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INTRODUCTION

The Wisconsin Basketball Coaches Association (WBCA) would like to provide this mentoring Manual to assist your basketball coaching career. Mentors will be available in various parts of the state. All mentors will have experience and a willingness to contribute to coaching success. You may contact the Mentoring Director or WBCA Board Members for more information. The WBCA has a goal of helping ALL coaches to be winners on the court and off the court.

The Wisconsin Basketball Coaches Association (WBCA) is excited that you are considering the teaching and coaching profession. Our purpose is to help you enter the vocation efficiently by knowing as much as possible before you begin. What follows are the positives and negatives plus any bumps in the road that may come along the way. Coaching can be rewarding, stable and financially sufficient to meet your needs and the needs of your family. Like anything else, if done incorrectly or for the wrong reasons, it can be frustrating for yourself, your family and those with whom you work.

Please read and reread the following pages and add to it your own enthusiasm, knowledge and personality. There are many ways to get any job done. What follows are some helpful guidelines that can be added to or modified. Good luck.

WBCA

WHY SHOULD I COACH?

Advantages

1. The work is steady and opportunities for jobs are many. Layoffs and downsizing are rare. Teachers and coaches are in demand; in fact; there is a shortage.
2. The pay is fair and there are many ways to supplement your income in and out of education.
3. While most coaches work at least one holiday season, the profession provides for vacation time. The time off is great for recuperation, supplementing your income with other jobs, spending time with your family, traveling, etc.
4. All public schools in Wisconsin contribute to the Teacher Retirement System. This is an excellent start for preparing for life after teaching.
5. The benefits are good. Medical, life, dental and others are available. They are not free but are comparatively reasonable. Some school districts contribute more than others.
6. Your routine is organized allowing you to concentrate on your job within that schedule. This is especially important for young people who are not good at setting up their schedules on their own. Your daily and yearly calendar is set up for you.
7. There are unlimited opportunities for advancement (assistant coach to head coach, head coach to athletic director, teacher to administrator, middle school to high school, etc.). You can also keep the same job, but change schools and improve your situation in a number of ways.
8. You'll never get bored. You will always be challenged because the students and players make every day new and exciting.
9. Coaching is a fraternity. Other professions don't look out for each other and help each other like coaches do. You will have many mentors and you in turn will help many other coaches.
10. **You get to make a difference by positively changing young people's lives.**

Disadvantages

1. Student attitudes can sometimes be frustrating. However, your teachers felt the same way about you.
2. You may not get rich (although college and professional coaching can be more lucrative).
3. The hours are long at certain times of the year.
4. Everyone thinks he or she knows how to do your job.

You probably noticed that the list of advantages is considerably longer than the list of disadvantages, which is why you should become a coach. But if you decide to enter coaching be prepared in the following areas.

YOU MUST HAVE A PLAN

1. At what level do I want to start and what is my long range career goal– middle school, high school, college or pros?
2. What will my college degree prepare me to teach? It is common for coaches to be certified to teach PE, kinesiology, health or social studies.
3. What role– head coach, assistant?
4. What's most important to you– school location, your role within a program, best athletes, excellent facilities, biggest budget, community support, highest salary? Few schools have all these traits but all provide some.
5. Are you willing to move anywhere for the job? You can stay put and advance through the system or advance by changing schools. If you have a family, how do they feel about moving?

HOW TO LOOK FOR A JOB

1. Get a resume together. It is a great idea to drop by the business school at your university to get help with this. They'll help you whether you're a business major or not, and a logically put together and professional looking resume will help you tremendously.
2. Do something while you're in college. Volunteer at your college or a local school, be a student manager or student assistant, work summer basketball camps or leagues, etc. Otherwise, your resume will be empty and won't be as impressive. Remember, they won't be as interested in what you did as an athlete as what they feel you can do as a coach.
3. Call your former coaches and other coaches you've met to put together a few letters of reference.
4. Write a BRIEF cover letter to send out with you resume and references. Just introduce yourself, express interest, and tell that you'll be in touch.
5. **Always follow up when you're looking for a job.** It could be with an email, but a phone call is best. The squeaky wheel gets the grease. Be EXTREMELY persistent but always polite. It is almost impossible to be too persistent. If you really want the job, multiple phone calls per week are not a bad thing.
6. Inquire: Check with school districts in areas you are interested in and check on web sites and other job posting areas **often**. Don't find the perfect job only to learn it has been filled.
7. Have people in the profession whom you know (former coaches, friends, etc.) help you look for job openings.
8. Utilize job fairs, job boards, web sites and any other means to make your name available to as many schools as possible. WBCA has such a list.

INTERVIEW TIPS

1. Shake hands firmly when introducing yourself. Use your first and last name as you're introducing yourself and maintain eye contact.
2. Remember that schools and school districts will usually have a set policy already in place on the tougher issues such as alcohol or drugs. With that in mind, always precede your answer to questions along this line by stating that no matter what, you always refer to and follow whatever policy is already in place. It's fine to elaborate some, but nobody is looking to hire

a rogue or a loose cannon.

3. Sometimes you will meet people at interviews whom you have never seen before, like school board members and district administrators. Often, these people have no idea who you are or what you represent. It is even possible to encounter key members of a hiring committee who have never seen your resume. With that in mind, it is a good idea to bring extra copies of your resume to interviews.
4. It is also a good idea to bring other documentations of your coaching ability, philosophy, etc. If you give the people interviewing you a packet detailing why you're the best person for the job and none of the other applications do, who will seem more ready for the job? This could be nothing more than just an outline hitting the highlights of your resume. It could be one or two letters of reference. It could also be something like a specified plan of action for turning a particular program around. It could include a strategy for checking on players' scholastic performance or it could be your off-season weights and conditioning program. Don't overburden them. Five pages would probably be too many. But it will bring you more credibility if you have already put your plan in writing, and your future employers will see your preparation and readiness as a sign that you are on top of your game.
5. Have questions in mind to ask them. Most interviews will include an offer to answer your questions, and it makes a great impression if you have thoughtful and appropriate questions to ask.
6. If you are working one job while looking for another and an interview comes your way, be prepared to answer questions about how you are handling this situation. It will impress your future employer. Of course, looking for another job is not always well received by employers. Hopefully you will have an immediate supervisor (the head coach, AD, department chair, AP) who does understand and you can tell him or her. This way, you have your bases covered when asked questions along this line. Never, ever call in sick at one job to interview for another. It may come up in the interview and will make you look bad.

MARKETING YOURSELF

1. Get certified! Most of the jobs in Wisconsin are jobs that will require you to have a Wisconsin teaching certificate. The good news is that almost every four-year college in Wisconsin has a certification program that you can complete as a part of the regular four-year degree program. In most cases, you can get certified without changing your major or taking additional credits. You do not have to be an education major to graduate with a teaching certificate.

Do not rely on getting an emergency permit that allows you to teach and coach in public schools as you are working toward your teaching certificate. Not only are the post-graduation certification programs laborious, but most school districts will not hire you with an emergency permit.

Some of you might want to coach in college, so you may be thinking this doesn't apply to you. It still applies to you. Unless you played Division I basketball for a well-connected coach or know someone who will hire you, it is difficult to be hired on a college staff. Even the part-time jobs and volunteer jobs on Division I staffs are very competitive. And if you want to start out at a smaller college, you need to understand going in that most of those jobs

pay less than \$10,000 and in no way guarantee that you will advance. Understand that WBCA is not trying to discourage you from pursuing your career goal. We're simply espousing the benefits of a sound back up plan.

2. Once you're certified in one subject, you can be certified in any subject. All you have to do is take the content test and pass it. The more certifications you have, the more attractive you look as an applicant. Lots of coaches have lost out on lots of jobs by only being able to teach one subject. For example, very few districts are hurting for PE and health teachers. So if there is a job opening and you're certified to teach math, English and science and the other people are only certified to teach PE, you will have a major advantage. The best subjects to be certified in are math, science, English, and foreign language (special education teachers are in demand but, some districts will not allow them to coach). Combine physical education and health with one of the above.
3. Get your master's degree out of the way right after college. You are a much more attractive candidate with a master's degree, plus you get paid more. And if you plan to get into college coaching, it is becoming increasingly difficult to break in and/or become a head coach without a master's. Besides, once you leave college it becomes harder to go back to school, even part time.
4. Join professional organizations. Not only will you gain sport-specific knowledge and meet many of the coaches who may be in a position to help you one day, but a future employer will see your membership as evidence that you are a consummate professional who does things the right way. Join coaching associations and teacher organizations. You can't join too many. Add to that sports specific groups like WBCA. Joining them all would pay dividends later.
5. Keep your resume, references, transcripts (official and unofficial copies), certification papers, and letters of recommendation updated and on file. When your dream job opens, you must be ready.

HOW TO KEEP YOUR JOB

1. Show up early every day to work looking sharp. Don't be the first to leave. Make sure that you are always ready for tomorrow.
2. Keep a neatly organized and up-to-date grade book.
3. **Communicate with the parents of all struggling students and document those communications.** Keep an organized log if one is not provided.
4. Turn in all paperwork early (grades, requested forms, etc.). Basically, you want to immediately accommodate any minor request from your school district or administration. Don't be one of the teachers whom the administration has to remind to do his or her job.
5. Volunteer for the duties no one else wants.
6. Never use profanity. It cannot be justified, especially in a meeting with a parent and/or an administrator.
7. Never make physical contact beyond shaking hands. Be especially careful if you coach the opposite sex.
8. Go out of your way to make friends with the secretaries, custodians, and cafeteria employees. They are the people who make the school function.
9. Involve your administrators in the program. It could be something as simple as asking them to be in the team picture, asking them to share some thoughts with the players before the

- season starts, or personally inviting them to attend a practice, a game, or a team dinner.
10. Support other sports, especially the ones that are less popular or involving the opposite sex. This will build allies and you will be surprised what you may learn from them.
 11. Support other areas of the school besides athletics. Go to the school play, a choir concert, or the academic decathlon. Volunteer to be a judge at a speech tournament and you will be an instant hero.
 12. Always have another school employee on hand as a witness for potentially combustible meetings with players and parents. It is best if this is an administrator, but a fellow coach will do. You never want to put yourself in a situation where it's just your word against someone else's.

NETWORKING

Networking is defined as developing relationships that intersect with other relationships. In any business it means forming relationships that can help you grow professionally, keep up with what is happening, or help you to be aware of job opportunities and expand your list of references. It brings to mind the statement "it's not what you know but whom you know". Networking can add to the list of whom you know and whom they know. The following are some ideas on how you can network, but meeting people is the goal.

1. Write letters. Letters are the best way to introduce yourself because you get to say precisely what you want and only what you want. Most coaches make an effort to answer every letter they receive that expresses personal communication. Write to coaches you would like to work for or whose system you would like to learn.

The temptation is to write famous coaches, and we're not saying that's bad. But you must realize that NBA head coaches and Division I college coaches at the larger schools get letters all the time. At the highest levels, most letters don't even get into the head coach's hands and are answered through a form letter thanking you for expressing interest.

That's why **we recommend writing letters to coaches who are not household names.** Write letters to high school coaches in your area. Write letters to middle school coaches. Write letters to college coaches at smaller schools. Write letters to retired coaches, too.

At the highest levels, writing the assistants is an especially good idea. **Assistant coaches are often just as helpful as the head coach in terms of connections and knowledge.** Plus, the fact that they are not swamped with mail means that your letter will most likely get into their hands and be read and personally answered by them. This means they are more likely to remember you, and that's the whole point.

Remember— assistant coaches become head coaches.

What do I write? - You can write whatever you want, but keep it brief. A good general plan is to introduce yourself in the first paragraph and ask for advice in the second paragraph. You're a lot more likely to get a response if you ask questions in your letter. Including a self-addressed, stamped, return envelope will increase your chances of an answer.

Also, you can probably talk your college's education or Physical Education department into letting you conduct a coaching survey for credit. Developing the survey will help you grow as a coach, plus you can sneak some of your coaching insight into the survey without having to brag about yourself and appear as being arrogant. Also, surveys associated with universities are more likely to get some personal attention from coaches who are household names.

What next? - **Writing one letter isn't good enough to secure a connection that can help you down the road.** If they write back, you must write them immediately to thank them for their letter. But in addition to thanking them, you should request a way to meet them in person. "I'd love to watch practice ... work summer camp ... drop by the office to watch game film ... take you to lunch." Basically, anything you can think of that will get you some face time is fine. Then, you write them to thank them, call them, or see them, do it. You have to figure out a way to be dogged without getting on their nerves. But as a blanket policy, being dogged is a lot more important than avoiding getting on people's nerves.

2. Observe coaches conducting practice. This is easy to do. Just call local coaches and tell them that you are a student or young coach (or any age coach for that matter) and ask if you could drop by to watch practice sometime. It is extremely rare that a coach would refuse a request like that. Once you begin coaching, you will have coaches request the same of you. The best way to learn from a coach is to watch practice.
3. Work camps. This won't guarantee you a coaching job in college, but it will increase your connections in both the high school and college ranks. Plus, it gives you a chance to learn from other coaches and practice your own teaching style. Not to mention, you get paid. And don't forget to do a great job. People will notice and remember. If you call the basketball office for information, ask for the camp director. Be sure to write a thank you note after camp.

ON-COURT ADVICE

1. Decide a FEW things that are most important to you. Enforce these things or work on them everyday. These include rules as well as teaching methods and tactical moves.
2. Use fundamentals as the foundation. Your team cannot function properly if the players cannot execute individual fundamentals like dribbling, passing, shooting, rebounding and defense.
3. Teach a concept, demonstrate a concept, and have the players perform a concept. Repeat the last step. Repetition is huge. Select important fundamentals and repeat them correctly every day. Shooting repetition is very important.
4. Some form of discipline is a must. You should have a FEW hard and fast rules that are enforced 100% of the time so that players know who's in charge and they form good habits for the future (being on time is a good example).
5. You must get your team in top physical condition. A team, that is out of shape cannot execute the best laid plan and makes you look bad. Also, you must know when to back off and give their minds and bodies an opportunity to bounce back. Practice daily but have some

early days and every few weeks give them an off day.

6. Focus on your team. During games ignore the parents and fans and leave the referees alone to do their job.

PRACTICE PLANNING

Always have a well thought out plan before you begin a practice. It is best to have such a plan written down on a note card. Even if you are an assistant coach, you may be in charge of your own team in addition to helping your head coach. Some head coaches will be very organized and tell you exactly what they want you to do each practice session. You will still want to be prepared to conduct any parts of the practice for which you are responsible (warm up, working with post men, conducting a shooting drill). You need to be well prepared for every drill even if it only last a short time. Go over technique so you are prepared to explain and demonstrate, correct and compliment your players as they perform various skills. If you are planning the entire practice, these are some questions you need to ask yourself before making that plan:

1. What do you want to place the most emphasis on (offense or defense, individual fundamentals, conditioning)?
2. How long do you want to workout?
3. Are you adding a new team concept? (This will require extra time for teaching)
4. When is your next game?
5. How did yesterday's practice go?

Practice will vary greatly especially as the season progresses. You may want to focus on team concepts and individual skills that need special attention and may devote an entire practice to one thing. However, most practices should include the following:

1. A warm-up period.
2. Fundamental work.
3. Team instruction and drills.
4. Full or half-court scrimmages.
5. Conditioning.

The following guidelines can be helpful as you make your practice plan:

1. If you are demonstrating a skill, make sure you do it correctly. If you are not comfortable with the skill, have a player demonstrate while you talk him or her through it.
2. Make sure your warm-up period includes some stretching.
3. Break down team concepts into individual and small group drills. Put them back together during a team scrimmage.
4. Keep drills short (5-10 minutes) or they lose their effectiveness as players get bored.
5. Scatter shooting drills throughout practice so they can work on form early and shoot while fatigued later.
6. Teach new concepts or add new drills early in practice while their minds are fresh. Review them at the end.
7. Sometimes team scrimmages are more effective if you ignore the boundary lines. It teaches players to be aggressive and avoids having to reset every time there is a fumble or bad pass.

8. Try demonstrating dribbling and shooting skills without a ball. The players will focus more on technique and you don't have to worry about turnovers or missed shots.
9. Be prepared to make adjustments as you go. A bad practice can be shortened or players can be rewarded for extra effort by eliminating some of the conditioning.
10. Try to end on a positive note whether it be a drill, a practice or your remarks after a practice or game.
11. Don't lose your enthusiasm if your best player is absent. Instead, pretend he or she is in foul trouble or injured and see how good you can be without the star. You may discover new stars.
12. Try to watch an experienced coach conduct a practice before you attempt one yourself.
13. Don't be afraid to try new things and trust your instincts.

GENERAL TIPS AND REMINDERS

1. Develop your own coaching style. You can take things from many coaches. In the end you will not be just like another coach. You will have a style of coaching you are happy with.
2. Develop a philosophy and write it down. What style of play do you prefer? (up tempo or controlled, press or half court defense, zone or man-to-man, many plays or a few executed better, many shots or only the best shots). What is your plan of action to install discipline? You must be flexible on a year-to-year basis and adjust to a particular team's strengths, but a foundation is imperative. If you are an assistant you must follow the head coach's philosophy but can still develop you own for later.
3. Never put your hands on a player and never curse a player. This has already been mentioned but cannot be stressed too much. More good coaches have gotten themselves into trouble or been fired for these mistakes than for wins and losses. This is another reason to join WBCA. They will provide assistance if you have a problem that warrants it.
4. Don't just join professional organizations, join as many as you can; be involved in the organizations and give something back to our profession. (another repeat)
5. Continue to educate yourself. Study your team and other teams on tape, go to clinics and take notes, watch other teams play and practice, take other exit exams, keep attaining higher degrees, read books on coaching, get with coaches you admire in a one-to-one setting, and constantly THINK and RETHINK what you are doing.
6. Stay physically fit. This will maintain your health and mental balance. Get periodic checkups especially for your cardiovascular system.
7. Keep your resume updated.
8. Develop a good relationship with your colleagues. Just treat them kindly and fairly.
9. **Do a great job at your other assignments** like classroom teaching, your second sport, chaperoning a school dance, working a track meet, performing hall duty or anything else that is asked of you.
10. In most situations, 90-95% of the students are great people, 5-10% will drive you nuts if you let them. Make sure to appreciate the good students and spend a proportionate amount of energy on each of the aforementioned groups. **Many teachers spend 95% of their energy on the 5% who don't act right. This is backward and it leads to tremendous frustration.**
11. If your career goals include becoming a head coach, do not try to do everything yourself. You must delegate and rely on your assistants or you will feel overworked and you will be miserable. Let your assistants feel important and help you at the same time. Do remember to

- observe them and offer constructive criticism when needed. A good assistant must be loyal.
12. Monitor your players' academic progress as thoroughly as possible. You can help the player and the classroom teacher at the same time, school work comes first.
 13. **Communicate, communicate, communicate.** You must communicate with administrators, other coaches on staff, teachers, parents, booster clubs, the whole team, and individual members of the team. Keep your Athletic Director informed.
 14. **During conferences with players or parents, avoid discussing playing time or other players.** Focus on the player and how he or she can improve. Be honest and offer your help, but never compromise your rules or the integrity of the program. Don't make promises you cannot keep. All players must earn their playing time.
 15. **You can start a year or season as a strict disciplinarian and relax a little without sacrificing respect, authority, or control.** If you start out too easy and try to become strict, it doesn't work.
 16. Always set aside time for your family and friends. Do your job but come home at a reasonable time, or someday you may not have anyone to come home to. Give your family quality time. Involve them in your job as much as possible.

IF THINGS DON'T WORK

Sooner or later you will have a bad season, a terrible parent, or you may just make a mistake (misjudge a player or team, say something you shouldn't have or forgot something you are responsible for). No one is perfect and it will happen. Don't ignore or avoid the situation. Inform your immediate supervisor and make a plan to correct the problem. Team meetings can sometimes help. Meet with those involved and get it fixed before you move on. Every coach has situations that can lead to disaster but the good ones figure out a way to turn it into a positive. Don't be afraid to ask for help, but deal with it NOW!

John Wooden, the most successful college coach ever has a saying on the subject. "Things work out best for those who make the best of the way things work out."

Don't let tough times frustrate you. Look at it as a challenge. Be the best you can be.

If a practice is going badly, try to end with something fun (a competitive game they like or a favorite drill that is not likely to go wrong). Stay positive during the bad times and they will get better. Step back and see if you could be part of the problem. Sometimes our expectations are not reasonable and goals may need to be adjusted. We need to look in the mirror.

No season or day will ever be without problems. Your attitude during these times will eventually be reflected in your team. One game does not make a season and one season does not make a career.

Remember, everybody wants to be a coach. We are among the few professionals where those not involved pay to watch us work. We get to be involved in the game we love and get paid. We mold the future generations and the future leadership of our communities, areas and our nation.

Hopefully, this information will help you. If the WBCA can assist you in any way, don't hesitate to call, write or e-mail us. Don't be afraid to ask for help. Several Hall of Fame Coaches needed help to get started. What ever your situation, it has happened before and there are coaches who can help you through.

A winner knows how much he still has to learn,
even when he is considered an expert by others.

A loser wants to be considered an expert by others
before he has even learned enough to know how little he knows.

***“Every Person is Enthusiastic at Times.
One person has Enthusiasm for 30 Minutes, another for 30 days,
But it is the Person who has it for 30 Years who makes a Success of His/Her Life.”***

THE GAME OF LIFE AND THE GAME OF BASKETBALL

1. Both games must have a schedule to follow. In Basketball, a team plays 20+ games plus a tournament, has 4 timeouts, plus numerous substitutions. In the Game of Life, there is but one game – no time outs – no substitutions. You must play the whole game your entire life.
2. Both games have boundaries within which you must remain. In Basketball, the black lines are 84' x 50'. However, in the Game of Life, your morals are your only boundaries.
3. Both games have team members – a Basketball team is composed of 15 members, but only 5 can play at a time. In the Game of Life, the 5 members have great reputations. They are Faith, Hope, Charity, Honesty and Loyalty.
4. Both games must have goals for which to aim. In Basketball, the goal is 10 feet high, 18 inches in diameter and made of steel. In the Game of Life, the goal have no dimensions, they are the Gates of Heaven.
5. Both games have rules to govern the play. Basketball – a book with numerous rules. One says the game is to start with a jump ball. In the Game of Life, there are but 10 rules – The Ten Commandments. These are to be played in strict accordance with your religion. The Golden Rule is the only ground rule in the Game of Life.
6. Both games must have officials to enforce the rules. In Basketball, there are two officials. But in the Game of Life, God is the referee and the soul official. He makes all the rules and there is no appeal of them.
7. In both games you must practice to be a champion. A champion in Basketball must practice during the off season. To be a champion in the Game of Life, practice must never cease.
8. Both games have scoreboards. The electrical scoreboard in Basketball lets you know where you are at all times. In the Game of Life, the only scoreboard is your conscience.
9. Both games are played with a ball. A Basketball is an inflated piece of leather 29-1/2 inches in circumference. In the Game of Life, the Ball is your immortal soul. See what you can do with it.
10. Championship Basketball plays the game to win, and accept the challenge like young men. We must continue to strive for a victory in the Game of Life, as well as in the game of Basketball.

THE FOUR “D’S”: DEDICATION – DESIRE – DISCIPLINE – DEFENSE

TEAM DEFENSE:

Always put pressure on the ball.

Force the offense out of what they want to do, take them out of their “comfort zone”.

Aggressive style of play is the key to effective defense.

Force the ball toward the corner.

Keep the ball out of the lane and the alley.

Build the defense from the basket out.

Defense is a game of spacing and angles.

Never allow an open shot.

Use the flat triangle rule: Ball – You – Man.

Deny all flash cutters to the ball; use your chest and you may briefly lose sight of the ball.

Move up the line to close the gap when in help position one pass away.

Talk on defense – help each other.

Sag and help on the weak side.

Always retreat to the line of the ball.

Make the cutter go behind you.

Switch on G-G screens and post screens.

Front the low post – work on X step.

Defense is 85% intensity, 15% skill.

See the ball and see your man.

Be in the right position to help.

Try to make shooter change his shot.

Block your man out and have inside rebound position.

Always have a hand in the shooters face.

The player guarding the screener must protect the basket.

Jump to the ball after your man passes.

Be aggressive as you help on defense and recover to your man.

Point the ball and point your man.

Use a stance that is wide and low with the outside foot back – push and step.

Be prepared and in position to take the charge.

Be ready to dive for a loose ball.

Call out all screens.

Double team the dribbler who turns his back.

Dominate your man, force him out of his game.

On defense: “Don’t just give what you’ve got, give what it takes.”

The bottom line is: “Offense wins games, defense wins championships.”

“NO ONE EXPECTS YOU TO DO MORE THAN YOUR BEST – NOR LESS!”

“You never lose, you only run out of time.”

REBOUNDING TIPS

1. Rebounding is an important part of an aggressive, challenging defense.
2. Block your man out – away from the boards.
3. Don't move into the offensive player.
4. Rebound the baseline side, most shots are missed from the side.
5. Move to position and hold that position.
6. Establish a broad base with feet apart.
7. Knees should be flexed and elbows out.
8. Hold the position until you see the direction of the rebound.
9. Jump forward up after the rebound.
10. Use a spread-eagle thrust.
11. Catch the ball in a vise-like grip.
12. As you come down, turn and get ready to pass the ball out for a fast break.
13. Keep the ball up – no lower than your chin.
14. Practice the roll and block-out.
15. Be aggressive when you rebound. Work on spearing the ball.
16. Use the finger tips for offensive tip-in, when close to the basket.
17. The tip-in is a sharp tap at the ball, with elbow straight.
18. When rebounding offensively out of tipping range, return to the floor with the ball in a vice-like grip.
19. Give a short, quick head and shoulder fake.
20. With defender off his feet, pause and then leap forward and up to the basket.
21. You can make it a 3-point play.
22. For offensive rebound – roll-off or go around the block-out attempt.
23. Over 70% of the rebounds go to the side of the floor opposite the side where the shot was taken.
24. Check your opponent and pick up the flight of the ball before it is half way to the basket.

A good rebounder is: **Agile, Mobile and Hostile.**

You can dribble too much.

You can shoot too much.

You can even pass too much.

But, you can **NEVER** rebound too much.

FREE THROWS

1. Develop a ritual at the line.
2. Shoot with controlled tension.
3. Consistent placement of the feet (one foot in front, 1/2 " from the line and toe at exact center point of the free throw line, toe back in line with the heel of front foot and turned partly out).
4. Placement of the free hand (place thumb on end of the ball in center intersection: the side of the thumb is on the ball).
5. On the shooting hand, the second finger points toward the air valve; not on the air valve.
6. Be sure fingers are spread equally; wide finger spread is best.
7. Thumb and first finger form a 45 degree angle; put the ball deeper into the hand.
8. Wrist is hyper-extended; lay it back.
9. The ball must be propelled with a forward movement of the forearm; elbow is up and under the ball.
10. Sight over the index finger.
11. Aim over the front edge of the rim.
12. All body weight is on the front foot.
13. Flex the knee of the front leg; then your motion is upward, not down first and then up.
14. Flex the hips and upper body at 45 degree angle.
15. Now, a 2 second pause; then shoot the ball off first joints of your fingers. The palm comes down flat to the floor.
16. Extend the joints.
17. Flex the wrist.
18. Propel ball off 3 fingers – first three knuckles – the ball turns 1 ½ times on the way to the basket. The power comes from the forearm.
19. Arm follows the arch of the ball, which reaches its peak 2/3 of the way out.
20. Entire body movement based on reach out and drop in basket. There is a tendency to fall forward. Concentrate on over the front of the rim and DO NOT watch the flight of the ball.

“It isn’t what you used to be; it’s what you are today.”

THE JUMP SHOT

THE FEET – To give the body stability, the feet should be spread comfortably, about the width of the shoulders and should be relatively even.

THE HANDS – The hands should be on the side of the basketball when a player starts to jump. The fingers should be spread and the entire hand should be in contact with the ball. The left hand is not directly opposite the right hand, but should be held slightly behind the ball.

THE JUMP – The legs should start the jump shot and the hands and arms should follow immediately to give the greatest possible upward thrust. The higher you jump, the more time you have for the shot.

THE EYES – The eyes are constantly on the rim. A player should get his eyes to the rim as quickly as possible and he/she should watch the rim until the ball goes through the basket. **DO NOT LET YOUR EYES LEAVE THE RIM UNTIL THE BALL IS THROUGH THE HOOP OR UNTIL IT HITS THE RIM.**

THE WRIST – For maximum control of the shot, the wrist should be flexed as much as possible but still be comfortable. The biggest mistake most players make is their wrist is straight or is bent about half way. Without the wrist being cocked, a player will have to “throw” the shot toward the basket and cannot get the upward motion necessary for a truly accurate shot.

THE ELBOW – this is probably the most important factor in becoming a great shooter. The elbow must be under the ball when you shoot. Do not let the elbow stick out to the side. If you will hold the ball in the proper position, with the elbow beneath the wrist and the ball, you will notice that merely by straightening the arm the ball will be going straight toward the basket. If the elbow is pushed to the outside, the hand sweeps across the basket, which means you must release the ball at the exact split second the hand is in the proper position.

POSITION OF THE BALL – As you start your jump, the ball should be held at, or just below, your waist to assist you in jumping. From that position, it should be brought straight up near the body to a position just above the front of your head. The exact position of the ball can vary forward or backward a few inches, but it should be in this relative position. The arm should be bent at the elbow and should not be straight. If a player must extend his arm to get over the defense, his accuracy will suffer. It's better to get the entire power of the arm into the shot.

THE HAND – The ball should not be “held by the finger tips”. This is a common mistake. The finger tips are the last part of the hand to touch the ball. However, the ball should be held on the whole hand, not just the finger tips. For maximum control, softness and accuracy, let the ball rest in the entire hand, when the hand is over head, it should be parallel with the floor and thus the ball can comfortably rest there. The fingers should be spread as wide as comfortable to give good control of the ball. **HOWEVER, DO NOT GRIP THE BALL WITH THE FINGERS.**

THE SHOT – The first motion of the ball is straight upward. The hand pushes the ball up straight and just before the arm is straight, the wrist motion starts. The wrist lifts the ball and the tips of finger go through a 180 degree arc.

THE RELEASE – As the wrist starts to uncock, the ball rolls slightly up the hand, across the fingers and finally leaves the hand with the fingertips the last part of the hand that touches the ball. Executed properly, this motion will impart the proper spin to the ball.

THE FOLLOW THRU – The wrist should be bent toward the basket **AFTER THE BALL HAS LEFT YOUR HAND.** Do not snap your wrist back over your head, but leave it in the bent position until you have touched the ground. Your fingers should still be spread comfortable. The hand can turn to the “outside” (to the right for a right hander), but it should never turn to the “inside”. On the follow thru, keep your eyes on the rim and make sure your elbow is straight. (Not stiff, but straight.) Once again, the arm and hand should remain in this position and should not snap back after the shot.

PASSING GAME MOTION OFFENSE

1. On every pass, all players move with a purpose. The rule is to make the easy pass, away from the defense.
2. Players make no more than three dribbles, and then only to; improve the passing angle, relieve pressure or drive to the basket.
3. The three perimeter players are #1, #2 and #3, who may pass and cut, shoot or drive to the basket.
4. The two inside players are #4 and #5: #4 at the high post and #5 at the low post. The high post stays one pass away from the ball. The low post usually starts out away from the ball and may break to the ball, while the high post #4 usually screens on the ball.
5. Anytime you are overplayed, the rule is to cut to the basket.
6. Use the V cut to get open.
7. Use vertical and horizontal screens - mostly away from the ball.
8. Read the defense before deciding on a course of action to get open.
9. Players should not make two consecutive cuts in the same direction.
10. When you receive the ball, set up in a triple threat position.
11. Players must maintain 15 to 18 foot spacing on the court.
12. All players must have shot discipline in order to select shots best suited for them. The coach must help determine which shots are the best for each player - shots that are in his/her range.
13. If the ball is dribbled toward you - clear out.
14. Players should cut behind screens at least 50% of the time.
15. If the second cutter on a post split is coming toward you - clear out.
16. Players should look to: pass first, shoot second and drive third.
17. Players #3, #4 and #5 are designated as offensive rebounders. Player #1 is always back on defense, and player #2 may either rebound or help on defense depending on the oppositions ability to fastbreak.
18. High post sequence: #4 man with the ball should pivot and face the basket and pass to low post (#5), shoot, drive to the basket or pass to the weakside perimeter man and cut to the basket off a screen by #5.
19. Low post sequence: #5 man with the ball should work for a shot, look for the high post #4, cutting to the basket for pass or the free man on the split by the perimeter players.
20. Perimeter players sequence: triple threat position and look for the open player, shoot, drive to the basket, pass and cut to the basket or pass and set a screen.
21. The offense starts as soon as the ball crosses the center line.
22. Attack the gaps vs. zone and cut through at the seams. Try to have one player behind the zone.
23. Perimeter players work from the top of the circle and in to the basket.
24. Players should make every 3rd or 4th pass in to a post man.
25. Make three passes before a shot unless you get a layup or into the low post player. In a "quick offense" at the end of the game or quarter, you would not make the three or four passes before taking a shot.

FASTBREAK

A Numbered System

Roles:

#1 MAN

1. Best ball handler and passer.
2. Get open for outlet pass and call for the ball.
3. Push ball up the court and find #2 man.
4. Don't go inside free throw line extended to receive outlet pass or dribble beyond the free throw line extended on offensive end.
5. Vary the side after a made basket.

#2 MAN

1. Release as early as possible.
2. Run wide on right side or left side.
3. Get open for long pass from #1 man.
4. When passing to post - see his defender.
5. Look to low post, high post and back out.
6. Must be a good outside shooter and passer.

#3 MAN

1. Sprint to left block.
2. Post up if #2 man is on your side.
3. Be in position to rebound shot by #2 or #5.

#4 MAN

1. Get ball out of bounds quickly - don't let the ball hit the floor.
2. Look deep for long pass to #2.

#5 MAN

1. Sprint to the right block in 4 seconds or less.
2. Post up strong for pass from #2.
3. Be in position to rebound shot by #2 or #3.

GOALS

Your success depends on goals. Goals allow you to define a purpose and set a direction for your life. They allow you to find your energies and aid in making sound decisions. When you have specific goals, you can be more organized and effective; you will be more enthusiastic and motivated; you will have greater personal confidence and higher self-esteem.

Step 1: You need to organize goals into little, short-range goals, i.e. 1-2 months. Great accomplishments can be made by achieving several little goals. Set mid-range goals, i.e., one to four years, or career goals.

Step 2: Write your goals in positive statements, e.g. "I will eat a good breakfast every morning to help properly fuel my body for intense activity."

Step 3: Once you have set your goals, ask yourself these five questions:

1. Is it really my goal?
2. Is it morally right and fair?
3. Are my short-range goals consistent with my long-range goals?
4. Can I commit myself physically, mentally, and emotionally to reaching these goals?
5. Can I visualize myself reaching these goals?

Step 4: Put a copy of your goals someplace where you will see them daily; on the wall of your bedroom; in your locker, etc. and carry a copy in your wallet. Review your goals daily; this will help you focus on your goals.

Step 5: Share your goals with someone else. Telling someone what your goals are helps solidify your personal commitment.

Basketball is much like life. In life we compete for jobs, positions and recognition. There will be winners and losers in life just as in basketball and those with the greatest desire to excel are the ones who succeed most often.

Basketball is an educational experience involving many learning principles used in the classroom. Learning comes through repetition and repetition is experience.

You control what you do and how successful you are. Give a maximum effort both physically and mentally at all times. We should all strive to be the very best.

Are You Strong Enough To Handle Critics?

It is not the critic who counts, not the man who points out how the strong man stumbles or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes short again and again because there is no effort without error and shortcomings, who knows the great devotion, who spends himself in a worthy cause, who at the best knows in the end the high achievement of triumph and who at worst, if he fails while daring greatly, knows his place shall never be with those timid and cold souls who know neither victory nor defeat.

"A winner is someone who sets his goals, commits himself to those goals, and then pursues his goals with all the ability given him."

"What matters in life is if you can look in the mirror and honestly tell the person you see there, that you've done your best."

THE COACHES

He's called a coach and it's a different job. There is no clear way to succeed. One cannot copy another who's a winner, for there seems to be some subtle secret chemistry of personality that enables a person to lead successfully and no one really knows what it is. Those who have succeeded and those who have failed represent all kinds. They are young, old, experienced, they are soft, tough, good natured, foul tempered, proud and profane. They are articulate and even inarticulate. Some are dedicated and some casual. Some are even more dedicated than others. Intelligence is not enough and dedication is not enough. They all want to win, but some want it more than others and just wanting to win is not enough. Losers almost always get fired, but winners get fired also. He is out in the open being judged publicly for six or seven months out of the year by those who may or may not be qualified to judge him. Every victory and every defeat is recorded constantly in print. The coach, this strange breed has no place to hide. He cannot just let the job go for a while or do a job and hope no one will notice as most of us can. He cannot satisfy everyone, seldom can he even satisfy very many, and rarely does he even satisfy himself. If he wins once, he must win the next time also. They plot victories, they suffer defeats; they endure criticism from within and without; they neglect their families; they travel endlessly and they live alone in the spotlight surrounded by others. Theirs may be the worst profession in the world. It's unreasonably demanding, poor pay, insecure, full of unrelenting pressures and I ask myself: Why do coaches put up with it? Why do they do it? I've seen them fired with pat phrases such as, "Fool", "Incompetent", or "He couldn't get the job done". I've wondered about that, having seen them exalted by victory, and depressed by defeat. I've sympathized with them having seen some broken by the job and others die from it. One is moved to admire them and to hope that someday the world will understand them; this strange breed they call coach.

***"Dreams are where we want to end up.
Goals give us the direction to get there."***

THE MAN IN THE GLASS

When you get what you want in your struggle for self
And the world makes you king for a day,
Just go to a mirror and look at yourself
And see what **THAT** man has to say.

For it isn't your father, mother or wife
Whose judgment upon you must pass;
The fellow whose verdict counts most in your life,
Is the one staring back from the glass.

Some people may think you a straight-shootin' chum
And call you a wonderful guy,
But the man in the glass says you're only a bum -
If you can't look him straight in the eye.

He's the fellow to please - never mind all the rest,
For he's with you clear to the end.
And you've passed your most dangerous, difficult test
If the man in the glass is your friend.

You may fool the whole world down the pathway of life
And get pats on your back as you pass.
BUT your final reward will be heartaches and tears -
If you've cheated the man in the glass!

"Success is a Journey, not a Destination."

*"The spirit, the will to win, and the will to excel
are the things that endure. These qualities are so
much more important than the events that occur."*

THE ORIGINAL 13 RULES OF BASKETBALL

1. The ball may be thrown in any direction with one or both hands.
2. The ball may be batted in any direction with one or both hands (never with the fist).
3. A player cannot run with the ball. The player must throw it from the spot on which he catches it, allowance to be made for a man who catches the ball when running at a good speed if he tries to stop.
4. The ball must be held in or between the hands. The arms or body must not be used for holding it.
5. No shouldering, holding, pushing, tripping or striking in any way the person of an opponent shall be allowed; the first infringement of this rule by any player should count as a foul; the second shall disqualify him until the next goal is made, or, if there was evidence to injure the person, for the whole of the game, no substitute allowed.
6. A foul is striking at the ball with fist, violation of Rule 4, 5 and such as described in Rule 6.
7. If either side makes three consecutive fouls, it shall count as a goal for the opponents (consecutive means without the opponents in the meantime making a foul).
8. A goal shall be made when a ball is thrown or batted from the grounds into the basket and stays there, providing those defending the goal do not touch or disturb the goal. If the ball rests on the edge and the opponent moves the basket, it shall count as a goal.
9. When the ball goes out-of-bounds, it shall be thrown onto the field of play by the person first touching it. In case of a dispute, the umpire shall throw it straight onto the field. The thrower-in is allowed 5 seconds; if he holds it any longer, it shall go to the opponent. If any side persists in delaying the game, the umpire shall call a foul on that side.
10. The umpire shall be judge of the men and shall note the fouls and notify the referee when three consecutive fouls have been made. He shall have the power to disqualify men according to Rule 6.
11. The referee shall be judge of the ball and shall decide when the ball is in play in-bounds, to which side it belongs, and shall keep time. He shall decide a goal has been made, and keep account of the goals with any other duties that are usually performed by a referee.
12. The time shall be two 15-minute halves, with five minutes rest between.
13. The side making the most goals in that time shall be declared the winner. In the case of a draw, the game may, by agreement of the captains, be continued until another goal is made.

QUOTABLES

“BASKETBALL IS A GAME OF HABITS AND REACTIONS.”

“THE HARDER YOU WORK, THE LUCKIER YOU GET.”

“THE ONLY PLACE WHERE SUCCESS COMES BEFORE WORK IS IN THE
DICTIONARY.”

A WINNER SAYS, “I SHOULD HAVE DONE BETTER”
A LOSER SAYS, “I’M NOT AS BAD AS A LOT OF OTHER PEOPLE”

“THE WILL TO PREPARE TO WIN ILLUSTRATES AN UNDERSTANDING OF WHAT THE
WILL TO WIN IS ALL ABOUT”

“ONLY THE MEDIOCRE ARE AT THEIR BEST ALL THE TIME.”

“Basketball is a few weeks of hard work for a lifetime of memories.”

“More players fail mentally than physically.”

“Real winners are ordinary people with extraordinary determination.”

“It is better to try and fail, than fail to try.”

“PERFECT PRACTICE MAKES PERFECT!”

“A Positive Mental Approach Helps Block Out The Fear Of Failure.”

“If You Think You Can, or You Can’t – You’re Right”

“Obstacles are what you see when you take your eyes off the goal.”

“To be a good shooter, you have to believe in yourself.”

"It is a Characteristic of Small Men to Avoid Challenges; Of Big Men to Meet Them."

"Enthusiasm is the propelling force necessary for Climbing the ladder of success."

"A Winner is Not as Interested in Yesterday as He is in Today and Tomorrow."

"The future belongs to those who believe In the beauty of their dreams."

"Even if You are on the Right Track, You'll get Run Over if You Just Sit There."

"The trouble with Opportunity is that it always comes Disguised as Hard Work."

Benefits Of Membership In The WBCA

I. WBCA NEWSLETTER

- A. Printed four times a year, entire membership receives copies at no charge.
- B. Every level ... college, high school coaches, referees, etc. write for our newsletter.

II. AWARDS FOR EXCELLENCE

- A. Hall of Fame plaques - one to the inductee and one to the facility.
- B. Hall of Fame Rings to each inductee.
- C. Plaques to Conference Champions.
- D. Rings to All State Champion Coaches.
- E. Plaques to High School, College, and Junior College Coaches of the Year.
- F. Plaques to Junior High School Assistant Coaches of the Year.
- G. Plaques for 35 years of service, watches for 25 years of service.
- H. Plaques for wins at ANY level (100, 200, 300, 400, 500, 600)
- I. Appreciation awards and plaques.
- J. Sunshine fund for ailing coaches, retirements, funerals, etc.

III. FALL CLINIC

- A. Over 600 attend annually.
- B. Friday night session features in-state high school and small college coaches.
- C. A new Friday afternoon session with outstanding college coaches from around the nation.
- D. Saturday session with outstanding college coaches from around the nation.
- E. Over 40 vendors in attendance.
- F. Hospitality room on Friday night.
- G. WIAA rules interpretation meeting after the clinic on Saturday.

IV. OTHER CLINICS SPONSORED BY THE WBCA

- A. WEA Basketball Clinic during teachers convention.
- B. Northwest Clinic held in Eau Claire.

V. HALL OF FAME BANQUET

- A. Attended by over 500 people annually.
- B. Banquet to honor new Hall of Fame inductees and coaches awards.

VI. ALL-STAR GAMES

- A. Allows 160 young men and women a chance to showcase their talents.
- B. Gives 48 coaches an experience of a lifetime.
- C. Games played on the Kohl Center and Wisconsin Field House floors.
- D. Formal banquet held for women's and men's teams.
- E. Plaques for every player and coach.
- F. Apparel and knick knacks for every player and coach.
- G. Two \$1,000 scholarships given to an All-Star boy and girl.

VII. ACADEMIC ALL-STATE

- A. 15 women and 15 men chosen for this very special honor. A plaque is given to each honoree.

VIII. WEBSITE

- A. Over 250,000 hits a year.

IX. MACC FUND

- A. Profits from the All-Star games go to the Midwest Athletes Against Childhood Cancer.
- B. \$102,000 donation this year.
- C. The MACC Fund saves lives of children stricken with cancer all over the United States.

X. VOICE FOR BASKETBALL WITH THE W.I.A.A.

- A. Coaching Box implemented and expanded.
- B. Five contact days in the summer instituted.
- C. We continue to press our cause for rules that will make basketball better.

For more information on the Wisconsin Basketball Coaches Association or for memberships visit our website at: <http://www.wisbca.org> or contact:

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