



Billy Donovan

Player Development

In Brayden's Eyes

The Brayden Carr Foundation Annual Coaches Clinic

Rutgers University

9/21/12

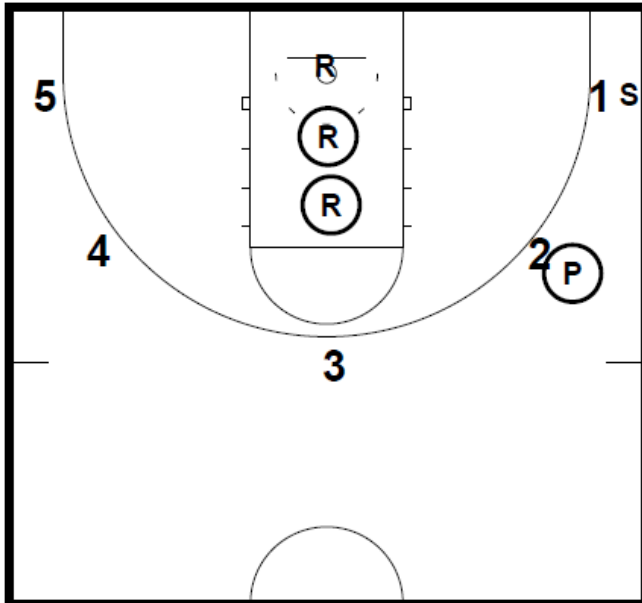
- If you're not doing a skill session in practice, you are not getting up perimeter shots or executing post moves
- Does skill workouts before practice for 30 to 40 minutes, 3 times a week
- Players come in and work on their game – tells players to be selfish during this time
- Chart every shot in individual instruction and post the totals for the day and season
- Posting stats does 2 things
 1. As a coach I didn't take any of those shots
 2. Coaching staff is here to help you get better
- Shows players that they may need to be more selective in their shot selection
- Makes shooting competitive and adds an element of pressure
- Players shoot at game speed with shots being charted – keeps players from going through the motions
- Always want players passing balls in shooting drills, not coaches
- Get players to pass the ball to the inside shoulder to lead the shooter into the shot
- Focus on passer getting the ball to the shooter as quick as possible
- Beat the pass as the shooter – feet ready, set to shoot before the ball arrives
- Going to the ball, he teaches to pivot off the foot closest to the basket
- Going away from the ball, he lets players use the footwork that they are most comfortable with
- Wants players to constantly be shooting while fatigued
- On a shot fake, the ball should come to the chin (it shouldn't go above the head) and the player should stay low
- Wants to shoot a 3, post feed, or action to the rim

The proceeds from this clinic went to In Brayden's Eyes, The Brayden Carr Foundation. If you download these notes, please consider making a donation through the website below.

<http://braydencarrfoundation.com/site/>

- Does not want to shoot shots with a foot on the 3 point line or just inside the 3 point line – has someone chart these shots in practice so players are aware of their footwork

Billy Donovan: 5 Spot Rapid Fire Shooting

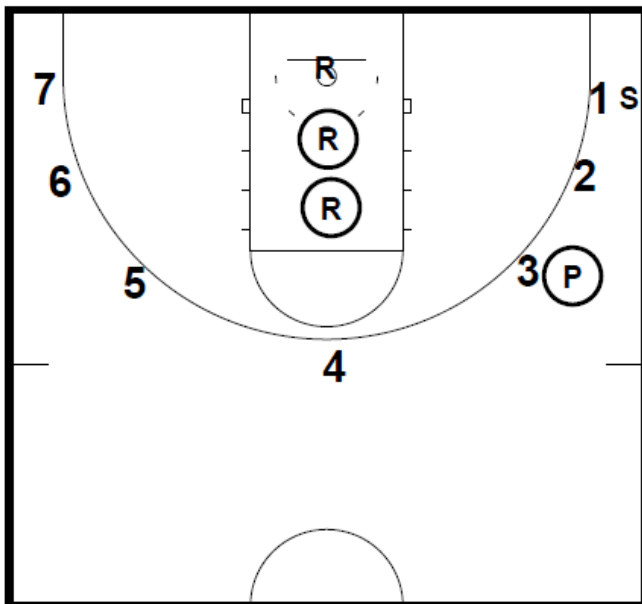


- Players shoot for 1 minute straight without rest
- Chart makes and misses
- Passer need to pass to the inside shoulder to lead the shooter into the shot
- Shooter needs to constantly prepare for the shot
- Beat the pass as a shooter by getting feet ready and being set to shoot before the ball arrives
- Shoot from the corner, wing, top, wing, and corner

R = Rebounder
 P = Passer
 S = Shooter

Frame 1

Billy Donovan: 7 Spot Rapid Fire Shooting



- Players shoot for 1 minute straight without rest
- Players move back and forth between 1 and 2, 2 and 3, 3 and 4, 4 and 5, 5 and 6, and 6 and 7
- Shoot shots at both spots
- Chart makes and misses
- Passer need to pass to the inside shoulder to lead the shooter into the shot
- Shooter needs to constantly prepare for the shot
- Beat the pass as a shooter by getting feet ready and being set to shoot before the ball arrives
- Shoot from the corner, wing, top, wing, and corner

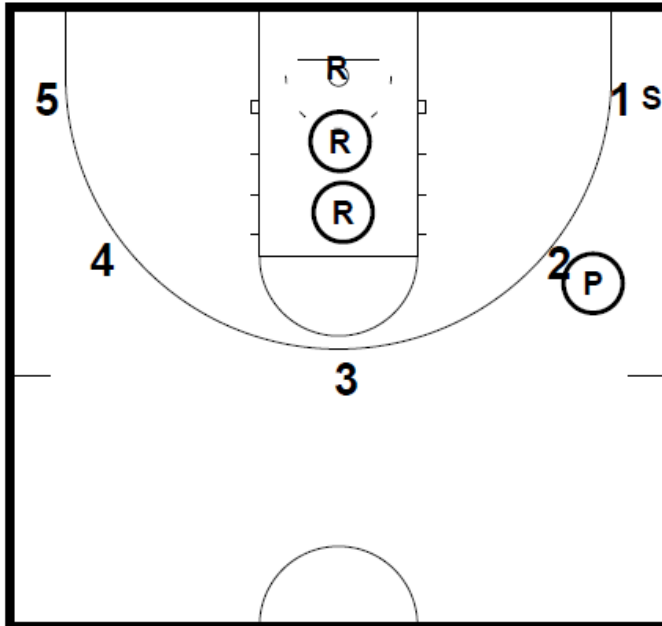
R = Rebounder
 P = Passer
 S = Shooter

Frame 1

The proceeds from this clinic went to In Brayden's Eyes, The Brayden Carr Foundation. If you download these notes, please consider making a donation through the website below.

<http://braydencarrfoundation.com/site/>

Billy Donovan: Celtic 50

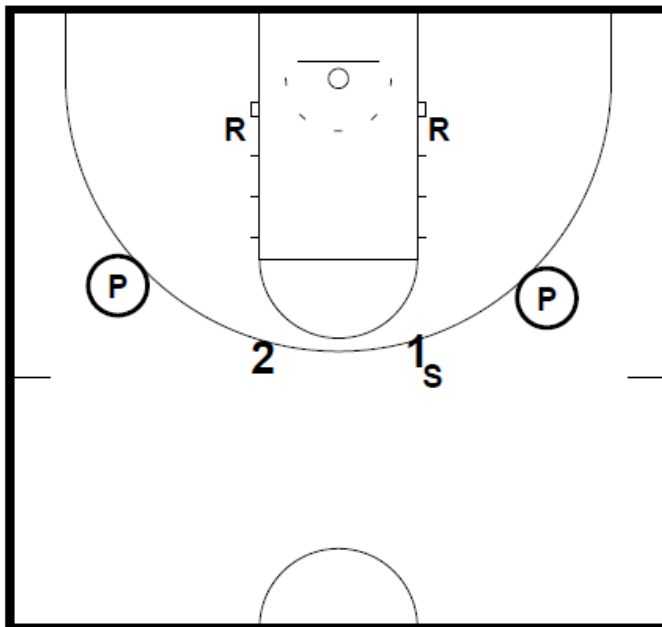


- Shooter makes 10 from each spot without stopping
- Change spots after making 10
- Time how long it takes to get 50 makes
- Passer need to pass to the inside shoulder to lead the shooter into the shot
- Shooter needs to constantly prepare for the shot
- Beat the pass as a shooter by getting feet ready and being set to shoot before the ball arrives
- Shoot from the corner, wing, top, wing, and corner

R = Rebounder
 P = Passer
 S = Shooter

Frame 1

Billy Donovan: Slot to Slot Shooting



- Shooter shoots for 1 minute straight without rest
- Shooter moves from slot to slot

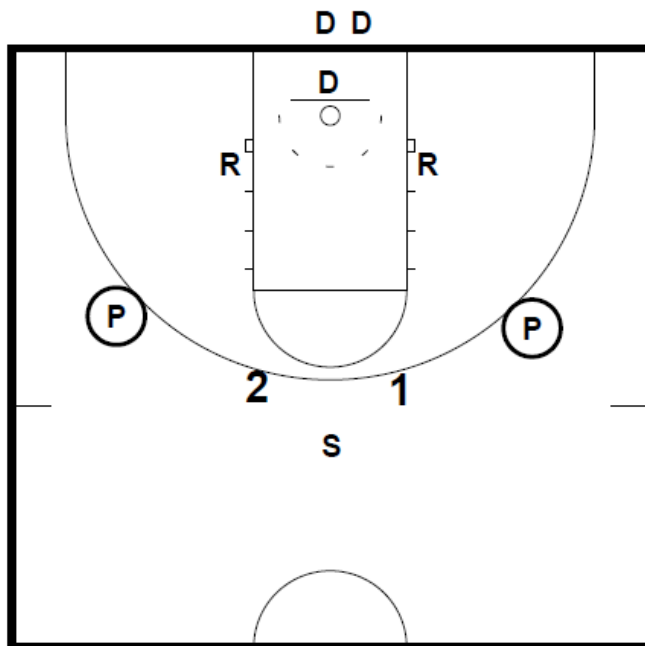
R = Rebounder
 P = Passer
 S = Shooter

Frame 1

The proceeds from this clinic went to In Brayden's Eyes, The Brayden Carr Foundation. If you download these notes, please consider making a donation through the website below.

<http://braydencarrfoundation.com/site/>

Billy Donovan: 1-on-1

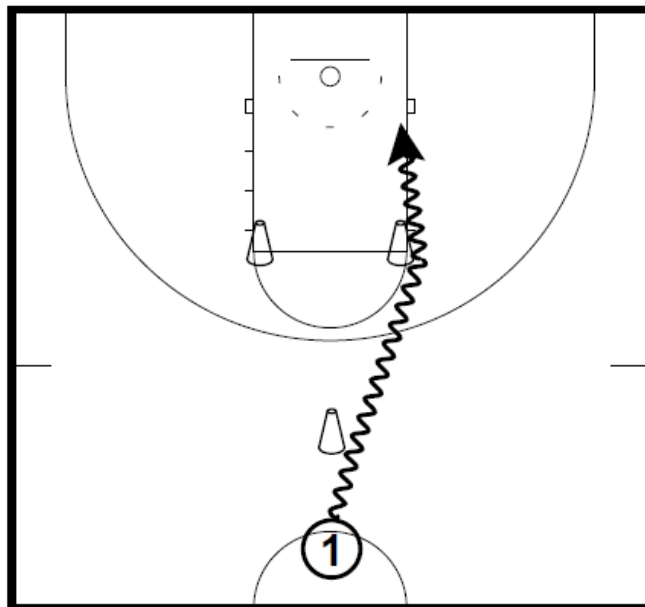


- When offense moves to ball, defense is activated
- Offense pivots into catch and then it live 1-on-1
- Can shoot or shot fake and attack
- Use 3 defenders and have them rotate

R = Rebounder
 P = Passer
 S = Shooter
 D = Defense

Frame 1

Billy Donovan: Finishing Drills - Attacking Elbow



1st Series: Inside-out to crossover at first cone, 1 dribble by second cone and extend to rim with outside hand for finish (right hand on right side, left hand on left side)

2nd Series: Inside-out to between the legs at first cone, 1 dribble by second cone and extend to rim with inside hand for finish (left hand on right side, right hand on left side)

3rd Series: Inside-out to behind the back at first cone, 1 dribble by second cone and shoot a runner/half hook off the boards (get the ball up over the shot blocker)

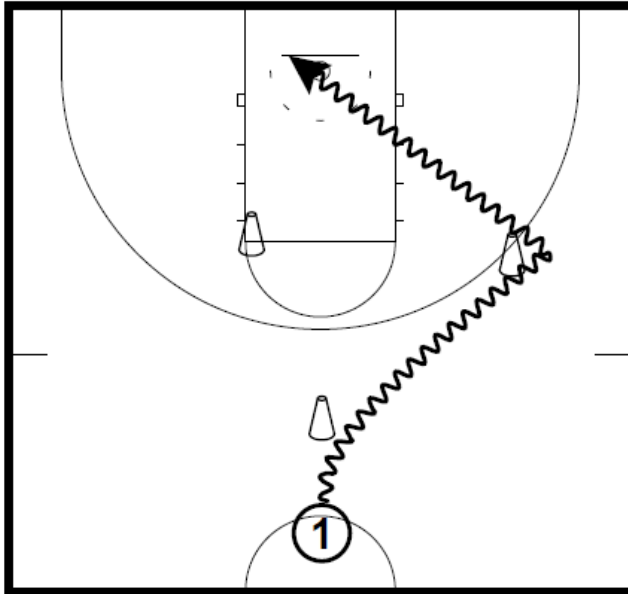
Run all 3 series on both sides of the floor

Frame 1

The proceeds from this clinic went to In Brayden's Eyes, The Brayden Carr Foundation. If you download these notes, please consider making a donation through the website below.

<http://braydencarrfoundation.com/site/>

Billy Donovan: Finishing Drills - Attacking Wing

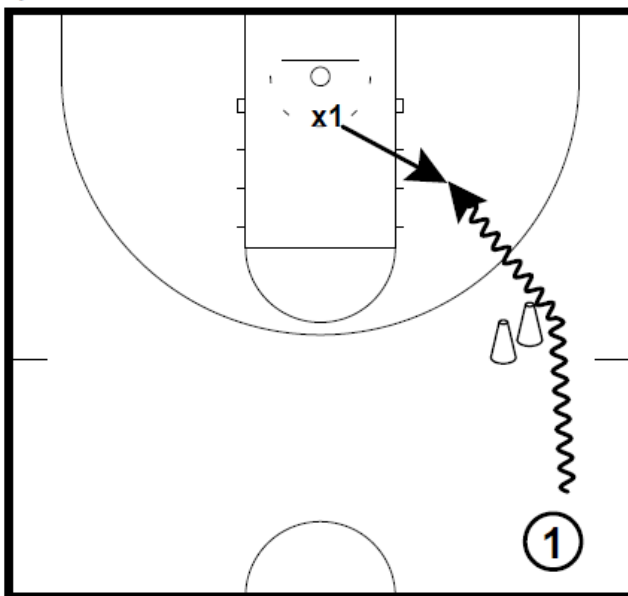


Behind the back, behind the back, and between the legs at the first cone, speed dribble to the second cone and go behind the back, behind the back, and between the legs, drive to the basket and finish on the other side of the rim

Run on both sides of the floor

Frame 1

Billy Donovan: 2nd Defender



- Start with ball in left
- Coaches choice of combination moves at cones (1st defender)
- 2nd defender closes out from baseline when offense makes moves at cones
- Live 1-on-1

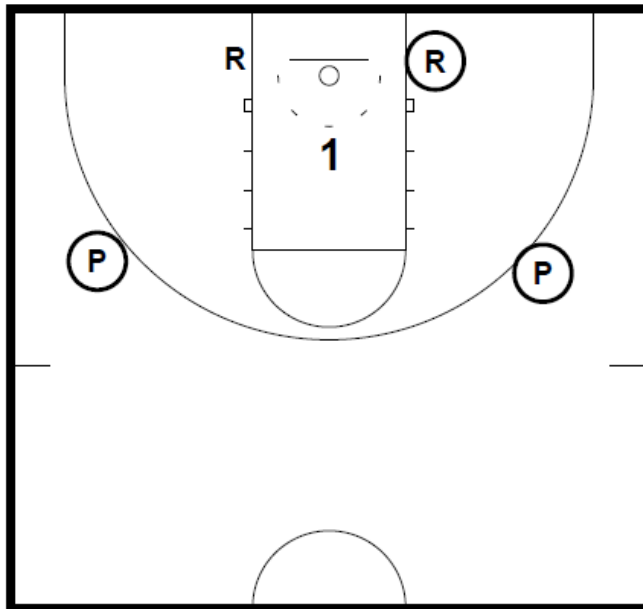
Teaches offense to go at 2nd defender and make move, stay at the same speed as attacking cones, but shorten the stride as you attack the 2nd defender so you can change direction

Frame 1

The proceeds from this clinic went to In Brayden's Eyes, The Brayden Carr Foundation. If you download these notes, please consider making a donation through the website below.

<http://braydencarrfoundation.com/site/>

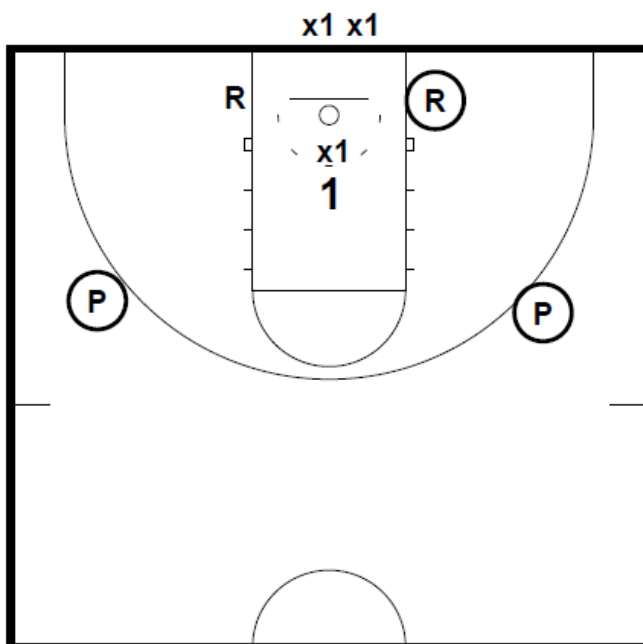
Billy Donovan: 21



- After every shot, offense must touch the halo
- Offense can pop anywhere, but they cannot go to the same spot or same type of shot two times in a row
- Shoot 3 or shot fake and shoot 2
- Score 21 points to complete the drill
- Have manager or coach play token defense

Frame 1

Billy Donovan: 21 Live



- After every shot, offense must touch the halo
- Offense can pop anywhere, but they cannot go to the same spot or same type of shot two times in a row
- Shoot 3 or shot fake and shoot 2
- Score 21 points to complete the drill
- If offense scores, they stay on offense and a new defender rotates in
- If offense misses, the defender becomes the new offensive player, a new defender rotates on, and offense goes to the back of the line
- Have manager or coach play token defense

Frame 1

The proceeds from this clinic went to In Brayden's Eyes, The Brayden Carr Foundation. If you download these notes, please consider making a donation through the website below.

<http://braydencarrfoundation.com/site/>