

Sami Osmani | Creighton Basketball

What's up everybody This is Samuel Smani Cra University basketball I don't know if it's necessarily a piece of advice but it's setting an example and I would say that's a testament to my high school coach who's been my coach from middle school to my senior year of high school and then also my older brother there in the back Those core values of just like grit and toughness have I think got me to where I am today Um that's you know that's the kind of style Chicago basketball rides on and um I think I really take pride in being the toughest guy and You know out muscling people and diving on the ball and you know that toughness is really really important to me and then of course the skill playing for Crane University you gotta know the X's and O's one of the most high level basketball offensive systems as well as defense So just pairing those two together was the ideal fit for me Yeah since I got a rate and I've really focused on my footwork uh especially like running off screens and shooting threes um you know depending on where you're at on the court Uh you gotta square up and make sure you get unbalanced um to knock down that shot So you know luckily I've been I have I have a great coaching staff with you know McDermott and Doug McDermott and Kyle Korver and all those awesome 3 point shooters that have been part of the program in the past and then of course Coach McDermott who knows a thing or two about 3s as well as the other coaching staff um you know just learning from them and how to shoot 3s and You know people think it's just as simple as you know getting the shot out but it's all about balance uh you know rhythm shooting um you know finding those right the right spots on the court for yourself and then in terms of how I prepare um you know I mentioned that I kind of 64 bigger guard um I loved taking pride in like you know out toughing people so I like my bully ball getting forward in the paint you know I really watch Jalen Brunson and Uh you know those yeah 2018 team from uh Villanova with Jalen Brunson and Josh Hard Di Vincenzo I really like playing like that um and then you know when you pair that with three point shooting and spacing the floor I think it's a recipe for success My senior year is when COVID began and um I actually didn't have a division one offer till late um in March Crane reached out to me Uh we were in contact throughout the year but never really officially you know said hey come play for us um so I didn't know exactly what I was going to do Academics and basketball I would say are always you know are 1A 1B I don't know which one's 1A 1B necessarily but they've always been my main priorities So I was actually

considering just going to school academically um at University of Illinois or somewhere closer and uh just pursuing my academic career Um but then they reached out to me um they said hey you could you know play for the team and stuff Never I didn't even know where Crane University was to be quite honest I didn't know it was in Omaha Nebraska but you know I saw that they were in the Big East and of course like I said the Kyle Korvers the Doug McDermotts and their success uh the past year um really you know motivated me to play at the highest level I can and I took that offer without hesitation This might be a little cliché but I feel like you know sports culture and sports are Intertwined together if you're not if you wanna be a successful program that culture needs to stay you know consistent um and then having guys like me who are 50 years and Ryan Coburnners of the world who know how Coach Mac envisions success um it's really important to you know set an example and be a vocal leader on and off the court make sure the younger guys understand what the expectations are and the standards and I feel like I've taken great pride in that especially the last two years and I take great pride in my you know I'm I would say I'm the team captain of the scout team which uh some people you know might think like oh wow you're you're not really playing on the court or whatever but I take real pride in that because one I've developed so much through playing the scout team playing the best players on Um the opposing teams um and then you know coaching up the younger guys as well um being that you know mentor and telling them all the little nuances of the game and how you know the opposing team plays um I take really great pride in that and it's something you know is is is not an easy task 2022 we made it to the Elite Eight we beat Baylor in the Sweet 16 and advanced um no we beat I'm sorry we beat Princeton in the Sweet 16 and advanced um to play San Diego State It was really exciting It was quite the moment um Uh felt surreal you know growing up as a little kid you never you know you always watch March Madness on CBS and whatnot and just like man what if I'm there one day and it actually happened It was such a surreal moment um and just that team like I said the culture the expectations Mac had for us you know that team fits so well together the synergy on that team was amazing Um we ended up having you know Trey Alexander who plays for the Nuggets now and Baylor Sharman who plays for the Celtics were a part of that team Ryan Emhart who plays for Gonzaga right now who is probably gonna be an all-American and then Arthur Columa at Texas and then of course Ryan Cabrenner who is gonna be an all-American this year as well 4 time defensive player 3 time defensive player of the year at Big East

sorry um yeah so it was just such a special Team um and I really felt like I took a huge leap in my personal development on the court um personal growth and you know development on the court that year just by playing with those guys and getting beat up by those guys but also you know giving them a hard time as well so it was really really exciting scout team So usually um the way I think most teams run in college basketball is that you have the rotation guys which is usually like 1 through 7 guys who are gonna play the majority of the minutes throughout the game And then kind of the guys at the end of the bench are take on the scout team roles which is preparing um The actions and the defensive schemes that the opposing team's gonna run against us so you know that's goes you know you got you have to memorize 20 plays for example that's a high level offensive team like the other day we played Nebraska they had like 1819 plays that we had to remember and um you know act out on the court to prepare our rotation guys so that's kind of things that we do um it is a pretty tall task like I said Um but you know it's it's really fun and it gets you better um yeah so we watch we watch film um of the team the opposing team right and then we have to go 30 minutes before practice 45 minutes before practice and run through the opposing team's plays to prepare for you know the for the actual practice where we run them against the team we scrimmage as if we are the opposing team um against uh the rotation guys and it's really fun especially when you have like a role like a Um like a Colin Gillespie is always one of my favorites to run um just because he shoots so many threes so I had the green light that day and running off screens and you know yeah and I feel like that's really developed my game as well because sometimes I have to go crash sometimes my personnel is go crash the glass rebound play super hard rake rake in the gap uh try to get steals sometimes it's just like OK he's a softer defender so give him uh he plays a little bit softer um Shoots a lot more threes step back threes or sometimes it's bully ball in the paint uh sometimes it's just pass first can't shoot the ball so you know playing you know practicing those different kind of players has really developed my game and you know really gave me a holistic view of how you know basketball works how basketball should be played um and then I get to pick and choose what I want in my own bag right So like OK I'm playing for example a player on Saint John's and this guy's super aggressive defensively I'm like OK I I see I'm watching this film throughout the week and I'm like OK now I see how he's getting those steals Now I see how he's um going you know fighting over the screen winning the point of attack or then you got a

team like um I don't know Baylor who's really good at their guards are really good at isolation I'm like OK now I see how he gets in his step back his rhythm how he you know plays throughout the game how he takes you know sometimes you gotta take a little break on the game goes in the corner how how you space there's so many different things that you learned through scout team and through watching other great players Yeah there's a lot that goes on in college basketball It's not just the guys that you see on the court with the lights on There's a lot of muddy stuff that goes on in practice One of my favorite stories is I was a Saint John's scout We was scouting for Saint John's 3 years ago And you you had uh the bench players play against the uh you know the the starters and coach Mad got so angry uh he threw we we scored like 3 times in a row He got so angry at the starters that he threw everybody out of practice and for us it was exciting because we're just like OK we're really killing these guys right now and we're really preparing them we're getting better So for the next practice those guys were ready to go and it was a little bit more of a battle the next day The atmosphere is always great at creating games our team Our fan base travels really well whether that's in Maui whether that's in Vegas whether that's an away game it's it's always a great time to play in front of those guys in front of the crowd in front of the fans um they always bring it and we're really appreciative of that I mean then at home games are especially you know awesome because we fill it up with 17,000 we're like top 5 in attendance every year um in terms of college basketball schools in attendance so it's really special to play in front of our awesome fans It's exciting to be in you know Las Vegas and playing basketball in front of your friends and family in front of the fans and then seeing all the other teams here But honestly if I was a freshman I'd probably get more excited be like oh wow that's Houston right there that's Alabama but now just like I kind of live by don't go too don't be too high don't be too low don't be too excited about stuff just it's gonna happen it's gonna happen stay disciplined stay stoic Um and I really live by that So just like yeah we're in Vegas it's exciting but like we have we have a job to do and we're here because we wanna win games so that's the most important thing you know I think this is the first NIL event NIL basketball tournament there's ever been I think the most important thing is focusing on yourself um you know you could think you could you could look at it like OK I wanna play at this school I wanna play at that school The the extrinsic rewards of basketball will come You gotta focus on your yourself you gotta focus on what you you do best and what your weaknesses are and everything else will fall in place

So developing yourself and really focusing on your personal development your athleticism your conditioning your shooting ability Um taking your daily vitamins what it means form shooting ball handling all those little things will get get you where you wanna go um but if you are constantly worrying about OK how am I gonna get there uh I wanna do this this guy is getting an offer here I'm not getting an offer um that's comparison is the thief of joy so just focus on yourself um watch a lot of film Um stay motivated but more importantly than staying motivated stay disciplined because sometimes um you might not have any motivation You might not feel like getting in the gym that day but as long as you be like as long as your mental is look I gotta get in here regardless if I want to or not if I'm feeling sick if I'm happy if something's happening outside of the world that I can't really control you get on the court and zone out zoning into basketball and that's that's the best piece of advice