Basketball Australia National Coaches Conference 2023 - Basketball NSW Notes
Monday & Tuesday, the 1st & 2nd of May 2023

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Opening Words - Coach Patrick Hunt

- "Learning is a change in behaviour due to an experience".
- Effective transfer of skills through experiential learning.
- What do players want from coaches?
    - Authenticity
        - Believe in what you teach.
        - Clear & Transparent Values
    - Consistency
        - Approach & Method
        - Game Coaching – Consistent Mood
- Reinforce/Consolidate Themes (Bedrock to Style of Play)
    - Constantly have 1v1 conversations about this
    - End of practice – Talk with players about team values & principles of play
    - Rules of 1 – 2 – 3 (Mark Bennett)
- Australian Style of Play
    - Hard-Nosed M-2-M Defence
    - Contest Everything
    - Unselfish
    - Understand Role
    - Make each other better.
- Developing curiosity - What's the next carrot?
    - Create challenges at practice
    - At the end of practice – add the What's next for the team
    - Post Practice Reflection
        - "What Worked Well"
        - "What would be better if…?"
    - Use questioning technique at practice; adds self-worth

How Does Hoops Heal: Leading & Mentoring Through a First Nations Lens - Coach Timmy Duggan & Nate Jawai

"A dysregulated coach has no chance with an dysregulated player" – Dr B Perry, MD, PhD

- Drama Triangle - Language:
    - Non-preferred: Victim > Rescuer > Persecutor
    - Preferred: Mentoring > Coaching > Leading
- *DADIRRI* - Deep Listening. Hear what they're saying without interruption.
- "Walk a mile in their shoes" - Trauma & Culturally Informed Coaching
    - Why is important to understand the history
    - Blending Neuroscience with first nation knowledge
    - What are your players carrying
- Cultural Awareness – What you don't know.
- Cultural Competency – How to put it into practice.
- Cultural Safety – Incorporation in an integrated fashion
    - Safe from assault, challenge, or denial of identity

- What does it look like, feel like, or sound like?
- Dr Bruce Perry – Neuro-sequential Model - “The Three Rs”
  - Regulate – Through Breathing as a stress tool
    - Coach
    - Survival
    - In utero and early childhood
  - Relate – Through Coaches, Connection and Kinship System
    - Connect
    - Emotional
    - Adolescence
  - Reason – Through our calmness circle
    - Calm
    - Smart
    - Adulthood
- Fewer commands, more questions. Questioning for Indigenous athletes in a circle: Ask about their families. Where are you from?
- P.R.R.M.A. – Can help with traumatic repair:
  - Patterned
  - Repetitive
  - Rhythmic
  - Moderate
  - Activity
- Ways to coach these athletes:
  - Loudly Celebrate the Good – Quietly coach the deficit.
  - Humans want to belong.
  - Avoid Hollow Compliance: If you yell and they listen, it’s a small win
  - Quick Drills w/No Talk
  - Use movement verbiage.
  - Use questioning w/less commands.
  - Have a consistent way to start the session and dial it down as they leave so they have a positive finish.
  - Celebrate first nations’ success.

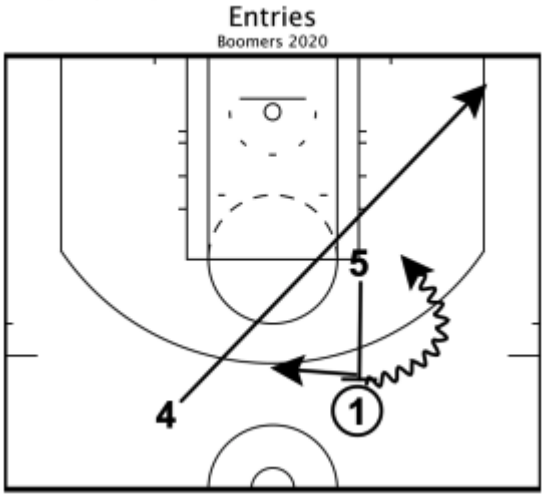
Cutting and Offensive Concepts - Coach Brian Goorjian

"Clarity is the new clever" - Coach Brian Goorjian

- The art of coaching is your ability to get your players to play for you.
    - How do they learn?
    - How do you teach?
    - Ask your players how they want to be coaches ahead of coaching them
        - Can I yell at you?
        - Show the players you are in charge.
    - NO SURPRISES
- How to use your voice
    - Listen more than you speak
    - Find a way to empower and grow your assistants'
    - Don't talk too much – Practice needs to flow
- Things that are hard to do (and must be done every day)
    - Close-Out
    - Change Stance
- Teaching Philosophy
    - When you Teach:
        - Show it to them
        - They show you
        - Correct it
        - At pace, repetition
    - Whole – Part (Shooting) – Whole (4v4 & 5v5)
    - Teach the game in 2-Side and 3-Side with a flow between
    - 'Part' build ups
        - 3v0 – 2 Shots
        - 3v3 3-Side
    - It's not what you run is;
        - How you teach it.
        - Was it competitive?
        - Was it fun?
    - "If you think you're a good coach, quit!"
- 'Chest to Rim' – On all catches
- When Selecting Players
    - Can they retain information session-to-session
- Professional development - create a circle of influence. A group of coaches you can share ideas with and catch up regularly.
- Everyday, Coach Goorjian works on passing and catching, and cutting.

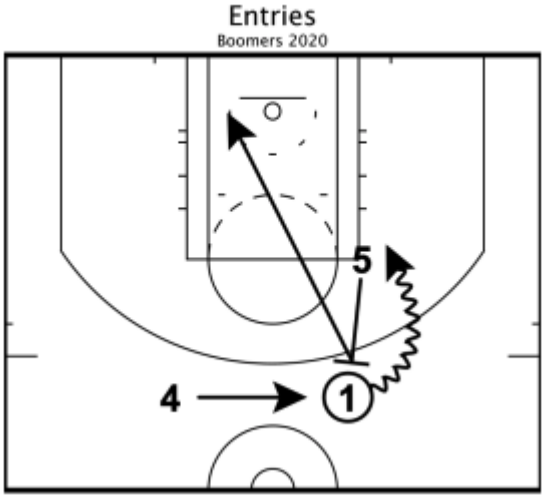
Concepts -

Step-Up Pop

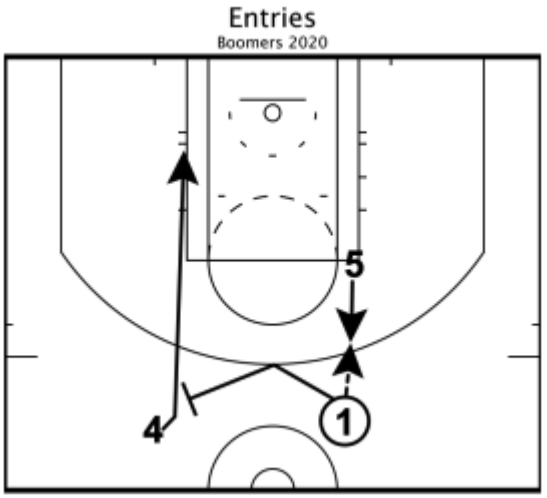


- 4 Sprints ball side corner
- 1 & 5 Punch screen, 5 to pop.

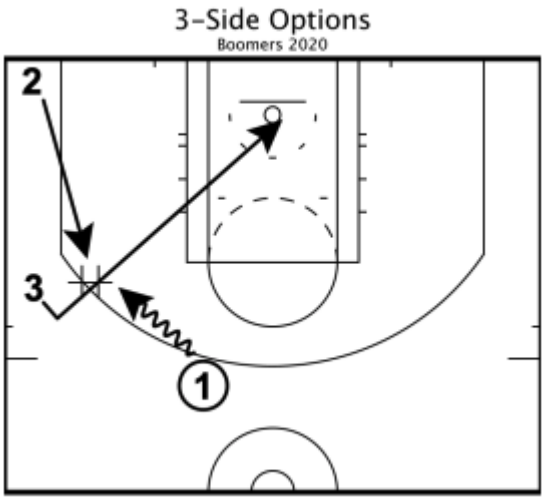
Roll + Replace vs Switch



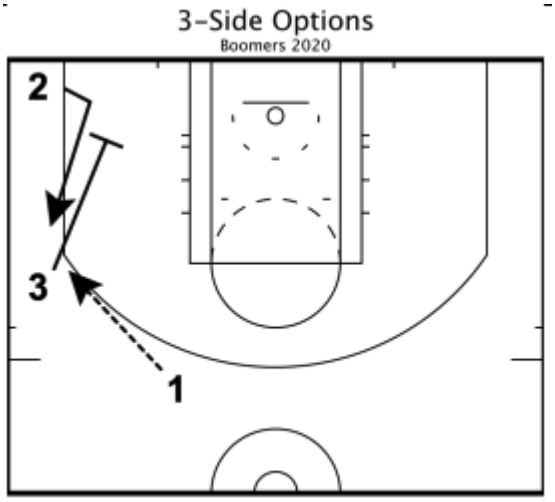
Splits into 2-Man Game



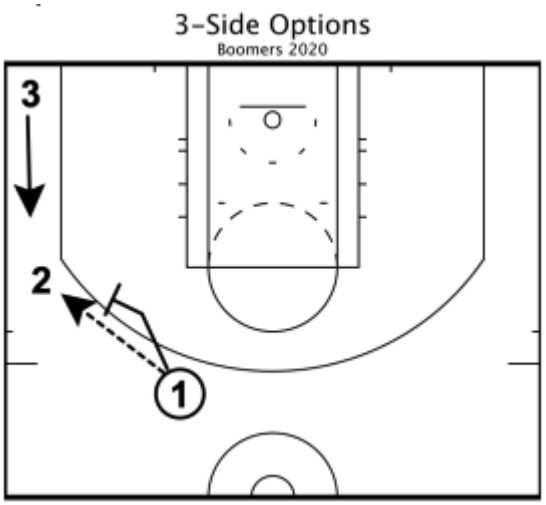
Flow

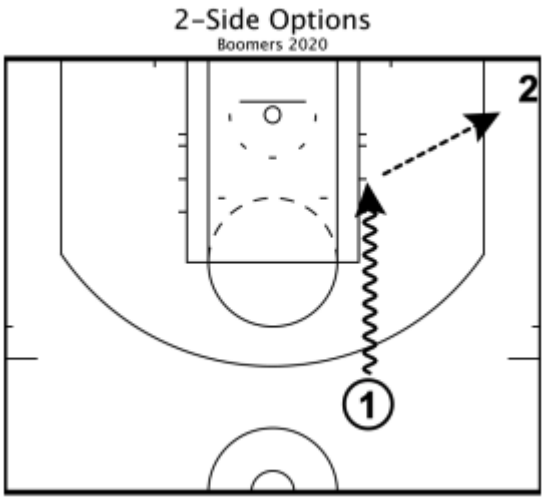


Down



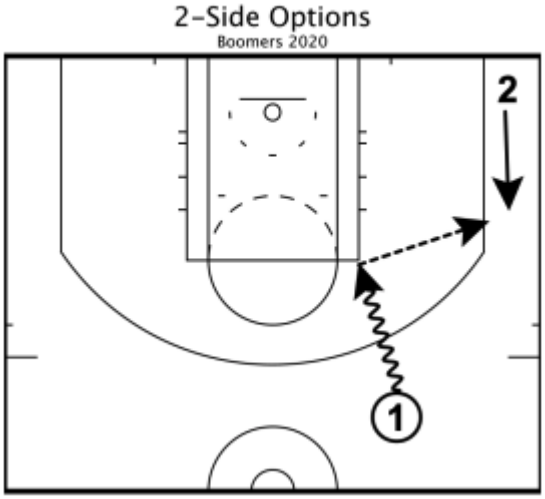
Flip





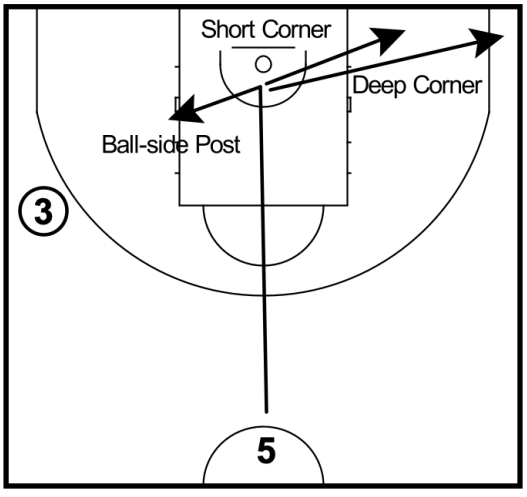
"Spray"

Lift

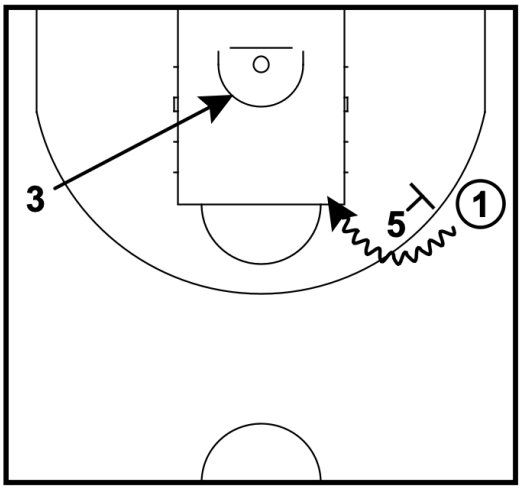


Receiver Spots -

'Where do you send your 5?'
Receiver Spot Drills

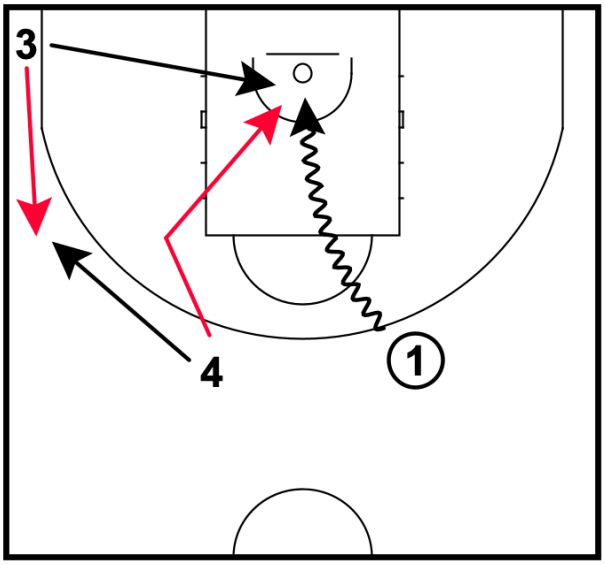


'Occupy Nail Man!'
Receiver Spot Drills

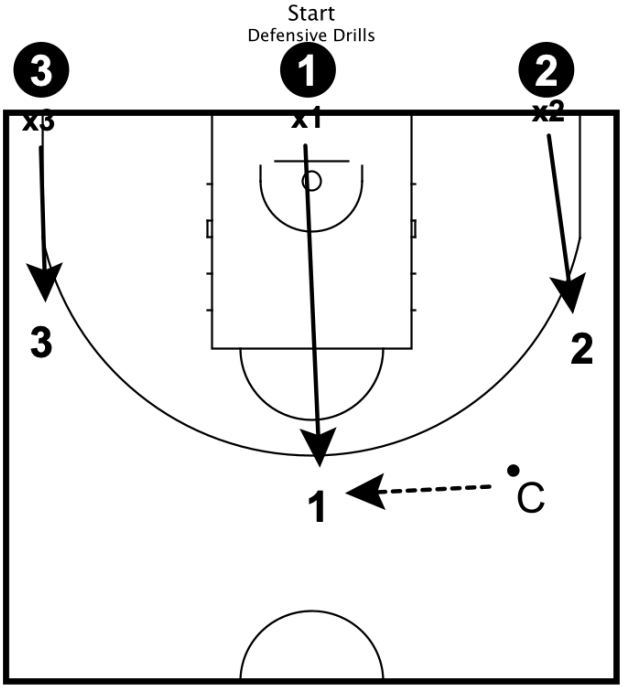


After Rim Run - where do you send your 5?

Seam Middle Drive
Receiver Spot Drills

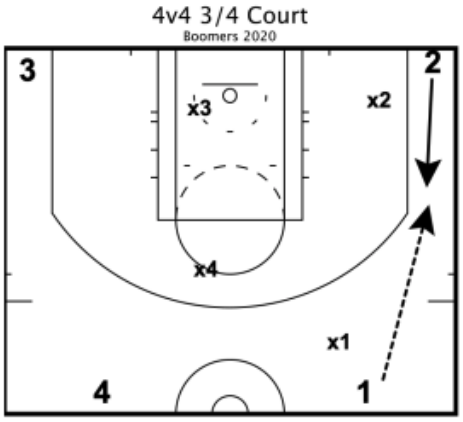


3 v 3 Repeated Drill -



- Coach passes to Offence, Defence to immediately close-out.
- Make or miss, pass to Coach to Offence - Offence stays and next 3 on the base close-out to play.
- Offence works on relevant concepts.
- Designed to keep the flow of the drill high.

Drill #2 4v4 ¾ Scrimmage



- 2 Rim Cuts before live > Two Trips

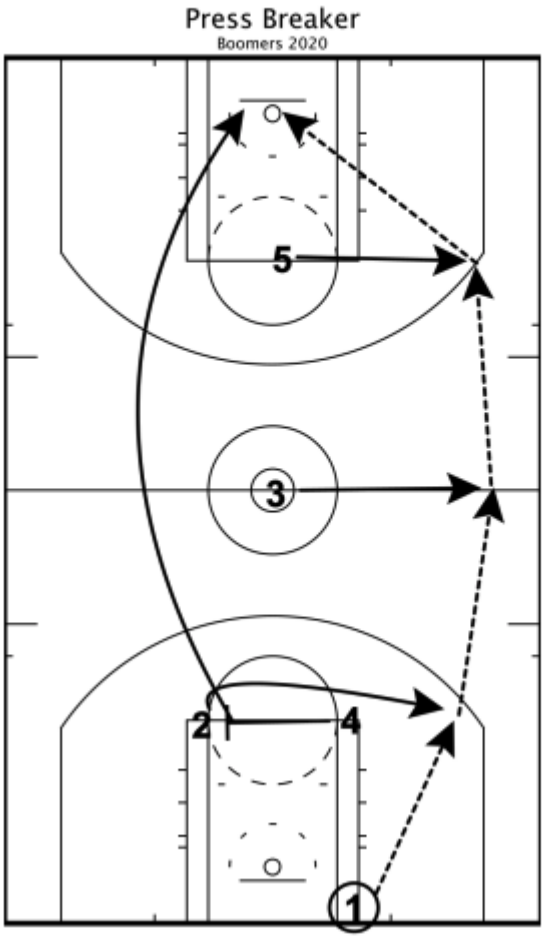
Progressions

1. First Side
2. Seconds Side
3. 3rd Side

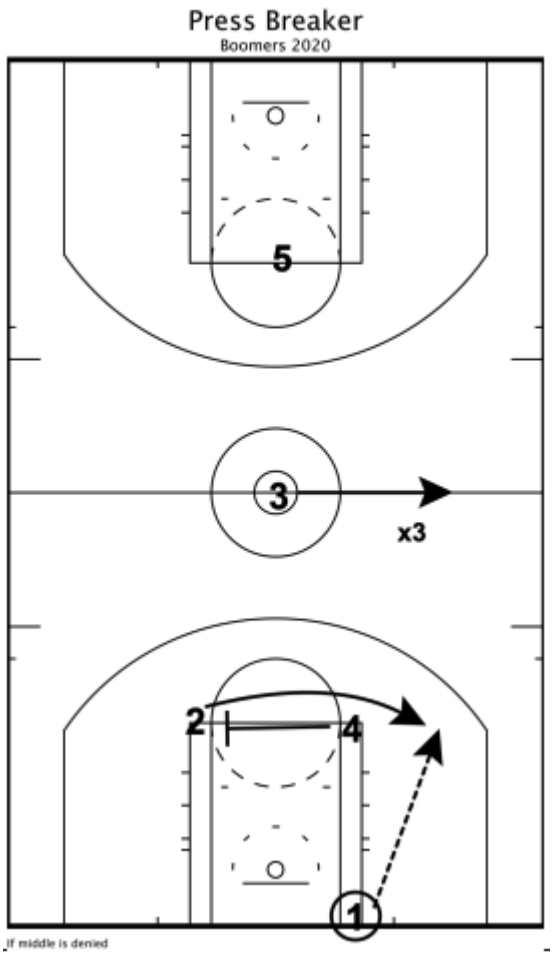
Pressbreaker -

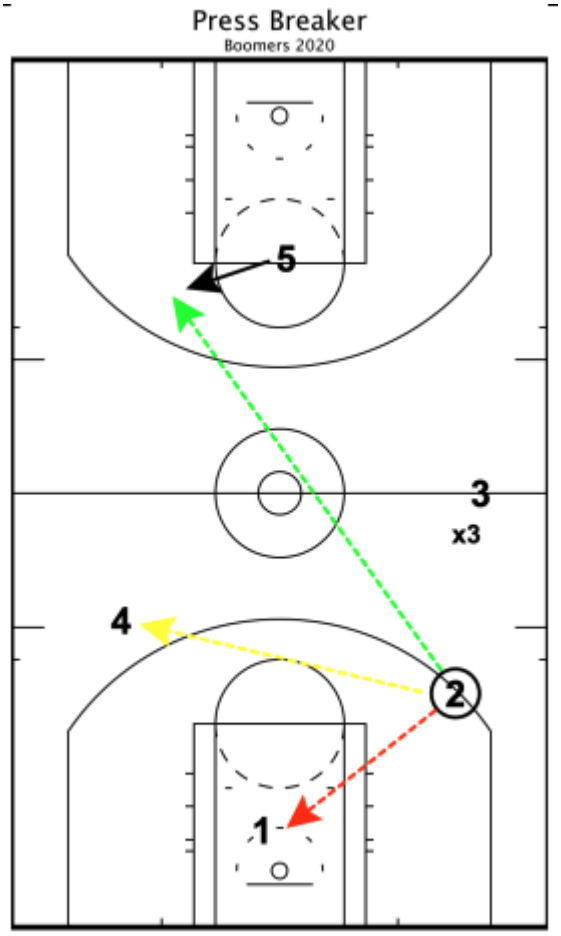
Press Breaker Series - Always finish in D-Trans Spots

Line

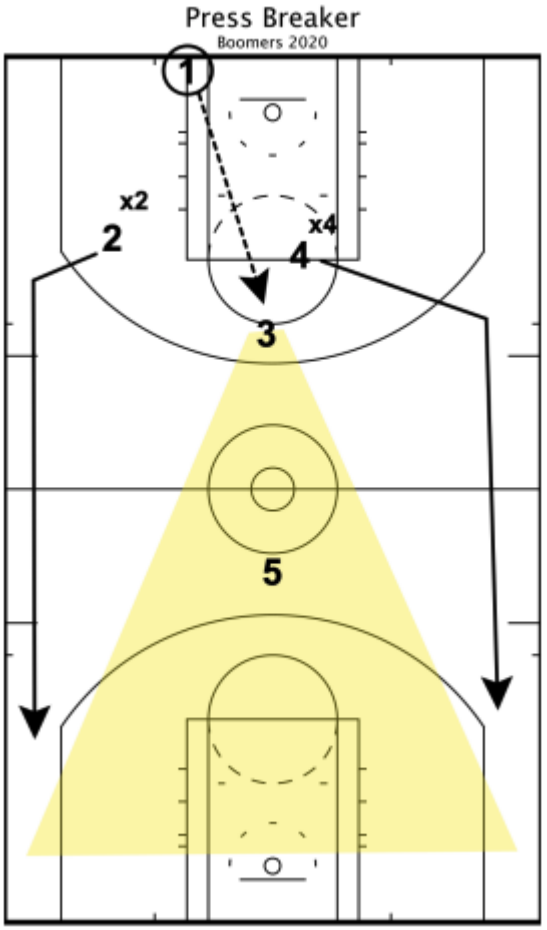


Reverse





Flash



- If 2 & 4 are denied, 3 to flash. 2 & 4 to fill lanes.

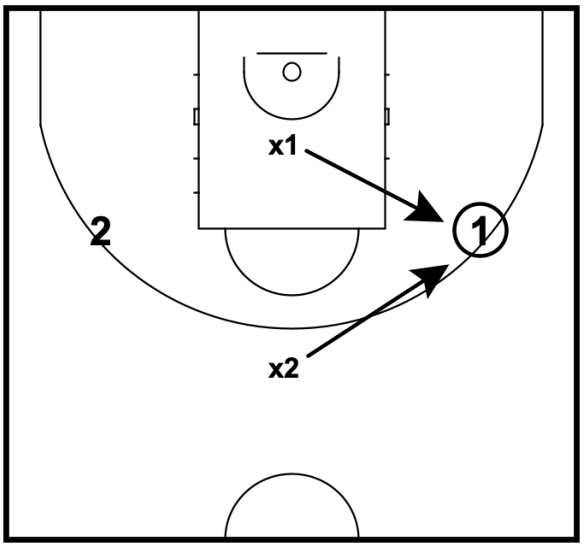
- Coach BG NBL1 Observations - Good teams get back and are good with the ball.
- When you cut 'step to pass'.

Player Development - Coach Matt Blue

- Rules:
  - Always say yes to an Indi with an athlete
  - Drills are all 4-6 minutes
  - Come with a plan
  - Be adaptable
  - Be early (more time to connect)
  - Be authentic
- Start everything weakhand.
- Started with ballhandling.
  - "Pound the ball outside your frame"
- Ask you players what they want to work on and make 25% of the session focused on that.

- Session Progression
    - 1. Ball Handling & Passing
    - 2. Shooting
    - 3. 2v2
- How can you learn about your athletes' culture?
- Footwork philosophy:
    - Inside foot pivot as a primary. It keeps the inside shoulder low.
    - Ball in the air, feet in the air
    - KYP - Know you plan - Keep your poise
- Shooting Philosophy:
    - Make 40% = Green Light
    - 75% open shots should go in
    - Play in stance and hands to the ball
    - Play at Game Speed
    - Use translatable skills for the athletes offence
    - If you want to change someone's shot – work with them 6 days a week
- When working on ball handling - change height, speed and planes.
- 2 Free-Throws after every drill. Track and stat.

Double Team Pivot Drill -



- Double team receiver - pivot for 7 seconds
- After 7 seconds, dribble once to get out and pass.

Physical Preparation for Young Players - Toby Conroy

- Sports specialisation accounts for 50% more injury.
- Warm-ups: Short & active. Longer in the cold. Functional movements.

Load Monitoring

- Not an exact science - load monitoring has improved but injury rate has stayed the same over the past 20 years.
- The inverted U curve (doing the right amount to get better without getting injured)
    - Training Load = Volume x Intensity Rate of Perceived Exertion (RPE)
    - Internal Load
        - Genetics
        - Anatomy/Sex
        - Fitness
        - Fatigue
    - External Load
        - Weights
        - Distances
        - Speed
        - Intensity
        - Type
- Athletes Run 2.5km per game (20 min) – Euro u18

Game Loading

- If you train every day = 8-10km
- Total nationals' km 30 km
- More than 25 km a week increases the risk of injury.
- If you turn up to 85% of training, it reduces injury risk.
- If you specialise in one sport, you're 70-90% more likely to get injured.
- 88% of college athletes were multi-sport athletes in school.

Athletic Development

- Injury prevention
    - Reduce Injury
    - Fitness = Fatigue Proof
    - Most injuries happen under fatigue.
- Strength & Condition
    - Take into account physical maturation.
    - Work on fundamental movement skills
    - Early strength gains are neuromuscular.
- Physical Performance Testing (we need benchmarks)
    - Single leg sit to stand
    - Single leg balance
    - Single-leg calf raises
    - Single leg bridge
    - Lateral hop
    - Plank test

- Nash drill (baseline to baseline, 3 min run, 2 min rest. Do it again)
- Movement Efficiency
  - Basketball Specific: Passing, Shooting, Dribbling, Running, Jumping
  - More general: Acceleration, deceleration
- Formal Injury Prevention
  - Strength and balance programs as prehab
    - 40% reduction in injury
    - 50% reduction of ACL

Recovery

- Sleep & Rest
  - Things that lead to poor sleep: phones, activity, caffeine, stress, jet lag, heat or cold
  - Poor sleep leads too: Poor concentration, reduced reaction time, poor memory, decision-making
  - <6 sleep per night = high range drink driving
- Nutrition
  - Before and after games
  - Last meal 2hr before game
  - Snack 30-60 prior to a game
  - 30g protein following a game
  - Gatorade & Powerade only useful if exercise is >1 hour.
- Hydration
  - 30% decrease in performance when dehydrated
  - Can lose up to 1 kg body weight per hour
  - Hard to play catch-up when exercising
- Active Recovery
  - 15-20 min low intensity: Walking, Cycling, Swimming, Yoga
- Ice Baths
  - 12-16 Degrees full submersion – 10-15m
- Foam Rollers
  - 30-60 min before a game OR end of day
  - 10 passes per muscle group
- Stretching
  - Not Pre-Game, better post-match
  - 30s minimum hold
  - PNF is better for soreness

Coaching Wheelchair Basketball - Coach Janna Mizens

Rules of Wheelchair Basketball

- Every two pushes, you must dribble
- Can double dribble
- Chair is an extension of the body (fouls)
- Total of 14 points on the court at any game

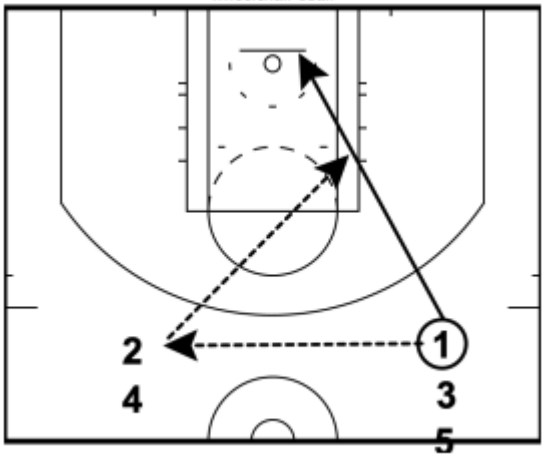
Drill #1 – Starting & Stopping

- Pushing Discovery Game
  - Rim or Tire
- Stopping Discovery Game
  - Lean back OR Lean forwards & grab Gres
- Turning
  - 1 back on forward

Drill #2 – Ball Handling Drills

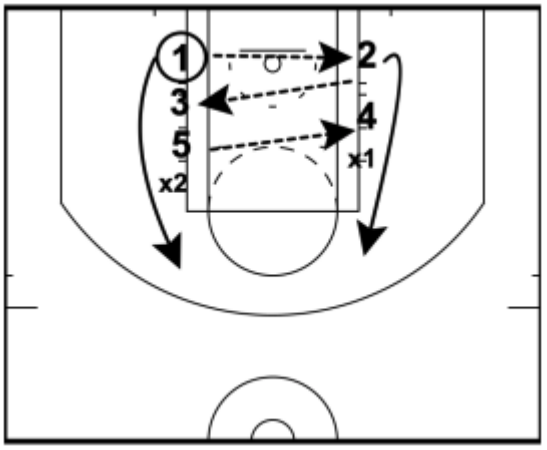
- Wraps -> Head, Waist
- Line Dribbling -> Left, Right, Change of Direction

Drill #3 - Passing Lay-up Lines

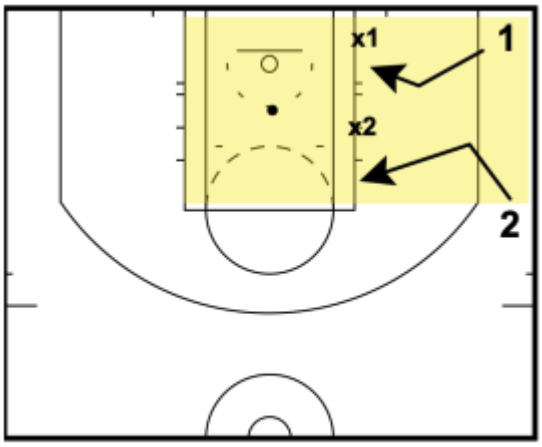


Pass, Move, Layup

Drill #4 - Caterpillar Drill



Drill #5 - 2v2 Box-Out



1&2 work to get the ball.
X1&x2 work to stop that.

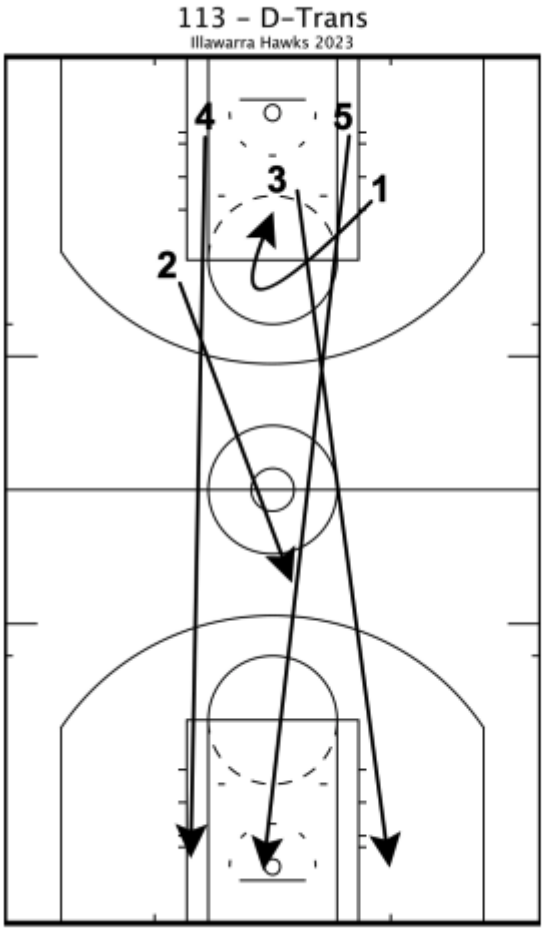
Concepts in Zone Defence - Coach Jacob Jackomas

- You have to commit to it and believe in it
- If you're not good at M-2-M – Don't zone
- Reason for zoning
    - Change the rhythm of the game
    - Deal with Pick & Roll
    - Protect the paint
- Challenges are;
    - Teaching it
    - Staying disciplined
    - Knowing when to use it

MUSTS

- Can't get stretched (Keep your shape)
- Always be matched up (Point at man)

D-Trans to Zone

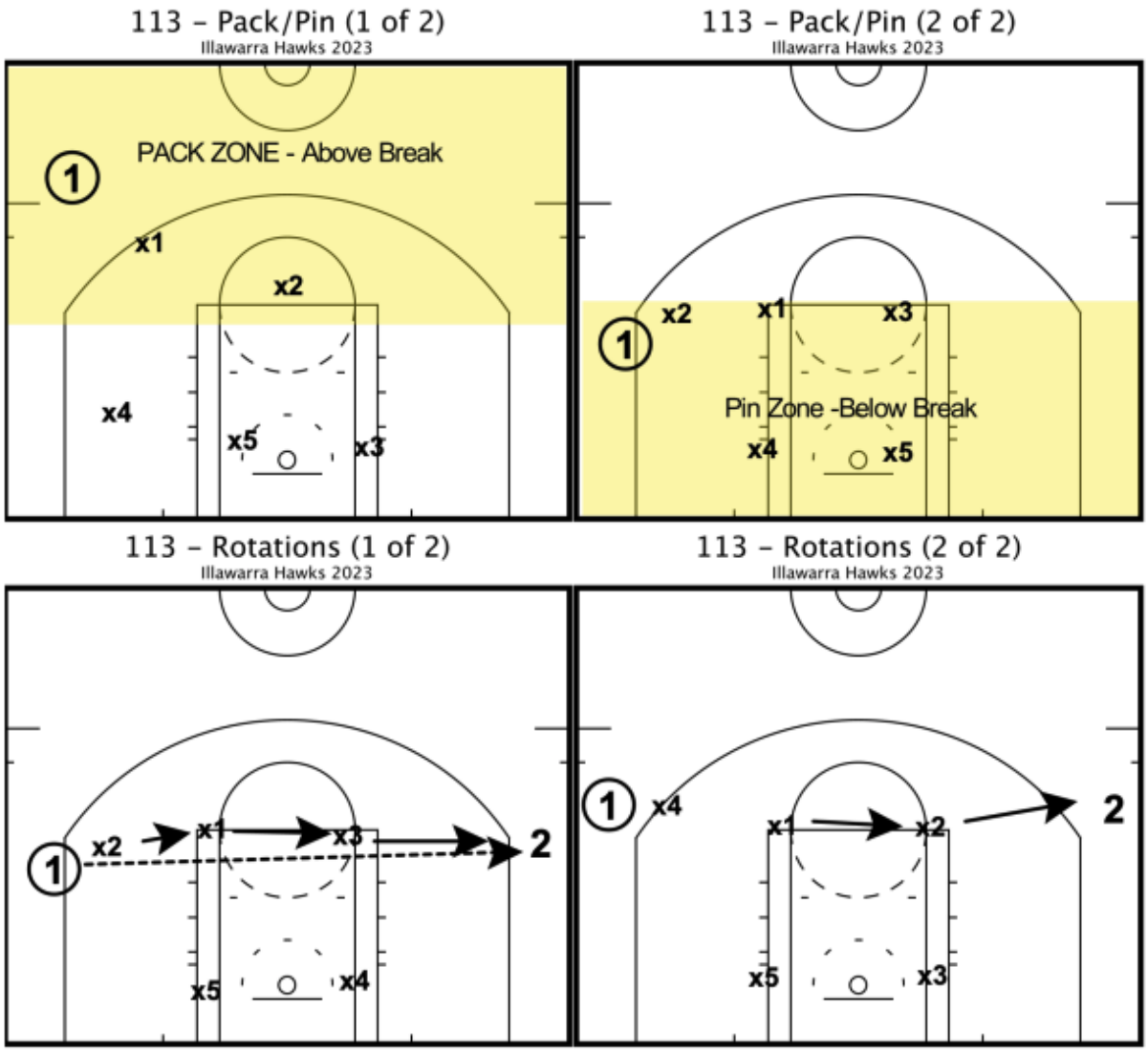


1 Has Ball, 2 Has Plug, 3 Right Lane, 4 Left Lane, 5 Home

First side: Force a lob with hand pressure

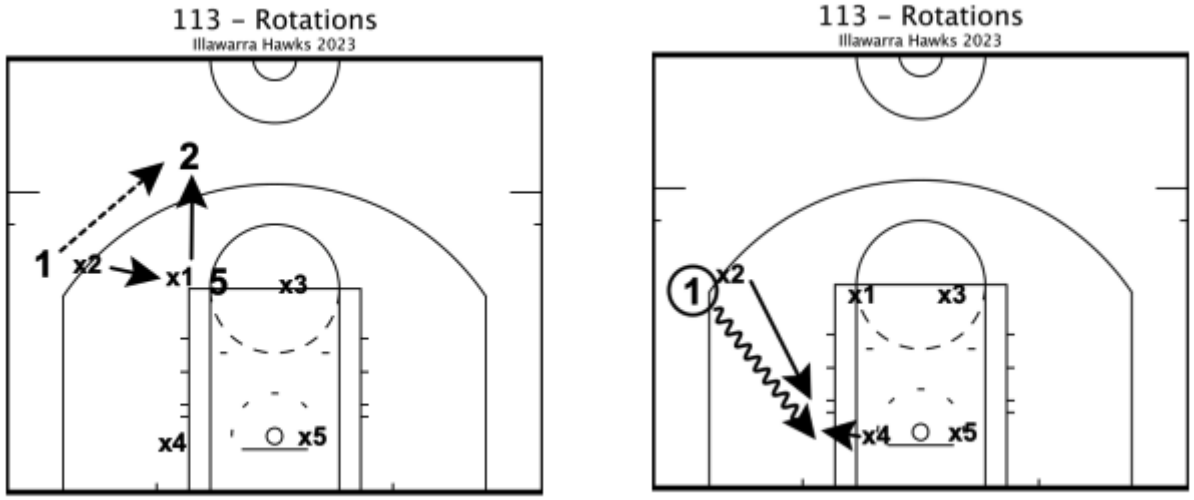
Defensive Rotations

On reversals: Pressure ball and fill corners



If the forward is up, guard gets the skip
If the guard is up, forward gets the skip

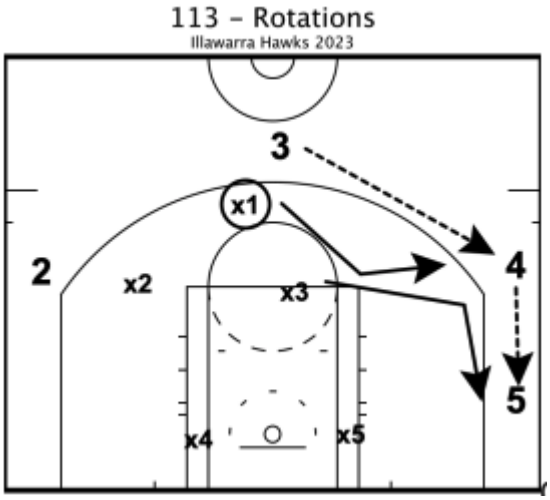
- Pin Zone - Defender aims to pin the ball handler on the sideline
- Others cover blocks and elbows.



Guard must tag high post defender out

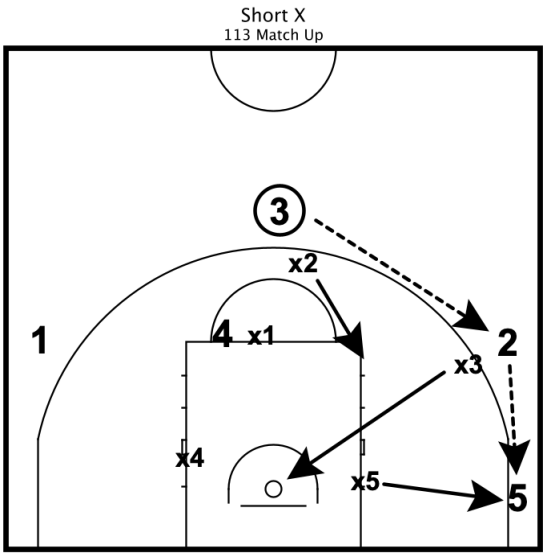
bnsw. Baseline Drive = Trap

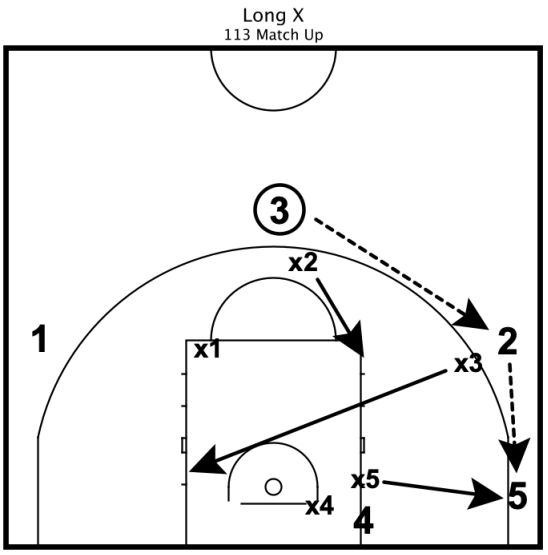
Dealing with a 2-side:



- X3 will stunt on O4 on the catch, X1 will call “Bump” - and bump down to corner player.

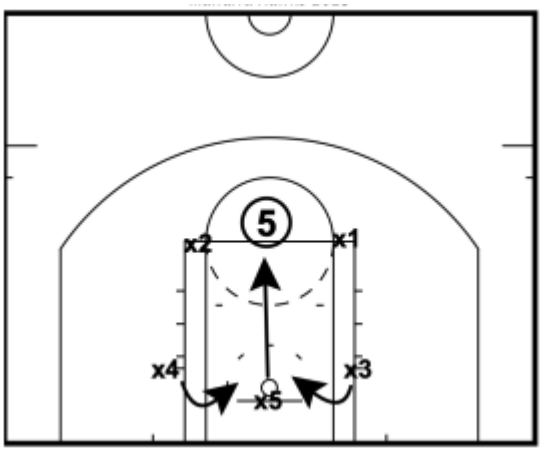
If X5 commits to corner: Short X or Long X





- The ‘Short X’ or ‘Long X’ rotation is dependent on who X4 is guarding. The box shape must always be maintained.

High Post Catches



- X5 will commit and guard any high post catches.

What Do Coaches Really Want in their Playmakers? - Liz Masen

Strong Coach-Athlete Relationships

- "Connect before you direct" – Observe before you make judgment. Observe for some time.
- "Are you waiting for your cat to bark?" – On trying to change athlete behaviour.

Canadian Olympic Study on Factors to Winning

- Strong Athlete-Coach Relationship
- Self-Awareness
- Optimal Training Environment

Keys to a session

- Did I achieve the outcome?

Ideas on Golf

- In Golf, the player who controls the pace wins. If you make you opponent play faster or slower than they want, generally they lose.

Tools for Introverts

- Get them to run huddles.
- Team dinners
- Buddy them up with extroverts

Assistant Coach

- Decisive
- Follow Process
- Gets the job done.
- Collaborate
- Good relationship with the team

DISC Profiling

- Sample Population

Dominator 9% of General Population 11% Athletes 14% Coaches	**Conscientious** 12% General Population 25% Athletes 20% Coaches
Influencer 27% General Population 37% Athletes 40% Coaches	**Steadiness** 52% General Population 27% Athlete 26% Coach

- Optimal Blend in a team – 30% S, 40% I, 20% C, 10% D
- No Data suggests that any particular DISC profile connects to winning.

- You can't have more than 20% Dominator.
- You need to set up a hierarchy for dominators to be successful with each.
- People can change through profiles according to their environment.
- More information for Coaches: https://www.athleteassessments.com/coachdisc-profile/

Driving your Professional Development - Coach Jamie O'loughlin

- Be intentional in your daily practice.
- Diversity in our network is critical.
- Defining Culture - clarify what your environment 'Looks Like, Feels Like, Sounds Like'
- Coach Craig McRae, Collingwood FC - "I wanted to get the soil right before I planted the seeds"
- Google - Removal of perks for execs and new employees.

Looks Like

- Fill your environment with signage and reminders of the culture.
- Liverpool designed its environment to progress from u10 to the premier league by laying out the fields in chronological order.
- Make sure to 'share your history'.

Feels Like

- Frank Dick - https://www.youtube.com/watch?v=SRnsG4gXcdw
- 'Athletes need to FEEL your message' - Frank Dick
- 'Take your job seriously, but not yourself' – Dany Kerry (GB Hockey)
- 'Winning is being better than yesterday, everyday' – Frank Dick
- You need "tough arenas to be challenged". Challenges allow for growth.

Characteristics of Serial Winning Coaches

- "Serial Winner" - Won multiple championships with different players at the highest level possible.
- Only 1/17 didn't have a wife. Importance of a healthy support network.

Psychological Safety

- Not feeling judged.
- Collingwood FC has a principle of 'freedom to play'.
- Social Pain impacts creativity by 30%.
- Google Research
    - Safe + 19% Productivity
    - Unsafe – 17% Productivity
- Make them feel empowered.

- 'The Essence of team is awareness' – Ben Northey
- Ask the athletes what they need to get the best out of them.

Sounds Like

- Ask athletes what they need from you every three weeks
- Meet with all the people in your environment
- Is your space collaborative

4 Skills of Effective Collaboration

- Collaborative Mindset
- Speak Up
- Listen Up
- Situational

Keys to a Good Sounding Environment

- Share a clear vision
- Allow player voice
- Allow self-correction
- Use sound bites

- “A winning culture is founded on a learning culture”

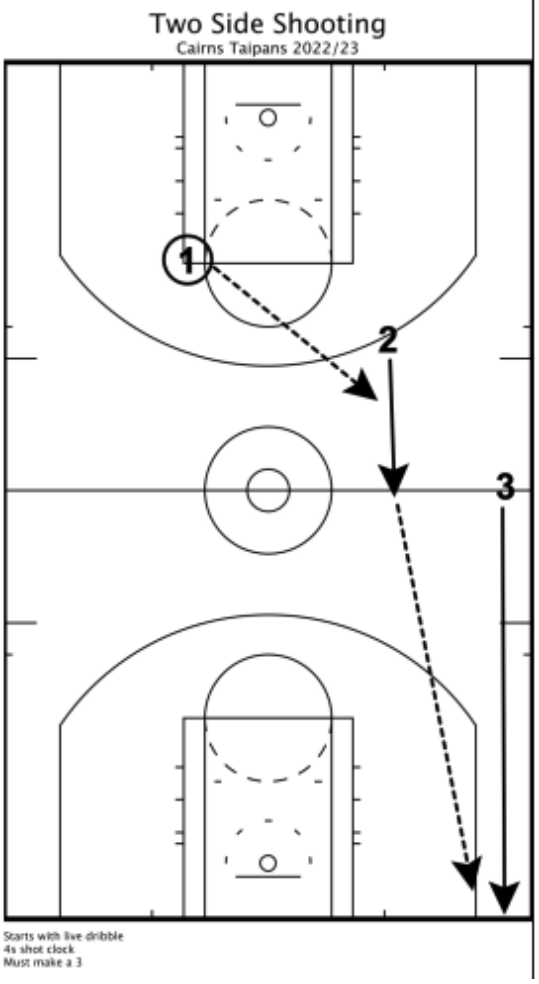
Pressure Defence and Playing with Pace - Coach Adam Forde

- Pace = Space + Possessions per Game.
- Within the Chaos, must be Order.
- Organise what you do around a game model.
- Game Model and Identity: “A set of principles that resembles that city” - transferable to the court.
- Be as competitive as we can.
- Transition D pick up points: Get back to NBA 3 point line.
- Never ball above head. Head down, get on the rim.

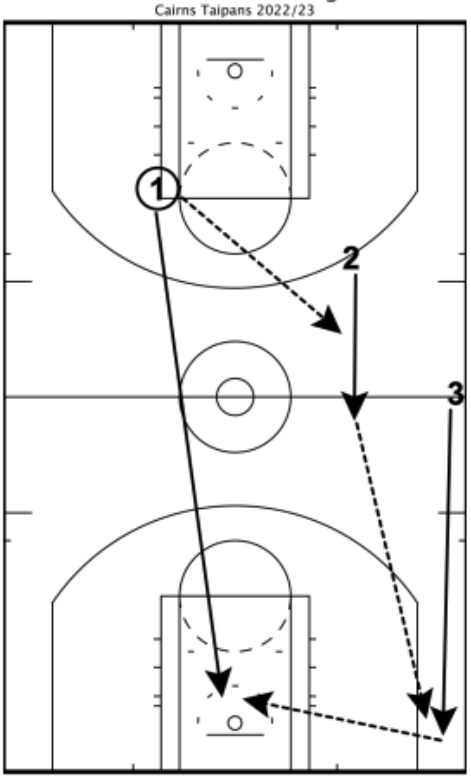
OFFENCE

Drill #1 – Two-Side Shooting
Progression A – 3v0 Three

4s to get an open 3



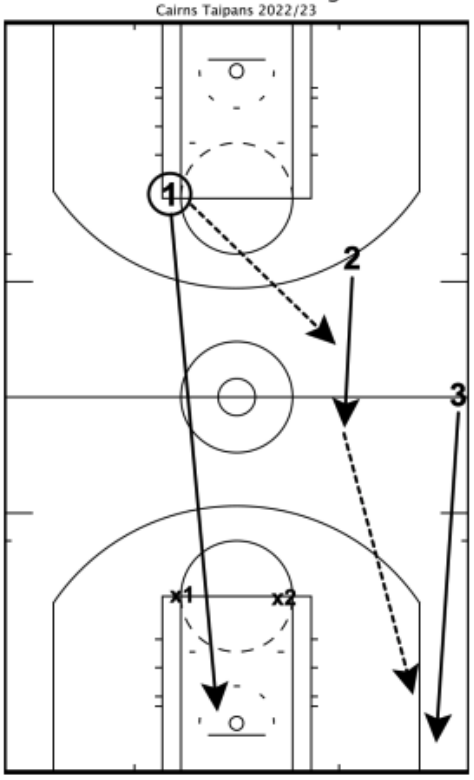
Progression B – 3v0 Layup
Two Side Shooting
Cairns Taipans 2022/23



Starts with a live dribble
5s shot clock
Must make a layup

5s to get a layup

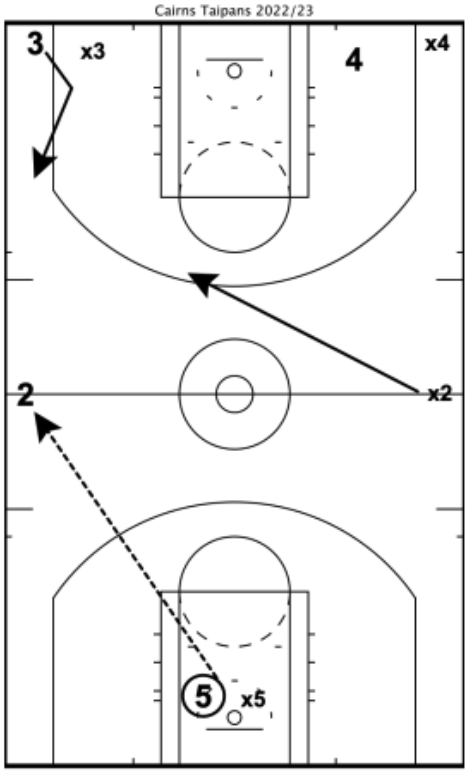
Progression C – 3v2 Trans
Two Side Shooting
Cairns Taipans 2022/23



6s to get a score vs 2 defence

6s to get a score vs 2

Drill #3 – Cairns Trans Game
Trans Game
Cairns Taipans 2022/23



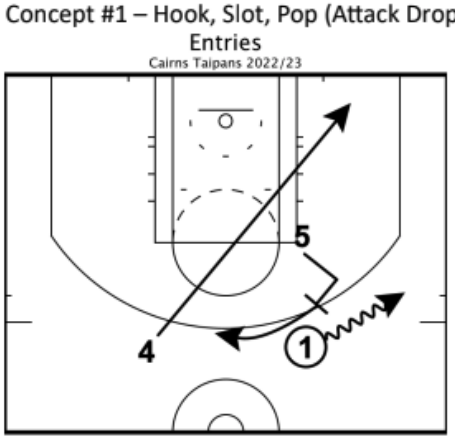
5 & x5 Battle for rebound – Rebounder outlets to their wing.

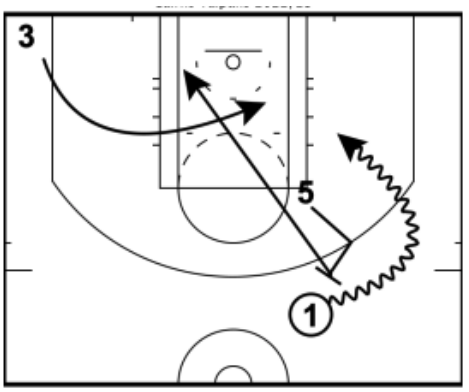
2 & x2 – Receiver pass from their outlet, other player becomes defender

14s Shot Clock
Rebounder Outlets
2 & x2 Match Up
3 & x3 Create 2v2

Offensive Concepts

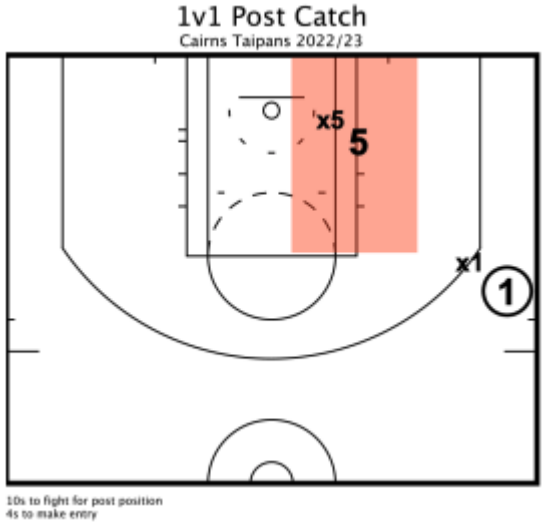
Concept #1 – Hook, Slot, Pop (Attack Drops)



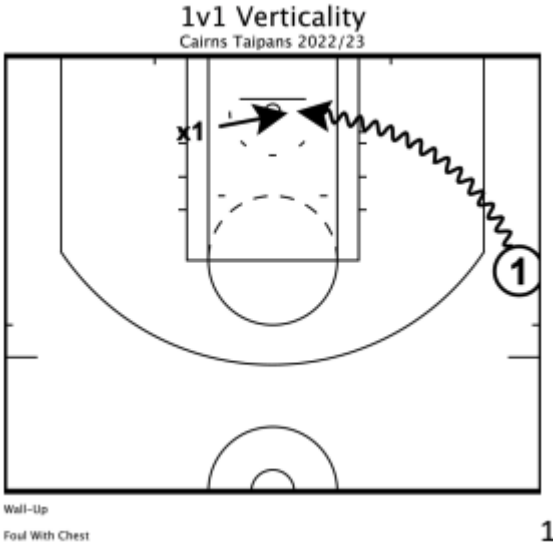


Defence

- Building physicality and toughness drills:
  - 1v1 push their chest. Girls: Shoulder
  - 1v1 shoulder barge.



- 10 seconds of fighting for position - no fouls, but no silliness.
- 4 seconds to pass it in.



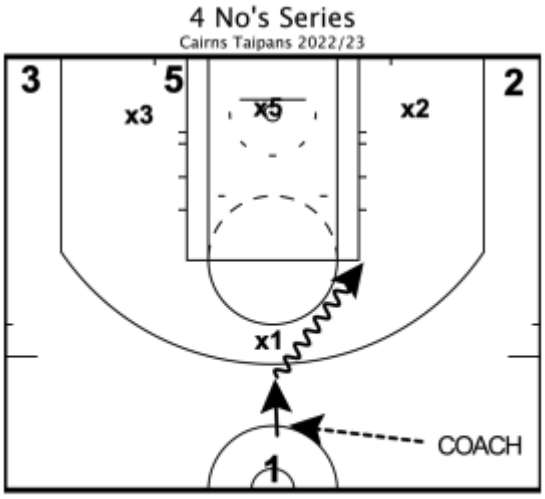
- 1 drives to score.
- X1 steps across and walls up.

1

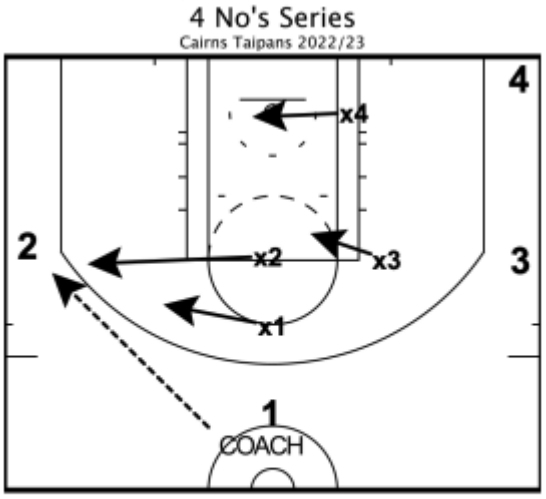
The 4 Nos

- No Layups
- No Rhythms 3s
- No Blow-Bys
- No Offensive Rebounds





Start with a coach pass
14s shot clock
2 Trips



Start with a coach pass
14s shot clock
Two Trips



14s to get a stop

Cairns Pick-up Points

- 4 pt Pickup (Bryce Cotton)
- 3 pt (Normal)
- 2 pt Pickup (Non-Shooter)
- Go under all screens above the 4 pt line.

- "Best trap is the one they don't see coming"

- Damien Martin and getting through screens: Skinny body, squeeze both hands through, open up like breaststroke.
- Good practice days = Coach Forde won't stop practice.

Panel Discussion - Jan Stirling, David Herbert, Liz Masen, Summer Hanson, Brian Goorjian and Alex Toohey

Leadership

- BG -
    a. When making a culture:
        i. Setting the values - establish a set of values to live by.
        ii. Evaluate daily.
        iii. Educate the biggest stakeholders, and
        iv. Create a leadership group to echo the messages.
    b. Players don't want to talk to the AC, they need you.
    c. "Are you walking the factory floor?"
    d. "1 action is an offence" - Coach Kerry Rupp.
    e. Developing leadership - don't get lost in the Xs & Os.
- JS -
    a. Develop and grow - Experience, assess and try again.
    b. Establish non-negotiables.
    c. Educate decision-making.
    d. "Understand your people in order for them to be great leaders" - Walk in their shoes.
    e. Guide them and get them to reflect.
    f. Have conversations - we've gone away from it.
        i. How you make them feel in that environment, is what they remember.
- DH -
    a. Work with the best Coach.
- Players SH & AT -
    a. Want coaches that are selfless, caring and develop them for the team.
    b. Approachable.
    c. Communicates.
    d. What's a good Coach? Someone you can trust and go to. Empathy and understanding, asks for the athlete's opinion.
- LM -
    a. Lead is a verb, just do it.
    b. Have a mentor that will tell you the truth.
- Make your whole team feel special, 1-10.

Thank you to the whole team at Basketball Australia for hosting this conference, the Basketball NSW High Performance team for compiling these notes, and all the coaches out there that continue to be the best they can be.