

# **David Golden: Coach Portfolio**

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**Mission:**

Our program seeks to equip student athletes with the necessary skills to achieve success on the basketball court, in the classroom, and in their communities.

**Vision:**

Our program will become one that is contending for state championships year in and year out. We will pride ourselves on intensive defense and fundamental basketball. We will be role models in our school and our communities.

**Values:**

1. Integrity
2. Selflessness
3. Passion

**Team Goals for Success:**

Our team must be-

- \*Committed
- \*Unselfish
- \*Unified
- \*Disciplined
- \*Resilient
- \*Consistent
- \*Responsible
- \*Competitive

**“Start Strong. Finish Perfect.”**

David Golden  
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### Education

Francis Marion University May 2015  
 Bachelors of Science, Elementary Education  
 3.3 GPA

### Coaching Experience

Fox Creek High School  
 Men's Basketball, JV Head Coach/Varsity Assistant  
 June 2016-Present

- \*Assisted in 15-10 record
- \*Assisted in SCHSL Class AA play-off berth season
- \*Assisted in team's 3rd place finish in region (preseason ranked to finish 6th place out of 6 teams)
- \*Co-Director of Summer Youth Fundamental Basketball Camp
- \*Installed 2-3 Match-up Zone
- \*Installed Pick N Roll Continuity Offense
- \*Installed 1-3-1 Three-Quarter Press Defense
- \*Installed 1-3-1 Half-Court Trap Defense
- \*Assisted in team average 40% Field Goal Percentage (30% FGP in previous season)
- \*Assisted in Scoring Defense of 46 PPG (Scoring Defense was over 50 OPPG in previous season)

West Florence High School  
 Men's Basketball, JV Head Coach/Varsity Assistant  
 June 2014- May 2016

- \*JV winning record in 2 years
- \*Assisted in 19-9 record and 19-6 record (9-15 in previous season)
- \*Assisted in 2015 and 2016 SCHSL AAAA play-off berth seasons (1st play off berth in over 20 years)
- \*Assisted in best season in over 20 years
- \*Assisted in Region Runner-ups in 2015 (best region finish in over 20 years)
- \*Assisted in 68 PPG and 72 PPG (50 PPG in previous season)

Francis Marion University  
 Men's basketball, Student Manager  
 October 2013- February 2014

- \*Filmed practice and games
- \*Assisted in practice drills
- \*In charge of small tasks of balls, towels, and water

Trinity Collegiate School  
 Women's Basketball, JV Head Coach/Varsity Assistant  
 November 2011- February 2012

- \*Assisted in SCISA AA play-off berth season (no play-off berth in previous season)
- \*In charge of individual workouts to improve on team's overall dribbling and shooting

*References*

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All Saints Episcopal School Assistant Headmaster/ Trinity-Byrnes Women's Head Basketball Coach  
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## Coaching Philosophy

There are two things that make any leader successful. A leader must be competent and caring. A leader must have knowledge and certain expertise about the craft in which they are leading. In addition, and more importantly, a leader must develop a relationship with those they are leading. Coaching, similarly to teaching, is a profession in which one must lead his players (or students). In order to do this, a coach must possess the qualities of competency and caring.

It is a basketball coach's job to know the game of basketball. This includes, developing players, both individually and collectively. This also includes, game planning: making preparations for each game/event. Another aspect of a coaching basketball is making in game adjustments, both on the offensive and defensive end of the court. Lastly, a basketball coach must teach his team to execute. These are some of the components of a competent basketball coach.

Knowing the game of basketball is a step in becoming a successful basketball coach. However, more importantly than knowing the game, is developing a relationship with your team. It is necessary for team members to "buy in" to their role as a player on the team in which they are on. This starts with the coach. In order for a coach to have his players "buy in" he or she must develop a relationship with players and the team that portrays discipline and love.

If a basketball coach wants to be successful, they will obtain these two traits. A basketball coach must certainly know basketball. In addition, a basketball coach must be a coach that players want to play for. Developing a great rapport with their team achieves this goal.

## Basketball Philosophy

There are many different philosophies that lend to basketball success. My favorite college basketball coaches are Jim Boeheim of Syracuse, Bob McKillop of Davidson, Scott Drew of Baylor, Bob Huggins of West Virginia, and Rick Pitino of Louisville. I always thought every great basketball coach has something unique about them, even coaches at the high school level. All 5 of these coaches have something unique that they offer or do something they have mastered. 4 of these coaches uniqueness is there defense while one's uniqueness is his offensive mind. Becoming an avid fan of college basketball since high school, I have enjoyed watching these coach's teams play. Over the years, I have accumulated my own philosophy that has been sampled off of these 5 great icons of college basketball. There are different ways of playing basketball, but this is what I have concluded to the best way of assuring victory. In order to win, you have to outscore your opponent. In order to do this, at least one of two things has to happen: 1. Shoot a higher percentage than your opponent or 2. Take more shots than your opponent. My philosophy includes 3 tactical and 2 intangibles that lead to at least one of those two keys to victory. My team must:

1. Possess fundamentals to run a methodical offense for high percentage shots
2. Play great zone defense
3. Create and convert fast break attempts

While...

4. Always being unselfish
5. Competing every play

### *Possess fundamentals to run a methodical offense for high percentage shots*

The first time I was intrigued how a specific offense was run was back in high school when I was playing. It was my sophomore year. My team was playing man to man and the other team ran a play that incorporated a couple of back screens from the wing and down screens to the top of the key. It was ran over and over again that eventually lead to a lay-up. I remember thinking in my head "What just happened". I watched film after the game was played and I made sure to really study that one part of the game where that specific offense was ran. I even contacted a player from that team after the season to ask him what that play was. The second time I remember an offense sticking to my head was in high school, again. It was my junior year and we were playing man to man. We were playing a school much bigger than us, and we were competing with them. They had a slight lead and decided to run some offense against us to shorten the game. They ran a back screen from the corner to the short corner, and then set a down screen for the guy who had just back screened (better known as the Flex Offense). Once again, I was flabbergasted at what was happening. My team was pretty athletic, but the other team held the ball for at least 2 minutes. None of us knew how to stop them except to foul. Ever since these 2 moments in my basketball career, I have always been a fan of methodical offenses that creates high percentage shots.

Bob McKillop is one of my favorite college basketball coaches. He runs a methodical offense that is reactive to how the defense is playing. His players all catch in triple threat and look to shoot, look for the open man, or dribble purposely (either to another player or to the basket). Davidson always shoots high percentage shots. Their primary and secondary break always creates spacing that makes it hard for the other team to defend. His offensive mind has developed this mid-major academic school into a winning, well-respected basketball program.

Whether you are playing against man or zone, there is always a high percentage shot you can obtain. However, the key to obtaining the high percentage shot is patience. And in order to have patience for the high percentage shot, your team must be fundamentally sound (passing, catching (triple threat), dribbling efficiently and purposefully, cutting hard, shooting, etc.). If your team has the fundamentals down, then you can have the patience for that high percentage shot, no matter how athletic the other team is.

I have 4 man-to-man plays that I use (it use to be closer to 10, but then I realized that is a lot to memorize). Of the 4 man-to-man plays, 2 of them are continuity offenses and 2 of them are set plays that have multiple options. My goal for each of the offenses and set plays is to score a lay-up. I want my team to always look for the high percentage shot, and what higher percentage shot is there a lay-up?? Each one of the plays has someone going the basket, either from a pick and roll or from a back screen from the opposite side of the court. My team will be trained to always look for the player heading toward the basket.

I have around 6 zone plays that I use. One play is a motion offense. Two of them are spacing, ball-movement plays, and 3 of them are quick hitters in the zone. Regardless of which one it is, the object for each zone play is to hit the high post or the middle of the zone. Most zones break down when the ball hits the middle, so my players will always look hit the middle of the zone, whether that is through passing or dribbling. When the ball hits the middle of the zone, the percentage of your shot in the possession increases, whether because the ball is shot or because the ball is being kicked out to an already squared shooter.

#### *Play great zone defense*

Syracuse runs a true 2-3 zone (that is extended and gets out to shooters). Baylor runs a 1-1-3 match-up zone. Louisville run a 2-3 match-up zone. All 3 teams are successful college programs while playing majority zone. I have enjoyed watched all 4 teams and their defenses and have studied how each one is done. My zone defense incorporates a little of all of these defenses.

Most people have a negative connotation toward playing zone. Most every basketball players at an early age has played zone at some point in their life. The older you get, the tendency is for coaches to hide their teams defensive struggles by playing zone. However, I disagree with this notion. A well taught zone defense can be a weapon opposed to a back-up plan. Syracuse, an elite college basketball program, runs zone 90% of the time. It is their base defense. Even in late game situations, they still play zone (obviously, a much extended zone that can trap). Of course, Syracuse players and lengths have a lot to do with their success. Nonetheless, they practice their zone every day. One of the reasons why it is so successful because Jim Boeheim has done a great job at making sure the zone has evolved. Syracuse's



2003 championship team's 2-3 zone looks much different than it does today. Syracuse constantly adjusts their zone to counter the other team's offensive strengths and to reiterate the other team's weaknesses.

One of the reasons why I love the zone is because it makes the other team think. Most players and coaches think the best way to beat the zone is to shoot. A lot of teams settle for 3s when playing against a zone. This is because most basic zones allow open shots on the perimeter. However, in my zone, most every shot can be at least contested. Good man-to-man defense is practiced. Running a successful zone is no different. There are certain principles and rotations that occur while playing a successful zone. If run correctly, this could leave the other team's only viable option to shoot out of it. Most teams don't have a counter to a well-run zone or don't have as many counters to it opposed to running an offense against man-to-man defense. For these reasons, I like zone. I like an aggressive, ball pressured zone. This causes other teams to be stagnant and frustrated. A well designed pressuring and aggressive zone can also stop the other team's offensive flow and rhythm.

#### *Create and convert fast break attempts*

Louisville runs a unique match-up full court zone press. They create great ball pressure and teams have always struggled to bring the ball up the floor. West Virginia runs a full court man-to-man run and jump trapping defense. Once again, a lot of teams struggle to get into an offensive flow against them. Both teams utilize their own versions of the press to wreak havoc and cause turnovers. These turnovers occurring in your opponents' backcourt achieve the 2 keys to victory, simultaneously. They create lay-ups (or dunks), which are obviously high percentage shots, and they disallow your opponent to even get a shot.

Now, this tactic clearly depends on the team you have. If you don't have an athletic team or bench depth, then this is not the best tactic. However, in a perfect world, creating turnovers and converting them into points on your end is beneficial for your team.

There are a couple down falls to pressing. If you gamble too much, then that could mean lay-ups for your opponent on their end of the court. There is a higher chance for your players to be out of position that would allow easier baskets for your opponent. And if not conditioned, pressing could factor into your team's fatigue toward the end of the game.

So I have adopted a couple of 3-quarter zone presses that are not as much of gamble. Our goal is to trap toward the half court line opposed to trapping in the opponents backcourt. This allows more room for error and more time for our team to recover if a mistake is made. It also allows more and less floor to cover if the offense breaks the press and we need to sprint back. This still allows pressure on the offense bringing the ball up the court. If a mistake is made, then the goal of the press is to capitalize on the mistake by either stealing a pass, trapping a dribbler, or deflecting the ball out of bounds, which at least throws off the rhythm of the offense.

### *Always being unselfish*

One of my favorite things to watch in basketball is an offensive possession where at least 10 passes or made and it eventually leads to a lay-up or open three. Regardless of the outcome of the play, it is always a joy to watch. This shows a team that is willing to put their team's priorities above their own personal ones. One of my least favorite things to watch in basketball is when 1 player, who is on offense, dribbles the entirety of the court and pulls up from three. Regardless of whether the player makes the basket or not, it is always gut wrenching to watch. The first example shows a willingness to be selfless, while the latter shows complete selfishness.

I want my team to be unselfish. I love it when the ball is kicked out from the post and the ball is moved around the perimeter a couple of time before the team finally shoots it. 1 of the shooters could have shot and it more than likely would have been a high percentage shot. But the choice to defer to his teammate to shoot shows selflessness. When a team portrays selflessness, a team can be very successful.

Taking charges is another way for a player to show his selflessness. He is physically putting his body on the line to potentially gain possession for his team. Taking a charge is one of the most selfless plays in basketball. Being unselfish even occurs while playing team defense. If your teammate gets beat off the ball and the other 4 members of the team rotate to stop the ball and force a tough shot shows a team that is unselfish. Always being unselfish is a trait my team must have. It is a mentality that must be developed. No matter the situation, I want each one of my players to put their team above themselves.

### *Competing every play*

This speaks for itself. Whether we are up 30 or down 50, my team will always compete. I want my team to do what is asked of them to the best of their ability, always giving max effort. Whether it is sprints, drills, or the actual game, competing is a mentality and a choice that must be made on a moment-to-moment basis. It always bothered me as a coach to see a player not make the allotted time for a sprint the 1<sup>st</sup> time, but after the coach lights a fire in him, he decides to make the sprint in the same time. That is a lack of competing. Loose balls happen throughout the course of every game (I call them 50/50 balls). The player who wants that ball the most usually ends up with the ball. Diving on the floor shows a sense of competing. Rebounding the basketball shows a sense of competing. My team is to give max effort. No excuses. I want every play to be played as if it were their last. A successful team must develop a sense of competing no matter the circumstance.

### Sample Practice Plan

<i>Time</i>	<i>Activity</i>	<i>Philosophy</i>				
10 minutes	Plyos and Circle					
10 minutes	Warm-ups <ul style="list-style-type: none"> <li>• 2 line lay</li> <li>• 2 line power lay up with shots</li> <li>• 3 man weave</li> </ul>	Fundamentals: Pass Catch Shoot				
10 minutes	30 in 3 <ul style="list-style-type: none"> <li>• 3 man weave, 30 baskets in 3 minutes</li> <li>• every missed basket results in sprints</li> </ul>	Offense: Create and Convert Fast break attempts				
10 minutes	2 on 1 continuous <ul style="list-style-type: none"> <li>• 2 teams</li> <li>• 2 on 1 fast break</li> <li>• person from defending team enters into drill</li> <li>• 2 points for fast break conversion, 1 point regular conversion</li> <li>• losers have sprints</li> </ul>	Offense: Create and Convert Fast break attempts				
20 minutes	Post/Perimeter Breakdown <table border="1" style="width: 100%; margin-top: 10px;"> <tr> <td style="width: 50%;">Guards: Top of 2-3 zone rotations</td> <td style="width: 50%;">Posts: Bottom of 2-3 zone rotations</td> </tr> <tr> <td>Posts: Finishing under basket</td> <td>Guards: Dribbling through defense and finishing</td> </tr> </table> <ul style="list-style-type: none"> <li>• switch after 10 minutes</li> </ul>	Guards: Top of 2-3 zone rotations	Posts: Bottom of 2-3 zone rotations	Posts: Finishing under basket	Guards: Dribbling through defense and finishing	Defense: Play great zone defense  Offense: Fundamentals: Dribbling and finishing
Guards: Top of 2-3 zone rotations	Posts: Bottom of 2-3 zone rotations					
Posts: Finishing under basket	Guards: Dribbling through defense and finishing					
10 minutes	8 vs. 5 Defense: 2-3 zone Offense: 5 on perimeter, 3 in paint	Defense: Play great zone defense  Offense: Run methodical offense Fundamentals: Pass and Shooting				
10 minutes	Shell Drill 4 vs. 4 <ul style="list-style-type: none"> <li>• “Ball, Deny, Help”</li> <li>• Pick n Roll Defense</li> </ul>	Defense: Play great zone defense (Teaches rotations: even when playing zone)				
10 minutes	5 vs. 0, 5 vs. 5 ZAGA Laker Box Scissors	Offense: Run methodical offense				

## **Expectations**

### **Student Athletics Expectation:**

- Players will positively represent at all times in this order:
  1. Faith
  2. Family
  3. School
  4. Team (both teammates and coaches)
  5. Themselves
- Players will be respectful to all coaches, players, parents, administrators, teachers, and officials.
- Players will attend class.
- Players will attend practice and games on time.
- Players will accept responsibility for all of their actions.
- Players will be people of integrity.
- Players will develop mental and physical toughness.

### **Student Academics Expectation:**

- Student Athlete will attend class
- Student Athlete will respect all teachers and administrators
- Student Athlete will achieve academic performance and standard noted in student handbook for student athletes
- Student Athletes Behave in such a manner that sets an example for other students in the class

\*any misbehaviors could result in student's ineligibility

### **Parent Expectations**

- Parents may not approach me about playing time
- Parents need sign-up for the team meal at least once per season
- Parents are encouraged to sit together at games
- Parents will be respectful to opponents, opponent fans, and officials
- Parents may not attend practice
- Parents are to be involved and proactive in the program

### **Assistant Coach's Expectations**

- Assistant Coaches will attend practices and games on time
- Assistant Coaches are to be role models to every students athlete
- Assistant Coaches will be people of integrity

### **Player Evaluation and Try out Procedures**

- Basketball try-outs will be held the first 2 days of official practice.
- Physical must be delivered to Coach or Athletic Director prior to tryout.
- List of final players will be posted the morning after the final day of tryouts

#### Evaluation Criteria:

1. Attitude and Effort – we want talented players, but more importantly we want players that will play hard and have a great attitude. We will look for:
  - a. Players who encourage their teammates
  - b. Players who demand the best from themselves and teammates
  - c. Players who are coachable
  - d. Players who will sacrifice personal glory for team success
2. Defensive Intensity – we will closely evaluate a player’s ability to contribute on the defensive end of the floor. We will look for:
  - a. Defensive effort
  - b. Footwork – slides, closeouts, box outs
  - c. Communication skills – must be able to talk on defense
3. Ball Handling Ability – the quickest way to contribute offensively is to be able to handle the basketball. We will look for:
  - a. Players that catch and square in triple threat position
  - b. Ability to beat man off the dribble
  - c. Vision of teammates off the dribble – will they find the open man
  - d. Can they handle pressure
4. Shooting Ability – bottom line is you must make shots to win basketball games. We will look for:
  - a. Shooting form
  - b. Shooting range
  - c. Shot selection of player – do they take good shots
  - d. Ability to shoot under pressure

## 12-Month Plan

### **August**

Prepare fall individual work out sessions  
 Prepare fall strength and condition sessions  
 Send out letter to all parties involved in the program with season outlook, schedule, and other important items  
 Support fall athletics

### **September**

Prepare team slogan and schedule poster  
 Check on all players physical, emergency cards, and any other documentation they need for season  
 Follow up with all teams scheduled to confirm contracts, times, etc...  
 Organize and run individual player development sessions

### **October**

Get try out and practice calendars out to public  
 Send out alumni letter with schedule included  
 Organize ball boy program with elementary school  
 Parent meeting  
 Booster club meeting  
 - concessions sign ups  
 - money report  
 - future needs  
 Plan FT A-thon  
 Mail schedule to college coaches  
 Playbooks to printer  
 Aid any seniors that will be signing with in home visits, early signing, etc...  
 Start practice per athletic association rule

### **November**

Picture day - information out  
 Media day – set date and invitations  
 Game promotion schedule out to all parties  
 Coaches meeting schedule out  
 Coaches scouting assignments given  
 Letter to assistant coach's wives and families  
 Daily practice planning and game preparations

### **December**

Scouts organized for each opponent  
 Film breakdown schedule for coaches  
 Plan and schedule Christmas party for players  
 Date night outing for coaches and their wives  
 Christmas tournament – plan and itinerary out to families and alumni  
 Prepare what additional things we need to implement over the break

### **January**

Implement practice plan conducive to hitting our peak for stretch run  
 New Year's Eve party for players  
 Track players grades

Booster club meeting  
Scouting and film calendar updates

### **February**

Prepare for playoffs and state tournament  
Shorten daily practice time  
Organize meal schedule for playoff weeks

### **March**

State tournament!  
Prepare end of season banquet  
- place, date, time  
- gifts  
- seniors'  
- invitations  
Thank you notes and season recap out to all involved parties

### **April**

Track players grades  
Spring clinic for coaching staff  
Meet with seniors individually  
- career thoughts  
- future plans  
- suggestions  
- give them career stats  
Meeting with returning players for next year  
- goals for off-season and next season  
- where I see them as of now  
Emphasis on spring sports to those it applies to  
Spring practice and tournament schedule for AAU or other spring teams

### **May**

Equipment needed for next year  
Summer camp and workout schedule  
Summer league schedule  
Fundraiser for summer cost if applicable  
Facility needs and improvements  
Track players grades

### **June**

Summer kick off week  
Camps, summer league, individual work outs, and weight room sessions  
Booster club meeting

### **July**

Family vacation time  
Individual workout schedule  
Weight room schedule  
End of summer cook out for all involved parties in program  
Fundraiser for upcoming equipment needs