

RIVERSIDE HIGH SCHOOL BASKETBALL

BOYS' BASKETBALL



PARENT MEETING

RIVERSIDE  BASKETBALL

RIVERSIDE HIGH SCHOOL BASKETBALL

Here Comes Riverside...

**RAMS CHARGING
TOGETHER**

“If you want to go fast,
go alone. If you want to
go far, go together”
– African Proverb

RIVERSIDE  **BASKETBALL**

WHO ARE WE?

We Are...

- **Great Teammates**

Enthusiastic & Unselfish

- **Competitive**

Play with Heart & Hustle
Make Multiple Efforts

- **Accountable**

Do your job completely...
at home...
in the community...
in the classroom...
on the court...
& in the weight room.

- **Honorable**

Being kind, genuine, empathetic
Without seeking reward for your behavior
Being Honest
Good Moral Character

- **Thankful**

Learn from every circumstance

TOUGHNESS

“Toughness isn’t physical. It has nothing to do with size, strength, or athleticism. It’s an intangible, an attitude, a philosophy. Some people may be born with the aptitude to be tougher than others. True toughness is a skill that can be developed and improved.”

- Jay Bilas (Toughness: Developing True Strength On And Off the Court)

Emphasizing Toughness Through

1. Drill work in practice, conditioning & weight room
2. Praise toughness plays when they occur
3. Video sessions - 3-5 weekly "Toughness" clips
4. Team book study – Toughness by Jay Bilas
5. Point out examples and stories from current events

#RIVERSIDERAMTOUGH

RIVERSIDE HIGH SCHOOL BASKETBALL

Coaching Goals

Develop student-athletes who are committed to achieving excellence in the classroom, on the court and in the community.

1. Court a successful team at all three levels:
 - In the classroom – know the grades, counselors, and teachers of each player.
 - On the court – Program success first, individual success second. Built with a team emphasis, framed by positive structure, discipline and competing with class.
 - In the community – Riverside will be engaged with the community while demonstrating respect and integrity on and off the.
2. Develop basketball players: provide each player with the opportunity to learn, develop, and improve their basketball skills on a daily basis by providing positive and corrective feedback, providing time to teach and drill skills, and to provide situations that allow practice of skills and game concepts. Hold in-season and post-season meetings to discuss player progress.
3. Citizenship: Promote sportsmanship and ethics to our players at all times and all situations. Encourage players to treat facilities, buses, and all staff with respect.
4. Demonstrate professional ethics while coaching (i.e. commitment, preparation, dress, language, and conduct)
5. Encourage a year round commitment to the game of basketball.
6. To communicate effectively with our players and teams by fostering open and honest relationships and to provide lessons in life and leadership.

BOTTOM LINE Coaching Goal: Night in and night out, we want to be the best prepared team every night and the hardest working team. We want to be the most difficult team for others to play and to prepare for. Our ultimate goal is for teams to not look forward to playing us.

Program Goals

Establish a program of tradition and honor as we strive to compete at the highest level of competition. Our focus will be to do everything the right way in every aspect of our program and to let the result occur due to hard work and proper execution. In everything we do, we must emphasize process over product.

1. Establish culture in the program in which each team encourages and supports each other. Create a family atmosphere in which players take care of each other, are accountable to each other and in which they encourage each other.
2. To support, encourage and emphasize the importance of academics and proper study habits.
3. To build a unified feeder program beginning in elementary school that uses a progression of similar drills, terminology, offensive and defensive systems.
4. Instill proper training habits in every facet of preparation at all times of the year which will include strength and speed training, individual skill work, video analysis, clinics and camps.
5. To build a program that has the sufficient skill and commitment to training that will enable us to compete at the highest levels in the state of Virginia.

RIVERSIDE HIGH SCHOOL BASKETBALL

Riverside High School Boys' Basketball Program Freshmen and JV Skill Requirements

1. Conduct

- Conduct yourself in a proper manner
- Commit yourselves to your academic studies
- Play with intensity and aggressiveness
- Understand the expectation for and importance of team play
- Demonstrate sportsmanship and poise on the court

2. Players must execute the basics of man-to-man defense

- Correct stance and footwork (perimeter and post)
- Be able to turn your man
- Denial positions
- Close-out and contest the shot
- Proper help side defense
- Draw the charge
- Help and recover
- Correct Defensive post play
- Rebounding: hit and go
- How to defend a screener/ cutter situation
- How to defend the pick and roll
- Communicate positioning and help

3. Players must execute fundamentally sound offensive techniques

- Passing: two handed chest pass, flick pass, piston pass, bounce pass, baseball, overhead
- Pass away from the defense
- Pass to the shooting pocket
- Ball movement
- Read and cut off screens by teammates
- Getting open w/o the ball (changing speed and direction, v-cut, backdoor cut, L-cut)
- Setting a legal screen
- Cutting off a screen
- Execute dribble moves (hesitation, stutter, crossover)
- Footwork – jump stop & pivoting
- Post footwork – sealing, drop step, drop step w/ a pump fake, up and under
- Perimeter footwork – jab step move, rip and go, shot fake, swim move
- Offensive rebounding: SOFO – spin off first object

4. Scoring moves

- Variety of Post and Perimeter Scoring moves off the pivot.
- Fundamentals of shooting
- Using teammates to create scoring opportunities
- Lay-up – proficient with either hand, reverse lay-ups and finishing moves.
- Finishing in traffic

All JV players should know and execute regularly the above skills by the end of the season

RIVERSIDE HIGH SCHOOL BASKETBALL

Coaching Philosophy

My goal as a coach is to help my student-athletes achieve skills and perform beyond their expectations and to inspire in them a love for the game of basketball and lifelong participation. Basketball is a microcosm of life and is a means to teach valuable life skills such as perseverance, hard work, teamwork, sportsmanship and resiliency. Proper training and a commitment to team goals are imperative to achieve team success. The success of the team can be measured in many ways and often in sports the scoreboard measures it. The lessons of winning and losing are important and go beyond what the scoreboard states at the end of the game. As coaches, we are in the memory making business. High School sports provide a valuable opportunity for personal growth that also provides valuable lessons upon the way. Growth cannot be measured in one's happiness at a particular moment but over the long haul. My objective is to use take advantage of the teachable moments that occur during a season to create a memory of lessons in life that my student-athletes can look back on as valuable experiences many years later.

Our program needs to be centered on developing basketball players who are first committed to their studies and secondly committed to growing as a player. Basketball is a fun game and it is possible for fun and hard work to co-exist. Plenty of opportunities for individual skill development need to be provided for in practice at all three levels of the program with greater emphasis on individual skills from elementary school to tenth grade. The focus of the Freshmen and JV coaches should be to provide ample playing time to help develop each player, while also working towards optimizing overall team performance. Practice, individual drill sessions, and strength training are essential components of developing basketball players. The bottom line is that players need to have fun playing the game in order to continue a commitment to development. When players reach the varsity level of commitment those positive work habits and the feeder program has fostered those imperative traits.

Basketball is a team sport and a commitment needs to be made by all team members in order for the team to be successful. I envision five players on the floor playing as one unit while being more productive relying on each other than on one's own individual talents. Sharing the basketball, moving and working to get opportunities for each other should be hallmarks of how we play offensively. On the defensive end, we work as one feisty unit whose mission is to disrupt the other team's offense in order to create easy scoring opportunities for us.

The coaches need to respect and enhance each individual's level of personal growth. During our season there are two parallel races going on. Each individual is "running" their own race throughout the season, which includes their family life, academics, social life, basketball development and growth as a young man. Each "runs" at his own pace of development and growth that needs to be encouraged and fostered by the coach and their parents. Simultaneously, the other race involves the development and growth as a team as we come together, develop team chemistry and handle the challenges that come along the way during the season. As the Head Coach, my job is to respect and encourage development in the two parallel races while also serving the best interest of the team as a whole. Praising progress made along the way is imperative in this process. Each and every team member counts and is important.

Representing Riverside would be an honor, which requires student athletes to display class, self-control, respect for our opponents, and a commitment to their academic studies. These attributes will stay with them throughout life and will always be characteristics of my teams.