

MY PHILOSOPHY

Offensive Philosophy

- **Up-Tempo Play:** Prioritizing fast breaks and quick ball movement to put pressure on the defense.
- **Rim Running:** Having the first big run to the paint to post up and spread the floor.
- **Ball Screens and Movement:** Encouraging player movement and cutting, with a mix of half-court sets and quick hitters.
- **Rebounding:** Emphasizing the importance of hitting the boards hard to make opponents account for your players.

Defensive Philosophy

- **Turnover Generation:** Playing aggressively to increase turnovers, with situational pressing and run-and-jump schemes.
- **Defensive Versatility:** Changing defenses to confuse opponents, building a wall, and fronting post players.
- **Mental Toughness:** Focusing on strong closeouts, contesting shots, and mixing up zone defenses to keep opponents off balance.

Coaching Philosophy

- **Player Relationships:** Developing lasting relationships with athletes to build trust and confidence.
- **Empowerment:** Giving players confidence and empowering them through practice.
- **Preparation:** Ensuring practices are intense and prepare players for the challenges of the league.
- **Effort-Based Substitution:** Subbing players based on effort rather than mistakes.