



Dienstenaanhuis Lions Zedelgem

Basketball Coach Clinic

14 May 2019

# Coach Hans De Wispelaere





## Achievements & Awards

Coach Seniors	
89-90	Kampioen 3de Nationale (Dames Ieper) Winnaar Beker van West-Vlaanderen (Dames Ieper)
93-94	Finalist Beker van België (Dames Mini-Flat Waregem)
94-95	Medestijger naar 2de provinciale West-Vlaanderen (BBC Oedelem)
96-97	Kampioen 1ste provinciale Oost-Vlaanderen (Dames Sgolba Aalter)
97-98	Kampioen 2de provinciale West-Vlaanderen (BBC Oedelem)
98-99	Laureaat trofee van sportverdienste gemeente Groot-Beernem
99-00	Winnaar Beker van West-Vlaanderen (BBC Oedelem)
08-09	Kampioen 1ste provinciale (BC Sijsele) Winnaar Beker van West-Vlaanderen (BC Sijsele) Coach van het jaar in 1ste provinciale (VBC) Provinciaal coach van het jaar (alle provinciale reeksen) (VBC) West-Vlaams coach van het jaar (alle provinciale, landelijke en nationale reeksen) (VBC)
09-10	Coach van het jaar 2de Landelijke B (BBCA) Beker van Vlaanderen 1/16 winnaar tg Basket Bree (2de Nationale) 1/8 winnaar tg St. Nikolaas Condors (3de Nationale) 1/4 verliezer tg BBC Falco Gent (2de Landelijke)
10-11	Vicekampioen in 2de landelijke en promotie naar 1ste landelijke (BC Sijsele) Coach van het jaar landelijke en nationale reeksen (VBC) West-Vlaams coach van het jaar (alle provinciale, landelijke en nationale reeksen) (VBC)
15-16	Vicekampioen in 1ste provinciale en promotie naar 2de landelijke (BS Waregem Two) Winnaar Beker van West-Vlaanderen (BS Waregem Two)



## Achievements & Awards

Player	
82-83	Kampioen 3de provinciale West-Vlaanderen (BBC Oedelem)
83-84	Kampioen 2de provinciale West-Vlaanderen (BBC Oedelem)
	Topscorer 2de provinciale West-Vlaanderen (BBC Oedelem)
84-85	Kampioen 1ste provinciale West-Vlaanderen (BBC Oedelem)
	Topscorer 1ste provinciale West-Vlaanderen (BBC Oedelem)
	Finalist Beker van West-Vlaanderen (BBC Oedelem)
87-88	Kampioen 2de Nationale (BBC Sijsele)
89-90	Kampioen 4de Nationale (BT Waregem)
94-95	Medestijger naar 2de provinciale West-Vlaanderen (BBC Oedelem)
97-98	Kampioen 2de provinciale West-Vlaanderen (BBC Oedelem)

Coach jeugd	
93-94	Winnaar Beker van West-Vlaanderen (Benjamins BBC Sijsele)
99-00	Finalist Beker van West-Vlaanderen (Fiba Junioren BBC Oostkamp)
00-01	Winnaar Beker van West-Vlaanderen (Fiba Kadetten BBC Oostkamp)
	Finalist Beker van West-Vlaanderen (Fiba Junioren BBC Oostkamp)
01-02	Finalist Beker van West-Vlaanderen (Fiba Kadetten BBC Oostkamp)
02-03	Winnaar Beker van West-Vlaanderen (Landelijke Kadetten BBC Oostkamp)
	Winnaar Beker van West-Vlaanderen (Landelijke Junioren BBC Oostkamp)
	Kampioen A-reeks Landelijke Kadetten (Landelijke Kadetten BC Oostkamp)
	Winnaar Beker van Vlaanderen (Landelijke Kadetten BC Oostkamp)
	Finalist Beker van West-Vlaanderen (Landelijke Junioren BC Oostkamp)
03-04	Winnaar Beker van Oost-Vlaanderen (Landelijke Kadetten Sgolba Aalter)
07-08	Winnaar Beker van Oost-Vlaanderen (Landelijke Kadetten Sgolba Aalter)
14-17	Deelname met BS Waregem U21 in de Prom-basket reeks

Deelname belangrijke internationale evenementen	
2003	NCAA Finales in New Orleans (Louisiana)
2004	NCAA Finales in San Antonio (Texas)
	6 weeks internship with the Liberty Flames
2012	NCAA 1e division team in the "Big South Conference"
	Liberty University, Lynchburg, Virginia
2016	NCAA Finales in Houston (Texas)
2017	NCAA Finales in Phoenix (Arizona)
2018	NCAA Finales in San Antonio (Texas)
2019	NCAA Finales in Minneapolis (Minnesota)



Be not afraid of greatness.  
Some men are born great  
Some men achieve greatness  
And some have greatness thrust upon  
(William Shakespeare)

# NABC clinic 2019

Summary  
&  
Overview  
by  
Coach  
Hans De Wispelaere

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## John Beilein

Head Men's Basketball Coach  
University of Michigan



Participates in 1 Session

Considered to be one of the best tactical basketball minds in the country, U-M's David and Meredith Kaplan Men's Basketball Head Coach John Beilein has continued to be an innovator in college basketball during his four decades patrolling the sidelines.

Beilein has compiled a career record of 799-461 (.628) during his 41 years as a collegiate head coach. He has recorded 20-plus win seasons on 22 occasions and has finished with a winning record in 34 seasons, placing him in the top 10 for career victories among active Division I head coaches.

Beilein has 19 career postseason appearances -- 12 in the NCAA Division I Tournament, six in the NIT and one in the NCAA Division II Tournament. With the seven trips to the Big Dance with U-M, Beilein is one of 14 coaches to have taken four different schools to the NCAA Tournament -- Canisius (1996), Richmond (1998), West Virginia (2005, '06) and Michigan (2009, '11, '12, '13, '14, '16, '17, '18).

In 11 seasons in Ann Arbor, Beilein has built the Wolverines into one of the nation's elite programs, taking U-M to a pair of national championship game appearances (2013, '18) while also becoming the winningest coach in school history.

Under Beilein, the Maize and Blue have made eight NCAA Tournament appearances while also winning two Big Ten regular season and two Big Ten Tournament titles. Michigan earned a share of the 2012 Big Ten regular-season title with a 13-5 record -- the first for the program since 1986. The Wolverines just missed getting a share of the 2013 conference title after a last second loss in the regular season finale. However, U-M won the program's first outright Big Ten crown in 28 years in 2014 with a 15-3 record, winning the league by three games.

In 2017, seeded eighth at the Big Ten Tournament, U-M found itself in the headlines before the tournament began after its plane ran off the runway and crashed, forcing the Wolverines to make the trip to Washington, D.C. on the morning of their conference tournament opener. Showing no ill effects from the travel, U-M easily dispatched No. 9 seed Illinois and used that momentum to win four games in four days, taking down No. 1 seed Purdue, No. 4 seed Minnesota and No. 2 seed Wisconsin along the way in becoming the lowest seed ever to win the Big Ten Tournament.

The following season Beilein's Wolverines set a new school record with 33 wins, which included repeating as Big Ten Tournament champions, once again winning four games in four days to take the title at Madison Square Garden. After opening the tournament with an overtime win over No. 12 seed Iowa, the Wolverines downed No. 4 Nebraska, No. 1 Michigan State and No. 2 Purdue to claim the conference crown.

For full bio visit: <https://mgoblue.com/coaches.aspx?rc=4010>

### Sessions in which John Beilein participates



Saturday April 6, 2019





## John Beilein



Beilein during the 2013 NCAA Tournament

Cleveland Cavaliers	
Position	Head coach
League	NBA
Personal information	
Born	February 5, 1953 (age 66) Burt, New York
Nationality	American
Career information	
College	Wheeling Jesuit (1971–1975)
Coaching career	1975–present
Career history	
<b>As coach:</b>	
1975–1978	Newfane HS
1978–1982	Erie CC
1982–1983	Nazareth (NY)
1983–1992	Le Moyne
1992–1997	Canisius
1997–2002	Richmond
2002–2007	West Virginia
2007–2019	Michigan
2019–present	Cleveland Cavaliers
Career highlights and awards	
<ul style="list-style-type: none"> <li>• 2× NCAA Regional champions – Final Four (2013, 2018)</li> <li>• 2× Big Ten Tournament champions (2017, 2018)</li> <li>• 2× Big Ten regular season champions (2012, 2014)</li> <li>• NIT Championship (2007)</li> <li>• CAA regular season champions (2001)</li> <li>• CAA Tournament champions (1998)</li> <li>• MAAC Tournament champions (1996)</li> <li>• MAAC regular season champions (1994)</li> <li>• Coach Wooden "Keys to Life" Award (2019)</li> <li>• CBS Sports National Coach of the Year (2018)</li> <li>• Big Ten Coach of the Year (2014)</li> <li>• CAA Coach of the Year (1998)</li> <li>• MAAC Coach of the Year (1994)</li> </ul>	





**Things are changing all the time and you need to change with it.**  
**but**

**Some things never gone change**

### 1) The tone at the top

- a. What are you like every day
  - b. What is the top of your setting for your staff, your team (integrity)
  - c. How do you treat others (andere personen in de club, begeleiders, scheidsrechters, bestuursleden...)
  - d. Do you compromise (in opspraak brengen) your rules in any way.
- The tone you set on the top is what your team is going to be like  
If your tone compromise integrity in any way it will change the whole direction of your team

### 2) Outs the integrity

(integriteit: eerlijk, betrouwbaar, onschendbaar, onkreukbaar, rechtschapen)

William Shakespeare Quote:

**Be not afraid of greatness**

**Some men are born great** (erfenis, familie heeft aanzien en is machtig)

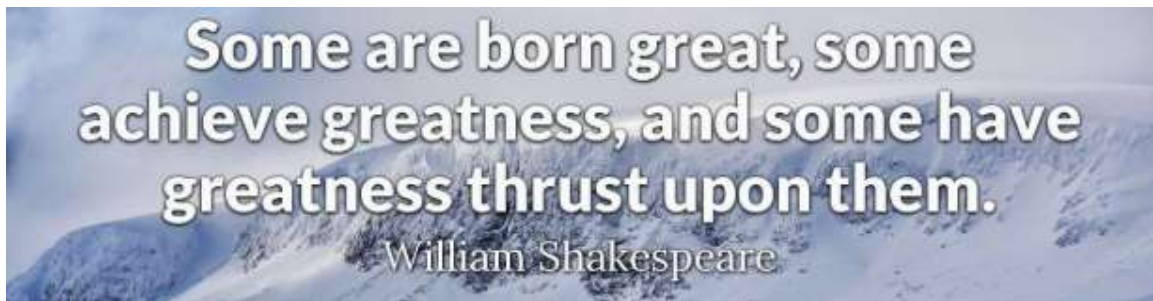
(koningen – koninginnen)

**Some men achieve greatness** (hard werken)

(Mozart, Galileo, Einstein,... MJ, Tiger Woods, Steve Jobs,...)

**And some have greatness thrust upon them** (je komt in een situatie die grootsheid vereist)

(Chesley Sullenberger (Hudson River airplain landing), Winston Churchill,...)



"Wees niet bang voor grootsheid:  
sommige worden zo geboren,  
andere bereiken het,  
en sommige krijgen grootsheid opgedrongen."





### 3) What kind of staff do you hire?

=> do they compromise your values at all

### 4) Positive relationship with your student athletes:

- You cannot expect them dive true a wall for you ≠ relationship
- Rules (attending classes, how to dress, appear,...) without relationship = rebellion
  - In the beginning if the season coach was called back
- Book: Todd Gongwer: "Lead... for God Sake" (takes about I have to win ⇔ I have to build relationships)
- Examples:
  - Games over, you lost => charging into the locker room and you are going to let them have it!  
**WATCH THE GAME FILM FIRST +> MAKE SURE YOUR ARE RIGHT!**  
You are going to say things that will change a kids life either pos (+) or neg (-)
  - Good shooter in practice and bad (terrible) shooter in games  
Player mist he's next 30 shots because the coach didn't believe in him:  
NOT positive – TOO negative

### 5) How you talk to your guys IS CHANGING

- That's changing -vroeger– nu => opname => Twitter...
- HOW would I like this speech to my team right now, if everybody in the World could listen to it.  
Would I let them here what I'm saying right know

### 6) As the coach/leader of the team stay in great shape:

Work out yourself (10.000 steps/day)- meditate

- Do something to ground (aarden) yourself because you are very important to this team
  - You must be able to think clearly
  - Meditation: Cleans his mind – helps him focus all the time  
IF HE DOES NOT DO IT => He's stressed, He's instantly upset about something







## 7) The importance of skill development:

- a. **MAKE MICHIGAN BETTER** instead of worrying about the next game
- b. => oefeningen
  - i. **Ballhandling:**
    1. **double MIKANS:**  
in 20sec: G: 18 – F: 19 – P: 20  
**We don't say:** go home and work on your ball handling.  
**We say:** You better be able to come back and make xx of this
    2. **Ball around your waist** (rond je midden): **This will kill the arms!!!!**  
in 1 minuut (10xR-10xL): G: 120 - F: 110 – P: 100
  - ii. **Shooting:** Bryce Drue drill (player at Valpo & NBA Hornets)
    - a. Players say... I can shoot  
=> Let them show you the money... not 1x but over and over again:
      - i. make > 50 in the drill => in the game you can shoot when your open,
      - ii. make >60 in the drill => green light: ...)
    - b. [3x3pt + 1 within the 3pt arc= change vision & debt] x??? in 5 min)
    - c. 87 shots in 5 min/60 makes  
7 shots in 1 min/12 makes
  - iii. Rebound – passing pivoteren... streven naar perfectie





## 8) Culture WINS

=> who you have in your team?

### a. 5 core values: **UPAID**

- i. **UNITY**: (eenheid)
  1. team first
- ii. **PASSION**: (hartstocht)
  1. we love Michigan & Michigan BB, We love each other
- iii. **APPRECIATION**: (waardering)
  1. An attitude (HOUDING) of gratitude for being aloud to play BB
  2. You better appreciate what you have right know (BB gear- health)
- iv. **INTEGRITY**: (integriteit)
  1. BIGGEST value: stealing in the locker room, not lying, missing class
- v. **DILIGENCE** (ijver, naarstigheid)):
  1. Today's generation => not talk enough => they text => accountability (verantwoordelijkheid) to talk (hold themselves accountable)
  2. Holding each other accountable:  
"If You Don't Have Time to Do It Right, When Will You Have Time to Do It Over?"  
This quote belongs to Hall of Fame basketball player/coach John Wooden.

### b. John Beilein explains Michigan's five core values, forming UPAID acronym

( [https://www.mlive.com/wolverines/2013/08/john\\_beilein\\_explains\\_michigan.html](https://www.mlive.com/wolverines/2013/08/john_beilein_explains_michigan.html) )

DETROIT -- Michigan coach John Beilein wants his team to act in a certain way, and he revealed at the Michigan Elite 25 coaching clinic earlier this week how he and the rest of his coaching staff put it down on paper. The result was the Wolverines' five core values that forms UPAID.

"We talk about one or the other every day," Beilein told Michigan Elite 25 co-founder Tim McCormick, the former Wolverines center. "Every day there's something about one of those things, and that's helps us build our team culture."

Here's what the acronym means, according to Beilein.

**Unity** – "We are going to be unified through thick and thin and everything. We're always going to put the team first. That's the Bo Schembechler "the team, the team, the team."

**Passion** – "We want our teams to play with passion. We want them to love each other with passion. We want them to be excited. When we're recruiting, we recruit guys that are running through the doors to go to Michigan. We want people with passion about the team, their teammates."

**Appreciation** – "We want our guys to have the attitude of gratitude. Whatever they do, there's an attitude of gratitude. We get free gear from adidas it seems like every week. Well, we're going to have a little 'thank you' every time where everybody's going to thank for receiving that gear."

**Integrity** – "Many of you may go by Birmingham, Mich. sometime, and there's a (Palladium) building there. And on the wall of that...building, it says, 'Some...are born great.' I'm thinking probably like Prince William or something. 'Some...achieve greatness.' I'm thinking of Tiger Woods has had for a lot of years and LeBron James. 'Some...have greatness thrust upon them.' They all of a sudden they win the lottery or they grow to be seven feet tall and become NBA players.

**But no legacy is better than your integrity and your honesty."**

**Diligence** – "We're going to be a hardworking team that works hard every day."





#### 9) Many ways to play the game:

- a. Don't say: "We are doing it one way, do what is best for your team"
- b. Zie oefeningen:
  - i. Transition defense (GET BACK)
  - ii. Passing, pivoting and moving the ball (stances and R&R drill)
  - iii. Jumpstops and catching the ball with 2 hands
  - iv. Shooting: BEILEIN Ball (ball with line in the middle) -great spin  
30' shooting drills every day and TESTED

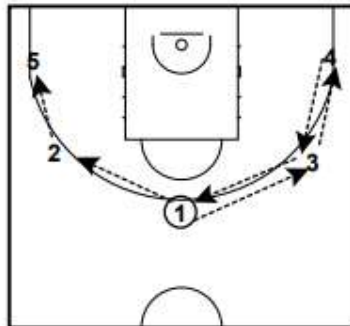
#### What is changing:

- 1) Zie pt 5 how you talk to the guys
- 2) Pointguard and Big in incredible shape
- 3) Action ⇔ NOT action: Stand, Burn (corner or wing), Back Screen + fade, Down screen,
  - 1. Every GUARD sees that flare differently
  - 2. It cannot be about what we always done, what can that guy do
- 4) A lot of ways to get the ball inside (don't throw him the ball)
- 5) Be ready to coach other players, to adapt to who they are, every generation is different
  - c. Kids are different today. You cannot treat them like you were treated.
  - d. Be fare with them – they want discipline and need direction
- 6) Defense:
  - a. No stutter step any more, they burn and kill you
    - i. Jackrabbit (fly by **AND** get back immediately)
    - ii. I'm stepping on the toes/shoes
    - iii. 2+ Close out
    - iv. 2 (stances)



# NABC 2019 Summary & Overview: John Beilein Pivot-jumpstop John Beilein

Passing drill 1  
John Beilein



Passing from left to right and back. (only the ball moves)  
 Catch the ball with 2 hands and a 2 feet jumpstop!  
 Catching, sweeping and passing  
 DO IT ALL THE TIME UNTIL IT'S RIGHT!!!!  
 extra: catching, sweeping, passing, cutting



# NABC 2019 Summary & Overview: John Beilein

## Pivot-jumpstop

### John Beilein

Passing drill 2  
John Beilein

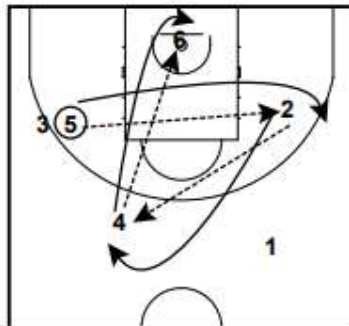


Pass the ball to your teammate and follow

Passing drill 2 (continuation)  
John Beilein



Passing drill 2 (continuation)  
John Beilein



Passing drill 2 (continuation)  
John Beilein



you can add topics:  
1) dribble the ball, pass to teammate and follow  
2) pass the ball, stand before the player to be passed to with your arms spread. Your teammate starts with a cross over dribble going under your arms

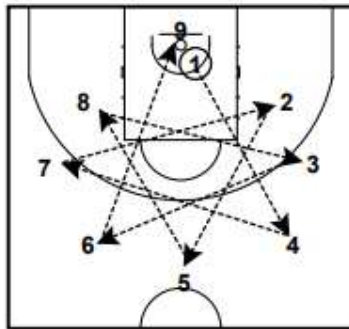
All Contents Proprietary





# NABC 2019 Summary & Overview: John Beilein Pivot-jumpstop John Beilein

Passing drill 2 (extension)  
John Beilein

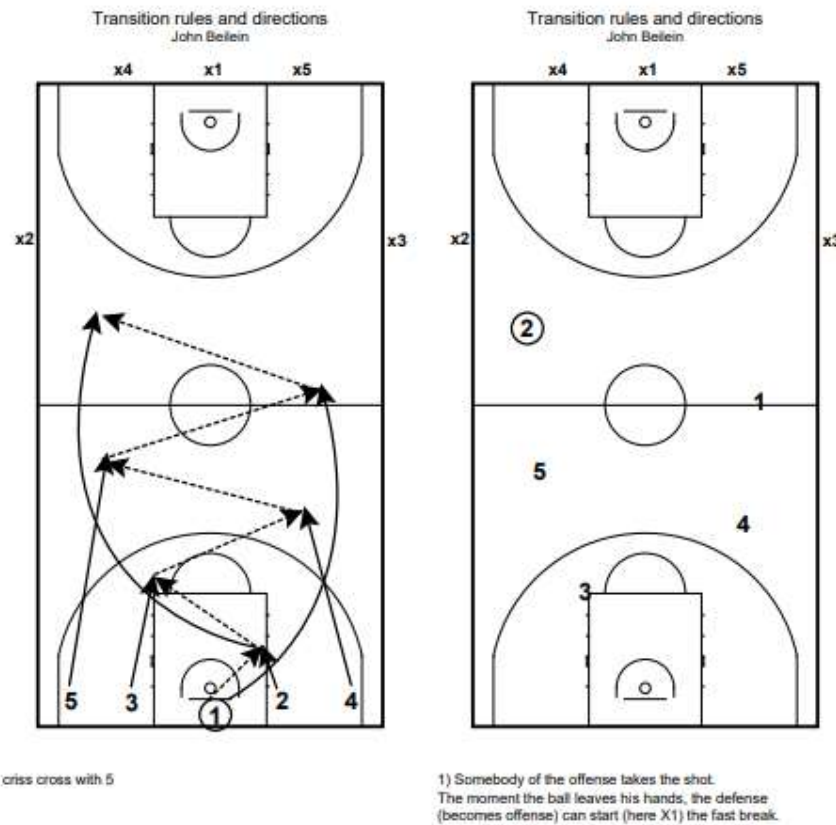


This drill can be done with 8 spots - 9 players  
For your pass, you skip 2 players: 1 -> 4 -> 7 -> 2...

All Contents Proprietary



# NABC 2019 Summary & Overview: John Beilein D-Transition John Beilein



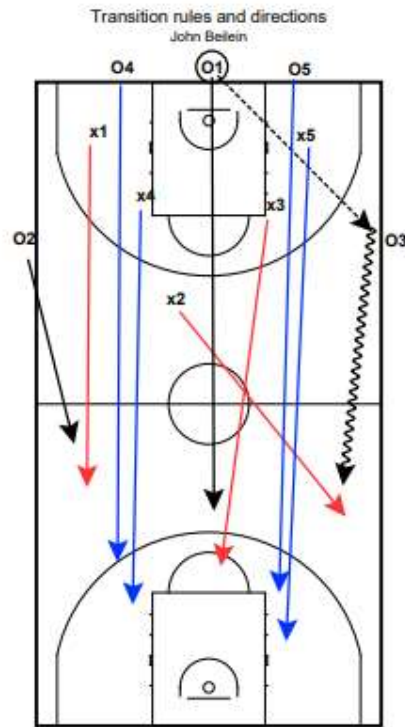
# NABC 2019 Summary & Overview: John Beilein

## D-Transition

### John Beilein



The offense becomes defense and sticks to the numbered defensive team rules: (for instance)



30: 1-2-3 back and defend either O1-O2-O3, 4 off RB and he defends O4, 5 off RB and he defends O5





# NABC 2019 Summary & Overview: John Beilein

## D-Transition

### John Beilein

Transition rules and directions  
John Beilein



Other numbers: (can be)  
32: same as 30 but 4 and 5 can defend either O4 or O5  
25: 1-2-3-5 back and only 4 off RB  
51: 1-4 back and 2-3-5 off RB

The only rule used to be:  
GET BACK (without further instructions)

All Contents Proprietary





## Stan Johnson

President & Founder  
Stan Johnson & Associates  
Participates in 1 Session

Stan Johnson is President and founder of Stan Johnson & Associates, a human resource development consultancy. Additionally, he serves as Executive Director of the Minority Opportunities Athletic Association (MOAA). The Mission of MOAA is to provide opportunities to exchange ideas, advocate increased participation and administrative opportunities for minorities in athletics. MOAA also promotes generating a sports culture that supports the values necessary to teach and learn respect for self and others.

Stan's professional career includes management positions with the International Harvester Company from 1976 to 1981 and Managing Director of INROADS, Kansas City, Inc. (a career development corporation for talented minority students) from 1981 to 1988. Stan served as Director of Professional Development for the National Collegiate Athletic Association (NCAA) from 1988 to 2000. In this position, his responsibilities included the development, implementation and administration of programs that enhance opportunities for ethnic minorities and women in intercollegiate athletics, specifically in coaching, athletics administration and officiating at the national, conference and institutional levels.

Stan earned his Bachelor's degree in Business Administration from Kansas Wesleyan University in Salina, Kansas and a Master's degree in Human Resource Development from Pittsburg State University in Pittsburg, Kansas.

### Sessions in which Stan Johnson participates



Monday April 8, 2019

## What are the last 5 generations?

### Here is a quick overview of the five generations by birth years:

- iGen, aka Generation Z: born 1996 and after.
- Millennials, aka Generation Y: born 1977 to 1995.
- Generation X: born 1965 to 1976.
- Baby Boomers: born 1946 to 1964.
- Traditionalists: born 1945 and before.

#### 1) Piramide:

- a. Values: organization creates practices, programs, policies, procedures
- b. Behavior
- c. Values: individuals create attitude

#### 2) Zinedine Zidane: WK kopstoot tg Italie => zuster => write value system – wrong behavior (brings us in trouble)

#### 3) What are the barriers that keep an individual, team, organization from being successful? COMMUNICATION

#### 4) Walk a mile into somebodies shoes!

#### 5) Rode bril ⇔ TRUST GAP ⇔ blauwe bril

- a. No trust => block => STOP communication







- 6) COMMUNICATION → influences
- a. 70% NON verbal (voorbeeld: neus op je kin)
  - b. 20% Tone
    - i. voorbeeld: Say "shop" 5 times and then spell "shop"  
What do you do when you get a green light?  
Ork, ork ,ork, ork, ork, soep eet je met een VORK  
(nederlands talig <-> anderstalig)
  - c. 10% words (voorbeeld: blinde man met bordje)
    - i. I'm blind please HELP
    - ii. It's a beautiful day & I cannot see it! <https://www.youtube.com/watch?v=F8bm2llxxjU>
- 7) You cannot treat everybody the same but you can treat everybody fairly  
LISTEN => SILENT
- 8) Handouts of the clinic: next 4 pages





## Understanding and Communicating Across Generations

### *PARTICIPANT'S REFERENCE*

Monday, April 8, 2019

*Presented By*



## Understanding and Communicating Across Generations

### OBJECTIVES:

- To identify and describe key traits of five generations;
- To describe how generational differences can shape behavior and interactions;
- To discuss ways to communicate more effectively across generations, and
- To discuss how to adapt behaviors and practices to improve productivity.

### COMMUNICATION:

Webster defines Communications as:

1. An act or instance of transmitting information
2. A verbal or written message
3. A process by which information is exchanged between individuals through a common system of symbols, signs, or behavior

Communication is a relationship whereby both the communicator and the listener gain insights into each other's point of view, thinking, and objectives. As such, good communication is predicated on critical listening.

When we fail to see that communication is a two-way street, it changes both the listener and communicators thought and interaction.

As a result, our communication often becomes ineffective.

### Generations on Campus



TRADITIONALIST	Born before 1945
BABY BOOMERS	Born between 1946 and 1964
GENERATION X	Born between 1965 and 1980
GENERATION Y	Born between 1981 and 1994
GENERATION Z	Born after 1995




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**GENERATIONAL INFLUENCE & PERSPECTIVES**



1935  
1940  
1945  
1950  
1955  
1960  
1965  
1970  
1975  
1980  
1985  
1990  
1995

GENERATION 1  
GENERATION 2

**MOSAIC OF CULTURE DIMENSIONS**



Primary  
Secondary  
Organizational

**CULTURE:**

Webster defines Culture as:

The integrated pattern of human behavior that includes thought speech, action and artifacts and depends on man's capacity for learning and transmitting knowledge to succeeding generations.

- Shared by all or almost all members of some social group.
- Something that older members try to pass on to the younger members.
- Something that shapes behavior or structures one's perception of the world.

(RULE) No matter where you go you step into a culture.

**STEREOTYPING:**

Webster defines Stereotyping as:

A fixed or conventional notion or conception, as of a person, group, idea, etc. held by a number of people, and allowing for no individuality or critical judgment.


**"The Power of Stereotyping"**

- Are generally automatic
- We all have them
- Are generally false and misleading
- Entail judgments
- Every group has stereotypes attached to them

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3







**Life Defining Events - Values at Work - Approach to Life – Music - Visible Members**

## Generational Diversity in Key Workplace Dimensions

	Traditionalist	Baby Boomers	Generation X	Generation Y & Z (Millennials)
Work Style	By the book. The how is just as important as what gets done	Get it done whatever it takes	Find the fastest route to results: Protocol is secondary	Work to deadlines-not necessarily to schedules
Communication	Formal and through proper channels	Somewhat formal and through structured network	Casual and direct; Sometimes skeptical	Casual and direct; Eager to please
Recognition/ Reward	Personal acknowledgement and compensation	Public acknowledgement and career advancement	A balance of fair compensation and ample time off as a reward	Individual and public praise; opportunity for broadening skills
Authority/ Leadership	Command/ control: Rarely question authority	Respect for power and accomplishment	Rules are flexible: Collaboration is important	Value autonomy; Less inclined to pursue formal leadership positions
Work/Family	Work and family should be kept separate	Work comes first	Value work/life balance	Value blending personal life into work
Loyalty	To the organization	The importance and meaning of work	To individual career goals	To the people involved with the project
Technology	"If it ain't broke don't fix it"	Necessary for progress	Practical tools for getting things done	What else is there?

  
 ©Stan Johnson & Associates 4/8/2019







## Jerry Petitgoue

Cuba City High School

Participates in 1 Session

**Background:** Native of Galena, Illinois and a 48-year resident of Cuba City, Wisconsin

**Education:** B.S. Degree-Physical Education, University of Dubuque, Dubuque, Iowa

M.S. Degree-History, University of Wisconsin-Platteville, Platteville, Wisconsin

### Work Experience:

High School Social Studies Teacher and Coach for 56 years at Gratiot High School, Lena-Winslow High School, Galena High School and Cuba City High School where he spent the last 48 years of his career before retiring in 2001.

Past-President and Present Executive Director of the Wisconsin Basketball Coaches Association

Bank Board Director-American Trust and Savings Bank, Cuba City

Community Development Board Member-Cuba City

Board Member-Mercy Hospital and Medical Center, Dubuque, Iowa

Director of Tri-State Basketball Camps for the past 32 years

**Coaching Achievements:** Winningest basketball coach in the state of Wisconsin with 938 Wins and still active as a coach.

19 Basketball Conference Championships at Cuba City

3 State Basketball Championships at Cuba City in 1981, 1991, and 1998

### Personal:

Married. Wife, Joan.

3 Children

6 Grandchildren

## Sessions in which Jerry Petitgoue participates



Saturday April 6, 2019





# NABC 2019 Jerry Petitgoue Motion Offense - 1 - Straight

Frame 1



Frame 2



Frame 3



Frame 4



Frame 5



Frame 6





# NABC 2019 Jerry Petitgoue

## Motion Offense - 2 - Curl

Frame 1



Frame 2



Frame 3



Frame 4



Frame 5





## NABC 2019 Jerry Petitgoue

### Motion Offense - 3 - Back Door

Frame 1



Frame 2



Frame 3



Frame 4



Frame 5





# NABC 2019 Jerry Petitgoue

## Motion Offense - 4 - Badger

Frame 1



Frame 2



Frame 3



Frame 4



Frame 5







# NABC 2019 Jerry Petitgoue

## Motion Offense - 5 - Flip (downscreen)

Frame 1



Frame 2



Frame 3



# NABC 2019 Jerry Petitgoue

## Motion Offense - 6 - Double

Frame 1



Frame 2



Frame 3



Frame 4



Frame 5



Frame 6



Frame 7





# NABC 2019 Jerry Petitgoue

## Motion Offense - 7 - Single

Frame 1



Frame 2



Frame 3



Frame 4



Frame 5



Frame 6



Frame 7





# NABC 2019 Jerry Petitgoue Motion Offense - 8 - Corner (after flip)

Frame 1



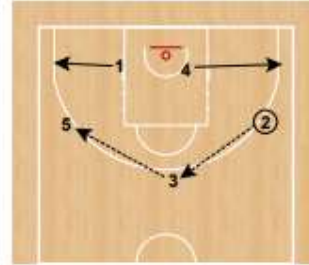
Frame 2



Frame 3



Frame 4



Frame 5





# NABC 2019 Jerry Petitgoue Motion Offense - 9 - Corner & Destroy

Frame 1



Frame 2



Frame 3



Frame 4



Frame 5



Frame 6





# NABC 2019 Jerry Petitgoue

## Motion Offense - 10 - LOB & Alley-Oop

Frame 1



Frame 2



Frame 3



Frame 4



continuïteit

Frame 5



Frame 6



Frame 7





# NABC 2019 Jerry Petitgoue Motion Offense - 11 - Marquette

Frame 1



Frame 2



DHO

Frame 3





## MORE NABC 2019 Minneapolis



### Cheryl Reeve

General Manager / Head Coach  
Minnesota Lynx



Participates in 1 Session

Cheryl Reeve completed her eighth season as Lynx head coach in 2017, leading the Lynx to a 27-7 record and their fourth WNBA championship in the last seven years. Since taking over as Lynx head coach, Reeve owns a career 195-77 record, the most coaching wins in franchise history. She was initially named head coach on Dec. 8, 2009, taking over for former head coach Jennifer Gillom. On Dec. 6, 2012, Reeve signed a multi-year contract extension with the club. Prior to the 2016 season, the Lynx signed Reeve to a multi-year contract extension. On December 28, 2017, Reeve signed a multi-year contract extension and was named general manager.

Reeve becomes the sixth dual Head Coach and General Manager currently in the WNBA, joining Amber Stocks (Chicago), Curt Miller (Connecticut), Pokey Chatman (Indiana), Bill Laimbeer (Las Vegas) and Mike Thibault (Washington).

Under Reeve's tutelage, the Lynx have compiled 195 wins over the last eight seasons, the most prolific eight-year run in WNBA history. Finishing the 2017 season 27-7, Minnesota has registered its sixth 25-win campaign in the last seven years, becoming the first WNBA franchise to win 27+ games in a season four separate times. Since taking over in 2010, Reeve's .715 winning percentage (195-77) ranks first in league history; she's one of just two coaches to win more than 60% of their games (Van Chancellor, .655).

Reeve guided the Lynx to the first championship in franchise history in 2011, being named the WNBA Coach of the Year after leading Minnesota to a league-best 27-7 regular season record. The Lynx made a 14-game improvement from 2010, marking the second-largest single-season win increase in WNBA history. Reeve went on to lead the Lynx to WNBA championships in 2013, 2015 and 2017.

For full bio visit: <https://lynx.wnba.com/lynx-coaches/>

### Sessions in which Cheryl Reeve participates



Sunday April 7, 2019

NABC CLINIC – APRIL 7, 2019  
MINNEAPOLIS

PIN DOWN ACTIONS  
CHERYL REEVE



## Minnesota Lynx

PUSH



1 speed dribbles to wing  
3 cuts off 4  
1 hits 3

PUSH



5 pins down for 2 then cuts to rim  
3 hits 2 or 5

PUSH



If no action for 2, 4 sprints to set WPR  
5 empties out for duck in, 3 and 1 space

PUSH



If 2 rejects or curls the pin down, 5 cuts back to pinch post  
3 hits 5 then cuts to pinch

All Concepts Proprietary



## Minnesota Lynx

PUSH PINCH



- 1 speed dribbles to wing
- 2 cuts off 5
- 1 hits 2

PUSH PINCH



- 3 rejects 4's pin down
- 4 cuts back to elbow
- 2 hits 4

PUSH PINCH



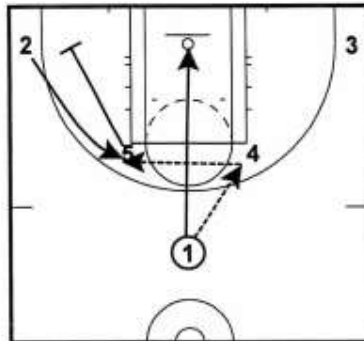
- 2 cuts by 4 (h/o or fake h/o)
- 3 cuts off 1 and 5 to keep defense occupied

All Contents Proprietary



## Minnesota Lynx

PUSH 1



1 hits 4 and cuts thru middle  
5 pins down on 2  
4 hits 2

PUSH 1



If no shot for 2, 1 cuts off 5  
2 hits 1  
4 pins down for 3

PUSH 1



All Contents Proprietary



## Minnesota Lynx

OPEN/CLOSE



4 sets screen for 5  
 5 sprints to set pin down for 2; 4 sprints to pin down for 3  
 (false action)  
 1 hits 2

OPEN/CLOSE



If 5's players hedges, 2 hits 5

All Contents Proprietary





## Minnesota Lynx

WEAVE TO 3 DOWN



3 moves to 1 for DHO

WEAVE TO 3 DOWN



2 meets 3 in middle of floor for DHO

WEAVE TO 3 DOWN



As soon as 2 receives hand off, 2 hits 4 flashing to the elbow  
3 hands off then sprints off 5 who cut high to set screen for 3  
4 hits 3 for layup

WEAVE TO 3 DOWN

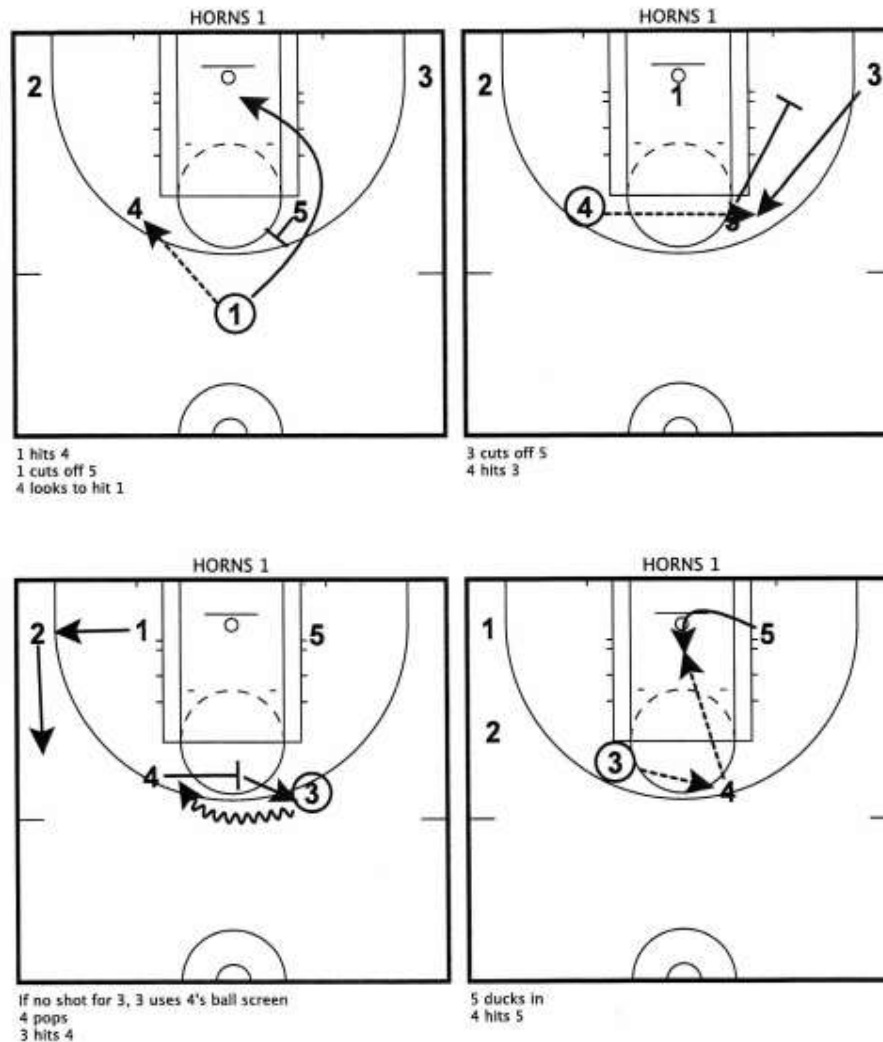


If 3 not open for layup, 5 sets pin down for 3  
4 hits 3

All Concepts Proprietary



## Minnesota Lynx



All Contents Proprietary



## Minnesota Lynx

HORNS UP



1 dribbles off 5 to 3  
3 and 5 dho

HORNS UP



5 sets on ball screen for 3  
5 rolls, 1 fills up  
4 pins down on 2

All Contents Proprietary



## Minnesota Lynx

HORNS CHEST



1 hits 5, 5 tosses back to 1

HORNS CHEST



5 screens for 4 who sprints to set on ball for 1  
5 continues on to set pin down for 2 while 1 is attacking off  
4 ball screen  
1 hits 2

All Contents Proprietary



## Minnesota Lynx

DRAG DOWN



4 pins down on 5  
 5 sprints to set on ball for 1

DRAG DOWN



5 continues on for wide pin down on 2  
 1 hits 2  
 2 can pocket pass to 5

All Contents Proprietary



## Minnesota Lynx

CORNER - DOWN



1 dribbles over to high wing area  
4 cuts to elbow area  
1 hits 4

CORNER - DOWN



On 4's catch, 5 pins down on 2  
4 hits 2





## Minnesota Lynx

1 DOWN



3 enters to 5

1 DOWN



1 back screens for 3 then cuts to 5 for handoff

1 DOWN



After 5 h/o to 1, 5 continues down to set screen for 3  
2 cuts off 4's wide pin down  
1 can hit 2 off pin down or throw back to 3

All Contents Proprietary



## Minnesota Lynx

1 DOWN INVERT



3 enters to 5  
 1 back screens for 3 then cuts to 5 for handoff

1 DOWN INVERT



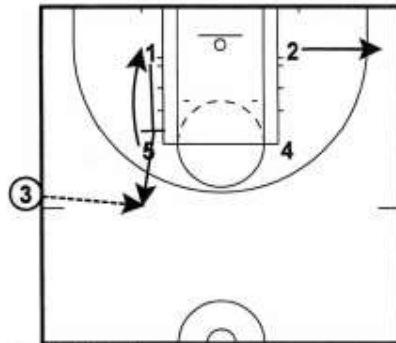
4 cuts off 2  
 1 hits 4

All Contents Proprietary



## Minnesota Lynx

5 DOWN



5 cuts off 1's back screen  
3 hits 5 or 1

5 DOWN



2 cuts off 4's pin down

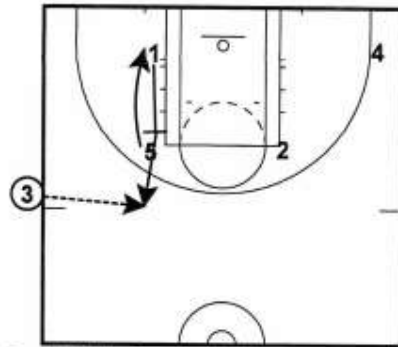
All Contents Proprietary





## Minnesota Lynx

5 DOWN INVERT



5 cuts off 1's back screen  
3 hits 5 or 1

5 DOWN INVERT



4 curls off 2's pin down  
2 pops  
1 hits 4 or 2

All Contents Proprietary





## more NABC 2019 Minneapolis



### Matt Brock

Head Men's Basketball Coach  
Missouri Baptist University



Participates in 1 Session

Matt Brock is in his fourth season as coach of the Missouri Baptist men's basketball team. Inheriting a team that had won just 6 games in the previous year, Brock has directed the Spartans to an impressive turnaround, winning 87 games, an average of just under 22 wins per season. In its historical 2018-19 season, MBU started 20-0, won the AMC Conference Championship and won a record 28 games. Missouri Baptist was named NABC Team of the Week and was ranked as high as #3 in the country. MBU qualified for the NAIA tournament for the first time since 2005 and Brock was named Conference Coach of the Year.

### Sessions in which Matt Brock participates



Monday April 8, 2019



# Missouri Baptist University

## 2019 NABC Clinic

40 in 4  
Frame 1



8:00 on the clock  
1 shoots for 4:00  
2 rebounds, counts and passes  
goal is 40 makes in 4:00  
switch at 4:00

Half-court 2 on 1+1  
Frame 1



Offense starts outside the 3pt line  
Defense starts inside the paint  
X1 starts with the ball inside the center circle  
X1 initiates the play with a pass to any offensive player  
Offense attacks the closeout and looks to score  
Score/stay rotate new defense each time

Half-court 2 on 1+1  
Frame 2



Half-court 3 on 2+1  
Frame 1



Half-court 3 on 2+1  
Frame 2





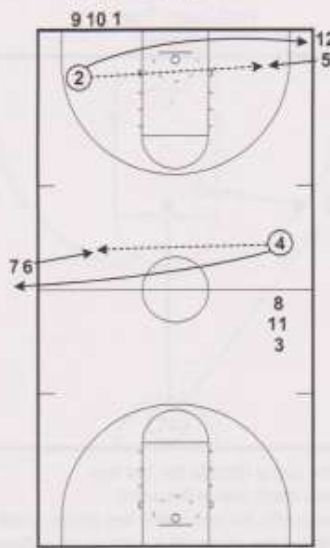
# Missouri Baptist University

## 2019 NABC Clinic

Four Corner Passing  
Frame 1



Four Corner Passing  
Frame 2



Team Free Throws  
Frame 1



2:00 - switch directions at 1:00  
10-12 players  
2 balls  
2-way communication  
2 hands/2 feet  
meet the pass, front pivot, follow pass to next line  
start out of bounds and come meet the pass

2:00  
6 or more players  
2-6 balls/2-6 baskets  
The team tries to make 6-12 consecutive FTS  
one miss, start over  
two misses in a row, switch baskets  
once clock is 0:00, two misses in a row = 10 lines in 1:00



Invitation for the  
2<sup>nd</sup> Basketball  
Coach Clinic  
Lions Zedelgem  
in 2020

Summary  
&  
Overview  
NABC Convention  
2020

ATLANTA

by

Coach  
Hans

De Wispelaere



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