



Magic Basketball New Coaches Handbook

By, Cornell Pillow - Magic Basketball Owner

By receiving this handbook, you will be able to understand and add the following information to your coaching mind to help you succeed long term:

- Magic Basketball Introduction (Pg 1)
- Club Philosophy (Pg 2)
- Effective coach to athlete communication (Pg 3-4)
- Effective coach to parent communication (Pg 5)
- Athlete Position (Pg 6-7)
- Spacing (Pg 8)
- Basic Offense (4 out 1 in (High & Low post) , 5 out , 3 guard, 2 post) (Pg 9-10)
- Basic Defense (Pack Line Man to Man , 2 - 3 Zone) (Pg 11)
- Playing against zone (Pg 12)
- Press Break (Pg 13)
- Motivating Athletes (Pg 14-16)
- Practice plan building (Pg 17-18)
- Conclusion (pg 19)

Understanding and adding these small details will help you jump start your coaching career or continue to develop your coaching career and set yourself up for success.

By receiving this hand book, I vow to coach to the best of my abilities by applying these bullets to my internal portfolio.

Failure to understand these basic concepts could lead to failure to successfully begin/continue your career in the industry and this organization.

Magic Basketball New Coaches Handbook

Introduction

Magic basketball organization is a nationally recognized organization founded in 1987 by John Sherman. Sherman dedicated half of his life to helping the youth and teenagers fulfill their dreams by being one of the first premier programs on the AAU Scene. After many years, the organization was handed off and headed into a new direction. Magic basketball is now formulated into an organization that can fit many needs. We will host;

- Premier
- High Level
- Developmental

Teams that will allow for us to showcase our athletes in the environment they deserve and have earned, while also servicing the youth that need a little more development.

Team Magic - Our premier high school travel grassroots program. These teams will compete in some of the most elite events nationwide looking to showcase their skills against the best.

- Adidas Gauntlet
- The Circuit
- MADE Hoops
- NY2LA

Minnesota Magic - Our higher tier teams that will play in some of the most well known regional and local events.

- NY2LA
- Prep Hoops
- Sanford Pentagon
- Recruit Look Hoops
- AAU Events (Girls)

Magic x Development - Our lower tier teams who will focus primarily on development. These teams will play 100% local events with the emphasis on learning and understanding the game.

- MBA
- Heat Events
- AAU Events

Our goal is to maximize our athletes' basketball experience and provide safe, efficient and credible mentorship for our youth.

Magic basketball is centrally located in the heart of the twin cities (Bloomington MN) but teams may practice in other local community gyms.

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CLUB PHILOSOPHIES

Development - Magic basketball is committed to maximizing our athletes athletic capabilities through; Practice, Nutrition tips, and Skills and Development Training. We look to improve our athletes' mental and physical abilities to compete against top tier competition.

Competition - Magic basketball is committed to maximizing the competition our athletes face by surrounding them around equal or more capable athletes, along with top tier tournaments to continue to build our foundation and the growth of our family members.

Exposure - Magic basketball places our athletes in top tier grassroots events in order maximize our athletes potential of being recruited and reaching the next level.

Playing time - Magic basketball DOES NOT provide equal playing time. If you have been selected for a team our intentions are to maximize our athletes playing time but playing time is only guaranteed by the work your athlete puts in on and off the court. These include (But aren't limited to); private training, lifting , proper nutrition, showing up to practice and competition and more.

Discipline - Our program has every intention to get the best results out of our athletes. Please be aware our coaching staff is directed to Discipline, not demean. You may experience our coaches; Yelling, cursing, or being hard on your athletes, specifically at the high school level. Our goal is to prepare our athletes to have thick skin as they stand in front of barriers of life.

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Effective coach to athlete communication

Communication is the most important factor when it comes to coaching basketball. Specifically from coach to athlete. Being able to effectively communicate with your athletes will help you get the most out of your athletes to get peak performance.

What are the types of communication?

Five Types of Communication

- Verbal Communication. Verbal communication occurs when we engage in speaking with others.
- Non-Verbal Communication. What we do while we speak often says more than the actual words.
- Written Communication.
- Listening.
- Visual Communication.

How can we as coaches communicate best?

- Accurately receive, or hear, the words and non-verbal cues.
- Decode the meaning of the words.
- Respond to the speaker in a way that indicates accurate understanding of the message.

1st step to communication? Understanding it's a 2 way street. Communication is language between 2 or more individuals that allow them to come to an agreement or conclusion. Both parties should allow for effective talking and effective listening.

How should messages be communicated to athletes:

- Communication should be carried out with a positive approach. When approaching athletes with an issue, correction, critic, etc. you want to approach athletes with a positive manner, an aggressive approach may sometimes come off as an attack, and can put

athletes in a state of listening to your tone of voice rather than the actual message you are intending to send across.

What should be communicated:

- Expectationions - coaches should communicate clear outlines expectations of the following, but not limited to;
 - Playing time.
 - Motivators.
 - What their goals are. (Short and Long)
 - What fears they have.
 - Strengths and weaknesses.
 - What you want them to take from your coaching.
- Goals for the team - Coaches should always start with what they want the overall outcome to be at the beginning of the season. These goals should be challenging but attainable. Each goal should have small milestones and barriers to break down to reach these goals.
 - Ex. Want to shoot a FG% of at least 40% FG% as a team.
 - How do we achieve this? By going 120% in practice, and focusing on in game speed shots with intent of translating these same shots into games.
- Goals for each player - as a coach, your goal is to understand every athlete on your team to the best of your ability. This will include taking time to put to the side and understanding their game, thus allowing you to make a thorough plan on what you envision for your athlete to help them scratch their potential.
- Coaching style - Each athlete should have a clear understanding of “Your” coaching style. Some coaches are yellers, some are more reserved. Allowing athletes to have this entail will allow no room for confusion and will allow for your athletes to be more open to communication effectively so that they can learn.
 - To laid back will be perceived as a “Bad coach”
 - To aggressive will be perceived as a “Mean coach”

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Effective coach to Parent communication

Although our athletes are getting older, and as coaches we would love to have our athletes relay messages to their parents. Unfortunately messages get mixed up as the message exchanges from one individual to their parents.

So how do we communicate effectively to parents:

Email -

Emailing is one of the most efficient and most professional ways of communicating to parents. We can communicate all of the following but not limited to;

- Tournament schedules
- Practice schedules and changes
- Travel Information (Hotel, rideshare, Arrival time)
- Information (Comments, Questions, Concerns) about athletes

Emails should always begin with the following:

“Dear Parents,
(Body of Email)
Thank you,
Coach (Last name)“

This specifies the intended receiver.

Other forms of communication that are quicker;

- Text Message
- Phone Calls
- **Game Changer App**
- **Group Me**

These are other forms of communication that are effective and efficient. Our goal as coaches is to be effective, efficient and straight to the point with information.

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Athlete Positions

Understanding positions on the floor can help you establish who should be doing what, and what their roles are;

Point Guard (1 spot) - The point guard runs the offense and usually is the team's best dribbler and passer. The point guard is your coach on the floor and typically possesses the highest IQ on the team, they are the vocal leaders and are those who control the tempo of the game. They must have a team first attitude, leadership qualities and potential, understand all athletes positions on the floor, and understand teammates strengths and weaknesses

More on requirements of a PG:

<https://www.basketballforcoaches.com/point-guard-requirements/>

Shooting Guard (2 spot) - The shooting guard's job is to knock down shots. He is the individual that plays primarily off ball but is the most trusted individual when it comes down to needing a “BUCKET” he is typically a quicker individual, really good at creating space and has a very well maintained shooting stroke with a consistent follow through.

[7 habits of successful shooting guards:](#)

- Know where you are best
- Get good at the opposite
- Fast food theory
- Master the mid-range
- Learn how to read space
- Learn to score without dribbling
- Simplify your shot

Small Forward (3 spot) - The small forward, who is often referred to as the “three”, can be one of the most important roles on a basketball team. The ideal small forward is

typically a player who is bigger and stronger than the point guard and shooting guard, but shorter and quicker than the power forward and center. This player will primarily play on the wing offensively, they will be asked to do a number of different things on the defensive end of the floor to benefit the team.

More in depth qualities of a SF: <https://www.basketballforcoaches.com/small-forward/>

Power forward (4 Spot) - The power forward (also known as the “four”) is an integral part of any basketball team that intends to play with toughness and physicality.

Traditionally, the power forward is a player who is bigger and stronger than the point guard, shooting guard, and small forward, but a bit shorter and quicker than the center. The power forward is primarily considered an interior player that scores in the post. But depending on the offense, they will most likely also have to be comfortable on the perimeter in order to be considered dominant.

More qualifications of PF : <https://www.basketballforcoaches.com/power-forward/>

Center (5 spot) - The center is usually the team’s tallest and strongest player and is positioned under the basket. He is also required to be physically domineering with more physical strength and athleticism. On the offensive play, most centers do not consistently score midrange or beyond the arch. Instead, most of their points should be from offensive rebounds and are also required to block defenders to open other players up for driving to the basket. On the defense, the center is responsible for keeping the opponent from shooting by blocking shots and passes in the vital area. They’re also expected to fight for rebounds as they’re usually taller physically.

More Qualifications of the C -

<https://www.myactivesg.com/sports/basketball/how-to-play/basketball-rules/basketball-positions-and-roles>

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Spacing

Effect of good spacing on offense

By spacing out, the defender has to cover more territory and will have a harder time giving help and recovering back to his/her man.

1. Spacing makes it harder to defend dribble-penetration as the defenders have more distance to cover when coming off their man.
2. Consequently, spacing makes it harder to defend perimeter shooters, as the helpside defender in the paint has more distance to get back out to the shooter, if the pass goes there.
3. Spacing also makes it harder to defend post players. Teams that double-team the low post will have a difficult time when players are spaced apart. Good spacing allows for hi-lo passing from one post player to another, when the perimeter players are spaced out on the arc, and there is no helpside defense.
4. Spacing makes it harder to defend cutters.
5. Spacing makes it harder to deny the passing lanes.

More information on spacing: <https://www.coachesclipboard.net/OffBall.html>

The goal of spacing the floor is to allow for your strongest ball handler & driver to get to the basket, while also allowing shooters to get set when their defender leaves to help. This also allows for post players to be set in dunk spots of good positioning for rebounds when their man has to stop the ball. The goal is to read and react, while also constant movement and team play.

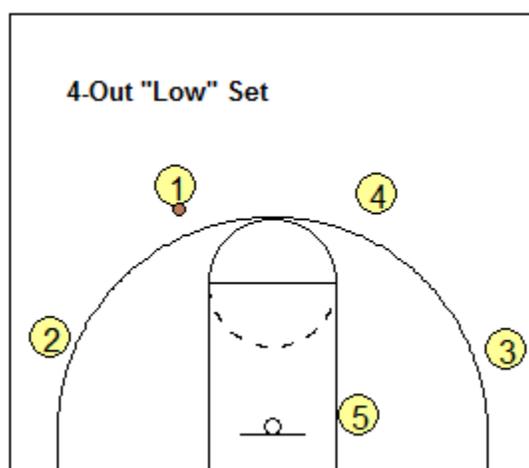
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Basic Offenses Motions

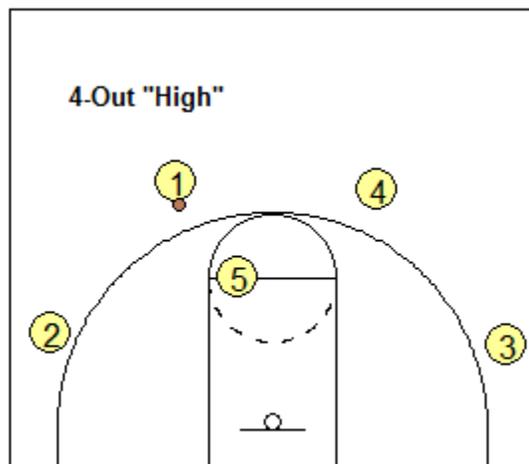
4-out, 1-in offense

The 4-out offense has four perimeter players spaced out on the 3-point arc, with one post player, who can either start low or high (at the free throw line area).

The "low" set, with the post player in the weakside low short corner or block area, allows for spacing for cutters and the dribble-drive. When the ball is swung and the post player is ball-side, he/she can post up.

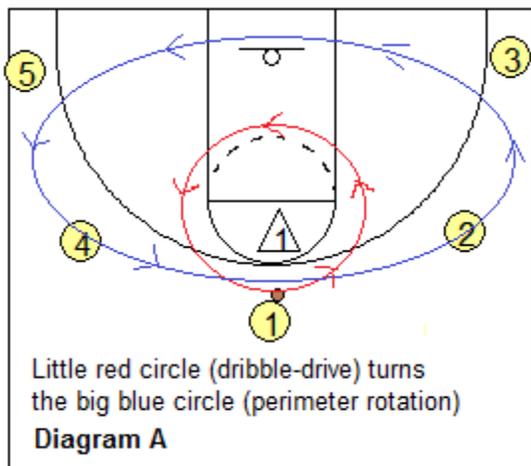


The "high" set, with the post player at the high post, allows for spacing for cutters underneath from the wings, and baseline dribble-penetration. The high post player is also used for UCLA (high post) screens, "pinch-post" hand-offs, back-screens for perimeter players, ball-screen pick and roll action, and perimeter flare-screens.



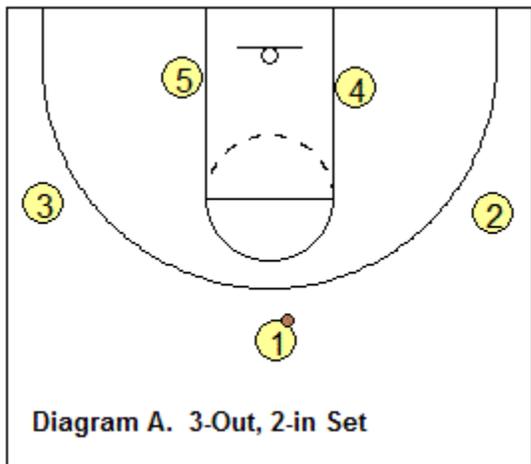
5-out open post offense

The diagram below from the Read and React offense page shows the spacing for the 5 perimeter player offense.



3-out, 2-in offense

With the 3-perimeter, 2 post offense both post players may start low on the blocks, or one may start at the high post and one starts low. As the ball moves, they work together and interchange spots, using both sides of the lane. The goal is constant movement from the (1-3 spot) and a high low game from the (4-5 spot)



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Basic Defensive positioning

Man to Man - Pack Line Defense

Below is the ultimate guide of the (Xavier D1 NCAA) pack line defense, including:

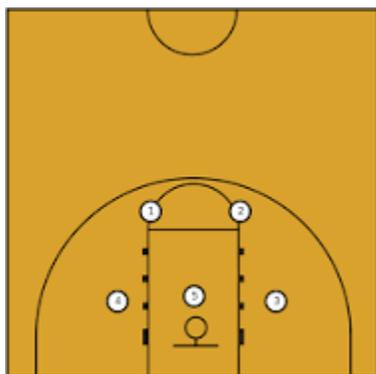
- Drills
- Positioning
- Rules
- Pictures
- Guides

<https://static.goxavier.com/custompages/Newsletters/MBB%20Newsletters/Newsletter168.pdf>

2-3 Zone Defense

Below is the ultimate guide of the (2 - 3 Zone) defense.

<https://www.basketballforcoaches.com/2-3-zone-defense/>



This zone is primarily used when facing a team who can(t):

- Shoot the ball
- Are taller than our team
- Bad at rebounding

Secondary defense to the Man to Man defense.

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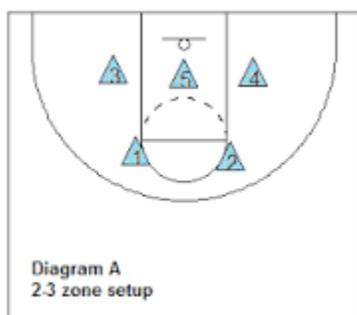
Playing Against a Zone

(Most common) 2-3 Zone-

This zone defense is typically used by teams to prevent some of the following;

- Rebounds
- Penetration to the lane
- Slow down more athletic defenders
- Hide the lack of athleticism compared to the opposing team

So how do we beat the zone?



A zone defenses most vulnerable placement is the lack of coverage to the perimeter shooters:

- Zone defenses lack covering the following spots;
 - Gap between the 1 & 2 man
 - Wing positions

This can be taken advantage of by swinging the ball quickly with set shooters ready to knock down shots.

How else can we beat the (2 - 3) zone;

- Set up a (1-3-1) offensively. This puts 2 guards on the wing, a man in the middle and man running baseline.
- Looking up at the floor, taking advantage of transition.
- Attacking the gaps.
- Utilizing pass fakes to get guys to bite.
- Utilizing your best passer in the middle of the zone.
- Moving the basketball quickly.
- Attacking from short corners.
- Create and take advantage of mismatches.

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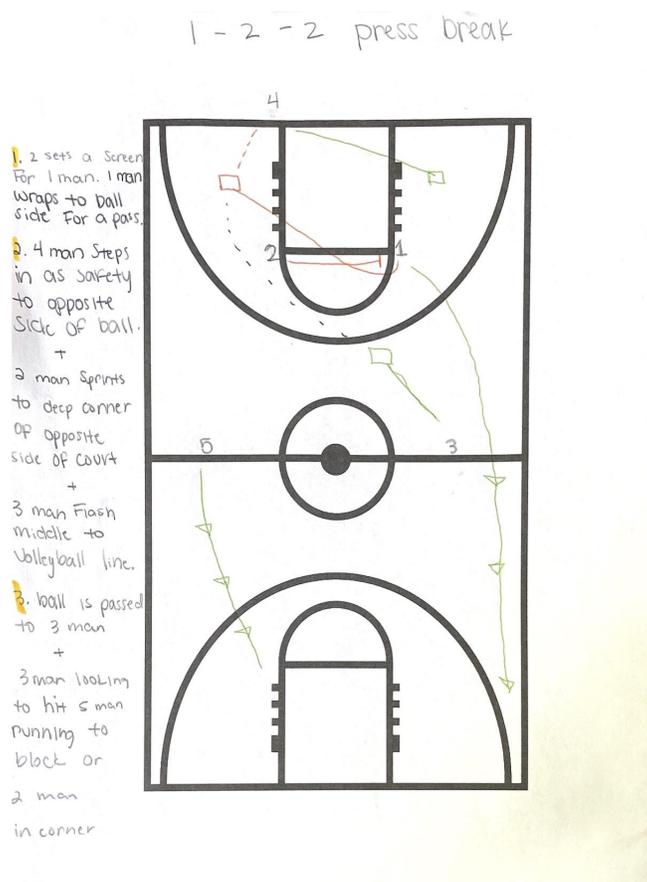
Press break

One of the most basic presses that are effective for any defense. (1-2-2) press break.

Step 1: Set athletes up in the following positions;

- 4 man take ball out
- 2 man on same side elbow
- 1 man on opposite elbow
- 5 man on same side half court corner
- 3 man on opposite half court corner.

(Please read the diagram for example.)



Running an effective press break is crucial. Press breaks should consume of:

- Options
- Safeties
- Quick hits

The most important things for beating a press break:

- Moving without the ball
- Pushing the ball up the floor
- IQ For placement on what spots to hit & When
- Timing

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Motivating Athletes

(6 tips for motivating athletes)

<https://onlinemasters.ohio.edu/blog/6-tips-for-motivating-young-athletes>

/

1. Acknowledge the Importance of Motivation

Motivation of your athletes is one of your key responsibilities as a coach, and communicating its importance is vital. Though conditioning, mental preparedness and training help children become better athletes, without motivation, an individual will put less than optimal effort into these processes.

Encourage and motivate the young athletes that you work with so that they can enjoy their sport more and appreciate the benefits of doing well. Winning games or getting awards is a motivator for some, but simply getting better and gaining skills will motivate many. Give positive feedback and encourage continual growth even if that means rewarding small steps along the way.

2. Discover each Athlete's Unique Motivators

Each athlete is motivated differently, so learning as much as you can about each of your individual players will help you to keep them focused and moving in the right direction. The love of a game, seeing individual improvement, receiving praise or winning a trophy can all be factors that encourage individual athletes to perform.

Unfortunately, one size does not fit all when it comes to motivation, so you'll have to invest some effort to diversify your tactics. Once you know what motivates each athlete, you can use this information to develop your motivational strategies. While one player might like being praised in front of the group, it could make another feel

uncomfortable. Watch for reactions and try to modify your actions based on verbal and non-verbal feedback.

3. Explain the “Why”

Any good motivator can answer this question. Why are we doing this? In order to get players to do what needs to be done, in order to succeed, sometimes you have to sell the benefits.

To young athletes, drills can feel repetitive. This can cause a drop in motivation if a young person doesn't understand how the drill will help them achieve success. Don't assume that all players understand why practice is important. This, like any concept, must be taught in such a way that is understandable to all young athletes.

When you've explained why something works, it's easier to point out how hard work has paid off down the line. Once an athlete sees the results of their actions, they're often motivated to listen better to instruction and work hard in practice.

4. Encourage Teamwork

As humans, we naturally seek out relationships, and forming positive ones through athletic competitions can be extremely motivating. For teammates, this feeling of connection can encourage them to put in the extra effort to benefit the team. Even when you are coaching athletes in individual sports, encouraging connections between individuals is important for motivation.

Encourage athletes to get to know one another and engage in team-building activities. Celebrate the accomplishments of the team or competing unit as a whole, and allow the young people that you work with to build strong relationships and motivate each other.

5. Commend Successes No Matter the Size

Young people want to feel successful and have fun. Pointing out how they've improved will only encourage them to keep striving for more. Celebrating successes shouldn't just happen during a game or competition. If players finish a

tough drill, or stick out an activity longer than they ever have, use these opportunities to acknowledge an athlete.

It can be really hard to keep a loss from bringing young athletes down. This is why it's so important to keep an eye out for improvements and bring them to light at the right moment. When working with young athletes it's important to point out their minor achievements since many may not recognize them on their own.

6. Set Achievable Goals

Achieving a goal, whether short- or long-term can be a tremendous motivator. Keep in mind that goal setting can backfire, however, if the goals are not achievable and tangible. Shoot for goals that can be accomplished, and share these goals with your young athletes. Setting a combination of individual and team goals can be particularly effective for motivating children.

Setting goals for improvement in certain aspects of a sport can be a more effective tactic than setting statistical or win-based goals for a youth sports team. Goals can even be practice-related in terms of attendance, drill performance, and motivation of teammates.

As a coach, how you choose to motivate the athletes that you work with will depend on the sport, the age and ability level of your players. In team sports, it's important to motivate athletes on the individual level as well as the team level. With appropriate motivation and practice, you can coach young athletes to overcome obstacles while reaching their goals on their way to a rewarding athletic career.

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Practice Plan Building

Building a practice plan as a coach is one of the most efficient ways to stay on;

- Task
- Organized
- Attentive to faults

In a practice plan you should focus on some of the following:

- Stretching
- Skills and development Drills
- Defensive Drills
- Team building Drills
- Team structure

Attached below is a basic practice plan implementing some of the basic concepts that are attached above.

Ex.

Practice Plan

10am - Introduction

10:10am - Stretch

- forward lunge
- Backward lunge
- Side lunge
- Knee pulls
- Quad pulls
- Frankenstein
- Calf raise walks
- Standing wall calf stretch
- Squad Quad stretch
- Jog

10:20am

- 3 on 2 , 3 on 1

10:25am

- cone ball handling - Finishing
 - Cross over
 - Between the legs
 - Behind the back

10:35am (Defensive stop 30 second)

- 2 on 2
- 3 on 3
- 4 on 4
- 5 on 5

11:15am - Implement sets

- Space (5 out)
- 4 (4 out 1 in)

11:30am - Put sets into live action**11:50am**

- Recap & what we want to accomplish!

Notes:

- Keep track of stats (Turnovers, Points , rebounds)
- Pay attention to:
 - Who gets frustrated during diversity
 - Who hustles on both ends
 - Who struggles defensively
 - Who understands the games
 - Leaders vocally and physically
- What we feel like we will need to emphasize
- WHAT PIECES DO WE HAVE!

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Conclusion

Our goal here at magic basketball is to create a culture and environment for our athletes to find success now and later. We will look to be competitive and respectful while also enjoying the opportunity of playing / coaching the game we love.

Although winning is amazing, we are also judged on our character as coaches, we ask that our coaches be themselves. We ask that our coaches learn their style while also playing in the boundaries that are set for our program.

Here at magic basketball, conversations are to be kept confidential, we ask that you take the information you're given and hold it sacred to yourself, the staff and athlete(s) as we look to build lifelong relationships together.

Please feel free to reach out to any staff member as you make an adjustment or continue to navigate in the #MagicFamily