



MAY, 2010 MONTHLY REPORT

From the Executive Director

Tom Hursey

YEAR IN REVIEW

MEMBERSHIP: What a jump in membership. From 3600 members last year to 4300 this year. This says something about BCAM and the services we offer to members. Reducing the cost of the School Special also enticed 100 more schools to pay for the BCAM membership. Can we go over 4500 next year?

COACHES VS CANCER: Here is another area that BCAM improved in. We were responsible for approximately \$23,000 raised last year. With the efforts of you and your players, BCAM helped raise over \$130,000 during the winter for the fight against cancer. With the help of more members we hope to improve on this amount in 2010-11.

HOOPFEST SHOOTOUT: Our first attempt at working with the MHSAA to sponsor a Top Shooters Shootout was a success. Players who qualified for our Top Shooters awards for free throws and 3-point shots were invited to MSU during the girls' and boys' state finals. These shooters shot against each other at the Hoopfest in Jenison Field House. The top two free throwers and 3-point shooters faced off at half-time of the state finals at Breslin. These contests were televised over Detroit Fox Sports. This will be an annual event.

HOOPFEST LEGENDS: For the second year, BCAM members along with BCAM Hall of Famers put on a clinic for anyone in attendance at the Hoopfest in Jenison Fieldhouse. This was held Saturday morning of the boys' state finals. Again there was a very good turnout and the kids got a good workout during their clinic.

COACHES CLINIC: BCAM's Fall Coaches Clinic had another top line-up of speakers. Even though our attendance was down, those who did attend got more than their money's worth. We have surveyed our membership about changing the clinic dates and location but the results show the majority of coaches are happy in Lansing. We will be back at the remodeled Causeway Bay Hotel on October 1,2,3, 2010. You will be receiving much more information on the clinic this summer.

REACHING HIGHER SHOWCASE: After the success we had in 2008-09 with our initial Showcase, we continued this year with the girls' showcase in April and the boys' showcase in July. We moved the boys to July because of NCAA rules prohibiting DI coaches from attending showcases in April. BCAM and the MHSAA have worked hand in hand to provide a first class day of workouts, recruiting education for parents and players, and games.

WEBSITE: This past year saw great improvements to the BCAM website. We can now provide much better communication with you the members. Almost everything that BCAM is involved with can be found on the website. This should be the first place you go if you have questions. Online payments are now possible for membership and will soon be possible for this fall's BCAM Coaches Clinic. We are always looking for ways to improve the website. If you have any suggestions, please let me know.

The above events are just a few of the many services that BCAM offers. Take time to look through the BCAM website at www.bcam.org for all the services available to members.

COMING EVENTS

ALL STAR GAME: Our top 100 seniors will face off at Brighton HS on Saturday, August 7. There will be four games starting at 11 AM. Girls CD, Girls AB, Boys CD and Boys AB. BCAM members get in by showing their membership card.

COACHES VS CANCER GOLF SCRAMBLE: The final plans are being made for this great day of golf and fun. The location is beautiful Walnut Hills Country Club in East Lansing. The date is Monday, August 9 starting at noon. You will be receiving more details on this great event soon. Put together a foursome early since we are limiting play to 144 players. **We are looking for a major sponsor for this event to underwrite the cost of food and drink. If you know of anyone interested in being a sponsor for this great event, have them contact Rodney Palmer (517-749-2945) or rpalmer@nsr-inc.com.**

COACHES CLINIC: As mentioned above, the clinic dates are October 1, 2 and 3. Expect another great line-up of speakers. Registration information will be coming this summer.

BCAM Website:

Now appearing on the BCAM website: Many of the 09-10 Player and Coaching awards are now on the website with more to follow. This year's Top Shooters, BCAM's BEST, Team Academic All-State and HS Coaches of the Year are available to view on the AWARDS page. Soon to be published will be Individual Academic All-State, All-Star Teams, and College Academic/Athletic Team winners and College Coaches of the Year.

We have been working very hard on the AWARDS area of the website. We have been working to include all the BCAM awards given since the beginning of each award. Many pictures and biographies are now available for our past Hall of Fame and Hall of Honor winners. Mr and Miss Basketball pictures and information will be coming soon. Check it out. www.bcam.org

REGISTRATION For 2010-11 BCAM Membership Year

Beginning May 10th you will be able to start registering for the 2010-11 Membership year which officially begins June 1. The 2009-2010 Membership Year will end on May 31 and you will need to re-register. On May 10th our online registration will again be available (preferred) as well as a printable membership form which you can find under FORMS at our website.

Check with your administration about paying for your staff's membership through our School Special - \$80 for 15 coaches. 300 School Specials were sent in this past year, almost all of them paid for by schools. **NEW this year** will be a \$40 School Special form ONLY for schools who are "All-Boy" schools or "All-Girl" schools. College coaching staffs are also invited to use the \$40 School Special form if their Men's Staff and Women's Staff are joining separately. (The \$40 School Special form will need to be printed and mailed—it is not available in the online registration area).

The price is the same whether you join early or join late! Why not get a whole year of BCAM benefits and information and JOIN EARLY! If you ever have questions about Membership, contact BCAM Secretary: Amy Heydenburg at amy@bcam.org

FROM THE PRESIDENT

Tim Conley – Saginaw Heritage HS

I would first like to share a very sincere thank you to all BCAM members who took part in assisting with the 2010 Girl's Reaching Higher Showcase this past month. The time put forth by members to make a successful event included the nomination of players, being part of the selection committee, and or/ being one of the coaches that helped on our very special day.

Beyond BCAM affiliation, at the Showcase we had several speakers including former college ball players in a panel discussion regarding "How to Survive as a College Athlete", Marc Comstock speaking about the "Realities of Recruiting", Shelia McBride discussing a program she founded called GradeCheck.net, Elizabeth "Liz" Shimek-Moeggenberg; a former WNBA player and Miss Basketball of Michigan, and our last speaker, an inspiration to the game itself: Linnell Jones McKenney. Linnell is a former Olympian, professional collegiate player and a Flint Hall of Fame inductee. We are also pleased to share that Linnell has a new book coming out this month titled: Motivated to Dream Big – Inspirational Columns. To obtain a copy of this book, email Linnell at linnellbible@aol.com.

Approaching quickly! July 31, BCAM and the MHSAA will be teaming up again to host the second annual Boy's Reaching Higher Showcase at South Lyon High School in South Lyon, Michigan. We are pleased to announce that Ray Scott, a former NBA coach and athlete as well as Shane Battier, a Duke All-American and Houston Rocket's player will be speaking. Mark your calendars and we hope to see you there!

I hope that all Varsity Coaches take the time to mentor our young coaches of today. BCAM offers many things to help each of us be successful in the coaching world. Take the time to browse our Website! A booklet that all coaches might want to have in their hands is the "Elements of Good Coaching", written by MIAAA Athletic Directors. For more information please contact Saginaw Heritage Athletic Director, Peter Ryan at pcryan@stcs.org or Saginaw Heritage Girl's Varsity Basketball coach Tim Conley at ticonley@stcs.org for orders, cost is \$5.00 per booklet. Hoops Always!

TC



HOW BCAM SELECTS MR. BASKETBALL

Chairman – Al Snyder

(NOTE: Every year BCAM receives a few emails from members about their concern over the Mr. and Miss Basketball awards. In an effort to inform all the members about the process of choosing this prestigious award I have asked our Mr. Basketball Chairman to explain the process. Al Snyder is a BCAM Hall of Fame member and was a longtime successful boys basketball coach at Mt. Clemens HS. (The process is the same for Miss Basketball). Here are Coach Snyder's comments☺

As Chairman for the Mr. Basketball award, I would like explain the process used in selecting Mr. Basketball. I would like to say that it has worked out for the best over the years, a testimony for BCAM members as well as the process.

First, BCAM Regional Directors give me the name of anyone in their region that is worthy of the award. Sometimes this works well, many times there is nobody in their area that is Michigan's number one player.

Secondly, and most importantly, ANY coach CAN and SHOULD contact me about a player they have that is a possible nominee. This is the best and most important lifeline for Mr. Basketball.

For example, in 2010 we had six nominees for the award and I was convinced that any one of them could have been named Mr. Basketball. They were what I call "the elite". By limiting the field we are sure to get a qualified Mr. Basketball. This year I spoke with 4 of the 6 coaches about their nominee. We do discuss sportsmanship, citizenship, scholarship, and team values -- all part of the award. Mick McCabe of the Detroit Free Press does the legwork on writing up a biography of the player and their personality. Mr. McCabe does NOT select any of the players but will discuss those he has seen play.

The voting is by BCAM members (those actively coaching) and there is no control over their choice. Often it is based on what coaches saw during the year or even last year's tourney performance. This year Keith Appling was remembered for his record setting Finals game performance last year. Sometimes a small town or underdog player gets a lot of votes like David Kool of South Christian or Brad Redford of Frankenmuth. Timing can help or hinder a player's vote total if they win or their team gets bumped from the districts or regionals.

That is why we have chosen to limit our nominees to the "big boys". Usually these players are being recruited by D-1 schools. They also have their team in the running for the state championship and are being considered the number one player in the state in their senior year. That player is named the BCAM- Detroit Free Press Hal Shram Mr. Basketball Award winner.

Contact Al aesnyder9@gmail.com or 1-586-469-4269

TOP SHOOTERS AT BRESLIN

Finalists for the Boys and Girls Top Shooters Challenge during HOOPFEST:



Boys 3pt: Tim Hasse (winner 24 of 50 in finals) Northville and Adam Pijaszek (Runner-up 21 of 50 in finals) Bay City All Saints

Boys FT: Austin Semple (winner 4 of 5 in finals) Zeeland West and Runner Up Matt Lazette (3 of 5 in finals) Temperance Bedford

Girls 3pt: Rose Savela (winner 14 of 25 in finals) Manistee and Cameron Baumunk (10 of 25 in the finals) Big Rapids.

Girls FT: Megan Grimes, Gull Lake and Brooke Borowski, Pontiac Notre Dame Prep (Winners tied 8 of 10)

Coaches can now earn credits for coaching courses

ASEP partners with Michigan State University and its Institute for the Study of Youth Sports

Champaign, IL-- Faculty-coaches can now earn up to four continuing education units per course through a new partnership between the American Sport Education Program (ASEP) and Michigan State University (MSU). Through the arrangement with MSU and its Institute for the Study of Youth Sports (ISYS), K-12 faculty-coaches have the opportunity to take MSU Coaching Principles and MSU Coaching [Sport] Technical and Tactical Skills online courses through the university and earn MSU College of Education and Michigan Department of Education CEUs-credit needed for recertification.

"We are proud to partner with the American Sport Education Program in bringing these professional development courses to coaches nationwide," says Dan Gould, director of the Institute for the Study of Youth Sports at Michigan State University. "Our 30 years of sport research emphatically underscores the positive effects of coaching education at all levels of sport," he says. "The credits coaches earn from MSU by participating in the program will benefit them professionally and will personally benefit the sport experience of all their athletes. I encourage all coaches at all levels of sport to embrace this educational opportunity."

ASEP courses available for CEUs include the following:

- MSU Coaching Principles 4.0 CEUs
- MSU Coaching Baseball Technical and Tactical Skills 3.5 CEUs
- MSU Coaching Basketball Technical and Tactical Skills 3.5 CEUs
- MSU Coaching Football Technical and Tactical Skills 3.5 CEUs
- MSU Coaching Softball Technical and Tactical Skills 3.5 CEUs

Jim Schmutz, ASEP's executive director, is proud to partner with Michigan State University and the Institute for the Study of Youth Sports. "Dan Gould's research through ISYS is revered in coaching education circles and to have the backing of MSU is an added plus for faculty-coaches looking to secure continuing education credit," said Schmutz. "We very much look forward to providing our coaching education courses to faculty-coaches in the future."

ASEP courses have long been the coaching education standard for training non-faculty coaches at the scholastic level in the United States. However, faculty-coaches have had little incentive to participate in a coaching education program in the past. In many states, K-12 faculty are not required to have training to become a coach; simply having a valid teaching license qualifies them.

Schmutz reiterates that faculty-coaches do need to earn continuing education credits to maintain their teaching certification. "Through the arrangement with MSU, faculty-coaches can take ASEP Coaching Principles and Coaching [Sport] Technical and Tactical Skills online courses through the university and earn MSU College of Education and Michigan Department of Education CEUs-credit they need for recertification and to move up the pay scale," said Schmutz. "Plus, the instruction they gain will only help improve their performance as coaches and enhance the sport experience for the athletes they coach."

In awarding CEUs, MSU follows CEU guidelines developed by the International Association for Continuing Education and Training (IACET). Given that each state board has different requirements for teacher licensure, certification, and CEU courses, we encourage coaches to check with their district or state Department of Education to ensure CEUs from MSU and the Michigan Department of Education are accepted by their organization.

For more information about this opportunity or to enroll in the courses, visit www.HumanKinetics.com/Continuing-Education-for-Coaches or contact ASEP at ASEP@hkusa.com or 800-747-5698.

ABOUT THE ORGANIZATIONS

The **Institute for the Study of Youth Sports** (ISYS) was founded by the Michigan Legislature in 1978. The mission of ISYS is to provide leadership, conduct scientific research, and engage in service or outreach that transforms the face of youth sports in ways that maximize the beneficial physical, psychological, and social effects of participation for children and youth while minimizing detrimental effects. To learn more about ISYS, visit www.YouthSports.msu.edu.

The **American Sport Education Program** (ASEP) is the leading provider of youth, high school, and elite-level sport education

programs in the USA. Rooted in the philosophy of "Athletes first, winning second," ASEP's courses and resources are used by local, state, and national sport organizations; more than 30 state high school associations; and 200 colleges and universities in certifying coaches. For nearly 30 years, ASEP has led the way in making sport a safe, successful, and enjoyable experience for all involved. For more information on ASEP sport education courses and resources, call 800-747-5698, e-mail ASEP@hkusa.com, or visit www.ASEP.com.

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SCHOOLS WITH OVER \$1000 IN MONEY RAISED FOR COACHES VS CANCER IN 2009-10

Holland West Ottawa HS	\$15,000
Marine City HS	\$6,678
Macomb L'Anse Creuse North HS	\$5,525
Port Huron Northern HS	\$4,970
Saugatuck HS	\$3,800
Marshall HS	\$3,500
Kingsley HS	\$3,299
Jackson Northwest HS	\$2,800
Hartford HS	\$2,737
Dearborn Divine Child HS	\$2,670
Gladwin HS	\$2,500
Big Rapids Crossroads Charter Academy	\$2,108
Linden HS	\$1,485
Hillsdale HS	\$1,141
Grant HS	\$1,108



THE FOLLOWING STORY WAS SENT TO ME BY RODNEY PALMER, BOYS VARSITY COACH AT WILLIAMSTON HS. As basketball coaches, you will be interested in this story.

I have a story for you guys. My AD called me in his office on Monday; he wanted me to meet a new transfer student. More accurately his mom wanted to meet me. I hurried up to the school to meet Atari Tuna Mumtumbo. A 6' 10" inch 260 pound sophomore. As you guys can imagine I had the biggest smile on my face and was very pleased to meet him and his mother. We had a lot of small talk and then the meeting got little more serious. I was led to ask the question; "did you consider any other high schools in the Lansing area. Her answer was this. "Yes, we considered Dewitt, Laingsburg, and Okemos". I had to ask, "why Williamston"? Her answer left me speechless. "Coach Palmer we felt Williamston was the best fit for my son because of their excellent wrestling program". What....? I had to tell her I was the basketball coach. Man oh man was she mad.

TEAM USA – GOLD STANDARDS

(Developed by the players on the 2008 USA Men's Basketball Team)

Hopefully it has some value as you develop your team's standards.

1. No Excuses

- a. We have what it takes to win

2. Great Defense
 - a. This is the key to winning the gold
 - b. We do the dirty work
3. Communication
 - a. We look each other in the eye
 - b. We tell each other the truth
4. Trust
 - a. We believe in each other
5. Collective Responsibility
 - a. We are committed to each other
 - b. We win together
6. Care
 - a. We have each other's backs
 - b. We give aid to a teammate
7. Respect
 - a. We respect each other and our opponents
 - b. We're always on time
 - c. We're always prepared
8. Intelligence
 - a. We take good shots
 - b. We're aware of team fouls
 - c. We know the scouting report
9. Poise

We show no weakness
10. Flexibility
 - a. We can handle any situation
 - b. We don't complain
11. Unselfishness
 - a. We're connected
 - b. We make the extra pass
 - c. Our value is not measured in playing time
12. Aggressiveness
 - a. We play hard every possession
13. Enthusiasm
 - a. This is fun
14. Performance
 - a. We're hungry
 - b. We have no bad practices
15. Pride
 - a. We are the best team in the world and we represent the best country



Discover the 90/10 Principle Author: Stephen Covey

It will change the way you react to situations. What is this Principle? 10% of life is what happens to you. ...90% of life is how you react.

What does this mean? We really have NO control over 10% of what happens to us. We have NO control over this 10%. The other 90% is different. You determine the other 90%. How?...by your reaction!

You cannot control a red light. However, you can control your reaction. Do not let people fool you. YOU can control how you react.

Let us use an example....

You are having breakfast with your family. Your daughter knocks over a cup of coffee onto your business shirt. You have no control over what has just happened. What happens next will be determined by how you react.

You curse. You harshly scold your daughter for knocking the cup over. She breaks down in tears. After scolding her, you turn to your wife and you criticize her for placing the cup too close to the edge of the table. A short verbal battle follows.

You storm upstairs and change your shirt. Back downstairs, you find your daughter has been too busy crying to finish her breakfast and getting ready for school. She misses the bus. Your spouse must leave immediately for work. You rush to the car and drive your daughter to school. Because you are late, you drive 40 miles per hour in a 30 mile per hour speed zone.

After a 15 minute delay and throwing a \$60.00 traffic fine away, you arrive at the school. Your daughter runs into the building without saying goodbye.

After arriving at the office 20 minutes late, you realize you forgot your briefcase. Your day started terrible. As it continues, it seems to get worse and worse. You look forward to coming home. When you arrive home, you find a small wedge in your relationship with your wife and daughter.

Why? Because of how you reacted in the morning. Why did you have a bad day?

- A. Did your coffee cause it?*
- B. Did your daughter cause it?*
- C. Did the policeman cause it?*
- D. Did you cause it?*

The answer is "D".

You had no control over what happened with the coffee. How you reacted in those 5 seconds is what caused your bad day.

Here is what could have and should have happened:

Coffee splashes over you. Your daughter is about to cry. You gently say: "It's OK honey, you just need to be more careful next time." Grabbing a towel you go upstairs and change your shirt. You grab your briefcase, and you come back down in time to look through the window and see your child getting on the bus. She turns and waves. You arrive 5 minutes early and cheerfully greet the staff.

Notice the difference? Two different scenarios. Both started the same. Both ended different. Why? Because of how you reacted. You really have no control over 10% of what happens in your life. The other 90% was determined by your reaction. Now you know the 90/10 Principle. Apply it and you will be amazed at the results. You will lose nothing if you try it.

The 90/10 Principle is incredible. Very few know and apply this Principle. The result? You will see it by yourself.

Millions of people are suffering from undeserved stress, trials, problems and headaches. We must all understand and apply the 90/10 Principle. It can change your life. ...Enjoy it!...

It only takes willpower to give ourselves permission to make the experience. Absolutely everything you do, give, say, or even think is like a boomerang. It will come back to us...

"it's ok to Quit....." by **Motivational Speaker - Veraunda Jackson**

1. **Quit** arguing with people about the same old foolishness! Respect their position and keep it moving!
2. **Quit** telling people your secrets when you know they are not going to keep them! And if you keep telling them, then **quit** getting mad when they tell your secrets!
3. **Quit** trying to pull people on your journey who don't want to travel with you. Either they believe in you and value you...or they don't!
4. **Quit** complaining about things you can't and won't change!

5. **Quit** gossiping about other people! Minding our own business should be a full time job!
6. **Quit** blaming each other for things that in the big picture aren't going to matter three weeks from now! Talk solutions...and then implement them!
7. **Quit** eating things you know are not good for you! If you can't quit...eat smaller portions!
8. **Quit** buying things when we know we can't afford them! If you don't have self control, then quit going to the stores! **Quit** charging things, especially when you don't NEED them!
9. **Quit** staying in unhealthy relationships! It is not okay for people to verbally or physically abuse you! So **quit** lying to yourself! It is not okay to stay in the marriage for the children! Ask them and they will tell you that they really would prefer to see you happy and that the misery you and your spouse/partner are living with is affecting them!
10. **Quit** letting family members rope you into the drama! -Start telling them you don't want to hear it! **Quit** spreading the drama! **Quit** calling other relatives and telling them about your cousin or aunt! Go back to #5 minding your own business should be enough to keep you busy!
11. **Quit** trying to change people! IT DOESN'T WORK! **Quit** cussing people out when you know that they are just being the miserable and jealous people that they are!
12. **Quit** the job you hate! Start pursuing your passion. Find the job that fuels your passion **BEFORE** you **quit**!
13. **Quit** volunteering for things that you aren't getting any personal fulfillment from anymore! **Quit** volunteering for things and then failing to follow through with your commitment!
14. **Quit** listening to the naysayers! **Quit** watching the depressing news if you are going to live in the doom and gloom of it all!
15. **Quit** making excuses about why you are where you are or why you can't do what you want to do!
16. **Quit** waiting on others to give you the answers...and start finding the answers for yourself! If what you are doing isn't working for you...then **quit** it!
17. **Quit** settling and start making your dreams a reality!- **Quit** being afraid and START LIVING YOUR LIFE! CREATE THE LIFE YOU WANT! If you want something different than what you have had in the past...you must **quit** doing what you have done before and DO something different! JUST **QUIT** IT and START DOING something to create the experience you want.

Things I've Learned From Coaching at the College Level - Part Two

Basketball Team, Players, Recruiting, and Shooting

By: Phil Beckner, Weber State University Assistant Coach

This is the second part of three parts of this project.

Team:

- 38) Toughness is one of the most underrated characteristics of good teams! You need speed, talent, athleticism, and skill but toughness gets you through the year
- 39) Winning plays show true toughness of your team, and really do WIN GAMES
- 40) Teams that win on the road have a "Tough, Together, and Aggressive Mindset"
- 41) Make sure your best players are your hardest workers, best leaders. The other players follow their example.
- 42) Your team leader doesn't have to be the most energetic, or out spoken person, but he has to be the most competitive, and constantly leading by his example. Ex: Jason Kidd
- 43) Your two best players have to be "Buy In" guys. Get them to buy in and believe in what you and your program is all

about...toughness, togetherness, sharing the basketball, competitiveness. All the other players will follow if they do!

44) Your team can only play one game at a time and win one game at a time...especially at the end of the year when standings are close, or in the playoffs/tournament s, only goal is "Win your next game"

Players:

45) It's more important to have your players mind right than their legs on back to back nights

46) Players like powerades/waters/ granola bars/fruit...try to keep them healthy

47) Players want to be pushed, they will take having their butt chewed when you're telling them how good they can become

48) Players are around each other all the time (practice, class, road trips, roommates) they have to like each other and respect each other

49) Players love hearing about the "next level". Study, and research what the great players do and have info, articles, examples for them. This helps get your point across.

50) Players look at the other team's stats, standings, and schedules more than you think. Keep them focused on their standings, their schedule, and their performance ..."There is not enough time to worry about what you can't control!"

Recruiting:

51) Do not trust anybody...everyone wants players!

52) Recruit high character kids...bad kids will be bad kids

53) Don't take a player you can't coach, or isn't about what your team is about just because he is more talented than the next guy, you will hate coaching him all year

54) Have your assistants use "we" instead of "me" in recruiting

55) Know the recruiting rules...if you're not sure about something you better ask!

56) Always have kids on the list to recruit in case you get caught in desperation mode when looking for a player. This is when you take a guy that doesn't fit or is a bad player because you were not prepared.

57) Don't jump to conclusions on recruits, make sure you have the right evaluation, and take the time to do exactly that...EVALUATE!

58) If you recruit junior college players: be prepared to give them TIME to adjust to your level, learn your system, and gain confidence. Don't lose hope...be patient

Shooting:

59) Recruit shooters and shot makers...it's hard to win w/guys that can't shoot

60) It doesn't matter what you run if you can't shoot

61) You can never have enough shooters, teams are hard to guard when 4 out of 5 guys on the floor can shoot it

62) Shooters have to shoot! (Extra shots, extra reps) the great players shoot everyday

63) Extra freethrows will help player's rhythm/stroke during the season and will save their legs. Great place to get eyes on the basket, and regain focus.

64) Have shooting games/competitions before and after practice to help motivate to get extra reps in (Celtic 50, around the world, 7-Up, etc)

65) During shooting workouts w/players emphasize WHERE they should be shooting from. Game shots, from game spots, at game speed...especially shots they get in your offense.

66) NEVER over coach shooting! Keep it simple! Kevin Eastman only coaches "perfect feet, perfect follow through". Find out what's most important for your shooters and leave it at 1 or 2 things.