

Coaching Highlights

- **2000-2002 assistant coach Sterling College/head 9th grade girls coach Nickerson High School**
 - Coached future overseas pro
 - Tied school record for wins
 - Assisted in recruiting class that would have 2 national tournament appearances in next 4 years
 - Led 9th grade girls team to 9 6 record, they had not won a game in two years in middle school
- **2002-2004 Wetmore High School 1A Kansas**
 - First head varsity boys' coaching job
 - Led team to schools first regional in 14 years
 - 2 players received college scholarship offers
 - Coached Second team all state selection and Topeka journal all state nominee
- **2004-2007 Humboldt High School 3A Kansas TCA 3A Colorado**
 - Sub State Finals 2007
 - Doubled win total from year one to three (17 6 in final season)
 - 2007 led league in defensive FG%, charges taken, and rebounding margin
 - All 5 starters received all conference recognition
- **2008-2012 Ulysses High School 4A Kansas**
 - 2 Tournament of Champions appearances at Dodge City TOC
 - Sub State Finals 2011
 - 2 college scholarship players
 - From 3 losing season 2 before my arrival to 3 consecutive winning seasons
 - 2010 senior classes only winning season in their careers from 7th 12th grad
- **2012-2013 Lake Weir High School 6A Florida**
 - Secured head coaching position over 100 candidates nationwide
 - Disney Christmas Tournament 32 states represented
 - Player recruiting contact portfolio and network established
 - Player development program refined
 - Strength and conditioning program revamped
 - Developed comprehensive fundraising strategies and packet

Thoughts from other Coaches on Coach Jones

“Jason is about passion, preparation and consistency both on (Coach) and off (Husband & Dad) the court. He demands a culture of respect and hard work from everyone involved with the Basketball program, and his passion is contagious. While winning is important, he understands that it is a by product of teammates working together and believing in each other and the coaching staff on a daily basis. Players know their roles and strengths through the honest communication Jason provides, and his players play hard on every possession.”

***-Nate Chrastina former assistant coach
Head Varsity Boys’ Basketball Luling High Texas***

“Coach Jones is passionate about the game of basketball. He is a real “student of the game” and works extremely hard to give his team all the tools necessary to be successful. Most importantly, Coach Jones doesn’t just care about succeeding in a game, but truly cares about having his players succeed in life.”

***-Andy Gillen state championship coach Kansas
Head Girls Coach Hugoton High School Kansas***

Coach Jones came into a very tough situation at Lake Weir and I was immediately impressed with his impact on the program. It was more than evident that he had a sharp basketball mind. Every time I saw his team play they got better and better. There was no question that his team improved fundamentally and with their understanding of the game. There was no doubt that his kids were going to play extremely hard for the entire game. Preparing to play them was tough because what they lacked in talent they more than made up for with effort and the advanced schemes that they presented. Coach Jones was doing a remarkable job at Lake Weir and would have no doubt raised the level of basketball at Lake Weir and in Marion County had he not been a casualty of county wide budget cuts.

***-Phillip Small Head Coach and Kingdom of the Sun Tournament Director
Vanguard High School Ocala Florida***

Thoughts from Former Players on Coach Jones

"Coach Jones is a great coach to play for, a true players coach. I had the opportunity to play for Coach my junior and senior years and learned more about the game of basketball than I had in all my years combined. He can really break down the game and gets the most out of each and every one of his players. The two years I played for Coach Jones were the most enjoyable and rewarding years that I had on the hard wood. I hope everyone can experience the coach/player relationship that I got playing for Coach Jones."

-Scott Lackey player from 2002-04

"Coach Jones was not only a great coach, but a better person. He was respected by all of his players and we all played our hearts out for him. I know if I ever need advice on anything I can go to him. He taught me how to be a better player, teammate, and person. One of the best people I know."

-Trey Zartman player from 2004-07

"Playing for a Coach Jones was very special, he is no ordinary coach. He is a very passionate in everything he does. Whether it is his family, friends, or job he is committed to excellence and helping others succeed. Coach Jones taught me a lot about the game of basketball, but that's not what makes him a great man. The way he carries himself is very humble, passionate, and driven. He taught me how to become a better basketball player as well as a better person. Coach Jones played a very important role in my life. He is one of my principal role models and is a person I can still talk to today no matter the situation. As a leader of our team he taught me how to lead by mouth and example. These remarkable qualities rub off onto his players; you can't help but idolize a person like him. He treats his players with respect, honesty, and fairness. It was a blessing playing for a man like Coach Jones. I plan on coaching someday and want to touch and inspire my players in the same way."

-Tory Thomas player from 2004-07

"Coach Jones is a "new age" coach with traditional values. He is a master at adapting to his player's different skill sets. Practices are extremely structured and disciplined. He is a great motivator and is aware of the importance of the mental side of the game. He has high expectations for his players on the court and higher ones off of the court. Coach Jones loves the game and he instills that passion in his players. He truly cares for every player as a person."

-Edwin Porras player from 2008-12

"Coach Jones is a very competitive person who demands a competitive spirit from each of his players. He has a great knowledge and passion for the game and is always working on ways to improve the team. It is hard to find a coach who knows more about the game than he does. He truly cares about all of his players and is always there for them."

-Garret Kissel player from 2008-12

Mission Statement

We believe that being a part of our Basketball team is an opportunity, a privilege, and an experience that should impact our lives in every area to help us realize and seize our full potential as young men. We understand that there is no short cut to hard work and that nothing will be given to us. We will strive daily to maximize our talents and impact our surroundings in a positive way. Honest communication and collective responsibility will help guide our decisions and each of us will serve our role to the best of our ability. We will prepare and compete like champions and strive for excellence in our relationships, the classroom, and on the court.

Our Core Values

To our team we will demonstrate:

Hard Work: Perseverance and diligence in all tasks

Integrity: Consistency in our actions and what we are about

Pride: Attachment and devotion to each other and our school

Unselfishness: Care for others above ourselves, wanting to see each other succeed

Commitment: Unwavering loyalty

Passion: Being whole-heartedly and emotionally present in all we do

Preparation: Making sure we are ready for whatever comes our way

Gratitude: Thankfulness for the opportunity we have been blessed with

Excellence: Relentless pursuit to be the best we can be in every area

How Will We Get There? Keys to Accomplishing Our Goals:

***Focus on the process - great programs and players are not built overnight.
Every day focus on the task and job at hand and do that to the best of your ability.***

- **Represent yourself, our team, school, and your family in a class manner at all times both on and off the court**
- **Class attendance -no unexcused absences or tardies**
- **Team study halls and tutoring**
- **Commitment by all involved in the program -coaches, players, parents, teacher, and administration**
- **Implementation of nutrition accountability**
- **Commitment and effort to strength and conditioning program**
- **Attendance at individual workouts**
- **Increase our basketball knowledge and IQ-study the game**
- **Set personal goals**
- **Do the right thing**
- **Take responsibility for our individual actions**

Ultimate Keys to our Success

- **Trust will you trust the coaches, trust the guy next to you on the court, the guys on the bench, our JV and C teams? If we can't learn to trust each other than we cant have the type of success we want.**
- **Eliminate Jealousy in order to reach the state tournament we have to get rid of all the jealousy. You can't worry about who scores points and who sets screens, you have to accept a role and play it to the best of your ability.**
- **Block Out Negative Influences whether it is students around school bad mouthing our team, parents upset over things, or other people with an opinion; we have to remain focused on the positive and what we can control.**
- **Embrace Expectations expect to have success, work hard to deserve that success, and then handle the success once it comes our way.**
- **How will we Respond When... when we loose a game, when you don't play well or score like you think you should, when we win and you don't contribute, when we win and you do contribute, when people around us get negative? These are all questions to think about, because life is 10% what happens to you and 90% how you respond.**
- **Have Fun! playing this great game with passion and enthusiasm! This is a once in a lifetime experience, enjoy it!**

Program Goals

Develop young men to be successful in all areas of life - students, players, employees, future husbands, and fathers

- **Academic success**
 - **All players maintain minimum 3.0 GPA**
 - **Academically college eligible**
- **Increase team involvement in community**
- **Keep athletes healthy and injury free**
 - **Promote proper nutrition and rest habit**
- **Emphasis on strength and conditioning program**
- **Emphasis on player development program**
- **Teach them how to be players not just run plays**
- **Improve winning percentage yearly**
- **Qualify for the state tournament yearly**
- **Quality and purposeful fundraising**
- **Implement and develop "Biddy Basketball" program for sustained success**
- **Have Fun!**

Team Goals

On Court Goals

- Play hard and compete like a champion every night
- Compete for a district championship
- Compete for a regional championship
- Compete for a state championship

Off Court Goals - Classroom

- Have highest team athletic GPA at Lake Weir by 2014
- No tardies or in school disciplinary action for anyone on our team
- Graduate with necessary academic requirements to qualify for four year college/university.

Off Court Goals - Community

- Every team member participates in 2 fundraising community service workdays per year.
- Every team member participates in 20 hours of volunteer community service per year.
- Establish team reading program within elementary schools.

The Bottom Line

Face it, nobody owes you anything what you achieve or fail achieve in your lifetime is directly related to what you do or fail to do. No one chooses his parents or childhood, but you can choose your own direction. Everyone has problems and obstacles to overcome, but that to is relative to each individual.

Nothing is carved in stone; you can change anything in your life if you want to badly enough. Excuses are for losers; those who take responsibility for their actions are the real winners in life. Winners meet challenges head on knowing there are no guarantees and give it all they've got and never think its too late or too early too begin. Time plays no favorites and will pass you buy whether you act or not.

Take control of your life, dare to dream and take risks. COMPETE. If you aren't willing to work for your goals than don't expect others to.

Believe in yourself.

Player Evaluation and Tryout Procedures

- **Basketball try outs will be held the first 3 days of official practice. We will run 2 practices per day giving every player 6 full practices to be evaluated by coaching staff.**
 - **(*returning players will not be required to try out*)**
- **Any player being cut will be notified in a one on one meeting with the coaches after the final try out practice. We will only cut if we have more than 35 players come out for the team.**

Evaluation Criteria:

- 1. Attitude and Effort we want talented players, but more importantly we want players that will play hard and have a great attitude. We will look for:**
 - a. Players who encourage their teammates**
 - b. Players who demand the best from themselves and teammates**
 - c. Players who are coachable**
 - d. Players who will sacrifice personal glory for team success**
- 2. Defensive Intensity we will closely evaluate a player's ability to contribute on the defensive end of the floor. We will look for:**
 - a. Defensive effort**
 - b. Footwork slides, closeouts, box outs**
 - c. Communication skills must be able to talk on defense**
- 3. Ball Handling Ability the quickest way to contribute offensively is to be able to handle the basketball. We will look for:**
 - a. Players that catch and square in triple threat position**
 - b. Ability to beat man off the dribble**
 - c. Vision of teammates off the dribble will they find the open man**
 - d. Can they handle pressure**
- 4. Shooting Ability bottom line is you must make shots to win basketball games. We will look for:**
 - a. Shooting form**
 - b. Shooting range**
 - c. Shot selection of player do they take good shots**
 - d. Ability to shoot under pressure**
- 5. Do They Enjoy Playing Basketball the game is supposed to be fun! We want players that want to be out here competing and working hard.**

Practice Format

Goals:

- **Make it harder than games!**
- **Great volume and intensity**
- **Enthusiasm and passion everyday**

Pre-Practice: 3:45 4:00

In this time frame you are responsible for the following:

1. **Shake Coaches hand and tell them one thing about your day**
2. **Complete the stations on the pre practice sheet for the day**
3. **Get in any extra stretching you need to do to be ready to practice**
4. **Whatever time you have left work on an area of your game (i.e. free throws, left hand, post moves, etc...)**

Pre-Practice Station Rules:

1. **Can't go through stations alone**
2. **Can't be with same person two days in a row**
3. **You can't go with someone in same grade as you until you have gone with every other teammate from another class first**
4. **You can have as many as 4 people in a group**

What do we want to cover in pre practice stations?

- **Proper warm up**
- **Stretching**
- **Rebounding**
- **Ball handling**
- **Free**
- **throw shooting**
- **Finishing at rim**

Things that make practice great:

- **Validation of drills and team competitions with FT shooting**
- **Time/Score/Competition on all drills if possible**
- **Condition within drills as much as possible**
- **Practice must be a learning situation daily, but an intense environment**

Coaching Staff Responsibilities

All coaches and program staff members, including volunteers will be expected to carry themselves in a professional manner at all times. We are all representatives of our team and school and how we relate and portray ourselves to the public is essential to our overall success as a program.

On Court

- **Set the tone and be an example for players on how to respond to each situation**
- **Use professional and appropriate language at all times**
- **Know the rules of game and be able to accurately interpret**
- **Be punctual**
- **Supervise players at all times when in your care**
- **Represent our team with class at all times**
- **Encourage and support players and coaches**
- **Absolutely no use of alcohol or tobacco products on school grounds or in presence of athletes**

Off Court

- **Maintain appropriate player/coach lines in terms of friendship, social media, and physical contact**
- **Only text players for appropriate reasons and at appropriate times:**
 - **never text a player after 10 p.m.**
 - **give out schedule changes**
 - **send them an encouraging or motivational item**
 - **send out reminders for games, food, etc...**
 - **use utmost diligence and care when exchanging information via technology with players**
- **Support other coaches in conversations with parents**
- **Be an ambassador for our program build it up**
- **Remember that you are always in the public eye and make decision accordingly (especially in regards to alcohol, tobacco, etc...)**

Involvement in off season activities

We run a year round program and need year round staff participation, communicate conflicts with head coach, make arrangements when you will be gone. We get out what we put in and need to invest in making this the hardest working, most unselfish team in the state.

Parent Communication

Probably the single most important issue for assistant coaches, you must handle parent communication in a way that supports our programs vision and goals. Do not engage with parents after games or in other emotion driven times. Arrange for meetings when everyone has cooled down. Support head coach in dealings with parents and do not allow parents to tear down players in our program. Key to parents is dealing with them consistently and absolutely making sure the first conflict is handled well. Set the tone early! We want parents to be involved in the appropriate way, so make sure we are encouraging that. Make head coach aware of issues that you feel could snowball or have a negative impact on overall program.

Player Communication

Players need to feel comfortable coming to assistant coaches in certain situations. Be a great listener and support system for them, but make sure we are not undermining each other in these situations. Uphold the program vision and goals and help players realize how they fit into that and what their role is. Do not enable them to be excuse makers and try to give them solutions to their issues. Again notify head coach when you feel issue as potential to be cancerous or detrimental to the team.

Managers Responsibility

Practice:

- **Get out all practice equipment prior to practice starting (balls, towels, water, etc...)**
- **Keep the time and score at practice number 1 responsibility**
- **Make sure basketballs, clock, and any other equipment used get put away**

Games:

- **Make sure we have the following equipment:**
 - **Camera**
 - **Tripod**
 - **Water bottles**
 - **DVD**
 - **Towels**
 - **Basketballs (if necessary)**
- **Keep the book for the C, JV, and Varsity games at away contests**
- **One person film the varsity game alternate games**
- **Make sure every team has water bottles filled and ready to go**
- **Make sure med bag is at bench and at our disposal**
- **Empty the water bottles at the conclusion of games and wash periodically**
- **Finalize DVD at conclusion of game**
- **Check our bench area for anything we might have left**
- **Help in anyway you can**

Film Break Down:

- **Help in use of HUDL software to analyze game films**

Head Coach Yearly Checklist

August

- Prepare fall individual work out sessions
- Prepare fall strength and condition sessions
- Send out letter to all parties involved in the program with season outlook, schedule, and other important items
- Emphasize that fall sport athletes prepare for those sports
- All staff attend state-clinic and all-star game

September

- Prepare team slogan and schedule poster
- Check on all players physical, emergency cards, and any other documentation they need for season Follow up with all teams scheduled to confirm contracts, times, etc...
- Organize and run individual player development sessions

November

- Picture day -information out
- Media day -set date and invitations
- Game promotion schedule out to all parties
- First newsletter for season goes out
- Coaches meeting schedule out
- Coaches scouting assignments given
- Letter to assistant coach's wives and families
- Daily practice planning and game preparations

October

- Get try out and practice calendars out to public
- Send out alumni letter with schedule included
- Organize ball boy program with elementary
- Parent meeting
- Booster club meeting
 - concessions signups
 - money report
 - clock and book assignments
 - future needs
- Plan FTA-thon
- Mail schedule to college coaches
- Playbooks to printer
- Aid any seniors that will be signing within home visits, early signing, etc...
- Start practice per athletic association rule

December

- Scouts organized for each opponent
- Film breakdown schedule for coaches
- Plan and schedule Christmas party for players
- Date night outing for coaches and their wives
- Christmas tournament -plan and send itinerary out to families and alumni
- make it special
- Prepare what additional things we need to implement over the break
- Father/Son weekend-go to NBA game

January

- Implement practice plan conducive to hitting our peak for stretch run
- New Year's Eve party for players
- Track players grades
- Booster club meeting
- Scouting and film calendar updates
- February
- Prepare for playoffs and state tournament
- Shorten daily practice time
- Organize meal schedule for playoff weeks

March

- State tournament!
- Prepare end of season banquet
 - place, date, time
 - gifts
 - seniors'
 - invitations Thank you notes and season recap out to all involved parties

April

- Plan family weekend getaway for wife and kids
- Track players grades
- Spring clinic for coaching staff
- Meet with seniors individually
 - career thoughts
 - future plans
 - suggestions
 - give them career stats
- Meeting with returning players for next year
 - goals for off-season and next season
 - where I see them as of now
- Emphasis on spring sports to those it applies to
- Reach out to clinic speakers
- Plan clinic
- Spring practice and tournament schedule for AAU or other spring teams

May

- Equipment needed for next year
- Summer camp and workout schedule
- Summer league schedule
- Fundraiser for summer cost if applicable
- Facility Needs and Improvements
- Track players' grades

June

- Summer kick off week
- Camps, summer league, individual work outs, and weight room sessions
- Booster club meeting

July

- Family vacation - make it priority
- Individual workout schedule
- Weight room schedule
- End of summer cookout for all involved parties in program
- Fundraiser for upcoming equipment needs
- Host annual coaches' clinic

Basketball Fundraising Information

Mission Statement

Basketball is an opportunity and a privilege that parallels life. Hard work, determination, and commitment are all key to success in sports, life, and relationships. By developing faith, trust, communication, collective responsibility, and pride we will strive to reach our maximum potential in every area and impact our school and community in a positive way.

Vision

Compete at the highest-level possible, model excellence, strive for unselfishness, and live with integrity.

Fundraising Goals

1. **Purchase all equipment needs**
2. **Purchase team gear that reflects PRIDE in our program.**
 - a. *Minimal to no cost per player.*
3. **Raise funds for all tournament, game, and summer basketball fees.**

2012-13 Equipment Purchase and Estimated Cost

1. **New home and away varsity uniforms and shooting shirts**
2. **Tournament hotels, travel costs, and meals**
3. **8 new basketballs**
4. **Team Shoes and Socks**
5. **New Practice Jerseys and Shorts**
6. **Travel Suits and Game Day Bags**
7. **Web site/Game day programs/Sponsorship banners**
8. **Summer Basketball Cost -Travel, Entry Fees, Hotels, and Meals**
9. **Water bottles**
10. **Unexpected costs**

Support Canes Basketball -the following are ways in which you can help us reach our goals and aid us in helping young men realize their potential through the game of basketball and become productive members of our community.

Community Service Work Day

October 12th and 14th

April 2013 -19th and 20th

On these days we are looking to help with any type of community jobs, things such as yard work, cleaning, trash pick-up, or moving. It is all on a donation basis and we appreciate your consideration in having us do a job for any business or individual.

To schedule a workday job please call Coach Jason Jones at 352-282-2274 to reserve a time slot and give us a brief description on type of work you need completed.

Sponsorship Programs -we have a variety of ways to sponsor our team or a player. Help us reach our goals and get some great advertising for your business.

Platinum -\$300

Wall banner displayed at every home basketball game Full page ad in every game day basketball program Advertisement on Hurricane Basketball website

Gold - \$200

Half page ad in every game day basketball program Advertisement on Hurricane Basketball website

Silver - \$100

Quarter page ad in game day basketball program Advertisement on Hurricane Basketball website

Purple - \$45

- **Quarter page ad in game day basketball program**

Player Sponsorship- This purchases all of player's team gear for the season and is a way to directly impact a young man's life. All player sponsors will be displayed on a wall banner at home games.

- **Varsity Player -\$100**
- **JV Player -\$75**
- **9th Grade -\$50**

Jacksonville Tournament Sponsor-We are looking for a sponsor for our Christmas Tournament in Jacksonville. We need hotel rooms, meals, and transportation costs covered.

Host a Home Game: business will be announced as the host for those nights games periodically throughout the 3 games. Will be announced a minimum of 6 times as host business for that night's game.

- **Host a Game - \$45**

Meet a Need Program -review our fundraising needs page and choose to supply one of the needs on our list. The needs vary in price from \$150 to \$4000 and we have them in a priority order. Recognition on web site and name on donor banner at home games.

I would like to personally thank you for taking the time to review our fundraising packet. We are working very hard to establish a positive winning tradition at Lake Weir, but more importantly develop quality young men who will be productive members of society and leaders with integrity that will help guide the next generation. If you have any questions about the information in the packet, want to donate or help our program in any way, or just want to talk basketball feel free to contact me at anytime.

Feeder Programs

A quality feeder program system is key to sustaining long term success. We expect our middle school programs to be an extension of our high school program and will hire coaches who buy into this vision of long term success.

We also want to establish an extended network within the community for our future players through AAU, USSSA, Gold Crown, or whatever other applicable organizations are available. Our goal will be to plug in parents and other invested parties to help establish and coach these teams to develop players that will understand our vision and style of play.

Middle School Program Expectations

Overall—we want our coaches to coach and use their strengths. Most important thing is to teach them how to play, not to run plays. Focus daily on player development and fundamentals that will lead to their success.

Emphasize unselfish team play and maximum effort at all times.

Use our terminology

Incorporate our offensive concepts and sets

Use our baseline sets

Teach-Teach-Teach

Parents Meeting— get everyone on the same page within our program

- Go over ideas for them to use

Practice Planning Format

- Give them template and access to Fast Practice

Offensive Focus

- Catch and square footwork
- Ballhandling
- Passing (specifically w/pressure)
- Form on shot

Defensive Focus

- Lateral footwork -keeping ball in front and turning in full court
- Communication
- Defensive Transition
- Shell drill positioning (ball, deny, help)

Things to do daily:

- Ballhandling
- Rebounding
- Passing
- Shell drill
- Game speed shooting

The Road to Championships

Our Goal-To become the hardest working, most unselfish team in the state.

June

Individual player meetings to set summer goals and improvement areas each player

Weight room

- **Monday through Thursday**
 - **Strength/speed/agility work**
 - **Developing quick and explosive athletes**

Individual workouts by position - this is key to our success, developing individual skills

- **2 times per week**
 - **Fundamental work by position**
 - **Ball handling and shooting work**

Team Practice

- **3 days per week**
 - **Focus on our team play/strategy/team concepts**

Summer League Games

- **2 per week = 12-16 games**

Team Camps - 2 camps

- **3 days = 16-20 games**

July

Weight Room

- **Monday/Wednesday/Friday**
 - **Diversified work outs to continue strength/speed work**

Individual Workouts

- **3 man groups for more focused individual skill work**
 - **Each group 1 time per week**
 - **Ends July 20th or closest Monday to that**

August

- If you want individual time in gym can set it up with a coach
- Optional pick-up games - 2 times per week

September

(All fall sports athletes focusing on their fall sport)

Can have the month off for mental and physical rest

- I am always available if you want to work out or shoot around, just give me a call or set up a time

October

(All fall sports athletes focusing on their fall sport)

Coaches meeting - 1 per week

Coach's retreat - weekend to prepare for season and be together

Tuesday-Thursday

- **6:15am or afternoon dependent on facility availability**
 - Shooting
 - Ball Handling
 - Passing
 - Overall offensive work

Start official practice per state rules

November to March

2-a-days first week of season

Regular practice and game schedule

Finish a State Tournament

April and May

Team practices 2 days per week

2 individual position group work outs per week

2 to 3 spring tournaments

Practice Standards

1. **Be on time**
2. **Do not miss practice - team rule will be:**
 - a. **1 unexcused = 1 game suspension**
 - b. **2 unexcused = dismissal from team**
 - i. **unexcused means you made no effort to contact a coach and explain why you were gone; you will have every coach's phone, email, etc. - if you are not there a coach should have a message or email. Players take responsibility for communication parents should not have to.**
3. **Give your best effort daily**
4. **Communicate in everything we do - we can only be great if we communicate**
5. **Enthusiasm and encouragement - have fun, pick each other up, and enjoy play this great game**
6. **Deserve success - we have to prepare and practice to deserve success. Ask daily do we deserve success by how we are practicing?**

Game Standards

1. **Be on time**
2. **Dress for success - this demonstrates team pride and shows class. We will either wear shirt and tie or team apparel**
3. **Do not talk or react to officials - coaches are the only ones who will talk to officials. Do not give facial expressions, use negative body language, or verbally disagree with an official**
4. **Use great manners - leave places cleaner than we found them. Clean up our bench, locker room, restaurants, and hotels.**
5. **Greet a fan - we want to show our appreciation to our fans. At every home game after varsity players shoot at half time of previous games, they will go into the stands and introduce themselves by first and last name, shake the person's hand, and thank them for coming to the game**
6. **Play hard, play smart, play together - if we do those things, the scoreboard will take care of itself**
7. **Understand and embrace your role - this may be the most important consideration for teams and organizations. For us to be successful and for true enjoyment to occur, everyone must understand their strengths, weaknesses, and their role to the team. You may be asked to rebound and defend. You may be told not to shoot 3-pointers. You may be asked to pass the ball and get others involved. You may be the steadying force in the locker room even if you don't play much. It is not enough to just serve your role. For things to truly work you must embrace your role and understand how important it is to the big picture. Just because you might not score and might not play, does not mean you will not be an important part of our team.**
8. **Trust each other - Trust the coaches. Trust your teammates. Trust that everyone is here for a common goal: to be as close a team as possible, to be as hard-working team as possible, and to be disciplined team as possible. There will be tough times. The coaches will demand a lot. But trust the staff and so not let yourself become a finger pointer or excuse maker. Instead trust that the sooner everyone buys in, the sooner we will have success.**
9. **Enjoy the journey - basketball season is long, and there will be many high and lows. Enjoy each day; the game will be taken away from you way too soon. Membership on this team is a choice and a privilege. Effort and courage are not enough without purpose and direction. If you have a hard time committing to the words in this document, you need to re-examine why you are here. We will work hard, celebrating success, and support each other in defeat. Demand more of yourself than the coaching staff or anyone else can - that is greatness.**

Player Development Program

Goal- develop each individual player's skills within our basketball program to maximize their individual potential and to develop the skill set necessary to implement our style of play.

Ball Handling

Tennis ball handles
2 ball work
Weak hand development
Change of pace/speed
Creating space with ball
Passing -all types and proper angles

Shooting

Form shooting
Phone booth shooting
Groove shooting
Shot prep -hands and feet
Range improvement
Shot selection understanding

On ball offense

1 vs. 1 moves
Hesitation
Crossover
Pull back
Euro step
Quick stops/Explosion layups
Jab series

Off ball offense

Spacing
Screen use and reads
Change of speed to create space
Types of cuts
Getting to "your" spots offcuts
Footwork

Footwork

Jab series
Shot prep
Screen use
PNR

Defensive skills

Proper footwork
Block out technique
Sprint ahead technique
Trapping actions

Post specific

Go to/countermove
Footwork
Rim running
Passing out of post
Offensive rebounding
PNR footwork/options

Guard specific

PNR breakdown
Vision
Transition reads
Understanding gaps and passing angles
Screen shooting
Playing through contact

Coaching Thoughts and Philosophy

Staff

We are only as good as the coaches and people we put in place to build our program. Four things that I want in assistant coaches:

1. **Trust** - I can trust them teaching our style of play, I can trust they will hold themselves to the same moral standard that we ask of the players, I can trust that they will work very hard to make our program better each day.
2. **Innovative and Knowledgeable** - I don't want "yes" man, I want coaches who are confident in their knowledge and will share their insights and challenge me to get better.
3. **Passion** - I want people who love this game as much as I do and just want to be a part of it any way they can.
4. **Loyalty** - loyal to me, loyal to our players, and loyal to our program.

Each coach has strengths, allow them to use those strengths. We ask players to fill roles; coaches must also fill roles for the betterment of the team.

Culture of Excellence

It is my goal to be the leader in developing a culture that strives for excellence in all that we do. I will demand that our players pursue excellence; in their academics, relationships, and in how we play each and every day. I will put a staff in place that will share in this passion and we will fight every single day to build the culture we want.

What we want that culture to look like:

Mental toughness - keeping our minds in the right frame of mind, avoid peaks and valleys. Know what we are doing, do your individual job, and do it to the best of your ability.

Physical toughness - preparing our bodies to be the toughest team we can be. Charges, loose balls, and all 50/50 plays we will win.

No Excuses - do what it takes and don't point the finger

Attitude of Gratitude - teach players to get respect we must give it first. In all we do use please and thank you liberally.

Practice Environment - up-tempo, hard working, loud, and enthusiastic. Come with the mentality to improve individually and collectively everyday

Organization - key to our success, must know where things are and utilize them properly

Academic Greatness - strive to be your best in all you do, classroom included

Preparation - we want to be organized and prepared for anything that we may encounter throughout a season. Practice planning, attention to detail, and opponent scouting system are keys

Be on time - coaches set the example, we are early to all team activities

Pride - take pride in wearing the uniform, it is a privilege to play and carry on the legacy of our program.

My role as head coach in achieving that culture of excellence:

It is my vision and it is my job to sell it each and every day to everyone involved with our program. I will define realistic goals for our team and honestly share those to help us achieve at the highest level our talents will allow. I will work daily to build, develop, grow, and maintain meaningful relationships with each player on our team because if I don't have their heart first and then their head they will never fully believe and buy in. I will inspire, influence, and encourage daily. I will create hope and optimism about our team and where we are headed. Most importantly I will demand excellence from myself so that I can model and lead these young men in a direction that will make them successful now and in the future.

Defense:

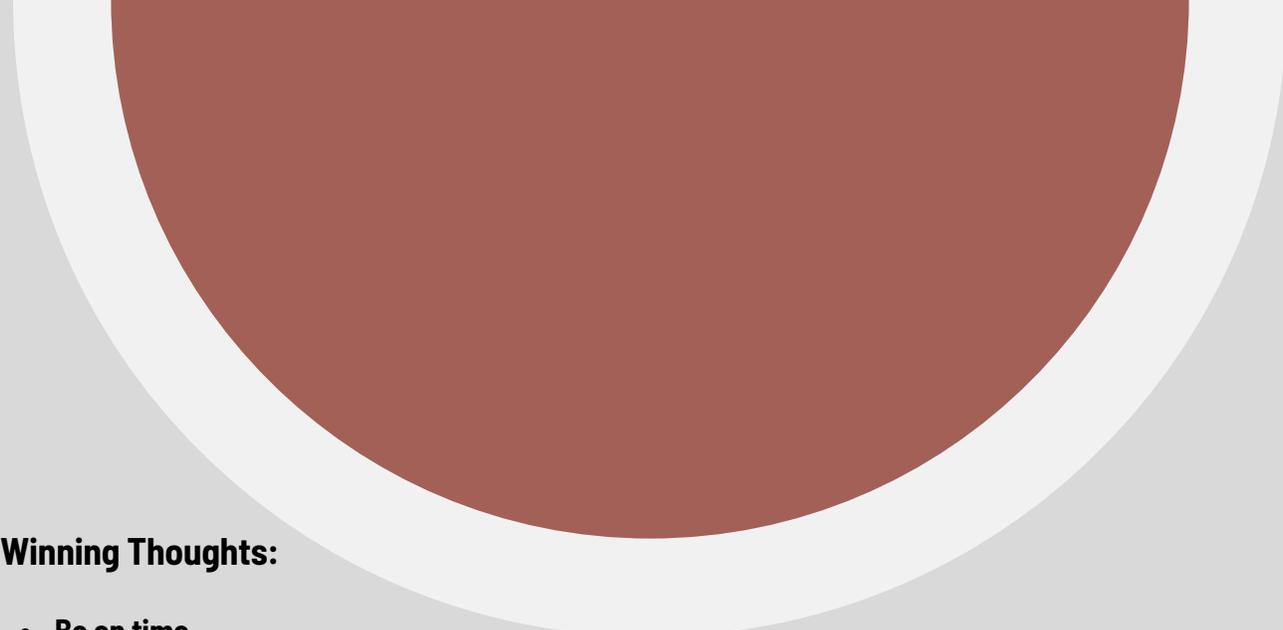
We have to be able to guard and be disciplined on the defensive end of the floor every possession. Teach the fundamentals of defense and apply them to whatever defense we feel works best with our team that year. Work on being good at the little things and any defense will work. We want to mix it up to keep them off balance, but we want our man to man to be our go to defense. Communication Early, Loud, Often. Work transition defense constantly, make teams score on us in half court

Offense:

Teach them all fundamentals of good offense. Passing, catching, footwork on catch, square ups, rip through, triple threat, pivots, pass and shot fakes, correct shooting form, screening and cutting, ball handling, ball handling, ball handling. Establish these so that we can play the style we want. Up tempo, get it and go basketball. Look to score early in primary break every possession, if they take that away execute early ball screen action, if we don't score out of that execute our half court offenses with precision and purpose.

Rebounding

Develop the attitude that we will never get outrebounded. Work on it every single day in some form in practice. Mind set is the key, don't play guys that refuse to be tough and rebound. Work on our offensive rebounding system and transition defense daily. Make it important to everyone.



Winning Thoughts:

- **Be on time**
- **Come prepared mentally and physically**
- **Sacrifice for the good of the team**
- **Learn/accept/and fulfill your role to best of your ability**
- **Develop a passion for excellence in all things**
- **Prioritize your time and give ample time to important things (relationships)**
- **Set realistic short and long-term goals**

Measuring Success:

We will always in team sports be measured by wins/losses from people on the outside, but measure our success on whether or not we are being about our core values of excellence in all we do. Maximum effort, being there for each other, and executing to the best of our ability. Controlling the things we can control, playing with pride, and sacrificing for each other. Do not allow the outside world to define our success!



Basketball Parent Guidelines: Taken from Ideas that Work! by Steve Jordan

In the heat of the moment, we all want to win at times and lose our cool and do things we regret later. Here are some tips to think about to help give our children the best basketball experience they can have:

- 1. Please don't shout advice to your son during the game. Shout encouragement, you bet. A steady stream of technique suggestions, though, has no value. Your insightful tips may conflict with coach's instructions.**
- 2. Please don't harass the officials. Parents that loudly harass officials are embarrassment to the player and team and are making the game about them and not the kids.**
 - a. When a parent makes a spectacle the player is embarrassed. If a parent is reaming the ref for a bad call (which by definition is any call against your child) what does the child learn? They learn the mistake wasn't their fault, that was the result of poor officiating. That is a bad habit to get into.**
- 3. Don't encourage your son to place the blame for their struggles upon others. One of the benefits of playing sports is learning to accept responsibility instead of making excuses. Learning to cope with disappointment is a valuable life lesson.**
- 4. Don't blame the coach for your child's problems or lack of playing time. Your child's struggles are theirs. Let them work them out without your interference. A player has every right to ask a coach what needs to be done in order to earn more playing time. But a parent stepping in to demand playing time is another thing all together.**
- 5. Please don't talk bad about the coaching staff in front of your son. The worst thing a parent can do is take pot shots at the coach, criticizing decisions, and complaining about leadership. It is inevitable that you will not agree with every coaching decision, but your support of the coaches will go further than anything in building this basketball program in the right direction.**
- 6. Please don't razz other team's players. The other teams players should be off limits. Yelling at or deriding someone else's child is a shameful practice for an adult at a sporting event and is one of the worst displays of sportsmanship.**
- 7. As a parent, be involved in a positive way. Attend games as often as you can. Cheer for all the players on the team. Help with fundraising. Assist the team when they get together. If you want to help but unsure how, ask the coaches.**

There are many ways to be a good team member and good parent at the same time. When the larger definition of team is working well, the experience can be wonderful for everyone involved. People who see our program in action will want to be a part of it. Parents will look ahead to when their child will be old enough to participate. This kind of teamwork perpetuated itself. Once it get momentum, it can be quite a force.

Parent Involvement

Chain of Command:

I am happy to deal with and discuss problems that may arise during the season. In my opinion, one of the most valuable lessons a student can learn from sports is to advocate for themselves and learn how to go in and talk to the coach. Much like they will have to a boss or other authority figure at some point and time in their life. To make sure that all communication runs smoothly, I would appreciate everyone following the chain of command.

1. **Player and Coaches**
2. **Player, Coaches, and Parents**
3. **Player, Coaches, Parents, and AD**
4. **Upper level administration involvement (principal, superintendent, etc.)**

Away Games:

I would prefer and highly recommend that all players ride home on the bus. I believe that this promotes team unity, communication, and a lot of memorable experiences for the players. I do understand there will be times when players have to ride home with family and when that arises a PARENT must sign out and make face to face contact with one of the coaches. PARENTS are the only ones who may sign a player out unless prior arrangements have been made with the Athletic Office

After Game Friday Night Team Dinners:

Anytime we play a home Friday night game we want to feed the players after the game. We will either try to get a restaurant to host us, bring food to the gym, or if a family want to host us at their home that would be awesome also. This is a great opportunity for us to bond as a team and to just hang out and spend time together.

Parent Involvement Opportunities

Fundraising:

- **Annual Work Day**
- **All other fundraising efforts**

Locker Room Decorations

- **We want our locker room to be a play players are proud of. Coaches will take care of team bulletin boards, but would love to have some parents keep locker room kept up throughout the season**

Away Game Meals:

- **When we are not stopping to eat, parents can provide sack lunches**

After Game Dinners:

- **After Friday night home games, we would like to have a team dinner/get together either at someone's house, restaurant, or other location. Would love to have parents coordinate this.**
- **Other things will come up or if you have any ideas I am open to suggestions. We want you as parents to be a positive force on this team.**

Parent Involvement and Interaction

You as parents are our greatest ally to having a successful basketball season and program, we want you to be involved and to assist in all our efforts. We also want you to understand what our coaching staff's goals are and what we hope you son gets out of being on this team. The following pages outline what we want this program to look like and how you as a parent can help us achieve this and give your son the best sports experience possible.

Coaches' Goals: We all want to win and will do everything we can to win game, but it will not become the most important thing. Below is what we want players to gain from being on this team.

- 1. Prepare our team in a way that gives them the best possible chance for success on and off the court**
- 2. Teach them the valuable lessons that sports afford for success later in life**
 - a. Accountability**
 - b. Citizenship responsibilities**
 - c. Being a part of a team**
 - d. Discipline**
 - e. Time management**
 - f. Personal responsibility**
- 3. Prepare them for academic success**
 - a. We want to see all of our players get a college education**
- 4. Prepare them to be successful employees, friends, husbands, and fathers**
- 5. Teach them there is no short cut to hard work**
- 6. Give them the best basketball experience we possibly can**

Media

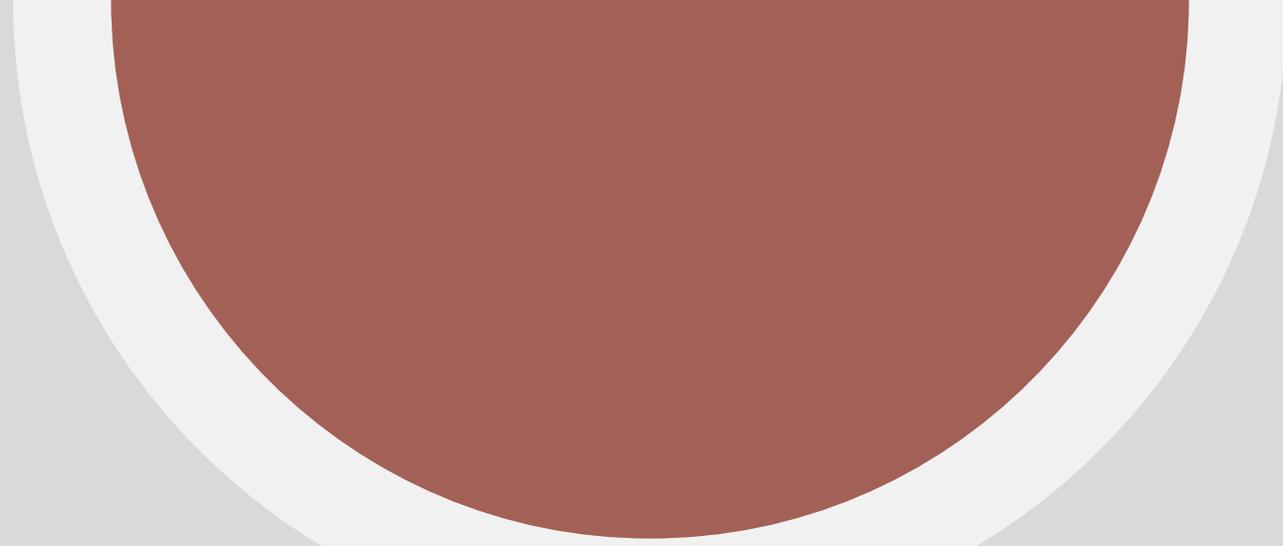
Social Media Policies:

Social media has changed the way we do everything, including sports. It is a platform that can be used positively or negatively, below are the program guidelines and consequences for social media use in regards to our team. These can be adapted at coach and administration discretion.

- 1. Only post information concerning our coaches, players, and any other member of our team in a positive fashion. Any comments that are deemed degrading or inappropriate toward any member of our team will be dealt with according to individual case.**
- 2. Posting pictures will be allowed only in accordance with the following guidelines. Any posting of pictures in an inappropriate fashion will be dealt with in most serious fashion. Players will sign waver prior to season that states we are allowed to post pictures of games, practices, etc. only to promote our team and school. We will not post any pictures of a player who does not consent and we will not post any pictures that are not of games/contests/practices/fundraiser related.**
- 3. Videos will be ONLY of game, practices, or other competition settings!**
- 4. Players may not post to social media during any game, competition, or practice setting**
- 5. Absolutely no photos or videos in locker room settings! Do not have your phone out while in lock room!**
- 6. Anything that is posted depicting or implying bullying, violence, sexual harrassment, hazing, under-age drinking, and possession/use/sale of illegal substances will be dealt with severely**
- 7. Remember that what you put out there is out there and can't be taken back. Use discretion when putting your thoughts, photos, or videos out there for the world to see. It can impact your future!**

Consequences:

- Each case will be dealt with on an individual basis according to severity of actions. Potential consequences may include:**
 - Suspension from games or practices**
 - Extra conditioning**
 - Removal from the team**
 - Legal action**



PTS + REB + 2X Assists + 2x Steals + 2x charges + Blocks

2X Missed FG + Missed FT + 2X Foul + 2x Turnover

Game performance formula for both team and individual performance, evaluates players positive and negative impact on game and determines winner and loser accurately 99% of the time.

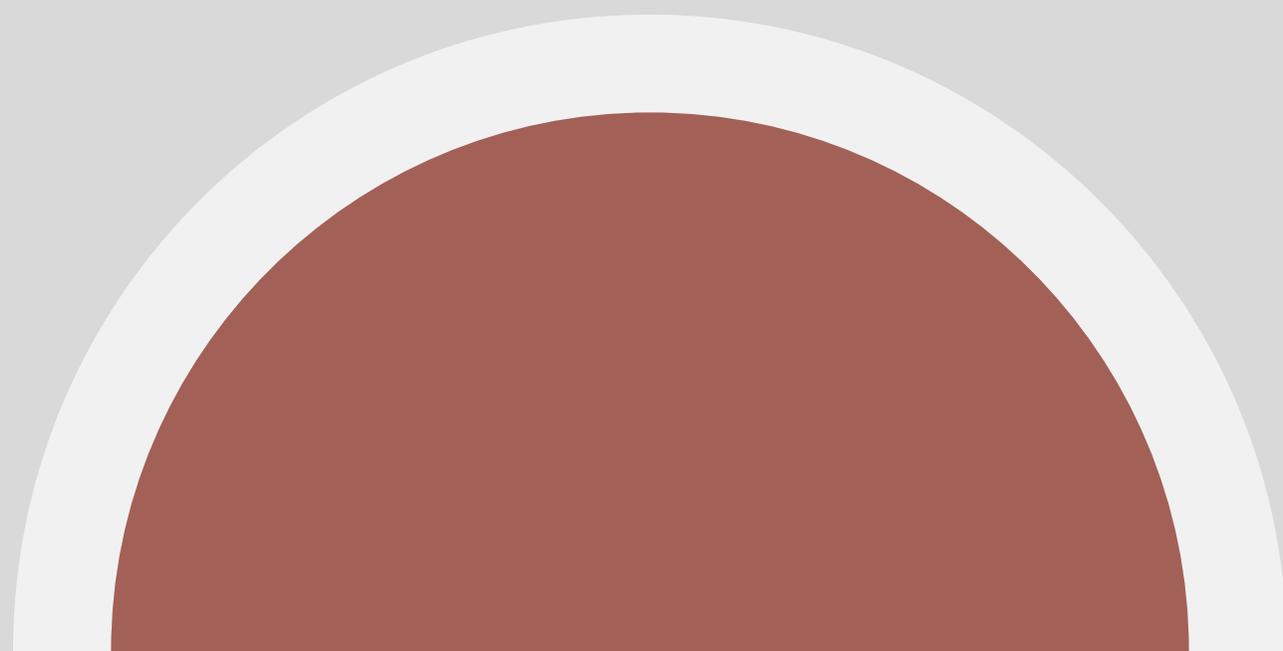
Goals of using the grading formula:

1. Give players accurate analysis of their overall contribution to the game

2. Promote common goals and unselfish play

3. Take focus off individual points scored and onto factors that determine game outcome and team play

4. Numbers don't lie



Defense

Overall Philosophy:

Our goal defensively is to apply pressure to the offense and take them out of what they are comfortable with.

We will do this with a variety of defenses and presses, but want man to be our primary defense. The goal of every defense will be to disrupt and control tempo, forcing the offense to make mistakes.

Man Principles:

- **Stance - Must be a priority. Focus on being in a stance at all times.**
- **Talk - We must communicate at all times on defense, call out screens and cuts, talk in defensive transition, communicate switches, and make it a priority!**
- **Vision - Must have vision of the ball and your man, continually ready to help prevent the ball from getting to the lane.**
- **Position - on ball force to sideline and baseline, 1 pass away on penetrating passes we are up the line in the line to deny, on non penetrating passes we are showing on ball to deny penetration, 2 passes away one foot in the lane to help on any penetration, screens, or cuts.**
- **Box out (hit and get), Rebound, and Finish All Plays - the defensive possession is not over until we have the ball! Be the first to every loose ball and rebound.**

Defenses:

11 - Straight man

11 flat - switching every screen

11 thumbs down - trapping first pass to wing

11 horns - run at first ball handler across half on ball defender must force him to his weak hand



Zone/Zone Traps:

10

23

32

13

Presses:

Rebel

55

45

35



Defense Teaching Progressions

We will be a great defensive team; we will understand what the other team does well and will take that away from them. We will pressure the offense and dictate the tempo that we want; this is how we will compete every night. To play for us, you have to commit on the defensive end of the court.

How to TALK

ELO - Early, Loud, Often

In everything we do

Defense - 11 man defense

Footwork - this is where it all starts, must emphasize and be good at it

- **slides**
- **closeouts**
- **turning ball handler**
- **rebounding**

Traps

- **footwork (push up and contain)**
- **distance**
- **hand position**

On ball

- **Force sideline**
- **Hand position**

Off ball

- **Deny**
 - **Only hard deny on penetrating pass, be ready for help on dribble or to double on non-penetrating passes**
 - **up line on penetrating passes**
 - **no easy reversal - make them play on one side**
 - **6 eyes on the ball**
 - **hand and foot position**
 - **open up to ball on cut through, stay in help**
- **2 passes away**
 - **2 feet in paint**
 - **head to middle of rim on baseline**
 - **make dribblers pick it up**
 - **take charges - proper technique**

Rebounding: EVERY DAY WE PRACTICE IT AND GET BETTER AT IT

- footwork
- hit and get
- mentality
- great technique, but just be tougher and outwork

Rebel - full court run and jump

- Set up
 - Side/face guard
 - Off ball/ on ball
- On Ball
 - Must make them pick side for initial rotations
 - Try to force to sideline and make them pick it up
 - Once they pick it up peel off and get to deepest man
- Off ball
 - Keep eyes on ball handler
 - Stay in the line of passes
 - Next man off ball will be blind runner, as soon as he is on sideline start cheating that way
 - Once ball handler picks it up back line must rotate up and take away outlets
 - We want to peel off man going to deepest man
 - Run and jump with high hands and go high, make them lob it
 - Run and jump hard when next defender to you is beat middle
 - Anytime in full or half court that offense violates 15 ft spacing and ball handler turns his back go get him if you are next defender

45 Press

- Set up
- Rotations
- Back to man and zone

Orange

- Coverage areas
- High active hands
- moving on flight
- interchanging on wings and guards
- angles to take away certain passes
- blocking out
- all traps and rotations out of it
- baseline inbound defense out of it
- Going from 11 into it or Fly into 11
- Disguising it with 13 or 32

13 Defense

- **rotations**
- **trapping areas**
- **basic rules**

- **Teach late game situations for**
 - **changing defense on certain pass**
 - **going triangle or box into 11**
 - **how we will prevent their best player from getting last shot**
 - **trapping to disrupt in late game situations**

Rules for super star guard

- **Ball on wing**
 - **Force baseline as low as possible and trap early**
- **Ball in middle of floor**
 - **Force weak hand and trap on 2nd dribble with closest player**
- **Make them a passer**
- **If they post him trap and get there early to make him give it up**
 - **Will force to side cutter goes and that is where help will come from**
- **Trap all PNR's**
 - **Roll schemes on PNR to not allow him to get comfortable, but must get out of his hands on PNR**

Rules for super star post

- **Trap on every touch**
 - **Roll schemes on where trap comes from**
- **Force away from his comfortable shoulder**
- **Do not allow them to be patient or put it on floor**
- **Make him guard a lot of high ball screens on other end**
- **Body contact on every block opportunity**
- **Make him run the floor on defense**
- **Put lineups on the floor that make him guard perimeter**

Rebel Defense Rules:

- **Be in a stance and ready to play before them**
- **On a make deny any man - must deny for a 2 count**
- **CLEAR call (from coaches only) - closest defender comes back to attack dribbler, on ball defender forces them to weak hand, peels off once dribble is picked up**
- **Original defender is one who leaves on run and jump**
- **Run and jump sideline**
- **All jumps need to come blind - not vertical or horizontal**
- **Get em from behind middle**
- **If you are getting screened back up and get depth**
- **Safety - deep enough to protect/close enough to make plays**
- **No free dribbles for entire game**
- **Too tired to talk = too tired to play**
- **Ball goes middle - attack the right hand to tip from behind**
- **Anytime full or half court they violate the 15 ft spacing and can't see us we want to go get them from behind**

Pick-and-Roll Break Down

2 v 0

- **Roll footwork**
 - Top foot drop and go to rim or top foot over top rim run lob (depending on personnel)
- **Pop footwork**
 - Top foot and float
- **Slip footwork**
 - plant outside foot and dive
 - inside hand target

2 v 2

- **Hedge/Show**
 - Use of pull back dribble to let play develop
 - Not picking up dribble
- **Switch**
 - Pull back
 - Split dribble
 - Finding mismatch
- **Under**
 - Big man re-screen
 - Shot
 - Hesitation to turn corner
- **Ice**
 - Attacking off dribble
 - Post action options
- **Trap**
 - Keeping dribble
 - Step through when pick it up
 - Split dribble
 - Reverse pivot to pass
- **Passing**
 - Quick stop to pass across body
 - Not picking it up until ready to pass
- **Shooting**
 - Pull up jumper off screen

3 v 0

- **Add in weak side shooter/cutter**
- **Quick stop to deliver catch and shoot pass**
- **Outside hand passing**
- **Shooters staying in passers vision**
- **Getting to elbow off ball screen**

3 v 3

- **Making help defense commit**
- **Contested passing**
- **Knowing where passing options are**
- **Weak side shooter positioning**

4 v 0

- **Weak side read**
 - **spot or cut**
- **Movement after kick out or roll pass is made**
- **Spacing and movement if kick out man puts it on the floor (attack/attack)**
 - **Where he should look to create**

4 v 4

- ***Weak side read***
- ***Attack/attack - new screen***
 - ***Movement of all off ball players***

5 v 0

- **Add weak side post**
- **Incorporate all**
- **Weak side post back screen**
 - **Pick and roll ball handler knowing where passing options are**

5 v 5

- **Continuity**
- **Flow**
- **Spacing**
- **Movements off ball**