

## Steve Alford: "How To Build A Successful Program"

You must be your own person. Don't try to be some other coach the players will see through it. Take something from each program if it fits in what you do.

### Foundations of a successful program:

- A. Attitude - positive teacher centered around discipline
- B. Respect and honesty - respect goes both ways. Be fair in all situations no matter if it is your BEST OR WORST PLAYER.
  - 1. Can't treat any game bigger than any other.
  - 2. Be your self and be fair. You must like who you are.
  - 3. Rip a kid and then let him know why you are mad at him.
  - 4. Don't lose a kid's respect, it may cost the kids' love for the game.
- C. Life goals
  - 1. 1st Faith in God
  - 2. 2nd Family
  - 3. 3rd Team
  - 4. Make sure the players are aware of these and you live by these.
- D. Work hard, work smart, and have fun - must be in this order. You might have to define fun.
- E. Challenge EACH student athlete...
- A. Spirituality - chapel program, coaches conduct, attend church
- B. Socially - little things no matter what level, public appearances, special group involvement, and service clubs.
- C. Academically - must be an attitude toward this, no effort, no Scholarship, show improvement, attendance and on time, talk to teachers, and grade reports.
- D. Athletically - first and foremost is the goals of the team, play your role, practices are harder than the games, daily motivation, notebooks with Philosophy, plays etc., if they follow scouting report the coaches xerox copy them for the players, if they do not follow the report they must copy notes from the board.

Know what they are doing off the floor....Sportsmanship: let your playing be your mouth.

### Keys to building a program:

- A. Work objectives for the players
- B. Coaching style - be consistent
- C. Player coach relationship - open door policy
- D. Player know offenses and defenses
- E. Teaching methods
- F. Conditioning - year round, helps eliminate nagging injuries, as important as shooting free throws
- G. Team discipline
- H. Sell PROGRAM ALL THE TIME
- I. Team motivation
- J. Scouting report

#### Tips to help program:

- Not complexity, but simplicity. Know how to cut and screen and read screens. Teams switch we run slip motion.
- Never run BOB play just motion and read.
- Feeder system - clinics for staff, who makes cuts, M.S. coaches on bench of H.S. games and at some practices, H.S. team at M.S. practices and games, H.S. clinic for M.S., consistency throughout all levels, checklist for yourself and your staff at all levels. Half time organized with shootouts, dunk contest with middle school kids on 6-foot rims, eTc.
- Trips to a college game a clinic, or something nice and fun.
- Breakfast with staff.

#### Yearly evaluations:

1. Winning attitude
2. Smart aggressive play
3. Communication - on all passing and shooting drills
4. Floor leadership
5. FT's if you want to win.
6. Mental toughness - loose balls, charge, fall conditioning
7. Skill ability - is it improving daily
8. Setting high goals
9. Relentless in obtaining those goals
10. Improve strength and conditioning

#### What we do in the summer is a key for us.

- A. Your will, desire, and determination is key.
- B. Skill improvement helps improve your confidence.
- C. Open gym - sign in sheet, or captain reports to coach how long, who, and how hard played.
- D. Always guard the best players.
- E. Know if you won or lost, the coach wants to know if it hurts you to lose.
- F. Work on weaknesses, give yourself restrictions in pick-up games (only can score off dribble to left, etc.).
- G. Hustle/respect theory for everybody.
- H. Pick-up games - no basket unless all 5 guys get across half court on offense,
- I. the offense keeps the ball if all 5 defenders do not cross half court.
- J. Post game leadership.
- K. Weight program and conditioning.
- L. Scouting games could send players.
- M. Phone contact with players during the summer.

#### Shooting:

- Free throw line: find the nail to get proper alignment with front foot.
- Line up elbow on catch and pivot, bad catch no shot.
- Find basket - shoot for just over the front of the rim.
- Attitude - know you are going to make it, alignment is the key if you eliminate missing right and left you will improve 50 %.