

Coaching Clinic Summary – Coach Todd Phillips (Utah Valley University)

1. Coaching Journey & Philosophy

- **Background:** Coach Todd Phillips shared his career path from low-paying early coaching roles to winning national championships at Salt Lake Community College and moving into his current role at Utah Valley.
 - **Adaptability:** Emphasizes tailoring coaching style to the team's composition each year and understanding individual player strengths.
 - **Philosophy:** Focused on energy, enthusiasm, and effort ("Three E's"). Encourages engaging practices with tools like music to maintain excitement and morale.
 - **Parent Management:** Noted the contrast between college and high school coaching—college allows for more direct communication with athletes without parental interference.
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2. Practice Evaluation & Preparation

- **Key Practice Questions:**
 - Are players getting enough shots?
 - Is practice competitive and fun?
 - Are fundamentals and habits being addressed?
- **Stretching Routine:** Starts every practice with functional stretches that integrate defense—defensive slides, stick hands, and blockout techniques.
- **Emphasis Over Teaching:** It's not just about what you teach, but what you emphasize daily (e.g., rebounding, shooting, energy).

3. Skill Development Drills

- **Ball Handling & Passing:**
 - Partner passing (snap passes, step-throughs, fakes)
 - Star passing for pivoting and communication
- **Rebounding & Toughness:** Drills are physical and emphasize game-like contact and responsibility with the ball.
- **Finishing at the Rim:**
 - Live ball drills from the wing
 - One-foot, two-foot finishes
 - Screen-and-finish variations with right and left-hand work

4. Offensive Concepts & Analytics Integration

- **Shot Selection Philosophy:**
 - Eliminate mid-range twos
 - Increase rim and three-point attempts
 - Use analytics (e.g., KenPom, HDI) to track shot quality and efficiency
 - **Analytics in Practice:**
 - Track shot distribution and efficiency
 - Use data to guide team strategy and adapt based on player skills
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5. Film Study & Player Development

- **Film Sessions:**
 - Team film to reinforce system
 - Individual film for player growth
 - Managers involved to support learning
 - Helps players internalize coaching points visually
 - **Mental Side of Shooting:** Recognized that mechanics aren't always the problem—confidence and clarity on shot types are key.
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6. Game Situations & Strategic Planning

- **Late-Game Scenarios:**
 - Building a playbook with go-to sets for end-of-game and ATO situations
 - Prepping for these moments with structured timeouts and reps
 - **Offensive “Innings” Drill:**
 - Live five-on-five with structured possessions
 - Each side gets 2 offensive and 1 defensive possession before switching
 - Designed to simulate game tempo and teach through play
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7. Defensive Development

- **“Defensive Vitamins”:**
 - Slides, closeouts, “stick hand” techniques

- Pinch rebound technique at the FT line
 - One-on-one competition drills to build toughness and pride
 - **Philosophy:** Defense builds offense. Players must have an ego about their defense and be held accountable for stops.
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8. Transition Offense & Defense

- **Transition Philosophy:**
 - Sprint back on defense, stop the ball, load to it
 - Offense looks to throw ahead quickly—transition = high-value possessions
 - **Drills Used:**
 - “Five Low”: Spain action into transition D
 - “Five Across”: Fast-paced decision making
 - “Numbers Advantage”: Five-on-two or five-on-three to teach attacking with numbers
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9. Shooting Drills & Reps

- **Shooting Emphasis:** Identified a need to prioritize shooting volume and quality in every practice.
- **Drills:**
 - “Bronco Shooting”: Game-like with extra pass
 - “One-Minute Shooting”: Partner reps at multiple spots
 - “Favorite Spot Shooting”: Personalized shot location drill

- **Tracking:** Shooting stats are logged for accountability and motivation.
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10. Live Play Integration

- **Three-on-Three:** Used to teach offensive spacing and decision-making in a controlled setting.
 - **One-on-One:** Competitive reps that simulate in-game physicality and help players build scoring confidence.
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11. Final Thoughts & Contact

- Coach Phillips emphasized staying adaptable, focusing on what your current team does well.
- Encouraged continued learning and offered to stay afterward for questions or follow-up conversations.
- Shared contact info for coaches who want to connect.