

Basketball Interest Meeting 10/16/2024



Guiding Principles

- **Make basketball fun**
- **Make basketball more accessible**
- **Teach players “to play and feel” the game**
- **Play the long game**
- **Create ownership and develop character**

Why these principles?

- We live in an adult driven world where kids lack ownership and freedom to play
- Kids aren't free playing or playing pickup
- Programs often create basketball robots
- Programs often emphasize winning now / scheming to take advantage of young players' physical limitations
- It's hard to find gym time

Why these principles?

- **An introduction to basketball takes a significant commitment**
- **Programs often teach skills and not how to play**
- **Youth League formats limit opportunity for most and gives more to the best players**

Bringing Principals to Life

- Make it fun at every level
- Create a positive environment...
positive speech, confidence building
- Building emotional toughness... dealing
with failure
- Teaching ownership
- Create opportunities for players to play
- Learn through play and games more
than drills
- Create more repetitions
- Talk less and do more
- De-emphasize winning
- Create opportunities for players to take
risks
- Play man to man
- Teach principles more than plays

Cornerstone Team Principles

1. Make it fun
2. Play the long game
3. Encourage players to take risks
4. Meaningful play...lots of
 1. Majority of practice time spent on play in different situations vs drills with no play or decision making
 2. 1v1, 2v1, 2v2, 3v3, 5v5
 3. Advantage situations...5v4, 3v2, 2v1
 4. Playing is the best teacher...look for areas to stop and teach

Cornerstone Team Principles cont'd

5. Play man to man...

1. Man to man teaches you how to “feel and play” the game
2. Zone teaches you to play a spot and limits learning on offense in practice

6. Teach principles more than plays. Limit numbers of plays

Cornerstone Team Principles cont'd

7. Create ownership and character

- 1. Want our players to talk and rally around each other**
- 2. Encourage risk taking through meaningful play**
- 3. Help players understand failure is normal**
- 4. Positive language and encouragement**
- 5. Be respectful to teammates, coaches, and referees**

Questions?

