

Coach Education & Coach Development

Playing the Game (Style of Play) vs. Running Plays (Block vs. Structured)

Gold Medal Profile

Building Team Culture is a high priority (REP'ing)

R = Reminders

E = Encouragement

P = Praise

Top 4 Scoring Priorities:

(for Youth)

1. Attack the Rim
2. 3 Point Shot—know your **ROB Shot** / take **BRAD Shots**
3. Free Throws—highest % shot in the game
4. Mid-Range Shots—least amount of rewards

ROB Shot = Range Open Balanced

BRAD Shot = Back Rim And Down – aim for the back rim with backspin)

Top 6 Scoring Priorities:

(more Advanced Youth)

1. Attack the Rim
2. Attack the Paint (P7R Footwork)
3. Free Throws—highest % shot in the game
4. 3 Point Shot from the Corner
5. 3 Point Shot from the Top
6. Mid-Range Shots—least amount of rewards