



Cabral Huff

Transitioning from College to High School & Implementing College Coaching Trends to High School

4 Biggest Principles from College



- I. Preparation
- II. Organization
- III. Determination
- IV. Service





PREPARATION



- The single most important part of success at collegiate level
- Must have a vision & must work ahead to make that vision happen
- Preparation and organization are directly related- Cannot be one without the other

“Preparation: Being there before you get there”
—Jim Boone, Delta State



ORGANIZATION



- You must be able to be detailed and organized in the college game- EVERY DETAIL MATTERS
- Lost vs. Jackson State at home because we didn't foul up 3 on last possession
 - Hits game tying 3, we lose in OT
- Beat Southern University because PG shot 18% from 3, we went under every P&R
- You are responsible for everything that happens on & off the court, you must be organized to keep it all together



Determination



- College basketball is a GRIND- you must be willing to sacrifice to be successful at that level
- You must find a way to get things done- when it is not convenient, when you don't want to, & when you don't think you can
- Must get kids in the gym and get them better no matter what else you have going on

“Find a way”

–Mark Byington, Georgia Southern



Determination



- Tamaricio Wilson-
- Worked out every day during the season at 7AM
- Improved his scoring average from 5.6 PPG in 2014-15 to 12.2 in 2016-17
- Selected 2nd team ALL-SWAC in 2015-16
- He made time to get better
- Resulted in best season of career





Service



- Coaching cannot be about you
 - It is about your players, your head coach, and your co-workers
 - You will have to sacrifice time with your family, time with your friends, and personal time
 - You are serving a bigger cause and must be willing to sacrifice what's best for yourself for what is best for the program

Applying
College Principles
To A
High School
Program



preparation



➤ Program Vision

- Must have an idea of what you want your program to stand for and how you want to accomplish that
 - Duluth's 7 Pillars of a Championship Program
- Must prepare for everything you do in your program
 - Season calendar
 - Practice plans
 - Fundraising and other team activities

“I don't need an assistant coach. I need a head coach of your area”
—Will Wade, LSU

preparation



A good program, a good staff is all about 3 R's: Recognize, Restructure and Relationships. I give my assistants their list of coaching responsibilities in August for the season based of what they like doing, where I need them and how I can help them grow/develop. It helps keep the program organized and detailed as well as keeping a chain of command: (head coach->assistant coaches->players) while everyone is on the same page: (players, parents, coaches, booster club, etc.). My job is to not only build a program through my players, but also through my staff so they can go on and become head coaches. So again the word preparation comes to mind.

preparation



General Coaching Ideas:

Be accountable. If players are making mistakes, we must accept responsibility.

Be detailed people. Make sure our players and yourself are dedicated to the little things. Little things become big things if they are overlooked.

A coach's main purpose is to help a team/a player reach its/his full potential. Do this one individual at a time. In more areas than just basketball.

Know and understand your job and responsibilities. Look over the practice plan before we hit the court. Be prepared. Players will look to us for direction. In order for them to have confidence in us/you, we/you must be knowledgeable.

Contribute in practice, meetings, timeouts, but think through it first.

Sell the program. We are first class.

Don't be in a hurry to win. Win in 32 minutes. Trust our system.

Be careful when talking to people outside the program. Remain positive.

Preparation: The Duluth Wildcat Philosophy





7 Pillars

Knowledge

Nobility

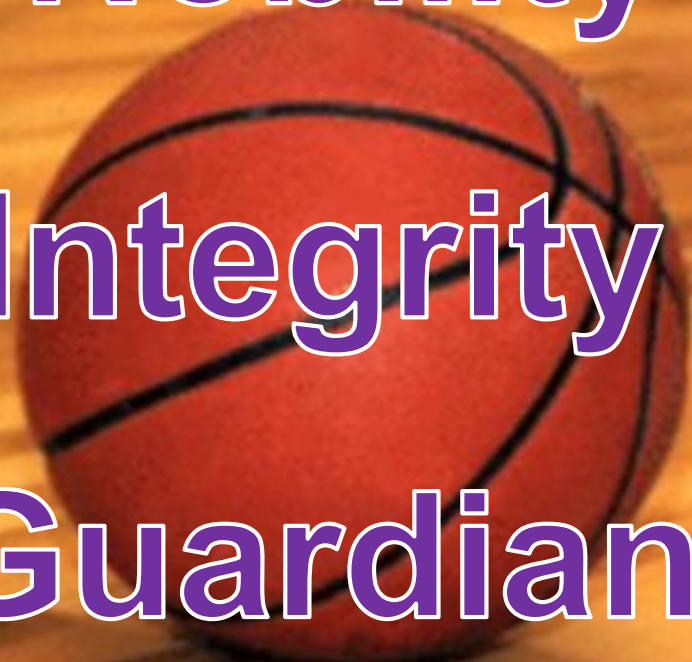
Honor

Integrity

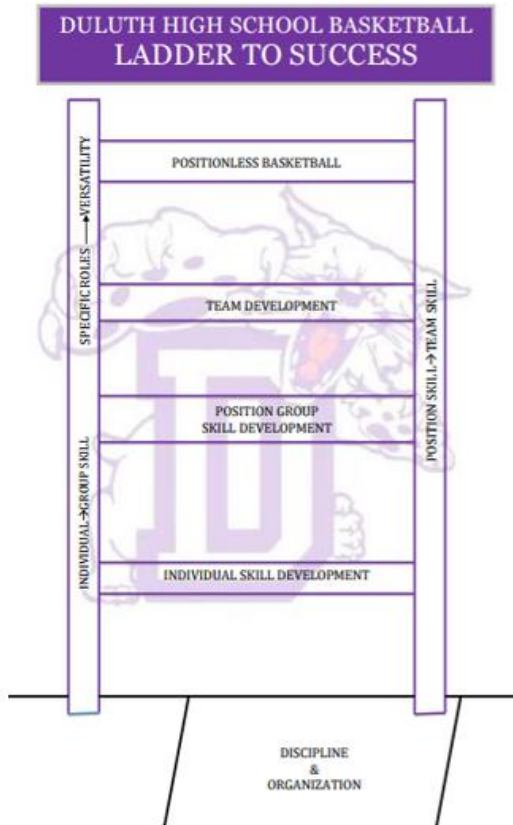
Trust

Guardian

Service



Ladder To Success



➤ Model for Player Development

➤ Bases team & individual player development on building from the ground up

➤ Cannot skip a rung

➤ Progression:

➤ Individual Skills (Dribble, Pass & Shoot)

➤ Position Group (Post, Guard, Wing)

➤ Team Development (Positions groups work together)

➤ Positionless basketball

Program Expectations



All Players:

1. Respect Yourself
2. Respect Your Family
3. Respect Teachers & School
4. Build a Relationship w/ Student Body
5. Build a relationship w/ Community
6. Give everything you have in classroom
7. Do the right thing

Program Expectations



Season goals:

1. Get better everyday
2. Winning record
3. Make state
4. Win region
5. Win state

Game:

1. Never out toughed
2. Contest every shot
3. 20+ pts in paint
4. 20+ pts in transition
5. 15+ assists
6. 10 TOs or less
7. Opponents under 5 OREB
8. 8+ OREB
9. Get all 50/50 balls
10. Shoot 70% from FT line

Program Expectations



The Commitments of Basketball

1. I Will Be A Competitor
2. I Will Be The Toughest
3. I Will Be A Good Teammate
4. I Will Be At Practice
5. I Will Be Coachable

Season Motto



Honesty

Accountability

Responsibility

Dependability

“Believe In, Buy In, Lock In, All In”

ORGANIZATION



- Be thorough and detailed in what you do
- Keep detailed records of your past practices, game film, player transcripts, program budget, etc.
 - Have all information easily accessible
 - Nothing a college coach hates more than a coach who cannot get him a player's transcript!
- Make sure that all of your coaches are organized, informed, and engaged
 - Detailed practice plans make the world go 'round!!

Sample Practice Plan



- Detailed skeleton for daily practice
- Essential to running an organized, efficient practice
- Allows assistant coaches to be the best that they can be in practice because they know what is going on at all times
- Each coach has their own philosophy
 - Some are flexible with practice plan and will stay with a drill until they get it right
 - Some will move on and allocate more time the next day if something is not done right
 - Dean Smith will stay EXACTLY with his plan each day
 - Nick Saban will stay with a drill until it is right

DULUTH WILDCATS BASKETBALL PLAN SHEET (DAY 1)							
<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">+</td> <td>DAY: MONDAY</td> </tr> <tr> <td></td> <td>DATE: 10/31/16</td> </tr> <tr> <td></td> <td>TIME: 3:30-6PM</td> </tr> </table>		+	DAY: MONDAY		DATE: 10/31/16		TIME: 3:30-6PM
+	DAY: MONDAY						
	DATE: 10/31/16						
	TIME: 3:30-6PM						
Practice Objective: Coaches meet after every practice for 15 mins							
1. Implement defensive principles: Make sure we stress defense 2. Implement offensive principles: Make sure we discuss all options on offense/Repetition 3. Conditioning: Make conditioning a factor. Make sure we are dictating pace and doing drills at game speed. 4. Always start/add with what we went over yesterday (Review & Repetition) 5. Weights Wednesdays and Saturdays							
Items to Discuss: Grade Check Tomorrow/Teams: Flag, Lamont, DJ, Jalen, Powell/Hector, Christian, Blue, E, Chris A./Jordan, Tommie, AO, Michael, Trent/Najee, Hector, Norcross, Xasien, Bell/Jordan B., Lilley, Christian, Mo, Keefer/ (Tyronne, Jaden, Cam, Connor C., Miles, Roderick, etc)							
Emphasis: Tempo/Pace, Championship habits (Everyday), Intensity, Fundamentals, Habit of Excellence							
Practice Schedule:							
2:20 (1 hour)	Study Hall						
3:30 (10 mins)	Stretch						
3:40 (12 mins)	Perfection (Closeout slide /5 dribbles to score both sides, 2 man pass up, 3 man weave, 2 ball dribbling: 3 dribbles up 2 dribbles back then alternate or cross)						
3:50 (5 mins)	73 in 2 mins (both sides)/UCLA						
3:55 (3 mins)	Jump stop drill (Coach G or Spivey)						
3:58 (5 mins)	Pivot series (Coach Amey)						
4:03 (5 mins)	77 from 2/77 from 3						
Water							
4:10 (6 mins)	Dribble Drive passing series (4 spots & moving)						
4:16 (10 mins)	Ball handling (Coach O)						
4:26 (7 mins)	3 on 2/2 on 1/ 3 on 2 Continuous						
4:33 (4 mins)	UNC Shooting: (67)/Oklahoma Shooting: 3 man weave until half middle gets layup & wings get 3(120)						
Water							
4:37 (23 mins)	Defensive period (Coach Amey/Coach Spivey): Zig Zag with towels, Zig Zag Sprint recovery or Zig Zag 1 on 1, clossout drill of some sort, (1 on 1 lane containment/Alabama 1 on 1, etc						
5:00 (5 mins)	Rainbow Shooting (Coach Amey) Sec. Break: 5-0 series: 1 st layup on wing, 2 nd layup on other wing, 3 rd layup post, 4 th jumper trail post, 5 th Sec. Break then FT Break then press breakers						
5:07 (15 mins)	Install Sec. Break then Sec. Break: 5-0 series: 1 st layup on wing, 2 nd layup on other wing, 3 rd layup post, 4 th jumper trail post, 5 th Sec. Break						
5:22 (8 mins)	Union Shooting: Elbow, Wing, corner (2's) SWITCH GYMS						
5:32 (15 mins)	Guards (Coach O) Wings (Coach Spivey) Bigs (Coach Amey)						
5:47 (10 mins)	Transition Drill: Blazer, Line, Circle (3 positions then stop)						
5:57 (3 mins)	Push/Pull						
6:15 (15 mins)	Shooting & Individual development (Spivey)						
Quote: Practice habits become game results. In the moment of truth...when the game is on the line... "THAT PLAY" comes from "EVERY DAY"!							
Time and score situations 1 st : Opponent lead with 30 seconds remaining, you have the ball. 1 timeout. 2 nd : 2 points lead with 60 seconds remaining, opponent has the ball. 1 timeout. 3 rd : Score is tied with 1:15 remaining, 2 timeouts, opponent has the ball. 4 th : Down 4 points with 2 minutes remaining, 1 timeout, you have the ball. 5 th : Down 2 points with 30 seconds remaining, 1 timeout, you have ball.							

Sample Calendar



~ December 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			30 Varsity and JV Study Hall in Trailer 2: 2:20-3:20pm Varsity and JV practice in Aux Gym 3:30-5:30pm JV grade practice in our gym 5:30-7:30pm	1 Varsity and JV Study Hall in Trailer 2: 2:20-3:20pm Varsity and JV practice in Aux Gym 3:30-5:30pm JV grade practice in our gym 5:30-7:30pm	2 9 th vs. Discovery 5pm Aux Gym JV vs. Discovery 4:30pm Main Gym Varsity vs. Discovery 7:30pm Main Gym	3 JV vs. Cedar Shoals 2:30pm Main Gym Varsity vs. Cedar Shoals 6:30pm
4	5 Varsity and JV Study Hall in Trailer 2: 2:20-3:20pm JV Grade Study Hall in Coach G Room 9:30-10:30am Varsity and JV practice in Main Gym 2:30-4pm JV grade practice in our gym 5:30-5:50pm	6 9 th @ Mountain View 3pm JV @ Mountain View 4:30pm Varsity @ Mountain View 7:30pm	7 Varsity and JV Study Hall in Trailer 2: 2:20-3:20pm JV Grade Study Hall in Coach G Room 9:30-10:30am Varsity and JV practice in Main Gym 2:30-4pm JV grade practice in our gym 5:30-5:50pm	8 Varsity in Main Gym 2:20-4pm JV & 9 th grade OFF DUE TO MIDDLE SCHOOL GAME	9 Memphis vs. Atlanta Tournament @ Duluth TN. 9pm JV & 9 th Grade Practice in Aux Gym 2:20-4pm	10 9 th vs. Newton in Aux Gym 3pm JV vs. Newton in Main Gym 4:30pm Varsity vs. Newton in Main Gym 7:30pm
11	12 Varsity and JV Study Hall in Trailer 2: 2:20-3:20pm Varsity and JV practice in Aux Gym 3:30-5:30pm JV grade practice in our gym 5:30-7:30pm	13 9 th @ Mill Creek 3pm JV @ Mill Creek 4:30pm Varsity @ Mill Creek 7:30pm	14 Varsity and JV Study Hall in Trailer 2: 2:20-3:20pm Varsity and JV practice in Aux Gym 3:30-5:30pm JV grade practice in our gym 5:30-7:30pm	15 Varsity in Main Gym 2:20-4pm JV & 9 th grade OFF DUE TO MIDDLE SCHOOL GAME	16 9 th @ Collins Hill 3pm JV @ Collins Hill 4:30pm Varsity @ Collins Hill 7:30pm	17 Varsity vs. Strabertz @ Pope 2pm
18	19 ALL TEAMS OFF STUDY FOR EXAMS	20 Varsity in Main Gym 1-3pm JV & 9 th grade OFF	21 Varsity in Main Gym 1-4pm JV & 9 th grade OFF	22 McDonald's Classic @ Tift County	23 McDonald's Classic @ Tift County	24 McDonald's Classic @ Tift County
25 Christmas Day	26 OFF	27 OFF	28 Varsity in Main Gym 1-4pm JV & 9 th grade OFF	29 Varsity & JV in Main Gym 1-4pm JV grade OFF	30 Varsity & JV practice in Main Gym 1-4pm JV grade OFF	31 New Years EVE Varsity & JV Practice in Main Gym 11-2pm 9 th Grade OFF

- Organizes all team activities:
 - Practices, Games, Skill Development, Study Hall, Film Study, Ect.
 - Serves as a FLEXIBLE outline for your season
 - I would suggest incorporating a more detailed weekly calendar as well

DETERMINATION



- Gym space and time are at a premium- we must do what we can to make the best of what we have
- Scouting- Live scouting/film exchange
- Utilization of community coaches and other supplements to help accomplish tasks despite lack of resources
 - Once had a coach use teaching as an excuse not to scout
 - That's when I knew I was talking to a losing coach
- At the end of the day, it comes down to continuing to work when other coaches in your region, classification, and your state have gone home

PROGRAM BUILDING BLOCKS



WINNING
TRADITION

ATHLETIC
SUCCESS

ACADEMIC
SUCCESS

STUDENT/TEACHER
SUPPORT

COACHING
STAFF SUPPORT

PARENT
SUPPORT

WEIGHT
PROGRAM

JV/9TH GRADE
PROGRAM

FEEDER
PROGRAM

SUMMER
PROGRAM

service



- Must serve our students both on and off the court
 - No one likes a great player who is a turd in the classroom/community
- Sacrifice to get players better
- Educate parents and players on collegiate recruiting process and eligibility standards
 - Know SAT & ACT Testing dates
 - Understand transcripts & be able to evaluate them
 - Help parents and players understand how to communicate with college coaches and what to expect in the recruiting process

TESTIMONIALS



“The way that he works for his players, and the way that he cares about his players is something a kid and a parent looks for in a high level coach.”

Kobi Simmons
Memphis Grizzlies

“One of the main things that can’t go unnoticed is his work ethic and attention to detail.”
Kaiser Gates
Xavier University

“He also helped me to become the person that I am today and I’m very thankful.”
Tamaricio Wilson
Alcorn State University