



# STARS COACHES ACADEMY



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Played college ball at Shorter - Dad worked in a plant - was a great coach but never could coach in the school setting. Last year (Coach Acuff) coached in his 1000<sup>th</sup> game...his dad saw his first game and his 1000<sup>th</sup> game.

We need GREAT coaches.

## **2 Types of Coaches**

1. Humble
2. Those about to be

Most games aren't WON they are LOST - Have to learn how not to lose.

There's no middle ground when you coach...it's gonna be great (win) or terrible (lose).

Wants to keep coaching for a while...but soon...wants to be the best volunteer MS coach in the world.

## **Yellowstone (John Dutton) on coaching...**

Beth: "Dad, you look sad."

John: "No, I'm just lonely."

What percentage of games played are won by the team with the best players? 80-85%. It's about the players.

\*Be the person who texts someone after a loss.

Land Mines = every job has land mines - Navigate the mines - Eliminate and remove them - it takes time.

## **How did you build a successful program at UAH?**

One hand-shake, breakfast, lunch at a time. Longest distance between 2 points is a short-cut.

When this is all done...you want.

1. Stories
2. Memories

### **Lipscomb - 6 Core Values**

1. Selfless
2. Thankful
3. Humble
4. Driven
5. Committed
6. Responsible

As a coach - ask yourself - would you be comfortable with your son/daughter playing for you?

He became a better coach after having kids. Never gonna make everyone happy. Hardest thing for me...disappointing the kids you like the most.

### **3 Types of Decisions**

1. Program
  2. Team
  3. Individual
- \*All 3 are important but at the end of the day...  
This is the order.

Message to parents in recruiting...I'm recruiting your son, not you. I'll talk to parent about playing time...one time.

Anything you can read/listen to on Buzz Williams (Texas A&M)...read more.

Buzz Williams - Player wants to play more...ok...go tell your teammate, who should play less, why you should play more over him.

Really hard to outcoach anyone...You can out-culture them...we have to have a better culture.

**CULTURE** = That's Us Vs. That's Not Us

True Leadership = what is said when the coach is not in the locker room.

We double-down on who we are.

4 Most Powerful Words you can tell a Kid = **I BELIEVE IN YOU**

Goal every year = Can we get them to play better than we are? Don't leave any food on the table. Don't ever want to coach a team that doesn't have tears after the last game.

### **3 Types of Players**

1. Those that like it
2. Those that love it
3. Those that live it

You can teach a player that loves it to live it.

Overload your locker room with high character kids. The floor never breaks and the ceiling gets higher.

### **3 Things we want our Program to be**

1. Important - Players need to think/feel it's important
2. Has to be Fun - Must be enjoyable; Practice no more than 1:40 and play a lot
3. Vehicle for Improvement

Be careful with ALWAYS & NEVER

It's not how good you are...it's how good you play.

Know the difference between character issues and maturity issues. Most kids have maturity issues.

Most red flags don't turn green. Trust your instincts.

Offense = less complex than people think

Study trends - learn at a level that exceeds change...but, don't forget what has stood the test of time

Every year your team is a riddle...can you solve the riddle?

Longer the year (season) goes...you tend to play smaller. It's a guard's game.

**Hiring** = hire people you can trust. Who's in the Fox Hole with you.

Role definition is not hard. Role acceptance is hard.

### **2 Things get you in Trouble**

1. Dumb - Players do dumb things on the court

2. Delusional - Players with no idea what's going on...parents.

Recruiting = I watch the parents as much as the kid.

Kevin Stallings - Feel & Vision are two of the hardest things to teach.

Basketball & Life - need to have a tough chin. In defining moments, you can't flinch.

### **Practice Breakdown**

1. Skill Work (20-25 min.)
2. Offensive Breakdown
3. Defensive Breakdown
4. Play - A Lot

Don't want guys to dread coming to practice. One NBA coach...no defensive breakdown drills...all 5 on 5.

### **Recruiting**

1. Can I coach him?
2. Do they have feel?
3. Recruit Offense - Teach Defense

DI/DII difference = DI defense is better - Physicality - Hard game when you can't score.

### **Building Offense - for young teams**

1. Spacing - starts here
2. Pass & Catch - 1 sec. to shoot or move it
3. Win the first 3 feet - strong pivots/space

Motion Offense = Wide Action/Wide Vision

I want to run offense where the ball see's the best action. Find the 2 on 1 advantage and keep it moving.

### **Studied all 3 pointers shot last season...**

45% on good passes - on time & target

24% on passes outside the strike zone

**1 of 4 Things we try to get on Offense - get one and we have a good possession**

1. Advantage Layups
2. Range-Room-Rhythm for 3 pt. shooters
3. Get Fouled
4. Get Offensive Rebounds

Know time-situation-score.

Offense - Concepts - Where's the ball? Where's the 5-man? Let the ball talk. Influence from John Bellein.

Best pitch in baseball is strike one...batting average goes down 100 pts. We want to be a strike one offense.

How you play and how you shoot are NOT one in the same.

- Ready to quit when you don't make shots
- Feel like you figured it all out when you make shots

Don't do 2<sup>nd</sup> things first! - Don't put it on the floor (dribble) before looking to shoot

Every day - 34 years of coaching - Every Practice

- Shooting Buildup - Shooting Warmup/Progression
- Lock-Leave-Stick...Lock Elbow, Leave Follow Through High, Stick the Landing
- Move out to 17ft.
- Good Miss = Inside the Rim
- Good Shooter = doesn't miss left or right

8-10 minutes of practice every day = Offensive Action Shots

End of Practice - 4 min. shooting - Make 70 shots

- Corner - Top - Corner - Back to Top (4 spots)
- 1 min. at each spot - Pass to Spot, Catch & Shoot

### **High School Level - How to coach feel & vision?**

- Show it to them - Video
- Set up decision-making drills - drive & have to read help
- Teach to play off 2-feet
- Play a lot in practice - 3 on 3 & 4 on 4

Embrace the mess and work through it.

## Short Term Goals - Long Term Vision

Without Vision people will Perish.

Dribbling - be a violent dribbler - pound, pound, push to back door pass.

Back cuts - dribbler/cutter get on the same plane - Throw it out in front - don't be short.

### Back Cuts & Traps

- If you back cut a little - they'll worry about it a lot
- If you trap a little - they'll worry about it a lot

### **If He coached High School**

- Trap at the end of every quarter - Blitz
- Go into 1-2-2 zone - Blitz & Trap (Corral/Don't Foul)
- 60x2 = Don't let 2 best players beat you (60% of offense by 2 player)

### **Tim Floyd = study him...Mr. Triangle & 2**

Show Zone - Play Man

Head Coach or best players can't have a bad day in practice.

Energy drills to start practice.

Positivity = Shout praise...whisper criticism

When you leave...you should be hard to replace.