

Shawn Dennis

Running an Effective Time-Out

https://www.youtube.com/watch?v=DenTjp6c288&list=PLDruiBrCRhSpJJJa6N519ddulJLfALw_U

Types of Communication:

- Verbal - talking and listening
- Non-Verbal - body language, gestures and facial expressions
- Written - writing on the whiteboard
- Visual - presenting plays and symbols

Types of Learning:

- Visual - some players can watch something and learn/ figure it out immediately
- Auditory - can listen and immediately implement what is discussed.
- Kinesthetic - learning by doing. Engaging this person in the TO is critical. Sometimes this could just be checking in with them to check they are engaged or demonstrate a particular action. Could also link back to something they did in a practice.

Why call a Time-Out?

- Stop momentum
- Calm your team
- Make an adjustment or change the strategy
- Rest a player (particularly late game)
- Set up a play (BLOB, SLOB, end of quarter, end of game etc)
- Organize the team
- Increase the energy
- Advance the ball or freeze a free throw shooter

Questions to ask before I call a TO?

- Can I fix the problem from the sideline?
- Can I fix the problem with a substitution?
- Most importantly don't waste a time-out. Be careful not to overreact, is the team still sticking to the game plan?
- Not calling a TO as a knee-jerk reaction. Is it a one-off mistake or a repeated mistake?

How much do you say in a TO?

- Players will remember very little after a TO especially in the pressure of a game. Idea is to practice having time-outs in practice and then checking for recall and understanding after the TO.
- Limit topics to 1-3 items.
- Shawn Dennis typically keeps it to a defensive item, offensive item and one generic item (if needed).
- Finish the time-out referring to the theme of the game. E.g. if against a great offensive rebounding team, last trigger is 'let's make sure we box out.' Or a good trans team "remember how important our trans D is important."

An effective time-out

- Give players time to get a drink and towel off. Don't go straight in!
- If subbing call the sub early in the TO so looking at the 5 players on the floor in front of you
- Use first 20 seconds to collect thoughts and not go into the TO emotional. Sometimes a spray is needed though!

- Only one voice at a time.
- Having eye contact and attention from the players. One assistant can watch the engagement of the bench.
- Be constructive if you have called the timeout because of poor play - don't allow poor body language.

Language to use in the TO

- Use the EA Glossary!
- Stick to the game plan as points of emphasis/ reference in the timeout, unless we're making an adjustment.
- It is difficult for players to execute something new during a game (plays/ defensive schemes etc).

Reading their Emotion

- "Don't confuse my passion for anger"
- Are the team calm? Are they stressed or anxious? Are they giving energy?
- Try and be constructive no matter what approach you take
- Use positive language, e.g. "when we execute this we will get this outcome." E.g. "they are playing the lanes which means easy back cuts and lay-ups."

Using Assistant Coaches

- Encourage assistant coaches to think like a head coaches.
- Assistant AND Head coaches MUST avoid generalist statements, e.g. we're not blocking out, we're not running back." Even worse = "why are we not running back?"
- Assistant coaches = what would your message be right now to the team if you were the head coach? Give it. Goal for HC is to develop AC's to become a HC.
- Can't feel rejected if AC give something to the HC which isn't used.
- As a Head Coach cannot see everything - learn to trust the assistants.

End of Game Strategies

- Practice late game situations. Especially playing not calling a time-out because we don't want the opposition to have a chance to set-up their defence. Plus saves a TO.
- Are you up or down? Clock is the enemy of teams who are trailing.
- When clock is the enemy of the opposition, don't allow uncontested 3's, quick 2's or fouls.

Things to Think About?

- Do you change your defense coming out of a time-out?
- Use subs instead of wasting a timeout to change the game
- Do you save time-outs for the 4th quarter?
- If you have two timeouts with 6 secs on the clock and the opposition have free-throws, do you call a timeout before the free throws in case they miss, and then one after the free throws so you can advance the ball?

Improving your Effectiveness

- Have someone film your time-outs - be honest with yourself when you view the film
- Ask for feedback from players and assistants
- Watch other coaches and how they handle TOs (Australian NBL & FIBA Tournaments shows live time-outs).

Heated Players

- What's the problem?
- If it's referees, "we know we're not going to get that"
- Where are you going to put that energy now?
- Sometimes use a sub to take a quick break

Allowing ACs to talk during a TO?

- Usually spoken with ACs for 20 secs before going into the TO
- Drawing on a notebook what was drawn on the whiteboard so we can go back and address it
- If HC coach is talking, AC doesn't jump in. One voice vs two voices is more effective.

Fouling up 3 Late Game

- Fouls against teams with great shooters.
- KYP situation - know the personnel / team you are playing against.
- Gives a chance to get your best FT shooters in the game.

Positioning

- Can sit in the middle or to one side
- Hold board at an angle so it can be seen
- Let me know if you can't see the board!
- Some coaches sit players in their positions on chairs (e.g. forward, point guard in middle, then wings).