

September 2013

My New Role – Jason Wolfard

By now those of you that have read past newsletters know that Shane Matzen has taken on a new role in his life as Activities Director at Marquette High School. For years, Shane has taken a great thing started by Gary Filbert and grown this newsletter to be one of the best high school association newsletters in the nation. Without a doubt, I have some big shoes to fill following Coach Filbert and Coach Matzen with my new role of editor of our great newsletter. My goal is simple – continue to build on what has become a great foundation of information for our coaches in our state and also provide you with some new “Coaching Nuggets” to help you prepare for your season and help you grow as a coach. The biggest change you will notice is the presentation of the newsletter being on our association web page instead of through a PDF (although you will still be able to download a hard copy from the site).

As I was thinking about my new role in our association, it naturally led me into a topic that I think all coaches struggle with at some point with our players – Role Identification and Acceptance. We all know that the success of our team throughout the long season hinges on multiple things, but identifying roles and having players accepting them can make or break that team. We have done multiple things with identifying roles with our players in the past that I will share with you, but the turning point for us with our players was creating an open line of communication based on honesty.

As I read the book “Toughness” by Jay Bilas this summer, one quote has stuck out more than others – “Responsible for the element, accountable for the mission.” My new role of editor of our newsletter is just a small element of our mission of the MBCA – Promoting Basketball In the State of Missouri. Without my element, our mission isn’t as strong but my element doesn’t make or break our mission. This thought goes right into identifying roles with your players – their role can’t win games by itself for the team, but the team can’t win games without them accepting responsibility for their role. If you can get kids to understand that simple thought, then building your team becomes so much easier.

Honesty becomes a key step in this process. Our honesty of what we need from each player starts during our tryouts. Once we have made the determination of who will be on the team, our conversation starts with congratulations and this is what we see your strengths are in building our team. The second part of that honesty in role identification is getting it on paper for them to see every day. They piece of paper has our mission at the top of it and then their roles we want them to fill in larger writing below. We give them a copy of this sheet and we also hang up each player’s role sheet in the locker room so their teammates know what is expected of everyone. Once all of our sheets are up in the locker room, we have a team meeting about our goals and how we can only get there with everyone accepting their role.

The toughest thing we have run into is getting a player to buy into a non-scoring role or less glorious role. When we want a player to accept their role as a defensive stopper, rebounder, bench player, or energy leader, we try to make them understand that their role leads us toward the offensive roles that players typically want. The other key is that we give our players anywhere from two to three roles that are expected to happen, and then we tell them that anything else we get from them is an added bonus to our team. This doesn’t necessarily lock them into their role, but makes them more responsible for their piece of the puzzle first. We have also gone to the extent of theming our roles. For example taking on a military theme and making their roles as “specialist” roles such as “Defensive Ops Specialist” or “Sniper” for three point shooters. You can get as creative as you want.

I heard Kevin Eastman speak about team roles this summer at CU Live in Indy. He said that roles must be clearly defined (by the coaches) and consistently executed (by the players). Players have to understand that sometimes their role is invisible to the normal eye, but also that when everyone is playing their role as asked then opponents have to really execute. While you may not have many league All-Stars on your team, you want your players to be all-stars at their role. Get them to do what they can do and be ok not doing what they can’t do.

I am very humbled to accept this role in our association knowing I have big shoes to fill, but I hope that this newsletter is the start of me being able to help you grow as a coach and make your team better. My challenge to all of you is to find your role in our association’s mission and help grow and promote this great game in our state. I am always open for suggestions and/or help in future newsletters, so feel free to get in touch with me via email or at our MBCA Coaching Clinic in October. I wish all of you nothing but the best of luck in preparing for the upcoming season.

Q&A w/ The Difference Makers - Jim Crews, Saint Louis University



HCH:

Coach thanks for agreeing to be a part of our newsletter and congratulations on becoming the permanent coach at SLU and on a terrific season last year. Most coaches know that you were very close with Coach Majerus and learned so much from him. What were one or two of the most important things you learned from him as far as coaching goes and how did he help shape you as a coach?

Coach Crews:

Rick had an uncanny ability to transfer his knowledge to his players. He was able to understand that each kid learns in a different manner, and there would never be a stone unturned in developing his student-athletes.

HCH:

I was able to attend CoachingU Live this past summer. One of the directors of the clinic, Brendan Suhr, posed a great question to all the coaches in attendance that I would like to pose to you. What is your "why" when it comes to coaching or "why" do you coach basketball?

Coach Crews:

To help develop leaders of character to give them a springboard to have a successful and significant life.

HCH:

I'm sure taking on a team like last year's team helped in your first year as the SLU "interim" head coach. What qualities made that team so successful and easier for you to coach?

Coach Crews:

Leadership. We had a team of 5 juniors and 3 seniors who all had extensive knowledge of the system in place. Coach Majerus did an unbelievable job at creating good habits and developing our player's basketball IQs. As a coaching staff, we wanted to encourage them to continuously "pass the knowledge" to their teammates and coaches.

HCH:

Continuing from the last question, what do you see as your biggest hurdles with this team in the upcoming season with so many returning players?

Coach Crews:

We have to make sure that we don't skip any steps. Sometimes with more experienced teams, minor details are brushed off. The details gave us our competitive edge last season, and we cannot lose sight of these. We are losing 3 seniors who were invaluable to our chemistry as a team. We must find a way to continue this chemistry even in their absence.

HCH:

What do you and your staff plan on doing to get better acquainted with high school coaches and their programs here in Missouri?

Coach Crews:

I've always had great respect for high school coaches as they are the grassroots for a player's development as a basketball player and young adult. I've enjoyed having great relationships with HS coaches. So much of what we do has come from HS coaches over the years. NCAA regulations does not allow us to be out as much as we would like, however HS coaches in the area are always welcome to our practices.

HCH:

With the success you guys had the past couple of years it has seemed to really help grow SLU Basketball. What types of things are you guys looking to do to continue to help SLU Basketball, especially in Missouri and with high school coaches, grow in the future?

Coach Crews:

We've always enjoyed and encouraged communication with open practices, clinics, and camps. These have enabled us to meet some great people and coaches over the years. We look forward to continuing this process.

HCH:

You guys just wrapped up your summer recruiting period which for college coaches occurs during the AAU season when high school coaches have limited to no time with players. Once you begin, continue, or try to wrap up a recruit, how do you see the high school coach's role play into the recruitment process?

Coach Crews:

I think that the primary purpose for a high school coach in a player's recruitment is simply support. The level of support will vary on each individual and his family; however I believe there is no one more qualified outside of family to help in

recruitment than a HS coach. From our stand point, it is most helpful for us to be able to communicate with the coaches in regards to schedules, transcripts, and a player's development.

HCH:

Finally, a question that helps us as high school coaches get a real feel for what our players can expect at the next level...What qualities that can be as broad or as specific to your personality, do you look for when you come see our high school players perform? In other words, what tells you that a potential recruit you're watching has been "well-coached"?

Coach Crews:

The first thing we look at is a player's character, competence, and chemistry. Good kids with strong work ethics tend to develop and continuously get better throughout their college career. Individual talent and needs will depend on timing and what exactly we are looking for in each recruiting class.

Coach Crews and his staff will be hosting a clinic this fall at St. Louis University. For information about this clinic, [CLICK HERE](#) for a brochure.

MBCA Membership - What It Means To You

You'll be a part of a group larger than yourself, your program, your school, your conference or your district.

A vast wealth of knowledge, experience and ideas just waiting to be tapped

A chance to share ideas and be a mentor to other coaches in addition to learning from others

The opportunity each fall to be a part of one of the nation's largest and fastest-growing clinics

Choice of submitting dues by P.O., mail or online for membership, clinic or our traditional, money-saving membership/clinic combo

Sponsorship of great events for our state

Norm Stewart Classic @ Columbia College

Gary Filbert Classic @ Mexico High

Missouri Challenge All-Star Showcase @ Drury University

MBCA Academic All-State Mr & Miss Show-Me Basketball Banquet @ Drury University

Automatic membership in the NHSBCA (National High School Basketball Coaches Association)

The many opportunities to honor our players

Mr & Miss Show-Me Basketball

Players-of-the-Year in each class (new for 2012)

All-State squads

Academic All-State squads

Curtis Kerr Student-Assistant of the Year

All-District squads

The many opportunities to honor our peers

MBCA Coaches Hall of Fame

Century Club (honoring coaches each year who attain career win 100, 200, 300, etc)

Class level Coach of the Year

Cub Martin Assistant Coach of the Year

District level Coach of the Year

Eligibility for the NHSBCA Coach of the Year Award

Your voice via MBCA member seated on the MSHSAA Basketball Advisory Committee

"The Hard Court Herald" The country's most comprehensive coaching association-sponsored newsletter

Most of all...it's about PROMOTING BASKETBALL IN THE STATE OF MISSOURI

[CLICK HERE TO JOIN THE MBCA TODAY](#)

**MBCA CLINIC PRESENTERS - October 3rd & 4th, Columbia College
Bruce Weber - Kansas State University**



One of the winningest active Division I coaches with over 300 career wins and eight NCAA Tournament appearances to his credit, Bruce Weber was named the 24th head men's basketball coach at Kansas State on March 31, 2012 by Director of Athletics John Currie. A longtime assistant to K-State alumnus Gene Keady at first, Western Kentucky (1979-80), then Purdue (1981-98) before a successful head coach career at both Southern Illinois (1998-2003) and Illinois (2003-12), Weber has been apart of more than 700 wins and 28 postseason appearances in his 33-year coaching career, which includes 23 trips to the NCAA Tournament.

Jim Crews - Saint Louis University



Jim Crews was introduced as the Billikens' 26th head men's basketball coach on April 12, 2013. He led the Billikens to unprecedented success as an interim head coach during the 2012-13 season. Crews was named interim head coach at the beginning of the 2012-13 campaign when it was announced that Rick Majerus would not coach.

Crews earned national coach of the year award from the Sporting News and the National Association of Basketball Coaches (NABC). He was one of four finalists for the Naismith Coach of the Year award. In addition, he earned his fifth conference coach of the year honor when he was named A-10 Coach of the Year. Crews recently completed his 25th season as a collegiate head coach with a 382-355 career record. Previously, he served seven seasons at Army from 2002-09. Preceding his appointment at West Point, Crews coached for 17 years at Evansville (1985-2002) and played and coached at Indiana.

Drew Hanlen - Pure Sweat Basketball



Hanlen currently trains and consults for multiple NBA and elite collegiate basketball players that benefit from personalized skill workouts & consulting services through his company Pure Sweat Basketball. He also conducts team workouts and clinics all over the world. Some of his NBA clients include Brad Beal, David Lee, and John Jenkins. Hanlen won a state championship as a member of the Webster Groves basketball team and played his college basketball at Belmont University.

Steve Hesser - Drury University



Steve Hesser reached the pinnacle of coaching this past season, his ninth at the helm of the Panthers, when he guided Drury to the 2013 NCAA-II national championship with a 74-73 victory over Metro State in the finals at Philips Arena in Atlanta, GA. In his tenure at the school he owns a 195-75 record as a head college coach, a .722 winning percentage that ranks among the top winning percentage in the nation and in Drury's storied basketball history.

Brenda Frese - University of Maryland



Since her first season at the helm when the team won just 10 games, Frese has guided Maryland to a National Championship in 2006, 10 winning seasons, nine-straight 20-win seasons, four 30-win campaigns and nine trips to the NCAA Tournament. She was voted ACC Coach of the Year by her peers in 2013. She is one of just two coaches in the nation to be named Coach of the Year in three conferences, as well as earn National Coach of the Year honors. Nebraska's Connie Yori is the other. In 2006-07, Maryland also received its first-ever No. 1 preseason national ranking, remaining in the top spot in the polls for 10-consecutive weeks.

Todor Pandov - University of Missouri



Todor Pandov enters his third season as Missouri Basketball's Director of Athletic Performance. The Plovdiv, Bulgaria, native comes to Mizzou after serving as the Strength and Conditioning Coach at the University of Miami under head coach Frank Haith. Pandov's

influence has been immediate. In addition to helping the club to impressive strength gains, he was a key figure in the recovery of senior Laurence Bowers from a knee injury in 2011-12.

Brett Ledbetter - Ledbetter Basketball Academy



Brett Ledbetter is the Founder of Ledbetter Basketball, a company that is dedicated towards being a contributor with the advancement of the game in the youth space. Brett is Lead Instructor for Ledbetter Academy and the Creator of FilmRoomTV.com and the FOOTWORK IQ skill development series.

Jay Osborne - Nixa High School



Jay Osborne enters his 22nd season as the Head Coach of the Nixa Eagles. He has a career record of 469-191 in 25 seasons. His teams have played in seven State Tournaments, three Final Fours, and have won 30 Tournament Titles. His Nixa teams won the Missouri 3A State Championship in 1999, and finished 30-2 with a Class 5 State Runner-up in 2012.

Mike Brey - University of Notre Dame



Notre Dame men's basketball coach Mike Brey has put his stamp on the Irish program. Over the course of his 12-year head coaching tenure, Brey has built a program that is respected for its consistency on an annual basis. One of the most well-liked coaches in the college game today, he is most admired by his coaching peers for the teams he produces and the manner in which he goes about his business.

Over the course of his 17-year head coaching career and his 12 seasons with the Irish, Brey has quietly amassed an impressive resume that includes more than 300 career victories, 12 20-win seasons and 10 NCAA tournament appearances. He has a program that he can truly call his own and one that defines his coaching style and character.

Jill Nagel - Columbia Rockbridge High School



Jill Nagel has been named District Coach of the Year six times and has been named MBCA Coach of the Year three times. While at Rock Bridge she has coached multiple All-State players and a state Gatorade Player of the Year. The 2008 squad finished the year ranked #19 in the final USA Today national poll and the 2012 team finished #41 in the ESPN/PowerAde Fab50 rankings. Prior to taking the head job at Rock Bridge, Nagel was an Assistant Coach/Recruiting Coordinator for Central Michigan University from 2001-04. She served one year (2000-01) as a Graduate Assistant Coach/ Recruiting Coordinator for The University of Findlay. From 1998-2000 she was an assistant coach at her alma mater, William Jewell College.

Kareem Richardson - UMKC



Richardson is a collegiate coaching veteran and most recently served as an assistant coach at the University of Louisville under legendary coach Rick Pitino. He helped the Cardinals to the Big East tournament crown and the NCAA Tournament No. 1 overall, on the way to the 2012-13 National Championship. Richardson also spent a season at UMKC in 2007-08 as an assistant. He has played and coached in the region, and has helped bring in well-ranked recruiting classes at every school during his coaching career.

Kellie Harper - Missouri State University



One of the nation's most-respected young coaches, Kellie Harper was introduced as Missouri State's seventh women's basketball coach on April 10, 2013. Harper has earned her reputation with a nine-year record of 167-128, including three NCAA Tournament appearances and four WNIT berths in that span. Her teams have historically played their best in the postseason, as she holds a

collective 22-13 record in conference tournaments, NCAA Tournaments, and WNIT games. In fact, in 18 seasons as a Division I head coach, assistant coach and player, Harper has made 15 postseason appearances with a combined 415-181 (.696) record, 11 NCAA Tournament appearances and four WNIT bids.

Bob Sundvold - University of Missouri St. Louis



Bob Sundvold, a veteran coach with more than 30 years of experience as both a head coach and assistant coach, was named UMSL's head men's basketball coach on May 8, 2013. He comes to UMSL after spending last season at Eastern Illinois University under Jay Spoonhour. Sundvold broke into the college coaching ranks as an assistant coach under Norm Stewart at Missouri. From 1978-1991 he helped the Tigers make nine NCAA Tournament appearances while winning six Big Eight Conference Championships and 286 total games. Sundvold has also spent time coaching at Missouri State University, Central Missouri State, and UMKC.

[REGISTER TO ATTEND THE 2013 MBCA COACHING CLINIC](#)

Class of 2013 Missouri Basketball Coaches Hall of Fame Inductees



Congrats goes to the Missouri Basketball Coaching Hall of Fame class of 2013 and a big thank you for their impact on promoting basketball in the state of Missouri.

Mike Davis - Columbia College

Rod Gorman - Logan-Rogersville

Steve Jenkins - Evangel University

Kevin Kelley - St. Joe Central

Mike Keltner - Glendale

Ken Libby - Mehlville, Christian Brothers University, Lindbergh, STLCC

Joe McCraith - Hillsboro

Mark Nussbaum - O'Hara, Liberty, Rockhurst

Jeff Walk - Twin Rivers, Three Rivers Community College

Randall White - Scott City, Delta

Kenny Wyatt - Brunswick, Bucklin, Marceline, Salisbury

To read more about each of the inductees, [CLICK HERE.](#)



Jeff Walk, Three Rivers

Missouri Basketball Coaches Hall of Fame Class of 2013 Inductees

Coaches vs. Cancer Corner



The American Cancer Society and Coaches vs. Cancer are a proud partner of the MBCA. Every season, many teams take part in raising awareness against cancer in Paint It Pink games, Suits vs. Sneakers, and other events. St. Louis hosts a Coaches vs. Cancer shootout each year to help with the cause as well.

Last year, six Missouri high schools were in the top 10 in the Midwest for fundraising for Coaches vs. Cancer. The schools combined to raise \$44,636. Those schools are:

Lindbergh High School - \$13,964

Vianney High School - \$11,032

MICDS - \$5,543

Parkway South - \$5,001

SLUH - \$4,950

Stanbury - \$4,146

The MBCA urges all member schools to join the high school initiative for Coaches vs. Cancer. The American Cancer Society, along with the MBCA, has many resources for schools who want to join the fight against cancer.

[CLICK HERE](#) to view more info on the high school CvC initiative

[CLICK HERE](#) to sign up and receive your startup kit for the upcoming season

If you would like to get more involved with Coaches vs. Cancer, or know of a business that would like to become a supporter of Coaches vs. Cancer, [CLICK HERE](#) and complete the form.



COACHING NUGGETS

This is a new addition to the Hard Court Herald. Each issue will have small contributions from various basketball sources around the state of Missouri and the nation. The goal of this section is to provide coaches with small pieces of basketball knowledge that can help them in the upcoming season.

DNA of Championship Teams



Contributor: Kevin Eastman, Los Angeles Clippers

[Coaching U Live Site](#)

Championship teams all seem to have things above and beyond what others have. There is something different Champions have than teams who finish at the bottom of a league or teams that seem to always live in the middle of the pack. These "somethings" are somewhat easy to list yet very hard to execute on a daily basis. Here are a few of the ingredients:

1. They believe the team is greater and more important than any individual
2. They understand that each individual can do better individually when he/she has the intention to help a teammate more than the individual intent of making sure he/she looks good; the more you give yourself to others the more it seems to come back to you
3. There is a spirit of "willingness"; champions never have to be begged to give effort; to play defense; to sprint the floor-- they are "willing" to do this as they know it is what is needed to reach their goals
4. They understand the concept of "every": every minute; every quarter; every half; every game; every practice; every day---they understand it comes down to what you are willing to give EVERY DAY you are out there
5. They understand the concept of "next": there will be failure and there will be success -- neither one can or should stop the train! Champions continue to work and give everything they have until the final horn sounds. Then they are right back up the next day doing it all over again.
6. They are willing to live in the truth: they are willing to live the truth every day; tell the truth to each other; and the big one is that they are willing to take it as well; all three are important to the success of the team; Champions all want the truth and understand the three components of the truth

These are just a few examples of how Champions operate on a daily basis. We found these characteristics to be there the year we won the NBA World Championship in 2008 and again when we got to the Finals in 2010. I encourage to expand on this list for your own teams. Study championship clubs and find out how they operate. then take this list and add to it.

My intent was not to give you all the answers; but rather to give you a few things to get you thinking. Then it is up to you to come up with other ingredients that fit your team this year and in the years to come. By you putting your stamp on this it becomes yours! I wish you luck in your quest of the title!

ACL Injury Reduction



Contributor: Alan Stein, Stronger Team LLC
How to Reduce ACL Injury Occurrence in Basketball Players
By Alan Stein of <http://www.StrongerTeam.com>

Statistically, females are 5-8 times more like to suffer an ACL injury than males. However, as we've recently seen with Derrick Rose, Rajon Rondo and Nerlons Noel... guys can fall victim as well. There are 4 things a player must do to reduce the occurrence and severity of knee issues:

1. Improve ankle and hip mobility. By making the ankles and hips more mobile, you take a tremendous amount of stress off of the knees when running and jumping (more specifically, when landing from running and jumping).
2. Strengthen the posterior side of the lower body. The hamstrings and glutes play a major role in allowing the ACL to protect the knee.
3. Work on sound landing mechanics. Players need to condition themselves to unconsciously land soft, land quietly, and land on balance.
4. Develop proper planting, cutting, and deceleration technique. Players need to use the correct footwork when putting the brakes on!

All 4 of these things can and should be incorporated into your daily warm-up.

Book Recommendation - "One Word That Will Change Your Life"

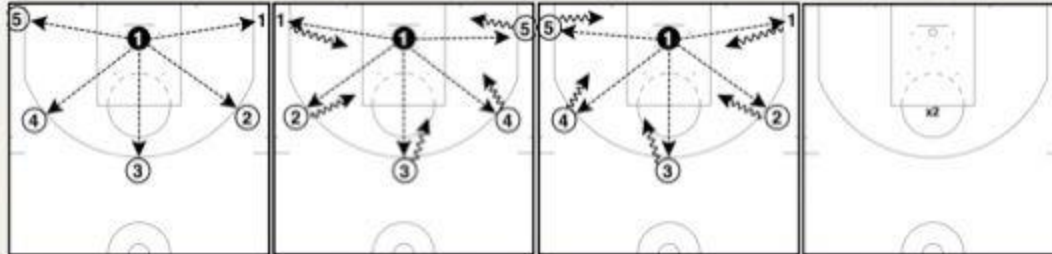


One Word That Will Change Your Life will inspire you to simplify your life and work by focusing on just one word for this year. That's right! One Word creates clarity, power, passion, and life-change. The simple power of One Word is that it impacts all six dimensions of your life – mental, physical, emotional, relational, spiritual, and your financial. Simply put, One Word sticks. There is a word meant for you and when you find it, live it, and share it, your life will become more rewarding and exciting than ever. Many professional, college, and high school athletic teams are using this book to help build their team for the upcoming season.

Get your copy of One Word [HERE](#)

Practice Drill

37 Point Thriller



Step 1: Shoot five catch and shoot three-point shots (worth three points each).

Step 2: After shooting five catch and shoot three-point shots, shoot five one-dribble jump shots moving to the right (worth two points each).

Step 3: After shooting five one-dribble jump shots moving to the right, shoot five one-dribble jump shots moving to the left (worth two points each).

Step 4: You have one minute to finish the 15 shots mentioned above. Finish the drill by shooting two free throws (worth one point each). Try to get as many points as possible. A good goal is to finish the drill with over 27 points. Max score is 37 points.

Record: John Jenkins (Atlanta Hawks) scored 33 points.



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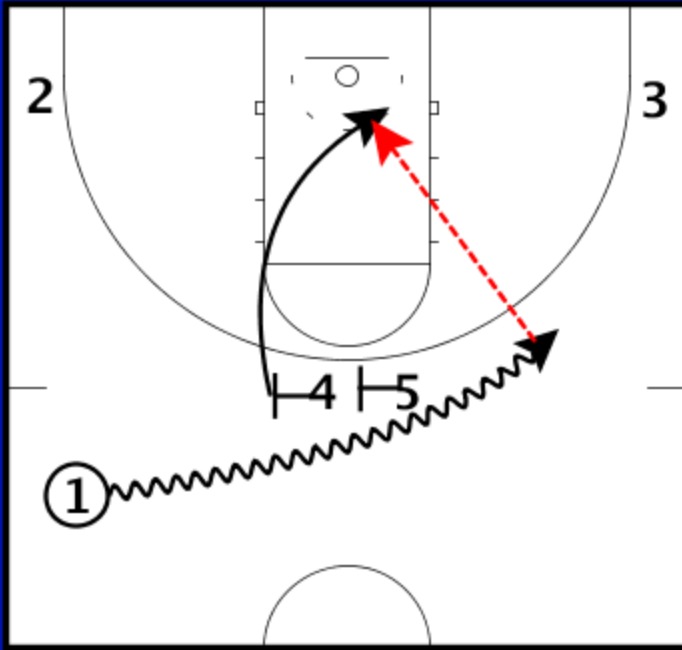
 YouTube.com/PureSweatBasketball

Contributor: Drew Hanlen, Pure Sweat Basketball

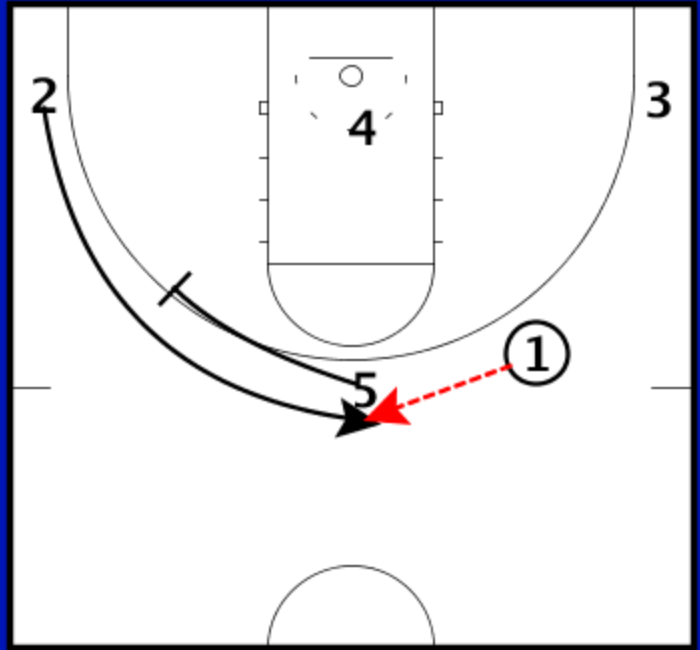
To get more of these great drills from Drew, order his book by [CLICKING HERE](#).

Offensive Play - Maryland Double High

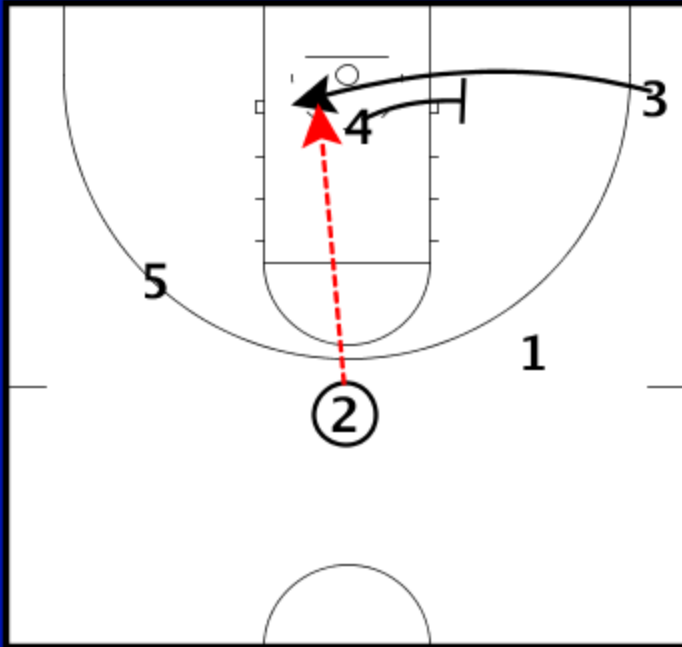
Frame 1



Frame 2



Frame 3



Frame 4

