



STARS COACHES ACADEMY

WES LONG - ASSOCIATE HEAD MEN'S COACH, MIDDLE TENNESSEE STATE

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Dad was a HS Football Coach - coached everything else too

What's a Coach? The definition has gotten muddled over the years...money is the driver. Has changed the why for many coaches.

Two Daughters - in Gymnastics - Wife and I are super intentional about their first coach experience - important for their first impression of a coach.

How he (gymnastics coach) taught the girls...encouragement and discipline was always in a super-loving way. Moving forward - they will measure all other coaches by this standard.

"When you're 40...who do you want to be?" - Bob McKillip (Davidson)

Ten Ways to Build a Championship Culture - What do Your Players Need from You

1. Be Honest & a Truth Teller

- Look people in the eye
- Tell the truth at every interaction
- Truth = Currency of Freedom

2. Be a Good Listener

- Attitudes, fears, motivation learned by listening
- Know your players

"Boundarylessness" - 6 min. game in practice - 2/3's - no rules - Go - Observe...leadership, conflict resolution skills. Smart ones will teach you stuff.

"River" - team building game - Hula hoop - PE Scooter - Jump Rope - 20-30 min. on clock - Hula Hoop=Island, Scooter=Boat, Must get everyone from one side to the other (half court line to baseline) everything in between is the river full of gators.

3. Believe in Something Outside the Basketball Court

- Dangerous place if players don't think you care
- There will be a time with every player that they need to know you care

4. Build a Culture Beyond the Court

- What does your program represent beyond winning?
- Teach players to serve

Water Break in Practice - Go get someone else's water - for them

Team Meals - pick 2-3 to serve the food, 2-3 to cleanup, rotate each meal

5. Controlled Failure - Help them "Fail Well"

- Show them where they fail - how they can get better
- Give a player a path to grow & succeed rather than yelling "you gotta be better"
- 2 Views on Failure

Prohibited & it's Bad

Failure is Good - control it - show how to improve - get there - Praise It!!!

6. Discipline your Players

- Highest form of Love
- You know it's against the standard - must be addressed.

7. Offer Grace & Move Forward

- Grace Offered=Changes Discipline
- Tough & Tender at the same time
- Pay their penance and move forward

8. Be Firm in Your YES or NO

- Don't compromise your YES to get a player
- Find the talented player that fits
- Saying YES to things means you're saying NO to things

9. Respect Others

- Don't talk poorly to your players about administration, support staff, etc
- Don't talk down about opponents

- Attitude toward officials
10. Beal Real & Let them see you Vulnerable
- Temperature of my ears is different when I know why a coach does what he/she does

EVERY DAY DRILLS

1. 4 on 4 Talk Drill
2. 4 on 4 Jump - Shell Drill
3. Closeout Drills
4. Verticality/Chest Up Drills - due to point of emphasis

On Discipline...Do you want to be right? Or do you want the kid to grow? Choose your battles.

Evaluating Players

1. How do they treat females? Mom, sister, others.
2. Immediate Grievances from the place they came from. Excuse makers..."coach didn't let me play my game"
3. Trust coaches on transfers. They're not trying to lose.

Teaching Rebounding

1. Emphasize it. Make it important.
2. Improve Athleticism - Strength - First Step
3. Drill It - Incentivize it with points.

Defensive Scoreboard - Use in scrimmage time

1. Deflection=1 point, Steal=2, Def. Rebound=1, etc.
2. Reward Defensive Play & Rebounding

Defensive Philosophy

Create a Defensive Culture = Improves your Offense

Offense will rise to the level of your Defense - Offense is forced to catch up.

Defensive Rebounding = most important indicator of winning

Show Film = Show block out edit every day - SHOW THEM!

10-15 Core Defensive Drills he uses throughout the year to build the system.

Advantage of College level - June thru Oct.=Implement all defensive system - After October 1...no need for defense in the practice plan.

MTSU - presses 90% of the time

Defensive culture breeds toughness.

TAG SYSTEM

1. Send all 5 Offensive players to the glass
2. Tag all players - matched up - push into the paint
3. MTSU - Top 10 in the country in Transition Defense
4. Never work on Transition Defense - Except EVERY POSSESSION
5. Always working on Tag System
6. Test the Tag - Conditioning - Frees Up Practice Time

How long to play starters together in practice/scrimmage?

Team Specific - best 5 together to build continuity - as long as it does not stall progress of everyone.

How much shooting in practice?

A lot. If they can't shoot...don't recruit them.

If I were a HS Coach?

1. Work on Shooting - a lot
2. Press - not enough ball handlers
3. Tag System - send 5 to the Off. Boards