

Alan Keane Zoom Call Notes

Post Play:

- When post player is around the basket, establishing position is key. Legs and footwork.
- Improve leg strength of younger players. If can't establish position, can't receive the ball.
- Vs experienced teams, doubling is less effective than less experienced teams/ teams with a raw big.
- Better success with focus on fronting and pressuring the pass.
- Solution is to prevent the pass and not allow it getting to certain parts of floor, e.g. high post.. E.g. not allowing high low entry or ball to get on 45 for the post entry.
- When ball goes above player's head for high low. Can either jump off passer and "flood paint" conceding mid-range or drive, or put a short/ stronger player on low post who will fit more and get away with more contact.
- Doubling the post is better as a tactic for the moment, not as a strategy for the game.

On Ball Defense:

- Starts with player's position away from the ball before they get to the ball. E.g. anticipation on a close-out to be on balance.
- When directing the ball to an area, you are ultimately passing the responsibility onto someone else who must rotate.

Best and Worst of Coaching

- Best coaches taught, explained, demonstrated, communicated well.
- Coaching isn't about telling. It is about asking questions and finding solutions.
- Coach Education house. What room do you live in? Tech, tac, physical, mental. Need the roof (leadership, relationships, communication, vulnerability).
- Too many coaches lives in one room only.
- If technique breaks down, is it a physical issue?
- Pros have acceptable levels of standard and can be hard to manage with limited budgets. Invest more with welfare stuff like medical, S&C etc.
- Culture is building for the future. Argentina e.g. cleared shop and brought in younger guys. Clear the decks!
- Be wary of labelling new players. What other people will tell you about players you work with. Get to know their background, how they've been coached, their needs etc.
- Be a "people catcher." Do we make them feel needed, cared for, listened to and appreciated? This gets them into a "wrap-around culture."
- Olympic swimmer mentality. After winning gold medal, reported asked him what's on his mind. He said "what's next." Winning mentality.