

Canada Basketball Super Clinic

May 28-30, 2021

Joe Stasyszyn—Best Practices & Gold Habits

USA Basketball

Coach Joe Stasyszyn PowerPoint Presentation:

<https://cloud.rampinteractive.com/visionbasketballacademy/files/JOE%20S%20-%20PP.2.pdf>

Coach Joe offered some tremendous food for thought for coaches—his topic of **Best Practices** and **Gold Habits** were inspiring.

You will discover that Coach Joe's **PowerPoint Presentation** contains great information as it pertains to:

- a) Gold Habits
- b) Lightning Round
- c) Competitive Edge Model
- d) Results Matter

Coach Joe indicated that **footwork** is one of the most important aspects of player development—USA Basketball implements **footwork** drills at every single practice—see below.

Interspersed throughout Coach Joe's presentation were **Golden Nuggets** that he has learned over the years:

- a) Basketball today is over-coached and under-taught.
- b) A noted non-negotiable for Coach Joe is poor body language—poor body language is absolutely not tolerated or allowed on any team or at any level Coach Joe is coaching at, including the USA Junior National Team.
- c) Keep it simple! Several coaches who presented at the Super Clinic said exactly the same thing—**Less is more!**
- d) When it comes to shooting, players are encouraged to **Earn Your Shot**. What a great concept—whether off the ball or reading the defence when you have the ball, you must earn the opportunity to shoot.
- e) Coach Joe has two rules for his players at practice: 1) You can't get tired, and 2) You can't get bored.
- f) Whatever **Individual Development** your players are involved in it must fit well into **Team Development**. These two integral components of development must mesh.

Coach Joe stated that **Tates Locke Box Drills** are tremendous footwork drills:

"Footwork is one of the primary prerequisites to becoming a great player" - Coach Krzyzewski

Every great basketball coach focuses on footwork.

Effective footwork will prevent players from committing silly violations, allows them to create space and get past defenders, sets them up to shoot on balance, lets them dominate the post, and more...

It's very important.

One of the smartest basketball minds to ever live—Tates Locke—put together a series of basketball footwork drills that should be completed by players every single workout.

These drills involve:

- Jump stops
- Forward pivots
- Reverse pivots
- Drop steps
- Rips
- Fakes
- Crossover steps

These are all movements a player needs to master if they want to become a great player.

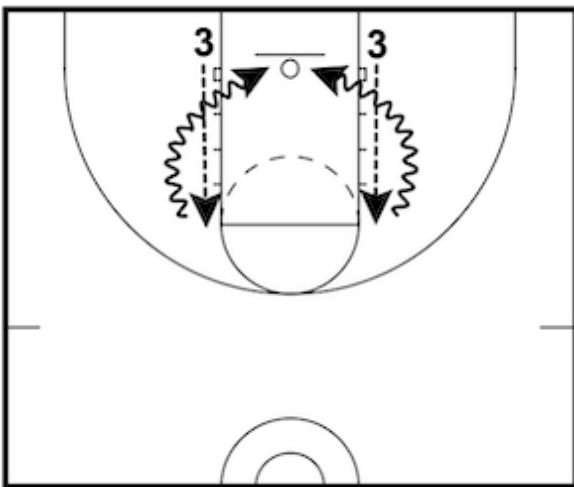
The 6 Original Tates Locke Box Drills

Every one of the following basketball footwork drills starts with the offensive player on the low block with their back towards the baseline.

From there, they must spin the basketball back to themselves and catch the ball using a jump stop on the high post / elbow.

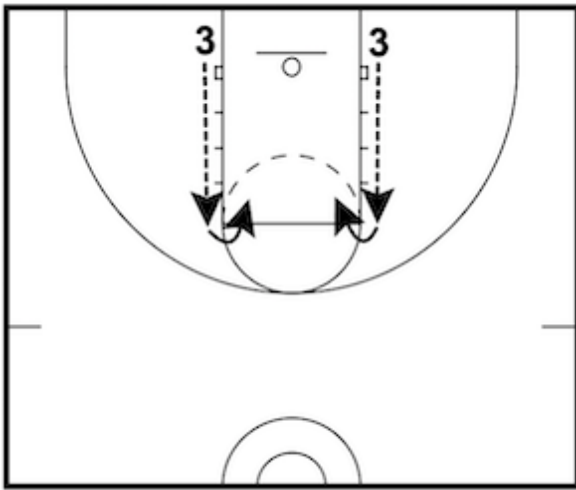
Then execute the following footwork drills...

1. Drop Step, Layup



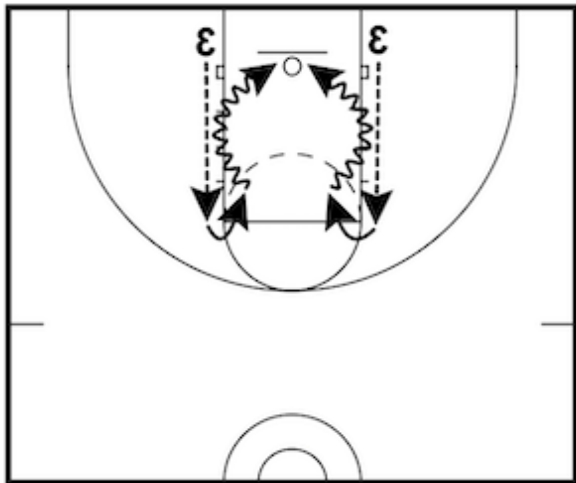
1. Two-foot jump stop
2. Drop step with outside leg
3. One dribble
4. Layup

2. Inside Pivot, Jump Shot



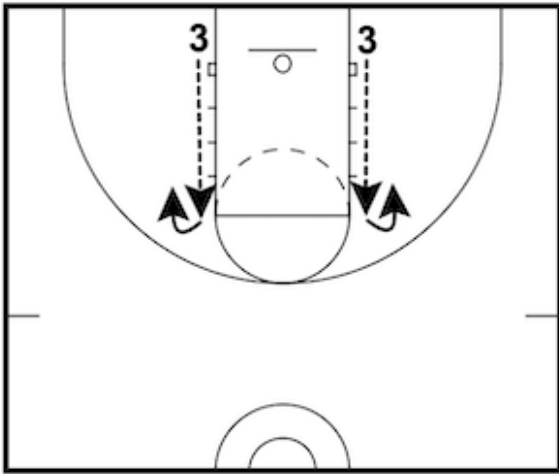
1. Two-foot jump stop
2. Fake drop step
3. Forward pivot on inside foot
4. Jump shot

3. Inside Pivot, Shot Fake, Crossover Step, Layup



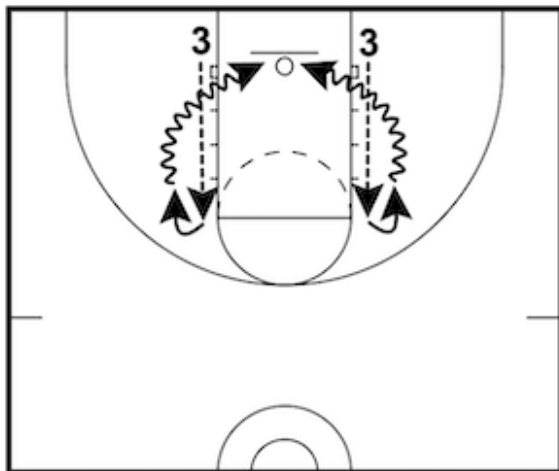
1. Two-foot jump stop
2. Fake drop step
3. Forward pivot on inside foot
4. Shot fake
5. Crossover step
6. One dribble
7. Layup

4. Reverse Pivot, Jump Shot



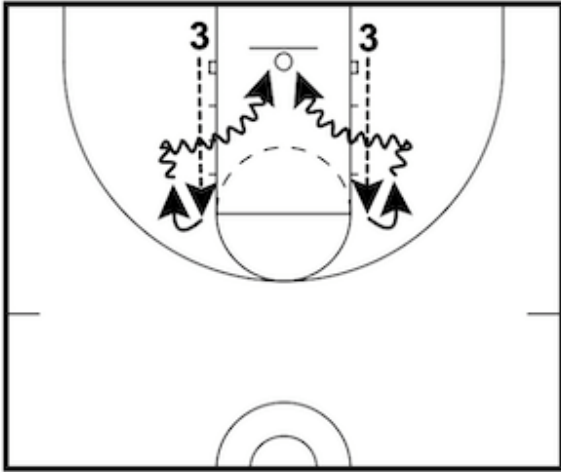
1. Two-foot jump stop
2. Reverse pivot on outside foot
3. Jump shot

5. Reverse Pivot, Rip, Layup



4. Two-foot jump stop
5. Reverse pivot on outside foot
6. Rip to outside
7. One dribble
8. Layup

6. Reverse Pivot, Fake Rip, Crossover Step, Layup



1. Two-foot jump stop
2. Reverse pivot on outside foot
3. Fake rip to outside
4. Crossover step
5. One dribble
6. Layup