

**San Marcos High School
Basketball Program Handbook
Head Coach Jarrod Bradley**

Objective

Through discipline, effort, sacrifice and application of fundamentals, players will develop individually and as a team with the goal of winning a Channel League Championship and competing well into CIF.

General Philosophy

1. Maximize free throw attempts (make more than our opponents attempt)
2. Maximize field goal percentage
3. Maximize rebounds
4. Minimize turnovers

Offensive Philosophy

1. Work together for a high percentage shot (lay-up, bank shot, jumper in the lane)
2. Run the court – wings wide – to get easy baskets in transition
3. Share the ball and move the ball quickly
4. Work together on halves of the court to promote proper spacing – 3 on 3 and 2 on 2
5. Value each possession – treat the ball with respect
6. Three offensive rebounders and two transition defenders

Defensive Philosophy

1. Sprint the lane lines in transition
2. Maintain ball-you-man position
3. Communicate loudly (screens & help-side)
4. Contest all shots without fouling
5. Force contested off the dribble jump shots
6. Know your match-up (red–shooter, white–normal, blue–driver/non-shooter)
7. Four defensive rebounders and one outlet

Academics

You are in high school to get an education that will serve you the rest of your life. Treat your teachers and classmates with respect as you represent the basketball program, the coaches and the school. Complete assignments on time and participate in your classes. Ask questions when you do not understand a concept and seek out your teachers for assistance. Be a model student and earn the best grades you can. Remember, your classes are your first priority. Without the grades, you can't play. Regular grade checks will be made by the coach in order to ensure proper behavior and progress in classes.

Practice

This is where it all begins. We need to become well conditioned, mentally focused and well prepared for games. In order to achieve these goals:

1. Practice should be challenging. Rise to the challenge and push yourself. Play as hard in practice as you play in games.
2. Listen to the coaches and accept suggestions. Don't take comments from coaches and players personally. Remember, you were selected to be part of the team and we are all in this together to win Channel League.
3. Arrive early to stretch. Practice time is limited due to many teams sharing one gym. All warm-ups and dynamic stretching shall be completed before we enter the gym to begin practice. Proper stretching reduces the likelihood of injuries and is necessary in order to play hard.
4. Contact the head coach as early as possible to inform him of an absence. Excused absences are for family emergencies and contagious illnesses. Do not have a friend talk to the coach for you. If you are well enough to attend classes then you should be at practice, if not to participate, to observe. Our progression as a team depends upon having challenging practices. We can't do this without players at practice.
5. Have fun! Congratulate others when they make a good play and support when they make mistakes. Enjoy the spirit of competition that comes from working hard toward a common goal. Together we can achieve uncommon results.
6. Come to each practice with a goal to change something about how you play. Review your play in practice afterward. After several practices of focus on a goal, you can make it a habit. In pressure situations we revert to our habits. Develop good habits by paying attention to video of yourself, listening to coaches and trying to improve daily.
7. Do not dribble basketballs or make noise when a coach is speaking. Be an active listener by making eye contact with coaches when they are speaking with you.
8. Put all balls away after practice. Balls are expensive, difficult to replace and necessary for team and individual work. Do not kick, throw or punch balls and do not bounce balls outside.
9. Jewelry is not allowed in practice. This includes chains, necklaces, bands, rings, earrings, etc. Keep hair clean cut and short. Bathe regularly and wear deodorant. Wear reversible practice jerseys each day to practice. Wash practice gear regularly. Lace shoes tightly and wear ankle braces to reduce the likelihood of injury.
10. Statistics will be kept in practice. Without data we cannot assess our play individually and as a team and what we need to change. Statistics will govern who plays in games.

Playbook

Playbooks will kept in preseason and during season. Review set plays, inbounds plays and offensive & defensive sets regularly. Bring playbooks to practice everyday and to film sessions so that new sets and plays can be added. Knowing more than one position makes you more valuable to the team and easier for the coach to play.

Nutrition

Your body needs proper nourishment in order to perform on the court. Balance meals and eat regularly. Frequent small meals are better than infrequent large ones. Eat breakfast everyday. Blood sugar is low in the morning and your body will need energy to function properly. Drink plenty of water, especially during and after practice. Proper nutrition and hydration also helps your body ward off infection and illness.

Sleep

Your body needs ample sleep in order to recuperate. Eight hours of sleep is a minimum to feel well rested in the morning. Establish good habits by getting to sleep at a reasonable hour (10 pm) in season. You are hurting yourself and your team when you are not well rested mentally and physically. Manage your time wisely so that you can get your school work completed in a timely manner. Sleep is also necessary to avoid illness.

Illness

You are no help to your team if you are sick. Eat well-balanced meals so that your body receives proper nutrition, minerals and vitamins. If possible, take a multi-vitamin. Wash your hands regularly and avoid touching your face. Viruses are spread through contact with your face, mostly via your hands. Eat plenty of fresh fruits and vegetables.

Game Day Expectations

1. Get at least eight hours of sleep the night before.
2. Eat breakfast.
3. Wear appropriate game day clothing (khakis, polos tucked in, belt, dress shoes).
4. Attend class.
5. Drink plenty of fluids throughout the day.
6. Arrive for lunchtime meeting on time and bring nutritious lunch.
7. Arrive at school at proper time for pre-game talk or departure.
8. Bring plenty of water or Gatorade to the game. Eat no later than 4:30 pm for 7:00 pm games. Avoid eating foods high in fat or simple carbohydrate.

Film Sessions

We will review all game films as a team to perform statistical analysis and to analyze our play. Arrive on time and be ready to learn. Bring a positive attitude regardless of the outcome or your individual play. This is our opportunity to learn and improve. Positive plays will be highlighted as well as constructive criticism given.

Understanding Statistics

Player Productivity Average

This number corresponds to the number of good and bad things you do on the court per minute. Higher values are better. For each good thing you do you receive a point (point, rebound, assist, block, steal and charge taken) and for each bad thing you do you are deducted a point (missed shot and turnover). Your points are then divided by your minutes to create your player productivity average, or your statistical contributions to the team. Obviously, there are some statistics that don't appear in the stat book such as altered shots, getting a player in foul trouble, etc. However, this is a baseline for who will play the most minutes and in certain situations.

Shot Selection

The goal of our offense is to get the best shot possible to maximize the team's ability to score points. Shot selection is a decision making process that involves many things. It begins with the pass and footwork and continues with the catch, seeing the basket and analyzing defensive position and placement on the court.

Best	Better	Good	Unacceptable (with more than 5 sec on shot clock)
Layup Shot that draws foul Jump shot in lane Short bank shot	3 pt jump shot	2 pt jump shot	Contested jump shot Off-balance shot

Turnovers

Some turnovers are worse than other turnovers. Recognizing which turnovers hurt the team more than others will help players' games mature and give the team the best opportunity to win. The worst turnovers lead directly to a basket for the opponent.

Worst	Worse	Bad
Steal Technical foul	Out-of-bounds violation Traveling	Charging/Offensive Foul 10 second violation 5 second violation 3 second violation

Fouls

Similarly, some fouls are worse than others. Untimely and/or poor fouls put the player and team at risk. The worst fouls are those that give the opponent a chance to score or bail them out of a tough situation.

Unacceptable

Jump shot
Late in the shot clock (last 10 seconds)
Off the dribble shots
Technical
3 point shot

Acceptable

Almost charge block
Defensive board clear-out
Offensive board put-back
On the first dribble of a penetrating drive
Preventing a layup

Shooting

Shot preparation begins with footwork. Proper footwork gives our body a balanced base with which to shoot from. Feet should be less than shoulder width apart with shoulders square to the basket. We will spend much time in summer working on shooting and a good deal of time in Saturday practices in season as well. A good shooter is not born; he is made. If you want to be a good shooter, shoot hundreds of shots per day. Begin with short bank shots and progress to longer and more difficult shots like off-the-dribble shots. Video analysis will help show players orientations of the wrist, elbow and shoulder during his shot.

Rebounding

Defense is enormously important in winning basketball games. It has been said innumerable times that defense wins championships. While this is true, it must also be said that rebounding completes defense. You can play great defense and force your opponent into a poor shot and if you don't rebound the ball then you were unsuccessful. You can play horrible defense but rebound the ball then you were successful. Let's try to play good defense AND rebound the ball. Often, offensive rebounds result in a higher percentage shot. Rebounding begins with mentality. You have to want the ball. Then you have to be willing to use your body legally to best position yourself to get the ball as it bounces off the rim. Hip and leg contact is critical to maintaining position. Finally, you need to go get the ball as it comes off the rim. Remember that 60% of all shots will rebound to the other side of the court. Rebounding will be a part of many drills we do where allowing multiple offensive rebounds could cause your team to lose the drill or gaining multiple offensive rebounds could cause your team to win the drill.

Steals

The goal of our defense is to make it difficult for the other team to score. Ball pressure, active hands and feet and good rebounding will help us achieve this. Disciplined team defense requires that we do not gamble and put other players at risk. When you get out of balance and go for a steal but do not get it, often the opponent will get an easy look at the basket or draw a foul. The best way to get a steal is by playing defense with active hands in the passing lanes, whether on or off the ball. Tips then result in loose balls and opportunities for steals. Players who tip a ball that is then stolen get as much credit for the steal as the player who ends up with the ball.

Blocks

In most situations, we do not encourage a defender to attempt to block an opponent's shot while playing one on one defense. Often you will end up with a foul and an experienced player will employ fakes to get you in foul trouble or end up with an easier shot attempt. Instead, focus on contesting all shots by getting a hand in the face of the shooter. Never attempt to block a jump shooter while running at them. The slightest body contact will result in a foul and easy points for your opponent at the foul line. The best time to go for a block is when you are in help-side defense. Swat blocks or blocks with excessive arm swings are to be avoided for two reasons. First, they often give the ball right back to the offense. Second, referees are more likely to whistle you for a foul. Instead, try to tip the ball and control it. It may not be as impressive to a fan but it is more helpful to your team.

Technical Fouls

Perhaps the worst thing you could do is get whistled for a technical foul while your team is in possession of the ball. Unlike in the NBA where a technical foul simply results in one free throw and is not counted as a personal foul, it is much more punitive in high school. First, a technical foul counts as one of your five personal fouls and also as a team foul. Second, possession of the ball automatically goes to your opponent. Third, the opponent will get to shoot two free throws. It is imperative that you control your emotions when you play the game. Referees will not always make calls you agree with. Like us, they also make mistakes. The only people who may speak to a referee are the head coach and team captains. Team captains should limit their conversations with referees and keep them to an informational level. Occasionally, practices may get heated and you may not like calls. Arguing calls, using foul language in reference to a play, taunting, showboating, gesturing, or staring down an opponent or referee will not be tolerated in practice or games. There will be a consequence for all such behavior as it hurts the team and should be easily controlled.