



# STARS COACHES ACADEMY



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One thing he's learned = must be in Constant Communication with the Players. No Communication = They assume the worst. This is a Full-Time Job!

Middle of the Season - someone's talking to them...even if you don't have new things to say...talk to them.

How they feel about themselves is more important than what they're doing.

## **2 Types of Meetings**

1. Violation of our Culture - meet in my office
2. Moving them past something - over a meal

## **Staff - young, connectors...meet with players 2x a week**

1. Film
2. Academics
3. Connection

Transition Offense & Defense are infinitely more important than half-court offense & defense.

Playing in Space - important to what they do

Trevecca runs a designed secondary break - first time he's done that. Committed to running in the second half.

## **Less Talented Team...**

1. Make more 3's
2. Get lesser players in space to make plays

Defensive mindset - keep 5 on 5 - switch a lot - Keep the ball in front of you.

Decision-making more important than the skill - Shot Decision.

## **Tiger Drill - everyday**

1. 6 seconds to score
2. 4 on 3 - 5 on 4 - 5 on 5

## **Shot Geography - what we want**

1. Rim
2. Catch & Shoot 3's

## **Every drill = assigned Point Values (4 or 1)**

Rim or Catch & Shoot 3's = 4...All Other = 1

## **Defensive Scheme with Current Team**

Play Zone on Makes - Man on Missed Shots...2 best scorers are poor defenders

Defensive Schemes - should be efficient

"If you don't see it before you see it...you'll never see it." - Lance Akridge

Establish Vision - Create Clarity - Overcommunicate Vision - Base all Decisions off that Clarity.

Fight for your culture everyday!

## **3/7 Rule - Create a Ground Swell**

- First interaction with someone
- If Positive = they'll tell 3 other people
- If Negative = they'll tell 7 other people

## **3 Things When Building a Program**

1. Build Roster
2. Build Staff
3. Build Community

What is most important now?

Coaching = 15% Tacticle (maybe less as a head coach)/85% Managing People

Man that loves the walk gets further than the man who loves the destination.

When acclaim and recognition go up - head has to stay down.

Maintaining Success = harder once you get there

Sustainability is rarely sexy - Same mundane tasks - mastering mundane every day.

No problems were ever solved by lowering the bar.

## **Managing Roster**

- Communication
- Conflict - only thing that goes away when you ignore it is your teeth
- Vulnerability = Power - Builds trust with staff & team
- Trust = Relationship
- Relationship = Accountability

## **Practice**

Make the drill the bad guy = point values/winners & losers

Shrinking the lineup as season goes on = if they're not hearing from you, they're hearing from someone else. Talk to ALL your players.

Be the best in the world at what you do.

## **Culture**

Honest - Hungry - Humble

Coach this every day - not just words on a notebook or wall

## **Building a Program**

Year 1 - Learning

Year 2 & 3 - Living

Year 4 - Leading

Live your legacy - Have a full funeral - Long Chain - Build an Army of Impactors

**Transition Defense** - Staff always watching/charting - Assign Points

1. Rebound Coverage
2. 1<sup>st</sup> 3 Steps back

3. Pointing & Talking
4. Pick Up Point of Ball

## **Practice Planning**

Buildup Drills = Stop & Correct

Play = Don't Stop until the end

## **Non-Negotiables**

1-second Drill = Shoot or move it - Know what you'll do with your best player?

Once things become optimized, they never go back.

## **Shot Chart = NBA**

Top 200 locations = 3's & Layups

System has to be flexible enough to help players be at their best.

## **Not Yet...some guys**

1. Shoot 3's?...Not Yet
2. Put on the Floor?...Not Yet

Players need both honesty and hope.

## **Best Shots**

1. Layups
2. FT's
3. Paint to 3's

**Offense** - look for 2<sup>nd</sup>/3<sup>rd</sup> side shot

Build offense around strengths of players

More you move the ball = better

Tough to score against a loaded defense

**Terminology** - important - staff retreat to learn it

Try to be unique on both ends of the floor.