

*Bow, NH  
Bow Youth Coaches  
November 15, 2014*

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Men's Basketball Coach*

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Or

**[www.Hogancamps.com](http://www.Hogancamps.com)**

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Rip City Basketball Camp: last week in June grades 4-10 (2 weeks in 2015)  
Specialty Basketball Camp: Last week in July for boys and girls in grades 5-11  
Paul Hogan Point Guard Camps: Late June/early July Grades 5-11 at NHTI  
Shooter's Gold Basketball Camps: Grades 1-8 boys and girls  
Play On! Soccer Camp in mid-July at NHTI for boys and girls in grades 4-10

## **Coaching tips**

**During the practice or contest: How to treat your athletes**

- **Treat the athletes with respect**
  - Valued team member- treat each athlete as though they are valuable to the team
  - Age does not matter- use polite words when talking, respectful words are very important. Polite words help establish a value to each person and this is focus how coaches build a powerful positive connection with the athletes.
  - Be honest and sincerity- being honest with your athletes builds trust. When you don't know something tell the athlete that because it helps build trust and respect
  - Without embarrassing them- teenagers don't like being made fun of or criticized in front of peers. When this happens to little kids it hurts their confidence.
  - Help to create realistic expectations based on age and developmental levels- be aware of their ages and how they supposed to act. Treat them individually but understand that they will act there age at times and preform at their ability level
  - Confine criticism to their actions- keep criticism to the game. Don't signal anyone out as doing a poor job
  - Listen don't just command- listen to what the athletes have to say. This means a lot to athletes if you listen to what they have to say. It will go a long way.

## Methods of Communication

- **Verbal Communication**
  - Be clear and consistent- instructions need to be simple and understandable
  - Use vocabulary that is understood by your age group- understand what vocabulary is appropriate for the age group you are coaching. Make sure you can understand that the signs of when athletes understand what you are saying. Ask the athletes if they understand what you are trying to say. If you are not sure repeat what you said using different vocabulary.
  - The use of distinctive names, catch-phrases, or examples- this depends on your personality and what you are comfortable with. Young children usually remember or understand ideas better with funny and unique catch-phrases
  - Be positive, encouraging, enthusiastic- Use your voice to project energy and enjoyment for the sport and the athletes
  - Project, don't shout- only be as loud as the athletes can hear you nice and clear. Don't use anger negativity in your voice when raising it. When raising your voice make sure to project, don't shout or yell. Be aware of the acoustics in your gym and elsewhere
  - Vary your volume and tone to gain attention and focus- one of the most effective ways to get attention is to speak softer than you usually do. Varying the volume can be helpful when explaining something because it becomes more interesting.
  - Use your bully pulpit- use encouragement, motivational talks, moral teaching to help the athletes learn. Tell the athlete when they are doing a good job. Make sure they know your philosophy for success. Be as positive with your athletes as you can be.
  
- **Non-verbal Communication**
  - Consistent modeling- your actions and appearance have a big impact on your athletes. Body language should be consistent with what you expect from your athletes.
  - Smile- smiling shows your athletes a sense of positivism.
  - Handshake, high fives, pat on the back- physical contact is good for the body and soul however due to what happens sometimes it is frowned upon. Placing hand on the shoulders of a disappointed player shows them that you care. This creates a powerful and positive effect. *Create the connection daily!*
  - Physically guiding their actions- there are times that younger athletes cannot perform certain skills. Physically guiding them can help the athlete make the connection

## Feedback & Messaging

- Praise- helps the athlete see how they are performing. Compliments help athletes know if they are on the right track-use this tool regularly and analyze the success/failure
- Neutral, impartial performance reviews- during games the coach recounts what the coach saw during the game. During practice there are neutral observations like how many balls a catcher dropped during practice.
- Constructive criticism- equally as important to being positive. The athletes need to know what they are doing wrong or need to improve on.
  - Criticize with using a solution (short and sweet-to the point)
  - Criticize the action. Do not criticize the person
  - Know when to stop. Athletes can only take so much criticize at one time.
  - Criticize with a neutral voice- don't use anger or negativity
  - Teach your athletes that mistakes and errors are opportunities to fix what does not work. Use it was a learning tool.

## Practice Ideas

- Start/End of practice
- Spots on the floor...terminology...elbow, key, paint, block...
- Warm-up...to spots...
- Circle Clap
- Sharks and Minnows
- Rip City
- White Mt. Shootout
- Husky Shooting
- Team Husky Shooting
- Shooting Knockout
- Team Knockout
- Dribble Knock out
- Team Dribble Knockout
- Machine Gun Passing
- Tennessee Dribble Tag (Multi Colored Pinnie Tag)
- Alaskan Dribble Tag (3 times out/situps to return to the game)
- Beat the Coach/Star
- Farmington 500
- Star spot shooting
- Revolving Team Basketball (3-4 teams...3, 4, or 5 on a team)
- Magic 1-2-3
- One on one around the world ...2 on 2...3 on 3
- Cool down (Be a teammate...terminology...rules)

## Items to consider (Team Practice/Games/Planning)

- Practice Schedule
- Posting Schedules
- E-mail/phone lists/organizational points
- Captains/Leaders jobs
- Season Plan
- Season Goals
- Travel Schedule
- Post Game Practice
- Team Habits
- Uniforms/Practice Gear/Sneakers/Travel Gear/Dress
- How we practice?
- Practice time increments (minutes...)
- Variation/Stability/Consistency
- Team Style (Fast, slow, press, rotation, # of players, # of seniors, etc.)
- Personality
- Leaders... Who are they? How strong are they? What is their style?
- Captains...
- How will we win?
- What will be the key factors with our team winning?
- What will make it all fun?

### **Post Play**

- Mikans
- Drop Step
- Quick Ups

### **Transition**

1. Off steal
2. Off rebound
3. Off made hoop

### **Guard/Perimeter play**

- L Cuts
- V Cuts
- PC Curls
- PC Fades
- Dribble Attack

### **Combo drills**

- 2 v 2 ½ court
- 3 man weave to 2 on 1

### **Shooting**

- Beef (Balance/Eyes/Elbow/Extension/Follow thru)
- Circle Layups
- Cone layups

1. Coaching thoughts to mention over the course of the week to your team and the individuals on the team.
2. **Know** your opponent and personnel
3. **Learn** about your opponent
4. Recognize your **own** team strategy
5. Recognize the **other** teams strategy
6. Roles and Player rotation
7. Bench/Practice decorum/organization (*Rehearsed*)
8. Skills to incorporate into play
9. Sportsmanship. Expectations. Play hard and expect your opponent/teammates to play hard.
10. Run the floor and know what is happening on both sides of the ball
11. Establish a routine. Timeouts, pre-game, warm-ups, one on one meetings, end of game, quarters, halftime, etc.
12. Make time for every player over the course of the pre-season, week, month, season, post-season
13. Answer questions
14. Be aware of who is tired, hurt, angry, moody, and work with the Individual (s) to realize a common goal (Exam schedules)
15. Water breaks. Encourage water, Powerade, Gatorade
16. Water at meals.
17. Bananas

How to make a practice and/or game fun?

- Competition
- Building blocks
- Reinforcement
- Timing
- Spacing of drills
- Length of practice

## Hogan -- Practice Rules:

1. No gum, jewelry or watches.
2. Be early
3. Check the posted practice plan for grouping, announcements, travel arrangements....
4. Review the scouting report before practice
5. Report # of free throws shot for the day (#100 per day)
6. Shirts are always tucked in. Shorts are pulled up. Shorts pulled up.
7. Water. Use water bottles, fountain or ask to leave. (placement of bottles around the gym)
8. Stretch on your own before practice/games. Use our trainer.
9. Sneakers tied.
10. Shirts taken off should go in the corner of the floor away from the way of danger.
11. Keep the area and the locker room clean
12. We take turns sweeping the floor or washing the floor. All players chip in.
13. Work on your game. Follow the pre-practice program. Do not waste time.
14. Mentally prepare for practice
15. Be aware of vandalism. Do not leave \$\$ around.
16. Take care of valuables.
17. Inform trainer of medications or special situations regarding health or injuries.
18. No swearing, no trash talking, no spitting on floor/walls. Play with confidence and pride.
19. Play without worrying about mistakes. Play hard.
20. Hair should be neat and trim.
21. Inform coach in case of being late, emergencies, family problems etc. (Voicemail)
22. Treat all personnel with respect.
23. Be a good listener.
24. Be coach-able.
25. Recognize your own learning and teaching style.
26. E-mail...phone lists...snow-tree....
27. Do things our way. "The NHTI Way"
28. **Hustle is automatic!!!! Upon walking into the gym!!! Just like Church!!!**

## Keys for success for our team:

- How to inbound the ball
- Talk on defense
- Automatic hustle. Coach and players.
- Situations
- Teach the game. **Let's get our players to think the game.**
- Pivoting and catching the ball.
- **Point and Play (phrase)**
- **Read the Rim. (phrase)**
- Opponents tendencies
- Skills to use in a game for an opponent and the reads necessary to be successful
- North Carolina Huddles
- Free Throw transition
- Sprint off the floor at ½ time
- Freeze, listen, and learn on the whistle
- **Goals. Team, individual and coaching**
- Screening technique and use
- Terminology (elbow, point, gap, 28' foot line etc.)

## Hogan -- Team Expectations

- What do you expect of yourself as the coach?
- What does your team really need from you as the coach?
- Part Whole or Whole Part?
- When do I yell? When do I speak softly?
- What type of learners do you have?
- **What type of learners and communicators are on your staff?**
- **Rehearsal**
- What is a good shot?
- Has the team ever seen you upset? When?
- How will controversy be handled by the team and staff?
- Pre-game, Halftime & Post Game
- How many things to talk about during a timeout and at the half.
- *Do we sit for a 30 second timeout?*
- Role of Staff --
- Calendar
- End of the game situation. (3 point shot or keep taking 2's) When to foul?
- Signals—Hand, verbal, #'s (Acoustics)
- Who calls the plays? Offense/Defense
- Uniforms, practice gear, travel gear, (the look and feel)

