**2012 LUMBERJACK COACHES CLINIC NOTES**

**August 3 & 4, 2012**

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<td><strong>Registration</strong></td>
<td><strong>Chad Iske, Denver Nuggets</strong></td>
<td><strong>Noel Gillespie, Phoenix Suns</strong></td>
<td><strong>George Karl, Denver Nuggets</strong></td>
<td><strong>Coaches Social @ Collins Irish Pub</strong></td>
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<td><strong>Up-tempo Offense</strong></td>
<td><strong>Nuggets Fast Break (with Q &amp; A)</strong></td>
<td><strong>Join us for free appetizers and drink specials at Collins Irish Pub in Downtown Flagstaff. Directions on back.</strong></td>
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<td><strong>James Whitford, University of Arizona</strong></td>
<td><strong>Al LaRocque, Former Durango HS (NV)</strong></td>
<td><strong>Jeff Rutter, Arizona Christian University</strong></td>
<td><strong>Lunch on your own</strong></td>
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<td><strong>Damon Stoudamire, University of Memphis</strong></td>
<td><strong>Mike Dunlap, Charlotte Bobcats</strong></td>
<td><strong>Jack Murphy, Northern Arizona University</strong></td>
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<td><strong>The Darling Dozen: Absolutes of Basketball</strong></td>
<td><strong>Perimeter Development</strong></td>
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Chad Iske, Assistant Coach, Denver Nuggets

“Defending the Pick & Roll”

- Pick and roll has taken over the game in NBA
- Change the way you guard pick and roll based on personnel

Nuggets had an elite pair of bigs who could guard perimeter (quick & athletic)—This allowed them to be more aggressive.

- Mid PnR: anything in between the elbows
  - “We hate the ball in the middle of the floor defensively”
  - Goal is to try to get it out of there and force it to a side

- “Weak”- Mid PnR coverage that forces ballhandler to weak hand
  - Bigs must talk loud and early to allow ballhandlers defender to force to the weak side

Big defender- must be at level of the screen and take away the windows. Stay until guard is able to get back (guard must communicate when big can go back)

Strong side defense is in plug position

Weakside D: “Weakside I”

Weakside top I defender must bluff to buy time for x5 to recover

**Bigs are QB’s of the defense (must communicate)**

“Weak”- To defend in “weak”, X5 makes 1 string ball out to the sideline until X1 can get back and communicate that he’s okay. X3 is in plug position. X2 and X4 get in “Weakside I” positions.
“Weak” (cont’d). X2 (top of the Weakside I) “tags”, or bumps, the roll man and hands him off to the bottom of the I. X5 recovers back to place guy. (Bigs must communicate on this)

***

“Weak Blitz”- Mid PnR coverage that is an all out trap/keeping the ballhandler on the sideline until he picks it up. Top of the I gets first pass. No passes to the interior. Weak blitz defensive rotation – rotate behind the big (wanted the bigs to go all out on trap so they protect them with the rotation)

To defend using a Weak Blitz, X5 and X1 blitz the ballhandler and stay until he picks up his dribble. X3 is in plug position. X2 and X4 get into the “Weakside I” coverage.

X2 (top of I) “tags”, or bumps, the roll man and hands him off to the player on the bottom of the I.
X2 (top of I) takes the first pass. X4 would take the second pass and X5 quickly recovers back to the paint.

“One man I”: One guy has to cover two (usually because bottom I guy has to cover a post). The defender must “tag” a rolling big but be able to cover first pass to perimeter

Get in the plug (help) early so if you need to close out on wing you only have one direction to go.

vs PICK AND POP: in “weak” stunt from top I and recover/ in “weak blitz” must rotate because X5 will stay on ball (blitz)

Some teams don’t like to string it out horizontally -- they like to attack it vertically because it’s easier to get back (hedge/show)

Denver Nuggets goal is to take passes out of middle of the floor-- try to force the skip pass

Slower/bigger teams use drops to keep ball in front of them, bigs stay high and big. Effective for some teams (Tim Duncan)--makes you shoot over him. They don’t get to level of the screen.

Get out and show vertically so guard can go under and recover (Mike Brown is a proponent of this method)

Nuggets like to be a little different -- switched PnR defenses a lot. Teams were preparing more for showing on screens
Side Pick and Roll Defense: anything outside of the elbows -- we don't want ball to come back inside elbows.

If the ball is on the side-keep it on the side.

“5”: Side PnR Defensive Coverage

On ball defender- get in to the ball and force down (baseline) upon hearing “5” from the big defender (don’t look for screen)--stringing him to corner (just like in “weak” stringing to sideline)
“No splits/no windows”

Top side I- still tag roll man (just like in “weak”)

3 Times into Live Drill (“5” Continuous Side PnR Drill)
Start with side pnr-skip to top (reverse and cut weak side)-live (PG has ball back and play live from there)
Dummy into live-good for remembering spots and roles

Stunt the pop--in "weak" and "5"
“5 Blitz”: X5 stays until 1 picks up ball
Tell bigs: “Get to level of the screen and execute the scheme"
Noel Gillespie, Assistant Coach, Phoenix Suns

“Up-Tempo Offense”

The early pick and roll offense is one of the hardest attacks to guard on any level. In Phoenix, they call all of their offenses ‘attacks’ to help form an aggressive mindset.

On up-tempo offense: "Defense will have to pick their poison because somebody will be open."

Goals of the Suns up-tempo offense is to:
1) Score easy buckets before the defense has a chance to get back
2) Get wide open perimeter shots
3) Draw transition fouls.

**The golden rule with the Phoenix Suns:** Don’t hold the ball. Don’t be a holder. They want their players to make quick decisions and be aggressive.

Their goal is to create a running mindset. If you want to have a fast-tempo team, the preparation begins in the off-season with conditioning. Another way they prepare is by using a 16-second shot clock in practice.

“We want to be comfortable with every player on the court taking an open shot when their feet are set.”

**What separates the great transition teams from average transition teams is the ability to run off of a made basket.**

To help create a fast-break mindset, the rule in Phoenix is that the closest person to the basket after an opponent’s made basket throws it in. They would prefer a big man to take it out, but anyone, including the PG, will work.

“We've had our best fast-break success when the 4 players without the ball are FULL OUT running. When we go back and watch the film, we should be able to pause it at any time and see the 4 players without the ball in an Olympic sprinter stance.”

The Suns goal was to have three shooters on the floor at all times, this often forced the opposing team to play small, causing the Suns lack of size to not hurt them. The Suns up-temp offense was used after long rebounds, steals, and made baskets and their aim was to get a shot up in seven seconds or less.

“If you were open, you shot it or sat by the coach.”
“Players liked the style because we encouraged independence and creativity.”

In their basic transition offense:

The 2s and 3s are interchangeable. They want them sprinting to the corners. If the 2/3s can get beat the defense down the court, they want the 1 to hit ahead for a layup.

The 5 man posts up his defender right in the middle of the lane for 2 seconds with his back towards the basket before clearing out.

If the 5 isn't open immediately, they want the ball passed to the guard in the ballside corner, who should be a scoring threat. That guard can look to shoot and can also look to enter the ball into the post.

Another option they have is for the trail man to set a drag screen for the PG. As 1 dribbles to the wing, 5 will cut to the ballside block, and 4 will cut to the basket.

* * *

Gillespie said “the biggest thing that seperates the NBA from college ball is that in the NBA, the screener knows more than likely, he'll be the one to get the ball.”
Keys to remember for an effective fast-break:
  -- spread the floor
  -- have balance and do not clog the lane
  -- spread shooters and allow for open shots to get taken
  -- push the ball to keep defenders on their heels
George Karl, Head Coach, Denver Nuggets

“Nuggets Fast Break (with Q & A Session)”

Denver Nuggets Offense:
- Thought everyone in the NBA tried to over-coach the game (5-6 years ago looked to change their offense)
- Everyone wants to coach the more aggressive team
- Teach a lot of spacing and shot selection
- Coach has to develop the system around the skills, talent, speed, and size that he/she has
- When you catch the ball you have to make good quick decisions (doesn’t like catch and holding)

Shots we like: Rim (Love), 3pt shot (Like), and Free Throws

“30-30-30”: 30 layups, 30 free throws, 30 assists (wants 30 of each/game)

Shots we don’t like: 15-20 ft. jump shots (generally shot at 40%)

Structure our shot selection & teach spacing more than anything else rather than having a lot of plays

No turnovers- simple decisions and easy reads

“It’s how you play not how well you play” -Bear Bryant (don’t overcoach-just get it done)

Transition Offense: Wings run corners, 5 runs to tip of rim, 4 man trails

Coaching: have passion for the game!
The attitude you have when you enter the gym is felt by your players
Book: “The Happiness Advantage”-- positive energy
Energy of the coaching staff, gym, weight room, locker room is an important part of coaching

Practice Planning:
Training camp: Hour and a half to two hours maximum (anything more would just be conditioning)
60% Defense/40% Offense in training camp
Have to play basketball (a lot of 3 on 3 or 4 on 4 on 4) w/ shot clock limitations
Organize pre-practice workouts
A lot of shots before and after practice
Footwork drills before practice

If you have good assistant coaches use them –
players need to hear a different voice!

Coach Karl’s Favorite Drill: 5 defenders (deny, pressure, etc.) vs 4 offensive players going one way -- 5 offensive players vs 4 defenders (must make layup in 10 seconds/no jump shots)--back to 5 defenders vs 4 offensive players full court (just have to get past half court vs press)

4 guys can score on 5 defenders if you move the ball (develops trust in the pass)

3 on 3 no switching on defense (good drill to teach the game)

Drilling different situations (driving baseline, pick & roll, etc.)

Develop passing and quick decisions-good players make good quick decisions

CHAMPIONSHIP TEAMS ARE MADE WITH:

- defense, team basketball (trust the pass), trust in each other, and belief in each other
- believe in the pass more than they believe in their individual skill
- believe in the team more than the talent of the individual
- positive energy breeds trust in each other and belief in each other

Andre Miller- makes the game simple and makes other people better (highest praise you can give a player-making other people better)

COACHING PLAYERS WITH ATTITUDE:

- NBA and college so different in this aspect
- NBA coaches get paid to win games
- Example several years back- player they acquired at trade deadline who they believed to be a big talent upgrade ended up being a player w/ negative energy who believed in cursing out other players on the bench-- team missed the playoffs (only time in Coach Karl’s career)
- The coach is the more mature person-has to figure out how to deal with the situation
When Coach Karl won an ESPY Award for his battle with cancer the two players that were there to support him were Kenyon Martin and Gary Payton (2 players who he had attitude problems with earlier in their career)

“I’m into ego management and attitude adjustment” -- when people who don’t know him ask him what he does for a living

“For me to come to the gym every day it’s a good day for me”

Man-to -man vs Zone: Coach Karl prefers strong side man to man and weakside zone (“weakside I”)

Bob Kloppenburg (Former George Karl assistant): S.O.S. Pressure Defense

3 Ball and Offensive Rebounds drive Coach Karl crazy

Team bonding: 1 year in Seattle they took players to Mt. Rainier to demonstrate that basketball needs to be a team game and to develop trust in one another

Set goals that can be attained is more motivating than unrealistic goals

Book recommendations: The Carolina Way and Naismith

Favorite player to coach -- Nate McMillan: totally selfless, daily energy, cerebral (one of the biggest reason the Sonics were successful)

Playing hard is a skill as much as an attitude (Kenneth Faried)

Not a big stats guy -- coaches have to be careful to how much they use stats because there is so much available now (“I coach on feel, not stats”)

Likes offensive efficiency stats and charts how many layups
Josh Pastner, Head Coach, University of Memphis

“Memphis Offense”

- Hire good people
- Be an energy giver not an energy taker

Pastner values keeping track of 50/50 balls. It’s a good way to measure your team’s effort.

“Coach what you know! I’m not a good match-up zone coach.” You’ve got to know your strengths and weaknesses. Surround yourself with people have your weaknesses with their strength.

Coaching can be defined as stealing ideas and tweaking them to fit your program. Pastner emphasized making drills and plays and ideals fit your program though. Just because something worked great for another program doesn’t mean it’s going to carry over to your program flawlessly. You should have to tweak it a little.

MEMPHIS OFFENSE:
In everything we do, we look to get the ball ahead and score.

If you want to run, you have to emphasize it (and enforce it). It starts with conditioning.

Good simple warmup drill: 3 Man Weave/3 Minutes on the Clock (everything is a full sprint)

Another drill he showed us was called “Cycles”. Cycles was a 5v0 drill where the team went up and down the court 5 times with a different person scoring each time. They had only 28 seconds to complete the cycle and have everyone on the team score.

The fast-paced Memphis team (averaged ~ 90PPG) met up with the slow-tempo St. Louis University (averaged ~ 40 PPG) in the NCAA tournament this year. Pastner said if he could coach that game again, he would tell his guys to drive to the rim and be more aggressive, even if they get called for charges.

“DON’T OVERCOACH IT!!!”
James Whitford, Associate Head Coach, University of Arizona

“Pack Line Defense”

What defines a defensive system?
1) Do we have a defensive system that our team can excell in and get better at throughout the course of the year?
2) Do we have a defensive system that our individual defenders can excell in and get better at throughout the course of the year?

Throughout the course of a basketball season, we might play a game ever 3 or 4 days, however the season lasts 6 months long. We don’t want to sacrifice our defensive philosophies to help us for a mere 3-4 day span. We want to continue to build on our defensive ideals so that we are playing our best basketball at the end of the 6 month season.

Prepare with the big picture in mind

Whitford’s defensive identity: hard-nosed man-to-man team that plays within the pack-line and makes it really hard for you to get the ball to the rim.

6 Principles to Pack Line Defense:
1. Be committed to getting back. Defense starts in transition. NO EASY BASKETS.
2. Pressure the ball.
3. Off-the-ball defenders must always be in defensive stance and be ready
4. Keep the ball out of the deep post/limit catches in the post
5. Help early on all penetration. Don’t wait for the ball to get in the paint to help.
6. Challenge all shots. “Three’s don’t kill you – Open three’s do”

How do you measure your defensive success:
• Greatest indicator is Points Per Possession. Their goal is to hold teams to about a .84 points per possession on offense.

Other defensive stats he monitors closely:
• 2 point Field Goal Defense
• 3 point Field Goal Defense
• Defensive Rebounding Percentage
• Turnovers Forced
• Freethrows given up

As far as defensive rebounding is concerned, does the way you defend put your players in good rebounding positions, or are they constantly caught in rotation? This will be detrimental when you’re holding teams to low percentages from the field, but are unable to get in good positions to blockout and secure the rebound.

Reason for Pack Line Defense: In this era of basketball, so many guys can make moves off of the dribble, it’s beneficial to have your off-the-ball defenders in a position to better help them contain penetration.

PACK LINE DEFENSE:
• PG is picking up in tough man-to-man defense at the half court line. The PG’s defense extends much more than the rest of the team’s, especially in the initial entry of the offense.
• One step beyond the coach’s hashmark is the “Heat Up Line”. They aren’t worried about denying catches to anyone beyond the Heat Up Line. However, once the offense gets inside of the Heat Up Line, they turn up the pressure, and are a ball-pressure team
• “Pack Line” is a 17 foot semicircle just inside the three point line. If you’re not defending the ball, you should be inside the Pack Line.

These lines are taped down on the floor everyday for practice at Arizona.

Most important of any kind of defense is transition defense. “If you can’t defend in transition, you can’t defend.”
3 Keys to Emphasize on Transition Defense:
95% of a team’s defensive mistake will come from one of these three points:

1. **Floor Balance** – when the shot goes up, who’s going to the glass and who’s getting back. This becomes more important playing against better talent.

   UA sends their 3, 4, and 5 men to offensive glass to rebound; 1 and 2 men get back in halfback and fullback positions to stop any fast breaks.

2. **Effort** – foul line to foul line require full speed sprint. Whitford suggests having players run sprints from FT line to FT line.

3. **Communicate** – “if you can’t communicate, you can’t be successful on defense”

   “Strong and wrong is better than weak and right.” Players need to be vocal, bold, and decisive on defense.

   “I’ve never seen a guy talk and not play hard”

   At UA they tell their players “if you don’t say it, you don’t know it”

**RULE OF THUMB:** last defender back in transition defense should look to pick-up the man at the top of the key or the opposite side of the ball.

As a coach, you are what you emphasize. If you want to put an emphasis on communicating on defense, you can’t be scared to bench your best player when he doesn’t talk on defense.
POST DEFENSE:
Before you figure out how you're going to defend the ball on the wing, you need to determine how you’re going to defend the post.

UA defends the post ¾ to behind, on the line up the line. When the ball is at the top of the key, as a post defender, your bottom foot should be above the post player’s top foot.

DON’T ALLOW GUT PASSES (passes from the top of the key to the post).

You can’t allow a post player with the ball to get two feet into the paint.

It’s harder to play behind in the post with smaller players. UA has let smaller players front the post from time to time.

Good post defenders play with their feet, and if they do have to give up a catch to the post player, they force a tough pass away from the block and closer to the short corner.

We want to force opponent's big men to have to make decisions off of the dribble. To do this, we want our off-the-ball defender closest to the post to look like a linebacker, who you can’t tell if he’s blitzing or not.

Helpside defense must stay at home until the offensive post player puts the ball on the ground. Just keep faking at him.

DEFENDING PERIMETER:

They give their players some freedom. They want their players to pressure the ball as tight as they can without getting beat.

Perimeter defenders should be able to cut the ball off on the baseline without any help. They will have helpside defenders rotate over just in case the on-the-ball defender is unable to stop the baseline drive, however they hold their perimeter defenders accountable.

ALL GREAT DEFENDERS HAVE GREAT FEET ON THE BALL

They chase all screens inside of the Pack-Line.
They will switch 1s, 2s, and 3s on ballscreens. But in terms of off-the-ball-screens, they don’t ever switch because they want accountability.

FOR OFF-THE-BALL DEFENDERS: “Your positioning is your help. You should be in helpside position before the offensive player ever drives the ball.
Al LaRocque, Former Head Coach, Durango High School

“Early Offense”

At a clinic years ago, he heard John Wooden say “try to take 1 or 2 things from this clinic, but don’t write down everything.”

Being competitive is a learned trait. Make sure every drill has a consequence, a reward, or both. Doing so can help to teach your players to compete.

ON PRESSING:
“When we press, we don’t necessarily care about getting a steal.” When they press, he wants to disrupt the offense.

“Make drills that fit you”

“Make sure you use your strengths.”

While at Durango HS, LaRocque had an offense called Motion, and an offense called Motion Wide. These two names represented the exact same offense, except that Motion Wide was taught with extremely wide spacing. He found that as the game wore on, his players tended to forget about spacing. By calling Motion Wide, they would spread back out on offense.

“Basketball is a game of counters”

Make your coaches coach!

If you want to teach players how to play, they need interaction all of the time.

As a coach, are you evolving with the game?

WHEN BLOCKING OUT ON FREETHROWS:
Turn and set a face-to-face screen on the opponent’s big man to prevent him from getting the rebound.

You must teach bonding to your players. Bonding is getting your players to invest in your school. LaRocque suggested having your players attend the football games and sit together for the 1st half.

The last person the players learn to trust is the coach. Trust is a HUGE word in the NBA! Good teams trust one another!
LaRocque suggested letting basketball friendly mentor your players. It's good for them to have connections outside of basketball.

Lastly, he left everyone with the challenge of saying hi to someone new everyday.
Jeff Rutter, Head Coach, Arizona Christian University

"Motion Offense"

It's hard to get kids to learn to play fast. But by practicing at a faster pace, you can help them learn to make quicker decisions.

“Often times, our 4 man ends up being the best shooter.” He said he likes to have a trail 4 man who can shoot because they will get open shots.
It’s a basic pass and screen away offense that works well for their personnel because Rutter said they get a lot of guys who are the same size.

They like to double away a lot since most teams have trouble guarding that defensively.

If a player drives baseline, the post slides up the line to the elbow to create a lane for the ball-handler to drive, and the backside wing flattens down to the corner and is ready to shoot if he’s passed the ball.

He gives a lot of offensive freedom to his players early on, and inserts the rules as they get deeper into the season. This helps them to peak at the right time.

RULE OF THUMB: If big man is posting up where you can see his numbers square ahead, throw him the ball!

Recruit guys who fit your system!
Sue Darling, Head Women’s Coach, Northern Arizona University

“The Darling Dozen: The Absolutes of Basketball”

3 things she wants from her team:
1) Play Hard
2) Play Together
3) Play Smart

“If I could only pick one, it would be play hard”

If you can get your team to play hard, you'll win some games;
If you can get your team to play hard and play together,
you’re gonna win a lot of games;
If you can get your team to play hard, play together, and play smart – that’s when you win championships.

Title of her presentation: “The Darling Dozen: The 12 Absolutes of Basketball”

The title of her presentation is a marketing ploy. There are no such things as absolutes in basketball. “Always and never are two words I try to avoid when teaching the game”

**The 12 Absolutes of Basketball**

1) There are no absolutes
2) Do more, talk less -- Kids learn by doing.
3) Make lay-ups – Practice game like lay-ups, and shooting lay-ups differently.
   Along with normal 2 Line Lay-ups, she encourages practicing lay-ups with the wrong hand (ex. right side lay-ups with left hand, and vise-versa), reverse lay-ups, lay-ups off the pass, and full court lay-ups.
4) Every pass counts -- demand accurate passes. She relies on Full Court Weave passing drills.
5) Make Free Throws! -- If your team made all of their lay-ups and FT's, how many more games would you win?
6) Expect accurate shooting -- Practice making shots! Making a lot of shots is much more beneficial than simply taking a lot of shots.
7) **Let them play!** -- The best drill to simulate playing a game is playing a game. Let your players scrimmage frequently. She also suggested having them play 5 vs 5 with no dribbling to work on moving without the ball.

8) **Practice end of game situations!!!** -- You are doing your team a disservice if you don’t practice end of game situations.

9) **A team is a direction reflection of its head coach** -- Take a look in the mirror every once and a while.

10) **Your practices are a direct reflection of what you care about** -- Plan accordingly. What you emphasize during practice is what your players will learn to value.

11) **They don’t care how much you know until they know how much you care.**

12) **Enjoy the journey!** -- Have fun coaching. This job is pure joy.
Damon Stoudamire, Assistant Coach, University of Memphis

"Perimeter Development"

Looking back on his playing career, the biggest difference Stoudamire noticed from playing in college to playing in the NBA was how much better the spacing in the NBA was. Other differences he noticed were:

-- College players think they know more than pro players
-- College players don’t accept their role as well as NBA players
-- College is not all basketball. There’s a lot of other dynamics as well.

Characteristics of good perimeter players:
-- have the ability to break down their man down off the dribble
-- must be able to handle the ball, and attack the rim with EITHER hand
-- hit seams when they see them
-- are able to take angles even when an angle is not there
-- need very good footwork
-- know how to create seperation when making a move.
-- have a variety of shots in their aresenal (teardrops, floaters, jumpshots)
-- must be able to play pick and roll basketball
-- will knock down open shots; be a spot-up shooter
-- have a mid-range game
-- are the best conditioned athlete on the floor
-- have a quick realease on their jump-shots
-- aren't worried about their defenders. A good guard is always looking for the defensive help

Stoudamire repeatedly stressed the importance of perimeter players being able to handle the ball with both hands.

"If you cannot use both hands, you cannot be an elite player."

Characteristics of good post players:
must have good hands and feet. If you do not have good hands and feet you cannot be a good post. You must be able to catch passes and move your feet in a fluid motion. These traits must be stressed to big players.

When he played, he was scared... scared that somebody was outworking him. So that is what motivated him to work hard everyday.

From a coaching standpoint:

-- “At Memphis, we spend around 25-30 minutes everyday dedicated to skill development”
-- In player development they must trust that you know what you are talking about, and trust that the drills you are doing will make them better basketball players.
-- “We (as coaches) cannot give guys excuses”
-- In his opinion, “good offense always beats good defense”
-- He won’t drastically change a player’s shot. He will tell them what their doing wrong, but for the most part, if it goes in, it goes in.
-- If you have to change a player’s shot, do it in the summer.
-- He won’t chase players to get better. "If you have to chase players to get better, they don't really want to get better.”
-- He tries to incorporate conditioning drills with shooting
-- Insists on having his guys play 1 on 1 from various sports on the floor, with limited dribbles. We want to develop our guards to be comfortable handling the ball in small places.
-- They don’t teach their guards to split the trap because it’s a hard move to learn and is likely to result in a turnover than a foul being called on the defense.
-- "Player development can only take your players so far. They must have supreme confidence in themselves."
-- If you’re an out-of-the-box thinker, there’s no such thing as a wrong drill. You must work on the total game. All drills are great. Be creative and invent new drills.
Mike Dunlap, Head Coach, Charlotte Bobcats

“1-3-3 Zone Defense”

You as a teacher of your team should seek many different sources and steal as much as you can from separate leaders and teachers. Along with studying other basketball coaches, Dunlap suggested studying the military, studying paramedics, and studying people who are dealing with life and death situations. By studying these different occupations, you can get a better grasp of human behavior and how humans respond to different circumstances.

Dunlap believes in progression teaching. Once a player has learned the ability to knock down an open shot, they must begin practicing contested shots. Practicing against pressure will help their shot transfer over to the games.

**OVERLOAD PRINCIPLE –** Whatever you’re doing, you can’t bypass the hours and the work you have to put in.

To see what your players are really about, keep telling your players things they don’t want to hear. They call this ‘correction’, and see how your players respond.

Dunlap spends an hour to two hours a day studying human behavior in one form of another. He especially likes to read about people who have accomplished extraordinary things to see what he can learn from them.

“If you never like to read, you need to associate yourself with very smart people and be in constant contact with them”

In his life, he tried to surround himself with leaders and coaches way better than he ever thought of being.
It’s about making progress. You’ll get a player who thinks he’s ready to get more shots in the games, yet he won’t go into the gym and get the extra reps in. Meanwhile, Ray Allen makes 500 shots before each game.

Books to read:

-- *Born to Run* by Christopher McDougall
-- *Eat and Run* by Scott Jurek
-- “Runners World” magazine – says it talks about gaining a mental edge
-- *Scorecast* by Tobias Moskowitz
-- *The Amateurs* by David Halberstam

“Last time I checked, basketball has a lot to do with fitness”

Tim Grgurich was talking at a clinic 20 years ago, and a guy asked him about high-hand closeouts. Coach Grgurich said each of his players would practice over 10,000 closeouts in practice each season.

“Your success will be in direct correlation with what you do with your free time.”

“You must get out of your comfort zone to do anything GREAT”.

Players have to get out of their comfort zone, and it’s the coach’s responsibility to make them uncomfortable and challenge them to become better.

A good practice is like a drumroll. It starts low, has a crescendo, reaches the climax, and then digresses.

ADVANTAGES OF PLAYING A ZONE:

1. You’re stealing an opponents practice time. Coaches spend far more time preparing their man offense than their zone offense. As a result, playing zone defense will disrupt the habits and patterns of what your opponent has been working on.
2. Keeps bigs out of foul trouble
3. Keeps bigs in rebounding areas
4. Easier to protect the paint and the rim
5. The only way a good zone gets beat is by the jumpshot
6. Pick and roll very hard against zone

**DISADVANTAGES OF PLAYING A ZONE:**
1. You get beat on the glass. It’s harder to rebound out of a zone.
2. 3pt percentage is higher against zone
3. Less individual responsibility

“It’s almost impossible for players not to be motivated when the coach is highly motivated!”

**KEY TO TURNING AROUND A PROGRAM:** staff and players buying into the program.

“I don’t want to hear excuses about obstacles. Everyone one of us has obstacles... But my point is whatever your problems are figure out solutions. Smart people figure out solutions.”

*Tools for Teaching by Frederick Jones*

1. Praise for what they did
2. Prompt them on how to make it better
3. Leave, and move on to the next thing

**CONCEPTS OF 1-1-3 ZONE:**
1. Extreme ball pressure
2. Sideline pins. Don’t allow the ball to be dribbled middle; force the ball to the baseline
3. Belly to belly defense
4. Defensive hands in opponent’s eye sockets
5. Jump to the direction of the pass.
6. When ball is passed, all players must shift!
7. Best defensive teams move their hands, even on the weakside

Practice using overload situations in practice. (Ex: 5 offense vs 4 defense. This will train your players to work harder and cover more ground faster since they are shorthanded)
1-1-3 ZONE ALIGNMENT

If the 1 passes to 2, X3 closes out to deny the shot with **extreme ball pressure**

Coach Dunlap was adamant about protecting the elbows. To guard the elbows on a pass to the wing, X2 slides to ballside elbow and X1 slides to the weakside elbow

X5 moves to ballside block, and will front any offensive player on the block while X4 protects the paint.

One of Dunlap’s rules of thumb was the “**closest man concept**”. Don’t overcomplicate zone defense. The closest man to the ball should take the ball. **Communication is key.**

If 2 were to pass the ball back to 1, based on the closest man concept, X2 would defend 1; X1 would deny 5 the ball at the elbow, and X3, X4, and X5 would return back to their original spots.

As the ball continues to be swung around the three-point line, X4 would defend the ball on the wing. X5 would step to the ball side block, and X3 would defend the paint.

Coach Dunlap recommended for weakside defenders on the block to sit down and put their butt on the offensive player behind them. In this example, he would want X3 to sit on 4. Doing so would allow X3 to guard 3 people at a time:
1) He can see 3 with the ball
2) He can see 2 and is ready to closeout if there’s a skip pass
3) He can feel the big man behind him

REBOUNDING POSITIONS:
Dunlap said when he’s in zone, he wants his players to rebound spots on the court. These spots are based on where the rebound is most likely to go, based on where the shot was taken from.

When the ball is shot from the middle, he wants players sprinting to the elbows and boxes.

If the shot is taken from the wing, he wants to see a triangle of rebounding positions, with 2 players blocking out on the backside.

Regardless of if you’re playing man or zone defense, you can NEVER ACCEPT THE SHOOTER GETTING HIS OWN REBOUND!!

Don’t correct fouling the first 2-3 weeks of practice so that you don’t destroy your players’ aggression. It’s easier to teach them not to foul later on than it is to teach them to be more aggressive afterwards.
“I have only just a minute,  
Only sixty seconds in it,  
Forced upon me,  
Can’t refuse it,  
Did not seek it,  
Did not choose it,  
But it’s up to me to use it,  
I must suffer if I loose it  
Give account if I abuse it,  
Just a tiny little minute,  
But an eternity lives in it”
Jack Murphy, Head Coach, Northern Arizona University

“Lumberjack Defensive System”

When picking your coaching style, it’s fine to borrow ideas from other coaches, but you have to be yourself.

Everyday, they start practice with the fundamentals. Ideally, the players will do the passing and dribbling drills before the coaches even step in the gym.

After dribbling and passing drills, they work on defense. Murphy suggests a daily progression of defensive drills, beginning with 1v1 defense and building up to 5v5 defense.

**1v1 Defensive Jersey Drill:**
As an offensive player zig-zag dribbles down the right half of the court, a defensive player must slide in front to cut him off. It’s called the “Jersey Drill” because the defensive player wears a jersey or t-shirt around his neck, holding both ends of the shirt. Having the defender grab the jersey around his neck will teach him to play defense without relying on his hands.

After the Jersey Drill, they go directly to Full Court 1v1. If the offensive player scores, the defender does push-ups. If the defender gets a steal, the offensive player does push-ups. “A good offensive player should be able to stay within the lane lines in full court 1v1.”

They continued to progress through drills, moving to 2v2 Full Court, 3v3 drills, 4v4 Shell drill, and eventually get the full 5v5.

Murphy said progressing from individual defensive fundamentals to full team defense helps players fully understand and master defensive concepts.

“It’s important to use drills where we can work on conditioning as we drill.”
“Push your teammates in practice – make them better – make the team better!”

CHARACTERISTICS OF A GREAT DEFENSIVE TEAM:
- Have good closeouts
- Are able to run guys off the line and contest all shots
- Help the helper
- Can scramble on defense, and will communicate to recover

ON BEING AN OPEN-BOOK PROGRAM:
“If I had a play-book, I’d give it to you, because it’s not about the plays we run, it comes down to the players and their effort.” He went on to say for example that regardless of how good the scouting report is, if the players aren’t giving maximum effort, it’s a helpless feeling.

“You need energy, effort, and desire to be a good defender. Anyone can be a good defender”
Academics:
- Number of undergraduate degree programs: 80
- Colleges within the university: 7
  - College of Arts & Letters
  - School of Music
  - School of Art
  - College of Education
  - College of Engineering, Forestry & Natural Sciences
  - School of Earth Sciences and Environmental Sustainability
  - School of Forestry
  - College of Health and Human Services
  - School of Nursing
  - College of Social & Behavioral Sciences
  - School of Communication
  - Graduate College
  - The W. A. Franke College of Business
  - School of Hotel and Restaurant Management
- Average class size: 38
- Total Enrollment: 25,364 (2011)

Location:
- City: Flagstaff, AZ (1.5 Hours from Grand Canyon, 2 Hours from Phoenix, 3.5 Hours from Las Vegas)
- Elevation: 7,000 feet
- Average number of sunny days: 288
- Mountain range: San Francisco Peaks

Athletics:
- Mascot: Louie the Lumberjack
- Number of sports teams: 15
- Division: NCAA Division I
- Conference: Big Sky
- Website: nauathletics.com

Overview:
- Established: 1899
- Type: Public
- President: John D. Haeger
- Accreditation: North Central Association of Colleges and Schools

2013 MEN'S BASKETBALL TEAM CAMP
June 14-16 & June 21-23
Coach:
My staff and I would like to invite you to join us next summer for our first team camp here at Northern Arizona University. We will have several divisions of competition so your team will have fun, be challenged, and most of all continue to develop as players in this team setting. We will release more information soon but wanted to put this on your radar now. Come up the hill and beat the heat next summer!

-Jack Murphy, Head Coach

SAVE THE DATE!
Email mbasketball@nau.edu