

## Part I: The Adam Harrington Technical Dictionary

**Balance**The non-negotiable prerequisite for efficiency. Harrington views balance not just as a stance, but as the source of consistency. Whether attacking a closeout, playing the "second side," or relocating, a player must be able to stop on balance to execute. He argues that raising shooting percentages—and consequently a player's value—comes down to balance and repetition 1, 2, 3.

**Consistency & Intensity**The two defining metrics of a professional workout. **Consistency** is the discipline to execute a task (e.g., weights at 8:00 AM) at the exact scheduled time, regardless of feelings. **Intensity** is the ability to execute skills under pressure, fatigue, and frustration, mirroring the demands of the fourth quarter 4, 5, 6.

**The Fingers (Direction)**The mechanism that controls the "left and right" accuracy of a shot. While the feet provide power, the last two fingers to touch the ball (often the index and middle finger) dictate the line of the shot. Harrington utilizes "triggers" to ensure this motion is repeatable 7, 8.

**The Feet (Power)**The "Planable Floor" of a player's game. Harrington believes everything starts when the feet hit the hardwood. The feet are responsible for the "short and long" (distance/power) of a shot. If the footwork is flawed, players try to manufacture power with their upper body, leading to inconsistency 9, 10, 7.

**Game-Like Training**A training environment that transcends drills by introducing specific situational variables. It is not just about rep counts; it is about executing specific reads—such as a "downhill pick and roll" or "reading a closeout"—while fatigued or frustrated. This approach bridges the gap between individual skill work and live performance 11, 12, 6.

**Iron Sharpens Iron**A concept of mutual elevation utilized in both training and professional competition. It refers to the environment where high-level competitors (or trainers) push one another to improve. Harrington applies this to players challenging each other on the court and trainers encouraging one another off the court 13, 14.

**Stay Ready Extra Work**A rebranding of "extra work" designed for bench players or those out of the rotation. The goal is to equate the workload to a starter's minutes (e.g., 40 minutes of play) so the player is physically conditioned to perform immediately when an opportunity arises. This shifts the mindset from "punishment" to "preparation" 15, 16.

**Three-on-Three (Small-Sided Games)**The crucial developmental bridge between individual skill work (1-on-0) and full team play (5-on-5). Harrington values this format for teaching players how to "play the game"—building chemistry, learning reads, and executing specific actions (like "horns action") in a controlled but live setting 17, 18, 19.

**Tippy Toe Shooters**A technical flaw where a shooter lacks a grounded foundation. Harrington identifies this as a major obstacle to consistency, often requiring a complete reconstruction of the player's base to ensure they are power-efficient rather than off-balance 20.

**The "V"**A technique derived from Holger Geschwindner (Dirk Nowitzki's coach) focused on the spread of the fingers. It emphasizes the last point of contact with the ball to ensure optimal control and a repeatable release 7, 8.

## Part II: The Philosophy Manifesto of Adam Harrington

**I. The Human Precedes the Hooper**We honor every title we hold, but "Husband" and "Father" come before "Trainer" or "Coach." The most important legacy is not the player developed, but the person formed. We must ensure that our pursuit of professional excellence does not come at the cost of our families or our own well-being. If we do not rule our own spirit and prioritize our lives, we cannot effectively lead others 21, 22, 23.

**II. Serve from the Overflow**We can only give what we have. If a leader is empty, they cannot pour into a player. To sustain the high energy and encouragement required in player development, we must relentlessly fill our own cups—whether through faith, family, or personal health. We acknowledge that the "encouragers have to be encouraged" 24, 25.

**III. The "Wide-Eyed Wonderment" Standard**Greatness is defined by teachability. We emulate the mindset of the elite (like Kevin Durant), who enter the gym with "wide-eyed wonderment," asking not "what are we doing?" but "what do you have for me?" We seek every minor advantage—a different pickup, a new footwork pattern—and we never graduate from the fundamentals 26, 27.

**IV. It Is Their Journey, Not Ours**As coaches and parents, we must detach our ego from the athlete's success. We provide the resources, the environment, and the structure, but the drive must come from them. We resist the urge to live vicariously through their accolades or force a timeline that isn't theirs. When they own the process, the results are authentic 28, 29, 30.

**V. Connection Over Content**You can possess all the basketball knowledge in the world, but if you cannot deliver it in a way the player receives, it is useless. We prioritize building genuine trust and relationships. We must know the person, their family, and their "why" before we can critique their jump shot. We adapt our communication style to the individual, not the group 31, 32.

**VI. Obsessive Preparation**We are "obsessive-compulsive" about the details. We do not rely on luck; we rely on preparation that allows for creativity. We strip the game down to its simplest components—balance and footwork—and master them until they are unconscious habits. We view every situation, from a high school gym to an NBA arena, as an opportunity to find an advantage 33, 34.

**VII. Protection of the Investment**We advocate for the player's longevity and livelihood. Whether through leagues like Unrivaled or NBA player development, our goal is to protect the athlete's physical and professional future. We create environments where players are prioritized, heard, and prepared for the next level of their careers 35, 36.

## Analogy: The Architect and the Jazz Musician

To understand Adam Harrington's approach, imagine him as both a **structural architect** and a **jazz musician**.

In his **Technical Dictionary**, he is the **Architect**. He is obsessed with the foundation (the feet/balance). He knows that if the foundation is "tippy-toe" weak, the structure cannot hold the weight of professional pressure. He drafts "plannable" blueprints—specific angles, finger placements, and mechanics—that are rigid, non-negotiable laws of physics designed to withstand the "storms" of a fourth-quarter defense.

In his **Philosophy Manifesto**, he becomes the **Jazz Musician**. Once that structure is built, he encourages "wide-eyed wonderment" and improvisation. He understands that the music (the game) flows differently for every player. He doesn't play the instrument for them; he teaches them to listen, to connect with the ensemble (iron sharpens iron), and to play from their own "overflow." He allows the player to find their own rhythm within the structure he helped them build.