

Nike Basketball Clinic – Las Vegas, NV – May 10-12, 2013

Frank Woodford – Northern Arizona University – [fcw6@nau.edu](mailto:fcw6@nau.edu)

## 2013 Nike Championship Basketball Clinic



Included Notes:

Marcelo Signorelli – Club Hebraica (Uruguay) – “Man to Man Defense FIBA Style”

Sherri Coale – Oklahoma University – “My Favorite Drills”

Roy Williams – University of North Carolina – “Our Running Game & secondary Break”

Larry Shyatt – Wyoming University – “Defensive Thoughts & Drills”

John Groce – University of Illinois – “Man to Man Offensive Concepts”

Sean Miller – University of Arizona – “Attack Zone Defenses”

Steve Fisher – San Diego State University – “Building Your Team’s Offense”

Bob Huggins – West Virginia – “Competitive Practice Drills”

Keith Dambrot – Akron - “Full Court Pressure Defense”

Andy Enfield – University of Southern California – “Our Up-Tempo Style of Play”

- These are not official Nike Coaches Clinic notes; they are for my personal use only. The notes are not complete – word for word on all speakers. Many times speakers will go off on stories and jokes, these were not included. Things are missing from some speakers; I only took note of what caught my interest or that I found valuable.

## Marcelo Signorelli – Club Hebraica (Uruguay) – “Man to Man Defense FIBA Style”

Thoughts on defense:

- 1) Defense is non-negotiable
- 2) Defense is an action, not a reaction
- 3) Defense creates offense and this wins championships

Principles of teaching defense in South America:

- 1) Players are responsible for guarding their position, if you cannot do this then you cannot play.
- 2) Begin with teaching 1 on 1 fundamentals, no matter how many players are on the court, you are essentially playing 1 on 1.
- 3) Emphasis keeping the ball out of the paint “no middle penetration”
- 4) Always deny one pass away. Remain in an “open” stance to see ball and man, but do not help too much.
  - Goal is to not help off onto another player
  - Great responsibility (and pride) in defending your own position
  - Shooters are too good to have to help off of, stay in front of your position

Drills:

- Begin by teaching players how to defend in 1 on 1
  - 1) Body control/balance
  - 2) Lateral foot speed and technique
  - 3) Hands out, feet spread.

3 on 3 Drill:

- 1) Only layups – NO JUMPERS ALLOWED
- 2) No switching on defense – all 3 defend their position
- 3) No Screens
  - Game becomes 1 on 1 involving 6 players.
  - Encourage players to “play free” and be creative
  - Defensively: all grow as 1 on 1 defenders, still work as a unit
  - Offensively: move without the ball, foot work/speed, creativity & ability to score

## Sherri Coale – Oklahoma – “My Favorite Drills”

Thoughts on drills/skill development:

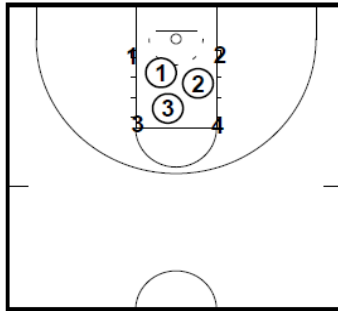
- 1) Don't do drills just to do them - have a purpose for all that you do
- 2) Use drills to break skills sets down and make this clear to players.
- 3) Drills must fit your program, what you want to teach and succeed at.
- 4) “Be sure with the ball” = know what you are doing and why you are doing it.
  - On practice strategy: “Game spots, game shots and game speed.”
  - “To communicate when you play, you must communicate when you practice.”

More on drills:

- 1) How do you want to score in games? This is how you must practice and build drills in practice.

Practice Drill:

Keep away – 4 against 3.



- Two players on the blocks, two on the elbows of the key. These 4 are one team. They cannot move more than a pivot.
- The other 3 are free to move about in the key to play defense. All they have to do is deflect the ball to be successful. Can have players run or another penalty for losing the game.
- Teaches quick decisions, fake a pass to make a pass, using pivot to gain space.
- Defensively teaches players to be wide and take up space. To talk to teammates and to have quick hands.

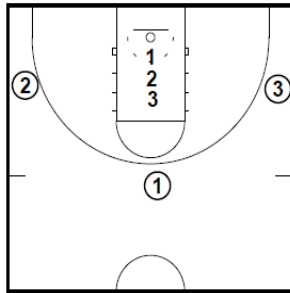
X Passing – Works on wing/post entry passes. Have two players on the block and two on the wing.

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- Follow passes
- Always pass to outside shoulder, away from the defense.
- Pass to post: Above shoulder or below the wait.
- 25 clean catches – no bobbles or drops.
- Add in defense to posts then wings.

Rebounding Drill – 3 players under the hoop – 1 at the top of the arch and two on the wing.



- Works on closing out to shooters.
- Coach calls out a player from under the basket then passes to a player around the arch. Whichever players name the coach called out must close out to shooter.

2 Ball Shooting Drill –

- Line at the right or left wing and at the top of the three point arch.
- Wing receives a down screen from top line; cuts to basket, curls or shoots jumper.
- Screener then flares to the corner for a three pointer.
- Can add additional players or change location: baseline work with posts.

## Roy Williams – University of North Carolina – “Our Running Game & secondary Break”

Thoughts on the fast break:

- 1) “Basketball is relative” – the game is simple, don’t try and complicate it by coaching too much.
- 2) “To fast break, you have to **rebound**”

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### 3) We want second chance opportunities and easy baskets

Fast breaking is not a “loose” style of basketball. You must still play smart and under control. Make solid decisions, take good shots and play as a team.

Emphasize shots at the rim; goal of the fast break is to keep the defense uneasy and to get easy shots at the rim.

Best fast breaking team is the team with multiple players that can handle the ball. Ex. 80’s Lakers.

To score easy buckets in transition you must be fast with the ball, we work on things as simple as taking the ball out of the hoop. Point guards get a running start with the ball and we push to the paint or the corners. After a rebound we push the ball, whether the rebound is gathered by a power forward or point guard, if we are comfortable with you handling the ball then we go.

“Offensive boards, defensive battles”

Initial and secondary break:

After rebound or turnovers push the ball ahead to wings or forward. Push to the paint or corners. Lastly look for post that is trailing the play.

In the UNC secondary break the PG makes judgment based on defenders back.

- 2 or fewer defenders: Look to score in no more than three passes.
- Avoid 3’s on the pitch ahead unless it is our best shooter and the defense is set.
- First post seals on low block, second trails play.

### Larry Shyatt – Wyoming – “Defensive Thoughts & Drills”

[lshyatt@uwyo.edu](mailto:lshyatt@uwyo.edu) Email for more information or to attend a practice

Thoughts:

- “Hard work and teamwork will defeat talent when talent fails to work hard.”
- Ask yourself: “Are you an energy taker, or giver?”
- Head coach sets the tone for team
- Build enthusiasm for defense, create an edge in your players

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### Characteristics that negate talent:

- 1) Intellect
- 2) Work ethic
- 3) Conditioning
- 4) Attitude
- 5) Strength

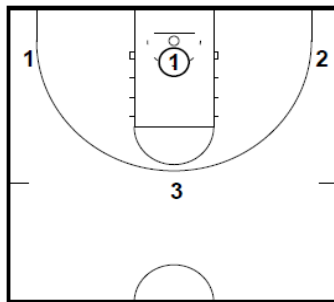
### More thoughts on Defense:

- Communication is key: “Early, loud & continuous”
- Ask yourself: “Can we be successful on a bad shooting night?”
- Stress active hands, feet work
- Selfishness Vs Unselfishness
- Defense comes first: “Before, during and after games”

### Practice and drills:

- 1) There are no fouls unless the HC calls it.
- 2) No lines (play defense even if player crosses a line)
- 3) Team vocabulary is crucial, all players/staff must be on the same page
- 4) Chart hustle stats: diving for the ball, deflections, charges, blocks, screens
- 5) Be flexible – Allow players to have success
- 6) Film Sessions: Defense always come first – good or bad
- 7) Should practice press everyday even if you don't press
  - Builds conditioning and ball handling
  - You will face a press sometime throughout the season

### Charge Drill:



- 1) Coach stands under backboard with one defender under the basket.
- 2) One offensive player in each corner and one at the top of the key.

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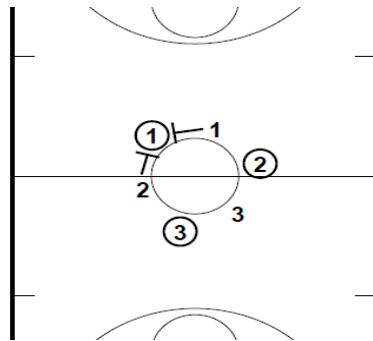
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- 3) Coach throws ball to an offensive player; player attacks the basket and lone defender must take a charge.

“Alley Ball”:

- 1) Full court 1 on 1 drill
- 2) Players can only use the “inner third” of the court: Width of the key, full court.
- 3) Offensive player cannot go outside the width of the key
- 4) Defender has the advantage, “we want our players to think they always have advantage on D.”

“Trap” Drill:



- 1) 3 against 3 using only the half court center circle
- 2) Offense cannot move feet, other than a pivot.
- 3) Defenders can move in the circle, they trap whoever has the ball
- 4) Player being trapped must not panic, but pivot – fake and pass then make a pass
- 5) Builds confidence when being trapped, decision making and fundamentals

“What shots do you want your opponents taking?”

### John Groce – University of Illinois – “Man to Man Offensive Concepts”

Thoughts on your program and more:

“The culture of your program is more important than the X’s and O’s”

“When adversity hits, what are your core values?”

“If you can’t coach your best player, you can’t coach your team.”

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“There are no guarantees, but you have to give yourself the best chance”

### I.C.U.P.

- 1) Integrity: Doing the right things
- 2) Commitment: Be better every day, have goals
- 3) Unity: It’s not about me, it’s about we.
- 4) Passion: Do you love the game?

### E. E. E.:

- 1) Empty: You lack passion, commitment to the program.
- 2) Even: Your hours are 8-5, so you care from 8-5.
- 3) Extra: You care, you want to be successful and help others in the program

Thoughts on interaction with players:

Players love feedback, they want to get better

- Hold end of the year meetings with summer goals
- Talk about how coach and player can use the summer to get better
- As a player and person

It’s important to socialize with your players outside of practice and games.

## Sean Miller – University of Arizona – “Attack Zone Defenses”

Key ways to attack a zone: Verse conventional 2-3/1-2-2

- 1) Transition first: Push the ball after rebounds and turnovers. Zone cannot set up if you are in transition.
- 2) Create two point shots: Don’t settle for long jumpers and three pointers. Attack the rim and get offensive rebounds.
- 3) Logo importance: Get your best player with the ball in the paint and good things happen. Cuts to the middle, or attacking off the dribble. Player will get a high percentage shot or draw a foul.
- 4) Flex the defense: Spread the floor, spread the zone. Players in the corners and master the skip pass, dribble drive.
- 5) Screen the zone: Force the zone into places it does not want to be. Screen, cut and find open spots in the zone.

Vs Match-up zone:



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- 4 around 1 – attack off the dribble.
- Rotate and look for a mismatch – small attack bigs on the perimeter
- Bigs attack smalls in the post

Thoughts:

Against zone you must be in attack mode. Even if you are not a running team you need to be able to catch a team off guard.

Creating two-point shots is important. You cannot settle for long jumpers.

Load one side against a strict zone. Force the zone to change and benefit your team's ability.

### Steve Fisher – San Diego State University – “Building Your Team’s Offense”

Rules of our program:

- 1) On time, all of the time
- 2) Try your hardest
- 3) Respect everybody
- 4) Stay out of trouble

Thoughts on your position and your program:

“Focus on what you are doing right now”

“Don’t be in a hurry to get that next job” You are cheating your current program by not being committed to the current project.

“The best job is the one you have”

“Maintain a love for what you do; because it does matter”

Early Offense:

- 1) If you have the numbers, attack.
- 2) All players must be committed to running the floor
- 3) Ball cannot stop, pass it up the floor – first open man
  - Screen on the ball, look for a hand off and dribble drive

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### Bob Huggins – West Virginia – “Competitive Practice Drills”

Thoughts:

Your players must be competitive, help this by making practice competitive.

Basketball is a game of numbers, diving for loose balls, rebounding and setting screens all help win games.

“We are all accountable”

Have penalties for losing in drills at practice. Foster a competitive edge.

“Iron Man”

- 4 player drill, 1 on defense and 3 around the arch.
- 2 wings and a PG on offense, they do not move
- Coach throws the ball to a player and the lone defender will either
  - 1) Deny the wing
  - 2) Move to help side defense
  - 3) The middle
  - 4) Coach then instructs offensive player to attack and defender must take a charge.
- Coach quickly gets another ball and rolls it in opposite direction of defender. Defender must then run and dives for the ball
- Lastly, after defender dives, coach throws another ball down to the opposite basket – defender runs down court and makes a layup.

“4 on 4 + 1”

- 4 defensive players against 4 offensive players and 1 offensive post player.
- The offensive PG CANNOT pass the ball to the offensive post player. Ball must first get to a wing player and the offensive player must post up and call for the ball. Then he can receive the ball and the game becomes 5 against 4.
- Defensive players must communicate and rotate quickly.
- Deny the wings so the offensive post cannot participate in the drill.

- 1) Builds communication

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- 2) Pressure defense
- 3) Rotations
- 4) Competitiveness

### Keith Dambrot – Akron - “Full Court Pressure Defense”

Email graduate assistant for more info or to attend practice: [swm6@uakron.edu](mailto:swm6@uakron.edu)

Thoughts:

“Spend time with your players, off the court”

“Be careful with knowledge – basketball is a simple game”

#### Full Court Pressure Defense:

Why do it?

- 1) You will be down in a game eventually, pressure D can help you get easy buckets and cut deficits
- 2) You will play against it this season, might as well have experience doing it yourself
- 3) No one likes to play against it
- 4) You can control the tempo of the game
  - Allows more players to get minutes in the game
  - More team involvement

My concerns with pressure defense:

- 1) Your commitment level – many coaches will give it up too easy
- 2) Are you willing to give up easy baskets? Because it will happen
- 3) You have less control as a coach, are you willing to give up control to the players?
- 4) Adjustments must be made mid-game – more stress on the coach and knowledge of pressure D

Teach pressure defense as a whole to your team, then break it down to fundamentals

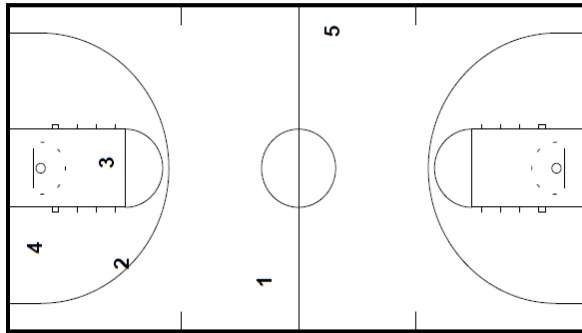
- 1) Trapping
- 2) Anticipation
- 3) Flinching
- 4) Out #’d situations

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**Golden Rule of Pressure Defense:** This is always the answer to “coach, if the ball is here where do I go?”

- 1) 2 closest players to the ball trap
- 2) Next 2 players are interceptors
- 3) Farthest player is the protector



Basic “diamond” press set up.

- Post defends inbounder
- Wings deny guards in an open stance – see the court and player movements
- Force offense to catch the ball between wing defenders, not on the sideline.
- Most often PG will rotate in for the next trap or to stop the ball
- Generally 5 man will slide to the middle of the back court and act as the “protector”

Rules for full court pressure D:

- 1) Don't trap posts as much as guards – they are not going to dribble so why trap?
- 2) If you're not close, don't trap.
- 3) Don't trap 4 times in a row, fake a trap to confuse opposing guards
- 4) Do not get beat same direction 3 times in a row
- 5) Coach must ask: How are they beating us? Then make adjustments

Decision:

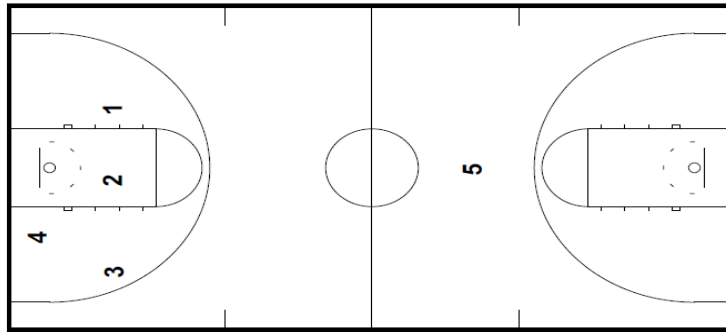
- If the press is quickly broken – 3 on 2 break – fall back into traditional first defender stop ball second closest offensive player.

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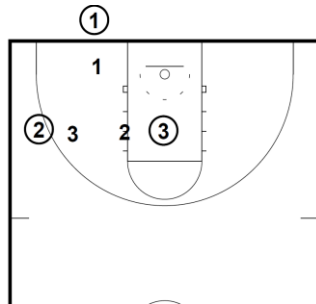
### 3-Up Press:

Goal is to not let the ball inbounded



- Very difficult for opposing teams to simulate this press in practice
- If your 5 man is mobile enough he can move up into the front court to help
- If they are going to pass, make it a difficult pass

Breakdown: Defending the entry pass –



Trapping:

- 1) Close out to trap – chop steps
- 2) Don't get split - force a hard pass before getting beat off dribble
- 3) Active hands
- 4) Foul with lower body – keep arms up, but use legs and hips to move trapped player
- 5) Take away obvious passes (often where player is looking or direction shoulders are facing) – force the pass they don't want to make

Flick:

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- Closest defender helps
- Can't have every player chasing the ball
- Other defenders fall back into a zone – middle and opposing corner

### Andy Enfield – University of Southern California – “Our Up-Tempo Style of Play”

Thoughts:

NCAA scoring is the lowest it has been in 60 years

- Better scouting
- Better defense/defenders
- More slow, half court offensive systems in place

Keys to an up-tempo fast paced style:

- 1) Practice fast
- 2) Practice spacing
- 3) Skill development

- Our goal is to score in the first 8 seconds of the shot clock
- If no option to attack in first 8 seconds, fall back to a set half court play.

“It does not matter what system you play if your players are not improving.”

Skill development:

You recruit good players with talent, but you must make your players better.

- Sherwood Brown went from walk-on to A-Sun Player of The Year.