

## **the Coaches' Office**



OCTOBER 2009

### **Tips for Coaching your own children**

One of the most difficult dynamics is coaching your own son or daughter. Here are 25 tips to help you with that process. These tips may help with other players too.

- 1:** Have a conversation BEFORE the season and ASK if the child wants you to coach their team. For best success it should be on their terms.
- 2:** Explain to the child when earning playing time or positions he/she must clearly \*be better\* at position. Ties go to the other player!
- 3:** On a scale from "gets special treatment" to "on 'em all the time"- be just \*a bit\* tougher than average. It avoids the appearance of nepotism & builds leadership.
- 4:** Build leadership by explaining to your child they must set an example. Eyes are on them & teammates may follow their lead.
- 5:** You CAN'T give them special treatment! Everyone already thinks you're favoring them - whether you are or not.
- 6:** Don't be TOO tough on them...they may need to take care of us someday!
- 7:** Love them unconditionally. NEVER let them think for a second that your love & support is related to their performance
- 8:** We had "The Driveway Rule." When pulling out of the driveway on the way home - avoid discussing the game unless THEY bring it up.
- 9:** If THEY bring up the game, like a court of law - they opened the door & you can "cross-examine", but that way it's on their terms!
- 10:** I have to admit...sometimes after games we'd sit in the parking lot A LONG TIME before we pulled out of the driveway!!!
- 11:** You can't be "Coach/Dad" 24/7. You wear two hats - Coach & Father (or Mother). Separate the two. Spend time just being DAD (or MOM)!
- 12:** Try to resist the temptation to talk about other players' performance, or about what positions they should be playing.
- 13:** When the child wants to talk "strategy", try to be general rather than specific when it comes to teammates performance.
- 14:** Avoid putting your child in an "uncomfortable" position between you & teammates. You don't want them to have to "keep secrets."
- 15:** Seize teachable moments & avoid non-teachable moments. If they're not ready to listen - you're wasting your time.
- 16:** Sometimes they hear you so often, it may seem like they tune you out. Develop strategies to get them to listen. Be patient & persistent.

- 17:** Ask them - don't tell them. Most of the time they know. Telling them is a "tank-draining" parent lecture. Asking them creates a "thinking player" (or son/daughter!)
- 18:** Because you have to correct as a Parent and coach - SEARCH for all opportunities to praise to get you to the 5:1 "Magic Ratio".
- 19:** Your entire relationship needs to approach the "Magic Ratio" of 5:1 of positives to corrections. You have to correct. So correct wisely!
- 20:** As a coach, parent, boss, or leader - \*Reward Desired Effort\*. Relentlessly! You're staying positive by rewarding them and they're trying to do what you want.
- 21:** Look for opportunities to show them that their hard work is paying off & what they've been practicing is helping them improve.
- 22:** If you are constantly \*telling\* them what to do it drains their tank, if they ask you for help & you give it to them - it fills it!
- 24:** Your kids listen to you 7 days/week. Sometimes "Ask Permission" such as, "Want some tips on protecting your dribble?" They usually say YES!
- 23:** When I'd feel like they weren't listening, I'd say "When you want to know what's wrong with your shot, come and ask!" Always did!
- 25:** Try to have more \*conversations\* as the Coach/Dad. That means both people talk. If it's only you - it's just another lecture. They may turn off!

#### **Monthly Features:**

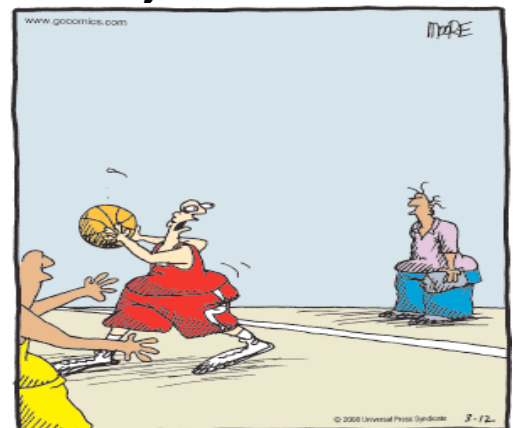
- **Locker Room** - Philosophy & Team Culture
- **Pre-Game** - Preparation & Scouting
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- **Between the Lines** - Execution, Strategy & Technique

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...and another thing!

### **In The Bleachers** **by Steve Moore**



"What? Hand out assists to my teammates? That will just create a cycle of dependency!"

# The Locker Room



Every off-season we'd have a "Roles and Goals" talk with our new team. We would usually have ours on a road trip at a summer tournament, and meet for an hour or so for everyone to talk openly. Each player would share what their goals were – both for the team and individually. Other players are encouraged to comment and discuss those roles. Quite often, players in this setting will "under-evaluate" their abilities, and teammates will reinforce that players' importance to the team. This creates a discussion regarding each players' **value** to the team – which sounds a lot better to the player than their "role". I'm going to try to start talking more about a players VALUE to the team than what their "role" is.

Team goals are also emphasized. That way when we leave the room, everyone is on the same page as to what we are trying to accomplish. We refer back to the talk several times during the year to remind players of their intentions as we were preparing for the season. This cuts down on problems during the year regarding playing time, positions played, shot distribution, etc.. This is a very valuable team building exercise and fosters more open communication on your team.

"Instead of using the word "roles", tell your players what "value" they bring to the team. This puts it into a more positive message. It shows that you place some value in what they do"

- Kevin Eastman  
Boston Celtics

## Pre-Game

One of my favorite conditioning activities in the off-season is a game I call **Ultimate Medicine Ball** (like Ultimate Frisbee). You play the game with a medicine ball (obviously), and play 3 on 3 or 4 on 4 with a 30 yard field, about the length of a basketball court. At each end of the field create a 15' square end zone, about the size of the key.

The object of the game is to advance the ball up the field with a series of passes & score a point by passing the ball to a teammate inside the end zone. You may set screens or run offensive patterns to help get teammates open. You must only throw two-handed passes – and encourage two-handed catches – they might even be necessary depending on the weight of the medicine ball. You may not run with the ball and you must maintain a pivot foot – just as in basketball.

Use this and skills such as pressuring the ball, denying passes, moving to get open, understanding spacing, passing catching, pivot feet, and advancing the ball up the floor are all skills that can be learned through this alternative game that simulates basketball principles. Plus it's fun and a great conditioner.

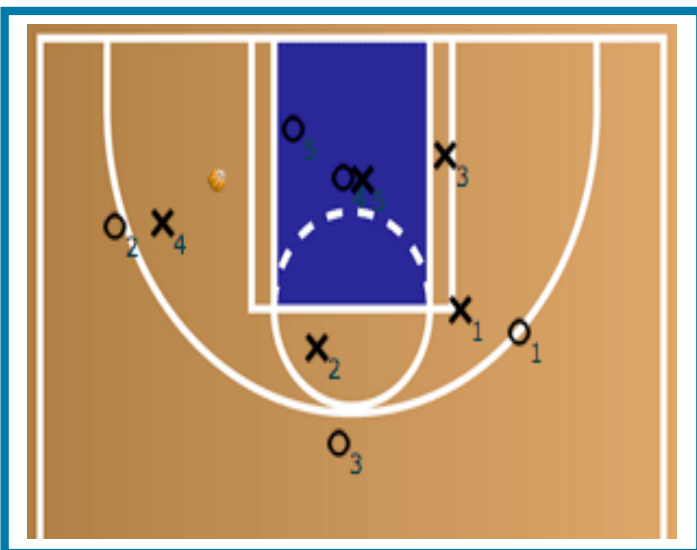


Winning is **FUN!!**

## **Playbook**

When you set your zone offense it is a good idea to get in a "GAP ALIGNMENT". Against an even front zone (2-1-2, or 2-3) it is best to get in an odd front set (1-3-1, 1-2-2 or 1-4). Versus an odd front zone, get in an even front set. This is to make two defenders have to think about which one of them should guard you. If a defender is in a direct line between you and the basket, a good rule of thumb is to MOVE because you're not in a gap. Try to put players where the defense isn't.

While I prefer to have players understand good, solid zone offensive principles, like good spacing, moving the ball, and moving players to help the offense get a shot, at times a set play may need to be called. Here is one of my favorite against a 2-3 zone that provides an inside attack.



Ginger Rogers once complained to Fred Astaire that he forced them to practice so much that she just hurt all over. *“Why do we have to work so hard?”* she asked, and he replied, *“To make things easy.”*



**TEACHING is rewarding!!!**

"In evaluating the way in which ball possessions are gained during the course of a game, we find that 60 to 80 percent of the possessions are gained by rebounding and after an opponent's score. Twenty percent come from opponents' error, and only 5 percent of the possessions come from steals and interceptions. A study of the way ball possessions are gained makes it seem highly impractical to base pressure defense on interceptions and steals."

- - Ralph Miller

"No rebounds - no rings."

- - Pat Riley

Organization is critical to preparation. The key, then, to being a good coach and having a well-prepared team, is to be organized. When you go into a practice, make sure that you know what you want to accomplish during that practice and how you are going to accomplish it. John Wooden used to say it took him twice as long to plan a good practice than to run one.

Know what drills will be done and how much time you will spend on each drill. This is the start of a practice plan, an invaluable tool for the organized coach.

I like to try doing the teaching of new plays during a pre-practice walk thru before the team is stretched and loosened up. Their minds will be more focused on learning. If they stand and listen too long after warming up, they will get tight and it might be hard to get them going again.

As often as possible, make practices competitive. Games are played to be won and lost, so the more competition you can have in practice, the more your players will be used to it and practice with a game-like intensity. Have a reward for the winner and/or a minor consequence for the loser. Winning then becomes a habit.



## Video Room

While this spot is usually reserved for a great video of a drill, play, or offensive set I came across this great montage of clips that was too good not to share.

I often ask coaches to examine why they coach, what is their philosophy and what they think “coaching” is. This will make you think.

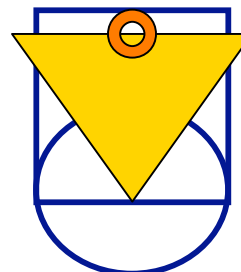
## Between the Lines

### REBOUNDING

#### GO AFTER EVERY REBOUND!

- Expect every shot to be a miss
- Get position between your man & the basket
- Make contact with a forearm & stop the opponents progress
- Get to the edge of the "Golden Triangle" (block-midpoint of FT line-block)
- Create space if too deep in the "Golden Triangle"
- Remember: the ball will be in the air only about a second
- Release and go get the ball
- Rebound with two hands
- Grab the ball at the top of your jump
- Come down and land big and strong
- Lock it in
- Ball on your chest
- Under chin
- Elbows out
- Did I say, “expect every shot to be a miss?”

#### THE BOTTOM LINE Get in here...



...and keep them out!

**EVERY MISSED SHOT IS A PASS TO YOU !!!**

## Basketball4ALL

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The longer we coach the more we realize that what separates teams (that are relatively equal in ability) is the Psychology of Sport far more than technical knowledge of the sport or any X's & O's that we might provide. This is what gives kids the ability to play with maximum effort and focus so they can execute, even under the most trying circumstances. This frame of mind is created when, as coaches, we get real excited when they do it right far more often than we get upset when they do it wrong and praise them more than we criticize them.

I've talked a lot in past newsletters about improving the total ratio of Positives to Negatives in your program. Think of some other ways, outside the lines, you can create these Emotional Tank fillers. One way is the use of video. Many coaches use video clips to show what players are doing **wrong**. This might be necessary when kids don't understand, but a great technique to use is when you show video use a lot more positive edits than negative edits.

Let them see themselves and their teammates doing things well and correctly - with great effort. Even if you have a bunch of poor execution to show them, consider adding at the end some fast-paced highlight clips with a high-energy sound track. End on a positive by giving them the vision of what it's supposed to look like. No different than the concept of ending every practice on a positive note - video sessions should end in a similar fashion.

## Coaches' Catalogue

**EFFECTIVE PRACTICE PLANNING** takes the coach through the entire season and offers an organized approach to planning the season, developing a practice plan, and ensuring that nothing is missed in preparation for each week.

Provides a sample of strategies, skills, and drills that you may do daily, every other day, weekly, or occasionally. Not just a booklet of drills, but a simple plan of attack so that you leave no stone unturned.



## Road Trip

### Coaching Basketball - My Dream!

Coach John Carrier shares his passion for basketball with others by posting Xs and Os, drills, coaching ideas, and just some great random thoughts on basketball. Enjoy!

<http://johncarrier.blogspot.com>

## And One

I think a lot of times coaches get mesmerized by the phrase "K.I.S.S. (Keep It Simple Stupid). This does not mean we have to give up on teaching the game. What we can do is ensure that we are as concise and consistent as possible with terminology, principles, and tactics. If you are able to do this you can still take a pretty complex package and make it palatable for your players.

"The Princeton Offense" is looked at as complex, but that memorable backdoor to beat UCLA, in vintage Pete Carril lingo, was called "center-forward...because the ball goes to the center and then to the forward. Complex - but taught simply.

Albert Einstein explanation of the complicated conversion of mass to energy is expressed in a formula so simple as  $E=MC^2$ . He once said, "If you can't explain it simply, you don't understand it well enough."

We should keep that in mind when we coach. We don't have to BE simple, but we should coach simply.

### About Basketball4ALL

Ray Lokar is the Lead Trainer for the Positive Coaching Alliance. Coach "Lok" has coached basketball, baseball, softball, volleyball, football, swimming and track in the San Gabriel Valley for over 25 years at the youth, high school, and college levels and has worked countless camps and clinics during that time for ages 8-18. Ray has been involved in the business development and marketing of the ACE Intelli-Gym(tm) for Applied Cognitive Engineering. The IntelliGym(tm) is a revolutionary training tool that enables basketball players to dramatically improve their game-intelligence skills using computer software.

Coach Lokar was the Head Basketball Coach of the 2002 CIF Champions while at Bishop Amat High School and is a Past-President of the Southern California Interscholastic Basketball Coaches Association He is now the Director of The Basketball4all Foundation that provides a variety of lessons, camps, clinics, competitions, and events for the benefit of the Southern California basketball community. Ray's book "[101 Basketball Tips](#)", published by Lifetips as part of their Lifetips Book Series, is available at Amazon.com and his second "[101 Basketball Coaching Tips](#)" is scheduled for a 2009 release.