls and offensive charging fouls - A bad call by an official, no matter how bad, can be simply "erased" or cancelled out just by turning up the defensive intensity and making a defensive stop on the ensuing possession. During a game a charge/block foul can be a 50/50 call. Anytime an offensive charge is called, it can be "erased" or neutralized with a defensive stop.

Defensive Stops are a must after allowing offensive rebounds - Increasing the defensive intensity and determination and making a defensive stop is crucial after giving up an opponent rebound. Like turnovers, the only opponent offensive rebounds that hurt are the ones that they score after.

Defensive Stops are also crucial in catching up at the end of a game - All the scoring in the world will do you little good if you don't keep the other team from scoring.

Defensive Stops are also crucial protecting a hard earned lead at the end of a game - End of game leads can evaporate quickly without defensive stops. The best way to protect the lead is by making defensive stops.

How To Spot A Winner

by Paul Meyer

Right out of the gate I'm always looking for THREE signs that indicate whether I'm dealing with someone who has a winner mentality. It doesn't mean they've accomplished all their desires or goals but I can tell rather quickly if they are on their way.

1. Winners are willing to accept responsibility for their life and behavior: Winners admit their mistakes and are willing to learn from them. Losers blame other people or circumstances for whatever happens to them.

2. Winners are willing to pay the price to get the job done: Winners get on with whatever needs to be done to accomplish the job at hand or to reach the goals they've set for themselves. Losers talk a great deal about what they are going to do but never get around to doing it.

3. Winners make a personal commitment to themselves and others: Winners mean it when they say, "You can count on me." They do what they say they'll do when they say they'll do it. Losers make idle promises and offer excuses for failing to deliver.

What separates a winner from a loser?

I have often said, "When you run into a problem, you're going to have to find who is in charge of your life and get them to help you change." My tongue in cheek point is this:

The one in charge of your life is **YOU!**

The two things that control your life are your **ATTITUDES** and your **BEHAVIORS** and **YOU** get to choose both of them. While you may have some negative attitudes and behaviors at the moment, it is **YOU** who decides whether to keep them or to start the process of change.

When you master both your attitudes and your behaviors, you can pretty much control the destiny of your life. Winners choose to take the necessary steps to re-program themselves to have a positive mindset and to do whatever it takes to accomplish their goals. Winners are willing to **PAY THE PRICE!**

Losers are lazy and choose to keep their negative attitudes and behaviors, accepting anything that happens as fate rather than the result of their own choices while using all their energy to complain about being victimized by other people and circumstances.
Why you may not be winning.

If you believe your attitudes and behaviors are generally positive but you are not winning in life, you might want to consider the following:

1. You may have not set high enough goals. When people are not challenging themselves to be the best they can be, they become bored, disappointed, and negative. Winners have a written plan that is broken down into daily goal-setting activities that can be measured and monitored, words that losers hate.

2. You may be allowing obstacles on the way to your goals to derail and defeat you. There will always be obstacles no matter what you are trying to accomplish! I've learned to view obstacles as opportunities for growth and learning; as part of the process of honing my strengths and minimizing my weaknesses; as stepping stones to the next level.

3. You may be concentrating on your problems and not your power. Winners know they have weaknesses, but they appreciate their abilities far more. They keep doing whatever is necessary to learn, grow, and improve their skills. Remember the old adage based on physics: "A body in motion tends to stay in motion."

4. You may be selling out your principles and values in order to win. If so, STOP! Never, ever do this. Whatever you "win" in the short haul will be useless. You'll pay a high price for abdicating your principles. Winners never sacrifice their values! Any time I've ever "lost" in life because I refused to compromise my principles, I found that God rewarded me with a much greater blessing down the road. Winners have an electric, enthusiastic vibration about them. They refuse negative mindsets, concentrate on their strengths; are committed to grow and improve, and never compromise their principles. You can

count on them; they keep their word. They take personal responsibility for their choices. They are willing to pay the price. The bottom line is you just can't fake being a winner, because a winner is easy to spot!

The Core Value of RESPECT

By Bruce E. Brown, NAIA Special Presenter

Like it or not, the behavior of your athletes and coaches during competition is often the most public reflection of your school and community. Each game and practice is an opportunity for everyone involved in sports to reveal their personal character and model what they have learned. The NAIA Champions of Character program is founded on five core values: Respect, Responsibility, Integrity, Servant Leadership and Sportsmanship. A true athletic philosophy needs to both a belief statement and an action statement. Sound athletic programs say with their words and actions, "this is what we believe, so therefore, this is what will be seen if you watch us play. Each of these core values can be seen in the behavior of coaches and athletes. In this article, we will focus on some of the methods an athlete can use to demonstrate **RESPECT**.

An athlete with respect for the game, and the team has learned to have a **teachable spirit**. In athletic terms, they are coachable. They are able to take correction as a compliment. They understand that the coach's job is to identify areas of weakness and help them improve. They also equate correction as a by-product of the coach seeing potential in them to get better, and have enough inner confidence to not feel criticized or singled out. An athlete, when corrected, gives the coach both verbal and physical cues that they are listening and learning. Their body language and voice are saying, "thanks for believing in me and that I am capable of being better". An athlete is consistently seeking new information and is eager to go through the learning process. They demonstrate respect for coaches and teammates by being attentive and focused during instruction because without attentiveness, improvement is limited. An athlete has developed **work habits**. They can subject themselves to hard, productive work. They are committed to continuous improvement. They have learned to concentrate and do the physical work required for a full practice session. Their ability to work and learn, assist in the production of the next part of the core value of respect, **respectful confidence**. The athlete has a quiet, inner confidence based on preparedness. True team confidence is gained from the collective preparation of the group. Work habits of an athlete are directed toward achieving excellence of both individual and team goals. Genuine confidence is based on belief, and belief is based on consistency of accomplishment and daily work habits.

It is essential that an athlete demonstrates, **respectful pride**. Pride is a two-edged sword. On one hand, there is the ego kind of pride, which centers on individual accomplishments, while respectful pride is a shared feeling between all team members that no one on the outside can understand. The good kind of pride comes from "shared joy of the inner circle" of athletes. It allows teams to take ordinary things and make them something special, and it allows individuals to be aware and appreciate other people, roles and accomplishments.

An athlete with **RESPECT** has made the choices necessary to be unselfish with their effort and attention, their preparation can be counted on by teammates and they have committed to the strength of the inner circle.

For more information on NAIA Champions of Character please visit www.championsofcharacter.org or email us at championsofcharacter@naia.org.

This Month's Product Reviews

If you have a particular request or question about any of the products listed on our site or newsletter, feel free to send us an email at TeamArete@aol.com.

Specializing the Swing Offense

Greg Gorton
\$39.95

Bo Ryan has shown the swing offense to the nation at Wisconsin. Now Loras College's Greg Gorton demonstrates their version of the swing and all of the reads and counters to make it effective as a motion type offense. Gorton emphasizes the first and second cutters. He defines and demonstrates five cuts,

counters and reads off the swing basic cuts. They are change, read up, follow, Utah, and bump. They are designed to take advantage of how the defense defends each cut including playing sagging man. He also demonstrates pressure release entries and how to run the offense with a dominant big man who doesn't leave the post.

I believe this video is better than the Bo Ryan model that came out quite a few years ago, despite Ryan's years of running the offense. The cuts that Gorton introduces is worth the price of the video alone and would work for any team and offensive structure that likes to spread the floor and attack from the perimeter. If you run the Swing or lack a true post player (even though the video shows options for strong post play), this video could really help develop your offensive attack.

To order, please visit Sysko's by going to their website at [Sysko's](#).

Uptempo Practice

Bob Hurley
\$39.95

Legendary high school coach Bob Hurley covers the gamut of practice drills in this outstanding video. Coach Hurley demonstrates drills for warm-ups, rebounding, defense, transition, shooting, and conditioning. Coach Hurley also discusses 13 tips for putting together a better practice and shares 12 random thoughts on how to get the most out of your practices during the season.

This video has been on the market for awhile, but is still one of the best practice DVD's on the market. Coach Hurley is an outstanding coach and gives some great variations on common drills, like the Full Court 3 Man Weave. The thoughts on practice planning force any coach into evaluating their practice planning strategies and allow for more effective practices at any level.

To order, please visit Sysko's by going to their website at [Sysko's](#).

The Complete Guide to Motion Offense

Bob Knight
\$79.99

Step onto the court with coaching legend Bob Knight as he takes you through everything you need to know about motion offense. In this two-disc set, Coach Knight covers fundamental spacing, screening angles, reading screens, re-screening and more. He also includes two full games so you can see the offense in action. With an emphasis on converting your team from defense to offense, Knight demonstrates his unique philosophy of conversion basketball. Knight teaches you a variety of screens, including the down screen, the back screen, the flare screen, the cross screen and the T screen. He also includes various options the cutter and screener have after the screen. In a shooting and passing segment, Knight shows you how to prepare your players mentally and physically to handle game stress and fatigue. Knight not only shows you how to beat a man-to-man defense; he discusses strategies for beating the zone as well. He demonstrates the importance of dribbling versus the zone with an emphasis on penetrating the gaps and creating overload situations. With in-depth demonstration and teaching, you will learn how to create an offense you can run versus man, zone or pressure defenses. This free-flowing style of play uses the same techniques (spacing, reading, ball fakes, penetration) to put pressure on any defense. Create an offense that is impossible to scout and stop using Bob Knight's unique, proven teaching methods.

To order, please visit the Championship Books and Videos website by visiting their site at [Championship Productions](#).

Secrets to Building a Championship Basketball Program

Don Meyer
\$39.99

Legendary basketball coach Don Meyer reveals his advice and insight for coaches. Covering a wide variety of topics, Meyer discusses how to keep an edge on your program, keeping a personal edge as a coach, leadership, how to build your staff, four types of coaches, tough times, "F" words (Faith, Family, Friends, Fitness, Finances, and Figure It Out for Yourself), discipline, planning and organization, team building, practices and defense.

In addition, Meyer runs you through a variety of shooting drills he uses with his teams. Meyer leads players through bank shots, form shooting and drills that help players work on getting the basketball into the shooting pocket as quickly as possible. Now you can learn the secrets that have produced over 900 wins for Coach Meyer.

To order, please visit the Championship Books and Videos website by visiting their site at [Championship Productions](http://ChampionshipProductions.com).

Sponsor News

Jay Wolf's Star Shooter Camps and Products

www.starshooter.net

Want to improve shooting accuracy in your program? Professional shooting coaches Jay Wolf and Ryan Wolf will conduct a Star=20Shooter camp at your school - anywhere within the US and Canada. In just one day, all your athletes and coaches will learn the BEST way to shoot PLUS, they will also learn how to self-correct their shot. When a miss does occur, they will INSTANTLY be able to determine the REASON and the REMEDY. This is vitally important because, over 85% of the time that an athlete spends on improving, there is NO COACH PRESENT.

After working with the men's basketball program at the University of Tennessee, coach Bruce Pearl comments,

Jay Wolf breaks down the fundamental mechanics of a shot and makes it so simple to understand, any player can self-correct flaws in their form. His progressive practice regimen combined with the Shooting Strap can create the ultimate shooting star.

- Bruce Pearl, Head Coach of the University of Tennessee

The best time to reach your athletes and coaches is during season. By training them in late January, February, or March, they will have more time to improve during the off-season. Plus, they will have the advantage of knowing exactly how to improve.

Contact Jay today to set your camp date! (It usually takes about 5 weeks lead-time.)

For more information, go to www.starshooter.net or call 800-735-0356.

WIFFLETREE SPORTS

Video Hoops is an easy-to-use and affordable video editing system designed specifically for basketball coaches. Log your game information, collect game clips, create game reports both statistical and graphical (shot charts), build a playbook and much more.

Custom Terminology

- Create custom terminology
- Easy report review with color coded results
- Assign grading factors

Video Logging:

- Track team possessions, individual statistics and team performance

On-Demand Cutups:

- Create game situation videos
- Define unique reports
- Create highlight videos

On-Demand Reports:

- View and print team stats, individual stats, performance information, points off turnovers and possession stats

Playbook Tools:

- Diagram, save and print plays
- Animate 20 plays with video

Video Player:

- Control video play with mouse buttons and wheel
- Illustrate over game video

DVD Tool

- Convert DVDs
- Author DVDs
- Burn DVDs

Basketball Video Editing Products:

- Video Hoops Pro - \$1,150
- Video Hoops Pro Lt - \$695
- Video Hoops - \$950
- Video Hoops Lt - \$495

'Our program made a great investment in Video Hoops! We just finished our first year with the software and we owe a lot of our success to the personal assistance we received from Wiffletree's terrific customer support.'

Brian P. Donoghue, Head Women's Coach, King College, Wilkes-Barr, PA

WIFFLETREE SPORTS

All our products can be purchase directly by contacting us at the following location:

Wiffletree World, LLC 1908 Rockbrook Drive Arlington, TX 76006

Phone 817-460-3530 Fax 817-460-3584 www.wiffletree.com ragroff@wiffletree.com

A Word from Alan Stein

Stronger Team was created by Alan Stein, an internationally renowned basketball specific strength & conditioning coach. Stronger Team offers a variety of training services and resources; including a top selling DVD series. The primary goal of Stronger Team is to provide the latest basketball specific strength & conditioning information, concepts, and drills to help coaches, players, and parents maximize their basketball potential.

The information on the Stronger Team sites is for players and coaches of all ages and levels. Stronger Team's mission is to produce better basketball players; not better "weight lifters." Everything is geared toward the end result of improved performance on the court. In addition to making players and teams stronger, more agile, quicker, and in tremendous basketball shape, there is also a focus on making your players tougher, better communicators, and intense competitors.

Check out www.StrongerTeam.com for more info and email Alan directly with any questions (Alan@StrongerTeam.com).

Contact Information

Coach Shane Dreiling

Director/Founder of TeamArete

TeamArete.com

316-644-7289