



THE HARD COURT HERALD

**THE OFFICIAL NEWSLETTER OF THE MISSOURI BASKETBALL
COACHES ASSOCIATION**

VOLUME 33

ISSUE 2

JANUARY 2020



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The official Newsletter of the Missouri Basketball Coaches Association

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Letter From the Editor

Welcome to the halfway point of the season!

After spending time over the holiday break participating in a holiday tournament or having a break from games, many teams are gearing up for the second half of the basketball season. For most basketball coaches who also teach, the holiday break at school means spending more time with your teams rather than enjoying time off from teaching. Utilizing the extra time of your break can be key to having a very successful second half of the season.

However, the first couple of weeks after the break can be tough on a team. These 'dog days' of the basketball season can bring a team's excitement and enthusiasm to a grinding halt. As coaches, we have the best knowledge of our team's make up. Sometimes holiday break time means players are having a lot of unstructured time away from your team. Sometimes the break means more rigorous time for your players because their families are traveling and visiting other family. Both factors, along with others, will affect individual player's performances in practices as well as games. Be sure to evaluate and utilize your holiday break practice times and time off that you give your players. You want them to start the second half of the season fresh, and excited about the second half. By utilizing your time with your players and keeping the enthusiasm high will help make your team ready to have a deep run into late February and March.

Chris Miller - Hard Court Herald Editor



How Video Scouting Has Changed the Game

By: Chris Miller

Scouting opponents will always be an important aspect of coaching basketball. Looking for your opponent's tendencies, getting their out of bounds plays, and preparing your players for an upcoming contest are just some of the vital components of scouting which can help coaches gain an edge for their teams against their opponents.

However, in recent years, scouting has changed dramatically.

It wasn't long ago that I was spending countless hours on the phone calling coaches about scouting reports and requesting game film. Game film that you were hoping was dubbed onto a standard-sized VHS tape and not still on a micro tape that fit into a camcorder. And to acquire this film meant you might have to take a day to make a road trip across the state to get it if your upcoming opponent was far away from you.



If you were scouting someone close, you could just go to a game your opponent was playing... as long as you didn't have a game on the same night. You would be equipped with your legal pad and a camcorder, and somehow managed to do them both without getting too caught up in the game and missing things. Plus, other coaches were not very fond of you coming and recording their games either. If you played on the same night as your upcoming opponent, you were hoping that you could get a dubbed copy of the game quickly from the opponent of your opponent before that game. As long as they had the time to do so, this usually was not an issue... unless you played the team you were requesting film from after the opponent you were trying to scout. Then, you would be lucky to get the film of that game.

And after all of the traveling to get film and/or scout and time it took out of your day and even practices, you had to come home and break down your film, which took even more time out of your life. As coaches, we all value time extremely high, especially when it comes to our families.

For all of you younger coaches, this just a glimpse of how crazy scouting used to be... maybe a little over a decade ago.

This was before iPads and Tablets took the place of camcorders recording the game.

Where you were once looking for a mini-tape VHS adapter or a DVD player that would play copied mini-DVD discs, now you have everything digitally recorded and stored in the "cloud" somewhere.

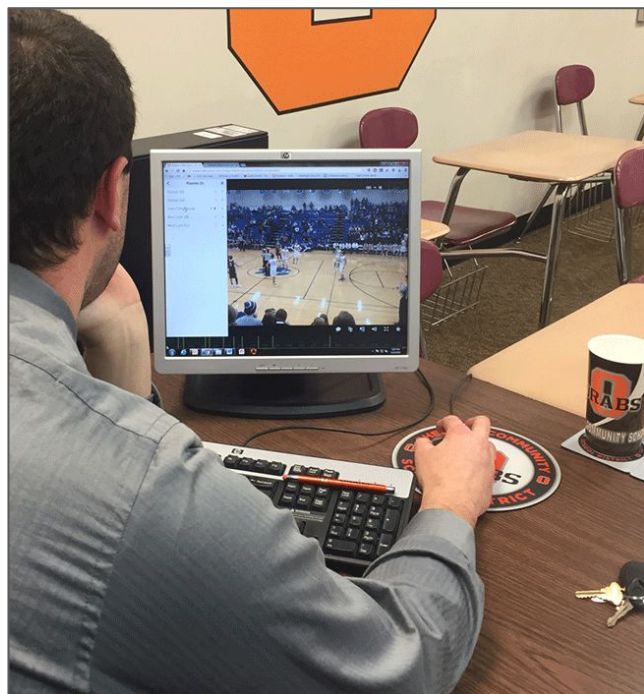
Where you would spend countless hours dissecting film at home or into the late hours of the morning with assistant coaches; now you can send it off somewhere and within hours, it can be broken down for you while you sleep.

This is the new era of scouting basketball. And if you are not aware of the change, you are getting left behind! Digital scouting services (such as Hudl and Krossover) have changed scouting basketball forever. By utilizing technology, the problems that plagued scouting have been eliminated. However, just because scouting is easier and more efficiently done nowadays, there are still quite a few issues that have not been addressed or cannot be addressed through digital scouting services.

The Pros of Digital Scouting

Acquiring Game Film

In my opinion, this is the biggest 'pro' for digital scouting. I spend almost no time on calling coaches for film. Through my scouting service, I merely send a generic request to whichever school is playing my upcoming opponent(s) and request a film. They can either send it to me or request I trade films. Within 20 minutes and a few clicks, I can acquire film on half of our opponents for the next two weeks. And for a hefty-priced package from the scouting service, I can send off all of that scout film to have it broken down for me and analyzed... taking all of the work away from my coaching staff and I so we can focus our time on practice planning and other matters.



You might have also experienced a coach giving you the wrong film by accident (or on purpose) as I have. Nothing more frustrating than getting a tape in the mail only for it to be of the wrong team. With digital scouting, you might get the wrong film, but you can immediately contact a coach, he can correct it, and a new film can be sent...digitally of course.

Dubbing and Copying

I absolutely hated mini-tape VHS adapters. Every time I acquired film from another coach, it was on a mini-tape and I did not have the correct adapter to use. Then I had to have 2 VCR's set up if they wanted the film back so I could make my own copy. Even worse was when mini DVD disks in camcorders replaced tapes. Now, you had to hope your DVD player would recognize and play the dubbed disks, even with your own film. Making copies of the disks were also a pain too. I had to quickly learn what DVD-R, DVD+R, DVD-RW all meant so I could make copies of games to send coaches who swapped with me. Again, all of that erased from existence now with digital scouting.

Time

While I value going and watching a game, and getting firsthand knowledge of my upcoming opponent when I scout, there is something to be said for how much time I spend scouting now compared to a decade ago. Between time driving to scout to get film or getting film on an opponent, that time is now saved and spent on a few clicks of a mouse. Instead of losing days of practice with my players or having my assistants run practice or sending them to scout, I do not lose this valuable time.

Stats and Breakdown

Instead of having to find a box score on the game to see what the opposing team's players did in that game, I can now send the scout film off to get broken down for me. I have more analytics at my disposal than ever, including play breakdowns and shot charts. This information would have taken days to acquire with many man hours. While analytics cannot soundly make predictions, having that information to find tendencies can be essential to coaches gaining an edge. Digital scouting services also allow for me to "tag" a game myself, and get the most accurate stats of the game or mark clips to come back to as I watch it. This way, I can get the most accurate stats from the game, and can make clips for my players to watch and review. For coaches who watch films with their teams, you don't have to worry about fast-forwarding awkward pauses that can happen during film session while trying to find where Little Johnny missed a box out.

The Cons of Digital Scouting

While there are so many positives to digital scouting services, it is not a fool-proof way to scout an opponent.

Overloads Players and Coaches With Information

Analytics provided by your scouting service can overwhelm even the most seasoned coaches. There is a plethora of information that can be acquired from sending off your film or even tagging it yourself. While time can be saved by acquiring films through digital requests, coaches might acquire too many films to try and watch. While this might not be an issue for a coach who loves quantitative information, players might not have the same kind of love that their coach has. Along with data overload, players can be overloaded with film to watch. Without the right direction, film watching becomes useless to your players.



Athleticism Over Execution

Where before your ability to execute your offense and defense through a shroud of secrecy, digital scouting eliminates any "surprises". Unlike football, where you can have a formation, and hundreds of plays and routes over an open space, basketball does not have this sort of luxury. Usually, one formation (or set) in basketball does not give many options to a team, mostly because of the flow of the game and the lack of play stoppage. And with so much scouting available to teams, they might have your plays down to a "T" before you even play. This gives the edge to the athlete rather than the execution of a play. Even if a play is well-scouted and your opponent makes the best possible play, the greater athlete ends up with the advantage. In the case where there is mystery, the "underdog" might have a better chance to drop a 'sucker punch' to a possible better team.

Loss of Personification

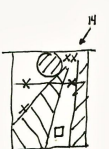
While I can honestly say I appreciate the accessibility digital scouting gives me, I still find that I can learn more on an upcoming opponent by going and actually watching them play. When I do this, I can pick up a team's "calls" for their plays, and get some of their chatter on the court and maybe even on the bench. I can even see players' body language and tendencies much easier at the games. With digital scouting, I might get play breakdowns, but I can get a better look if I'm there in person. By also, attending games, I help expand my own personal network. I try to talk to several people when I go to scout and shake hands; you never know how much that could pay off down the road when you might need/want a coaching or teaching job. If I rely on digital scouting, that network is not being expanded.

I could probably go on more for and against digital scouting, and I'm sure anyone reading this has their own opinions and views on it as well. At the end of the day, as much as the way the game is played has changed, the way the game is scouted has too. I'm sure within the next decade, scouting will continue to change and look totally different than it does now.

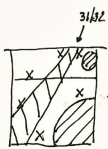
The game continues to change.

The good news is that scouting is much different than the way it used to be.

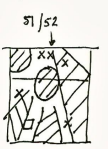
The bad news is...scouting is much different than the way it used to be.



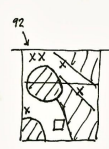
Corners 1/5
Cut/Roll - Donut
Line - they swing back so beat them
Line, sharp angle
Some screen



Swooze 2
Zone 5
Zone 1
Cut/Roll Donut



Swooze 4
Cut/Roll Donut
Zone 5
Zone 1/2
Zone 6



Zone 1
Swooze 4
Cut/Roll Donut
Sharpe angle - make setter dig!
Zone 5

2 x 2 Flatten Defense
They are big, good jumpers so expect that when hit Hwy. = hit higher, tip higher than you think you do. **COVERAGE!**

Establish our middle attack early - will open up antennas. If middle goes on slide - RS
X = 52 if 2 hitters off come inside - 52 or 32.
They are weak in the middle and against the slide/RS.
Only run a slide if we have a 52/32 attacker!
Run a lot of 51's.
Make outsiders dig balls!

#16	55.9 TA	.47 dls	.48 b/s
#18	58.1 TA	.06 SALS	2.83 dls 9 RE .44 b/s
#9	67.4 TA	.50 dls	.37 b/s
#3	46.6 TA	.78 SALS	1.89 dls .21 b/s 12 RE
#7	31.7 TA	.77 b/s	
#17	5.84 dls	<u>23 RE</u>	
#8	15.5 TA	.14 SALS	.92 b/s

< 6 RE / match
≥ 8 team blocks / Match
Earn 10 points / set
Make their setters dig as many balls as we can! f 01's. Keep away from Libero!
< 4 SE or more SA than SE's / Match

Not the best blocking team we've faced. Be smart.
Keep the ball away from the Libero - limit her digs = attack at setters and outsiders!
We had a lot of success serving #3 and #18. Libero also has a fair amount of RE's.

First Year Here?

By: Justin Ford

First things first; I want to thank you for taking the time to read this newsletter. I hope to provide as much value as possible to new and veteran coaches. I was beyond excited to write up some content MBCA. But the first thing I thought about is. What in the world do I talk about? What can I say that would bring value to veteran coaches who have been in this process longer than I have and that's when it hit me. How do I help incoming coaches or coaches who are taking on new roles at their school. We all know that taking on role as Head Coach in a new situation is a real eye opener. It's even more of an eye opener taking on a role as an assistant coach. Well I am here to tell you. It gets better as time goes on.

So it's your first here year? Somethings I focused on as a first year assistant coach high school level.

- DO the little things well and don't be a yes man
- Be forward thinking
- Build relationships with team managers, players and the community.

Do the little things well. Even as assistants we are still being coached by our head coach, players and parents. I am not saying listen to every complaint or suggestion from parents. I am saying make mental NOTES of their concerns and address them with the head coach always. Always communicate. In fact over communicate. After all that is your job and it is to be aware of the things the Head coach may not be thinking about. Remember this is a partnership between coaches wanting to do the best for the program. That means yes giving suggestions to the head coach about personal and strategy. That is what you are there to do. That doesn't mean do it in front of the players or parents. It means being proactive in your career and take NOTES. Like we tell our players to be constant learners, we must do the same.

Be Forward thinking- As an assistant I was thinking about the opponent coming and different aspects of the schedule that coach isn't thinking about or hadn't had a chance to get to. Those could be looking at upcoming opponents and getting those reports to the coaches. Getting on hudl or another filmservice and breakdown film. Simply put work on your craft. I could remember times I would text my Head coach at 1am or 2am in the morning. I tried to limit those throughout the season. I was hungry and had been getting information on all the teams players that I could.

Build relationships- This is easier with the players than it is with the community. After all you are the assistant coach and you want to step on toes. In reality you are not. Their are younger kids and families that want to know who you are. They are testing you all the time and not necessarily in a bad way. They have to know that you are competent and players need to know that they can **trust** you. Once trust is built, the sky's the limit. This doesn't mean you aren't going to have bad days. It just means you will be able to have more productive conversations with key stakeholders in the program. My first year I didn't leave in the community that I worked. I did my best to be at home games and made my presence felt. I even did subbing at the school district. All of these things matter in helping those relationships. It comes in handy during the rough times in the season.

Yes, Zone Defense Works vs Junk Defenses – Here's How

By: Rory Hamilton (originally published by FastModel Sports, September 6, 2019)

When looking at attacking junk defenses, there are a few questions coaches should ask themselves:

1. Do you run normal offense versus junk defenses?
2. Will you use quick hitters, continuities, or special offenses versus junk defenses?
3. Is your goal to get your best player(s) shots, or do you run offense to create scoring opportunities for your other players?

Personally, I feel it's best to use a combination of both. Mix in a few easy quick hitters to get top players scoring opportunities along with a simple offense that will open up looks for all players. Below are a few of my favorites for attacking these types of defenses.

Trips vs Box & 1

Trips is a continuity offense that looks to free up your shooter along the baseline using a back screen and baseline double screen. It also looks to overload the bottom part of the junk defense. It has great spacing and continuity and it will allow your players some freedom in their attack.



Offense begins in a 3-out 2-in alignment with your guarded player beginning on either wing. Both posts begin just below the block area.



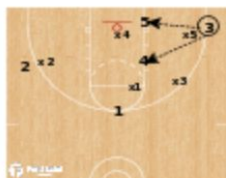
Offense begins with the point guard dribbles to lane line extended and then reverse directions. Once the point guard changes directions the offense begins. The guarded player (2) gets a backscreen from the 4 and then comes off a baseline double by the 3 and 5 for a potential shot.



If the shot is not open then offense continues as the ball gets reversed from the 2 to the 4 player popping to the wing. The 3 clears to the corner to attack the weakside of the box.



Once the ball gets reversed to the corner, the 4 cuts right into the mid post area and the 5 flashes below the ball side block. If the 3 does not have a shot she can look for the two post players overloading the zone.



If nothing develops, offense continues by passing back to the point guard at the top which keys the triple screen action.



Yes, Zone Offense Works vs Junk Defenses – Here's How (continued)

OU vs Triangle & 2

OU is a continuity junk offense I saw Lon Kruger use when playing against a triangle & 2. OU was playing UTEP who ran a lot of triangle and 2 that year under head coach Tim Floyd. The premise of OU is to play three on three with the guarded players staying in the corners. Although your star players may not be part of this attack, it has great movement and puts your players in great positions to attack the triangle and 2.



2 guarded M2M players in corners and triangle alignment.



2 man dribbles to drag the top part of the triangle and 4 man flashes to weakside elbow



On pass to 4 man 2 cuts to the rim first and looks to seal strong side defender. 5 man replaces 2 and looks to catch around the elbow area.



5 looks to shoot 1st and then high low to 2 man sealing



Flex vs Any Junk Defense

Flex has great spacing, player movement, and ball movement and may be a perfect fit for your team if you want to simplify your attack versus junk. Players have simple reads in this offense, allowing your team to make plays and be successful.



Initial Alignment of flex vs. triangle and 2 is a 1-4 low set.



Point guard dribbles to either elbow area and weakside post player flashes to elbow area for a catch and potential shot.



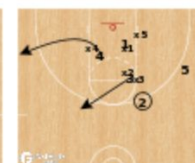
3 player becomes a flex cutter and looks to receive a pass from 5.



4 then receives a downscreen from the 1 man and flex action continues



On any wing pass we stagger away looking to bring player to the elbow area to continue the flex.



Ready for offense!

Honoring a True Basketball Family

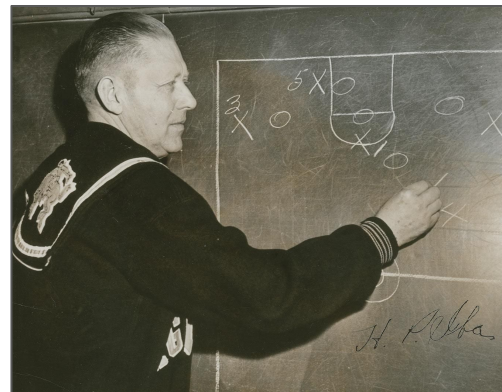
(Excerpts from News-Press NOW, 11/22/19, & David Elms, East Buchanan Athletic Director)

On November, 22, 2019, East Buchanan High School honored the Iba family, one of the most storied families in basketball history. East Buchanan honored the Iba family with a court dedication to change the name to "Iba Family Court."

Lucille, Henry, Howard, Clarence, and Earl Iba were born and raised in Easton, and from there, went on to have successful basketball coaching careers.

Most notable of those was Henry Iba.

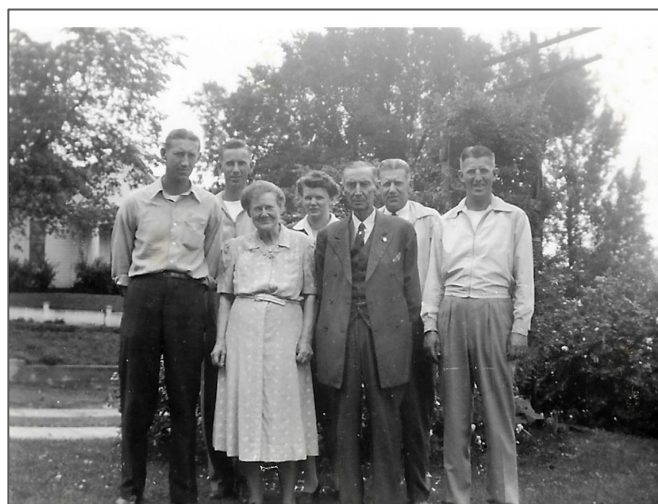
Henry Iba went on to win two NCAA National Titles at Oklahoma State University, served as head coach of three U.S. Men's Olympic basketball teams, and finished his career with 751 wins. Henry is enshrined in seven hall of fames, including the National Basketball Hall of Fame in Springfield, Massachusetts. All four of the Iba brothers are enshrined in the Missouri Sports Hall of Fame located in Springfield, Missouri.



On November 21st, a day before the court dedication, a banquet was held at Stoney Creek Inn in St. Joseph, Missouri, to honor the upcoming ceremony and served as a question/answer panel for all attending. Several notable coaches appeared at the banquet and participated on the panel including:

- Moe Iba - Son of Henry
- Gene Iba - Son of Clarence
- Skip Iba - Son of Clarence
- Coach Norm Stewart - former University of Missouri men's basketball coach
- Coach Kim Anderson - current Pitt State men's basketball coach
- Coach Tom Smith - former Missouri Western State University men's basketball coach
- Coach Larry Holley - former William Jewell University men's basketball coach
- Coach Sundance Wicks - current Missouri Western State University men's basketball coach

The coaching panel had a combined 3,200 coaching wins.



East Buchanan Names Basketball Court After the Iba Family (continued)

The next night, the “Iba Family Court” became a permanent staple of East Buchanan High School.

According to News-Press NOW, the gym was packed full of people as many came out to show their support for the Iba family. A tribute video played before the ceremony giving a brief history on the family. The video concluded with a special message from Duke men’s basketball head coach, Mike Krzyzewski, who coached under Henry Iba and is very fond of the family.

There also were over 35 members of the Iba family in attendance, most coming from across the country. Some relatives were meeting for the very first time.



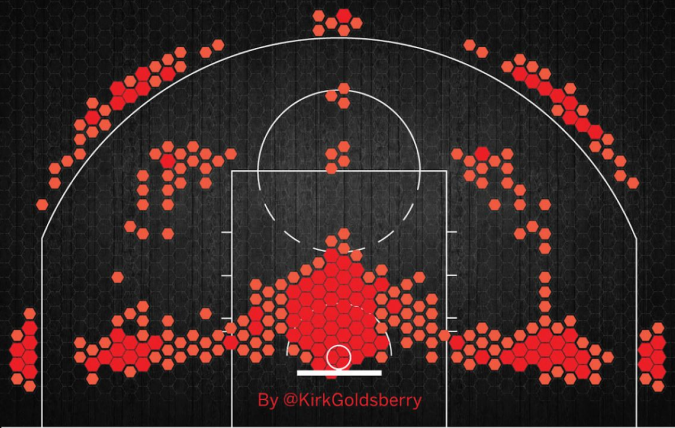
INTERESTING FACT

If you don't think the game has changed that much, then take a look at the picture below.

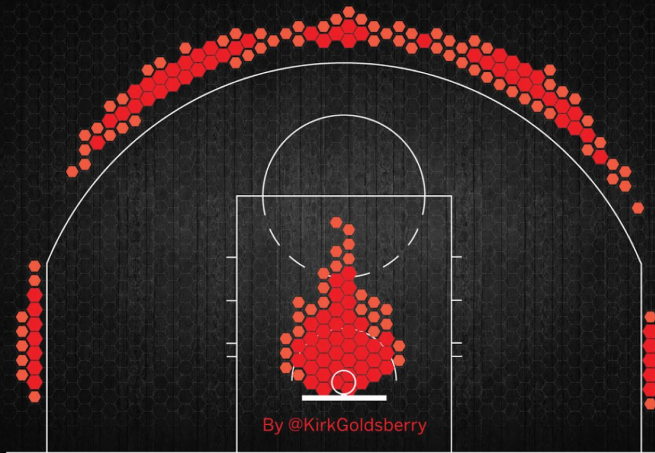
THE GAME HAS CHANGED

Top 200 shot locations in the NBA, 2001-02 versus 2019-20

2001-02



2019-20



MBCA Milestones Submission

The Missouri Basketball Coaches Association celebrates the accomplishments of some of the finest coaches in the nation.

We would like to recognize those coaches who have achieved success through longevity and victory in the sport of high school basketball. Although we coaches realize that “wins” alone do not measure success, it is a quantitative way that the association can give recognition to those coaches who have established “winning” traditions at the high school’s at which they have coached.

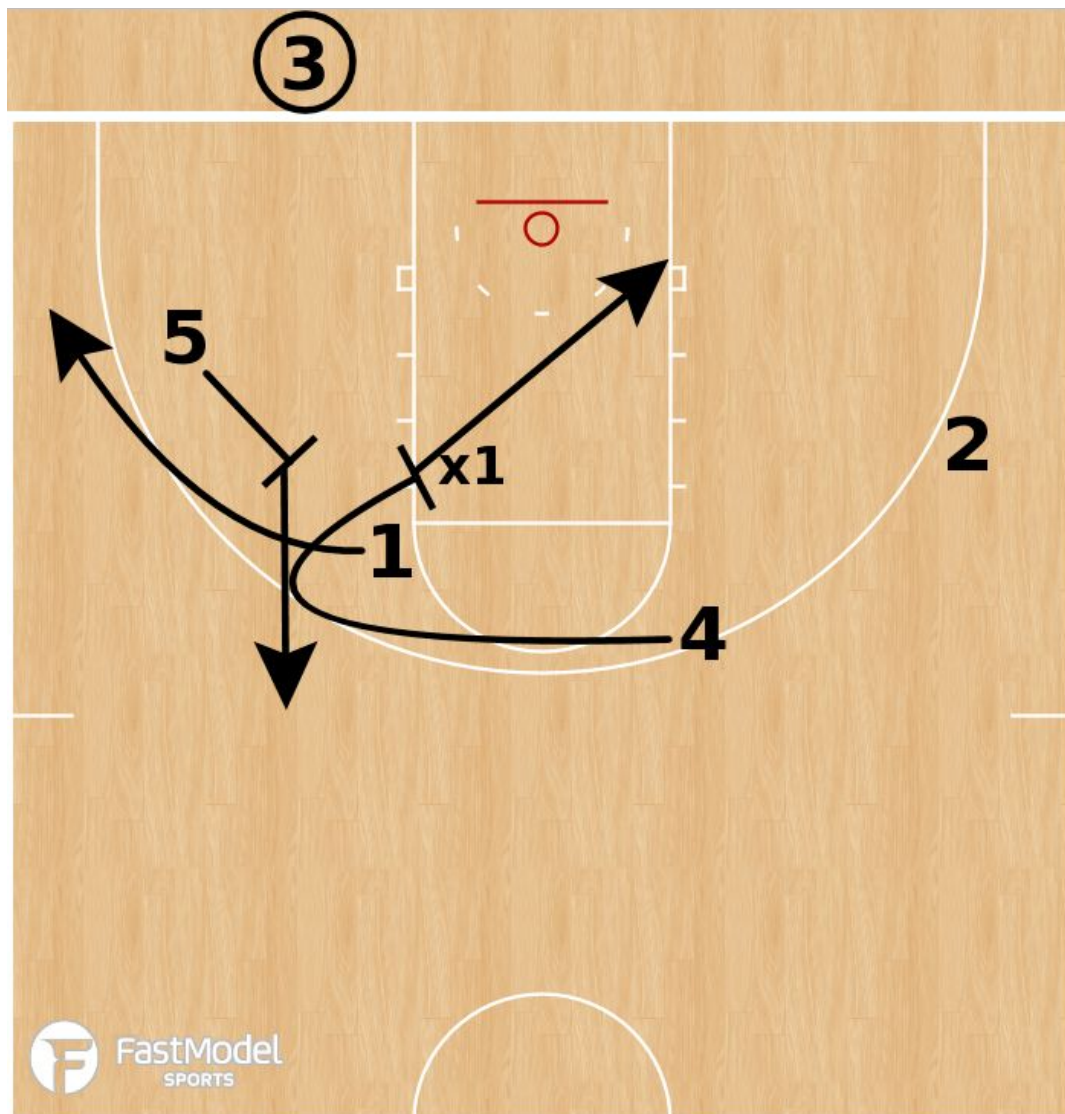
If you have a milestone to submit, email william.gunn@kirkwoodschoools.org.



Our Favorite Play of the Month

Purdue Boilermakers - Loop 3 BLOB

Purdue ran this baseline out of bounds play in the 2019 NCAA tournament.



- 4 loops around 1 and screens his defender to create separation.
- Once 1's defender gets through the screen, 4 dives to the block.
- 5 sets a screen for 1 going to the corner for a shot.
- 5 pops after setting the screen.



Have an Article or Story you want to share?

Send it in to us so we can help you share it!

Chris Miller - Hard Court Herald Editor

cmiller@stpius.com

MBCA Membership - What It Means To You

There are many benefits to being a member of the Missouri Basketball Coaches Association!

- 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)

Membership also gives many opportunities to honor our players as well!

- Mr & Miss Show-Me Basketball
- Players-of-the-Year in each class
- All-State squads
- Academic All-State squads
- All-District squads
- Curtis Kerr Student-Assistant of the Year



Membership gives many opportunities to honor our coaching 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

And most importantly...it's about PROMOTING BASKETBALL IN THE STATE OF MISSOURI

Visit mobca.org and join today!