

# Practice Planning/ Teaching Fundamentals

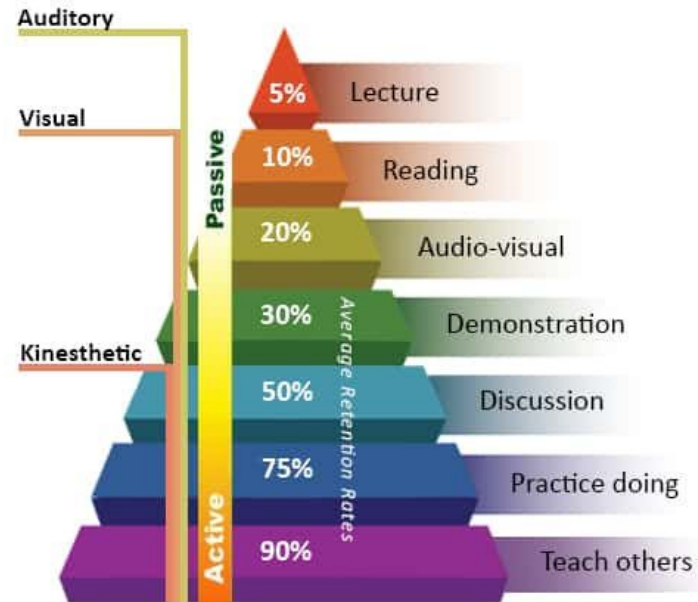
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# Fundamentals > Strategy

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- Coaches must understand how kids learn!
- Laws of Learning
- Learning Pyramid
  - After a loss, do you wish you had run a different play, or do you wish you practiced a certain fundamental more?



Adapted from the NTL Institute of Applied Behavioral Science Learning Pyramid

## •Law of Effect

- Players learn best when they are able to do what is fun, challenging, and meaningful

## •Law of Readiness

- Players learn best when they are ready/enthusiastic about learning - “to be ready to learn about what we are teaching”

## •Law of Exercise

- Players learn best when they get consistent, quality reps.

# What are the fundamentals I must teach?

- Pivoting
- Passing
- Catching
- Shooting
- Rebounding
- Dribbling
- Defensive stance
- Defensive slide

## What fundamentals can I impact the most?

Pivoting > Rebounding

# Quote

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“Don’t practice till you get it right, practice till you can’t get it wrong.”

– John Beilein

- Game is over coached but under taught
- Willingness to do it
  - Not bored
- Player buy in part of culture
- Coach = teacher
- 1% better vs “Don’t mess with my game”

**Jeff Van Gundy said, Pat Riley told him**

- “Players don’t care if you are black or white, young or old, played at a high level or not – they will listen to you if you prove you can make them better.”

**– Jeff Van Gundy**

# Blaise Pascal

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“I'm sorry this letter is so long, I didn't have time to write a short one.”

# My Job as a Coach

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- What “must be taught”
- What gets the most time
- What can I impact the most
- Make the complex simple
- Does it work vs best teams
- Don’t “coach for coaches”

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Our ability as a coach is not measured by what we know but it is by what we can get our players to execute effectively in game conditions

**-Coach K**

**Convince yourself that you have a game within 3 days. – JVG**

Forces us to get to what really happens in the game sooner!

**Part-Whole-Part**

# Nazareth Basketball

## What we Value and Strive to Develop

### Accountability

Can we count on you?

### Togetherness and Loyalty

Team First, Team Last, Team Always!

### Resilience

Can we make positive sudden changes in adverse situations and focus on WIN (What's Important Now)

### Integrity

If we follow the spirit of the rule we never have to worry about breaking the rule!

### Caring Men of Action

What do we **DO** to help our community? What do we **DO** those less fortunate?

# Offensive Teaching Points

- BOS = Best Offensive Stance
  - Every Catch
- Patient Pivot
  - Slow down/relax on pivot plays
- P2S
  - Play to Strength
    - Individual and Team

Teach proper spacing

Play 1 on 1 never play 1 on 2

# Defensive Teaching Points

- Defensive stance
- See man and ball
- Teach stunting
- Teach defensive communication

# Teaching Cutting and Screening

- Teach Nova Jet and basket cuts
- Teach ball screening and off ball screening
- “ the most important 5 on 5 offensive fundamental to teach is spacing”

# Nazareth Favorite Drills

- 2 on 0 pass and pivot
- 1 on 1 ike drill - 3 dribbles or less
- 1 on 1 zig zag
- 4 on 4 on 4 no bounce (best drill to reduce turnovers)
- 4 on 4 on 4 play
- 3 line shooting drill
- 5 on 0 execute
- 5 on 5 (60 to 60)
- 5 on 5 circle up

# Resources

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