

# **Coach Novak: Protection Plan- Alabama Association of Basketball Coaches**

## **September 2022**



**NOTES BY: MACKENZIE NOVAK**

**MACNOVAK12@GMAIL.COM**

**Increased my enjoyment of coaching**

### **CENTER CIRCLE**

1. About Enjoyment
2. Don't keep score....½ court execution last 10 min of practice. Playing to a standard. Searching for a possession where everyone would get excited in the gym
3. Call "center circle" and explain why it was special...They learn the way we want to play
4. End practice on a great rep - somebody's game winner
  - a. The players made it a competition..."I have 10 center circles"
5. We want those kids to want to come back tomorrow

### **COACHING/TEACHING**

1. Coached 3 different teams in the span of 12 months...you get a lot of information
2. Responsible for coaching everyone

### **PROTECTION PLANS**

1. How to survive when you are in the process of developing skills
2. Protect these players while they are acquiring skills

# Coach Novak: Protection Plan- Alabama Association of Basketball Coaches

## September 2022

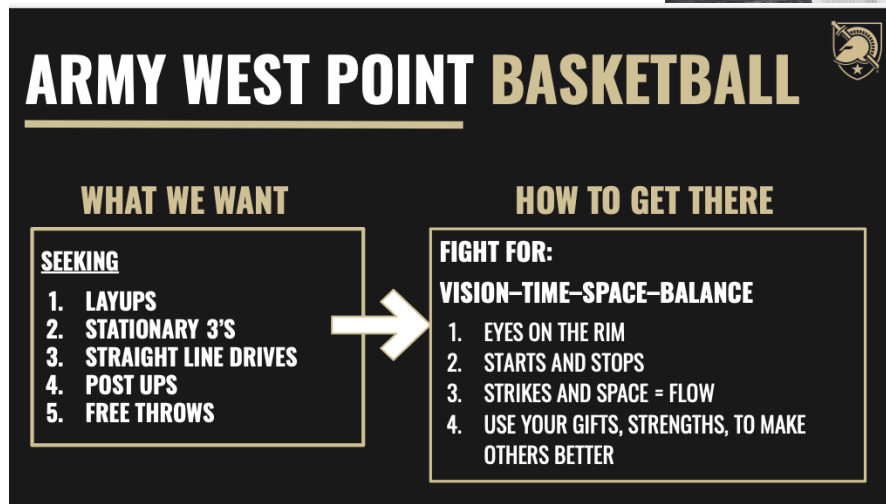


### BE FAITHFUL TO WHAT'S IMPORTANT

1. 4 points on offense, 4 points on defense: what's on your napkin?
2. What are you going to raise your voice about?
  - a. If someone came into our practice, they would be able to tell what's important to our team.
  - b. Offense
    - i. Starts
    - ii. Stops
    - iii. Strikes and Space
    - iv. Use strengths to make others better
  - c. Defense
    - i. Hand on ball
    - ii. Build a wall
    - iii. Connect with space and communication
    - iv. Finish the play
3. There must be an order to how you teach- napkin helps you order this



### WHAT DO WE WANT?

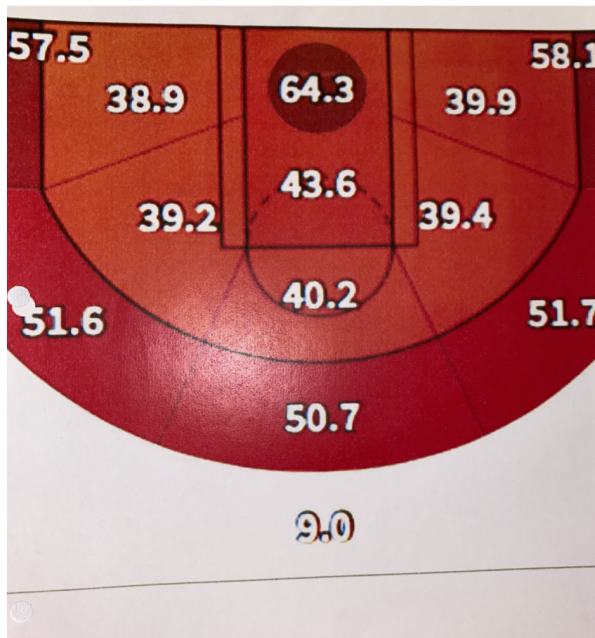


# Coach Novak: Protection Plan- Alabama Association of Basketball Coaches

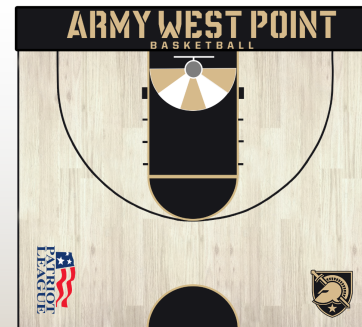
## September 2022



### NBA SHOT CHART



### **FREEDOM FROM CHOICE**



- POST AND PERIMETER DRIVES
- FOOT IN CHARGE CIRCLE
- HAND TO THE GLASS
- FRONT OF THE RIM
- GO TO MOVES
- COMPETING FOR GOLD AREAS, ELIMINATE WHITE

ARMY WEST POINT BASKETBALL

### FINAL DESTINATION

1. When you know where you want to go, you don't have a lot of hesitation
2. Freedom from choice: stay out of those areas- get to the gold (pizza slices)
3. No one gets lost running the 100 meters - you know where you are going, final destination. Trying to give clarity so they can play fast and free.
4. Copying what good players do
5. Trying to get a foot in the circle
  - a. Inside that circle-stride stop allows him to make space, get into defenders thighs. This immobilizes the defender.
6. Go to moves- control to go
  - a. "Hand to the glass"
  - b. "Front of the rim"

# **Coach Novak: Protection Plan- Alabama Association of Basketball Coaches**

## **September 2022**



### **ORDER OF TEACHING**

1. Air: coordination and confidence
2. Speed: go faster than you can (change speed/direction)
3. Escort Defense: feel a body on them - running next to them
4. Testing: LIVE, advantage - gives you information to get to next practice\*
  - a. Without the test, don't think any of this really sticks
5. Start off as a loose rubber band, add more tension

### **QUICK SCORES TO DELAYED SCORES**

1. Quick Scores Progression
  - a. One leg freeze
  - b. Stride stop- inside/outside
    - i. Protect ball with face
  - c. Donut
  - d. Donut reach
  - e. Donut muscle
    - i. Pivots vs. Pivoting: muscle step
2. Delayed Scores: Teaches poise: What if direct passes aren't open? What if you can't create an advantage?
  - a. Stride stop head Fakes: "chin fakes" lift your chin- create poise
  - b. Stride stop 2 head fakes
  - c. Stride stop 2 head fakes donut
  - d. 2 head fakes up and under
  - e. 2 head fakes donut back pivot
  - f. 2 head fakes reach
    - i. Gives you options
3. Vertical Spacing: Floor to ceiling
  1. If you don't get your defender up, you will never get an advantage
  2. Your defense is a windshield wiper- side to side  
"Synchronized swimming"

# Coach Novak: Protection Plan- Alabama Association of Basketball Coaches

## September 2022



### 4. Post Players Series

- a. Don't need to stride stop, not going with speed
  - i. Creates balance - develop into new players and have options they've never had before
  - ii. Head fakes make them slow down instead of saying "slow down"
  - iii. Head fakes give options so they don't throw up bad shots
    - 1. Showing them how to execute different moves in those areas
  - iv. Lift the pad drill- coach lifts the pad then guy can make a move

### 5. Home Base

- 1. Wide base that puts shoulder by the rim and protects the ball by your ear. Toes facing the sideline.
- 2. Spotting
  - a. Lead with your head first- gym becomes still

### DIRECT PASSES: PLAYING BEHIND THE DEFENSE

- 1. Stride stop and turn away from the defense
  - a. Protection plan
- 2. Another level of basketball- not creating advantages- can you have a second cut game?
  - a. Do not throw lobs- throwing strikes
  - b. Bounce pass: 2nd cut: princeton backwards- from the basket out (blind closeout)
  - c. If you draw 2, you must throw to open man
  - d. SPACE TO PERFECTION- directly behind ball, then can make second cut if defense is 3 in a line
  - e. Pull 1 v 1
- 3. When you can teach one thing that counts for multiple things - efficiency

# Coach Novak: Protection Plan- Alabama Association of Basketball Coaches

## September 2022



### KEEP DRIBBLE ALIVE NASH

1. What happens when you can't get a foot in the circle?
  - a. Keep dribble alive
2. Progression: next logical option
  - a. Home Base
  - b. Drift
  - c. Slot
  - d. Bypass
3. What's your go to move?
  - a. Everyone has their own blueprint
4. Nash - allows possession to last longer

### KEEPING DRIBBLE ALIVE BARKLEY

1. Turning a drive to a post up
2. ALLOWED US NOT TO TAKE A TOUGH SHOT VS. BAD MATCHUP...able to keep possession going to wear out defense
3. If we can score in the first 6 seconds, we will do that (foot in the circle) but sometimes you can't...your left hand isn't good enough- yet
4. Allows us not to say...you suck, you can't play for us... we are going to protect you and give you tools to keep possession going

### KEEPING DRIBBLE ALIVE- DRIBBLE OUT

1. No room for a nash
2. No leverage
3. Flattens defense
4. Down up over
  - a. Makes defense expand like an accordion
  - b. Allows us to keep possession going
  - c. Gives us a shot at a better possession

# Coach Novak: Protection Plan- Alabama Association of Basketball Coaches

## September 2022



### KEEP DRIBBLE ALIVE- BOUNCE OUT

1. Can't get through elbow: turn and run
  - a. Can't beat matchup
2. Coach Meyer
  - a. Special situation question:
    - i. Don't really practice those
      1. Special situations for us is how we pass, pick up the ball
      2. Takes failure, time
3. He gave me the gold and I didn't see it- my 22 year old mind couldn't see it
4. I am sorry for the long letter, I didn't have time to write a short one: Lincoln
  - a. Takes failure, time
  - b. Was searching for other things with glitter and hashtags
5. Played to infinity
6. If you teach them the alphabet they'll put together the words
7. Guerilla warfare: want space to attack another way
8. Work on their individual skills - their development is the most important.  
How good can I get? They are the most important part of the team
  - a. People don't get burned out from working hard, they get burned out from working hard and not having the opportunity to grow into space.  
Protection plans allow them to grow into something that we would have no idea. You don't know which way they can grow- you are creating as solid of a foundation as you can for them, and they may grow in directions you've never dreamed about. In 30 years of coaching, that's what brought me the most joy.

### SUMMARY

1. Quick scores, Direct pass
2. Delayed score - don't have to play .5 offense
  - a. Must be prepared by you
3. Delayed pass
4. Keeping dribble alive
  - a. Nash
  - b. Barkley
  - c. Dribble out
  - d. Bounce out

# Coach Novak: Protection Plan- Alabama Association of Basketball Coaches

## September 2022



### Questions:

THE WHOLE TEAM FEELS LIKE THEY ARE GETTING BETTER - That is a win, happens before you win games

1. Older I've gotten- stay on air less than I ever had
  - a. What information did you get?
  - b. This is what depersonalizes failure - they tell you before you can make correction
2. Sometimes you stay on air longer with introduction of something new
  - a. Camp- playing it live in first session of camp
  - b. Nothing more important to teach the individual than success and failure
3. Less air, more guided

Can you make them better? That's trust

Ask: How does that feel? When picking go-to shot..they need to believe in it as much as you do

If they could always score downhill, we'd never use a protection plan

### REPETITION

1. Getting closer
2. 2-3 reps away
3. Give them hope: they don't know what you know- you aren't there yet
4. Don't give up so easily

### FILM

1. Instructional O vs. Positive O
  - a. Same amount of each..win, loss, practice - keep it consistent
  - b. Always end with positive
  - c. Protects self- helps not to get too emotional



# **Coach Novak: Protection Plan- Alabama Association of Basketball Coaches**

## **September 2022**



### AAU

1. We practiced skills they could get better at..everything we talked about here- focused on developing those skills so they would want to go home and work on the finishing school they learned at practice
2. Be relentlessly patient with your consistency of teaching - it will win out in developing the program you aspire to have
3. It's as good as they can be today
4. Set a standard for how they can start tomorrow
5. If you believe in skill development, You never know how good someone can get