

## **Expectations, Goals & Strategies**

Greetings to everyone. I wanted to create this document to provide some insight for you as parents and you as players. It is important for me to have parents as well as players on the same page. You don't have to agree with me on everything or anything but it is important that you support the club and its culture. As most of you are aware, last year we underachieved as a club. This year, we will focus on teaching players better concepts of basketball, better IQ for the game. This will aid in their efforts to continue growing up through the high school ranks if they so choose to play at the level...and beyond. We( I ) will not dwell on last year, that is in the past. Let's look to the future.

When assembling this team, it was with specific concepts in mind. I feel that all the players we have are skilled and have the ability to play basketball. They all possess the ability to learn and to be coached. When I watched film from last year, I broke down why things were happening, what other teams were doing on defense and offense. I then came up with some expectations, guides, goals and strategies that we will be focusing on this year. I didn't want to create a ton of rules/guides/goals because thinking players are slow players. We need to get these kids to function without thinking...just play and let it happen. Yes!!! They will make mistakes...NO!!! I will not pull your kids because of mistakes...I will encourage them as long as they are growing from the mistakes. The following are expectations, thoughts and strategies for next season.

### **Expectations**

#### **Coaches' Expectations(What you can expect from me, grade me on after the season)**

1. Fair and balanced approach
  - a. I will not show favoritism to any one player for any reason.
  - b. Each player will get my attention and direction throughout the season
2. Organized
  - a. I will be organized to get you the parents information as quick as possible
  - b. Organized practices.
    - i. I create practice plans to the minute to use every minute we have together effectively and efficiently.
3. Communication
  - a. I will communicate to the players and parents effectively as information presents itself.
  - b. I will provide feedback to players and I encourage players to come to me with any questions, feedback or issues.
  - c. I will be open and transparent to the AAU family. This isn't about me and it isn't about the parents, it's about the players.
4. Knowledge
  - a. I will use my knowledge of basketball and coaching to teach parents and players about basketball. I don't know everything, nobody does. I am not perfect, I will make mistakes, bad decisions, but that is how I will grow as a coach as well.

- b. I am constantly growing my knowledge of the game. I talk to coaches, I do game film, I watch college. I don't watch the NBA because they do things that will never be able to be applied to our concepts...aka traveling ;-). Whatever I can do to grow my knowledge, I will do it.
5. After Season
- a. I ran into this in DePere and AAU last year. Parents felt like they didn't have a voice. In efforts to learn from that, I will try to set up a survey(think survey monkey) to the parents that is anonymous where parents can answer some questions based on what my expectations were for myself. I want to also allow parents to provide feedback to me...I NEED to grow as a parent and as a coach. I love coaching but I need to get better and better to grow with the kids.
  - b. I will work on summaries or breakdowns for each of your sons. If that is something you are interested in. I will even provide you with my breakdown of my own son, Michael, to stay transparent. Most of you I have had before and others I have watched play this past season. I will do my best to provide feedback that will allow your sons the ability to work over the summer.

### **Coach's expectations for the parents**

1. Practice
  - a. We will have open practices. I believe that the more you know about what we are trying to accomplish, the more comfortable your son will be and the more comfortable you will be watching him play.
  - b. I have one rule for open practices - **DO NOT TRY TO INTERJECT DURING PRACTICES BY STEALING YOUR SON'S ATTENTION. RESPECT YOUR SON'S TIME AND MY TIME.**
  - c. Please arrive at practice 10 mins early.
  - d. We will be doing game film from time to time. I am working on a possible scenario where we can do a "TEAMS" or Google meet where we can go through the game film without all being together, hopefully the day before practice
2. Games
  - a. Be on time to the games at the time that is communicated. As an example I try to be 40 mins onsite prior to game time. We play at 11, I expect every player to be in their team group by 10:20 focusing on the game.
  - b. If you are unable to make a game, please notify me or somebody else in the group that you will not be able to make a tournament or game. I do understand that things come up(I had a funeral last year and had to bow out of last tournament), do your best to be proactive.
3. Conduct
  - a. This is a quote I found. *'We have parents in the stands saying "shoot shoot shoot...drive drive drive..pass pass pass". Every time they say that, they are taking away his decision. And if they take away his decision they take away his opportunity to learn. Which ultimately is cheating him out of a learning experience. No matter if he succeeds or fails...it's a learning experience. So every time that a coach or parent yells "shoot..shoot..pass pass...drive drive...get out of there...rebound".....that player no*

*longer has to make a decision about what he has to do, right or wrong...which makes that player worse...NOT better.'*

- b. Parents please do not direct your son during the game. I am a dad and I have gone through this as a dad outside of coaching where I would tell Michael things to do during the game. When I became a coach, I found that what I was doing as a dad put stress on him. Michael would constantly look at me in the stands instead of focusing on playing. I encourage you as parents to refrain from sideline coaching...I get it...it's a dad thing. Mom's you are not forgotten...please don't start verbal battles in the stands(mainly for my wife). We get it, you are defending your son...also understand your son will shake his head when that happens ;-)
  - c. Understand that ref'ing for AAU is horrible...it's bad...your son WILL get mugged at some point, hammered at some point. Understand that your son WILL mug another player, your son will hammer another player. I don't agree with the ref'ing but we have NO control over that...control what you can control. Please know that I have all our players' safety in mind and will defend them but also understand that I will not tolerate players "talking smack", throwing up the 3 eye glass, intentionally hurting other players or talking back to their own teammates in a negative context....teammates expecting the best from teammates is different that negative attacks.
  - d. Post game - Please try to go by the 24 hour rule. I understand that not every decision I make or try to make, will be received with 100% acceptance. If we get blasted by a team, please do not come up to me with suggestions, I will be as upset at the result as you are, piling on me at that time isn't going to benefit anybody. I am ALWAYS open to talking about basketball..just asking for some time to decompress and refocus. On the flip side, if things are going well, just temper thoughts and excitement. Maybe as we are all sitting around having drinks, feel free to speak...just respect the post game comments...ask my wife, it takes me some time to decompress. Always remember that people are watching and listening. Don't do something you will regret....or more importantly...that your son will regret.
4. Playing Time
- a. The dreaded playing time. Every parent believes their son should be playing the whole game..but that is totally unrealistic. To be honest, there isn't a perfect answer to this. I can tell you from experience, and many of you know this, the balance of playing time last season was odd to say the least. I will try to get players as much time as they can get. A lot depends on the flow of the game and by that I mean, is it a high intensity, an up and down game, kids will get tired fast...if your son is tired, we need to get them out so we will sub often. If the game is slower paced and we have continuity in the game, I want players to feel that but also I need to get players in to also feel that. Last year we played 20 - 24 min halves and we have 5 players at a time. With 8/9 players and if we are playing hard and with good flow, we will be subbing players every 3-4 mins or

so...some longer, some shorter...overall I feel confident getting players a fair amount of playing time. Also foul trouble feeds into playing time.

- i. If you have questions or concerns about playing, please let me know and do not let it marinate, let's get it out in the open. Also understand that the 24 hour rule comes into play here. I have been on the side of minimal to NO playing time...without any ability to talk about it...I don't want that by any means. When talking with me, be realistic about your comments or convictions and let's have an open transparent conversation.

### **Coach's expectations for the players**

#### 1) Practice

- a) Every player is expected to attend practice. I am aware that we may have conflicts with spring sports. I am perfectly fine with that as long as it is communicated to me prior to the practice. Please don't tell me after missing that you had another conflict. I am sure that spring sport had a schedule and it wasn't spur of the moment.
- b) You, the player, are responsible for elevating your own game. I will provide the tools and information, you have to build what you want to build. I expect you to give more effort in practice than in games. I expect you to do the drills AND FAIL. Failing is part of the game and without it, you won't get any better.
- c) I expect you to ask questions to challenge me and my thoughts. That shows me that you are thinking about the game. There may be times I can't answer it right at that time but maybe we both come to understand the question and answer it together.
- d) ATTENTION. I expect you to respect my time and that time of your fellow teammates. We have limited time together so it is important to use that time wisely. The most valuable thing in the world is time...you can't make more and you can't get it back....don't waste my time...more importantly...DON'T WASTE YOUR TIME!!
- e) Enjoy practice. Practice should be a release for everything else in your life...enjoy your teammates. When it's time to work, go to work, but understand that atmosphere you are in and enjoy the time together...it goes FAST.

#### 2) Attitude

- a) Game attitude. I expect you to maintain a positive game attitude. News flash, things aren't going to go your way EVERY time...stay positive because being negative in a negative situation will only bring down the rest of the team. If you are having a bad game, come to me, let's chat. You will hear me say..REAR VIEW MIRROR. You can't do anything about what just happened BUT you can do something about what happens next. Are you gonna complain and dog it up and down so that now you are bringing down the team because things aren't going your way...or are you gonna make something happen....that's a choice you can make.
- b) School attitude. School should be at the top of your list. Many of you won't have the opportunity to play after high school...what are you gonna do? School will

always be your base for the rest of your life. Sports just enhances it and makes it better. I expect you to carry yourself in school with respect to your teachers and classmates. I expect you to get your work done...if you are unwilling to work in school, you probably shouldn't be playing sports. FOCUS!!!

- c) Goals. What are your expectations for this upcoming year? Everyone of you should have goals for the upcoming school season as well as for the AAU season. If you have no goals, if you have no direction...where are you going and how are you measuring yourself. A ship(team) can have a great captain/crew but if you don't have any direction(goals), you will just sail around the ocean with no final destination, you will be lost.

### 3) Games

- a) Sportsmanship. I expect you to play hard but not dirty. You are going through a phase in your life now where you will start getting angry at things. Believe me, I am ok with that and understand it. We will not be promoting fights or cheap shots to other teams. That has no place on our team. You will not show up other teams by taunting them. You may have won this time but you will fail more, you want somebody taunting you in the face?
  - i) I expect everybody on this team to back up your teammates. If they are getting worked over, I expect you to be by your teammates' side, nobody stands alone on this team.
  - ii) I will have everyone's back as your coach.
- b) Game prep. 30 mins prior to the game, I expect you to focus on the game. If I see you watching or playing games on your phone, you will be warned. If it happens again, you will be reduced in playing time. You have been warned. I understand that some of you use music..I am fine with that. Focus on the game and who you will be playing and what you want to accomplish against that player.
- c) Leadership. I expect every player in a game to be a leader. I will NOT stand for teammate on teammate crime. You will not make the perfect decision every time, don't expect your teammate to make perfect decisions. Lead them to a better decision.
  - i) *If you want to get somewhere fast, go alone. If you want to go far, go as a team.* Not a single one of you can dominate a game by yourself...maybe you can...but we will never go far. You need somebody to set a screen, somebody to get you the ball, somebody to play defense. Set aside your pride for the team...leave your ego at the door. If we have 5 leaders on the floor..I can sit on the chair and enjoy the game.

# Concepts and Strategies

## Offense

1. Get to the paint.
2. Each player should try to create a 2 covering 1 scenario.
3. Each player should try to win the closeout, decision making

## Defense

1. Ball pressure
2. Aggressive & Intentional
3. No Paint
4. Communication

## Transitional

1. Every player is a threat after the shot goes up, grab the ball and lets go
2. Position, understand the concepts of player position in a transition break
3. Responsibility, what are your responsibilities in transitioning from defense to offense
4. Communication