

SIMPLIFY YOUR SYSTEM

USAB COACH ACADEMY: ATLANTA 2018

Dr. Hal Wilson @CoachHalWilson
Georgia Southern University
CoachingBasketballWisely.com



THE PLAN

- Who am I?
- Why simplify?
 - 5 reasons
- How can we simplify?
 - 6 ways



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WHO AM I?

Assistant Professor of
Coaching Education



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FACT:
SCHOOL RECORD WINS, CHAMPIONSHIP,
OR CHAMPIONSHIP APPEARANCE IN **9** PROGRAMS

1996 1997 1998 2000 2004 2005
2007 2008 2014 2015 2016 2018

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TRUTH:
EACH PROGRAM WON DIFFERENTLY (& SOMETIMES DIDN'T WIN)-
DISCERN WHAT WORKS FOR *YOU!*

1996 1997 1998 2000 2004 2005
2007 2008 2014 2015 2016 2018

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POP QUIZ:
NAME 3 COACHES WHO WON 2 GAMES IN THEIR FIRST SEASON?

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WHY SIMPLIFY? REASON 1/5

1. Have you ever wished your players were **more skilled**?

- Have you ever heard someone complain their team is **too fundamentally sound**?



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WHY SIMPLIFY? REASON 2/5

2. Have you ever told a player to **stop thinking & just play**?

- 4 Stage Model of Skill Mastery
 - 1. Unconsciously Incompetent
 - 2. Consciously Incompetent
 - 3. Consciously Competent
 - 4. Unconsciously Competent
- The zone or a "flow" state

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WHY SIMPLIFY? REASON 3/5

3. Have you ever wished your players were **more confident**?

- The more you think, the slower your feet!
- Script out your schemes. Is it too much? Can it be revised/reduced?

Do you know...

1. the 5 Fast Break spots and the names of each spot on the floor?
2. the 3 main options to score on the Fast Break?
3. why would you not hit ahead to the rim runner?
4. what to do if there is already someone down the right sideline and another player tries to run that same sideline?
5. what to do if the player with the ball beats the right wing down the sideline?
6. what to do if the post is not the rim runner?

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WHY SIMPLIFY? REASON 4/5

4. Have you ever wanted **fresher legs** at the end of the season?



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WHY SIMPLIFY? REASON 5/5

5. Have you ever wished you had **more time for team building**?



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HOW CAN WE SIMPLIFY? WAY 1/6

1. **Work Backwards**

- What do you *have* to have in before your *first game*?
- What do you *have* to have in before *league play*?
- What do you *have* to have in before *postseason*?

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HOW CAN WE SIMPLIFY? WAY 2/6

2. System or not?

“Running the System” may... Adapting System to Talent may...

- reduce learning time
- build on tradition
- be easier to prepare for
- be boring
- not fit current personnel
- take longer to install every year
- keep players and coaches fresh
- be harder to prepare for
- fit current personnel

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HOW CAN WE SIMPLIFY? WAY 3/6

3. Consistent & Transparent?



Bulloch Academy all over Edmund Burke

It was a rout for both Bulloch Academy squads Friday night against Edmund Burke. The Lady Gators cruised to a 59-43 victory in the early game and the BA boys emptied the bench for the entirety of the fourth quarter in their 68-46 win.

In the girls game, the Gators simply drowned Edmund Burke in a downpour of 3's. Bulloch connected 14 times from behind the arc, with Abby Newton hitting six (and leading the team with 20 points) and Kacie Ricketts hit another half-dozen from long range.

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HOW CAN WE SIMPLIFY? WAY 3/6?

3. Consistent & Transparent?

- Weekly emphases
- Weekly grade & behavior checks



LADY BASKETBALL

WEEK	DEFENSE	OFFENSE
1	Can you see the ball?	Are you prepared?
2	Coach talk	Help your leader!
3	Open or man off guard?	Protect the basket!
4	Don't lose the ball!	Communicate like you are playing defense!
5	Don't let the ball go!	Pass, pass, pass!
6	Jumping hoes don't put hands!	2 triggers, 2 triggers, 2 triggers!
7	Try to see if you can't put a hand on the ball!	Split out of a trap!
8	Anything can happen!	Never let behind the ball!
9	Coach's presence in the gym!	Take it all back!

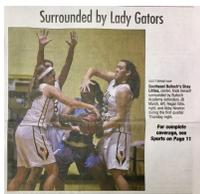
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HOW CAN WE SIMPLIFY? WAY 4/6

4. Principles or plays?

- Find principles in *your* plays/schemes
- Focus on the principles first
- Come back to the principles during season
 - in practice
 - in timeouts
 - in pregame



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HOW CAN WE SIMPLIFY? WAY 4/6

4. Principles or plays?

2 Defense Examples:

1. Universal Defensive Principles
 - "Killer B's"
 - Trapping Responsibilities
2. Shell progression & scouting
 - Combine D & O
 - Use our O actions vs. Shell



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HOW CAN WE SIMPLIFY? WAY 4/6

4. Principles or plays?

4 Combination Examples

1. 3 on 0, 3 shots
 - Think about initial alignment
2. 3 v. 3
 - Our O vs. Our D
 - Coach assignments
3. 4 on 0, 3 shots
4. 4 v. 4 shell



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HOW CAN WE SIMPLIFY? WAY 4/6

4. Principles or plays?

3 Offense Examples:

1. Primary Break & Live Ball Press O
2. OB plays out of multiple sets
 - Ex.: Box & Flat sets
3. Secondary OB action



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HOW CAN WE SIMPLIFY? WAY 5/6

5. Is it worth it?

5 Drill Thoughts (1-3)

1. **Relevancy:**
 - What game action are we simulating?
 - Would a small sided-game or controlled scrimmage be better?
2. **Redundancy:**
 - Do we already have a drill that does this?
 - The lower the level, the fewer variations you need
3. **Efficiency:**
 - Can this be covered another way? Combined?



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HOW CAN WE SIMPLIFY? WAY 5/6

5. Is it worth it?

5 Drill Thoughts (4-5)

4. **ROI:**
 - Is there a big enough return on our investment of time to teach it?
5. **Building blocks:**
 - How can we combine or sequence these drills?
 - Love the *USAB Youth Development Guidebook's* Progressive Coaching Method



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HOW CAN WE SIMPLIFY? WAY 6/6

6. **What's in a name?**

▪ **3 Ways to Name Drills** (saves time!)

1. After people:
 - "Huckaby Drill" (USA Select National, Hawks...)
2. After where you got it:
 - "Carolina Drill" (jump to the ball)
3. After what you do:
 - "Everything Drill" (Stance, help, closeout, box, pursue, outlet, loose ball, charge)

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HOW CAN WE SIMPLIFY? WAY 6/6

6. **What's in a name?**

▪ **3 Ways to Name Defenses**

- Colors, Numbers, Names (*Coach Carter*)?
- 1st digit, 2nd digit
 - 1st digit even = man (Ex. "20" = Half court man)
 - 1st digit odd = zone (Ex. "10" = Matchup zone)
 - 1st digit tells pick up point ("40" = Full court man)
 - 2nd digit tells action (1 = trap 1st pass, 2 = trap dribble)
 - Ex. "41" = Full court man trap 1st pass

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HOW CAN WE SIMPLIFY? WAY 6/6

6. **What's in a name?**

▪ **6 Ways to Name Plays** (Can combine these)

1. Numbers => John Kresse system
2. Names => Where you got it ("Wake")
3. Tag the Action => "Zipper"; "Whip"
4. Initial Set => "Horns"; "B1"
5. Nonverbals => Tap head; flex arm
6. Mnemonic Device => First letter: "Clemson" = cross screen
=> Action: "Delta" = delay

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THANK YOU!

- @CoachHalWilson
- CoachHalWilson@gmail.com
- CoachingBasketballWisely.com