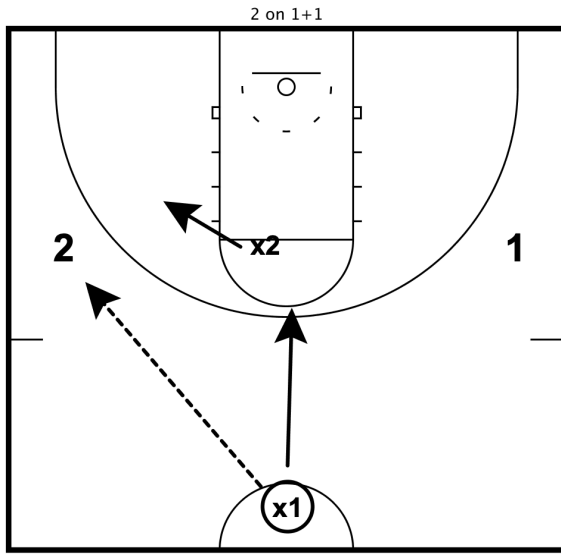


Matt Brock: Coaching to the Factors

- First time head coach in 2015
 - Wasn't married to any style
 - What wins basketball games?
- Four Factors
 - Helps you figure out what happened in the game
 - Simplifies and targets what is truly important
 - Applies to all levels
- Basketball on Paper by Dean Oliver
- Additional Stats he likes to look at
 - Pace/Possessions
 - Offensive Efficiency Rating
 - Defensive Efficiency Rating
 - Efficiency Margin
 - Keeps a running spreadsheet for the season
 - Broken into home, away, conference
- Four Factors
 - Shooting
 - 46% of the outcome
 - Turnovers
 - 35% of the outcome
 - Rebounding
 - 12% of the outcome
 - Free throw rate
 - 7% of the outcome
- Coaching to the Factors
 - What are we naturally/already good at?
 - What is most important? Shooting and TOs
 - What can we do better than everyone in our league?
- Emphasize Shooting
 - Good shot selection
 - Free throws, layups, open catch & shoot 3s
 - No long 2s
- Shooting Drills
 - 40 in 4
 - Make 40 catch and shoot threes in 4 minutes
 - 100 made threes for time

- 2 on 1+1 (Brian McCormick)



x1 can pass to player 1 or 2

After passing x1 sprints back to play defense

- Scouting (Defensively a lot of what they do is based on scout)
 - Want to lower opponents OER
 - Practice
 - Tuesday
 - Guard 3 favorite actions
 - 15 minutes
 - Wednesday
 - 3 fav actions
 - Guard different spots
 - Video Session 12-15 minutes
 - Friday
 - Walk through (10 min)
 - Review personnel/sets
 - Pre-game white board
 - Personnel, actions, matchups, keys
 - Scout
 - Looks at opponent
 - Do they zone, press, ball screen, etc.?
 - Weakest post defender and pick and roll defender
- Go over film from night before, before practice
- Turnovers
 - Cutting down TOs
 - 2x2x2
 - Two-Way Communication
 - Passer calls the name of the person they are passing to

