



STARS COACHES ACADEMY

ANDY BLACKSTON - HEAD BOY'S COACH, BRENTWOOD ACADEMY

FEBRUARY 4, 2024

Played @ Lipscomb for Don Meyer - Coach Meyer wanted his HS teammate, Andy McQueen (TN Long Rifle) - Watched Blackston play PG & setup the shooter and feed the post - ended up at Lipscomb.

Career

- Austin Peay - GA with Dave Loos
- Full-Time Assistant @ Alabama-Huntsville with Lennie Acuff
- WBB Head Coach @ Alabama-Huntsville at 26 yrs. Old
- DI Head Coach @ Austin Peay by 28 yrs. Old
- Madison Academy Head Coach - 16 yrs.
- Brentwood Academy Head Coach - 2 yrs.

Meyer/Acuff - Mentorship

Experience - nothing like failure to teach you.

2 Types of Coaches

1. Humble
2. About to be Humbled

The game will humble you...be in a posture of learning.

Posture of learning

1. Learn from Players
2. Be open and honest.

Brentwood Academy School/Program Vision

1. Resilient
2. Critical Thinker
3. Thoughtful Communicator
4. Problem Solver

5. Christ Follower

Decisions are based on...

1. What's best for the program?
2. What's best for the team?
3. What's best for the individual?

One Team Rule = Be where you're supposed to be, when you're supposed to be there, doing what you're supposed to be doing...

6 Pillars of BA Team

1. Do something to help the team
2. Be Coachable
3. Play Hard
4. Play Smart
5. Play Together
6. Make Plays

Discipling Culture

High Relationship/Low Challenge = Cozy

Low Relationship/Low Challenge = Apathetic

Low Relationship/High Challenge = Stress

High Relationship/High Challenge = Empowered

Jesus - 3-3.5 years to Coach these men (disciples) to carry on the message of the Church

Working Coach Meyer's Camps - 5-6 years

"I knew how to teach the game."..." I didn't know how to coach." - Science/Art to coaching.

Survey to College Coaches

- What do college coaches want? Really looking for?
- Players that can make the right basketball play
- Take the right shot - spray it when you should
- Can you make the game simple
- Simple=Good=Efficient

- Coachability-Character-Passion for the Game-Talent-Skill-Feel-Self Motivated-Humble

Hollander-PDR to Rate Efficiency

You have the ball for 5% of the game...what do you do with your other 95%?

- 15-20 = C
- 21-29 = B
- 30+ = A

Wisdom for the Journey

Challenge your best player in front of the team and if he responds...you're all set.

Teaching/Coaching Youth Teams

1. No Zone - Avoid it
2. Basic Basketball
3. See the Game-Read the Game-Play the Game

Art of Coaching - getting the kid in the right place - to use their skill set

Every game I watch I'm at a clinic.

Do your job like the floor mop guy at Ole Miss.

Taking over a new program - Brentwood Academy

Used all of June to put in Offensive System - Chemistry of returning team was already there.

Drills - Practice

Offensive Rebound Coverage - Defensive Transition

- Half-Back & Full-Back - Send 3 to the glass
- 5 on 0 set to 5 on 5 to 5 on 5

Starts-Stops-Turns with Defensive Pressure

- Count/Chart Deflections
- Working on Pass Fake & Pass

Always includes skill development throughout the season.

One Offensive Concept per day - don't put too much in all at once. Layer it and add to it each day.

Combines Varsity/JV guys early in season - split up once football guys are available.

Define Winning - What does it look like to you?

- Disciple of Christ first
- Wanna be a Christian that coaches...not a coach that is Christian.
- Be humble and treat people right
- Would you rather win every game or sacrifice all these things?

Team Verse - Seek first the kingdom of God...

Celebrate each other's victories...Enter into each other's struggles.

Teach Players to pay it forward.

When people watch your team play...they leave inspired.

Dealing with a Toxic Player

- Who's running your locker room
- Is US helping you or YOU hurting the team?
- Is it time to go?

Go to battle for your team - if it's outside the culture = it's got to go...like Cancer. Get rid of all of it!