

HUSTLE STATS

The most common phrase that is heard amongst basketball coaches is “**PLAY HARD.**” We could not agree more. No team has ever won a championship by playing soft or half-heartedly. However, there are times when players may look at their coach and say “I am playing hard.” A coach needs to have a measured response to fall back to motivate their player.

What does it mean to play hard?

How can you tell if your team is playing hard?

And can you be sure if your team’s effort is producing results?

There is a way that your staff can measure your team’s effort nightly. Here is a chart that we adapted from Bruce Webber while he was at the University of Illinois. He called it the **MATTO Stats**, which was named after Matt Heldman who played at Illinois in the ‘90s.

Here are the measureable things that you can track to see how hard your team is truly playing:

Deflection +1

Blocked Shot +1

Steal +1

Dive on the floor +1

Loose ball recovery +1

Charge taken +2

5 second violation on the ball +2

According to Webber’s staff, if a player had a +8 then they played very hard. If the team had a +40, then the team played very hard.

****A college game is 40 minutes, so high school coaches should take that into consideration****

“Intensity and technique lead to hustle plays.” – Don Meyer

