



Teaching Players What to See

OCTOBER 7 • FILM • COMMUNICATION • SPACING • DECISION MAKING

This Week

1. **Film Study and Teaching**
2. **Three Levels of Communication**
3. **Spacing Creates the Advantage**
4. **Shoot It Drive It Move It**
5. **The Drill Is Not the Point**
6. **P-O Program News**

Question of the Day

October 7 How often do you watch film with your team? What do your film sessions look like?

Film never lies, and players often receive coaching better in a one-on-one setting.

This year, we are trying something new: we are going to watch more film than ever. During the first two weeks of practice, we will watch film before every practice on the concepts and skills we are working on.

In my first five years of coaching, we have never won our opening game. That is on me. I have overloaded our players with too much information, and it has not translated quickly enough. I believe our players will be better sooner this year because film will help them retain concepts and pick them up faster.

The film sessions will not be complicated. We will simply show players how to execute what we are about to teach and install. During the season, we will use a Friday or Saturday session to highlight players making great and special plays.

Each player will also have one individual film session with a coach each week. We will use no more than three clips to coach the areas that need improvement. This approach will require more time from our staff, but I believe our teaching will be better than ever.

P-O BOYS BASKETBALL • ONE TEAM • ONE GOAL • ONE PURPOSE

Three Levels of Communication

There are levels to communication on the court.

1. **Call it.** Use one clear word to alert teammates and get their attention.
2. **Explain it.** Tell teammates what you see and give useful direction.
3. **Communicate to intimidate.** Share the full picture before the action happens and keep all five players connected.

When all five players are talking, giving direction, and telling teammates what they see before it happens, defense becomes a team effort. Great teams do not just play together - they talk together.

THERE ARE 3 LEVELS OF COMMUNICATION ON THE COURT

P-O BASKETBALL

LEVEL 1
ONE WORD

- ▶ Short and quick.
- ▶ Alerts your teammates.
- ▶ Gets attention.
- ▶ Used in live action.

LEVEL 2
GIVES MORE DESCRIPTION

- ▶ Tells your teammates what you see.
- ▶ Gives direction.
- ▶ Says what you're doing and how.
- ▶ Helps the team be on the same page.

LEVEL 3
COMPLETE COMMUNICATION

- ▶ Includes the full picture.
- ▶ Tells what you see, what you're doing, how you're doing it, and what you need.
- ▶ Keeps the whole team locked in.
- ▶ Leads and builds trust.

COMMUNICATION CREATES CONFIDENCE, DISCIPLINE & WINS!

✓ TALK EARLY ✓ TALK LOUD ✓ TALK OFTEN ✓ TALK WITH A PURPOSE

Talk early. Talk loud. Talk often. Talk with a purpose.

#SkillsToSwish #BasketballDevelopment #TalkOnDefense #YouthBasketball #CommunicationWins

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Spacing Is Not Just Where You Stand

When we talk about spacing, it is easy to focus on formations: 5-Out, 4-Out 1-In, corners, slots, dunker spots, and 45s. Those things matter, but spacing is not simply putting five players in the correct spots. Spacing should create an advantage.

If you have a true post player, 4-Out 1-In may fit your personnel. If you are guard-heavy, 5-Out may give your players more room to attack. Do not choose spacing because it is what you have always run. Choose spacing that helps your players create advantages.

P-O BASKETBALL **CHOOSING YOUR SPACING TEMPLATE** **P-O BASKETBALL FRAMEWORK**

THERE ISN'T ONE RIGHT ANSWER. THERE IS A RIGHT ANSWER FOR YOUR TEAM.

5-OUT

BEST FOR:

- YOUTH DEVELOPMENT
- SKILL DEVELOPMENT
- DRIVING LANES
- DECISION MAKING
- POSITIONLESS BASKETBALL

4-OUT • 1-IN

BEST FOR:

- SKILL DEVELOPMENT
- DRIVING LANES
- YOUTH DEVELOPMENT
- OFFENSIVE REBOUNDING
- NATURAL DOUBLE GAPS
- POST DUMP OFFS
- POST PLAY OPTIONS

VS.

MY RECOMMENDATION

YOUTH (3RD-8TH)
START WITH 5-OUT.
Teaches spacing, develops all five players, creates more decisions and better skills.

HIGH SCHOOL
CHOOSE BASED ON YOUR PERSONNEL.
Let your team's strengths determine your spacing.

DON'T FORCE A SYSTEM ON YOUR PLAYERS.
LET YOUR PLAYERS DETERMINE YOUR SPACING.

SHOOT IT. | DRIVE IT. | MOVE IT.

Our Offensive Progression

1. Spacing
2. Create gaps
3. Earn paint touches
4. Force the defense to react
5. Make the next decision

Spacing → Gaps → Paint Touches → Decisions

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Choose Spacing for Your Players

The right spacing depends on your personnel, practice time, player-development goals, and the number of players who can handle the ball. Build the system around the players who will play the majority of the minutes.

**P-O**
BASKETBALL



HOW DO I CHOOSE MY SPACING?

THE RIGHT SPACING FOR YOUR TEAM DEPENDS ON YOUR PLAYERS, TIME AND GOALS.

ASK YOURSELF...

-  **HOW MANY PLAYERS CAN HANDLE THE BALL?**
More ball handlers = more spacing options.
-  **DO I HAVE A TRUE POST?**
Affects lane spacing and actions.
-  **WHO WILL PLAY THE MAJORITY OF THE MINUTES?**
Build your system around your best players.
-  **HOW MUCH PRACTICE TIME DO I HAVE?**
More time = more continuity and reps.
-  **WHAT AGE AM I COACHING?**
Youth development vs. winning now.



MY GENERAL PHILOSOPHY



YOUTH (3RD-8TH) 5-OUT

- Develop guard skills.
- Everyone learns to dribble, pass, shoot, and make decisions.
- 5-Out gives players space to grow and play fast.



HIGH SCHOOL ROSTER DETERMINES SPACING.

- Mostly guards → **5-Out**
- One true post → **4-Out 1-In**
- Two true posts → **3-Out 2-In** (when needed)

**ADAPT YOUR SPACING TO YOUR PERSONNEL—NOT YOUR PREFERENCES.**

P-O BASKETBALL **SHOOT IT. DRIVE IT. MOVE IT.**

For youth players, 5-Out can develop guard skills and give every player opportunities to dribble, pass, shoot, and make decisions. At the high school level, the roster should determine whether 5-Out, 4-Out 1-In, or another alignment creates the best advantages.

Adapt your spacing to your personnel - not your preferences.

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Shoot It Drive It Move It

Once we create an advantage, I want the game to become simple. Make a decision on the catch. If you are open, shoot it. If you have a closeout or an open gap, drive it. If neither opportunity is there, move it.

We do not want the basketball sticking while players try to remember what they are supposed to do next. We want players learning to see the game, react to it, and advance the advantage.



- Shoot it: feet ready, in rhythm, open or facing a long closeout, and confident.
- Drive it: attack the closeout, hunt the paint, and create an advantage.
- Move it: make a quick decision, advance the advantage, and improve the shot.

Every catch should lead to a decision.

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The Drill Is Not the Point

I love drills, but the drill is not the point. Transfer is the point.

That is why many of our drills become 2-on-1, 3-on-2, 4-on-3, paint-touch games, and other advantage situations. I do not just want repetitions. I want repetitions of decisions.

P-O BASKETBALL

SPACING CREATES THE ADVANTAGE.

DRILLS TEACH THE DECISION.

SHOOT IT. DRIVE IT. MOVE IT.

THE P-O BASKETBALL FRAMEWORK

- 1 SPACING
- 2 CREATE GAPS
- 3 PAINT TOUCHES
- 4 DECISION MAKING
- 5 FINISHING
- 6 SHOOTING
- 7 PRESSURE DEFENSE

- If spacing matters in our offense, our drills should reinforce spacing.
- If paint touches matter, our drills should reward paint touches.
- If decision-making matters, practice must preserve real decisions.

The standard: The drill should serve the system.

Varsity Fall League News

P-O is now 2-2 in the State College Fall League after losses to State College High School and St. Joseph's last week. We competed well, but our attitude and effort became an issue. We beat ourselves.

I believe we could be very good this season, or we could struggle. Culture will be the word you hear most. Our daily attitude, effort, accountability, and response to adversity will determine what kind of team we become.

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P-O Alumni Message

Congratulations and welcome home to these alumni. We are excited to welcome you back to the P-O Basketball family, and we plan to keep you updated and involved with future events.

- Christian DeLozier - Class of 2024
- Mark Nartatez - Class of 1979 Coach
- Kris Vancas - Class of 1989
- Zack Meyers - Class of 2026

New Building News

We are actively searching for a company to help with the grant-writing process. We are also beginning to look for land while seeking a partner that can identify funding opportunities for the project.

One company currently under consideration is Grant Writing LLC in New York.

The new building fund campaign will roll out soon. The website is finished and ready to view. Our goal is to have the gym operating within five years. If you have thoughts or ideas, please send us a message.

[Visit the Little Mounties Sports Complex website](#)

P-O Program Standard

Come ready to compete, work, and get better. Buy in. Be consistent. Get stronger. Become better students and better teammates.

[Mountie Basketball](#)

[Mountie Youth Basketball](#)

#POBrotherhood #MountiePride #HumbleAndHungry #WeOverMe #OneTeamOneFamily #GetBetterEveryDay

Coach Anderson

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