



A blueprint for building basketball skills and competencies by age, exclusive to Advisor Game Plan Thriving Coaches University members.

CONTENTS

MESSAGE FROM COACH DOUG WOODARD.....	3
CHAMPIONSHIP EDGE PYRAMID	4
PYRAMID TERMS DEFINED	5
FOUNDATIONAL	6
Ball Handling Development.....	7
Offensive Footwork.....	8
Passing & Receiving.....	9
Cutting & Screening	11
Form Shooting Method	12
Form Shooting Drills	13
Defensive Footwork—Progression	14
Defensive Points of Emphasis.....	15
Defensive Talk Signals.....	16
Numbered Fast Break Offense.....	17
Fast Break Build Up Drill	19
Read & React Offense.....	20
Layer 1: Perimeter Pass & Cut	22
Layer 2: Post Entry Cuts	24
Layer 3: Dribble At.....	25
Layer 4: North-South Dribble Penetration Circle Movement.....	26
Layer 5: Baseline Dribble-Drive.....	29
Rebounding	33
Transition Concepts & Drills.....	34
Stationary Ball Handling.....	36
EMERGING	37
Ball Handling Development.....	38
Ball Handling—Four Finishes.....	39
Competitive Passing Drills	39.1
Offensive Footwork.....	40
Stride Stop Series.....	40.1
Cutting & Screening	41
Form Shooting Drills	42
Shot Development Drills	43
Read & React Offense.....	44
Layer 6: Pin and Skip Pass.....	46
Layer 7: Circle-Reverse Dribble	47
Layer 8: Back-Screens & Cutter-Elbow Screens.....	48
Layer 9: Ball Screens.....	49



CONTENTS

Individual Defensive Drills	50
Transition Drills	51
Small Sided Games.....	51.1
3v3 Teaching Tool Games.....	51.2
Activating Specific Skills with Small Sided Games	51.3
Away Through Flow Eob.....	52
ADVANCED	55
Offensive Footwork.....	56
Perimeter Philosophy & Footwork	57
Split Catch Progression.....	57.1
Form Shooting Daily Reps.....	58
1-2 Player Shooting Drills	59
3-Player Shooting Workouts.....	60
Ball Screen Techniques & Drills	61
Read & React Offense.....	62
Layer 10: Multiple Staggered Screens.....	64
Layer 11: East-West Power (Hand-Off) Dribble	65
Layer 12: Post Screen & Shape, Flash, Zoom Options	66
4 Out 1 In Options	66.3
Transition Drills	67
Defensive Concepts & Drills	69
Movement Cutting & Screening.....	71
Fast Break Contingencies.....	72
COACHING TOOLBOX.....	73
Foundational Practice Plan (3rd-4th Grade)	74
Emerging Practice Plan (5th-6th Grade).....	75
Advanced Practice Plan (7th-8th Grade)	76
Parent Communication.....	77
Practice Plan Template & Drills.....	81
TCU & Complete Coaching Resources Access	82



DEVELOPED BY COACH DOUG WOODARD

“After more than 30 years of coaching, I began to ponder the larger impact I can make in this current stage of my life. I love the sport of basketball so dearly, and I know I always wanted to stay connected and involved. Some of my greatest joys over the years have come from the basketball community—receiving help, advice, and support from friends, coaches, and mentors.

This led me to the discovery of my current ambition and goal: Simply put, my purpose is to coach coaches.

In collaboration with the leadership team at Advisor Game Plan, we are proud to announce the launch of Thriving Coaches University and the development of our proven Championship Edge Pyramid.

This is a blueprint for building basketball skills and competencies by age for club directors and head coaches in time allocation and program management. Along with this written outline, there are qr codes and links to instructional videos available to help coaches along their journey. Thriving Coaches University is a dynamic program that will continue to evolve year after year, providing value by reaching, teaching, and developing the PERSON rather than the player.

Reading *Coach ‘Em Way Up*, a book about leading the John Wooden way, reminded me of his Success Principles and the absolute necessity of trying to develop ‘goodness’ while striving for ‘greatness.’ We have integrated many of those building blocks into our program and will coach you in how to integrate them into yours.

It is a great pleasure for me to be able to share my decades of coaching, teaching, and experience with you. We wish you great success in development of your program.”



– Coach Doug Woodard

Professional Background:

- Head Boys Basketball Coach, Bellevue West High School, 1998–2023
- Director, Omaha Sports Academy Summer Basketball Association, 1992–2021
- Head Boys Basketball Coach, Roncalli Catholic High School, 1991–1997
- Athletic Director & Head Boys Basketball Coach, Bellevue Christian High School, 1981–1991

Professional Accomplishments:

- Career record: 694–256
- 7-Time State Champion: 1996, 2000, 2004, 2005, 2014, 2020, 2023
- 6-Time State Runner-Up: 1999, 2006, 2007, 2018, 2021, 2022
- Administered and coached the OSA Crusader Summer All-Star Program through which over 200 student-athletes have acquired college scholarships

Special Recognition/Honors:

- Metro Conference Coach of the Year: 1999, 2004, 2014, 2020, 2023
- Huskerland Prep & Hoops Omaha Coach of the Year: 2014, 2020, 2023
- OSCA Male Coach of the Year: 2023
- Inducted into Nebraska High School Sports Hall of Fame: 2021
- Ed Johnson Award winner for outstanding contributions to basketball in Nebraska: 2011
- Lincoln Journal-Star Coach of the Year: 2005
- Nebraska Coaches Association Coach of the Year: 2005
- Omaha World Herald Coach of the Year: 2000
- Metro Area Coach of the Year: 1993, 1996
- Omaha Chapter Fellowship of Christian Athletes Coach Of the Year: 1994

Personal Bio:

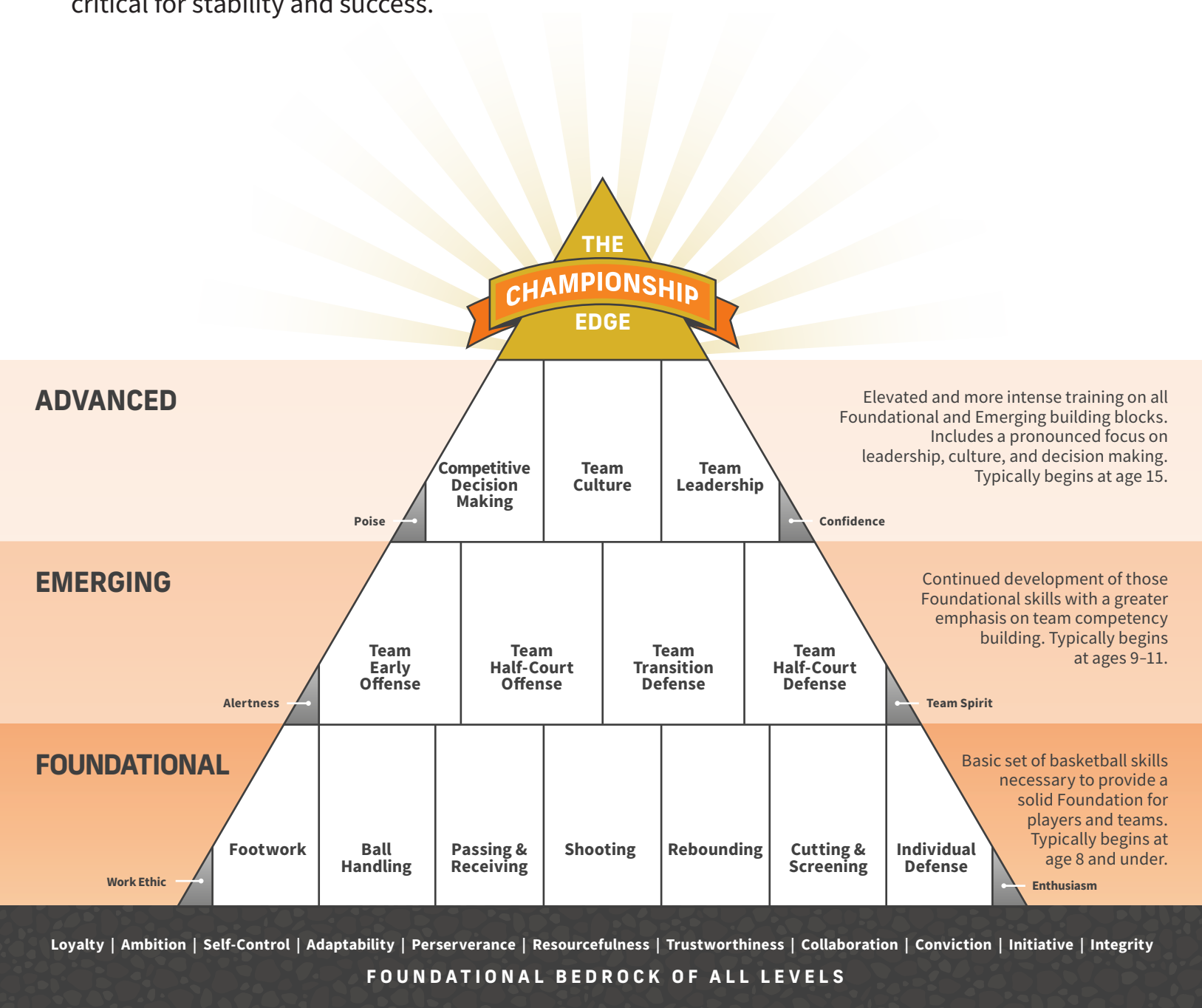
- My wife of 47+ years, Lori, and I have four children; Ryan, Aaron, Kristi and Kelsey as well as 13 grandchildren! My hobbies include...basketball, really. I also enjoy working out, reading, and lake time with the family.



CHAMPIONSHIP EDGE PYRAMID

DEVELOPED BY COACH DOUG WOODARD

The Championship Edge Pyramid is designed as a blueprint for coaches to follow for age-appropriate individual and team development. The pyramid is built on a foundational bedrock of core values and is held together by key character traits critical for stability and success.



PYRAMID TERMS DEFINED

FOUNDATIONAL BEDROCK OF ALL LEVELS

Personal traits necessary at each level to gain skill mastery while being a great teammate

- **Loyalty:** Possessing a deep commitment to the welfare of one's team and teammates
- **Ambition:** Demonstrates an eagerness and intentness to better one's skill level
- **Self-Control:** The willingness and ability to demonstrate restraint of one's emotions and exercise sound judgment
- **Adaptability:** Flexibility and comfort in dealing with situational or environmental changes
- **Perseverance:** Demonstrates continued effort despite obstacles and difficulty to achieve and end
- **Resourcefulness:** Possessing the imagination and fearlessness to use available resources to solve problems
- **Trustworthiness:** One's consistent actions and decisions result in their teammates putting their trust in them
- **Collaboration:** A desire to engage team members in seeking the best way
- **Conviction:** Showing a strong belief in the team one takes action daily
- **Initiative:** Having the drive to think independently and take action for the betterment of the team
- **Integrity:** To be honest and authentic in relationships with team members

EXTERIOR MORTAR

Team traits which are as powerful as each team members ability to personally master

- **Work Ethic:** Eagerness to both prepare for and invest great effort in bettering one's skills
- **Enthusiasm:** Exhibits great excitement and passion for continual improvement
- **Alertness:** To be vigilant in observation, always ready to take advantage of a presented opportunity
- **Team Spirit:** The readiness to sacrifice one's personal ambition and self interest for the good of the team
- **Poise:** To exhibit composure in all situations and satisfaction with being true to yourself
- **Confidence:** Never fearing but always respecting an opponent and resting in the knowledge you have done all that is possible to prepare



THRIVING COACHES UNIVERSITY & COMPLETE COACHING RESOURCES ACCESS



WHAT IS THRIVING COACHES UNIVERSITY?

- Blueprint for developing basketball competencies using a developmentally strategic process
- Guidance on instilling success principles and values into practice and developmental process

WHAT IS THRIVING COACHES UNIVERSITY?

- Age/ability appropriate videos
- Public & private podcasts
- Monthly TCU member google workshop meetings
- Practice plan template & videos
- Parent communication templates & video
- Practice support through observation/feedback or direct drill reinforcement
- “Complete coaching” support to help reach the mental & heart components of your athletes

HOW TO ACCESS THESE RESOURCES?

- Website resource access using keyword search & general browsing
- Using TCU Coaches notebook
- Accessing podcasts through podcast app of choice & through the website
- Monthly google workshops through an email link
- Practice support through email communication and feedback
- “Complete coaching” support by accessing SWOT analysis material provided by FCA in the TCU coaches notebook

**LEARN MORE!
WATCH VIDEO**





ADVISORGAMEPLAN.COM