

**The 20 (23) best  
ideas from my  
25 years**



Ken George  
Hope College Assistant Coach

# Why should I consider this guy's ideas?



## I'm old

- 24 years as head coach at Forest Hills Central in Grand Rapids
- Built a program



## Winning - and losing

- 345 wins
- Built a program
- District and Regional success
- Conference success



## Rapid fire

- 23 ideas
- 2-3 minutes each
- Steal what you need

# Ken George Basketball

01

## Website Document Tab

[kengeorgebasketball.com](http://kengeorgebasketball.com)

02

## Two books - available on Amazon

10 Commandments of Coaching Basketball

10 Mentalities of Championship Basketball Teams

03

## Twitter

[@kengeorgebball](https://twitter.com/kengeorgebball)

04

## YouTube

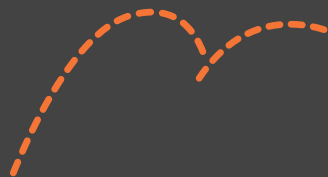
[HoopSmart Fuel for Basketball Coaches](#)

# Three types of ideas



## X and O and drills

On-court in practice or games



## Program-building

Taking over a new program or adding to what you already do



## Motivation

Get the most out of your team

**01**

# Team Notebooks

Can't imagine NOT doing it now

# Notebook Contents



## Notes to player

- From Coach George
- From each assistant



## X and O

- Offensive sets
- Defensive system
- Blobs, slobs, etc.



## Scouting

- Opponent scouting
- Self-scouting



## Schedules

- Practice Schedule
- Game Schedule
- Retreat/special events



## Motivation

- Rangerball pyramid
- The Rangerball Way
- The Young Boy poem
- Records we'll break
- Other..



## Goals

- Team goals sheet
- Sticker reward program
- Individual goal notes

**02**

# Rangerball timeout

Shouldn't everyone hear what you're saying?

**03**

# **Team Free Throw**

Drink break with a purpose



# Everyone around the free throw lane

- Together - “everyone touch somebody”
- Captain first and last

## Three “drinking spots”

- Run to your drink
- Nobody leaves until someone comes back

## Scorekeeping

- Each player shoots two free throws
- Rotate around the lane
- +1 for a make and -2 for a miss
- Team runs off losses at the end



**04**

# **Inviting parents to the locker room and practice**

What? Is he crazy?

**05**

# **Naming drills and awards after players**

**06**

# Senior speeches

Easily, the very best part of every banquet

**07**

# **Butler Ball Screen**

In 3 minutes, practice every method you have

**08**

# **Pre-season retreat**

Set the tone for the season

**09**

# Putting in 7-10 set plays

Everyone says you want players, not plays.  
All I want is sometimes is total control of  
who will shoot, when they'll shoot, and  
where they will shoot it from.

**10**

# Special Teams

**goals/focus**

If football does it, why can't we?



**11**

# **Automatic zone set**

You won't waste that first possession

**12**

# **Captain training and opportunities**

**Train them for life**

**Captain Contract**

**Captain Continuum**

**13**

# **Defensive Breakdown**

15-minute session that builds your system from the ground up. Every day.

# Defensive Breakdown



**14**

# **Rangerball Christmas**

Maybe their favorite day of the year

**15**

# **Team Book Club**

Pick a short one!

**16**

# Run and Gun

The perfect drill to start practice

# Run and Gun

Great drill to use after stretching and before practice

- Gets everyone loose
- Self-directed
- Timed and competitive
- Passing, shooting, running, finishing, talking,
- 100 in 4 minutes
- 4 quarters - 25 points per quarter





**17**

**Shooting  
drills three  
times in every  
practice**

Nothing else matters if they miss

# My favorite shooting drills



## 10-10-5 - 9 minutes

- 10 no dribble
- 10 one dribble
- 5 to the rim
- Then, all 25 in a row



## Big Red - 10 minutes

- 5 minutes each
- Around the world
- Make 10 to move
- Five spots



## ATW - 5 minutes

- Both players right baseline - 1 ball
- Get your own rebound
- Change rules to move



## 47-second shootout

- Youtube video
- Ladder by week
- You can make your own drill for this
- Rock-paper-scissors

**18**

# **Player sticker boards**

Everyone loves stickers. Trust me.



**19**

# **Post-season meetings**

They were brutal sometimes, but the families were thankful for the communication and time.

**20**

## **6 a.m. tryout**

Nobody “just shows up” at 6 a.m.

**21**

## **Report Cards**

Every 5 games? Twice a season? Not every game!

**22**

# **Game-like scrimmage**

Practice warm-ups, National Anthem, starters, pre-game, subbing, timeouts, foul trouble, pre-game in locker room, halftime, etc.

**23**

# **Pre-game individual notes/goals**

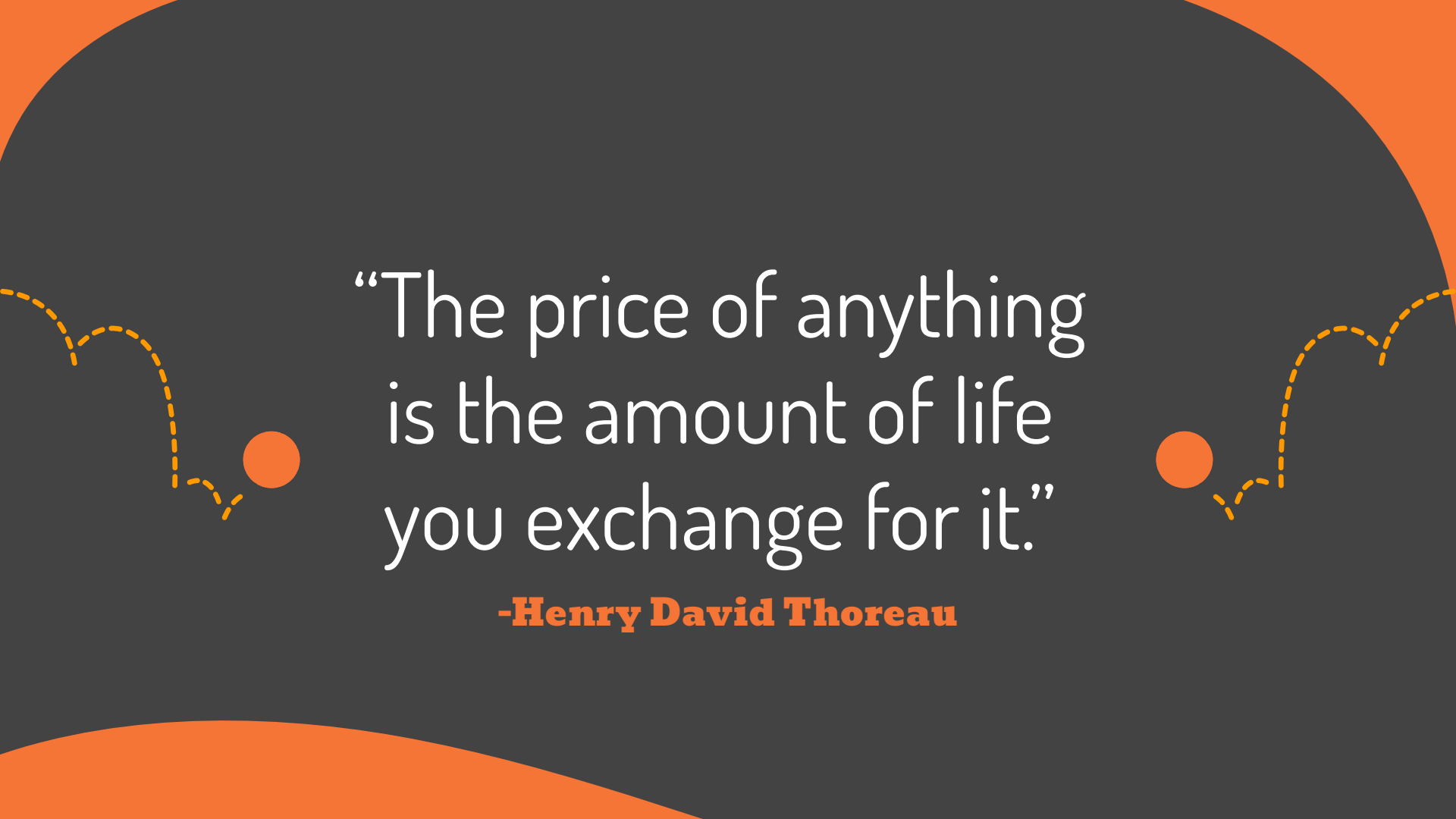
Quick, handwritten, 3 goals. Watch them go!





## Now what?

- [kengeorgebasketball@gmail.com](mailto:kengeorgebasketball@gmail.com)
- Coaching clinic next year in October at Northview High School
- Buy my books?
- This presentation will be on my website
- Twitter and YouTube
- Questions?



“The price of anything  
is the amount of life  
you exchange for it.”

**-Henry David Thoreau**

