

101 Basketball Coaching Essentials



Coach Sallie Guillory

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For more information, go to:

<http://coachsallie.blogspot.com>

www.hoopsu.com

www.hoopsuinsider.com.

From the Editor,

Dear Reader,

First off, I want to thank you for becoming a member of Hoops U. Insider. It is my goal that you will become more successful at what you do because of the knowledge you are gaining. We can never stop learning and improving!

One great resource we can learn from and utilize is this eBook, *101 Basketball Coaching Essentials*, from Coach Sallie Guillory. Coach Sallie was kind enough to share this list of tips, strategies, concepts, and ideas that she has compiled as a basketball coach. (For more about Coach Sallie, read her 'Author Bio' at the end of the eBook).

These 101 essentials should become a part of your coaching repertoire. Whether you learn a tip such as getting to the bonus first or gain a strategy such as when and where to use specific set plays, your understanding of coaching situations will be greatly enhanced. These are not just a bunch of 'fluff' tips; these are 101 strategies you can use!

I also encourage you to check out Coach Sallie's blog at <http://coachsallie.blogspot.com/>, where she shares more great coaching tips and strategies.

Thanks again for being a Hoops U. Insider! Enjoy this eBook and all the Insider has to offer!

Sincerely,

Tony Alfonso
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101 Basketball Coaching Essentials

1. Have a jump-ball play.
(Make the opposing coach start coaching from the beginning.)
2. Your first possession should go inside.
(Try to get the opposing big man in foul trouble early.)
3. Zone all baseline out-of-bounds.
4. Take a timeout after three straight scores by an opponent.
5. Get to the bonus first.
6. Don't foul.
7. Make as many free throws as your opponent's attempt.
8. If a player gets his second foul in the first quarter, sub him, and bring him back with 6 minutes to go in the second quarter.
9. 45 seconds or less -- hold for the last shot of the quarter.
10. Change defenses every timeout.
11. Have 3 CARDINAL RULES on offense and on defense that match your philosophy.
12. Have a set play on every opponent's score.
(Assure yourself of a great shot.)
13. On made field goals use a soft press.
14. On missed field goals match up man-to-man full-court.
15. On any violation use a 1-3-1 trap.
16. On made free throws 1-2-1-1 press.
17. On missed free throws 2-2-1 press.
18. Know opponent's post players preferred shoulder.
19. Know opponent's guards weak hand.

20. Know opponent's offensive tendencies.
21. Know opponent's defensive weaknesses.
22. Come out of a timeout running a play.
23. When playing great guards, use junk defenses or extension zones.
(Examples would be a 1-3-1 extended or a box-and-one)
24. When playing against great big man, use a sagging man or zone.
25. Show man, play zone and vice-versa.
(Make the opposing team think. It makes them slow.)
26. When playing a crazy team, play conservative; do not extend the floor. Make sure to walk the ball up the floor.
27. Be inside oriented. You can do this with post-ups, drives, passing and cutting, offensive rebounds and pick and roll.
28. Look to get multiples in the steal and lay-up department. Man who makes the lay-up pressures the ball.
29. When playing a team that sends five to the offensive glass, send a rabbit or cherry picker deep.
30. Use a match-up zone to confuse opponents.
31. Swing the ball with a purpose on offense. Don't just whip the ball around and go nowhere.
32. Clear out against all man-to-man pressure and against a run and jump. You may want to have a big man bring the ball up the floor.
33. Your set plays should be for:
 - a. Lay-ups
 - b. Jumpers
 - c. Backdoors
 - d. Drives
34. Have conditions of play. They serve as a traffic light. You gain the ability to control situations without a timeout.
Red - Danger, must increase tempo, in trouble
White - Normal style of play (your philosophy)
Blue - Blue skies everything is fine. No fouls, no 3's; limit to one shot

35. During timeouts keep it simple. Mention 1 offensive idea and 2 defensive ideas at the most.
36. Chart the games within the game.
 - a. Score first in each quarter.
 - b. Timeout situations; do we score or do they?
 - c. Do we effectively score on offensive out-of-bounds plays and do we defend them effectively.
37. Have designated spot-ups for players and situations and work on them during practice.
38. Have an organized offensive rebounding system.
39. Rebound, Rebound, REBOUND!!!
40. On all defensive rebounding situations for free throws, have 5 guys on the line.
41. During offensive free throws, have at least two guys back.
42. Tip out all offensive rebounds when you can't get two hands on the ball.
43. Have a saving location. Everyone on your team should know that if someone jumps out-of-bounds that they are going to save the ball to the same spot.
44. Look to find and utilize mismatches.
45. Sub and change strategy on free throw situations.
46. If you are below average, play only 7 players, if you are average play 8 players, if you are above average play nine, and if you are outstanding play 10.
47. Know how to play at three speeds: slow, medium and fast.
48. Have 2 to 3 control games.
49. Develop a balanced offense.
50. 3-point shots should come after post entry.
51. Early in the season, institute a 6-pass rule.
52. Look to bomb twice a game on opponents made field goals.
53. Have a FREAK defense.
54. Use fouls at the end of a ball game to stop clock and lengthen the game.

55. Have offensive and defensive subs at the end of the ball game.
56. Huddle on all free throws.
57. Save all great set plays for the end of the game.
58. Develop a hierarchy of scorers.
59. Develop a spark plug or sixth man.
(Have a man for instant offense and instant defense.)
60. Your point guard should be coaching on all dead ball situations.
61. Use non-verbal communication.
62. Listen to your players.
(Your learning should never stop)
63. No technical fouls. Leave the refs alone and coach your kids.
64. Always be thinking ahead.
65. Play possession by possession; always make the quarters like CBA games.
(This can also be charted in the games within the games.)
66. Foul hard on drivers and post players early in the game to set the tone.
67. Be physical, bump cutters, screen hard, go hard through screens, always box out, take charges and dive for loose balls.
68. When defending a star:
 - a. Deny him the ball.
 - b. Trap him occasionally to make him give up the ball.
 - c. Be physical and attack him on offense.
 - d. Make him run through a lot of screens.
 - e. Try to draw charges.
69. Be positive, tough, and challenging with your team.
70. Do not be afraid of your players.
71. Whenever you are up or down big at the end of a ball game, do not stop coaching.
72. Always practice game ending situations.
73. Give your team a chance to win every night, no matter what the style.

74. No talking before the game, make things tense.
75. Save the Knute Rockne stuff for the big games when you really need it.
76. Anytime a teammate is subbed, he should exchange a towel and tell his teammate who he is guarding.
(The bench should also rise and clap.)
77. Have a bench captain.
78. At halftime talk about these things:
 - a. Shooting %
 - b. Rebound totals
 - c. Turnovers
 - d. Trips to the foul line
 - e. Adjustments
 - f. Deflections
79. Three most important times of a ball game are:
 - a. First 2 minutes of the game
 - b. Last 2 minutes of the half
 - c. First 2 minutes of the 3rd quarter
80. Know opponent's poor foul shooters.
81. Know your poor foul shooters.
82. Know the floor conditions and the basket conditions.
83. When you're an obvious underdog, shorten the game as much as possible.
84. Know the opposing coaches strengths and weaknesses.
85. Have a 4-minute 4th quarter plan.
86. Have a 2-minute 4th quarter plan.
87. Your post scorer should get a touch every time in half court offense.
88. Have your assistants watch the weak side on offense and defense.
89. Use a soft press to control tempo.
90. Use a shot chart during the game.
91. Do not give up lay-ups.

92. Force opponents out of zones when you're ahead.
93. Games are won or lost in mini-runs. 6-0, 6-2, 4-0. Understand these runs and they lead to major runs.
94. Remember, this is just a game.
95. Keep it fun for the kids. Get them to work hard and understand the effort needed but stress the essential ingredient—fun.
96. Practice free throw situations offensively and defensively.
97. Spend 15 minutes daily on pressure offense. 5 minutes against full court zone press. 5 minutes against 3/4 court zone press. 5 minutes against half court trapping defense.
98. Have one assistant on the bench in charge of match-ups.
99. When you have fouls to give in the 4th quarter, foul to run down the clock.
100. Special Situations:
 - a. Up 3 and less than eight seconds remaining. Foul. Trust your player's ability to defensive rebound all free throws. Practice this.
 - b. Anytime it is a 2-possession game, look to score with a quick 2. Attack the rim. They do not want to foul. Then follow with a quick timeout.
 - c. When up or down in the last 2-minutes, switch all screens. When tied, play it within your philosophy.
 - d. On the road, down by 2. Best two offensive scorers are on the bench. Go for the win.
101. Chart your opponent's last 3 games and take away all their shooting locations.

Summary

Coaches, remember it's the consistent execution of the little things over and over which result in both improvement in your teams performance and leads to winning games. Do not overlook the importance of educating your players to many of the ideas in today's clinic.

About the Author

Sallie Guillory is in her first year as a women's basketball assistant coach at McNeese State University in Lake Charles, LA.

She came to McNeese after spending the last 7 seasons at Teurlings Catholic High School in Lafayette, LA. She served as the assistant coach for 5 years then served as head coach the past 2 seasons. Guillory helped Teurlings to four district championships, three semifinals and a state runner-up as an assistant. As head coach, Guillory led Teurlings to two district championships and two bi-district championships as well as regional finalist from 2007-2009. Guillory was also named the District 5-4A Coach of the Year both seasons.

She also served as an AAU coach for Acadiana Stars girls AAU program from 2001-2009 where she led 4 teams to AAU National Championship tournament appearances.

Guillory is a native of Lafayette, LA and graduated from University of Louisiana-Lafayette in 2005.

You can follow Coach Guillory on Twitter at <http://twitter.com/coachsallie>

You can also read her coaching blog at <http://coachsallie.blogspot.com/>