

# Blueprint Basketball Clinic Notes

Saturday, October 5<sup>th</sup> at Moopark College

Clinic Notes Courtesy of Christian Aurand, Blueprint Basketball  
and CJ Faulwell, Occidental College



**Ken Ammann – Concordia Irvine**

**Bob Thomason – University of Pacific**

**Russell White – Crespi HS**

**Bob Burton – Cal State Fullerton**

**Ben Howland – UCLA, Pitt, NAU**

**John Moore – Westmont College**

**Mike Dunlap – NBA and NCAA**

# Ken Ammann – Concordia Irvine

## “Building Our Half Court Pressure Defense”



### Our Defensive Building Blocks include:

1. Individual
2. Team
3. Wing
4. Post
5. PNR Defense
6. Toughness
7. Shell Development

### We want to do the following:

1. Guard the ball hard
2. Give them no space
3. Make them feel you
4. Like pressure on a QB in football, No pressure he will kill you! Need PG Ball Pressure
5. No Flat Line or Blow byes
6. No Middle Penetration
7. Keep the ball on outside thirds 1/3

**The game is all about Toughness! The toughest team is usually the best team!!**

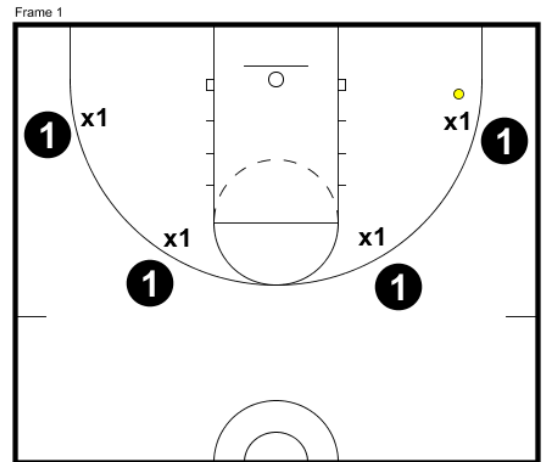
- We do Shell Development prior to official practice starts so they all know it
- We want to pressure our opponents: There's pressure defense and there is Concordia Pressure Defense

- I believe that it is our pressure defense that has taken us to the National Tournament 10 out of 11 years at Concordia
- This can be applied with any style of play

## 1. 1 on 1 Defensive Building Blocks

**Work all 4 spots on the diagram**  
**Once good go live for score**

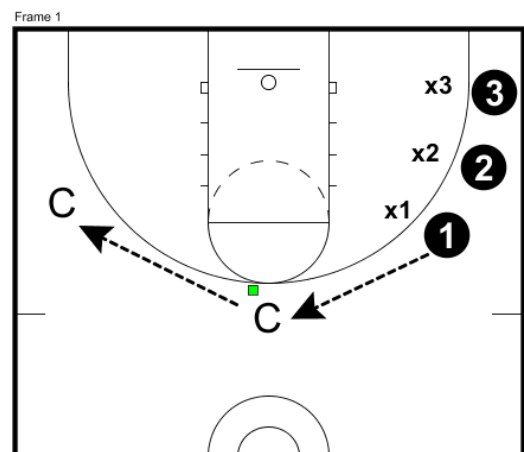
- Start by working one on one offense and defense in all 4 spots
- Make them feel you defensively
- No direct drive or blow by
- No middle penetration, if you do get beat get beat baseline side
- Big, wide stance, 1 dig hand, 1 passing lane
- Jam him when ball goes above his head with 2 hands up and make him turn
- No fouling and avoid touch fouls
- Make them quit, talk and be tough
- Your guys need to get good defending on the ball
- Defense needs to be in a frenzy. “Dig” “Ball” “Dead” terminology
- Stay solid with feet direction, don’t open the window
- When ball goes from high to low offensively then defense uses back up step



Good teams win 2 out of 3 close games and goal is not to play in close games because of your defense!

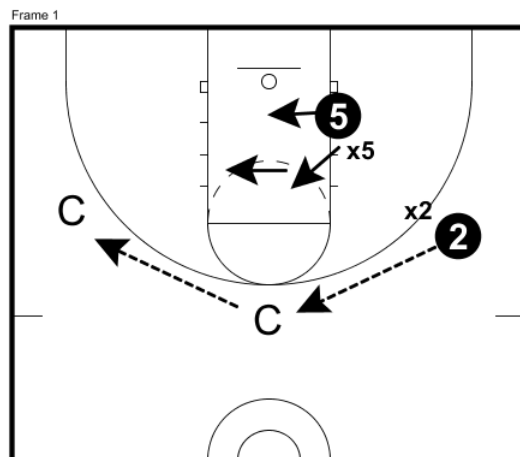
## 2. Jump to the Ball Drill

- 3 on 3 drill to start
- On ball reversal sprint to pass
- Start 1/3 way to the ball
- Hand in the passing lane
- On the line and up the line
- 3 big steps on reversal
- Huge first step most critical
- No parallel feet “ball foot up”
- If coach dribbles step to help
- Talk the whole time: ELC Early, Loud, Continuous
- Move on the flight of the ball
- Finish with Charge



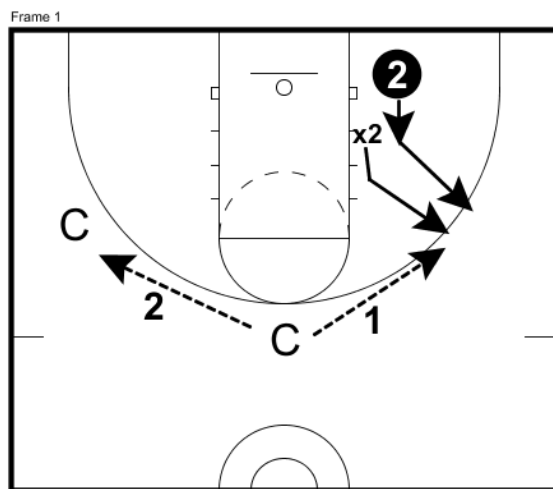
### 3. Post Defense

- Offense and defense start on block and on the wing and ball starts up top
- Everyone plays post defense at some point so all players do this drill
- Full front when ball is on the wing and  $\frac{3}{4}$  front when ball goes to the top
- Do the same drill at high post same rules
- High post is a big pressure release spot so take it away by doing the same drill at high post
- Have offensive player make contact to start
- Not worried about lob we have weak help
- After working for position from wing reverse the ball to top, X5 goes to  $\frac{3}{4}$  front hand in lane. "One slide, snap head"
- On reversal to weak side, continue to have vision and sink to baseline to make sure
- Full front once again and repeat back and forth side to side to work the drill
- Work on screening out by having the coach shoot the ball and compete for rebound



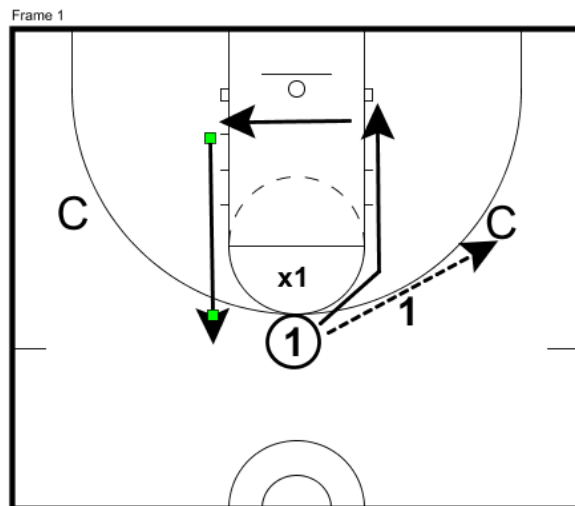
### 4. Wing Denials

- Blast out to wing and work hand in lane denial
- We don't let you catch, but if he does it is not in an operational area
- Don't tolerate false hustle
- Once the guy catches it is the One on One Drill
- Ball is reversed to top, sprint to ball
- Work through fatigue, NEVER SHOW FATIGUE
- Deny back door as well, Offense does back cut
- Maintain 1/3 gap, don't hug.
- Combines Drills 1-3 all rules, all coverage
- In all cases, end drill when defender gets steal or rebound on a shot from coach
- Keep going until you get a steal or a rebound. Conditioning and toughness!
- NO HANDS ON KNEES
- Have offense go down and post up like Drill #3 as well
- Offense go hard and work on offense – Make your teammates better



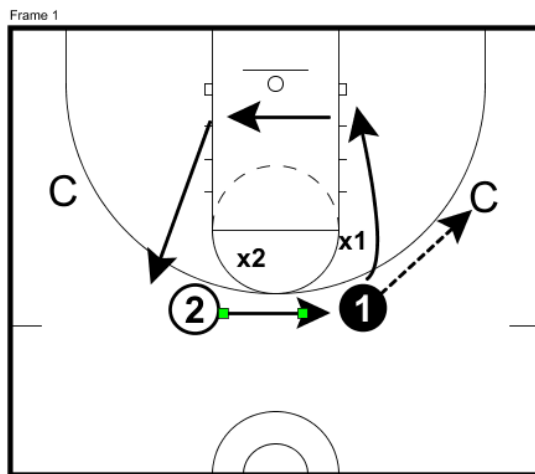
## 5. Guard Cut Drills

- Ball starts up top in player's hands and hits wing C
- Guard cuts hard after the pass
- "Lane Rule" When offensive player cuts through the defensive player should stay ball side for a quick second in case wing C drives.
- Work on vision and help on middle drives
- Offensive player cuts to the block then elevates to opposite wing. Defender always takes away cut = "lane rule" then goes middle
- Don't ever get "face cut" in front of your face
- When offensive player cuts to block it is post drill
- Then he cuts middle and now X1 defender is in help working on vision
- Offensive player then comes high and defender elevates
- Drill is repeated to the opposite side



## 6. 2 on 2 Guard Cuts

- 2 guard front with 2 coaches or players
- 1 man passes and cuts to block while the defender works on "lane rule" and not getting face cut
- 2 man replaces and fills, the drill repeats and can be run on both sides for more repetition
- Work both sides on this drill
- Do this until the coach is satisfied with effort, vision, and do not tolerate false hustle
- Everyone and every position must learn the "lane rule" and not get face cut



## 7. 3 on 3 and 4 on 4 Drill – Like Cut Throat No Dribble

- Offensive players can do whatever they want but NOT ALLOWED TO DRIBBLE
- Offensive and Defensive Game that can be made a "Tight Space Game"  
Point System
  - Each pass caught = 3 points for offense
  - 2 points for a basket and possession changes on turnover
  - 3 minute game to work on cutting, getting open, passing, pivoting, screening

# Bob Thomason

## University of Pacific

### “My Offensive Philosophy at Pacific”



#### Philosophy – What are your Covenants?

- Find 4 things on offense, 4 things on defense and 4 team things to focus on

#### My 4 Offensive Covenants – Yours may be different

1. Take great shots
2. Take care of the ball
3. Execute on offense – Emphasis on screening/screens
4. Offensive Rebounding – Court balance and guys that go to the glass

#### Components of Great Offense

- Ball movement
- Player movement – Can be difficult to coach as players like to stand
- Dribble Penetration – Use Kick ups to help create movement
- Passing the Ball to the Post – Inside/outside balance
- Screening

#### What is your Teaching Style?

- Things to consider
  - Whole to part or part to whole?
  - I like to show the whole picture
  - Then breakdown every element of the whole picture
  - Come back to the whole at the end
  - Variety of Drills
  - 5-0, Station Work, Half Court to Full Court, Full Court, Validate every drill with a made free throw!

- Players have to believe in the process
- They believe in you and you believe in them
- Takes 21 days for a player to truly learn something the right way
- Fundamentals of offense don't change regardless of what offense you run
- Don't take players out for physical mistakes, Build Trust!
- Meet with your players every week

### **Fundamentals that need work**

1. Permanent Pivot Foot
  - a. Reduce Traveling
  - b. Always have your drive foot out
  - c. Against pressure wait 2 seconds to act or you play into defense if you go faster
2. Passing
  - a. It's important to want to actually pass
  - b. Learn to throw to outside hand
  - c. Be patient
3. General Rules of Passing
  - a. Hate bounce passes except down the lane
  - b. Love post lob passes especially across the lane
  - c. Make post guy earn the post pass with great post up position
4. Middle Drives
  - a. Get players to drive middle
  - b. Causes rotation, Open shots, and offensive rebounding opportunities
5. Know your Position, Know your Teammate' Position on Court
  - a. Do you know how to run the offense with 4 others guys on the court
  - b. Don't worry about your shots, they'll come naturally
  - c. Run offense to bring strengths of your teammates out
6. Took 10 years of stats and the stat that had the most correlation toward winning was  
FIELD GOAL PERCENTAGE
7. The whole game is not the same
  - a. The end is different than the beginning
  - b. Winning Time= Last 4 minutes
  - c. Don't talk about Winning Time until Winning Time
  - d. Practice end of game situations and shot selection in that time
  - e. These shots are different than the rest in Winning Time
  - f. I would call a time out and ask my players what time it was? WINNING TIME

## 8. Coach Attitudes

- a. Everybody has a shot selection (No Ultimate Green Light)
- b. It can change throughout the season
- c. Players change shot selection based upon performance and improvement
- d. Start with a tight shot selection and loosen up as time goes on

## 9. Goal Chart Every Game!

- a. 12 Goals total and 6 goals of 12 usually results in a win
- b. Examples of goals
  1. 2 pt FG percentage 52%
  2. 3 pt FG percentage 40%
  3. FT Percentage 70% ish
  4. 20 FT a game
  5. 12 or less turnovers
  6. 12 offensive rebounds a game (good shooting makes this tougher)
  7. Easy Buckets (60 and go over video to determine this)

## 10. Offensive Concepts

- a. Post up at 2<sup>nd</sup> hash mark above the block
- b. Post up middle block if ball is above FT line (better space to work with)
- c. When receiving a post entry PUT BOTH HANDS UP TO AVOID PUSH FOUL
- d. Post ups inside the key are best not outside the key

## 11. Other General Philosophy in Half Court Offense

- a. Pass and Screen Away
- b. Pass and Double Screen Away
- c. You go baseline? You better get fouled or score
- d. 3 out and 2 in
- e. One post guy often elevates to the top of the key for high low action or clearing weak side help
- f. Import to create isolations for all players

## 12. Teaching Coachability to Players

- a. One of the most, if not the most, important qualities you need to have
- b. Rather have a player who argues but shows through actions that he is coachable than vice versa
- c. Be willing to go without a guy if you have to hurt his feelings
- d. Winning is more important than saving feelings
- e. Guys made need time to recover when their feelings are hurt
- f. Players need to look in mirror and have conviction that they are a good player



- g. It is your job to get the most out of what you have
- h. Every player needs to be a role player at some point
- i. When you lose a game...As the Coach... Tell the players it is your fault not their fault. TAKE RESPONSIBILITY!! Don't blame the players
- j. Tell them that as a coach, you should have prepared them better, adjusted, etc and it shows vulnerability, humility and builds trust

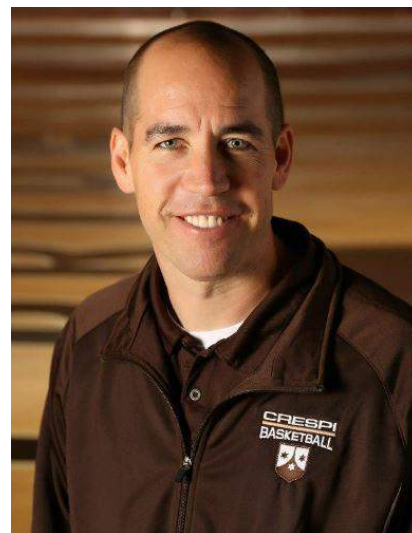
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# Russell White – Crespi HS

## “Practice Planning Concepts”



### My theories on practice in general:

- Harder than game
- Devil in the detail
- **Compete**, practice what’s important to you!
- The most important thing you can do
- Long term (backward planning....like in the class room) vs. short goals (what needs work now based on yesterday)

Pre Practice Routine/Post Practice routine....individual time with coaches!!!!!!

### Daily Practice

1. Your mindset going in....Energy Vampire
2. Write down goals....then write decide drills (backwards planning again)
3. How long is each drill...where are your water breaks (if any)
4. Plan your transitions from drill to drill
5. Emphasis within each drill—put it in practice plan in writing
6. Use the clock every day
7. Plan your teams out for drills in advance
  - i. Tight spaces
    1. Teams chosen prior (talk to Remy to get teams)
    2. Dfly starting drill; Murphy on clock (*include anyone in the gym in every drill*)
8. Plan your rotations within your drills
  - i. 1 on 1 help side recover drill
    1. 2 minutes on clock
    2. What is the rotation within the drill
    3. Keep score
9. Keep score as often as possible
  - i. 2 minute shooting
10. Game situations.....daily if possible
  - i. 1 minute left...tied (talk to Remy to get teams)
11. Try to build on yesterday, but only if ready
12. WRAP IT UP....everyday

### **Things to include in your practice plan:**

- Parts of practice plan to point out: *emphasis, teams, notes to self, quotes*  
Quotes  
Announcements  
Offensive and Defensive goals

### **Track shooting for entire season**

- Post the practice plan? Why or why not? Discuss the Gurian Method...the ESPN Ticker
- Meet with staff before practice....what are the jobs for the day within each drill....
- When to deviate?
- Rewrite.....the more rewrites....the better practice...just like an essay

### **Books to bring up:**

The Energy Bus by Jon Gordon.....Energy Vampire, Driver of the Bus

Practice Perfect by Doug Lemov

- Practice the 20
- Unlock creativity with repetition—know the basics..can then do more
- Video yourself coaching
- Normalize errors—challenge players to make mistakes and handle them

When the Game Stands Tall by Neil Hayes

### **Use of Ipad**

- Review shooting technique. 5 on 0 offense. Almost anything. Could also show BEFORE installing a play or defense

### **Practice Planner live....discuss the value for me**

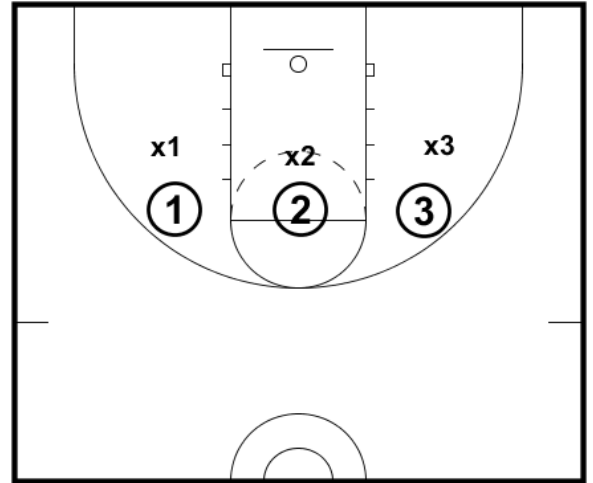
- **Chart the time on drills**
- **Chart the time on specific skills**
- **Pie Chart for season of practices**

## Drills to Use

### Tight Space Passing Drill

- No Dribbles
- No going outside the 3 point line
- No shooting from a coach pass
- Put the ball over your head defender can put 2 hands in your chest
- If you travel you travel
- Deflections are turnovers
- Keep score
- 3 on 3 Cut Throat Rotations

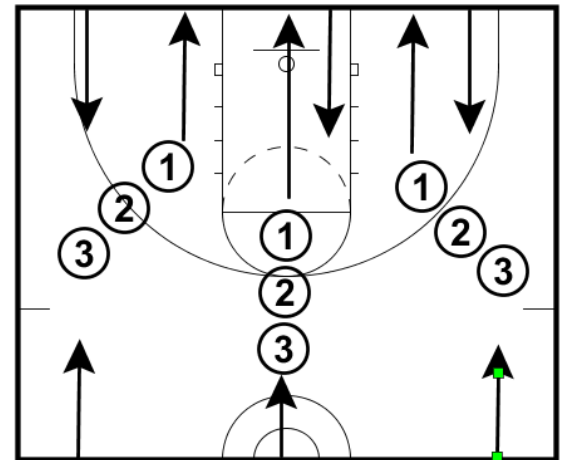
Frame 1



### Two Minute Shooting Drill

- 2 Minutes on the clock need 55 makes
- Goal # on Visitors Scoreboard and Makes on Home Scoreboard
- Count Makes on Home Side
- Players shoot runt baseline and then run to opposite baseline
- Punishment/incentive for however many short of 55 and goal
- After shooting players hit near side baseline and then to opposite baseline

Frame 1



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# Crespi Basketball

2-5-13

# Crespi Sample Practice Plan #41

Quote/thought of the Day:	Perfection is not attainable; but if we chase perfection, we can catch excellence— Vince Lombardi  When you win, say nothing....when you lose, say less—Paul Brown
Items of Note:	Lunch and after school in gym.....jersey mikes on Wednesday....email me or come to office to make specific order

Time	Drill	Emphasis
250-3	Stretching	
3-310	3 man weave....2 minute layups	66 total
320-335	O cutthroat	Single double start.....point for ball in paint...point for score....point for stop. Need stop to stay on O
335-350	D cutthroat	Force baseline...no paint! Offense run double screens away
350-4	Full court man	5 on 5....deadball start...4 across
4-410	Their stuff	10 and the double screens
410-420	2 minutes left	Early 5 and oaks action
420-430	Shooting	London/max....off dribble. Carter/mike K off pass in corner. De/aaron off pass. Dj/nick off pass
430-440	4 minute shooting	
440-450	2 minute shooting	
455-5	Free throw Running	

Brown	White
Max	London
Aaron	Nick
Carter	Mike
Davond	Mehdi
DJ	De

london	De	Aaron
Carter	Davond	Max
DJ	Mehdi, mike k	Nick

**\*team huddles!!!! London, carter, nick**

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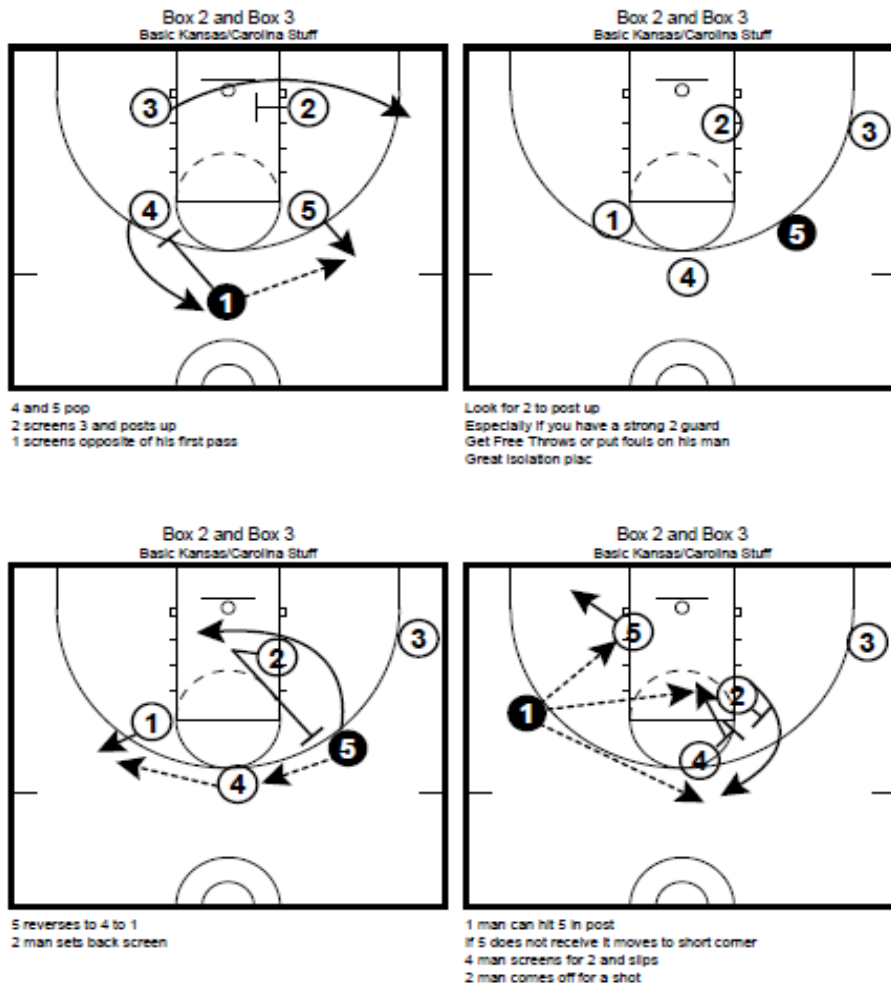
# Bob Burton – Former Coach Cal State Fullerton

## “Man to Man Box Offensive Sets”

- Make your offenses all look identical so that your opponent can't pick up patterns
- Same set but variety and counters
- Makes it easy to teach plays and counters

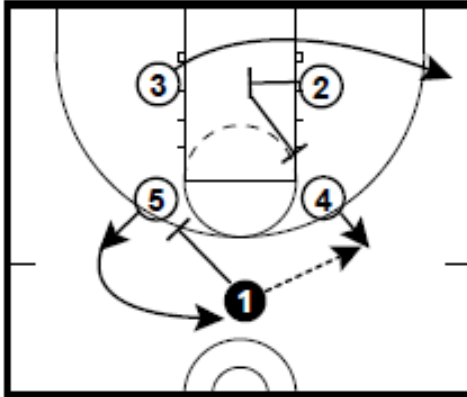


### Bob Burton Box Sets



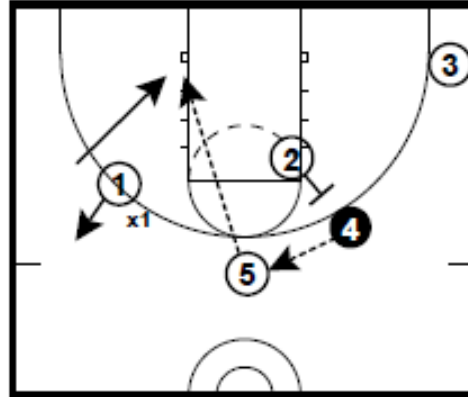
# Bob Burton Box Sets

1 Play and Counters  
Kansas/North Carolina



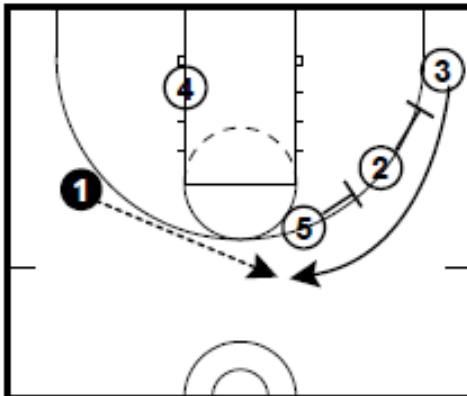
Same action as the Box 2 and 3 Set to start

1 Play and Counters  
Kansas/North Carolina



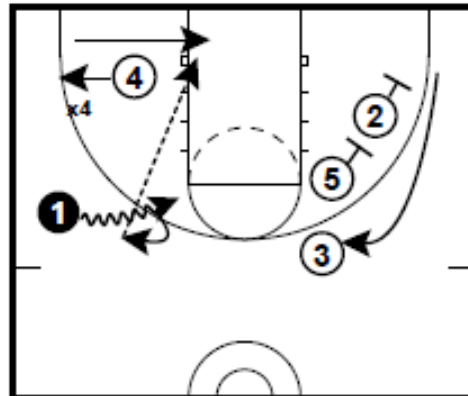
As pattern is shown back cut your 1 man on reversal

1 Play and Counters  
Kansas/North Carolina



If you don't get the back cut option to 1 man  
2 and 5 set a staggered down pick for the 3 man

1 Play and Counters  
Kansas/North Carolina



1 man dribbles toward elbow and picks up his dribble  
4 man pops to corner and back cuts

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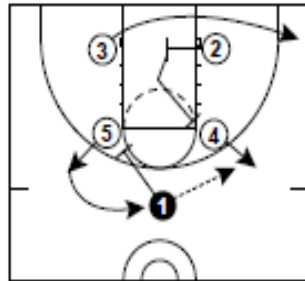
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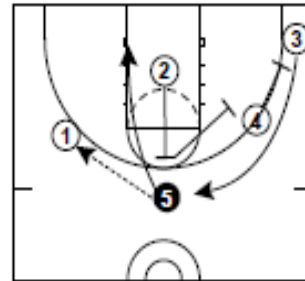
# Bob Burton Box Sets

Pop Option  
Kansas/North Carolina



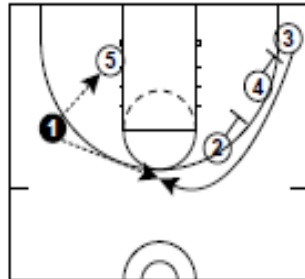
Same action to start

Pop Option  
Kansas/North Carolina



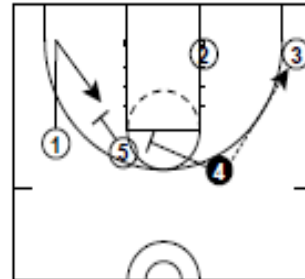
Counter to the basic set  
2 man back picks for the 5 man instead of 4 man  
2 and 4 stagger down

Pop Option  
Kansas/North Carolina



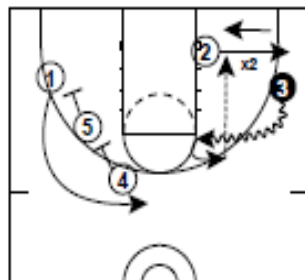
1 man can hit the 5 man  
or hit the 3 man off the stagger

Pop Option  
Kansas/North Carolina



Corner Option  
Back Cut Setup

Pop Option  
Kansas/North Carolina



3 man drives it hard to elbow and 2 pops and back cuts  
Stagger away for the 1 man to hold the defense on weakside

- All these sets can be run in groups of 3 as well to teach part to whole
- You can practice these sets without the whole team being at practice
- Example: 1, 4, 5 can run through their parts of the motion in 3s



# Ben Howland – Former UCLA, PITT, NAU

## “Simple Drills and Defensive Concepts”

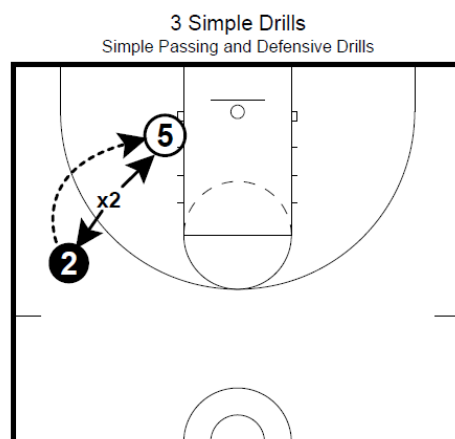
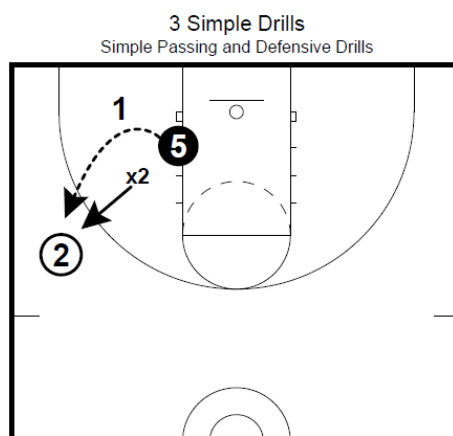


### Simple Drills to Take Back to Practice

- 3 Basic Passing Drills

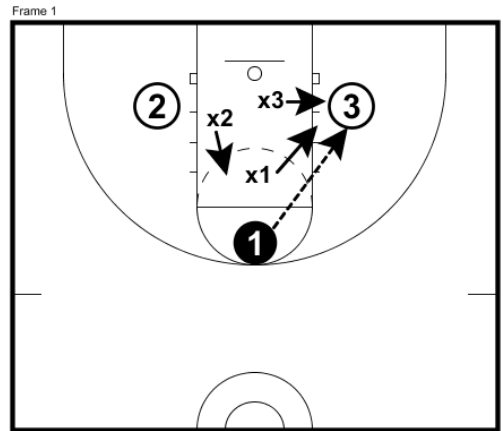
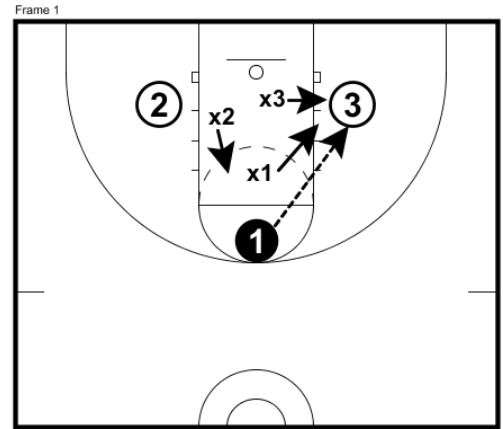
### Drill # 1 - Double Down and Close Out Drill

- Defense and Passing Drill
- Offensive Rules
  - Ball cannot be put above your head
  - Post entry pass work, Post Kick out work
  - Go for about 15 seconds then rotate
  - No dribble at the beginning
  - Progress into one dribble, two dribble later
  - Quick passes and decision making
  - Ball can start in post or on wing
- Defensive Rules
  - Try to get deflections
  - Count deflections and steals
  - Defender goes in and out
  - Butt always to baseline when opening up
  - Vision is key when opening and doubling
  - Work on Close outs
  - High hands always
  - Harass both wing and post
  - Take away vision
  - Never slap down



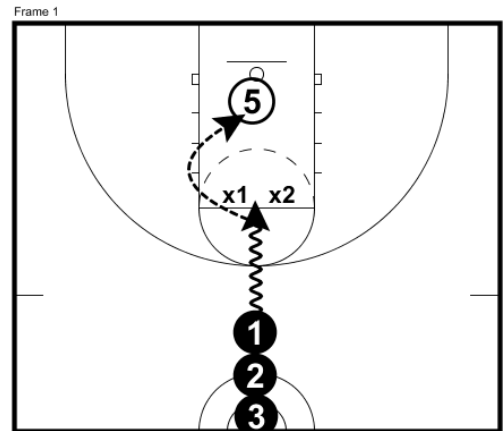
## Drill #2 Double Team and Rotate Drill

- 3 offensive players and 3 defensive players
- Small space passing drill and rotation drill
- No dribbles by offense
- On ball defender follows the ball on pass
- Trapping concepts and play 2 anticipation drill
- Great drill to be quick in decisions and effective passing
- Defenders read pivots and shoulders
- Ball is moved for about 15 seconds or 5 passes
- Or moved until coach is satisfied
- Score it, be creative
- How does this fit into your defensive schemes
- How does this work into your defensive style



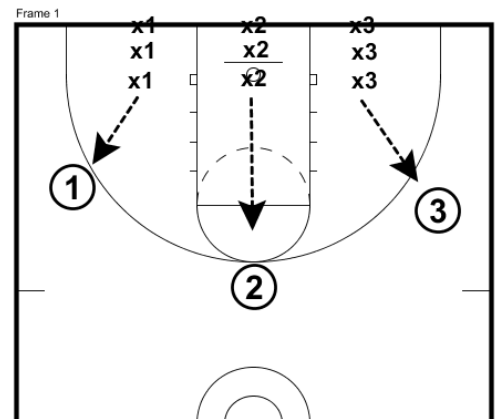
## Drill #3 Dribble Drive and Pass Drill

- Start from half court with dribble
- Dribbler jump stop at FT Line in front of 2 defenders
- Double team is waiting
- Pass to offensive man under the basket
- Fundamentals: No jump in the air passes!!!!
- All passes made quick but under control
- Fake and Make passes
- Work on guard making good decisions
- Also work on defense taking away vision



## Drill #4 Close Out Drill

- 3 lines on the baseline to start
- No Offense in the beginning just have players close out with any offense
- Progress to offensive man at 3 spots
- Work on high side close, high hands, etc
- Take away vision and post entry

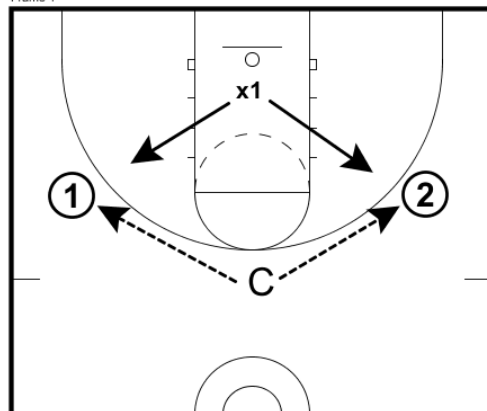


- Under control but hard close outs
- Progress to live one on one and live 3 on 3
- Incorporate help and screening later

### Drill #5 - 2 on 1 Close Outs (with a Coach Drill)

- Coach starts with the ball up top1 defender under
- Coach can pass to either side
- Defender closes out to the ball and play live
- Limit offense to 2 dribbles
- Get a stop go to offense
- Score it, be creative
- Always have winners and losers with running

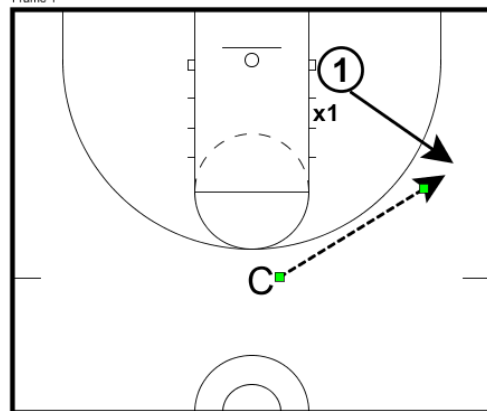
Frame 1



### Drill #6 - 1 on 1 Denial Drill

- Offensive player tries to create a lead
- Defender denial
- Catch on wing play live
- Get a stop go on offense
- Score it and be creative
- How does this fit into your scheme?

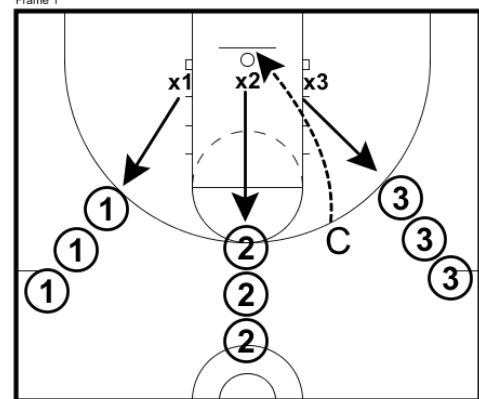
Frame 1



### Drill #7 – Box Out Drills

- 3 on 3 Box Out drill
- 3 lines of offensive players up top
- Coach shoots the ball
- If offense gets it play live
- Defense needs 2 or 3 in a row to get out

Frame 1



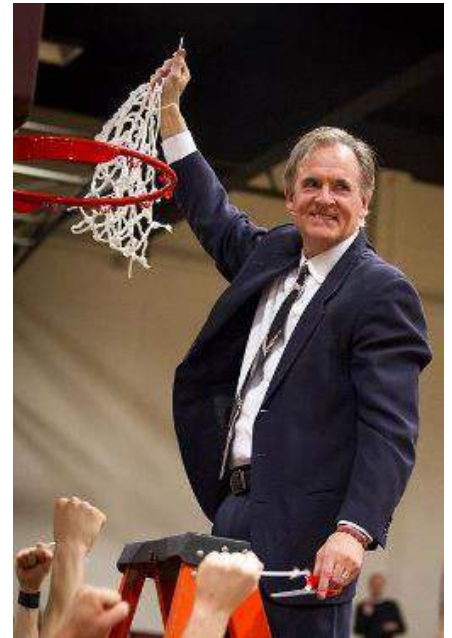
### Transition Defensive Ideas

- If you take away the other team's transition offense and you're any good, you have a shot at winning every night even if you struggle to score
- 1 and 2 are back every time or on the release.
- 1 jams the ball, 2 all the way back to the paint, if 1 shoots the switch positions
- These 2 never crash the glass while the other 3 guys must crash hard
- Jamming the ball means to stop it ASAP in the back court
- When the defense gets the rebound everyone sprints back
- You can have as many back as the situation warrants

# John Moore – Westmont College

## “Fast Break and Transition Concepts”

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### Establishing a Program

- Best thing I ever did was invite an older coach into his practice.
- Paul, Barnabas – Timothy Principle
- It's what many call the Timothy Principle, and it's found in Paul's words to his spiritual son in [2 Timothy 2:2](#): "The things which you have heard from me in the presence of many witnesses, entrust these to faithful men who will be able to teach others also."
- Teacher/Contemporary/Student...have all 3
- Basketball Principle – Every single basket should come from an assist

### 3 Reasons for More Fast Break

1. Easy Baskets
2. You get to play more players
3. You do not get pressed if you run

### Reasons to Not Fast Break

1. Turnovers
2. Slow the game down
3. Take possessions away
4. Bad shots
5. Slow, dominant post

### Philosophy on Fast Break

1. Fast break leads to fouls and layups
2. We will allow our hot hand to shoot 3s in fast break
3. Some guys can always shoot
4. 45% or better in practice
5. Post percentages in locker room for all to see
6. Only throw 1 handed passes off the break because it is harder for the defense to react

### Fast Break Drill #1 – 2 Man Fast Break

- No throwing the ball across the floor
- 1 handed passes
- Passer gets the ball out of the basket & outlets to shooter then go the opposite direction
- Outlet to outside hand
- 1 footed layups
- Player taking it out of bounds do it quickly
- The little things make the big things happen

### Wooden's 5 Laws of Basketball Learning

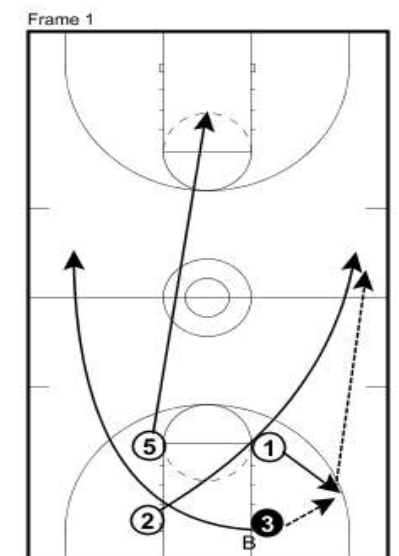
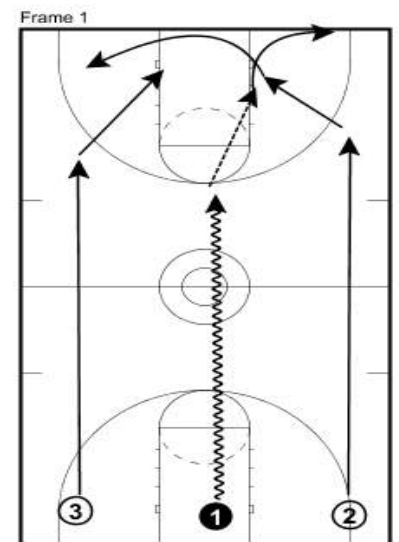
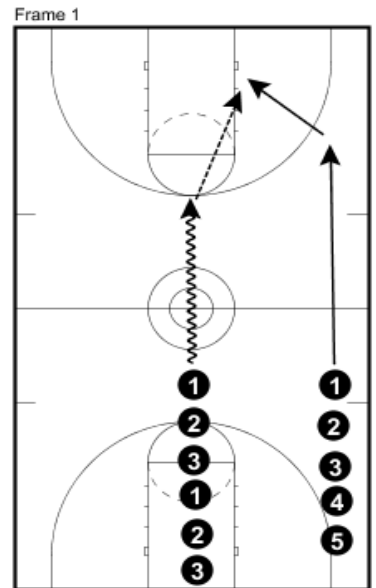
1. Explanation
2. Demonstrate
3. Imitate
4. Correct
5. Repetition

### Fast Break Drill #2 – 3 Man Fast Break

- 3 players, Pass either way
- Passer becomes shooter, shooter becomes outlet, rebounder outlet becomes passer
- Shooter fills wing and rebounder outlets and becomes the shooter
- The drill goes the opposite way filling lanes, Sprint wide
- Talk to each other! Teams that talk to each other become a better team

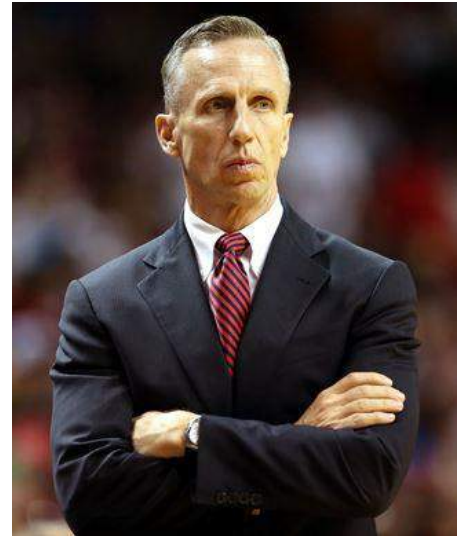
### Fast Break Drill #3 – 4 Man Fast Break

- Off the backboard pass to the other block player
- Outlet pass off elbow strong side
- Weak side elbow fills lane
- Outlet man trails
- Way back one rebounds/takes it out
- One player receives inbounds
- Other 2 players run wide lanes
- You can end this drill with post ups have leading pass stop on perimeter and have opposite side player slide under for a post up Or add a post guy permanently and have him slide under the basket and post up



# Mike Dunlap – NBA, NCAA

## “Random Thoughts, Teaching The Game, and Philosophy”



### Communication and Developing Leaders

- Be brutally clear with players
- Work in progressions
- Leaders are cultivated
- Learn to lead with hand and mouth
- There can only be one voice in the gym
- Peyton Manning is the greatest example of hand and mouth leadership
- Magic Johnson was the greatest “Pointer” in the game
- One voice means “the King is the King” or the “Queen is the Queen”
- Role Declaration is huge
- King talks you talk – To each other

### When communicating to players

- Lock in on the Why? Always explain the why
- Example: Get your number to the ball on screens
- All players need triggers to learn
- Example 2: PNR Dribbler never lets the picker do his job
- Trigger: Tell him Start, Set point (wait for pick), Shuffle them go
- Tell them when to act and show them when/how/why to act

### Timing is a bitch to teach (Like teaching timing with PNR)

- You need to always put your players “on the head of the needle”

### Teaching Philosophy

- Praise them
- Prompt them
- Walk away
- No dumb players just dumb coaches not teaching
- Correct, Correct, Correct when things go wrong
- If things go wrong you are tolerating it
- Give them specific instruction instead of “concentrate”
- Free Throws: Find the Nail, Take 2 breaths, Eyes on Back of the Rim

**Huddles** – To teach talk, help introverts by pre coaching them into huddles and walk away letting them learn. Praise them, Prompt them, Walk away

- Use this time to teach leadership and introverts who need help

### **Words are your Tools in Teaching**

- Washout = Drink
- Always add to and never take away!

### **Great Drills – 6 Components**

1. Time
2. Score
3. Advantage/Disadvantage
4. Unpredictability
5. Communication – Nurture it
6. Rebounding in every one - Izzo

### **Good to Great – Jim Collins Book**

- Stick to your convictions
- Good to Great is a Separator between you and others

### **Be Strict Early in Teaching**

- Let whistle do the talking – Like Cut Throat
- It's not "oh" It's "I got it coach"
- Do you teaching on the front end of practice and the season
- Frontloading information
- Use scrimmages to tell you what you need to practice
- Validation on every drill
  - Must make FT
  - Must make FT or lose
  - Even if you win a drill and don't make FT you lose
  - Winning team must get another stop on D – Big Stop in Game Rehearsal
  - Be incessant about communicating everything
  - Create toughness immediately
- All drills must create a culture of toughness – Jay Bilas Book Defines it
- Toughness happens inch by inch and day by day
- Use "Tight Space, Less Time" Drills
- Tight Space Passing Drill
- 3 on 3 Tight Space Drills Create Mental and Physical Toughness!

### **No Dribble Drills!!!!!!!!!!!!**

- 15 to 20 minutes a practice "No Dribble" Drills

- Full court pass and cut drills no dribble allowed
- Want to teach cutting, passing, pivoting, protecting then use no dribble drills
- Helps you as a coach find out about personalities
- Teaches communication and puts the “WE in your gym every day!
- Mentally tougher teams! Put them on the head of the needle
- Put adversity in every practice
- Culture of adversity learns to learning how to deal with it
- Great conditioning drill as well no dribble
- Whistle means stop and eyes on me, all eyes on me

### **Defensive Stuff**

- 2 hands on close outs
- 2 hands out is bullshit because there is a 5 lane highway above them a Brave New World to pass into the post
- Think of this...as a post passer...just bring the ball down to get a defender to put his hands down and you have an easy pass into the post above now
- Must take away vision

### **Teach Offensive Players to Arm their Feet**

- Pivoting is so key to creating space – Arm your Feet
- Don’t waste the dribble

### **Math and Science has to be a part of your coaching!**

- Heart Rate Monitors – Eliminate bullshitting
- Scoreboard never lies
- Points to win and lose
- Validation Points
- Death Point points put your team on the head of the needle
- Big Stop Rehearsal
- 15-17 short quick games in 10 minutes

### **Pick N Roll Game a Must as it will be at next level**

- Doesn’t have to be all of your offense but should be a part tough to defend
- 9 ways to defend the PNR now
  1. High PNR go under
  2. Med PNR go over
  3. Blitz = Trap 2-1-2 behind (2 Trap, 1 to FT Nail, 2 Protect)
  4. Ice = SNR (Screen and Roll) Guard Top Force Base, Big Center Field
  5. Push = The picker
  6. Squeeze = The picker
  7. Hard Hedge = Like Howland (Great Teacher of this method)



8. SOS = Switch on Screens

9. Zone

### What does the PNR hate?

- Hates Press
- Hates Blitz style games
- Hates Zones

### Random Thoughts at the end

- You must have tools in your tool box as a coach, teacher, and player
- You must attempt to infiltrate the practice plan of your opponent!!!!
- If you have inferior talent press or regulate them with a 2-2-1
- Be unique in your league infiltrates the rest of the league
- Model the things that great teams do well, especially when they are in your league
- Figure out how to beat them – The Art of War

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