



STARS COACHES ACADEMY



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Tough time to be a college coach...management vs. coaching.

Challenge to love them well and lead them well.

A coach’s job is to move a player from their personal narrative to the truth.

More than ever...spending time with players, watching film, helping them, preparing them...helping them “feel” the experience.

Get yourself a GA or Assistant that can CODE!!!

Off the Floor – Belmont took a trip to Spain – Studied Jon Gordon’s **Power of a Positive Team** book.

Team Building Exercises

1. Stand up and speak 10 facts about themselves. Serious – no jokes.
2. Flash Cards – Key Words (SERVE, LEADERSHIP, ETC.) – What’s that mean to you?
3. Family Test – Each member of the team must memorize names of mom, dad, siblings, hometown, academic major, etc.
4. Roster Exercise – each player prints roster of the team they played on last year...write down the impact of each player...it all matters...every player mattered.

Philip Hutcheson (Lipscomb AD) – best leader I’ve ever been around

Key to Belmont success over the years...we always knew who we were and stuck to the script.

Before the Portal = 2 transfers in 17 years.

Culture Leaks – you have to keep filling your bucket...it’s more than words on the wall.

Greatest Motivation = to carry on the tradition at a place like Belmont

Belmont Offense

High Tempo – On purpose

Not trying to hit a # of possessions...not trying to wear you down.

Just want to play fast.

Creates freedom for players...90% motion offense.

2022-23 – first time not playing 4 out 1 in motion since 1986...didn't have a 5-man that could score.

All set plays look exactly like motion...no special or different setups.

Current offense is 75% of Coach Byrd's influence...Casey loves motion...less predictable.

Challenges come from....

Switching Defense

1. Cut Harder
2. More Ball Movement/Player Movement
3. Unconventional Cuts

Zone Offense – All Motion...fills the court with great shooters

Physical Defense (Drake) – trailed on the hip of all shooters

Baseline O.B. - 3 Plays with 30+ Options

Sideline O.B. - Go into an offensive call from O.B. play

Stetson – took main part of 4 out motion with him...couldn't put all the Belmont stuff in...too intricate/innovative.

Transition Shots – any shot where the defense is not set

Transition Rules – goes back and forth

1. Likes to have rebounder get out and push
2. Missed shots – 4 out 1 in motion

Belmont Defense

All Man Defense...1-2 possessions of zone/game...last 8-10 seconds of shot clock off an inbound.

Baseline O.B. Defense – no help/no switch ever...inbounder defender helps

Last 10 seconds...this year...switch all screens...ball screens.

Defensive Principles...No Have To's

1. Every closeout = square
2. Not forcing anyone anywhere

3. Ball Screens = go over 90% of the time...rarely go under
4. Scouting Adjustments on Combo Ball Screens
5. Filling Gaps
6. Double the Post anytime the ball enters the post below the 5-man

In-Season Practice

Heavy scout prep on defense...Offense focused on Belmont stuff.

Likes to use constraints in practice...1 dribble limit...NO Dribble

Defensive Scoring system to emphasize and create energy on defense

Favorite Shooting Drills – involve Game Speed/Pace

Big on Timed Shooting...makes/shots in amount of time

1. Partner Shooting – Make 10...Shoot 16/minute
2. 3 Man-2 Ball Shooting
3. 2 min. to make 5 @ 5 spots
4. Action Shooting – drills based on offensive movement
5. Position Shots – Bigs/Guards

What to Teach/Coach Young Players

1. Catch & Face the Basket
2. Eliminate the Dribble – teach cutting & passing
3. Defensive Transition – get back and get set

Other Thoughts:

No set script for practice plan...changes it up.

Almost NO shooting in off-season practice...4 hours/week...all offense/defense...team stuff.

In-Season = hard to practice more than an hour...Players conditioned to shorter summer practices.

Get rid of Zone Defense in Middle School & High School.

Present day game is much improved...players are skilled all over the floor...more sharing of the ball, etc.

Favorite Part of the Game – My Team

1. Journey of the Season
2. New Team – New Lessons
3. Ups and Downs – Overcoming Challenge Together