



# COACH TONY GARBELOTTO TEAM & GAME COACHING PROCESS



***BE LEVEL 3 COACH AWARD***



# My Coaching journey.....

**From a small gym in Newham, East London to  
Great Britain Head Coach**

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**Professional Head Coach for 7 different clubs in  
4 countries and 3 continents.**

**Coached winning teams in every National Junior  
age group club competition from U.15's to U.  
23's**

**Winner of all domestic professional titles**



# THE MODERN BRITISH COACH

**“Basketball coaches – We are unique in the world of sports coaching”**

**What are the challenges of the British coach:-**

- **Facilities**
- **Practice time**
- **Competition**

**Building a Coaching framework:-**

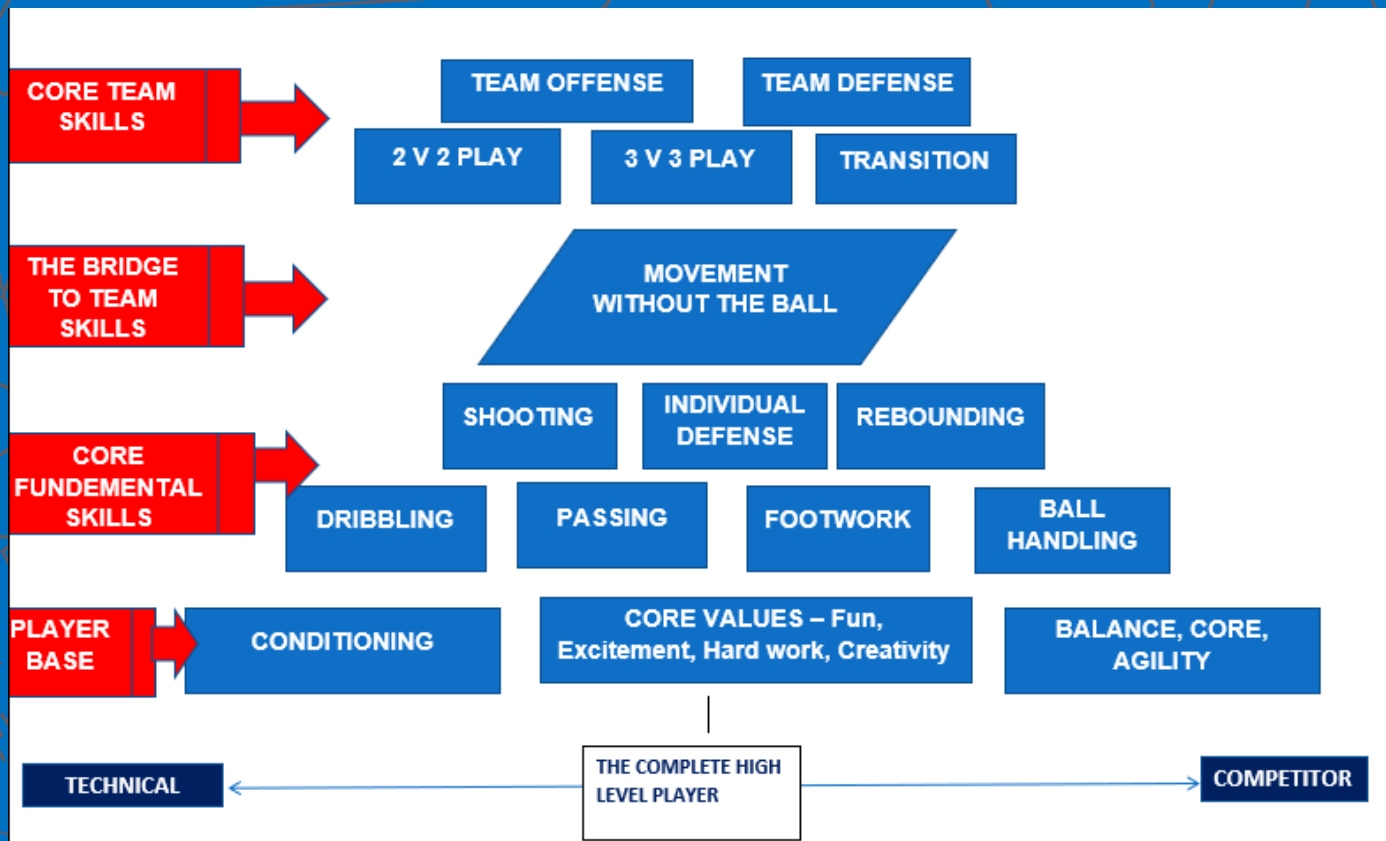
- **Structure – Group organisation, time management, discipline**
- **Core coaching – Individual fundamentals/Conditioning**
- **Transfer skills into team – small sided games**
- **Transfer small sided skills into TEAM TACTICS**
- **Advanced – game coaching, psychology**

# MY THOUGHTS ON COACHING THE COMPLETE PLAYER.....



*"Working to become better coaches ....EVERY DAY!"*

# DEVELOPING THE COMPLETE BASKETBALL PLAYER/TEAM



# My Coaching methodology



Three key areas:-

1. PRACTICE PLANNING
2. GROUP ORGANISATION
3. DRILL/PRACTICE PROGRESSION



# GROUP ORGANISATION



To me group organisation is one of the most important elements of structuring practice sessions.

Number of players	Drill number options	Notes/Suggestions	Drill examples
6	1 Player drills 2 Player drills 3 player drills	Likely only half court drills	Individual 1 on 0 drills – Wing drills, shooting Ball screen b/down/ Give & go Cut & screen drills/ Post entry drills
7	2 player drills(sub) 3 player drills(sub)	As above	
8	2 player drills 3 player drills(subs) 4 player drills	Half court/Full court drills	2 v 2 Full court drills / Zig zag/Def breakdown  Shell drills / 4 v 4 offense drills
9	2 player drills (Sub) 3 player drills 4 player drills(sub)	Half court/Full court drills	3 v 3 v 3 drills – Offense & defense & transition
10	2 player drills 3 player drills (sub) 4 player drills (subs) 5 player drills	Half court/Full court drills	5 v 5 scrimmage + transition drills
11	2 Player drills 3 player drills(subs) 5 player drills (sub)	Half court/Full court drills	
12	2 player drills 3 player drills 4 player drills 5 player drills (subs)	Optimum numbers for practice session	Transition drills for 2, 3, 4 man drills Defense drills – 2, 3, 4 man drills

# PRACTICE PLANNING



When producing practice plans I have always used a simplistic approach to producing and reviewing my sessions. Do, review, plan

What are other key factors that go into practice planning:-

1.AMOUNT OF PRACTICE TIME/SESSIONS (Build up and taper down?)

2.AMOUNT OF PLAYERS

3.FACILITIES/EQUIPMENT/COACHES

4.Time of season – Off season (Player development)

Pre season (Player & team development)

In season (Team development)

Post season (Peak performance)

5.Time of week - Early in week (Preparation and own team led)

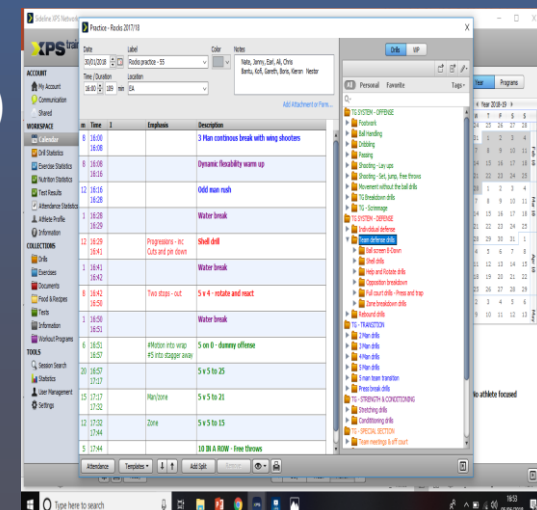
Middle week (Opponent preparation)

End of week (Taper down – scout led)

SGH ABL practice no.37 2/4/2017 08:30

Notes: Horne, David, Moses, Lenny, Chris  
Shafiq, Hien, Tan, Coach, Hung

no	Time	I	Emphasis	Description
8	8:30 8:38			Cross shooting
8	8:38 8:46			Dynamic flexibility warmup
3	8:46 8:49			Three man touch the chair into 2 v 1
5	8:49 8:54			3 v 2, 2 v 1 traditional
5	8:54 8:59			5 man break options
2	8:59 9:01			Water break
13	9:01 9:14		a) BS D - Single - Cover - Side - Down #3 defense - dummy and live	Defensive breakdown
2	9:14 9:16			Water break
6	9:16 9:22			5 on 0 - dummy offense
13	9:22 9:35			The System game
20	9:35 9:55		8 x 10	Pairs shooting
5	9:55 10:00			Pairs free throws



# PRACTICES LEADING UP TO GAMES



## FACTORS TO CONSIDER:-

- WHAT ARE YOUR GOALS
- TIME OF SEASON
- ARE YOU A COACH WHO CONCENTRATES ON THEIR OWN TEAM OR AN OPPONENT?
- HOW WILL YOU PREPARE TO FACE THE OPPOSING TEAM? WILL YOU HAVE A DEDICATED SCOUT TEAM?
- WILL YOU RUN SPECIAL PLAYS? PLAYS TO START THE GAME?
- WILL YOU LOOK AT DIFFERENT LINE UPS THROUGHOUT YOUR PRACTICE TIME/SESSIONS



***"Working to become better coaches ....EVERY DAY!"***





# SEASON PLANNING & REVIEW

When I go into a season I break the season into three areas:-

1. PRE SEASON
2. REGULAR SEASON
3. POST SEASON (PLAY OFFS)

After this you need to factor in the game schedule and if you want to peak for certain games/periods in the season. I normally set out a master plan in three stages like below then get input from S & C coach, team manager and assistant coaches.

I am constantly reviewing the schedule and making tweaks. At strategic points, normally at the end of pre season, after two/three months and at the end of the season I will review in depth with the use of statistics, film and meetings to produce a report and new KPI's that I share with the team and management. I also do this with my players.

IBARAKI ROBOTS – JULY TO SEPTEMBER 2019						
Phase	Date	Practice/Game/Function	Venue	Time	Booked	Notes
Preparation	Monday 15 <sup>th</sup> July	Endurance training S & C – Strength <b>Staff Meeting</b>	Utsunomiya Sports Park Yueki Studio	9-10 10:30-11:30 13:00-		No Duke
Preparation	Tuesday 16 <sup>th</sup> July	S & C – Strength Individual work outs	Yueki Aoyagi MAIN	9:00 – 10:00 <b>11:15 – 12:15</b>	10-14	Tape
Preparation	Wednesday 17 <sup>th</sup> July	S & C – Strength Shooting	Yueki Aoyagi SUB	9:00 – 10:00 10:30 – 12:00	10-13	Radio Zarcun - #2 Dice here... No Nino
Preparation	Thursday 18 <sup>th</sup> July	S & C – Strength Individual work outs <b>Radio Therapy</b>	Aoyagi MAIN Pool	9:00 – 10:00 10:30 – 12:00	10-14	B. League Orientation All-day #5, 29 No Nino, <b>TOMORI, THURU</b> Dice here
Preparation	Friday 19 <sup>th</sup> July	S & C – Strength Shooting <b>Staff Meeting</b>	Yueki Aoyagi MAIN Studio	9:30 – 10:30 11:00 – 12:00 14:00 or 14:30-	10-14	B. League Orientation All-day #5, 29 No Nino, <b>TOMORI, THURU</b> Dice here
Preparation	Saturday 20 <sup>th</sup> July	Day off / Mito Festival Staff – Dinner meeting w/ <b>Hokanoshita</b>	TBC Mito R.R.B.J.-J	19:00-		Event at Mito Festival - #12, 16
Preparation	Sunday 21 <sup>st</sup> July	Day off				
Preparation	Monday 22 <sup>nd</sup> July	Day off				
Preparation	Tuesday 23 <sup>rd</sup> July	Day off				
Preparation	Wednesday 24 <sup>th</sup> July	Individual work outs S & C – Strength	Aoyagi MAIN Yueki	12:30 – 14:00 14:45 – 16:00	11-14B	Radio Zarcun - #16
Preparation	Thursday 25 <sup>th</sup> July	S & C – Strength <b>Radio Therapy</b>	Aoyagi MAIN A. Mito Pool	9:00 – 10:00 <b>10:30 – 12:00</b>	10-13	
Preparation	Friday 26 <sup>th</sup> July	Fitness test – 2 <b>Shooting</b>	A. Mito	9:00 – <b>After the test</b>	9-14	B. League Trainer's Meeting in Tokyo (No <b>Kabetsu/Mambo</b> )
Preparation	Saturday 27 <sup>th</sup> July	Day off				No Training, 14:00-15:00 (Japans) & 17:00-21:00 (Japans) *Event – 2 players
Preparation	Sunday 28 <sup>th</sup> July	Day off				*Event – #16, 25, and (29)
Preparation	Monday 29 <sup>th</sup> July	Endurance <b>Staff Meeting</b>	TBC Office	AM 11:00 – 12:00		B. League Manager's Meeting in Tokyo (No <b>Kito</b> )
Preparation	Tuesday 30 <sup>th</sup> July	S & C – Strength <b>Shooting</b>	Yueki Aoyagi MAIN	8:30 – 9:30 10:00 – 11:00	10-14	* Clinic - #2 & 8 (18:00-)

What is our identity as a team? Has it changed? Here are my thoughts.	
<b>ROBOTS IDENTITY</b>	
1) I still believe that our identity has not changed from the start of the season. Our team is built on defense. We have the ability and flexibility to defend multiple actions and players. We have to get better and more consistent and play with an intensity and determination every game at this end of the floor.	
2) We still have a <b>higher upside</b> than any team in this league. We have had new players, new coach, new philosophy/tactics and greater inconsistency due to injuries than any team in this league. We have yet to play our best basketball at both ends of the floor.	
3) Offensive flexibility – We have ability to overcome any type of defense. We do not rely on one player, we have good ball movement and we can get better by a big margin when we get consistency within our roster and practice.	
<b>KEY AREAS TO IMPROVE</b>	
I believe we still have a big margin to improve. There are the pure statistical areas as I have detailed below but also we need to continue to build our standards and systems. <b>WE HAVE TO SOLVE OUR INJURY/MEDICAL SITUATION!!!</b>	
<b>KEY STATISTICS TO IMPROVE</b>	
1) Increase amount of pts p game by 4+ pts. 2) Decrease opponents pts p game by 4+pts 3) Increase 3pt % by 4+% 4) Increase FT attempts by 3 p game 5) Increase team rebounding by 3+ p game 6) Steals – increase by 2 p game 7) T/O – Decrease by 1.5 p game 8) Fouls drawn – Increase by 2 p game	

<b>JOSEI MANIWA – REVIEW 2019-20</b>	
<b>HC COACH COMMENTS:</b>	
It is my belief that you have had a really strong season. You are asked to play a huge amount of minutes and take on a high usage rate for the team. I would have preferred if you could have played more in your natural small forward position but injuries to the import 4's dictated that you play a number of minutes in this position. We discussed about your slow start to the season and also some games where you could not find the right consistency. Were it not for this you could have averaged nearly 14 points per game and I think this is very realistic for next season. To do this you have to continue to work hard on developing your 1 + 1 game, especially off the double. In the second half of the season you were really striking the basket with aggression, strength and balance. Finding a way to average over 4 FT attempts per game will be key to you finding a few extra points. As a facilitator you were one of our best players. Averaging over 4 assists as a main offensive player is impressive and you need to continue to work and develop this area of your game. Cutting down some of the careless turnovers is a priority. Definitely I thought you really improved from the start of the season. You worked hard to stay in front of quicker players but this is still an area you can get better in. Rebounding is still a weak link and needs to be an emphasis for you mainly on the defensive end.	
<b>STRENGTHS:</b>	
Ability to create and score tough shots Can guard multiple positions with good strength. Strong passer and all round game. Durability and engine	
<b>WEAKNESSES:</b>	
Balance in the post Defending quick straight line drives.	
<b>AREAS TO IMPROVE IN OFF SEASON:</b>	
• Perseval skill – Lateral movement and close out technique • Individual skills – 1 + 1 Moves, Consistency in post up game • Team skill – Continue to learn when to post up or space	
<b>SOMETHING FOR YOU TO THINK ABOUT:</b>	
You are already one of the best local players in B2 but you can be even better. You have everything as a player. You are a great competitor but sometimes this works against you and the team. You get frustrated by foul calls and there are times in practice as our best player you do	

not project the energy and desire to win you do in the games. Just think about how you can change this. It will help you take the next step up in your level of play.	
Tony Garbato – April 2020 tonygabato@gmail.com	
<b>BEST GAME:</b> HIROSHIMA – G3 AWAY 4/01/2020 <b>WORST GAME:</b> SENDAI – G1 AWAY 28/09/2019	
<b>ROBOTS VIDEO PLAY BOOK LINK:</b> <a href="https://www.youtube.com/watch?v=5kxv-BGHCcX3k6Q&amp;feature=youtu.be">https://www.youtube.com/watch?v=5kxv-BGHCcX3k6Q&amp;feature=youtu.be</a>	
<b>ROBOTS PLAYBOOK LINK:</b> <a href="file:///C:/Users/youz2/Documents/Barakki%20Robots%20Playbook%202019-20.pdf">file:///C:/Users/youz2/Documents/Barakki%20Robots%20Playbook%202019-20.pdf</a>	
Season: 2019-2020 (Japan B2 League)	
<b>SUMMARY</b>	
TEAM G S MIN PTS 3P 3PA FT FT% REB AST STL BLK PF BS TO TMR	
IBARAKI 47.2 24.0 100 115.5 26.7 99.3 82.1 72.1 146 100 11.8 100 11.8 100 0.0	
AVERAGE	
TEAM G S MIN PTS 3P 3PA FT FT% REB AST STL BLK PF BS TO TMR	
IBARAKI 47.2 24.0 114.1 48.9% 37.2% 79.5% 55.2 26.1 21.4 11.2 22.6 6.7 22.1 11.8	
<b>CLICK FOR ADVANCED STATS</b>	
<b>PLAYER PERCENTAGE OF TEAMS OFFENSIVE STATS</b>	
TOTAL POINTS 3P% FT% REB% AST% STL% BLK% PF% BS% TO% TMR%	
PTS 3P% FT% REB% AST% STL% BLK% PF% BS% TO% TMR%	
IBARAKI 47.2 24.0 114.1 48.9% 37.2% 79.5% 55.2 26.1 21.4 11.2 22.6 6.7 22.1 11.8	
<b>PLAYER PERCENTAGE OF TEAMS DEFENSIVE STATS</b>	
PTS 3P% FT% REB% AST% STL% BLK% PF% BS% TO% TMR%	
IBARAKI 47.2 24.0 114.1 48.9% 37.2% 79.5% 55.2 26.1 21.4 11.2 22.6 6.7 22.1 11.8	
<b>PER 40 MINUTES</b>	
PTS 3P% FT% REB% AST% STL% BLK% PF% BS% TO% TMR%	
IBARAKI 47.2 24.0 114.1 48.9% 37.2% 79.5% 55.2 26.1 21.4 11.2 22.6 6.7 22.1 11.8	
Season: 2019-2020 (Japan B2 League)	

# TEAM PREPARATION & GAME COACHING



Lets now start talking about preparation of a team and game coaching. What are some of the key factors that will influence this process both before, during and after games.

- LEVEL, PLAYERS AND TYPE OF TEAM YOU COACH
- PRACTICES LEADING UP TO GAME (REGULAR SEASON V TOURNAMENT PLAY)
- SCOUTING
- PRE GAME TALK
- HALF TIME
- IN GAME COACHING – SUBSTITUTIONS, TIME OUTS, CHANGE OF STRATEGY
- GAME COACHING (SPECIAL SITUATIONS)
- POST GAME
- GAME REVIEW




*"Working to become better coaches ....EVERY DAY!"*

# SCOUTING



As a Coach, I want to give our players every opportunity to win. I try to give our players as much information on the opposition as possible, along with a clear and concise game plan. I always prepare a paper scouting report (see below) that is emailed to each player and given out at least one day before a game. Along with this, a scouting meeting is held one day before a game and on the morning of the game where video clips of each opposition player and the opposing teams sets and tactics are shown.



ROBOTS SCOUTING 2019-20

ONE

ROBOTS SCOUTING 2019-20

HIROSHIMA SCOUTING REPORT & GAME PLAN

KEYS TO GAME

- TOTAL CONVICTION TO WIN** – There can be no doubt. Our will to win & heart has to be greater. **WE HAVE TO WANT IT MORE IN EVERY AREA**
- TEMPO, TEMPO, TEMPO** – We have to control how this game is played.
- EVERY POSSESSION COUNTS** – 1st or 39th minute...we must value the ball
- OUR DEFENSE HAS TO BE DOMINANT** – Hard denial, switching, fronting
- TEAM REBOUND** – Put a body on every player and attack rebounds.
- KEY ON TRAYLOR, ECHENIQUE, KENNEDY**

IBARAKI ROBOTS	MATCHUPS	HIROSHIMA
ATSU	VS.	#3 OKAMOTO
FUKU		#24 TANAKA
DICE		#2 ASAYAMA
MANI		#0 TRAYLOR
CHEF		#8 ECHENIQUE

GENERAL

Top team in B2 at moment:

Size, depth:

Physical half court defense:

High scoring offense

ROBOTS DEFENSIVE GAME PLAN

HIROSHIMA OFFENSE	HO ACTIONS	ROBOTS COVERAGE
<ul style="list-style-type: none"> <li>HIGH EXECUTION OF HALF COURT SETS</li> <li>WANT TO PLAY THROUGH POST HALF CT</li> <li>WILL FAST BREAK ON MISSED SHOTS</li> <li>WILL ATTACK RIM/PAINT WITH IMPORTS</li> <li>STAGGER SCREEN AND PIN DOWN ACTIONS</li> <li>BACK UP PG TO PLAY MAJOR MINUTES</li> <li>ALL PLAYERS GET TO FT LINE</li> </ul>	<div>MID P&amp;R</div> <div>SIDE P&amp;R</div> <div>PINDOWN</div> <div>H/O</div> <div>ACTIONS</div> <div>RUN OFF LINE</div> <div>SPECIAL</div>	<div>#UNDER/COVER – HIGH TAG</div> <div>"ICE"</div> <div>TOP LOCK/DISRUPT</div> <div>GAP/UNDER</div> <div>#2 ASAYAMA #24 TANAKA</div> <div>#RED STRONG – ECH/TRAYLOR</div>

HIROSHIMA PLAY CALLS (SEE PLAY SHEET)	ATO / EOQ / EOG
#STAGGER TO MID BS	<b>POOR FT SHOOTERS</b> #3 OKAMOTO – 64%
DIAGONAL DOUBLE UP SCREEN	
WIDE PIN DOWN TO STEP UP	
ENDLINE OB 1	
SIDELINE OB 1	

ROBOTS DEFENSIVE KEYS

- NEED TO BE PHYSICAL / STRONG AND CONNECTED IN HALF COURT

## ROBOTS SCOUTING 2019-20

### ROBOTS OFFENSIVE GAME PLAN

#### HIROSHIMA DEFENSE TENDANCIES

HALF COURT MAN TO MAN: WILL SCRAMBLE ON MOVEMENT ACTIONS: PHYSICAL: CAN ZONE

ROBOTS	HIROSHIMA COVERAGE
MID P&R	LOW COVER
SIDE P&R	ICE
DHO	SWITCH
TRANSITION	SOLID
POST	SINGLE COVERAGE

#### IR OFFENSIVE GAME PLAN

- PLAY WITH A SOLID TEMPO
- PUT THEM INTO MULTIPLE BS ACTIONS
- USE THE DRIBBLE TO COLLAPSE AND KICK
- USE SHOT FAKE AND DRIVE
- BE STRONG IN EVERY ACTION – NO T/O

#### PLAY CALLS THAT WILL BE EFFECTIVE AGAINST KOSHIGAYA

"DRAG"	"#5 DOWN"	"1 DOWN"	"#4"
#3 UP	"#PIN DOWN - TRANSITION"	#1 FLOW	#HIGH/LOW - DIARRA
#3 SIDE			

#### OFFENSIVE KEYS

1. **REALLY GET ECHENIQUE MOVING DOWN HILL IN BS ACTIONS** – HE ALWAYS GOES TO BLOCK SHOTS. Dump off pass is always there
2. **WE HAVE TO BE VERY STRONG WITH THE BALL** – This team is very physical
3. **ATTACK THEIR DENY DEFENSE ESPECIALLY HIGH UP WITH STRONG BACK CUTS**
4. **POST ENTRY – SPACING/CUTTING – USE OF DRIBBLE UP H/O SCREEN**
5. **SPACING/RELOCATION** – We have to find our open 3pt shooters

#### KEY STATS

##### Hiroshima Dragonflies Statistics - Japanese League

###### Season: 2019-2020 (Japan) Players Stats

#	Name	G	MIN	FGM-A	%	3PM-A	%	FTM-A	%	RO	REB	AST	PF	ST	BS	PTS	RNK		
0	Traylor, Jamari	12	32.9	91-155	58.7	7-19	36.8	49-66	74.2	2.6	7.2	9.8	4.7	2.6	2.0	18.0	21.0	30.7	
8	Echenique, Gregory	12	33.5	89-150	66.5	0-0	0.0	43-61	70.5	3.9	8.9	12.8	2.5	2.4	0.9	15.3	10.4	32.5	
2	Asayama, Shogo	15	30.5	34-43	44.0	30-39	43.5	43-52	82.7	0.1	2.0	2.9	2.7	2.1	0.7	0.1	13.4	12.0	
1	Kennedy, Thomas	6	31.8	35-66	57.6	10-40	25.0	17-20	85.0	1.0	5.0	6.0	3.0	2.7	1.3	0.7	15.0	21.2	
30	Furuno, Takumi	15	29.7	17-33	51.5	26-64	40.6	10-14	71.4	0.5	2.3	2.7	7.3	2.0	0.9	0.0	18.1	12.5	
24	Tanaka, Seiya	13	25.7	19-39	48.7	20-49	40.8	17-20	85.0	0.6	2.0	2.6	0.8	1.4	0.7	0.0	17.8	7.3	
9	Ozawa, Tomomasa	15	15.2	18-33	54.5	12-32	37.5	6-8	75.0	0.1	1.1	1.2	1.1	1.4	0.2	0.1	0.7	5.2	3.6
8	Okamoto, Hiroyu	15	16.7	19-41	46.3	3-16	18.8	11-17	64.7	0.4	1.3	1.7	3.7	1.4	0.6	0.0	0.8	3.9	6.2
55	Taniguchi, Daichi	15	9.3	6-20	30.0	14-27	51.9	4-6	66.7	0.3	1.1	1.5	0.5	1.6	0.4	0.3	0.4	3.9	3.0
10	Sakai, Leo	8	6.1	6-10	60.0	0-1	0.0	3-3	100.0	0.0	0.1	1.1	1.9	0.0	1.0	0.0	0.1	1.9	2.4
32	Yamada, Atsushi	5	6.4	4-9	44.4	0-1	0.0	2-2	100.0	0.2	0.2	0.4	0.6	0.4	0.2	0.0	0.4	2.0	1.4
77	Moriyama, Naoto	4	2.5	0-3	0.0	1-3	33.3	1-2	50.0	0.3	0.5	0.8	0.0	0.3	0.0	0.3	1.0	0.0	0.0

###### Season: 2019-2020 (Japan) Team Summary

ISRAEL PERSONNEL

# 41 TOMER GINAT 6'6" POWER FORWARD



CLUB: MAPHOL TEL AVIV (ISRAEL)

REALLY GOOD ROLLER USING FLOATERS AND RIGHT HAND FINISHES... CAN SHOT FROM MIDDLE RANGE AND EVEN FROM THREE POINT BUT HE NEEDS TIME TO EXECUTE... PLAYS REALLY GOOD WITHOUT THE BALL, BACK CUTS AND BASELINE CUTS... INTENSITY... PLAYS PHYSICAL AGAINST HIM... DON'T LET HIM RUN FREE ON THE COURT... BOX OUT!

2019 WORLD CUP QUALIFYING STATISTICS

G	MIN	FG	PON	SPG	3PM	FT	FT%	D	D	T	AS	TO	ST	BS	PTS	PPG
7	22.8	14/25	56.0	0/0	4/5	80.0	4.5	3.3	0.8	3.5	2.0	1.0	0.0	0.0	18.0	0.0

2017-18 CLUB STATISTICS (EUROLEAGUE)

G	MIN	FG	PON	SPG	3PM	FT	FT%	D	D	T	AS	TO	ST	BS	PTS	PPG
17	20.1	14/37	37.8	4/20	20.0	8/21	38.1	2.7	4.0	4.9	1.5	1.0	0.0	0.0	10.0	10.0

# 1 RICHARD HOWELL 6'8" CENTER



CLUB: MAPHOL TEL AVIV (ISRAEL)

STRONG RIGHT HANDED BRL... LIES TO FACE UP & DRIVE RIGHT... POSTS UP AND WILL QUICK BK = LOVES QUICK SPIN TO RIGHT HAND... DRIBBLES TO GO LEFT & SPIN BACK RIGHT... LEADS TEAM IN ASSISTS... PUSH OFF THE BLOCK... PUSH CATCHES OUT AT HIGH POST... KEEP LEFT - DON'T ALLOW SPINS BACK TO RIGHT HAND... NO ANGLES ON DRIVES... BOX OUT!

2019 WORLD CUP QUALIFYING STATISTICS

G	MIN	FG	PON	SPG	3PM	FT	FT%	D	D	T	AS	TO	ST	BS	PTS	PPG
7	22.8	14/25	56.0	0/0	4/5	80.0	4.5	3.3	0.8	3.5	2.0	1.0	0.0	0.0	18.0	0.0

2017 EUROLEAGUE STATISTICS

G	MIN	FG	PON	SPG	3PM	FT	FT%	D	D	T	AS	TO	ST	BS	PTS	PPG
4	20.2	32/52	61.5	0/0	7/10	70.0	2.8	1.0	0.8	3.3	0.4	3.3	0.0	0.0	17.0	0.0

# 8 SHAWN DAWSON 6'6" SMALL FORWARD



CLUB: Bnei Herzliya (ISRAEL)

LEFTY – LIKES TO BACK UP TO GET A HEAD OF STEAM TO GET DOWNHILL... LOVES TO JAB & SHOT FAKE TO GET AN ADVANTAGE... ATTACKS RIM W/ EITHER HAND – FAVOURS LEFT... PREFERS PULL UP OFF DRIBBLE – CAPABLE FROM 3 W/ TIME & SPACE... STAY DOWN ON JABS & PASSES AND KEEP IN FRONT... BE READY WHEN HE BACK-UP DRIBBLES TO COME AT YOU... BE SECOND OFF FLOOR & CONTEST HIS SLOWER RELEASE JUMPER.

2019 WORLD CUP QUALIFYING STATISTICS

G	MIN	FG	PON	SPG	3PM	FT	FT%	D	D	T	AS	TO	ST	BS	PTS	PPG
7	23.8	27/35	46.7	2/0	33.3	2/3	66.7	0.5	3.0	3.5	0.0	1.0	1.0	0.5	0.0	0.0

2017 EUROLEAGUE STATISTICS

G	MIN	FG	PON	SPG	3PM	FT	FT%	D	D	T	AS	TO	ST	BS	PTS	PPG
1	15.0	47/84	56.0	2/7	28.6	2/2	100.0	0.0	2.2	2.2	1.0	1.2	0.0	0.0	2.4	2.4

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# SCOUTING VIDEO



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# PRE GAME



As a coach, I want to go into every game as prepared as possible. Our pre game meeting is planned with my assistants so that we have a clear and concise message. I also want to make sure I have the right information with me going into a game. This is how I prepare for a game. Below are my game notes, strategy and game cards I devise before each game that I carry with me into a game.



## GB V GREECE – GAME NOTES

### OFFENSE

1. PLAY WITH A HIGH TEMPO AT ALL TIMES – Lets always look to pass ahead. Lets get some rim runs and quick post scores. Seamless into FLOW
2. MOVE THE BALL SIDE TO SIDE - GET THEM WORKING, trust each others skills and reads
3. STAY COMPOSED if they pressure – we can beat these guys off dribble at any time – but use dribble wisely
4. SET SCREENS & ROLL HARD TO THE RIM – Keep our balance
5. GUARDS ATTACK IN THE P/R- STRETCH THE BIGS OUT
6. TAKE GREAT SHOTS AND MAKE THE NEXT PASS

### DEFENSE

1. CONSTANT UP COURT BALL PRESSURE - SLOW THEM DOWN & TAKE TIME OFF THE SHOT CLOCK- BE SOLID
2. GET BACK & STOP THE BALL IN TRANSITION- TAKE AWAY THEIR EASY POINTS
3. CONTINUOUS COMMUNICATION- ESPECIALLY SINCE WE DONT HAVE THEIR PLAY CALLS
4. PHYSICAL TAGS ON THE ROLLERS
5. CHALLENGE OURSELVES TO BLOCK OUT, GANG REBOUND & LIMIT THEM TO 1 SHOT EVERY POSSESSION
6. FIGHT/Front EVERY POST UP

### KEYS TO GAME

1. TOTAL CONVICTION TO WIN – There can be no doubt. Our will to win & heart has to be greater. We have to want it more in every area.
2. OUR PRESSURE HAS TO BE DOMINANT – We have to get into them from the first play of them game. They have to feel ball pressure all over the court. High and active hands, beat players to spot. Deny/fight post up's – DON'T GIVE GROUND
3. THE LITTLE THINGS – Bust up plays, win the battle of the boards, 50/50 balls, Get to the FT line early/often
4. MOVE THE BALL: PUT THEM IN P/R SITUATIONS & FORCE THEM INTO ROTATIONS.
5. STAY TOGETHER – GOOD or BAD – communicate, stay positive, TRUST



## GREAT BRITAIN V GREECE – W/C – G.1

### STRATEGY

#### 1) Defense -

Man to man  
BS – Single – #Blue  
Side – #Blue  
OB's – M/M but could ZONE  
Other strategy - #2 ZONE + #22/21  
RED – Post catch

#### Offense 1<sup>st</sup> 4 plays - Man

#Box 2 – Dan  
#Flow  
#Chin  
#Diamond 2

#### Time out or go to play:

#Hook – Ogie/Myles  
#1 Side – Fake off stagger  
#BD special – Gareth  
#3 – Back door + rub screen  
#22 – L screen - slip

OFFENSE	READS
<b>EARLY OFFENSE - RIM</b>	Rim run hard, look to punch into the post early
<b>#SINGLE + DOUBLE DRAG</b>	Single drag into role and replace. Double into stagger, stagger
<b>#CHIN</b>	Single BS for 2
<b>#CHIN 2</b>	Spanish P/R
<b>#BOX 1</b>	Post up option
<b>#BOX 2</b>	4/5 Read and BS action
<b>#HORNS</b>	Ball reversal into Step up screen
<b>#HORNS DRIBBLE</b>	Dribble hand off into single
<b>#DIAMOND</b>	Weak side sprint Side BS (3 possible post up)
<b>#DIAMOND 2</b>	Pin down action for guard
<b>#ENDLINE 1</b>	Screen, screener action for corner 3
<b>#ENDLINE 2 + FLASH</b>	2 x inside looks
<b>#SIDELINE OB 1</b>	Pin down to BS
<b>#SIDELINE OB Quick</b>	Pin down to weak side wide pin down
<b>#SIDELINE 2</b>	Back screen to hand off (Look at 3 post up)
<b>#CAROLINA</b>	
<b>#LINE FLAT + Zone OB</b>	
<b>#2</b>	2-3 zone
<b>#22 #21</b>	2-2-1 back into 2-3 zone / 2-2-1 back to man
BLACK SERIES	READS
<b>OFFENSE</b>	
<b>#WALL + #Gate 1 line</b>	Fake coming high and then through gate - #Mm
<b>#STAGGER to H OFF</b>	H Post entry - H Door exit, stagger away
<b>#Trail 1</b>	Hard dribble hand off to quick drag BS
<b>#Special - (single, double - S)</b>	Look at flashing the 4 after single screen
<b>#SIDE OB SPECIAL</b>	1 curl to B/L, 2 screens 5 back to 4 for lob

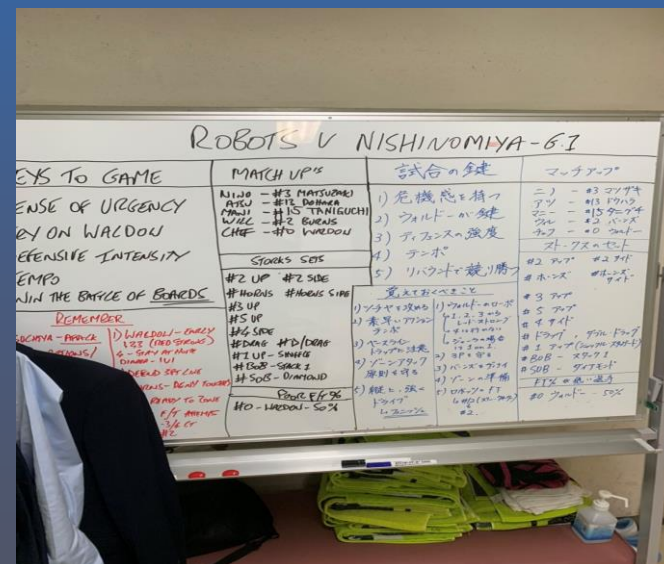
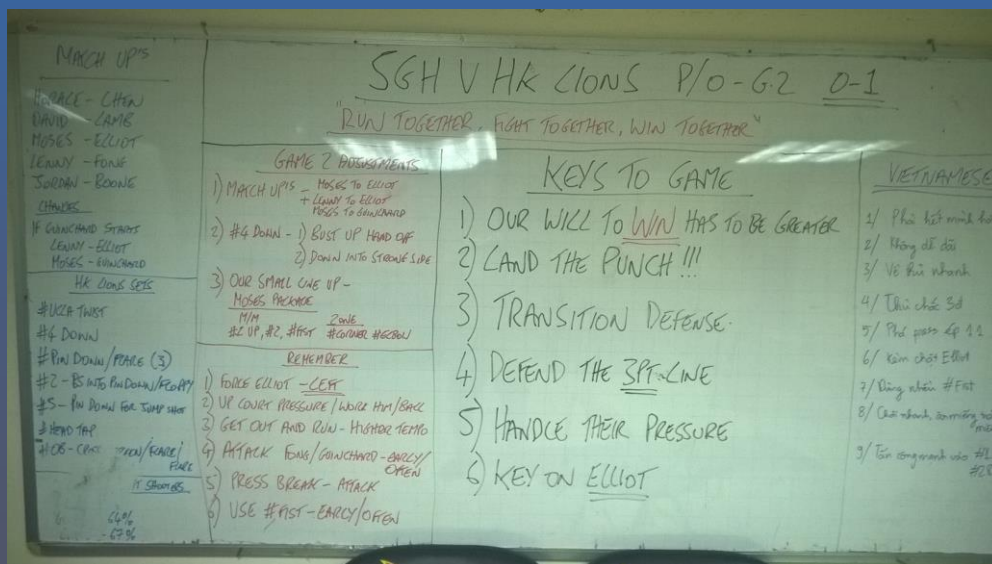


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# PRE GAME – LOCKER ROOM



1. WHAT IS YOUR RITUAL?
2. HOW MANY MEETINGS? WHERE? EMPHASIS?
3. BOARD
4. TECH/TACTICAL V MOTIVATIONAL
5. ASSISTANT'S INPUT
6. PLAYERS INPUT



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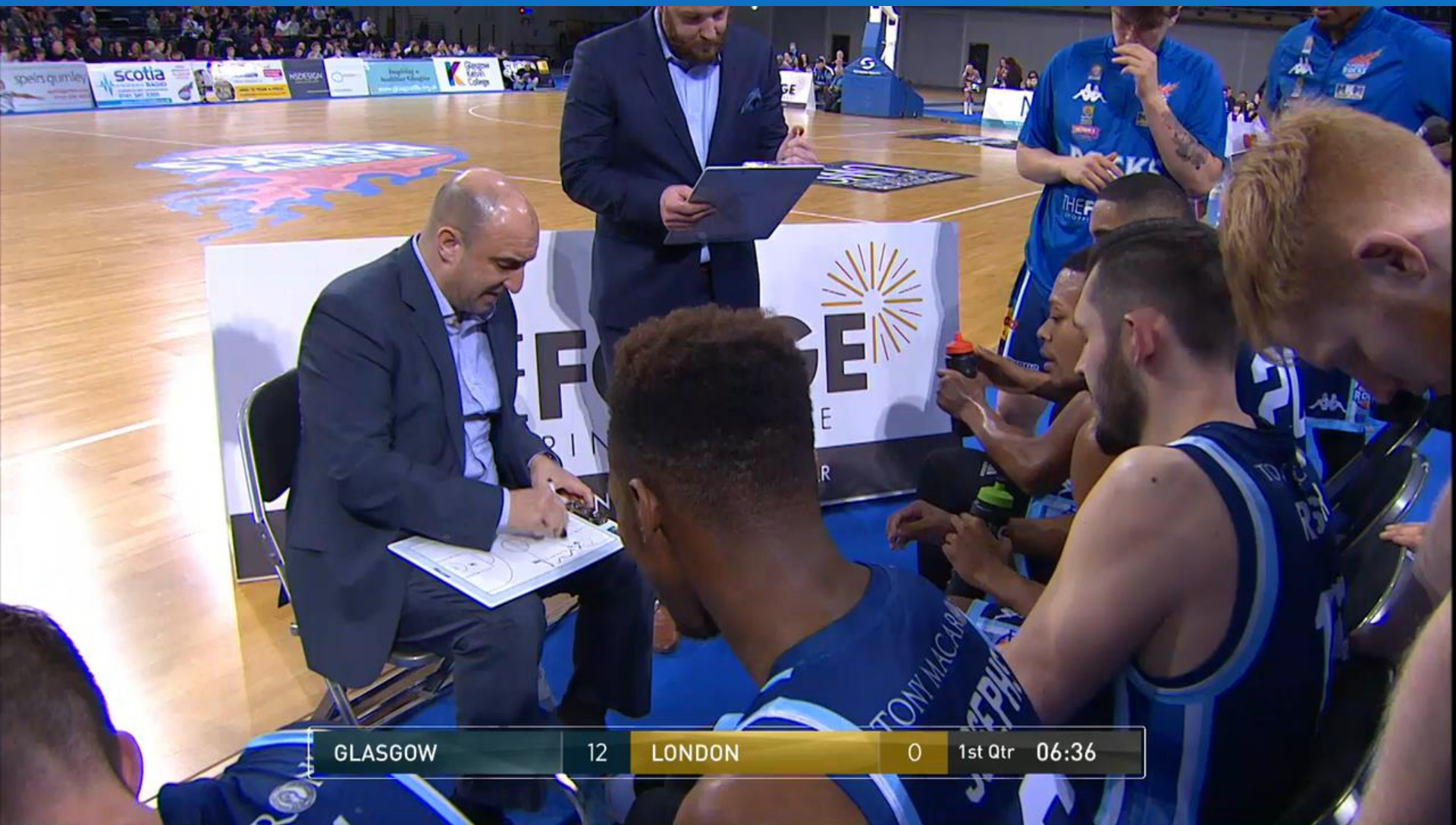
# WHAT FACTORS INTO GAME COACHING?



- What are your goals for the game?
- How do I coach? Sitting down? Standing up?
- Interaction with your players – On court and on the bench
- Substitution patterns? 5 for 5, Offense/defense, Motivational
- Time Outs – When, why (How to set them up?) Use of tactics board
- Use of assistant coaches
- Interaction with referees



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GLASGOW

12

LONDON

0

1st Qtr 06:36

# IN GAME COACHING



- HALF TIME – HOW LONG, QUICK POINTS – 2 or 3 OFFENSE/2 or 3 DEFENSE
- TACTICAL ADJUSTMENTS – WHEN/HOW?
- TIME/SCORE (PRACTICE)
- SPECIAL SITUATIONS – EOQ, EOG, 2 for 1, Fouls to give

STRATEGY	
1) Defense - #Man to man BS - Single - #COVER Side - #ICE FT - #12 1/2 or 1/3 to #2 SPECIAL - #WHITE ALL ACTIONS #RED - OTULE (12 HALF ON A SCORE)	
OFFENSE	READS
#1 Down	High post entry into 5/1 single high
#1 Side	High post entry for D/H/O for wing
#1 into FLOW	High post entry
#2 Down	Zipper TO STEP UP
#2 UP	Horns Flare
#3 into Flow	Lift BS from strong side into FLOW
#3 SIDE	Strong side BS and loop weakside
#3 UP	Pass back into step up screen
#4	High post entry into cross screen for BIG
#4 SIDE	Pin down to step up + Hammer action
#5 DOWN	Pin down, cross screen action
#5 UP	Loop + CROSS SCREEN TO DUCK IN
TRANSITION	#54 Pin down
FLOW OPTIONS	#Drag, Double Drag
#BASE Zone offense	
#CORNER - Zone offense	
#5 TACK	
#Kentucky Side OB	Bang, bang single High
#Kansas Side OB	Box into cross screen for big
#Maryland	Back screen, curl into pin down actions
#BOSTON End OB	Flex action for 4/3/5
#PORTLAND End OB	Spanish p/r into flare for shooter
#CHICAGO	Quick hit end OB
#STRONG End OB	Quick post up action
#PUNCH	Pin down to post up
DEFENSE	READS
#100 - Full court M/M	
#2 - 2-3 Zone	

SPECIAL SERIES	READS
2 UP Special	Flare screen from #2
#3 Down	Flex cut/cross screen action
#4 SPECIAL	Back screen-iso into weakside gate
#FLOW POST	Rub screen into single high
#2 SIDE SPECIAL	BS action for 4 with 2 rub screen
#43 SPECIAL	Loop into mid iso for Mani/ Dice
#THUMB UP	SPAIN PR
#21 - 2 for 1	Hard push into pistol or drag
#BLACK SIDE	Side OB - Under 4 secs
#BLACK WALL	Last second 3pt shot play
#BLACK NEW YORK	Gate for shooter
#BLACK POST	OOT post play
#BLACK PINCH	OOT Zone play
#HOME RUN	Endline play for under 4 secs
LINE UP PACKAGES	
ALEX/MANI	All sets + #2 UP/ #1 DOWN / FIST / THUMB (CHICAGO/ PUNCH/KENTUCKY) OB's
ALEX/DIARRA	#3 SERIES + #3 PUNCH / #4 / #5 DOWN / #3 UP/FLOW (NEW YORK/ PUNCE/ MARYLAND OB)

## TIME OUT OR GO TO PLAYS

#BLACK POST  
#THUMB UP - SPAIN PR  
#4 SIDE - HAMMER (Run this after qtr or TV T/O)  
#43 - LOOP TO ISSO - DICE  
#BLACK PINCH v ZONE  
#BLACK SIDE - SIDE OB  
#BLACK NEW YORK - END OB

## START GAME

## IBARAKI ROBOTS - 2 FOR 1 CHART OPTIONS

SECONDS ON SHOT CLOCK	PRIMARY OPTION	SECONDARY OPTION	GAME SITUATION
54 - 48 SECONDS	#DRAG, #DOUBLE DRAG, #PISTOL, #FIST	#1 SIDE, #3 PUNCH, #PIN DOWN TO HIGH/LOW	Controlled push Team is down - Need quick hit plus stop. Team is up or Tied - High % shot or get to FT line
48 - 38 SECONDS	#DRAG, #PISTOL, #FIST	#RIM RUN TO DIRECT	HARD PUSH - but still search for high % shot
38 SECONDS UNDER	#SPREAD + PENETRATE SEARCH OUT BEST MATCH UP GET TO FT IF NO OPEN SHOT		SUPER HARD PUSH - First available shot 4 to 10 SECONDS TO SHOOT
32 SECONDS OR LESS	#SPREAD + PENETRATE SEARCH OUT BEST MATCH UP GET TO FT IF NO OPEN SHOT		SUPER HARD PUSH - First available shot 4/5 SECONDS TO SHOOT

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2 全試合見放題



ADASTRIA  
NITO ARENA

B.LEAGUE 2019-20 SEASON



茨城  
Ibaraki

82 | 64

山形  
YAMAGATA



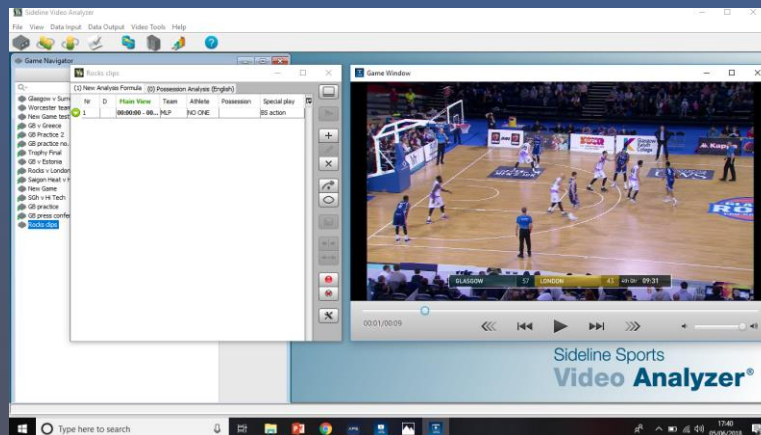
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# POST GAME & REVIEW



- WHEN?
- WHERE AND HOW?
- TEAM V INDIVIDUAL
- HOW LONG?
- EMPHASIS?
- After every game, I and my staff breakdown both team and individual play and put together short, concise video edits. We will then have a team video meeting which will cover both positive and negative aspects of the game along with key factors which determined a win or a loss. The staff also produce individual video edits of players which are used as a teaching tool in one on one player/coach meetings. We also grade each game as a staff independently and look for areas to improve.



**ROBOTS GAME EVALUATION FORM**

GAME: Robots v FE Nagoya G.I AWAY  
 DATE: Saturday 16<sup>th</sup> November  
 RESULT: 74-66  
 Starters: Yuji, Dice, Mani, Chef, Alex

TEAM OFFENSE		TEAM DEFENSE	
AREA	GRADE 1 to 5	AREA	GRADE 1 to 5
EXECUTION	2	ON BALL DEFENSE	3
SPACING	2	HELP DEFENSE	2
SCREEN SETTING	3	BS DEFENSE	3
ONE V ONE PLAY	3	REBOUNDING	3
TRANSITION	3	ZONE DEFENSE	2
PLAY CALLING	2	PRESS	3
POST UP PLAY	4		
OFFENSIVE REBOUNDING	3		

TEAM OVERALL ASPECTS		KEY MOMENTS/CLIPS	
AREA	GRADE 1 TO 5		
COACHING	3		
TOGETHERNESS	4		
TOUGHNESS	4		

**OVERALL COMMENTS**

20-12 First qtr. (Totally out of sync after first three minutes) 36-23 with 1 min left 2<sup>nd</sup> qtr. 36-25 at half  
 55-49 after 3<sup>rd</sup> qtr. Up and down qtr. 58-57 - 6 mins to go is our first lead  
 Tokyo scores 8 pts in a row (2 x 1's and one and five 2's)  
 A strange game to re-watch. We would have said this was a good road win but we played much better and lost on the road.  
 We were distracted for most of the game (not surprising as Alex had only just arrived) and Alex did not play. But we could  
 never find any flow in our offense. We had some nice transition points and Erika's big shot pulled out the win. Our team  
 defense was also solid and we committed really hard!

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# MY FINAL THOUGHTS



- Always look to coaches who coach at the levels above you. Go to their practices, ask to go in the locker room or team meetings.
- You cant become a better coach without coaching....ON THE FLOOR
- This means not only practice sessions but also GAMES. When ever you get a chance to coach a game even if it is low level .....TAKE IT!!!
- Coach & teach with passion and energy
- Never tire of asking questions
- Continue to learn everyday



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# Q & A



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