

SEPTEMBER, 2010 BCAM MONTHLY REPORT

From the Executive Director

Tom Hursey

BCAM COACHES CLINIC – Izzo, Dixon, Hurley, Kampe, Gregory...Need I say more? OK, VanDerveer, Yori, Stallings, Weber...More? Dawkins, Lamoreaux-Tate, Coaches Parties, Hall of Fame, Fellowship of Christian Athletes...DON'T MISS THIS WEEKEND. Go to www.bcam.org for more information and online registration. Don't delay.

MICHIGAN ARMY NATIONAL GUARD AND BCAM JOIN FORCES – I am happy to announce a partnership between BCAM and the National Guard. The National Guard will become a major sponsor of BCAM and they will be the reason that a new "sportsmanship" program will be undertaken this season.

This new program will be called THE TOP 100 SPORTSMANSHIP AWARD. It will be conducted as follows:

- At every varsity basketball game, boys and girls, game officials will provide sportsmanship feedback scores for the players, coaches and game administration using the school sportsmanship feedback system that has been used by the MHSAA. This will be done for all regular season games, home and away.
- At the end of the regular season, the MHSAA will use the officials' feedback scores to determine the Top 100 Boy's Programs and the Top 100 Girl's Programs.
- At the start of the 2011-12 season, the National Guard will present a Top 100 banner to the 100 schools whose girls' teams were rated in the top 100 for sportsmanship and to the top 100 schools whose boys' teams were rated in the top 100 for sportsmanship. This presentation will take place at the first home game or an early season home game of the winning schools. This is what the banners will look like: <http://www.bcam.org/images/stories/ArticleDocuments/ngtop100hsbanner.pdf>
- The banners will be displayed in the gym of the Top 100 schools.



It is the hope of BCAM and the National Guard that all schools will work to improve their sportsmanship. With schools competing for this prestigious award, overall sportsmanship should improve at high school basketball games in Michigan.

PARENTS – This past spring and summer a number of basketball coaches in the Lansing area were relieved of their coaching duties. The main reason for being dismissed was **PARENTS**. Those coaches who don't open up lines of communication with parents before, during and after the season are asking for trouble. I really believe the pre-season meeting with parents is your most important meeting of the year. Read over the article in this Report entitled PRE-SEASON MEETING. It will give you some ideas. Don't be afraid to talk with other coaches who have a history of positive parent/coach relationships. **DO NOT UNDERESTIMATE THE IMPORTANCE OF COMMUNICATING WITH PARENTS.**

COACHES VS CANCER GOLF SCRAMBLE – 112 golfers dodged a little rain and had a great day of golf at Walnut Hills Golf Club. We had plenty of food, drink and gamesmanship. Tom Izzo and Suzie Merchant were in attendance to meet and greet the participants. When all the fees and donations were collected, the event raised \$9005.00 for fighting cancer.

BCAM thanks M & M Distributors of Lansing, State Farm and Team Sports for their generous support along with all the tee sponsors. Plans are underway for next year's event. Make plans now to either return or get involved.



OFFICIALS ARE DEVELOPING PROGRAMS THAT WILL IMPROVE OFFICIATING ACROSS THE STATE

By Tom Hursey – Executive Director – Basketball Coaches Association of Michigan (BCAM)

Whenever I have the opportunity to see my two sons' basketball teams in action, I take a trip back into the gym. The last two summers I went to a couple of team camps to check out my son Todd's Suttons Bay team. At each team camp I was pleased to see three officials working each game. Not only were they officiating but they were being critiqued by seasoned veterans. This is becoming more and more popular with summer team camps and I can't be more pleased with the effort officials are making to improve.

BCAM, the MHSAA and officials have been working for many years to improve the relationship between coaches and officials. The Basketball Officials and Coaches Communication Committee (BOCCC) was formed in 2001 to bring together officials and coaches to help "break down the barriers" that exist between these two groups. Great strides have been made but we still have a ways to go.

These officials' camps seem to be a way for all officials, young and old, to work at improving themselves. Better officials make for better played basketball games. Better played games make coaches happier and less prone to questioning calls. It is a win-win situation for all involved. Some of these "camps" are geared to more experienced officials and some are aimed at new or less experienced officials. What a great way to get started. Rather than be thrown in front of a crowd of fans expecting seasoned officials at the junior high level, new officials can get their feet wet in a controlled environment. They can be taught positioning, communication and all the skills that make good officials. Even experienced officials can fine-tune themselves by attending these sessions.

Last December I stopped in to watch my son Tyler's Okemos JV team participate in a pre-season scrimmage with 3 other schools. They were playing on two courts side-by-side with officials volunteering to not only ref the games but they were being critiqued by veteran officials. What a great opportunity for inexperienced officials. As teams took time-outs or between periods, not only did the teams get instruction from their coach but officials had a chance to be instructed. I understand that this is a common scene around Lansing at both the varsity scrimmages and JV scrimmages. The local official's association charges the schools a set fee—funds that they use within their association for needed services and equipment that benefits all members of the association.

Summer camps for officials. Pre-season scrimmages officiated by inexperienced officials who are being "coached" by experienced officials. These are two great programs that need to be expanded throughout the state. The BOCCC is in the process of developing a program that would serve as a guide for associations around the state. Our purpose is to improve basketball officiating in our state. We have come a long way in recent years, but there is always room for improvement. The BOCCC hopes to give leadership in ways that associations can work to improve their method of educating their members.



ALL STAR FESTIVAL REPORT - [Find out what happened at the All-Star Festival on August 7th.](#)

All-Star Festival Scholarships (\$250) were awarded to: Tiffanie Abrams (Detroit Allen HS) & CJ Adams (Napoleon HS)

DETROIT PISTONS / BCAM SCHOLARSHIPS

The following students have received \$500 scholarships awarded by BCAM and underwritten by the Detroit Pistons. These students are seniors who are sons/daughters of BCAM members (must be a BCAM member for the last 5 years) who applied for these scholarships. The selection was based on scholarship,

honors and activities. The selection committee consisted of college counselors. BCAM thanks the Pistons for their support of this program.

| Recipients | BCAM Member | Recipients | BCAM Member |
|-------------------|-------------------------------------------|-------------------|----------------------------------------|
| Catherine Kramer | John Kramer - Grandville Calvin Christian | James Rogers | Randy Rogers – Saginaw Valley Lutheran |
| Madison Werly | Mark Werley - Zeeland West | Danielle Kapustka | Mike Kapustka – GR Northview |
| Marian Drogt | Eric Drogt - Houghton Lake | Kyler Ruppert | Shawn Ruppert - LeRoy Pine River |
| Andrew Sauser | Jeff Sauser - Caro | Casey VanDenBerg | Robert VanDenBerg - Martin |
| Caroline Wesley | Ric Wesley - GVSU | Kevin Kott | Kenn Kott - Manistee |
| Britnie Bell | Jeff Bell - Freeland | Marissa DeMott | Al DeMott – Sandusky |

INSTRUCTIONS FOR HIGH SCHOOL COACHES TO JOIN THE NATIONAL ASSOCIATION OF BASKETBALL COACHES

Note: The NABC and the National High School Basketball Coaches Directors (NHSBCD) have established a partnership to better serve high school coaches and the game. In addition to other initiatives and at the urging of NHSBCD, the NABC has agreed to reduce the membership dues for high school coaches. Effective September 1, 2008, the dues drop from \$70 to \$29.50.

- Go to our Website: NABC.com
- Click on the menu item Membership at the left side of the home page.
- Read the explanation for membership requirements and deadlines.
- Click on Pre-Membership Application at the top of the page.
- When it appears, go to the bottom of the Pre-Membership Application, click on Printer Friendly Format. Print that page for a copy of the application.
- Fill out all requested items on the application and mail or fax it to our office, (816) 878-6223. We will send or fax back an Invoice.
- Return the invoice with your payment and letter of verification of your position on school letterhead signed by your Athletic Director or Principal.
- When payment has been received and processed and your position has been verified, the NABC membership will be activated.
- New members will receive membership cards within 6 weeks of payment and acceptance.

Coaching Hints

By Bill Ullenbruch – 2008 BCAM Hall of Fame Inductee

Setting the Rules

The rules for the team should be a team thing. Meet with the potential team members before the first practice. Emphasize that the players are creating the rules of participation for getting the best out of each player in order to get the most out of the team. Such rules are restricted by the confines of the school policy.

1. Dress for practice
2. Tardy or absent for practice
3. Work ethics during practice
4. Language
5. Method of picking the squad
6. Behavior outside of the sport



- a. Classroom and school functions
- b. Social affairs
- c. Personal attributes in the community
7. Travelling to a contest – dress and behavior
8. Other team responsibilities potential team members might suggest

The Coaches' Guidance of the Team

All comments are in a positive constructive “WE” connotation. Eliminate the “you and I” approach. Do not make eye contact with one individual player, but as you praise or correct it is a “WE” thing as your eyes sweep through the team.

During practice and games encourage moments of team unity on the floor and the bench. Set up situations where the players get to know each other. Periods of time for them to share their personal lives.

Stress the fact that the team represents the school and the community. As much as possible, request the media to emphasize that the team is responsible for team stats and individual stats.



Coaches' Comments to the Prospective Candidates

1. This is a team game – “One for All and All for One”
2. No individual stars – whatever the results are, it is a team accomplishment from every player on the team.
3. We are all brothers in life, trying to discover our talents in adding to the team unity. We contribute to the team's effort to reach the team goals.
4. It is the duty of all the players to make all players on the team feel important as we strive to become the best we can be as a team.
5. In practice and games, we must play with intensity, emotion and passion. Enjoy the opportunity to compete as a team. We have respect and compassion for each other.
6. Coaches do not make players – the player develops through self-challenge and great effort. We do this in games, practice, and especially throughout the year, as we do everything we can to improve the chance for us to reach our team goals.
7. Coaches do not make teams – the team develops through the unity of all the players. The coach is part of the “WE Team” as he/she prepares us to meet the demands of the game. He/she will guide the team in the attempt to reach the team goals.

“May we have an outstanding learning experience this season. A period of self-discovery is our goal.”

PRESEASON MEETING

by Chris Stankowich, PhD
NFHS – Coaches Quarterly, Spring 2010



The preseason meeting is one of the most important – yet often devalued and/or overlooked

- opportunities for getting the season off to a great start. Preseason meetings can be a terrific
- way to introduce yourself, talk about your coaching philosophies, discuss team policies and
- rules, and answer any questions parents or kids may have about the upcoming season.

Coaches who take time out to conduct a preseason meeting often find that it is well worth their time to do so. This meeting can lead to many great things, including the development of positive interpersonal relationships with parents and student-athletes, early excitement for the upcoming season, and the foundation from which to build a winning program.

Unfortunately, not all coaches think preseason meetings are worthwhile, and some elect not to have one. In other situations, coaches feel pressured by their athletic director to have a preseason meeting and end up whipping something together at the last minute (and go into the meeting ill-prepared and with a negative attitude). In both of these examples, a golden opportunity is missed, as many potential problems that could have been taken care of at the meeting.

Preseason meetings can make all the difference when it comes to commonly expected problems in interscholastic sports, including playing time, cuts, funding issues, schedule conflicts and appropriate protocols for communication and conflict resolution. With a responsibly run preseason meeting, you can expect far fewer issues to arise with the aforementioned

problems; without a preseason meeting (or one that was quickly put together with not much forethought) you can bet you will experience more problems throughout the season. The bottom line is that preseason meetings, when structured and run responsibly, help everyone and lead to a winning program.

Listed below are 10 TIPS to consider for your preseason meeting:

1. If you have never conducted a preseason meeting, or if you held one in the past that didn't go well, stay positive and keep in mind the importance of such a meeting. While there is no right or wrong way to conduct one, think of the most important four or five things you want to have happen and then work backwards from those objectives. For example, if a parent wants to communicate with you, how should he or she do so? Do you prefer calls to your office or cell phone? Or do you prefer email? Some additional topics you may want to discuss might include your philosophy on playing time, your expectations for fan behavior and guidelines around team fund-raising.
2. Develop handouts for everything you cover at the preseason meeting (never assume attendees will remember everything you say). If you have a team Web site, be sure to upload any forms and handouts distributed at the preseason meeting so that people who could not attend the meeting can stay up to date on team news.
3. Keep the mood upbeat and positive and never punitive. When parents arrive at the meeting your attitude and mood will set the tempo and will make all the difference – not only in the meeting, but in the entire season as well. On the other hand, if it's obvious you are being forced to have the meeting you can reasonably expect your audience will pick up on this, likely resulting in a negative overall experience for everyone.
4. A well-run preseason meeting should be succinct and take no more than an hour.
5. Try to include food (some local vendors might be willing to help out and offer free food in exchange for advertising), and invite a former student-athlete, if one is available, to say a few words to the group. People always enjoy going to meetings where food is available, and having a guest speaker say a few words can be a nice break in the evening.
6. Always allow time for questions, and be respectful toward all of them, even the ones that you think should be common sense.
7. It's also a nice touch to talk a little about yourself, your previous athletic experiences, and how you arrived to be a coach at the school.
8. Review your performance evaluation rubric so that everyone knows the kinds of things you evaluate when deciding on cuts (if you have to make them) and playing time. Rather than stating a general comment like "The best kids will play," try to offer more insightful comments that allow attendees to be clear about what you value as a coach, i.e., "I really look for kids who emphasize defense."
9. Other important topics to discuss may include how volunteers can help the program, healthy training methods (and your stance on performance-enhancing supplements), and any additional costs that parents may incur.
10. Talk with your assistant coaches about any other things that they feel are important to be covered during the meeting, and consider giving them a chance to speak at the meeting as well. If nothing else, your assistants can briefly tell about their previous experiences as a player and coach, and what they would like to accomplish for the upcoming season.



Preseason meetings should be a great experience for everyone, so think about the tips provided in this article and look for creative ways to get everyone excited about the upcoming season. Your preparation, organization and positive attitude at the meeting will be the first step toward a successful season.

ABOUT THE AUTHOR: Dr. Chris Stankovich is a sport psychology consultant and an advocate for positive youth sport development. For more information, please visit www.drstankovich.com or e-mail information@drstankovich.com.

To join the NFHS Coaches Association (and be covered by a \$1 million liability insurance) go to:
www.nfhs.org

CHANGES IN MONTHLY REPORT

I have always tried to add interesting articles that I felt were important to basketball coaches. Articles about sportsmanship, human interest stories, notable quotes, etc. were added for your reading pleasure. Recently

I had a chance to view a newsletter that Creighton Burns produces. Creighton is a longtime college and high school coach who is a basketball junkie. So rather than just copy and paste parts of his newsletter I thought that I would invite him to supplement the BCAM Monthly Report with his articles. He will be including many X's and O's articles.

We also plan to add a page to our BCAM Website that will categorize these and other coaching articles. These will be available to members in the coming months. BCAM continues to try to bring to members new features that they will find useful. Go to www.bcam.org and click on the X's & O's icon.

5 ESSENTIAL LEADERSHIP QUALITIES FOR PARENTS, PLAYERS AND COACHES

Whether you coach little league baseball or NFL football, all coaches look to their team leaders for the same 6 essential qualities that can mean the difference between a good season and a undefeated record. While it is believed that some people are born leaders, leadership can be developed through practice and conscious effort.

Parents spend countless hours and thousands of dollars developing the physical skill of their children to excel in their chosen sport. Coaches know that physical skill is only one essential quality in selecting key players. It's the intangible, sometimes immeasurable qualities that make a player invaluable to an organization. Parents, players and coaches who work to develop these 6 essential qualities will see their efforts pay off.

1. **Responsibility:** Leaders assume the responsibility of representing the coaching staff. During a game, players are often out of the earshot of the coaching staff. The team's leaders never lose control of the huddle. They take charge; remain positive, encouraging, aggressive and decisive. Leaders make good decisions on and off the field. They dissuade teammates from engaging in unsportsmanlike activities. They associate with other "good kids" and resist common temptations that others cannot.

2. **Morale:** Leaders have insatiable morale. This doesn't mean just leading the team chant or keeping a smile on your face when the team is down by 10. Morale can be heard in the voice of a player who is determined not to give up. Morale is a tall, confident posture with actions to match. Morale is a "must win", cheerful, vigorous and passionate attitude that a player brings to every practice and every game.

3. **Work Ethic:** It's not uncommon for a coach to be criticized for "playing favorites". The truth of the matter is hard work and the right attitude will gain players the opportunity to prove themselves, that players of the same skill and lesser determination will never see. Team leaders should possess an amazing work ethic. The actions and behaviors of the team's leaders are contagious. A team leader who is complacent with his skill level is a malignancy. Leaders are the first to practice and last to leave. They seek assistance from the coaching staff on a regular basis. They ask what they can do to improve their ability. They are visible during the off-season. Leaders give it their all. They push themselves and others to do more.

4. **Skill:** Skill is an undeniable trait of a leader. However, skill is broader than the general notion of physical talent. Leaders possess both physical talent and the mental edge for the game. An excellent player must also be a *smart* player. He must become a student of the game. His intimate knowledge will allow him to turn opponents' mistakes into opportunities to score. The smart player is able to pull off the unexpected without it being a gamble. The physically skilled player works on his craft constantly. He reads, attends camps, watches videos, practices and trains specific to his sport. It is this passion and focus even in the off-season, which elevates his game. Some players are born with skill, but a leader works tirelessly to improve his skill and the skill of his teammates.

5. **Respect:** Respect must be earned. It's often said that it *takes time* to "earn" the respect of others. I don't believe that to be true. A player should look to earn the respect of his coaches and fellow teammates on the first day of practice. Showing up early, demonstrating an exemplary work ethic, a winning morale, exhibiting tremendous skill and a sense of responsibility are things that will win the respect of your teammates and coaches immediately. Maintaining this respect day after day, week after week, season after season separates the leaders from the other players. Respect is tenuous. A player can lose the respect of his teammates and coaches with one careless comment or one thoughtless activity.

Earning and then maintaining respect is a difficult job that requires self-control, sincerity, confidence, and determination.

Summary: As a high school coach I speak with many college recruiters. It's not surprising that they often want to know more about a player's personality and leadership qualities than their skill. Physical skill speaks for itself. It shows up in the paper and in team stats. Leadership qualities are not as easily summarized but of equal importance to the success of an organization. To win the opportunity, to prove yourself on the field and perhaps more importantly, in life, develop the art of leadership.

Shared by Bret Johnson

10 Areas of Emphasis – Every Day

- **Acknowledge the good pass from a teammate.**
- **Chin the ball – elbows out.**
- **Jump stop with the head over the feet.**
- **Fake a pass to make a pass.**
- **V-cut and show a target with the hands up.**
- **Maintain spacing on offense.**
- **Ball up – hands up – play defense and rebound,**
- **Follow the shot and rebound – exception – point guard.**
- **Lay ups and dribbling with both hands – emphasize weak hand.**
- **Teach the step back crossover.**
- **Remember – defense and rebounding and great team play win championships.**

26 Ways To Improve Your Drills *By Marc Comstock*

Coaches need to constantly discover ways to improve their drills or get the most out of them. All coaches have their own sets of drills that teach their basketball philosophy, but there are many ways that you can create more intensity, enthusiasm, discipline, etc. This can be done by evaluating all the factors involved in a drill.

1. NAME YOUR DRILLS. Give all drills a name so players can identify the procedure and purpose of each drill. For example, "Two-Ball Power-Ups" drills on inside power moves, using two balls in the lane area.

2. ALLOW ONLY 5 SECONDS BETWEEN DRILLS. Don't waste time on the floor going from drill to drill. Discipline your players to sprint to the next drill station. Demonstrate all new drills on chalkboard prior to practice to avoid confusion on the floor.

3. NO ONE STANDS AROUND. Break down drills so that all your players are working. Take full advantage of the gym's side baskets and your assistant coaches. Many times you can use players not in certain drills as outlets or feeders. Or have them shoot free throws. Obviously, though, there will be times when you'll want them to just watch and listen to all instructions and criticisms.

4. DO ALL DRILLS TO THE LEFT AND RIGHT. Always do drills on both sides of the court, so that footwork, ball-handling and vision are properly developed.

5. DO ALL DRILLS CORRECTLY. Never allow players to complete a drill without having done it properly at least once. Coaches must demand proper execution before we can progress with any amount of success. Having players do a particular drill right a few times builds confidence that they can do it.

6. REPETITION. Repeat all drills throughout the season. Repeating drills correctly, with intensity,

develops habits that are hard to break.

7. NO DRILLS OVER 7 MINUTES. Never allow your players to become bored with a drill or to lose their intensity because you stay with it for too long a time. Come back to that drill the next day rather than have your players lose interest. Talk about critical mistakes made in the drill in pre-practice chalk talks, rather than on the court.

8. TRY TO ANSWER QUESTIONS ONLY WHEN DRILLS ARE OVER. We all have players who ask questions during drills in order to take a break. We encourage questions and suggestions from our players about how we might do things better, so long as it's done in the office, not on the court.

9. STANDARDIZE TERMINOLOGY. You must communicate on the court to be successful and organized. Be sure all coaches and players speak the same language. For instance, we use the word "Go" when switching; other programs may just use "Switch." Constantly be aware that the same words trigger different reactions from different people. Be sure all players understand exactly what your key words mean.

10. DEVELOP GAME-LIKE SITUATIONS. Try to make all drills as much like a game as possible. Using the scoreboard AND calling fouls create game-like situations and may help your players react better in actual games.

11. KEEP STATISTICS DURING PRACTICE. This added pressure forces players to concentrate. Evaluate daily stats and post them in the locker room. Keep cumulative stats as well, to provide goals and weekly standards. It's extremely important that your players be aware that you're constantly checking their numbers on field goals and free-throw percentage, rebounds, assists and turnovers.

12. VIDEOTAPE PRACTICE DRILLS. Later on, you'll be able to see the whole court and evaluate how all your players performed at practice. Taping your practices also allows you to evaluate the effectiveness of your drills.

13. DEVELOP VARIETY. Add options to all drills that will give each a different look and a different emphasis. These additions will generate enthusiasm among your players.

14. MAKE DRILLS HARDER WORK THAN GAMES. Going 3-on-3 and 4-on-4 puts added pressure on the defense because you remove weak-side help in most cases and force the defense to cover a larger area of the floor. Setting drills so the defense or offense is at a disadvantage forces tremendous intensity and execution to complete the drills successfully.

15. DEMAND INTENSITY AND EXECUTION. Demand that all drills be run at full speed. Constantly check defensive positioning and talk about breakdowns as they occur.

16. BUILD CONFIDENCE. Never put players in situations where they're consistently getting scored on. Do everything possible to build confidence for both the offensive and defense.

17. DRILL TO COMPLETION. End all drills with a rebound, turnover, basket, foul, offensive charge or transition.

18. CALL ALL FOULS. All fouls should be called during practice and offenders penalized as in a game. We like to assign a few push-ups to a player who commits a foul. This reinforces our concern for playing tough defense without fouling.

19. INCORPORATE COMPETITION. All players love drills with something on the line, such as a sprint or push-ups. This competition generates enthusiasm and intensity.

20. INCORPORATE TRANSITION. Develop transition into your half-court drills so your players will react to turnovers and push the ball up the court. It also motivates the defense to force errors and capitalize. Also, players seem to enjoy transition basketball.

21. MAKE DRILLS YOUR BEST CONDITIONER. Drills should be your best conditioner. If you demand

hustle and push your players to execute properly, they'll be in condition to play full games.

22. DEVELOP A PHILOSOPHY. Drill what fits your own offensive or defensive philosophy. Believe in what you are doing. Practice things you'll be trying to do in actual games.

23. ESTABLISH RULES. We believe in the following rules for our players during practice: go at full speed; never criticize a teammate; always try to compliment a teammate; be positive and enthusiastic. The same goes for our coaches, with an additional rule: Give constructive criticism ("Liked your effort, but here's a better way").

24. GIVE AWARDS. Reward your players daily and weekly with positive verbal reinforcement, plus actual awards of some kind, such as: Weekly Rebound Award ("Chairman of the Boards"); Weekly Free-throw Award; Draw The Charge Champion; Defensive Player Of The Week.

25. "GET PLAYERS TO UNDERSTAND THAT YOU PLAY LIKE YOU PRACTICE." Always demand a maximum effort from your players, both mentally and physically, in practice drills. This will prepare them to face all game situations successfully.

26. HAVE FUN. Be able to take time for a "fun" drill each practice session. This will help boost team morale and create a positive practice atmosphere. As coaches, we can better prepare our teams for the tough grind of a season through the effectiveness of our drills.

We can make it so our players enjoy drills and practice more through the constant evaluation of our practice sessions.

Dick Bennett on Defense

1. Don't give up easy shots if you want to win big.
2. Two areas that are vital.
 - *** *If a team gets up and down on you and doesn't have to work - poor transition defense*
 - *** *Refuse to get beat by a great post player*
3. Always take a guy out if he loaf in a game.
4. Transition defense - be in two places at once if you want to be successful.
5. Transition defense
 - Recognition
 - Anticipation
 - Reaction
 - Communication
 - Rotation
 - Stance
 - Vision
6. The way you defend the post dictates how you play everything else - most people don't have a philosophy with post defense.
 - $\frac{3}{4}$ to behind on the pass
 - No feed from the top
 - Don't go for steals
 - No lobs
 - Behind
 - Front
7. Good players have pass and shot fakes in their games
8. Closeouts - Great teams know how to close out
 - *Short choppy steps*

- *High heads and then settle into your stance*
- *No rhythm shots are allowed*
- *Level off the dribble - get him going sideways*
- *Take away the straight drive*
- *Bother the shooter*

9. Off Ball Defense

- *Must be able to get the ball and pressure it.*
- *Your positioning is your help!*
- *Closed stance line of ball is vital.*

10. When you are doing defensive drills you want the defense to score and be aggressive. Make the defense gets stops - build toughness and discipline.

11. Rebounding

- *Bigs - Get to man, make and maintain contact*
- *Guards - Go to man, make contact, and then go find the ball.*

12. Great coaches do the same thing the 1st day of practice and the last day of practice every year.

13. Screens - Chase the guy down

- *If you touch the guy at all times you will not get screened.*
- *If you are guarding the screen you will help any and all guys you can but must stay attached - help in the direction the cutter is going!*

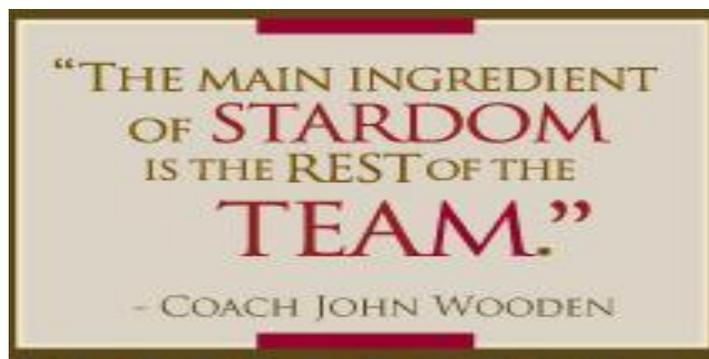
14. The more you allow switching the more it will hurt your opponents early in the season but it will handicap your team late in the season.

- *You can only switch if you have a very mature team*

15. Things that will get you beat!

- *Reaching -- you can't reach - if you reach you will lose.*
- *Silence -- teammates must talk!*
- *Low hands*
- *Over helping by the bigs*
- *Help and stand - they don't get back to their responsibilities*
- *Lateness to trap or choke*
- *Lack of floor burns*

16. Help comes from the guards on defense, not from the bigs.



These are excerpts from Creighton Burn's email newsletter. Creighton is a longtime college and high school coach with stops in Indiana and Michigan. If you would like more information about his newsletter, contact him at hoosierceb1@yahoo.com.