

A man in a blue dress shirt and a patterned tie is holding a basketball trophy in his right hand and a yellow award in his left. The background is a blurred basketball court.

SHAKA SMART COACHING CLINIC 2013

NOTES FROM:
BRUCE PEARL
PETE GILLEN
SHAKA SMART

Speaker #1: Bruce Pearl

Bio: 19 years as a head coach, 17 NCAA Tournament Appearances. Head Coach at Tennessee for 6 Years, during which he made 3 trips to the Sweet 16.

March 1st 2011 he was fired, this is his first time back on the court since as a coach.

Pat Summit is the most hungry coach I've ever been around, she was always bringing coaches in to watch her practice and learning from them. Does your team have a brand? What is the expectation with your program? Pat did it on the court, and she did it with graduation. You can't do it all, make sure the few things you do fit with your personal style.

Every single year you have to sell your players on what you're going to do.
No matter what league you are in you are coaching against great coaches on the other end.

Coaches like to have control, you are limited in what you can control but there are a few things you can effect. As a coach you control TEMPO on the offensive and defensive end. We tried to control it defensively. With offense we wanted to be aggressive. We always sent 4 to the offensive glass, if we gave up transition baskets we would be ok with that because we could run it back down quickly and they would be out numbered.

When we ran offense we wanted to make you cover. I never believed in motion offense because in motion you can get your best player a good shot in the first 10 seconds. At UT I wanted to get a good shot early in transition or make you cover difficult flex action. If you made a mistake we would get an easy layup. Then we would run a late clock set for our best player”.

Why Press?

- 1) It exhausts your opponent
 - Very few players like to be pressed.
 - Make your players believe you can win.
- 2) Being aggressive, that's how AD's judge you.
 - If I wanted to leave any legacy as a coach it would be “my teams play harder than their opponents.”
 - You have to coach effort.
- 3) Keeps teams from running their offense
 - Guys get shots that they normally don't take at faster speeds than they normally take them.
 - Make opponents spend time on your stuff and not their stuff.
- 4) Use it to change the pace if you are down.
 - Do you have something to change it up if you only play half court man to man, or zone?
- 5) If you turn people over in the half court you still have to go the length of the floor.
 - I would be less aggressive in the half court because we couldn't turn them over for a quick score.
 - Only exception is if you are outsized (then you want to be more aggressive defensively in the half court.)
- 6) Builds chemistry.
 - More guys get to play, more guys get shots.
 - Lets the young guys get in the game, even if you have to limit their offensive role.

BUILDING THE PRESS

Which big do you want on the ball and which do you want back? For me its not always the biggest guy back, could be the best guy in coverage or getting charges. You can change the form of the pressure by switching the guy you have in front with the guy in back.

Big on the Ball - When the ball goes through the net there are 2 kinds of outlet passes that can hurt you right away (home run pass deep, and quick pass to pg in the ball side corner). Big on the ball must take these two away.

If the point guard calls "Zone" then the front big must get back to the inside to take away the pass to the middle. After the first 2 seconds the on the ball he starts yelling "5,5,5,5" to get the ref thinking about a 5 second call. If the ball comes in to the strong side corner he is responsible for closing down the trap.

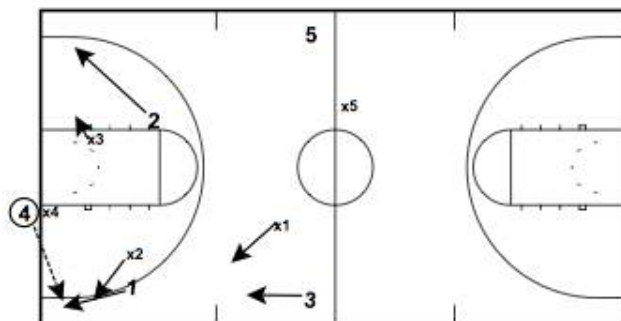
(x2) - The ball side defensive guard is always (x2). He is not denying, wants to influence pg to come down close to the baseline to catch the ball. When the ball comes in he is responsible for the sideline, not the split.

(x3) - The offside defensive guard will always be (x3). He will always play inside the offside offensive guard. He cannot let the ball come in bounds in front of him. He can easily deny 12 paces up the sideline on the opposite side of the floor because there isn't a good angle to throw it over the top to the weak side.

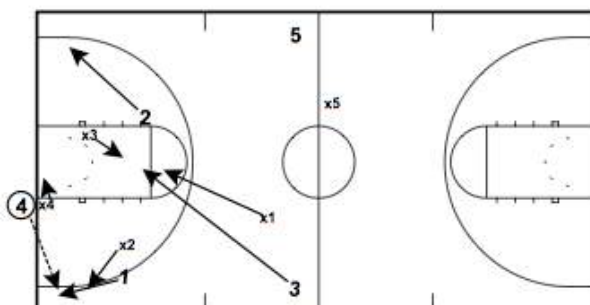
(x1) has the second offensive player on the strong side. If his man cuts into the middle (x1) must call "Zone" and the weak side guard (x3) must open to the ball and play the gap between the 2 offensive players in the middle and on the weak side.

Second Big - Guard the furthest man back, doesn't necessarily have to be behind that man.

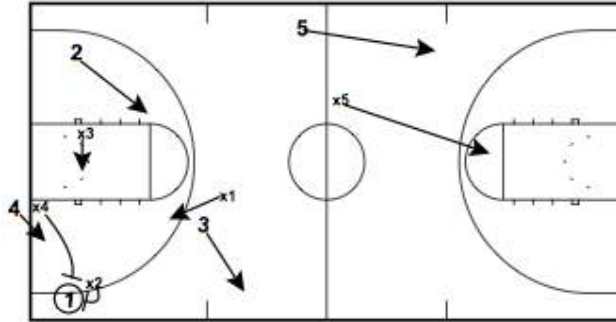
If the in bouncer runs baseline (x2) and (x3) flip roles.



ZONE SITUATION

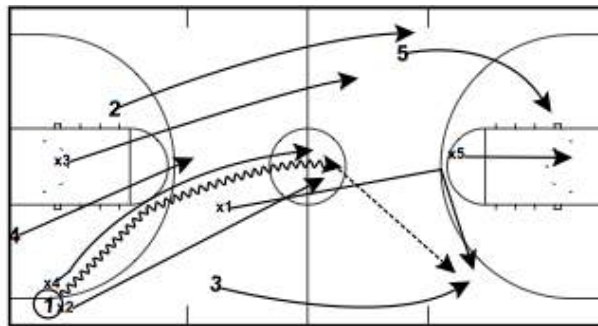


If the ball comes in bounds to point guard in the corner (x2) and on-ball big man go to trap. Interceptors (x3, and x1) take the gaps, read eyes and shoulders.



If they split the ball side corner trap, how do we transition to half court defense?

Second big has to sprint back to the rim, point guard becomes the top man in the tandem. Instead of using traditional tandem rotation (bottom man has first pass) Coach Pearl has the top guy take the first pass.

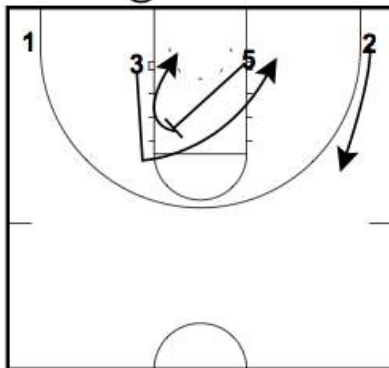


Why? – Traditional rotation puts your big guy on a guard and your point guard as a rebounder. Here it is not x1's job to stop the ball. Apply back pressure so that the offensive point guard is punished for not throwing the ball ahead.

UNDER OUT OF BOUNDS 1-4 LOW SERIES

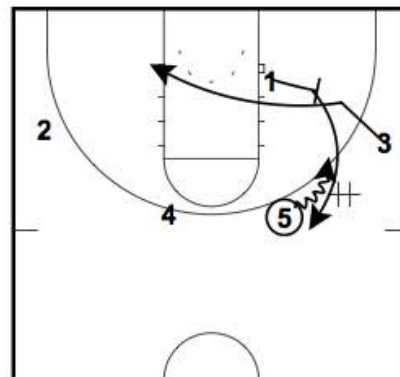
2 fingers side

④



3 pops back asking for the ball, 5 goes to screen x3. 3 cuts to the weakside block and 5 slips to the ballside block.

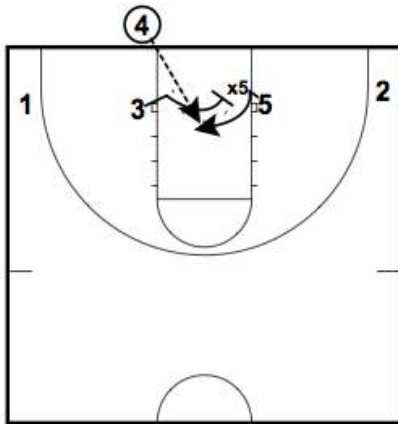
Box Flex



Regular flex action into DHO with 1

1-4 LOW CONTINUED

Pearl



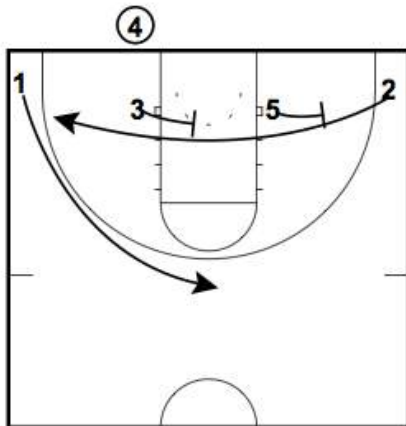
3 and 5 duck in asking for the ball. 4 ball fakes to 3. 3 spins out and screens x5. Without waiting to see if he is open 4 throws lob to 5.

Pearl Counter



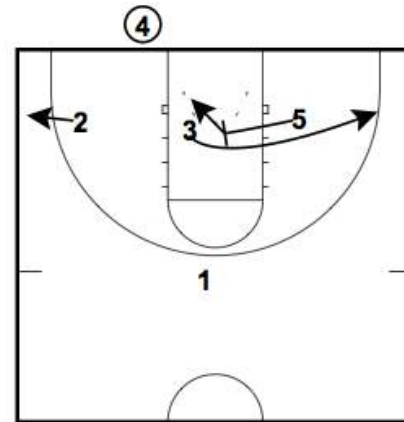
5 steps towards the short corner and shows his hands to the ball. 3 comes and screens on the inside of x5. After 3 screens he opens to the ball sealing x5. 4 starts by looking for 5 and turns to hit 3 on the seal.

UT



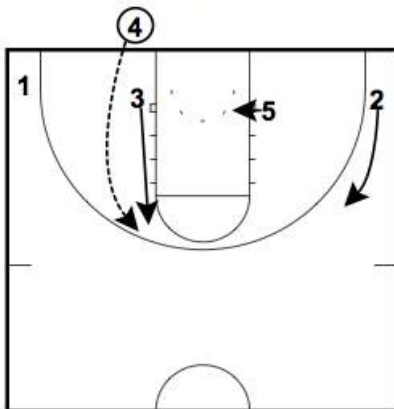
1 gets to the top for an outlet. 5 and 3 stagger for 2.

UT



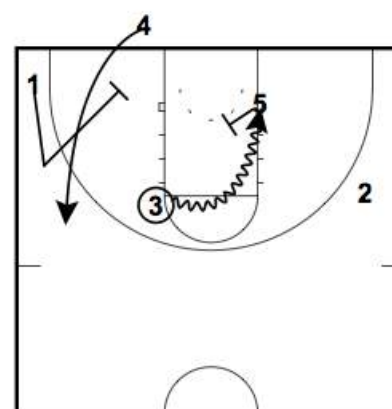
5 turns and screens in for 3 then slips to the basket.

Vol



3 pops back, 4 enters to 3, 5 ducks in, 2 lifts.

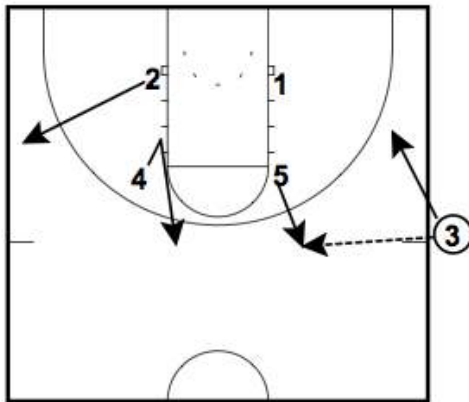
Vol



3 looks to throw in to 5 or drive if 5 can seal his man out of help position. 1 comes up to the wing asking for the ball and pins down for 4.

SIDE OUT FLEX ACTIONS

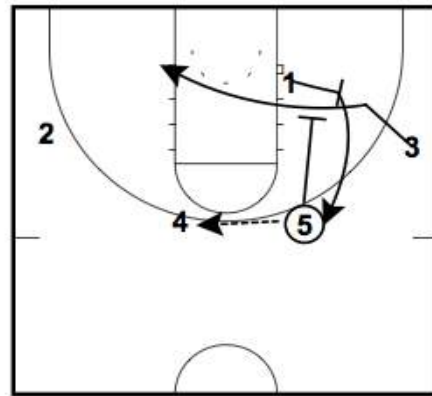
Box Flex



3 inbounds to 5, 4 gets open, 2 steps out to weak wing.

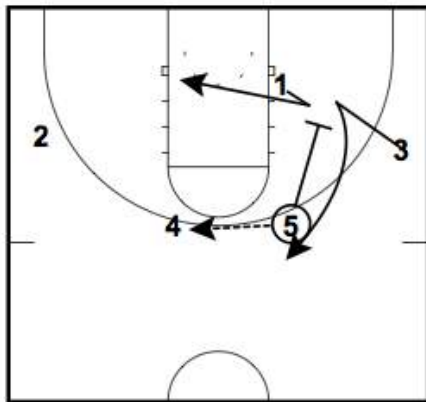
Box Flex

Box Flex



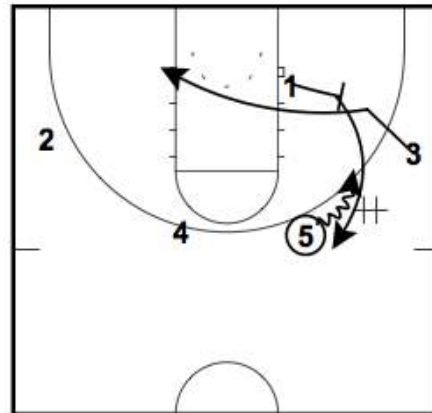
Ball goes guard to guard, regular flex action.

Box Flex



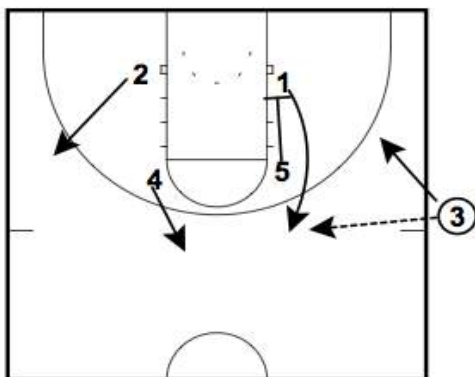
Ball goes guard to guard, fake flex screen, 1 backdoor, 5 pindown for 3.

Pearl Flag



Regular flex action into DHO with 1

Pearl Flag



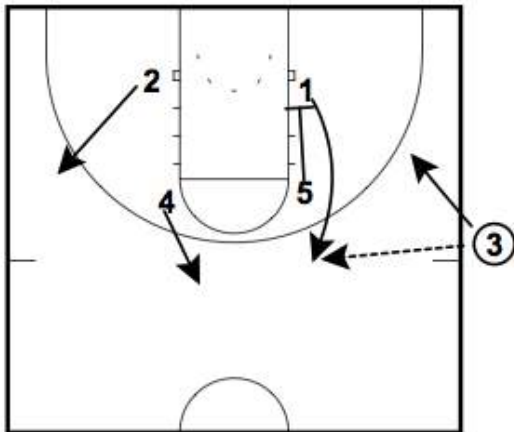
5 zip for 1, 3 hit 1, 4 get open.



Ball goes guard to guard, 3 cuts through, 5 fade screens 1 and slips to the high post.

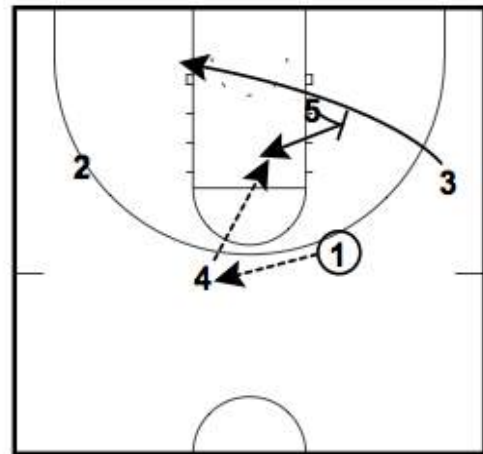
SIDE OUTS CONTINUED

Zipper Pearl



5 zip for 1, 3 hit 1, 4 get open.

Zipper Pearl



Ball goes guard to guard. 5 flex screens 3 and ducks in (vs man) or slips to high post (vs zone).

Under out of bounds defense "15"

At UT Coach Pearl used a number system to call all of his defense. First digit indicates where the defense picks up (50's were full court, 40's were 3/4, 30's half court, 20's in the scoring area, and 10's were under out). The second number indicates the type of defense (0 = no switching, 1 = 1-3-1, 2 = 2-3, 3 = 3-2, 5 = switching everything). 55 would then be full court man, switch everything etc.

15 builds from the inside out. The ball can't ever go inside. If they get anything it has to be a lob or a pass way outside. If you have good ball pressure you can steal these passes.

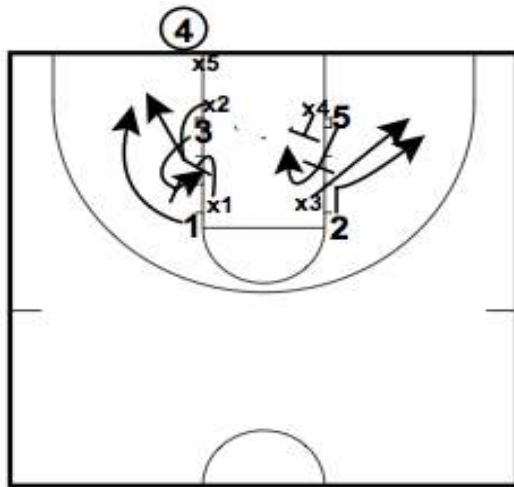
Rules:

- 1) Don't let the man on the ball side block duck in.
- 2) Don't allow any clean screens.
- 3) All defenders must stay inside their man.
- 4) On ball defender must have hands up. Any low pass is a steal for someone else.
- 5) Come together on all screens. If you are switching onto a screener win the foot fight and get below him so he can't slip.

2 man is on the outside most of the time, he will always take the outside cutter. Over deny to the ball side corner, if offense back doors it will be into a congested area. 1 (worst defender) is on the backside can switch until he gets a match up he likes. 5 and 3 are always switching.

If there was a match up they didn't want to switch they would call it "30" for the 3 man match up, "40" for the 4 man match up etc.

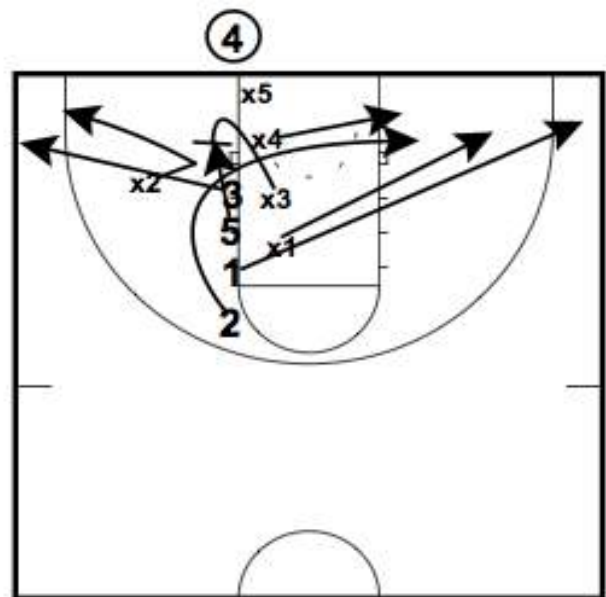
BOX SITUATION



x2 and x1 come together on strong side to switch. x2 denies 1 coming off the screen from 3 and x1 gets under 3 so that he cannot slip the screen.

On the backside x4 and x3 are in a "40" situation. 3 fights through and blows up the screen and x4 stays with 5 preventing the slip and not giving up a mismatch inside.

LINE SITUATION



x2 will always have the outside defender and will pass off 2 in this situation to take 3 going to the corner. x4 becomes responsible for 2 as he becomes the closest offensive player to the basket. x3 is responsible for standing up 5 as he dives. x1 takes the weak side.

Question and Answer:

When asked about trapping when the ball goes in bounds. "I want to be most aggressive when I'm furthest from my basket. Even though this is aggressive defense, we don't want to make a mistake and give up a layup right at our basket."

"Sometimes I would press but not trap, because against the best teams could bring it against us if I trapped."

"Raise the level of expectations they have for themselves. As sons, as brothers, as sons of God. No one should have higher expectations for you than yourself. Focus on the positives, everyone is good at something, find that in all your players."

CLOSING REMARKS

"Hard work won't guarantee you success, but without hard work I guarantee you won't have success.
What say you?"

"Guys here at VCU are properly trained, not over trained. In season at UT we had 2 contact practices a week and you can't hide in those practices. We went as hard as we possibly could. But the other days we went non contact where we sprinted and closed out and did transition drills. You can't go so hard every day, but our guys went harder during our 2 days week because they appreciated and enjoyed that contact."

Speaker #2: Pete Gillen

Bio: Former college head coach of the Xavier Musketeers, Providence Friars and Virginia Cavaliers and is a member of the New York City Basketball Hall of Fame. Gillen is currently a college basketball analyst with the CBS Sports Network. In his 20 years of coaching experience he had 9 NCAA Tournament Appearances, and coached 10 NBA players.

“The thing that’s great about life is there are lots of ways to do things. The things I share with you aren’t the only way or the right way, but they have helped me.”

Zone Offense:

Mental Aspects

- 1) Bob Knight always said to make sure your players are confident against a zone.
- 2) Don’t worry too much about the kind of zone, 2-3, 3-2, match up, pure... just attack.
- 3) Be patient.
- 4) Against good zone the more movement and screens you set the better you’ll be.
- 5) Don’t run the same offense the whole time.

Principles Against Zone:

- 1) Try to beat it down the floor before its set with primary and secondary break
- 2) Dribble penetration hurts the zone the most
 - a. Penetrate from the top (after a couple passes)
 - b. Attack the elbow from the wing
 - c. Penetrate out of the baseline into the middle
- 3) Screen The Zone
 - a. Screen the center different ways
- 4) Send cutters through the zone
- 5) Don’t forget the big guys
- 6) Get the ball to the baseline.
- 7) Cut behind the zone on the baseline
- 8) Swing the ball quickly behind the zone
- 9) Pound the offensive glass (tough to block out)
- 10) Red the Zone (Drag the defender in the zone off the baseline).

Pete Gillen Red the Zone



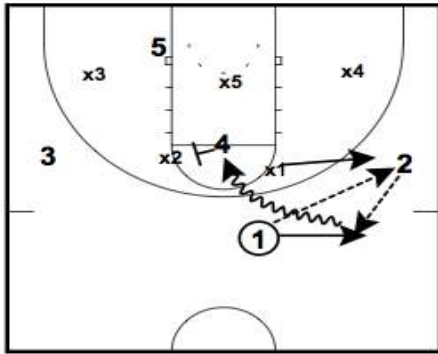
Reverse the ball to the corner, make the back guy guard.

Pete Gillen Red the Zone

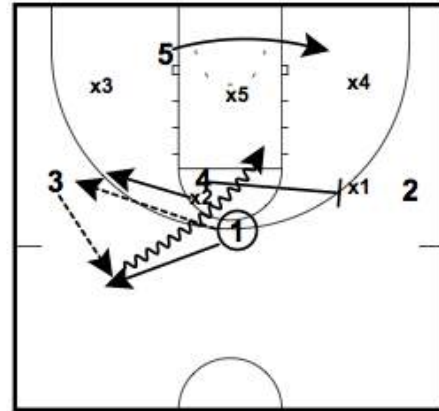


Dribble out of the corner, screen the middle of the zone with 5, cut under the zone with 4

At Providence he lost by 35 to Syracuse and had to go play them again in 6 days in the Dome. They stole a 2-3 offense from Denny Crum and won the second game.

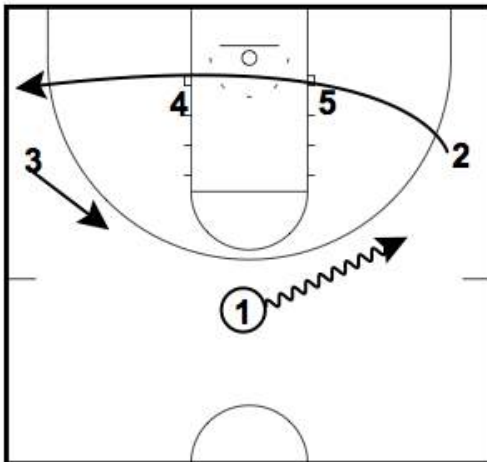


1 hits 2 and moves over on top of the lane line extended. Before x2 can shift 4 screens him out, 2 hits 1 who tries to penetrate down the middle.



If x2 fights over and plugs 1 hits 3 on the wing and quickly gets in position for another drive. 5 sneaks to the opposite short corner, 4 screens the opposite top guard, 3 hits 1 and you have the same action going the other way.

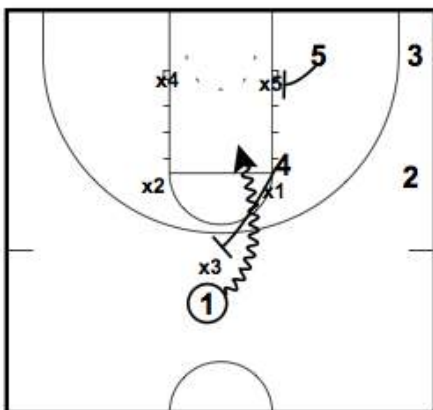
Rover can go anywhere he wants, could start the Rover on block or in the middle. He can pop out to either wing.



- 1 dribbles at the "Rover"



- Becomes Gap with Rover running baseline

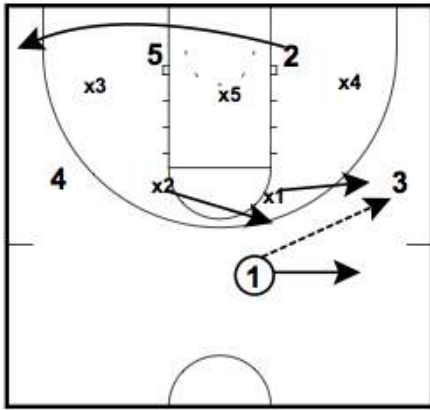


Ram Vs 1-2-2
Screen the outside guard with your butt to the corner and duck 5 in to put the defense in an outnumbered situation.



Ram Vs 2-3
Screen the outside guard with your numbers to the sideline and duck 5 in to put the defense in an outnumbered situation.

ST. LOUIS VS 2-3

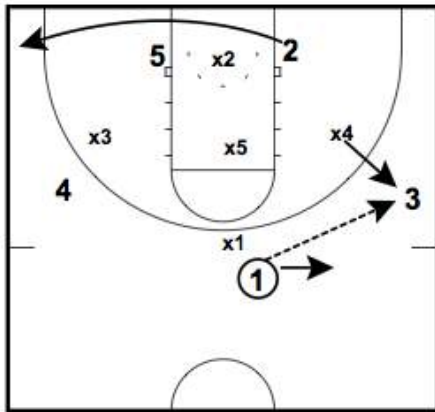


1 hits 3 and moves over on top of the lane line extended. 2 runs the baseline.



3 hits 1 while 5 sprints to screen x1. 1 looks to create in an outnumbered situation in the paint.

ST. LOUIS VS 1-3-1

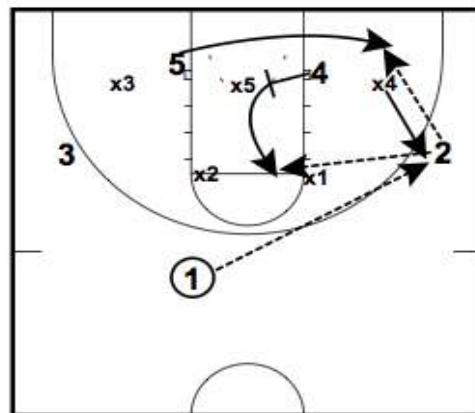


1 hits 3 and moves over on top of the lane line extended. 2 runs the baseline.



3 hits 1 while 5 sprints to screen x1. 1 looks to create in an outnumbered situation in the paint.

WHEELER



Screen the middle man in the zone while the back man in the 2-3 is covering the wing to get the ball in the short corner.

CLOSING REMARKS

“Basketball is a game of angles and percentages.” Understand the different angles of screens vs different defenses.
Versus a point zone most times you want to screen the point man.

“A young boy walked into a flower shop and asked the owner to buy some flowers. When the owner asked the boy how much money he had the boy reached in his pocket and only pulled out 50 cents. The owner apologized to the young man explaining that he didn’t have anything for sale for 50 cents or less and sent him away.”

“As the boy began to walk out of the store a young man who was shopping for flowers for his wife and had overheard the conversation stopped him. When the man asked the boy why he was buying flowers the boy explained that it was his mother’s birthday and he wanted to do something nice for her. The man smiled and turned to the owner to order a dozen roses. He handed the flowers to the boy who thanked him graciously before hurrying out of the shop.”

“As the man drove home he was passing a cemetery when he looked out of his window and saw the boy from the flower show kneeling over to place the roses onto a headstone. He stopped the car and got out to ask the boy what he was doing. The boy explained that his mother had passed away and that every year on her birthday he liked to leave her something nice to thank her and remember her. The man smiled as he walked back to his car. He drove straight back to the flower shop and told the owner that if the same boy ever came back asking for flowers that he would pay for them.”

“We are so lucky to be in the coaching profession, don’t take it for granted because when it is gone you will miss it dearly.”

“Don’t forget to say hello until its too late to say goodbye.”

“One of the best places in the world to be is in the gym with your players” – Skip Prosser

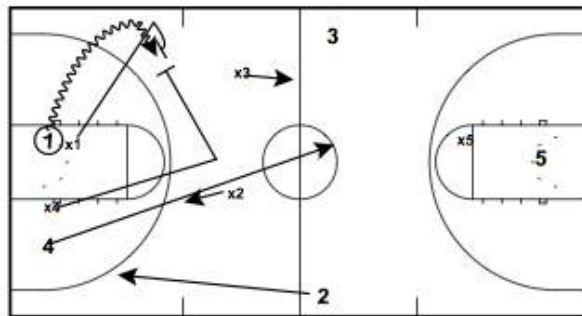
Speaker #3: Coach Smart

Anything that's part of our program all coaches have access to.

Question and Answer From Practice.

How come you don't trap up the sideline? "Most of the stuff we do in the press is man to man. We don't typically trap up the sideline because shooters are too good and the guy who ends up having to rotate is our slowest guy. We stunt, which is a fake trap (a quick hand and a foot fake). We want to let him up the sideline initially then cut him off and trap the turn."

How do you rotate? "If we see the back of the ball handler's head is turned we are going to trap. There is always an interceptor high and an interceptor sideline. Both of them are open to the ball and have to guard 3 guys with 2. Trappers must force an obvious pass and the two interceptors need to think like a trapper and read eyes and shoulders."

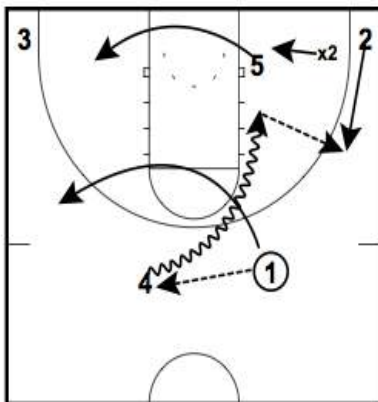


Why are you guys so good at transitioning from one drill to the next? "It's a huge point of emphasis for us in the weight room. We always transition quickly in the weight room if we are super setting for instance."

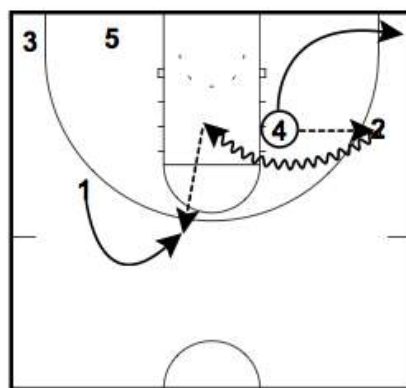
Are there other ways you trap in man to man if they clear out? "In those situations we do what is called 'Force the action'. When teams clear out we want to try and get the ball out of the "middle tunnel" (lane line) where traps are least effective.

Can you explain the heart monitors? "During practice we have heart monitors on each player that gather various data, including how many calories they are burning based on their heart rate. Like all of us each of our players have a maximum heart rate and that's what you see on our TV screen. We also use that data to compare how tough practice was from day to day."

Can you explain the Ram Set?



1 hits 4 and cuts deep into the paint. 5 sneaks across to the opposite short corner. 4 makes a scoring drive.
As 4 gets past the ft line 2 starts to lift out of the corner. If 4 can't score on his drive he kicks to 2.



2 drives middle, 4 gets out to the ballside corner, 1 gets up hill to drive down hill if 2 cannot score and kicks back.



As 1 drives 4 honors the corner, 3 lifts to the second hash extended, 2 gets to the top of the key.
If 1 hits 3 5 ducks in.

Can you talk about practice planning? “We typically go 2 or 2.5 hours and we’ll do style of play segments that are 2.5, 3 or 4 minutes where we just go 5 on 5 live to simulate the pace of our play. We normally start practice with peer pressure, where players must coach one another to do it perfectly before we can get out. From there we like to get shots up in guard forward breakdown. Then we like to do some type of defense, today we did defensive stations and split up. We won’t do that as much later in the season. Today coach Ballard worked on guarding down screens, Coach Rhoades worked on a drill called weak side awareness. Coach Morrell worked on live closeouts which is something we need to get a lot better at. It’s one of the hardest things to do in basketball. Then we like to do some kind of shell, I really like to do shell in the full court but we have to get better in the half court before we add full court aspects to our practice. By that time we want to get up and down and work on executing offensively against our press or defensively against our actions.

What kinds of changes have you made in the press? “Kevin Eastman once told us ‘If you are struggling with something first, try and do it better. Second change personnel. Only after that should you change what you do.’”

How do you use stats in practice? “We take a lot of stats in practice and a lot of stats in games. We are lucky because we aren’t restricted as much by the amount of help we have in practice. I believe in quotes, one of my favorites is “That which gets measured gets done.” The first stat we keep are wins, be it a shooting drill, a shell drill, an offensive execution drill. If you make your team win we value that. We keep an effort chart with 15 positive categories where you can earn a point (post feeds, offensive rebound etc.) and 2 negative categories (Turnovers and middle drives). That’s one of the first things I look at every day after practice. We keep a running box score so we can tell who is leading our team in rebounds, points and assists. The next one we keep are offensive rebound crash rate for each player. We also keep a ‘first 3 steps’ chart to measure how much guys are running the floor. As a staff we think the first 3 steps are the most important part when you sprint the floor so we want to have some kind of measurement for that. Finally we look at ‘Rule #1 Violations’, that’s just how many times you don’t stay between your man and the basket when you are guarding the ball. It is a lot but we think measuring all of these things helps us get them done.”

VCU CULTURE

3 Rules on the court
-Play Hard, Play Smart, Think Team

Those are just words but if we can back those up with the way we play, train and work out we have a lot of things covered.

People ask us why our guys play so hard. We don’t have magic dust. First, we make a point that anything less than 100% effort is unacceptable. Then I think the number one reason our guys play so hard is because of our relationships with our players. We spend a lot of time with our players off the court. When I was at Akron I learned a lot about the importance of relationships with players and spending time with our players and we’ve brought that here. There, all the coaches were required to go into the locker room after every practice to spend time with all of the players to develop relationships off the court.

5 CORE VALUES

Appreciation – Enthusiasm – Competitiveness Unselfishness – Accountability

“Can we live these words, can we let our life reflect our words.” - Herm Edwards

Appreciation: When I was a kid the best thing my mother ever did for me was make me work a couple jobs that I really hated. I worked as a landscaper and in asbestos removal I found out that I never wanted to do that again. So I'm very lucky and appreciative to be able to be a coach.

I think entitlement is the opposite of appreciation. So we really fight entitlement and try to make sure our guys stay humble and appreciative like Coach Gillen talked about.

Enthusiasm: I would rather you come away from practice saying we are the most enthusiastic team in the country than say “those guys are really good.” Having enthusiasm gives you an opportunity to get a lot better if you aren't already good.

Competitiveness: We make everything competitive in practice and you can tell the way we chart wins that we make that important to our players.

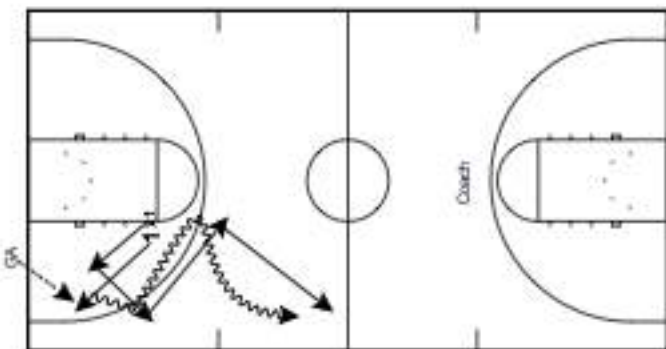
Unselfishness: Whatever you want to do takes more than 1 guy. Its not enough to be on the basketball court with a mentality of “Ok, I'm gonna get mine, it doesn't really matter if the other 4 guys on my team know what is going on.” A big emphasis for us this season has been echoing the call so that we can get everyone on the same page on offense and on defense. In the same vein we really think its important to make our guys huddle during the game to communicate and help the other guys on your team.

Accountability: something that a lot of our players hadn't had before they came to VCU.

- Birds Fly, Fish Swim, Kids Mess Up
- The highest form of love is discipline

Building the Press

Full Court 1 on 1



- Ball starts out of bounds, offense and defense on the elbow
- Cut to get open, live 1 on 1 in the backcourt (or defense w/ hands behind the back)
- At half court offense should test the middle, defense must cut them off

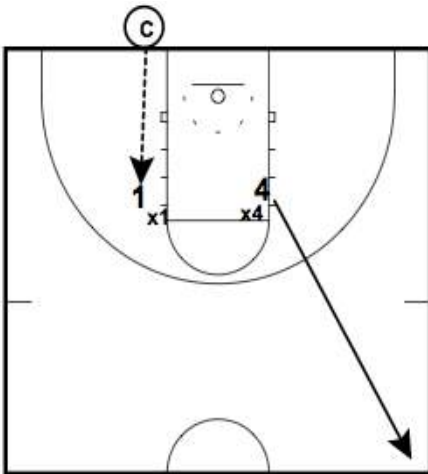


- Offense backdoors, put 2 feet in the paint.
- Live 1 on 1 in the half court

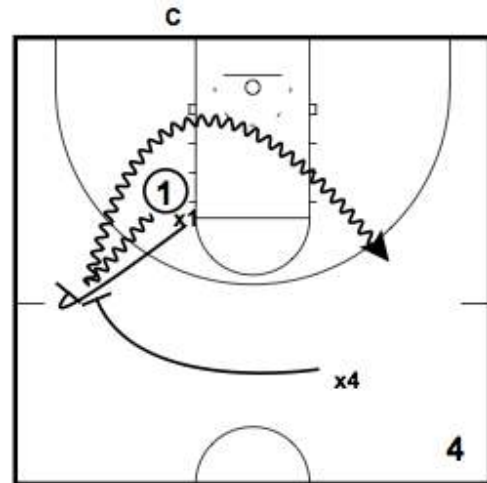
Fundamentals of the Trap

- Close out to the trap, don't jump.
- Wherever the ball is, that's where your palms are, trace the ball in the trap, especially when it's over the offensive player's head.
- Take up as much space as you can in the trap, get chest to chest with the offensive player.
- Keep your arms straight up vertically "don't break the glass".
- When the offense creates space the defense should take up that space. "Be elastic in the trap!"
- Cannot be split when the ball turns.

-No Escape Drill

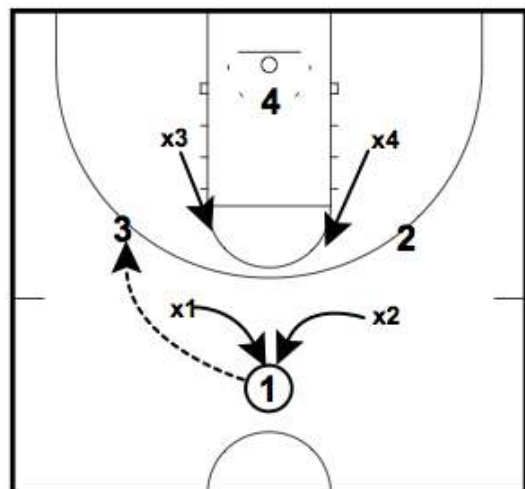
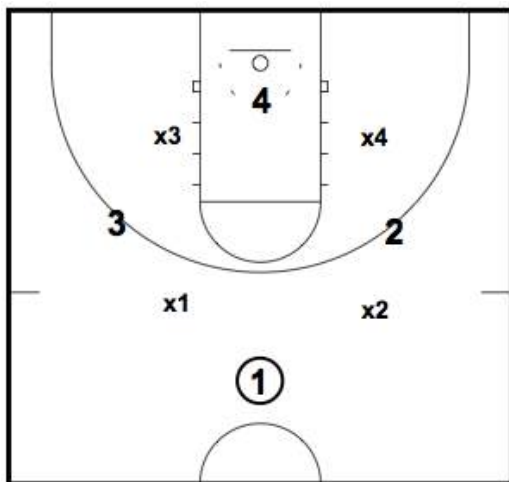


Coach starts with the ball out of bounds
The Ball is entered to the 1 and the drill is live
4 clears out and his defender goes with him,
staying 1/3 the distance between his man
and the ball



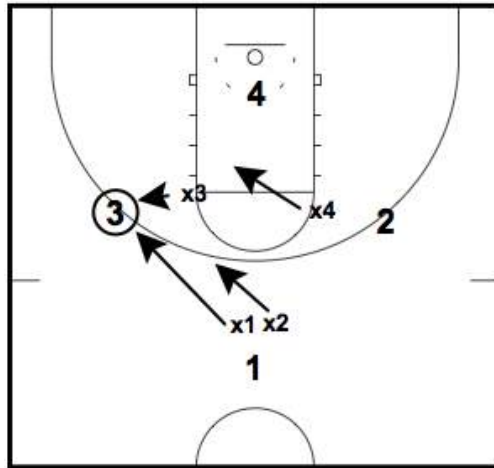
As 1 tries to advance the ball, x4 and x1 trap him
The ballhandler's goal is to pull back and escape
the trap
The trappers need to close down the trap and
keep him in it without fouling

CIRCLE TRAP



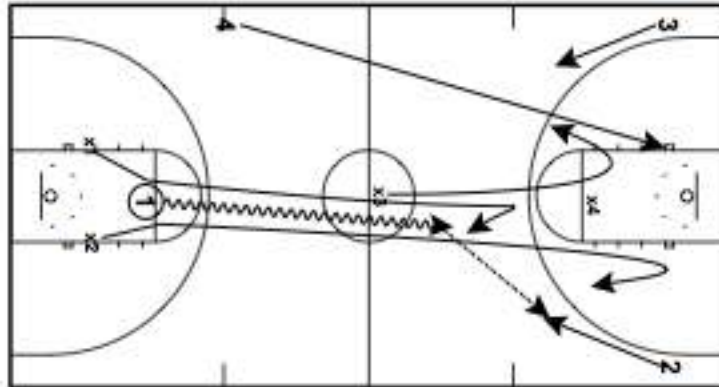
1 must hold the ball for 2 seconds, then
look to complete a pass
x1 and x2 trap the ball
x3 and x4 become interceptors

CIRCLE TRAP CONTINUED



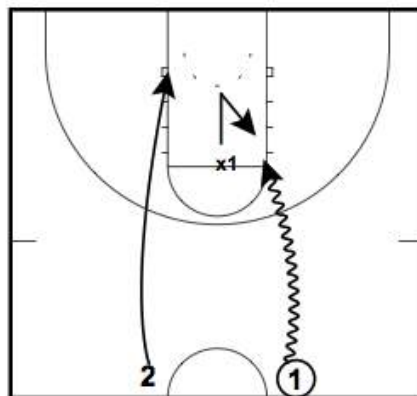
Drill is continuous as passes are made

TRIANGLE FAST BREAK



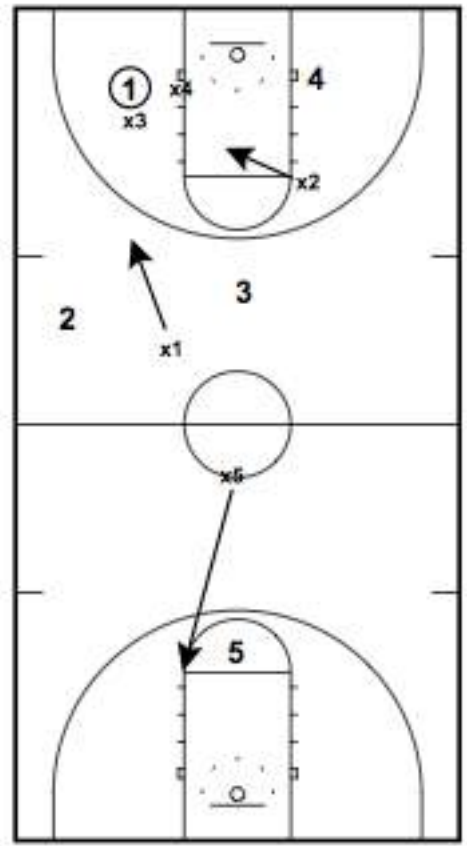
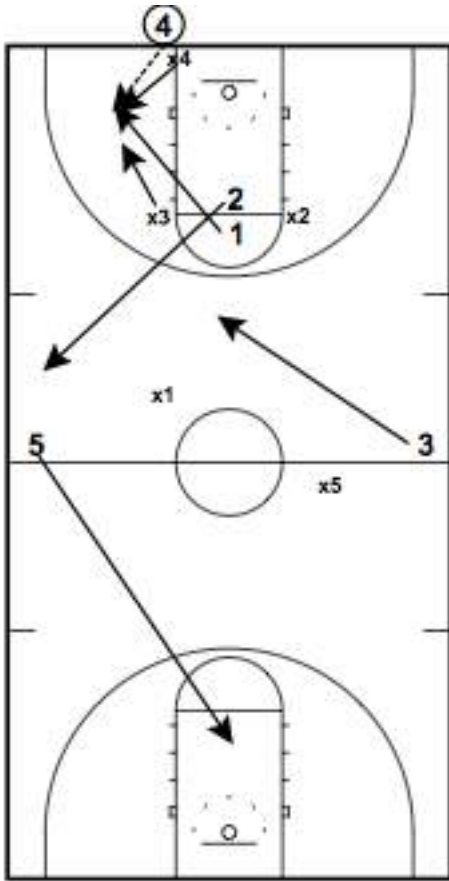
1 starts with the ball
 x1 and x2 chase to backtip
 1 cannot pass until he gets to half court
 Once he throws it ahead it is 4 on 4 live

LONG 2 ON 1



- Offensive players start at half court, defender starts on the nail.
- Defender sprints back to the X then gets turned and stunts early. His objective is to not give up a layup.
- Offense has 1 pass

DIAMOND



DOUBLE FIST

