

Coach:

We hope you enjoy the latest edition of our Newsletter. As usual if you have any questions or suggestions to help make this Newsletter better for YOU, please do not hesitate to reach out to us. We are getting excited here as we officially will start practice in seven days. We will wrap up our last week of preseason with a short week of three days. Then the players will get four days off before the start of practice.

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## **GOAL SETTING & REWARDS**

Last week we discussed our goal setting meeting that we had as a team, that we thought went very well. If you have an interest in seeing our team goals for the year, just send us a reply and we would be happy to share them with you. I did want to add one thing, if we were to do that activity again, we should record ALL of the goals that are mentioned at the beginning. It would have been nice to see how we got down to six goals from the first larger list. Well.... We learn from our mistakes 😊. Maybe next time.

As I have been coaching longer, I have learned that the landscape of coaching and athletics has changed over the years. One way that I am trying to change as a coach is to offer more rewards when the team or players reach a goal. We have 21 players on our team, we had set a goal this fall of each player making 250 shots per day for five days a week for five weeks this preseason. If they accomplished this, the last week of preseason would be shortened to three days. Our players did this. I feel the players accomplished this goal, mostly to get four days off. But what they did not realize until we told them was that they had made over 130.000 shots this fall as a TEAM. Sometimes “head faking” your team with goals and rewards to get them to do the work is a creative way for them to see that “Work Wins”.

## **BALL SCREEN ACTIONS**

In our team workout last week and for quite a bit of the summer we have been working on our ball screen game. So, we did 3/3 Ball screens for 12 minutes and we added our notes from this session below. Ball screens are becoming a bigger and bigger part of the game, especially in our Five Out Dribble Drive Motion. Ball Screens are a great way to get the ball downhill as well as

create an advantage for the ball handler as well. Here are our notes from that session of our workout:

Trail screen = auto attack, make 2nd defender guard ball

Screener get to ball - allows ball to make quicker more decisive decision thus ball handler can read quicker

Trail = " go" cuts quicker by screener

Screener goes to basket they need to try and get back in front of ball asap - vision of the ball handler

Race to the mesh. Ball needs to beat defender to the mesh of the screen - WIN THE RACE

2/1 finishing drills are great to work with scoring off ball screen action

Soft switch, soft drop/under coverage. Extend the ball screen and pop the ball screen. Make soft defender close out to ball outside the arc or close out to pop player outside the arc

4/4 ball screens. Both perimeter players strong side to work on pipe cut.

## **EFFORT & ATTITUDE**

One of the things that I have come to enjoy the most about coaching is trying to get a group of individual people to be a part of something bigger than themselves. We feel in our program that EVERY player has the ability to impact the team no matter what class they are and no matter how much they either play or don't play. Because, every player has an effort and attitude that they control DAILY.

We get asked quite frequently from coaches that either come to camp in the summer or attend a practice or game how we get our kids to encourage the way that we do. I always say that it will NOT happen naturally. It is not natural for players to automatically come into a program and give of themselves for somebody else. So, they need to be "nudged" by their coaching staff. We feel that effort and attitude is something we can "dig our heels in on" and demand from ALL players as a coaching staff. It is an emphasis everyday in our program both on and off

the floor. You can click the video below to see some examples of how we try and get our TEAM to become more of a TEAM in the weightroom and during conditioning sessions, which we all agree are not the most fun parts of being an athlete.

<https://youtu.be/tlthWJwLnSk>

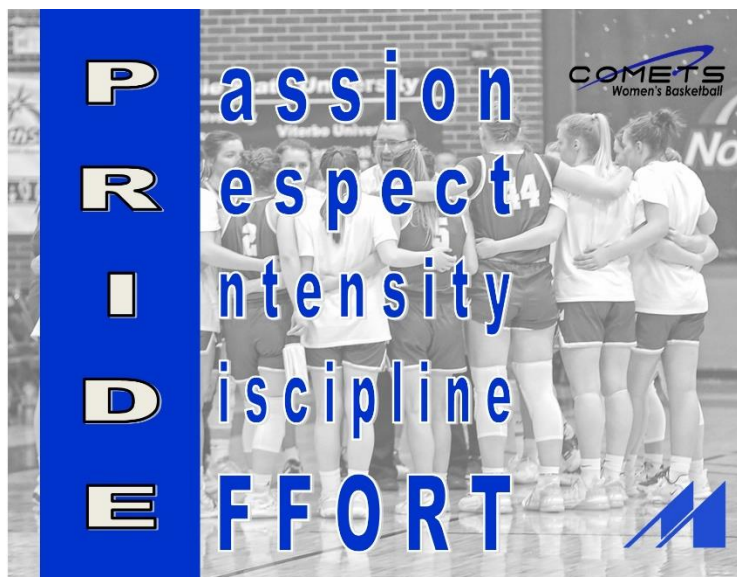
Here is a list of a few things that we do to try and get our players to understand effort and attitude daily:

### EFFORT

- Run the floor hard
- Take charges and dive for loose balls
- Watching film
- BE ON TIME!!!
- Lift and spot properly
- Staff show the positive results of effort
- Make practices and drills competitive – TEAM and Individual
- WORK WINS!!!!!!

### ATTITUDE

- Encouragement
  - Team Touches – Hi Fives, Pick up off the floor, pats on back
  - Respectful Peer Coaching
  - Positive Notes and texts – Coach/Player and Player/Player
  - Coach/Player Individual Meetings
  - Players learn to talk TO each other and not AT each other
  - ALWAYS move players so they don't always shoot with friends
- Off floor TEAM activities



## INTERESTED VS. INVESTED

INTERESTED PEOPLE:	INVESTED PEOPLE:
-ONLY DO WHAT IS REQUIRED	-WILL GO "ABOVE & BEYOND"
-WILL NEVER USE PERSONAL TIME	-WILL USE PERSONAL TIME FOR GROUP
-ONLY CARE ABOUT THEMSELVES	-CARE ABOUT THEIR TEAMMATES
-WON'T ASK QUESTIONS	-ASK QUESTIONS
-WILL NOT SUPPORT OTHERS	-SUPPORT OTHERS
-JEALOUS OF OTHER'S SUCCESS	-SHARE IN OTHER'S SUCCESSES
-NEVER AVAILABLE FOR TEAMMATES	-AVAILABLE FOR THEIR TEAMMATES
-GIVE EFFORT TILL THEY ARE TIRED	-GIVE EFFORT TILL TANK IS EMPTY
-INTEREST IS SHOWN EXTERNALLY	-INVESTMENT IS SHOWN INTERNALLY
-ARE FOLLOWERS	-ARE LEADERS!!!!!!

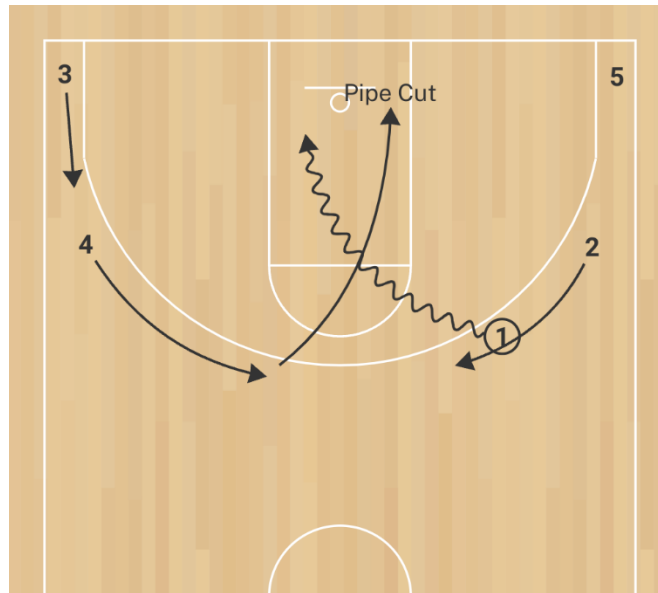
**"ARE YOU INTERESTED IN BEING A GREAT PLAYER AND A GREAT TEAMMATE ON A GREAT TEAM??? OR ARE YOU INVESTED IN BEING A GREAT PLAYER AND A GREAT TEAMMATE ON A GREAT TEAM???"**



### **Dribble Drive Motion – “Pipe Cuts”**

After watching film of us playing Five Out Dribble Drive Motion last season there were a few adjustments we wanted to make coming into this upcoming season. One of the adjustments was getting more “pace” in our offense. “Pace” for us is ball movement as well as player movement. One area we are trying to get more pace in is in our “pipe cuts”. We came up with the “pipe” cut because we found a certain situation where we wound up standing quite a bit. A “pipe” cut, as shown below, is a cut to the rim BEHIND the ball once you no longer become a “kick:” option for the driver.

## “PIPE” CUT



So now when player 4 is no longer a “kick” option (which some teams call a negative pass) they will cut to the rim behind the ball to keep pace for our possession. When ball is “kicked” to player 3, player 2 can either slide over to left wing for “one more” pass from player 3, or they can stay at top and keep a double gap for player 3 back to the middle of the floor. All to keep pace within our possession and limit the standing.

Here are some video clips from our Team Workout last week working in our “pipe” cuts 5/0.

Click link to see the video - <https://youtu.be/PyZuTYC7gFc>

Good luck with all of your teams this week. Please feel free to reach out if we can ever help with anything, or if you would like to come and observe a practice, which starts Monday 10/2 for us. Have a great week, Coach. Thanks for all that you do for your players and team.

Yours in Basketball,

Dennis Hutter  
Mayville State WBB