

Nike Clinic-Maine West High School/October 2009

Buzz Williams-Marquette University:

- “It’s all about culture-it all precedes the drills-its how you do it- not just what you do. So many people are reinventing the wheel.”
- **“The voices you listen to determine choices that you make!”**
- “Pay it forward-this is becoming lost in coaching...once guys progress, so do their egos and they forget where they came from.”
- Somehow, what people say...that perception becomes a reality.
- Power of words-words must be the same and specific to your team!
- Buzz is constantly praising others (other coaches, his friend that is his assistant).
- Coach in sound bites and in seconds-in today’s day and age the kids need this type of teaching.
- Left first job...not right fit...people thought he was crazy and a quitter...was not right fit for him.
- He puts his practices on iPod so he can hear his words and self scout.
- He introduced the players (Drew)...they are people to him...Buzz is the most genuine coach I’ve seen...I would love to play for him....players respect this
- In scouting-don’t explain play in report, do that in practice...in report, tell how they score.
- Close out with the top foot up...FORCE CORNER!!!
- If someone asks, what should I do, that is not working hard enough...there is always something to do!
- At Marquette, they always guard ball with two helpers. They do not care if ball goes towards opposite basket...ALWAYS KEEP BALL OUT OF THE PAINT!!!
- Put tape all of the way down middle of floor...get to help line...when they are two passes away, guys must touch help line...it is a visual and it helps.
- Butt to ball, belly to man, seeing both.
- Spring to help.
- When practice starts...it is OUR TIME...during off-season, this is YOUR TIME...maybe give YOUR TIME workouts during season. These are some of my thoughts that stemmed from Buzz’s lecture.
- No negative thoughts, always giving praise, giving heart, full of gratitude.
- Shell-jump to ball (cross, down, back, fade screens)
- Top foot up, good closeouts-be skinny so you don’t get screened.
- If offensive player is “fighting for feet” or fighting for position, then defensive players are high and loose because they don’t want to get into position.
- Post D...X out...above FT line on high side...if ball goes below then X over on low side in front...if on low side and ball goes above FT line, then X behind above.
- Reminded me of Jimmy V- live life with enthusiasm, be genuine, have care, enjoy it, enjoy the kids, LOVE IT!!!
- Show it, love it, don’t complain...if I complain, why do it?
- Ball screens, they give all of the coverages names.

- Don't get into overlooking...don't stop too much.
- Fight for position...sprint around chairs and fight for feet.
- Every drill-wins and losses.
- You have to learn to win and want to win...all drills teach to win!
- Coach...no, Teacher first...no Person first!!! It's all about relationships!!!
- He gives his cell...WOW.
- I'll need to sit down and map out year like curriculum into four parts of year (first practice to first game, first game to Christmas Tourney, Christmas to Playoffs, and Playoffs...what is expected in each of these fazes?) and drills and drill names!!!
- 1 on 1, 2 on 1, 3 on 2, 4 on 3, 5 on 4, 5 on 5...keep score.

Phil Martelli- St. Joseph's

- St. Joe's Philosophy-
 - Ball pressure
 - NO foul
 - NO steal (no reaching might)
 - KEEP ball in front of you at all times!
 - Communicate
 - No one talks anymore (societal)
 - Hustle plays
 - Charges
 - Looseballs
 - Deflections
 - Tip ball (when outsized)
 - Give up nothing on the catch
 - No shot
 - No dribble drive
 - Nothing in the paint-no layups
- When is the last time you has a smile ...it's a game-they are here working...the best teachers get laughs; you're a teacher!!!
- Do you believe in overplaying...if you do, then your players need to overplay everytime (accountability).
- Don't mimick drills that you've seen that you don't believe in- WE BELIEVE IN PRESSURE!!! No steals, fouling, or overplaying...PRESSURE!!!
- "It's your responsibility to make your teammates better."
- Being over-technical and explaining everything or "getting things done"
- Talk it up-they can say whatever they want to eachother in drills to make it competitive, plus, they're practicing their communication.
- You cannot do the same drill everyday; today's generation needs quick doses!
- All drills need names for all drills-teach culture!

- He calls Bob Hurley the “best ball coach in America” (college and high school)
- “follow your shot”???? NO!!!! Shooters need to shoot with a clear mind...believe it is going in!!! Follow your shot does not make sense on a jumper. In post it does.
- Shell drill- do not do shell for the sake of doing shell. Look at it in terms of what the best teams in your league runs-in shell go live on that action (ball screen, up screen, etc.). Then, let them play!!!!
- Guard the patterns that we are going to guard!!!
- Shell must be specific to the teams you’re playing.
- So many people look down at playing 1 on 1...it’s great
 - There is offensive and defensive instinct being developed
 - It is competitive (teaching how to win)
 - Excellent conditioner (make sure that it is...it is not jumper, 1 zip, 2 zip...do not allow them to go through motions....there are guidelines and it needs to vary!)
- So many coaches won’t play 1 on 1 because you are scared what people may think...I am the coach!!!
- He keeps stressing that a coach must use drills that simulate game plays...why are you going to put a towel behind a guy’s back on defensive slides..they won’t do that in a game!!!
- In all of Coach Martelli’s years of coaching...he never once has his players do sprints...I am a basketball coach...I can get players attention with basketball drills...it must be a maximum effort.
- “You weren’t working your skills...”
- Again, you are responsible for skills of your players-both sides must be symmetrical!
- All drills must be timed!!!
- Breathing heavy-it’s practice!
- The best way to guard the post is to guard the pass!
- Have different calls for how you guard ball screens and the post.
- Guarding the post:
 - Duke-everyone digs
 - 1 on 1-don’t let the man that entered the ball get the ball back.
 - LA-big/big trap (wherever he is on the floor)
 - Villanova-guy nearest the ball traps and next closest guy sprints to the open offensive man for a steal.
- It all starts with deflections and ball pressure.
- Drill where coach gives defensive commands (different spots on the floor)
 - Pressure pass
 - Take a charge
 - Contest shot
 - 5 second count
 - Foul (give a name or it should be intentional (X)). Foul the right way.

Mark Few- Gonzaga University

- Ball screen motion-principles
 - Spacing-use corners
 - Make reads-not everyone is the same
 - Technique-SPRINT out on ball screens
 - Hard for defensive to guard ball screen the way that they want to guard it if the screener is sprinting and not allowing defense to set up
- Ball handler's job
 - Be patient-jabs, ball fakes, etc.
 - Use the pivot-come off screen and pivot back to look at roll
- Reactions of ball handler
 - On a show-we teach pivot, look at roll
 - On a trap or hard show-we teach split
 - On the defender going under screen-shoot it
- Practice parts of offense-break down.
- "Try and get a piece of the paint"
- Any ball screen on wing with two top guys the screener rolls for a lay-up or filter to corner.
- Away from side the weak side guy replaces the screener to eliminate help.
- Try to get to second or third ball screen each possession (second screen score 65% of time, third screen they score 90% of time! Defense is in perpetual help!!!)
- If ball handler hits you off of the ball screen you have to shoot it or pass it-don't pound it-everyone can adjust-don't let them!
 - Drill-ball swing-three rotations-just moving
- We send four to the glass.
- Refer to notes for offensive stuff and plays.

Gary Waters-Cleveland State University

- “What is our identity?”
- Objective of his secondary is to put pressure on the defense.
- Everything is predicated on the PG
- PG must catch the ball with his butt to the sideline.
- PG must have hands ready and knees bent, ready to go.
- PG must never turn back to the sideline.
- PG must dribble with inside hand.
- Principles:
 - There are 3 spring lanes (wide, middle, wide).
 - There are 2 advance lanes (between wide and middle on both sides)
 - They move from hash mark to hash mark (start break...start attacking basket)
 - He want PG or man advancing ball in advance lane, other three lanes are dead sprint!!!
- Drill to practice (like our Flash)
 - On board, wings touch opposite baseline.
 - Spring the floor...PG should reward man sprinting the floor.
 - Post runs straight to rim.

DeChellis- Penn State University:

- Built an offense called “Runner” that:
 - Gives the players the freedom to play
 - Utilizes strengths...allows players to play to strengths
- In his lecture, I was reminded do remember to not doubt the system...some nights the horses just are not there.
- If the defense fronts post have a flash for hi-lo or lob over top.
- Refer to notes for all of the quick hitters and plays.
- Note: Runner will work if we ever get a “go to guy” that can score and we need to get the ball to...I like the concept, however, we need to work with our personal.

Pat Sullivan-University of St. Francis:

- “Little things within the fundamentals”-right away you can tell Coach Sullivan has been around the game and is a life long learner from all of his knowledge and his ability to continually quote different coaches right off the top of his head. That was so impressive and I want to always remember to keep my head and know that there is something more to learn.
 - “If we take care of the little things the big things will take care of themselves.”
- 4 thoughts Coach Sullivan begins with:
 - There is not a right way or an only way to teach the game.
 - Coach points out that even with a simple “little thing” like where your hands should be on defense has been taught differently by some of the greats (Wooden, Knight, Hubie, etc....they all taught this “little thing” differently)
 - “It’s not what you teach, it’s what you emphasize”.
 - Simplicity and execution
 - His first decade of coaching he wanted to do everything
 - His second decade he started eliminating and simplifying things
 - His third decade he eliminated even more and simplified even more.
 - One minute drills
 - “Repetition is the art of learning”
 - “The key to learning is overlearning”-Don Shula
- Coach says that there are two keys to a successful basketball player (without these two things you cannot teach the fundamentals properly):
 - Balance
 - Precedes footwork
 - Footwork
 - Permeates every phase of the game
 - Balance- five principles of balance:
 - Feet spread and the players’ head is always in the middle of feet.
 - Chin is parallel to the floor at all times
 - Feet can never be together (shoulder width)
 - Weight on balls of feet but heel on the floor
 - Three levels of balance (hi-center, mid-center, and low-center)
 - To be quick the player must learn to go from a mid-center (triple threat position) to a low-center on the dribble.
 - “the essence of quickness is to go from a mid-center to a low-center”.
 - “65% of turnovers come from poor balance”
 - “You cannot be quick without body balance”.
 - Coach Sullivan is taking his team to workout with some of the 85’ Bears (stressing balance...85’ Bears understood body balance).
 - Be a “knee bender” ...bend from the knees.

- “Maybe teach drill a bit wrong or leave some parts out so they begin to figure them out and take ownership”.
 - Footwork:
 - Have “foot organization” and “hand organization”
 - Suggests maybe clapping hands on catch to get hand organization.
 - “Educate the feet”
 - As the offensive player, you have to be the aggressor...do not let the defense have that mentality.
 - Attack out of the triple threat with jabs, rips, and pivots (jab, rip, and pivot from mid-center to low-center).
 - “Use the ball as a weapon”
 - Reinforce the bend at the knees....don’t say knees and let them bend at the hip.
 - Do footwork drills pre-practice (if you’re waiting to get in gym...do them in the hallway).
 - Teach mechanics
 - Emphasis on the feet
 - 1. Mid to low (take a step and rip through to the side you’re going. (apply balance principles.)
 - 2. Crossover step
 - 3. Jab (only 2/3 of a step so you can jab and move right into your shot...save you from the step back).
 - “Every time you catch a ball get into a triple threat”
 - Assess the defender.
 - “Defense reacts to sounds...squeak your shoes on jabs”.
 - 4. Jab/ball fake...stay in mid-center and get defense to a high-center...you’ve got them!
 - Jab
 - Jab-shot
 - Jab-lift-go
- Stops:
 - With a proper stop the ball goes in 50% of the time
 - With an improper stop ball goes in 35% of the time.
 - All stops must stop heel to toe..if not balance is off!
 - Stop in a low-center!
- Shooting:
 - Cookie jar
 - Elbow above ear
 - Balance
 - Great shooters have a mantra or something they say on every shot to reinforce shooting mechanics.”

- Drill just the mechanics with a 1, 2 step
 - Then with a catch off of either foot
 - Then sideline to sideline off of a screen or a cut
 - Etc., etc.
- Closing points on balance and footwork:
 - Bring ball down
 - Fake vertically
 - Seven points
- Passing:
 - Remember to think next pass
 - Don't make difficult passes.
 - "Morrie John said that even great defenders breakdown after 15 seconds-why make difficult pass."
 - Over 600 passes a game
 - "The ball is money!"
- "Remember to read/relate/react"

Coach Pecora- Hofstra:

- He was rejected for a HS JV coaching job...WOW...never say never...everyone has their stories.
- "Be a sponge"...spend time picking others brains (all of the greats have said this...pick other coaches brains....learn learn learn!)
- "I got lucky"...no he didn't...I think he put himself in the position to succeed and when the opportunity hit he took it...that is luck!
- "Always practice TIME AND SCORE"
- "Low post is a dying breed...European game is taking over"
- Everyone wants to be the PG..."yeah, you could be the one...you're the one that inbound the ball...you're the one that sets the ball screen, etc.)
- Duke vs. Villanova last year was a hint of things to come (all undersized...run and gun).
- The coaching retreat is a great way to get staff on same page (next year for sure) this is a great way to go over the whole first month of practice.
- "Learn how to teach people."
- He watched a Maryland practice and Gary Williams had his players run through flex 5 on 0 game speed for the first 20 minutes of practice.
- "Around Christmas they put in wrinkles to keep offense evolving and fresh."
- When clock is running down have 2 or 3 go to plays.
- "Strong offense is all about spacing".
- Break down goals for different parts of the year.
- "Never get burned out...always keep learning...it's how YOU do it...enjoy it!!!!"
- Their offense is "seamless"...they feed into each other.
- Makes the comment: "beauty is in the eye of the beholder"

- He watches Midwest teams run offense and says that is beautiful how poised they are and then the Midwest teams watch schools out east and say that they wished they had a ball handler that could get to the cup and create...make due with what you got and know what you got!
- Lack of preparation is preparation for disaster.
 - If team plays 26 times you'll see them the 25 previous games. (In a perfect world for us without resources that is a tall order).
- They like guys that "gobble up the box score"...a few specialists are nice but stat stuffers are crucial.
- "Practice everyday what you do!"
- "Always refer back to notes and continue to learn...the game is always changing...you have to change and grow with it."
- Organized...let everyone know expectations and calendar up front.
- Refer to notes for looks and drills.