



THE HARD COURT HERALD

**THE OFFICIAL NEWSLETTER OF THE MISSOURI BASKETBALL
COACHES ASSOCIATION**

**VOLUME 35
ISSUE 1
AUGUST 2021**



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The official Newsletter of the Missouri Basketball Coaches Association

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Letter From the Editor

I feel like it is too redundant to say, but it is just way too fitting: it was an interesting season of high school sports last year.

Covid-19 changed the landscape of sports on a national level, but it affected us all on a local and personal level. While we overcame obstacles of quarantine or contact tracing to put together seasons of all different number of games, players played in empty gyms, with minimal fans, and without loved ones cheering them on. While we are all very appreciative of the hard work by many individuals to ensure our players had those opportunities, I still feel for the players who wanted a loved one to watch them play on that senior night but couldn't or the parent that wanted to sit and watch their child play a game that they love.

I said it in my last letter, but despite all of that, we played games, and that counts as a win. As fall sports begin, and we are facing more obstacles outside of our control, I pray that all of you stay safe, cherish the time with your players, and continue doing such a great job in a situation that sometimes doesn't have a winning outcome. You find out that your impact will have an even greater effect on the kids you coach than you ever thought possible.

Chris Miller - Hard Court Herald Editor



Improving Bench Culture

By: Chris Miller

I heard a good story the other day:

There was an old basketball coach in another state who had a particularly difficult group of parents he was dealing with early in the season. Grumbling about starting spots and playing time was happening by some players and parents in the stands who always sat behind the team bench. He had already had a few meetings with parents who said that he should be playing everyone on the team and that their kid should be starting.

So after a few games into the season, the next game day arrived and the game was set to start. Without telling any of the players or other coaches, the old coach sends all 10 of his players out onto the court for the opening tip, leaving no players on the bench. The parents began to question each other and were visibly confused as all 10 players took the court. Even the players had no idea what to do. That confusion bled over to the game officials, who came over to the bench to talk to the coach, even though they were ready to begin play.

“Coach, you got a little more than 5 out there for the tip.”

The coach replied, “Yep, sure do.”

Still confused, the official asked again, “Coach, you can only have 5, so you know what happens if you leave them on the court, right?”

The coach without hesitation, and in true Gene Hackman-fashion, stated, “My team is on the court.”

The official nods, turns away from the coach, promptly blows his whistle before any action begins, and issues the team 5 technical fouls to start the game. Many of the parents in the stands were in complete shock and were speechless.

The coach turns around and looks at the stands where the parents were, and says,

*“Well folks, you all were wrong.... I can’t play **everybody!**”*

Now I never heard what happened to that coach, but after a decade and a half of coaching high school sports, I’ve got a pretty good idea... And while that is a hilarious (and a bit extreme) scenario, the reality is the same for all of us who coach sports: no one wants to sit the bench. Conversely, the bench of a team can play a **major (and sometimes crucial)** part in the success of a team, which makes that role more important than it appears to be.



One of the hardest views of an athlete in any sport is the view from the bench. It's definitely not the most glamorous spot. It really doesn't matter your skill level or talent, if you are on a team, you most likely want to play. Nobody comes out for a team, spends hours practicing (with your team and/or individually), and spends money for shoes and equipment to sit and watch others play. Lord knows their parents didn't either ... and trust me, a few have told me so as I'm sure they have you all!



But despite all of our efforts as coaches, we can only play so many plays, somebody has to sit. Many times, this leads to problems within your team and angst from players' parents.

So the question is: ***How do I sell this idea to my players (and their parents) who come off of the bench?***

Unfortunately, I don't have a clear-cut answer for that question. But what I do know is that as the coach, you have a level of understanding of your team and its makeup. You must be constantly monitoring and evaluating a variety of variables which can influence your team's cohesion. That includes your players' lives at school as well as at home away from school and practice. Any of these independent variables can lead to a decay in team unity and cohesion, which will affect your bench's effectiveness. Your bench cannot be a breeding ground for negative feelings and emotions that leads to division and distractions in your program. To keep this from happening, coaches must develop a positive bench culture.

CULTIVATING YOUR BENCH CULTURE IN GAMES

Dean Smith, the late Hall of Fame Coach from the University of North Carolina, had a motto that I personally believes embodies a great bench culture to have:

“Everyone on the bench stands for the man coming out of the game.”

Players. Coaches. Managers. Whoever is on the bench, stands. It is a sign of great respect for that player, no matter how they played, as they come off of the court. I personally adopted this, and want my players to all slap hands or fist bump everyone on the bench before sitting. So when a starter is on the bench, they must do the same thing; there is no one above this team rule. While playing time may not be equal, this little act makes everyone equal.



I also believe that great bench culture will perpetuate a team's run, as well as invoke a losing team's rally. It can ignite your fans and lift spirits. As a head coach, I want my players on the bench to be invested in the game being played. They're watching the game, and being active and loud! If they are focused on those parts, that leaves little room for them worrying about their playing time, but also gives a significant and vital role for the team since everyone is "pulling the rope the same way"!

CULTIVATING BENCH CULTURE IN PRACTICE

I try to make sure that I treat all of my players equally... but different. This bodes true for my players who will spend a significant amount of time on the bench playing for me. It is easy for a bench player to feel that he is not as appreciated as a team's best player or he lacks a significant role because he is not a starter. **That cannot be further from the truth!**

Coaches should always invest in their bench players, even at times to a greater degree than their best players. Bench players usually have certain roles that they need to fill in order to play. **Make sure you communicate the importance of this role to your players!** Do not assume they know, because they probably don't. Their frustration from a lack of playing time can cloud this and can lead to problems. **It also helps to make them feel important... because they are important!** They might only play a minute in the first half, but do you want a minute of them not playing hard? Of course not! Make sure they know how important that minute really is.



Also, be sure to give praise to your bench players just as much or more than you do to the players who log more time playing in games. When one of your bench players does something great in practice, be sure to recognize that in front of your team. This goes a long way to letting that player know you see how hard they are working. The most important part of this is to **reward** that player for their hard work as much as possible. Sometimes, you have a player who is the hardest worker... but not very talented.

If you can find more playing time without sacrificing your team's ability to be competitive, get them in the game more. If that's not an option, make them the team captain or a leadership role, which gives that player a voice to the team. Bring that player in with other players for "leadership" meetings. You can even ask their opinions on game planning, scouting reports, or other program-related things. Even if that player is not an overly-talented player, they may still possess great IQ for the game, which can give you incredible input from their perspective. Not only that, that player might find a calling to be a coach later on in their life. **Again, communicating with your bench players will go a long way to creating a positive bench culture in your program.**

BENCH CULTURE VS. PARENT ASPIRATIONS AND EXPECTATIONS

I can almost hear some of you all thinking while reading the first part:

"Coach, that's great and all, but their parents won't see it that way!"

I'm not going to sit here and blow smoke because there is a lot of truth in that statement. As parents, we want the best for our kids. We raise them, teach them to work hard, and when you feel that they are not getting a fair shake, we jump in to protect them. As coaches, we all are very

much aware of the perspective a parent has on our teams from sitting in the stands. They do not see everything that happens in practices, hear the directions in a timeout, or conversation in the locker room to have a full understanding of why their child is not playing as much as they believe they should. While we are not guaranteed to have 100% buy-in from our bench players' parents, we can take steps to at least prevent them from negatively impacting our bench culture.

In my parent meetings, I used to tell parents they could call me or email about anything except strategy and playing time. I found that parents usually want to talk about the playing time of other kids, not just theirs (which is a no-no). In the last few seasons, I would just tell parents I'll talk about anything except strategy. This leads a parent to think I'm open to discussing playing time with them; they are only half right. I'll discuss playing time... but with their child. I believe that our children should learn to advocate for themselves. It is a vital life skill, and I haven't found a single college yet that will talk to a concerned parent of one of their students; they will, however, talk to the student. I take the same approach, and I thoroughly communicate this in my parent meetings.



I don't just limit my communication with parents to an annual meeting. I try to converse with all of my players' parents and relay our program's expectations regularly. If their child sits on the bench, I compliment the parent on how well they raised their child, compliment their child's work ethic in practice, and tell them how much talent they have, as well as things they could do to find the court more... even if it is unsolicited. I like to have this conversation when the *player is right there too*. Nothing puts a kid on the spot more than having their coach give their own expectations for the player individually right in front of a parent. Tell them what they need to do to play more!

Now if you are one of those coaches who don't like to talk to parents.... Well keep your resume updated regularly because you just might need it! **Parents need to be communicated with, especially when their kids are the ones that make up your bench.** If you are not communicating with these parents, they may feel that you don't communicate with their child who plays for you. There are many rabbit holes that this can cause so be proactive, bite the bullet, and make sure you keep an open line of communication and expectations with your bench players' parents.

After reading this, you may have other ideas that you use to build a better bench culture.

You may think this will not work for me and all of this is garbage.

Here's my friendly disclaimer: none of this is guaranteed to be 100% effective.

However, doing these things will definitely **help** you, your teams, and your program have a more effective and positive bench.

Every team, school, and community is different and have different factors and variables that will affect your players. But if you are the leader of your program, you need to be mindful of your bench and take steps to turn it into not only a valuable weapon for your teams, but a **positive** experience for your players!

Again, you are responsible for monitoring many variables around your program that would affect cohesion and your bench culture. We all want a great bench that can help our programs be more successful. Make sure you are doing your part to make it a positive component within your teams and program!



Lost Art Series, Part I: Screening

By: Lee Richardson

PART ONE - THE CURRENT STATE OF SCREENING

In basketball, screening is one of those timeless fundamental skills that is, for better or worse, viewed as being a little bit “old school.” Many of you still teach and emphasize this basic part of the game, but it seems to have become something of a declining basketball art in our modern game.

Are you noticing:

- Fewer screens
- More moving screens
- Players screening “air”
- Players avoiding contact



There’s a lot of sentiment out there that there is less screening these days, and definitely a drop in screen quality. It’s past time we emphasized a return to this important skill that can bring back some time-tested fundamentals to your squad, while also exploring some ways to use screens that fit well into the uptempo style that is greatly favored in our game today.

PART TWO - FUNDAMENTALS OF SCREENS

We could talk all day about the fundamentals of screens - there are many aspects of both setting and receiving screens. Proper angle, quickly getting set, timing, setting up your opponent to be screened - these are all important parts of screens that must be considered. However, I will share just a few that I find of particular importance and how good screens flow from executing these rules well.

Rule #1: Sprint to Screen

I believe this is the most important screening rule. There is nothing worse than a screen that takes forever to happen and looks like it is playing out in slow motion. Players should aggressively sprint to their screens. This allows them to catch the defense off-balance and gives the defense less time to talk and adjust to the action. It primes both players (screener and receiver) to make assertive actions, and it promotes giving your squad a competitive and aggressive edge on your opponent.

Rule #2: Be Loud

Screeners should be loud with their voices, but also with their body language and movements. Yelling their teammate’s name as they come to set the screen for them is a good habit, and a raised fist as they sprint to screen position is a good non-verbal cue as well. But perhaps most importantly, a “loud” movement as they run to screen lets everyone in the gym know they mean business. A loud screen puts the screener in an aggressive mindset, motivates their teammate receiving the screen to utilize it properly, and gives you the opportunity to make the defense look like a deer in the headlights.

Rule #3: Be Low

A good screening position is with the knees bent to get your body into a very low position, with arms crossed in front of the groin or chest. Stay in this low position until your teammate has cleared the shoulder of the screener then open up.

Side note about opening up off screens: in the old days we were taught to “open up to the ball” and basically never turn our backs to the ball. In recent years I simply taught players to turn in whichever direction felt quicker and more natural to them then get eyes on the ball. Either way, be consistent and clearly emphasize how you want players to roll.



Rule #4: Be Legal

The position of the feet is super important. Players should get wide but in reality a good screen will be set with the feet shoulder-width, which keeps them legal and balanced. Seek out and brace for contact with knees and arms flexed in a strong, athletic position and protecting their chest or mid-section. Once a player sets the screen, they should “freeze” until the dribbler (on-ball) or cutter (off-ball) clears their shoulder.

Rule #5: 3 Rules for Receiving a Screen

The three rules are simply “WAIT WAIT WAIT!” Legendary coach Don Meyer came up with this wonderful line and it truly emphasizes what players receiving a screen need to focus on the most. Cutting or dribbling into the screen before it is set usually ends up in a sloppy offensive possession and can also result in a moving screen call. It’s better to wait too long to use a screen than rush and move too early.

PART THREE - CREATIVE USES OF SCREENS IN TODAY’S GAME

There are many different types of screens. They include both on-ball and off-ball screens, and some types are high ball, side ball, cross, down, UCLA, back, flare, double, staggered, elevator, and others. I’m sure you’re familiar with and use many of these in your systems. Instead of looking at all of these, I want to focus on a few simple yet creative ways to utilize screens to make your team offense more efficient.

High Ball Screen vs. Man Defense - teach your players that if the initial screened defender goes under the high ball screen, to immediately have the screener turn and set a new high ball screen the other direction and force the defender to go over.

Weakside Downscreen vs. Man - on any pass to the wing, the two perimeter players on the weakside should run a screening action to occupy their defenders and keep them from getting to help position as quickly. This can be a simple downscreen from the top player, or a flare screen set from the weakside wing for the guard at the top.

Flat Ball Screen vs. Matchup Zone or 1-Guard Front Zone - the high post will simply come up and set a flat ball screen in the middle of the floor around the volleyball 10-foot line and allow the guard bringing it up to use at their discretion. This effectively breaks down the aggressive zone and often creates an advantage situation. After setting the screen the screener either cuts back into the high post or replaces the guard they screened for on the perimeter. Also, this is a simple late game set that can also be used vs. man defense in a no-timeout situation.



Use Ghost Screens vs. Switching - since so many player to player defense are switching at most if not all positions, the ghost (or slip) screen on the perimeter has become a nice counter. As the defense anticipates a screen and begins to switch, the ghost screener cuts a step or two before the screen and often creates indecision on the part of the two defenders and an opening for the cutter, or the ball to drive.

Drag Screen in Transition - this is a very simple yet my favorite screening action when we are pushing it up in transition. We wanted an aggressive push up the floor and an early pitch ahead to a wing, but if this slowed down at all we would have the rim runner break it off and come back and set an angled drag screen somewhere in the high slot area. If we couldn't get an initial attack or a good look on a quick reversal, the drag screen presented a third way for us to attack in transition, and was less predictable, allowed skill positions to have more freedom, and took far less time to teach than a structured secondary break.

I hope this has given you some ideas to apply to your offseason planning as you think about your offensive system. Emphasize screening every day, even if it's just to set some during dynamic warm ups. Screening may be on the decline, but as I see it that may be an opportunity for coaches who get back to this important fundamental to give their team a new competitive advantage in an old school kind of way.

Lee Richardson is the former head coach at Crystal City High School and Lesterville High School, and is the author of "Next Level: A Recruiting Guide for High School Basketball Players."

Q&A With the Difference Makers

Josh Spuhl - Webster Groves Girls Basketball



Josh Spuhl is currently the head women's basketball coach, as well as Physical Education and Health teacher at Webster Groves High School in St. Louis, Missouri. Over the last twelve years as a head coach, Spuhl has compiled an overall record of 203-125. Before coming to Webster Groves, Spuhl spent the previous eight seasons leading the Pacific Lady Indians basketball team. Spuhl, who is also a Pacific alum, compiled a record of 135-81 at his alma mater, and led the Lady Indians to their first district title in school history in 2012. For the last four seasons, Spuhl has been at the helm of the Statesmen women's basketball program, accumulating a record of 68-44. The 2020-21 season was a magical one for Spuhl and the Lady Statesmen as they capped a 22-6 season with a Class 6 State Runner-Up finish, marking the first Final Four and State Championship appearance in school history. In a high school coaching career that began at 20 years old while attending Central Methodist University, Spuhl has received District Coach of the Year honors four times, Conference Coach of the Year three times, and has already eclipsed 200 career coaching wins. During his career, Coach Spuhl has positively impacted many students, and student athletes through his lessons in the classroom and on the court. The Hard Court Herald had an opportunity to catch up with Coach Spuhl and discuss some hoops.

Hard Court Herald: Coach, last season, you guided Webster Groves to a Class 6 State Runner-Up Finish and a 22-6 record. Describe that experience.

Josh Spuhl: The experience was pretty amazing. This was my first time experiencing a Final Four as a coach and it was very special. I remember getting choked up in the pregame before the semis game and getting very emotional before the championship game. I was beyond happy for our kids. I don't think we were able to get the full feel for the experience due to Covid protocols during the time. Our team missed out on 4 regular season games before heading into the playoffs. We went through one team quarantine and 3 of our starters went through individual quarantines as well. To be able to make it to the Final Four through those circumstances shows how tough our team really was.

HCH: What did that experience mean to your kids, your program, and the school/community?

JS: This was the first Final Four appearance in school history for the Women's Basketball Program at Webster. The community was beyond supportive, even during these tough times. Our athletes took great pride in this accomplishment. Our program did not have a banner up in Roberts Gym yet. That was the mindset for this team: we have to get a banner! The seniors started my tenure at Webster as Freshmen with me. It was extremely special to go through this experience with them. As a program we have been so close to making runs in the playoffs and it was great to finally make it.

HCH: Many coaches and players dream of even one chance of reaching the Final Four and State Championship game. What is your plan for your returning players to keep them "hungry" to get back to the Final Four?

JS: We return a large portion of our Final Four team. These players have now had a taste and want to go again. As a coaching staff, we are constantly talking to the team about how it is a REAL opportunity to go again.

We are lucky to have such a strong group of returning players that have helped our new younger players buy in on what we need to do to go back.

HCH: As a coach, you usually want your program to have a certain identity or something that they are known for. What do you feel like your program's identity is?

JS: We take great pride in being known as a team that always plays hard. A lot of teams can make that claim. Our players never stop and never give in. There are times when your team can get down and throw in the towel. Our players do not do that. I feel this shows through the passion our coaches show to the team. Our players want to give everything they have because of the strong bonds we create. Our practices are intense and we keep the tempo up all of the time.

HCH: In your time as a head coach, how have you seen the game of basketball change in high school sports? Is this change good or bad in your opinion.

JS: In my time, I feel that one-on-one basketball has become more prevalent in the women's game. Teams used to be about sets and ball movement. A lot more teams are about attacking hard and finishing at the rim. I feel like when I see teams that are really good, I see aspects of the older ways. I love players that can attack and finish. I really love players that can attack and find open players. That is tough to get.



HCH: One of the things a beginning coach has to decide early on is whether he/she is a “system coach” or is able to change things from year to year. Your teams have been consistent with their success, but how much of that do you attribute to a system that you’re comfortable teaching and how much to you adapt to the talent you’re presented with?

JS: When I first became a head coach, I took over a struggling program that was trying to find ways to get some wins and get players excited about the game. In the beginning, I thought we needed to do everything correctly to a “T”, to look for perfection. This was not the way to go about things. You have to work with what you have. At Pacific High School, we would go through different looks that helped our players to be successful. We prefer to play tough man to man defense as much as possible, but that just isn’t always the answer. As much as coaches want to win, the players do as well. You have to make adjustments. It is also important to have those players you can talk to and get a real feel for what the team thinks is working as well. Every season, I find my go to player to get the pulse of the team.

HCH: What are some of the differences you see in players from when you started and what adjustments have you made over the years to adapt to those differences?

JS: I don’t think players have changed a lot. I know that I have changed more. Being a head coach is so much more than the whistle-blowing screamer I was when I started this journey. I have created so many strong relationships with players, coaches, and parents along the way. If you create strong bonds with players, the hard work by them is given back in return.

HCH: What are your thoughts on AAU/ Select Basketball and how has it impacted your programs throughout the years?



JS: I have been lucky to have players that have gone through the AAU/Select circuit. They gain a great deal of in game experience during this time. It can be tough to make sure the school team takes precedent; however, you can balance both. I enjoy going to watch my players when they play with their other teams. Sometimes it even shows me other skills they may have that I didn’t know about. I also try to open a dialogue with their coaches and let them know we are all working together to better the player.

HCH: What are your thoughts on “single-sport-specialized athletes vs. multi-sport athletes?”

JS: I always push my players to get involved in other sports or activities besides basketball. We are demanding with our workouts and practices, but highschool athletes need to play multiple sports. We have to give a little when it comes to time; however, that is ok. It is better for the player.

HCH: What advice do you have for young basketball coaches entering this profession that you feel is vital for their own success?

JS: Surround yourself with great coaches. I have been blessed to work with so many amazing coaches. I will admit: at times I felt afraid of someone with more experience coming in and working with my players; however, it is all about THE PLAYERS! Whatever I can do to help them is what is necessary. At Pacific, two former head coaches came back and worked on my staff. At Webster Groves, two former men's coaches with hall of fame status and two former head women's coaches are working on my staff. My varsity assistant is one the best basketball minds I have met. You need to have good help. Find people that can challenge you to do better. With that being said, you can't do everything by yourself! Let your assistants get in there and get after it!

Run your little league. It will take extra work, but you need to be at the helm. This is a great way to see what you have coming up, and you can put in your coaching ideals. You will need help again and that is ok.



16th Annual MBCA Coaching Clinic

Make plans now for the 16th Annual MBCA Fall Basketball Coaching Clinic. The clinic will be held this September 16-17th, 2021 at Mizzou Arena in Columbia, Missouri.

Tentative headline speakers will be Chris Beard from Texas and Chris Oliver with Basketball Immersion.

Once the final registration details are completed, a link will be sent out that will direct you to mobca.org for online registration or paper registration options. **Please note that if you register online you must use a credit or debit card.**

If you have any questions, please feel free to email Shawn Erickson at info@mobca.org.



Have an Article or Story you want to share?

Send it in to us so we can help you share it!

Chris Miller - Hard Court Herald Editor

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Improving and Adding Value as a Basketball Coach

By: Steve Hardin, Head Men's Basketball Coach, Lees-McRae College

(From *basketballhq.com*)

As a head basketball coach, you always want to learn and improve. You should never get to a point in your career or even life in general where you think you know it all. As an assistant coach, your job has many roles, but one of the main ones is consistently adding value to what you offer the head coach. This basketball coaching article will give five ways to improve as a head coach and five ways to increase your value as an assistant coach.



5 Ways to Improve as a Head Basketball Coach

Servant Leadership

“Success is never owned. It is rented, and the rent is due every day.” Your basketball players and staff must know that you will do whatever it takes to be successful. Also, they must see you putting in the time and know you care!

Simplicity with Continuous Repetition

Know your basketball program's philosophy and stick to it. You can know everything about basketball, but if you cannot teach it to your players, your knowledge becomes worthless. Repetition makes sure your basketball players and staff understand every detail about the program and what you want from them. When there are clear expectations, it is easy for coaches and players to achieve what you require from them.

Understand the Basketball Team

Every basketball team is different. Communicating with each member and making sure every player is on the same page is vital. **This will create a bond that will be bigger than just basketball.**

Empower Your Assistant Coaches

Teach, guide, and listen to your assistants. Give them a platform to help you be successful. Work together as a unit and move forward through every obstacle as one force. Spending time with them outside of the office and practice is essential. It brings the staff closer together, which is major in the eyes of the players. As a **head coach**, you also should help your assistants get to the next step in their career. Empower your assistants and give them opportunities to succeed.

Have Substance

Always practice what you preach. I believe in being a positive light. A consistent upbeat coach will help to guide everyone in the way that they should be going. **Remember, we are developing young men and women!**

5 Ways to Add Value as an Assistant Basketball Coach

Be Ready to Work Every Day

I mentioned earlier that success is not owned. This means that you need to have the mindset of outworking everyone in your profession. If we want our basketball players to outwork everyone, we must be willing to do the same! Time is our most precious value – be the first one in, and the last one out of the office.

Be Loyal

Understand how the head coach works. Teach his way with the same verbal cues. You can be the sounding board for the players, but you must always protect the program by protecting the head coach.



Understand Your Role

Know precisely what your role is from the head coach and execute it to perfection. Listen and understand the head coach's plan and what each player's role is for the team. This will allow you to clearly communicate with players what is needed of them by the head coach. As an assistant basketball coach, you need to be an all-star in your role.

Be a Student of the Game of Basketball

Listen and learn the game and the head coach's philosophy in all aspects of the program. You must be in tune with the player's needs. Keep detailed notes on everything. Study how the head coach handles every situation, good and bad. Go to basketball coaching clinics, go to other team practices, build relationships with other coaches across the country. This has become much easier with social media. Read leadership books, coaching articles, and other educational pieces to help keep your mind fresh.

Make the Head Coach's Job Easier

Take pride in being an assistant basketball coach and doing all the small things exceptionally well. Even though you strive to "move up" in the coaching ranks, make the current job your total focus and do that to perfection. You are a valued member of the program and treat your job that way. Take anything and everything off the head coach's plate that you can do so he/she can focus on being the head coach.

Conclusion

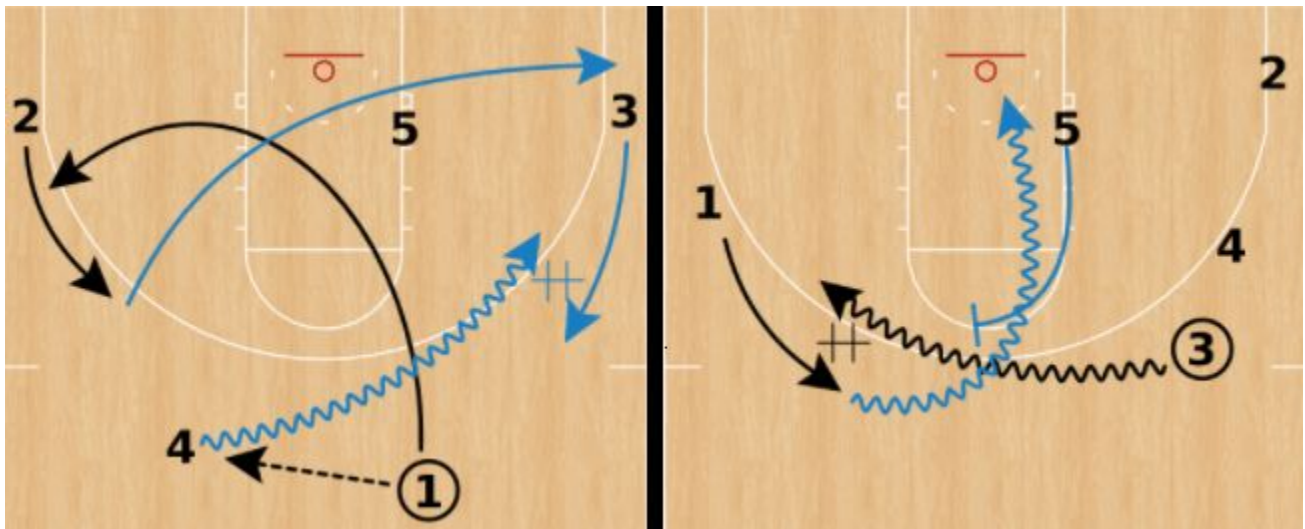
The best basketball teams and programs are filled with people who know their roles and can execute them at a high-level. So whether you are a head coach or an assistant coach, it is up to you to buy into your role and do whatever is needed to help the team be successful. Start by using these five keys for both assistants and head coaches, but build on them and fine-tune them to what is going to allow you to be your best. Good luck with your coaching pursuits and journey!

Read Full Article Here: <https://basketballhq.com/improving-and-adding-value-as-a-basketball-coach>

Our Featured Play

Slovenia - Weave Ball Screen

Luka Doncic and the Slovenia national team opened up with this action against Germany in the quarterfinals of the 2020 Tokyo Olympics. This play works well with many different age groups.



1 passes to 4;
4 DHOs to 3 while 2 moves to strong
side corner

3 DHOs to 1;
5 ball screens for 1

MBCA Milestones Submission

The Missouri Basketball Coaches Association celebrates the accomplishments of some of the finest coaches in the nation.

We would like to recognize those coaches who have achieved success through longevity and victory in the sport of high school basketball. Although we coaches realize that “wins” alone do not measure success, it is a quantitative way that the association can give recognition to those coaches who have established “winning” traditions at the high school’s at which they have coached.

If you have a milestone to submit, visit: <https://mo.nhsbca.org/contact/bill-gunn>



MBCA Hall of Fame Banquet 2021

We put this same piece in the last newsletter, but wanted to remind everyone of the upcoming event.

The Missouri Basketball Coaches Association is proud to release their 2020 & 2021 Hall of Fame classes to be inducted on Saturday, October 23, 2021, at the Double Tree Hotel in Springfield, Missouri.

The Class of 2020 Ceremony will be at 12:00 p.m.

The Class of 2021 Ceremony will be at 6:00 p.m.

Tickets for the event may be purchased from the Missouri Basketball Coaches Association for \$25 online and will include a meal. For more information on tickets and the event, visit:

<https://mo.nhsbca.org/events/hall-of-fame-banquet-2021>

MBCA HOF Class of 2020 Inductees:

Jeff Bowland
Greg Buescher
Steve Combs
Nancy Fahey
Duane Hiler
Gary Koch
Gerry Marlin
Pete McBride
Todd Shannon
Steve Shepherd

Gary Filbert Lifetime Achievement

Award Winner:

Cheryl Burnett

MBCA HOF Class of 2021 Inductees:

Todd Anderson
Tim Cool
Chris Duerr
Don Gosen
Dan Owens
Ronnie Richardson
Brian Meny
Bill Moyer

Gary Filbert Lifetime Achievement

Award Winner:

Gary McDaniel

MBCA Membership - What It Means To You

You'll be a part of a group larger than yourself, your program, your school, your conference or your district

- A vast wealth of knowledge, experience and ideas just waiting to be tapped.
- A chance to share ideas and be a mentor to other coaches. In addition to learning from others.
- The opportunity each fall to be a part of one of the nation's largest and fastest-growing clinics.
- Choice of submitting dues by P.O., mail or online for membership, clinic or our traditional, money-saving membership/clinic combo.

Sponsorship of great events for our state

- MBCA Clinic, one of the largest in the nation
- Norm Stewart Classic @ Columbia College
- MBCA Academic All-State Mr & Miss Show-Me
- Recruiting Showcase for D-1 players (six state event)
- Recruiting Showcase for non D-1 players (Missouri players only event)
- Basketball Banquet

The many opportunities to honor our players

- Mr & Miss Show-Me Basketball
- Players-of-the-Year in each class
- All-State squads
- Academic All-State squads
- Curtis Kerr Student-Assistant of the Year
- All-District team selection

The many opportunities to honor our peers

- MBCA Coaches Hall of Fame
- Century Club (honoring coaches each year who attain career win 100, 200, 300, etc)
- Class level Coach of the Year
- Cub Martin Assistant Coach of the Year
- District level Coach of the Year & Eligibility for the NHSBCA Coach of the Year Award

Special Bonuses

- Automatic membership in the NHSBCA (National High School Basketball Coaches Association @ www.nhsbca.org)
- Your voice via MBCA member seated on the MSHSAA Basketball Advisory Committee
- Liability insurance, specifically related to coaching, provided for all members of the association. [Click Here](#) for information about your insurance.
- "The Hard Court Herald" The country's most comprehensive coaching association-sponsored newsletter
- 15% member discount when ordering products from Collegiate Awards

NHSBCA PLAYBOOK APP

- Receive your own license to NHSBCA Playbook app making it fast and easy to create and keep an animated breakdown of all your strategy concepts in one secure place.
- This app is purchased by the MBCA through the NHSBCA, so it is free of charge to all MBCA members.

Most of all...it's about PROMOTING BASKETBALL IN THE STATE OF MISSOURI

To register for membership online,

Visit: <https://mo.nhsbca.org/mbca-membership>



MBCA Membership - What It Means To You

To register for membership offline:



2020-2021 MBCA MEMBERSHIP APPLICATION FORM SCHOOL:

SCHOOL: _____ CLASSIFICATION: _____

MEMBERSHIP:

_____ Individual Membership (\$40, \$45 after February 1st, 2020)

_____ Two Coach Membership (\$80, \$90 after February 1st, 2020)*

_____ Staff Membership (\$100 Three or more coaches, \$110 after February 1st, 2020)*

Coach: _____ Coach's Email: _____

Coach: _____ Coach's Email: _____

Coach: _____ Coach's Email: _____

Coach: _____ Coach's Email: _____

Coach: _____ Coach's Email: _____

Coach: _____ Coach's Email: _____

Coach: _____ Coach's Email: _____

Coach: _____ Coach's Email: _____

Coach: _____ Coach's Email: _____

Coach: _____ Coach's Email: _____

*You may register online (www.mobca.org) or send Check, Money Order or Purchase Order to:

c/o Shawn Erickson
14860 State Road DD
Festus, MO 63028
info@mobca.org

Everyone who completes an OFFLINE membership form will receive an invoice via email.
If you have questions, please visit the membership page on mobca.org or e-mail info@mobca.org

Nomination Form
Missouri Basketball Hall of Fame
Sponsored by the Missouri Basketball Coaches Association

Coach's Name: _____

School(s) coached at and record at each school:

Nominated Coach's

Phone: _____
 School Home Cell

Nominating Coach's Name: _____

Nominating Coach's Phone: _____
 School Home Cell

Career Honors

Received: _____

Nominating Coach's

comments: _____

Nominating Coach's Signature: _____

Coaches with 500 or more wins in Missouri are automatic qualifiers. Please mail form or seek more information by contacting Brad Conway, Hall of Fame Coordinator, at the following address:
Brad Conway
Jefferson City High School
609 Union Street
Jefferson City, MO 65101

Return this form by December 1. YOU MUST BE A MEMBER TO SUBMIT A NOMINATION.

Nomination Form
Richard Fairchild Coach of the Year
Sponsored by the Missouri Basketball Coaches Association

Nominated Coach's Name: _____

School: _____

School Classification (circle one): 1 2 3 4 5 6

(circle one): Boys Girls

Nominating Coach's Name: _____

You must coach in the SAME classification as the individual you are nominating!

Nominating Coach's School: _____

Reason for Nomination: _____

Mail all nominations by March 15, 2016 to:

Shawn Erickson, MBCA Office
14860 State Road DD
Festus, MO 63028

You MUST be an MBCA member to nominate!!!

Nomination Form Academic All-State

Sponsored by the Missouri Basketball Coaches Association

Player Name: _____ Select: Boy Girl

School: _____

Player's Home Phone: _____

Coach's Name: _____

Coach's Phone: _____

School

Home

Cell

Coach's email: _____

The individual being nominated for Academic All-State must meet the following qualifications:

1. Senior standing
2. Started 90% of his or her team's games or played in 75% of the total team quarters played.
3. Possesses outstanding moral character.
4. Has ONE OR MORE of the following verified minimum scores:
 - a. ACT score of 27 composite or above
 - b. SAT score of 1920 composite or above
 - c. PSAT score of 185 selection index or more
5. Grade-Point Average of 3.25 out of possible 4.0 (or equivalent on alternate grade scale)

Please List Senior Season Basketball Statistics: PPG _____ RPG _____ APG _____ SPG _____ FT% _____
FG% _____ Other _____

---SCHOOL PRINCIPAL MUST VERIFY ALL OF THE APPLICABLE ITEMS---

Coach's signature: _____

Principal's signature: _____

---AN OFFICIAL TRANSCRIPT MUST ACCOMPANY THIS NOMINATION---

All student-athletes who meet ALL of the required criteria will be honored as members of the Missouri Academic All-State team. Please send additional information to your district representative. **YOU MUST BE AN MBCA MEMBER TO NOMINATE FOR THE ACADEMIC ALL-STATE TEAM.** Mail all nominations to the following address by March 15, 2016:

Shawn Erickson, MBCA Office
14860 State Road DD
Festus, MO 63028

COACHES.....THERE IS A LATE FEE OF \$10 EXTRA TO BE ADDED TO YOUR MEMBERSHIP IF YOU JOIN AFTER FEBRUARY 1!

Nomination Form
Kevin "Cub" Martin Memorial
Missouri Assistant Basketball Coach Of The Year
Sponsored by the Missouri Basketball Coaches Association

This award is being awarded in honor of the late Kevin "Cub" Martin, the long-time assistant basketball coach at Nixa High School. A lifetime resident of Nixa, Kevin's committed loyalty to his students, players, family and friends was always proudly displayed and never questioned. He was a source of inspiration to all he came in contact with. His legacy is one that will now live on in honoring those who give of their time to basketball in our state in a manner befitting Kevin's life and career.

CRITERIA

Outstanding Character
Loyalty
Commitment to Program and Community
Sportsmanship
Ethics
Selflessness
Leadership
Longevity at a School/Program

NOMINATION REQUIREMENTS/PROCESS

Nominating coach must be a member of the MBCA
Applicants will be sorted and honorees selected by the MBCA board

Fill out the space below with appropriate information and return by March 15, 2016 to:
Shawn Erickson, MBCA Office
14860 State Road DD
Festus, MO 63028

Assistant Coach Nominated: _____

School Affiliation: _____

Years at School: _____

MBCA Member Nominating: _____

******In addition to this form, please submit a letter of recommendation including:**
1) career overview of nominee
2) reason for nomination

Nomination Form

Curtis Kerr Memorial

Missouri High School Basketball Student-Assistant Coach Of The Year

Sponsored by the Missouri Basketball Coaches Association

This award is being presented in honor of the late Curtis Kerr, a four-year basketball manager during his time at Elsberry High School. Though Curtis lost his life at a very early age soon after graduating from EHS, his dedication and devotion to the Indian basketball program will and should never be forgotten. This award will not only carry on Curtis' legacy but give just due to those hard-working young men and women who do all the previously-unsung work that makes a high school basketball program go.

The winner of this award will be honored at the annual MBCA Academic All-State Banquet in April and all nominees will be listed in the May Edition of the MBCA newsletter ("*The Hard Court Herald*").

CRITERIA

- 1) Outstanding Character*
- 2) Devotion to Academics
- 3) Loyalty
- 4) Commitment to Program (must have served as a manager for your program for at least three seasons)
- 5) Outstanding Work-Ethic

NOMINATION REQUIREMENTS/PROCESS

Nominating coach must be a member of the MBCA

Applicants will be sorted and honorees selected by the MBCA board

Fill out the space below with appropriate information and return by March 15, 2016 to:

Shawn Erickson, MBCA Office
14860 State Road DD
Festus, MO 63028

Nominee's Name: _____

High School: _____

Years as Student Assistant: _____

MBCA Member Nominating: _____

MBCA Member Contact Info: _____

Phone

Email

******In addition to this form, please submit a letter of recommendation from nominating coach.**

PLEASE SUBMIT THIS FORM AND LETTER BY MARCH 15, 2016!