

Post Player 1

2011 – 2012 Post Season Analysis

~I would like you to read this analysis and write some notes and then we can talk through this and make sure you have a clear understanding. This will lead to becoming successful as well as our team.



31 games (13 starts) 30 games (11 starts)	439 minutes(9th) 403 minutes – 9 th
52% field goal (1st) 50.6% field goal – 1 st	52% free throw (11th) 41% free throw – 11 th
107 total rebounds (6th) 110 total rebounds – 5 th	3.5 rebound average (4th) 3.7 rebound average – 4 th
95 fouls(2nd) – 6 DQ's 89 fouls – 2 nd	5 assists (10th) 5 assists – 10 th
38 turnovers (tie 8th) 33 turnovers – 9 th	36 blocks (tie 1st) 36 blocks – 1 st
10 steals (10th) 12 steals – 10 th	123 total points (6th) 100 total points – 7 th
4.0 points per game (8th) 3.3 points per game – 9 th	4 technical fouls

After a freshmen year where you “learned” what it would take to become successful here at USF both on and off the court; we planned on you taking what you learned and applying it on a daily basis. This would have resulted in you taking a major step towards “consistency”. Looking back; (and you looking in the mirror) will see that this year was a rollercoaster!!! It had high’s (8 pts / 12 reb vs FIU, 14 pts vs Stetson, getting along with teammates) and it also had low’s (4 technical fouls, 6 disqualifications, academic issues & suspension from team). You have improved in your drill work and effort in practice - now can not only finish drills, but become effective in them.

When people hear your name, what do they think???

Person A

Post Player 1 = unlimited potential

Post Player 1 = great body

Post Player 1 = gifted athlete

Post Player 1 = can be a pro

Person B

Post Player 1 = over emotional

Post Player 1 = inconsistent

Post Player 1 = lazy

Post Player 1 = not committed

I am Person A ... who are you?

This will be ‘the’ most important summer of your life – you MUST do it now. Then when we can work out again in the fall – you should want to ask for more help. You must commit daily to improving your “Mental Toughness”, “Conditioning” & “Skill Development”

Our team next year should be in the NCAA Tournament – a lot will depend on you and how much you are willing to work hard and improve. You need to become a dominating post player, who our opponents will have to game plan for. Your personal goals should be getting double digits in points and rebounds; along with not only our teams ‘Most Improved Player’ – but our teams MVP!!! This will put you in a position to collect ‘All Big East’ awards.

You have the ability to make this game- your full time job ... and play professionally. If you look at this year’s draft (and I will give you print outs), every team is in need of low post players who can run, rebound & score in the paint. The NY Liberty of the WNBA even drafted a post player at #7, who quit basketball, just because there is such a shortage. This summer is preparing you for your ‘job interview’ (next basketball season)... so do the work now ...

As in most things in life that you want to attain – you need a plan; key areas that need to be addressed.

Key Points for 2012 – 2013

1. Conditioning – remember this will be the foundation for you to become an effective post player ... this is not a negotiable factor. You have to really commit to Graham – because the first day of the fall you will have set times in the ¼ mile, ½ mile, 1 mile, and 2 mile. This will be your chance to show the staff that you had a good summer and that you will be able to be relied on.
2. Foul Trouble / Limited Minutes – this continued to be an area that you struggled with. We have a dvd of every foul that you committed – do not just watch it – but study it AND learn from it. I have told you that you are the key to USF having success in the NCAA's – this is your obligation – and have to improve quickly because we will need you to stay in games and play major minutes.
3. Commitment – you must do a better job of this ... you have to do more than 'talking the talk' ... put in the hours now and you will reap the rewards.
4. Being Positive – you cannot continue with being over emotional on the floor ... ex: a missed layup and you yell "shit" and then stop playing. You are mature enough to have learned this lesson long ago. This has also led to your dealings with the officials: you had 4 technicals and were close on many others. They also form a prejudice and will not ever give you the benefit of the doubt on 50/50 calls. This behavior has also led to you being suspended and putting your basketball future in jeopardy.
5. Post Player 1's Scoring Move – if you cannot score off a quick power move – you need to face the basket and use a 1 paint dribble shot or baseline drive. PERFECT THESE from both sides ... and remember it starts with the CATCH & landing with BALANCE.
6. Offensive Rebounding – last season your averaged about 1 offensive rebound every 10 minutes ... this number is a little off due to the fact of some easy misses that came right back to you. Our wings take a lot of tough shots – we have to keep you working to get good position to get those misses. You must always remember an 'over the back' foul is not worth it – we NEED you to play minutes. Then you practice getting the rebound and landing in balance ... and powering up strong along with a soft touch.
7. Fight with feet – do not stand and watch ... force our opponents to defend you at all times ... keep your hips down and hands high and the concept of :02 of work & :01 of rest.

Conditioning

1. Total Cardio – you have to start now and build up your endurance ... by August you should be ready to go ... do not wait ... we need YOU!!!
2. Hips down – you must learn to stay low, while keeping your hands up ... it will make you stronger and give you better balance on both ends of the floor ...
3. Quick feet & balance – you must learn to stay low, while keeping your hands up ... it will make you stronger and give you better balance on both ends of the floor ...
4. Upper body – you need to add muscle/strength which will allow you to post up deeper, go get rebounds out of your area and you can start getting the “and 1’s” ...
5. Mile – you have made such great strides from that first day – but now you must work on increasing the distance and lowering your time ...
6. Sprints – you should incorporate these into your everyday workouts ... you know the times that we expect ... this will show how hard you worked when we get back in August ...

Defense

1. Fouls – we MUST learn what is and what is not a foul ... you have to learn not sit behind the low post & reach over the top ... lets work on great footwork ...
2. Talking – you are usually the last line of our defense and therefore can see the entire floor – you need to be vocal (in a positive way) and help direct people on where to go ... like a traffic cop ...
3. Hit on shot attempts – the art of defensive rebounding starts with great position and being the first to legally initiate contact ... we cannot just look for the ball and jump ... you will be defending some of the best players in the country – lets limit their possessions ...
4. Free throw box-out – this is an area that you can fix rather quickly ... we have talked about technique – now you have to just apply ...
5. Low post defense – we have talked that we never just sit behind the low post ... we will use different techniques combined with great footwork to initially defend ... the first key for you is to get into top condition and be willing to do the work ... everyone can sit behind, but few will work to get around every possession ... we have to play big (high hands), and then when a catch does occur be ready to defend without fouling, while forcing a contested jumper ... then quickly hit/hold/release for the defensive rebound ...

6. Hands – do not try to catch entry passes with one hand – while bringing the other hand in after ... this creates turnovers either by a poor catch or by the defender bumping you and getting you off balance ... 2 hands every time – will cut your turnovers ...
7. Run the floor – no matter what the situation is – you have to be committed to sprinting back on defense and being ready to defend our basket ... do not stop at half court ... always assume the worst and get back ... you can never be in the wrong by sprinting back to the defensive side ...

Offense

1. Offensive glass – remember to learn when & where our shooters like to take shots – and then quickly get to where (we have taught) the shot will miss ... you must assume that you will get hit – just brace yourself and ignore it... keep your eyes on the flight of the ball ... it should never just come over your back/head – you should see it at an angle ...
2. Crab dribble – this should be low and quick (yours tends to be above your hips – that allows for mistakes or defenders to deflect) ... since your knees should be bent when you perform this dribble – it will allow you to quickly explode up to the rim ...
3. Feet vs Fouls – remember to keep ducking in (:02 vs :01) ... learn to gain advantage over the defender by ducking in hard and beating them to the spot ... then continue to post up big/strong – while asking for the ball ... this will eliminate people trying to flop and take a charges against you ...
4. Chin / check – once you catch the ball with 2 hands – quickly pull it in ... then it will either be a quick scoring move or you will be able to swing it out to an open player or cutter ...
5. Jump hook – with your size and strength this will become an unstoppable weapon for you ... you must commit to putting in the time and master this move ... scoring with your right AND left will make it extremely tough for your defender ...
6. Drop step “to the rim” – this has been a good move for you from the right block – but at times you tend to drop step towards the short corner instead of the rim ... lets pay attention to that detail, it will give you more baskets while your defender will be forced to foul – if they want to stop you ... you must also perfect this move from the left block ...
7. Rip the ball – be quick and strong (like we practiced) ... this will allow you to clear the defense and get by the defender to the rim ...

Academics

Another area of concern is your academic performance. I truly believe there is a direct relationship between a person's achievements on the floor and in the classroom; this was certainly true in your case. Akila, you are a very intelligent young lady who is underperforming. This spring you earned a 1.92 gpa, by far the lowest on the team and a full point off of the team's average. This is totally unacceptable and inexcusable. You are fortunate enough to have an Academic Advisor, a graduate assistant support person, study halls, tutors available for every class and a lap top computer. You have been given extra study hall hours for the summer; do not think of missing or being late for any appointment or class. You have been blessed with a good mind and I expect to see major improvements this summer.

Poem –

I found a poem that I want you to read & reflect on everyday this summer ... that ask yourself if what you did today will take us to the NCAA's

Results and Roses

The man who wants a garden fair,
Or small, or very big,
With flowers growing here and there
Must bend his back and dig.

The things are mighty few on earth
That wishes can attain.
What e'er we want of any worth
We've got to work to gain.

It matters not what goal you seek,
It's secret here reposes.
You've got to dig from week to week
To get results or roses.