

OHSBCA CLINIC NOTES

OHSBCA Clinic | 16-Oct-2015

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JAY BILAS: OFFENSIVE ACTIONS

Coaching Thoughts

Coach K – “Don’t take special for granted”

Make every game the most important game: take an extra second to look around and be GRATEFUL!

High School coaches have the responsibility to give players a great experience and positive. May be there last experience with organized basketball.

Just because a drill works for one program doesn’t mean it works for another. Have great core values and schemes

Coached AAU with a lot of kids who spent a lot of time with skill coaches. Kids were great when they caught the ball with no one on them. Deficient on paying without the ball and playing in 5 on 5 settings.

Hard for players to understand going 100% in drills then “slow down” and be patient on offense.

Motion Offense principles

1. inside man (closest to the center of the floor) is screener
2. pass and screen away
3. Move with a purpose and communicate
4. Stay as wide as possible, post players above block
5. Give cutters the opportunity to go both directions

Play ahead of the defense: force turnovers, run in transition. Offense should flow seamlessly in transition.

Floppy look in transition – Spurs run into 1-4 high

Use a guard as the lowest screen in a staggered double – guards don’t defend screens as well and/or clog the paint.

Play is designed for player A, that doesn’t mean player A is going to get a shot. Take what the defense gives you.

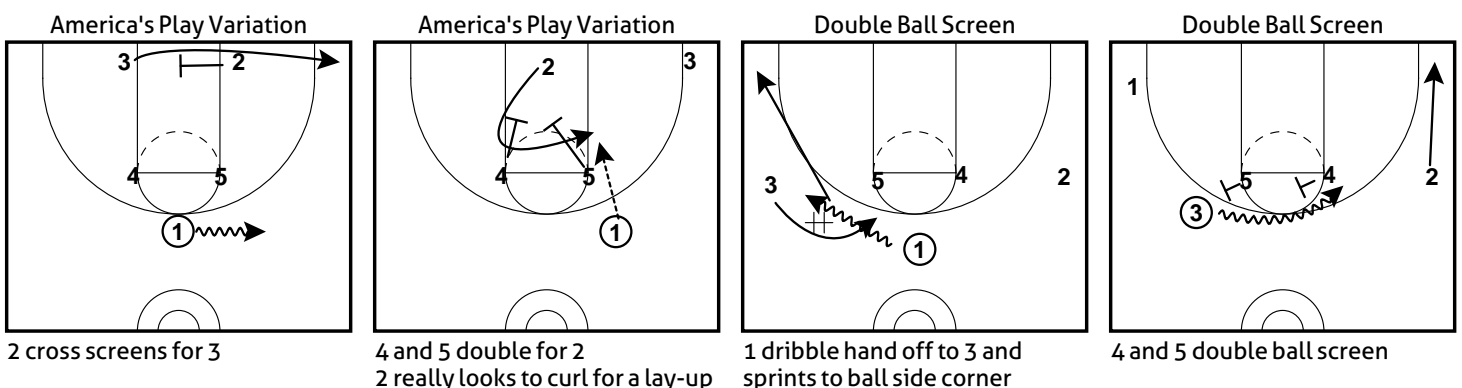
Likes screen and rescreen action

Use all the options of your actions and sets.

Be able to execute the counters to all your actions and sets.

Think about playing zone as a primary defense – flip the script on a team’s preparation.

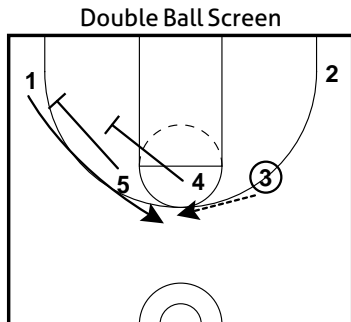
JAY BILAS DIAGRAMS



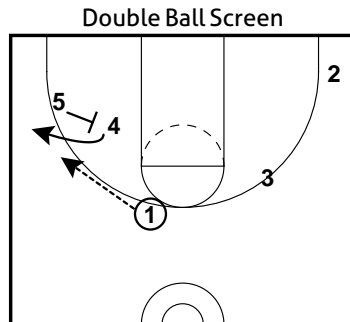
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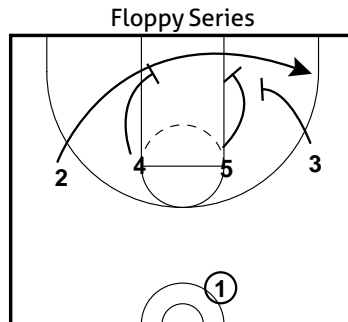
JAY BILAS DIAGRAMS



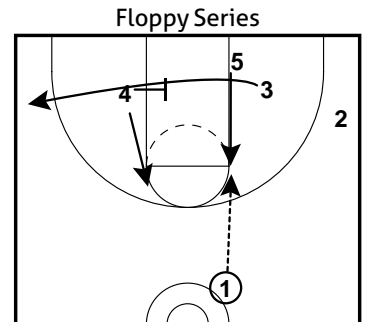
4 and 5 double away for 1
3 hits 1



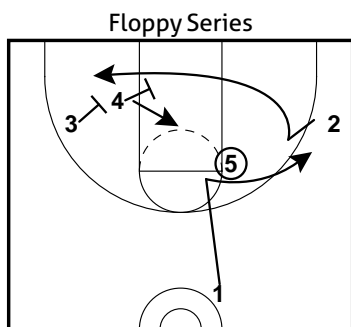
5 flair screens for 4



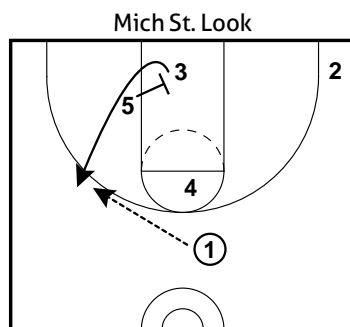
1-4 High alignment
4 and 5 dive to blocks to screen
2 chooses the single or double screen



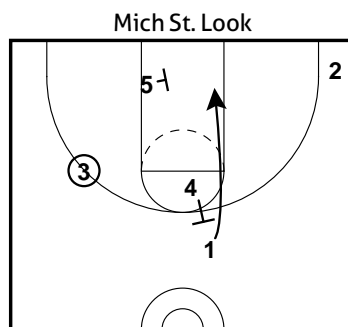
3 goes opposite direction of 2
and uses 4 or 5's screen
4 and 5 raise to elbows



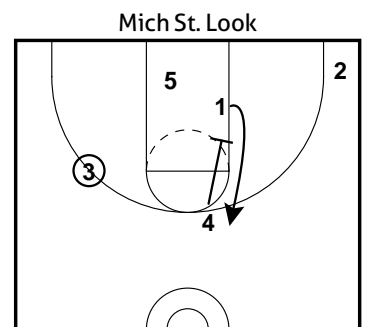
5 reads options
2's back cut or coming off the
double on the weakside
or 4's slip
or hand off to 1



5 sets a zipper screen for 3
1 hits 3



5 seals
4 back screens for 1



4 rescreens for 1

GARY WATERS - CLEVELAND STATE: FULL COURT DEFENSIVE SYSTEM

Email for PPT presentation

Recreate yourself so you can enjoy the game of basketball!

Message: What's going on in modern basketball? Not the same excitement to start the season. Are we playing too much basketball? You as a head coach have to be excited and let the players know how important the start of the season.

Thinks kids specialize too much now.

Teaches a class to his players on success: How to be successful in life. One season they read Toughness by Jay Bilas

CSU is a Pressure program. Makes teams do things they don't want or like to do.

If you are going to apply pressure you have to be physical.

You can press and pressure no matter who you are.

3 Equalizers in basketball

1. play harder than your opponent (everybody has to work hard in your program)

2. quickness: maximize quickness of your players. You have to identify and work on. CSU jumps speed rope everyday. Wants players to be able to get 100 jumps in 30 seconds. Try to improve your number each time you do it.

3. Strength: get in the weight room

Do what you do extremely well! Spend most of your time on what you want to be really good at.

3 questions of pressure

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GARY WATERS - CLEVELAND STATE: FULL COURT DEFENSIVE SYSTEM

1. What are we doing with our pressure?
2. What are we focusing on in our pressure?
 - Constant pressure on the ball
 - Up the line off the line
 - Step Up to stop the ball, trap, or take away next pass
 - Rotate to different position
 - Control Outnumbered situations – “fix it”
 - Back pressure and run down back tips

Be committed to 3 things. Beyond that it is hard to really be committed to things

Help and recover is hard to do when covering someone that can really shoot: They don't help and recover off ball side shooters. They rotate from the interior. Zone up the backside

Trap high and low corners
Don't trap big guys

Press based on 2 principals

1. 2-2-1 formation: 2 on the ball, 2 in the passing lane (interceptors), one protecting the rim (safety)
2. Up line, off line

Concept:

1. Understand pressure points: on the ball and in a trap are

High Hands with thumbs together

When the ball gets out of a trap everyone must sprint to the level off the ball or lower

Trap the dribble in the secondary areas

Sprinting hard to run the ball down and back tip

Spend 10 min per day defending 2 on 1 situations

If you are going to be a pressure teams you have to really want to do it and be committed to it.

Defense to help you score and offensive rebounding to help you score. 2 guys attacking the backside offensive rebound

Have to enjoy it and bring energy everyday. Players feed of it, fans feed off it.

JIM JABIR - UNIVERSITY OF DAYTON: PHOENIX TRANSITION SYSTEM

- Most important to teach kids how to play, rather than a play
- Goal in offensive transition is to constantly keep pressure on opponent
- Fun to play
- Impose your will on defense
- When players think they have run before they come into program – they have no idea what running really is
- Must harp on building self-esteem (especially in girls basketball)
- Make constant compliments

- There are 4 Types of players in this transition system:
 - Pushers – ability to take the ball up the floor quickly. Always stays in middle third with the ball.
 - Wide Runners – a pusher without the ball – takes 3 long and wide steps & sprints. Always stays in the two outside thirds of the floor.
 - Rim Runners – Posts whose job is to always sprint to the rim looking for layups
 - Hybrid – a player that can be a rim runner, trail post (other post who is not sprinting to rim), or a wide runner
- *Very important not to label a player at young age – limits their development!

- Focus on training a mindset of going hard and playing fast
- Tougher and harder than your opponent
- On a make, your PG must be the pusher
- “Freedom with structure”
- Intent is all 5 players are options to score
- Hardest screen to defend in transition is trail post setting a drag screen for pusher
- Pusher & screener must force defender guarding ball to go over top of screen

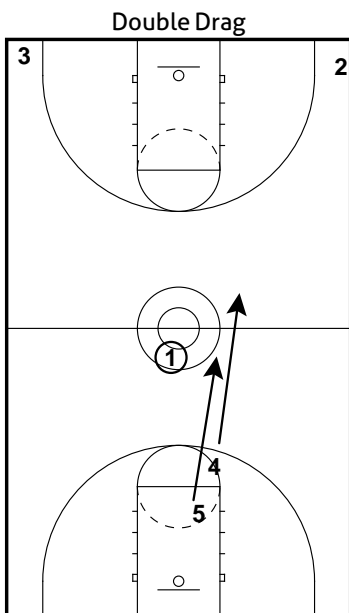
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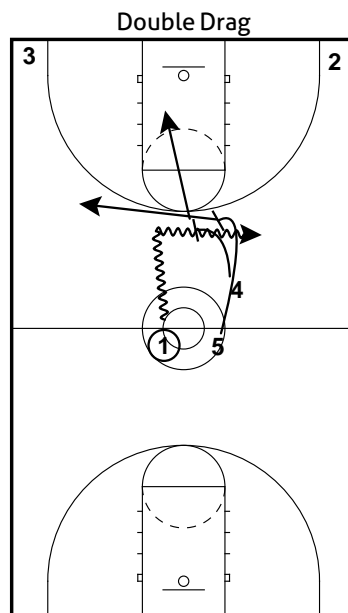
JIM JABIR - UNIVERSITY OF DAYTON: PHOENIX TRANSITION SYSTEM

- All screeners must **SPRINT** to screens – run it hard!
- Wings (wide runners) always sprint to corner. When ball comes their way, they must “come into shot w/ attitude”
- Shot Ready
- Rise up to shoot!
- Screeners always hit and run to rim
- Very hard to box out someone sprinting floor in transition when shot goes up
- Players must “start/stop” & change speeds to be hard to guard
- Show no signs of weakness!
- No gasping for breath, hands on hips, crouching over to get air
- All dribble handoffs
- Jump stop, 2 hands on top & bottom of ball, hit defender!

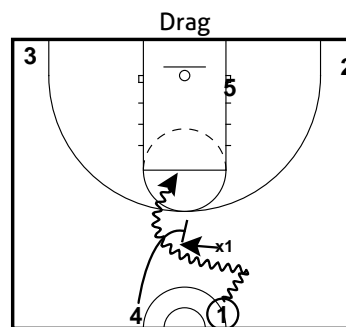
JIM JABIR DIAGRAMS



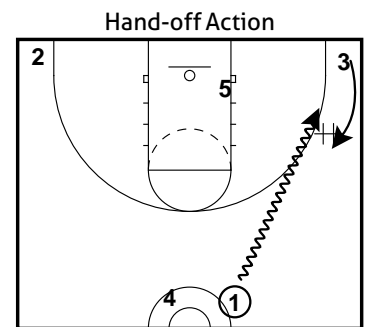
4 & 5 are both trailing in transition behind ball.



4 sets screen & dives, 5 sets second screen & targets defender guarding 1 "clean-up guy" before popping to wing



trail post sprints ahead to set ball screen. 1 must set up man in order to force to go over top of screen & attack downhill

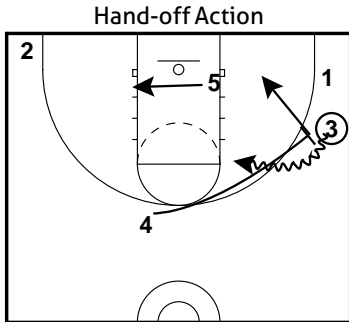


1 dribbles over & jumpstops. Handoffs to 3

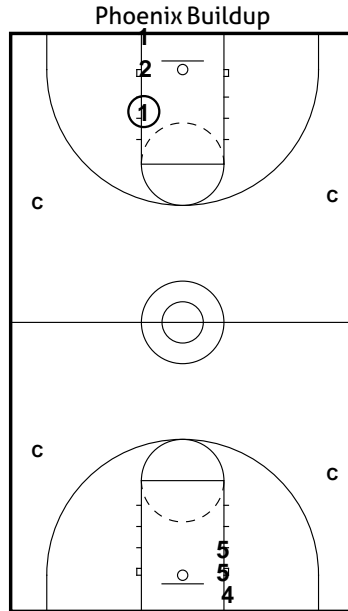
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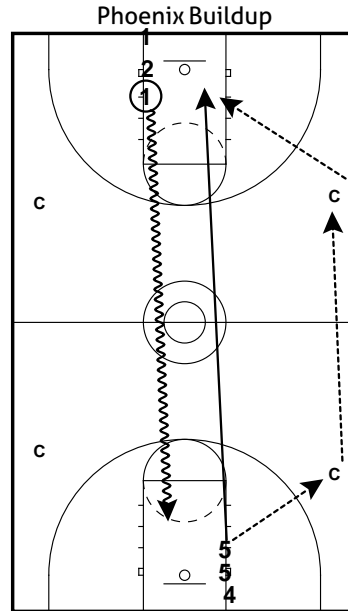
JIM JABIR DIAGRAMS



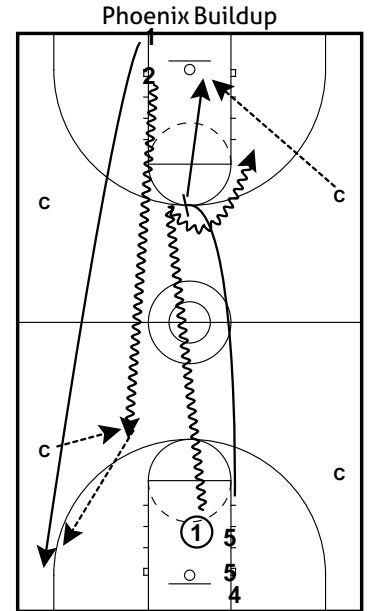
4 sprints to a ball screen & dives as 5 cuts away. Other actions may be added to this. ex: Drag, double drag



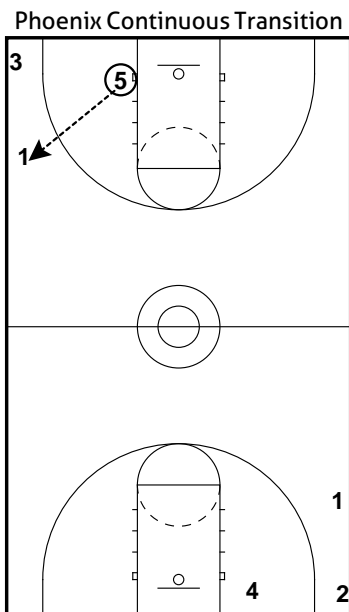
Pushers/Hybrids in one line
Rim Runners in another



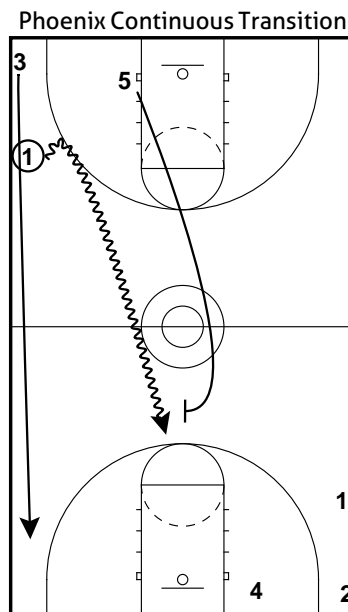
Pushers have 4-5 dribbles to go full court and finish
Vary moves & finishes throughout time.
Rim Runners make an outlet pass, then spring to rim & finish



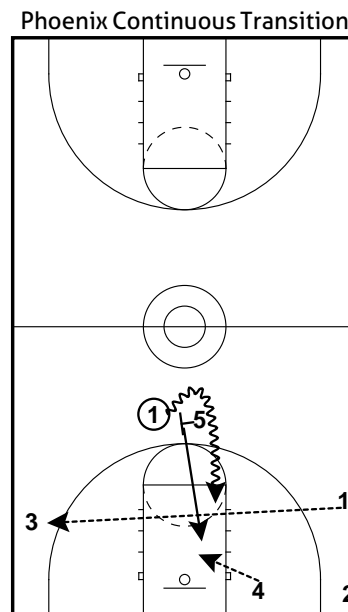
can run 2 on 0, 3 on 0 and vary finishes



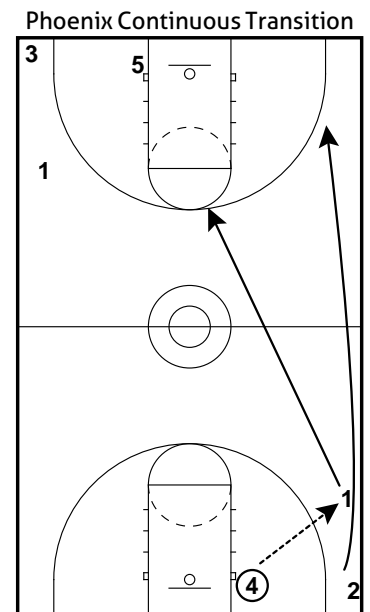
1 = Pushers
2/3 = Wide Runners
4/5 = Rim Runners
Need 5 Balls



5 outlets to 1 and sprints the floor
1 brings ball up middle alley & gets screen from 5



1 comes off the screen and shots a jumper
5 dives to the basket and gets a bounce pass from 4 & finishes
1 Skips a pass to 3 who takes an outside jumper

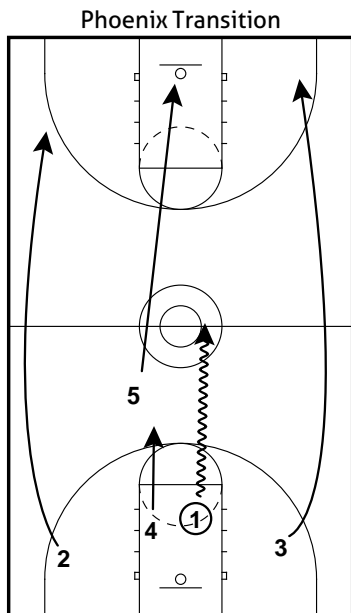


4 gets a rebound and outlets to 1 who just made a pass.
same drill is now starting on other end of court and continuously runs on both ends

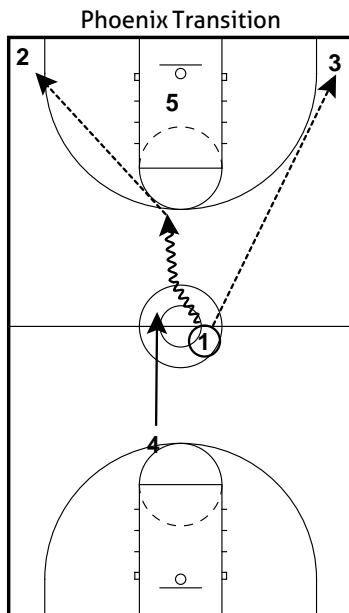
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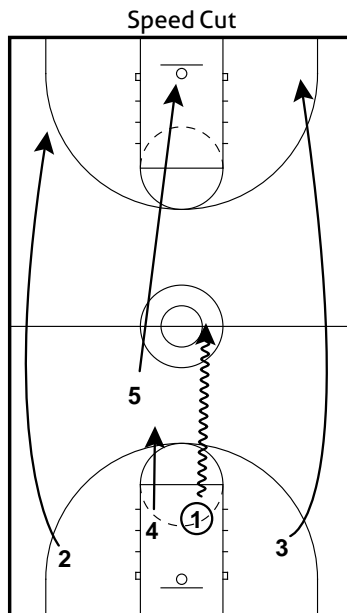
JIM JABIR DIAGRAMS



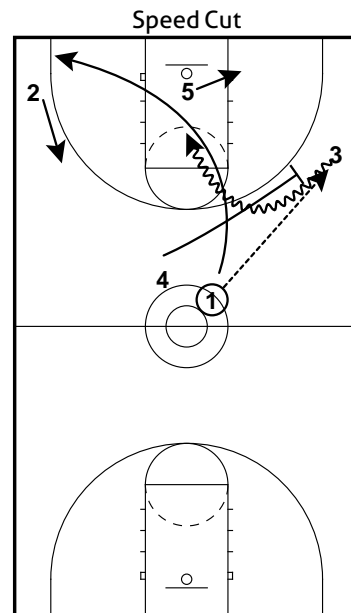
Wide Runners = 2 & 3
Rim Runner = 5 (first post down floor)
Pusher = 1
Trail Post = 4



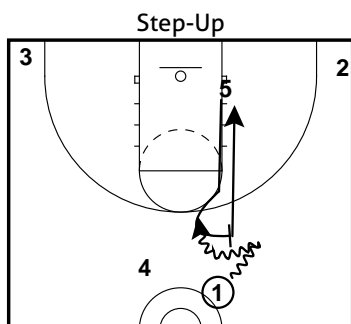
Wings run to deep corners to spread the defense.
An advance pass from 1 going to the closest side (to 3) is called "up the street".
A cross court pass (dribble over & throw) is called "across the street (to 2)"



Wide Runners = 2 & 3
Rim Runner = 5 (first post down floor)
Pusher = 1
Trail Post = 4



1 advance passes "up the street" to 3 & sprints thru elbow to other side. 5 Posts up, 3 receives a ball screen from 4 sprinting to ball. 2 rises up



1 starts & stops, sets up man as 5 sprints and rolls to basket while flow of transition

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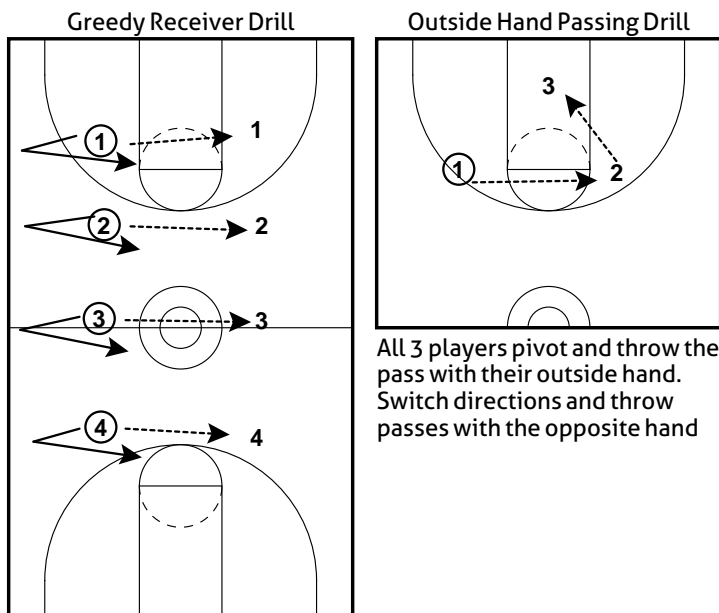
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ANDY FISHMAN - LAKOTA WEST HS

Be great at the things that happen the most in a game
Receive every pass moving thru the pass
Show hands on every catch

Outside hand passing – pass the ball outside the defenders body
Groups of 3

ANDY FISHMAN DIAGRAMS



Player with ball passes across and sprints back to touch sideline
receiver catches and makes rip moves
all receivers should be moving thru the basketball on the catch
"greedy receivers"

All 3 players pivot and throw the pass with their outside hand.
Switch directions and throw passes with the opposite hand

BABE KWASNIAK - VILLA ANGELA - ST. JOSEPH HS

Putting discipline into your practice
"Every successful person is either smart or organized"
Standards not rules
Communication – everyone at open gym has to call out the score when their team scores or the basket does not count.

KIRK LEHMAN - DEFIANCE HS

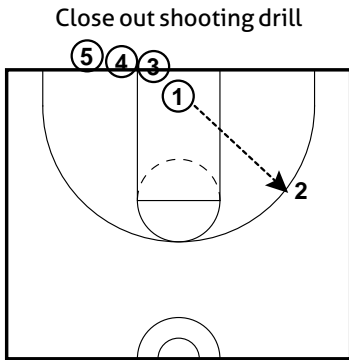
Practice fast, should be somewhat chaotic
In every drill you should work on skill or condition/compete
Explode after the change of direction
Always condition with shooting drills – 30 to 35 min (they get 150-175 shots per player in that time period)
V-Cut Shooting drill

Fly at the shooter drill (4 Baskets)
"Change" get to the next spot
Catch and shoot, shot fake and go, rip and go

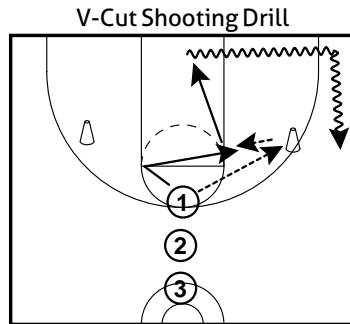
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KIRK LEHMAN DIAGRAMS



throws to 2.
2 shoots while 1 runs by with a hand up.
2 gets his own rebound and 1 becomes shooter receiving a pass from 3 with continuous drill.



1 throws right and v-cuts into jump shot
1 rebounds his own shot and dribbles hard to corner changes direction and dribbles hard up sideline and back into line
2 throws left etc
Continuous drill
Can also shot fake and go

BOB HUGGINS - WEST VIRGINIA UNIVERSITY: DEFENSE

Kevin Mackey for advice on full court press

Very few rules

1. trap the guys who can advance the ball. Don't trap the guys who can't
2. Put a long active guy on the ball
3. You'll figure it out – change the rules based on what hurts your particular team ex. Make players catch the ball going away from their basket
4. You can't dabble in the press. Stick to it even if you give up 3 or 4 baskets in a row.

Has gone back to make players handle and finish with their weak hand and don't foul

Good team or bad: good players jump up when you look down the bench

Reasons to press

1. play a bunch of guys: when guys know they are going to play there is so much more enthusiasm
2. Players have to count on each other more, brings team together
3. Cumulative effect of pressing for the whole game. Wears the other team down

Jerry Tarktanian: there is only one pie. Best players get the bigger piece of pie (more playing time)

Get the ball to one side of the floor

Destroy spacing

Good Spacing in basketball is 15-17ft, close enough to make a great pass. One guy can't guard two.

Passes that really hurt you are direct passes – Over, under or around but never thru us. Slow the pass down, direct passes break down the defense.

They never open up to the ball – snap their head because it is quicker

Play a lot of outnumber games to teach players how to rotate and take good angles

Close-out everyday – just do it a different way

No straight lines, half court or full court

Chart deflections

Fronts everything in the post: take away vision

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MANO WATSA - POINT GUARD COLLEGE

- 1 **How to Demand Engagement from Your Players**
 - A "Lock-In"
 - a Eyes–On me
 - b Hands– Still
 - c Feet– Double-wide
 - d Ball– Under one arm
 - e Head– Nodding
- 2 **How to Create a Championship-Level Environment in Practice**
 - A Energy – Hustle, Clapping, Noise
 - B Acknowledgement – Daps & Slaps
 - C Communication – Encouragement & Reminders
- 3 **How to Use Micro-Movements to Improve Technique**
 - A Slow down movements to ensure perfect technique.
 - B Repeat 3-5 times for muscle memory and have players use visualization.
- 4 **How to Make Your Players More Dangerous with the Ball**
 - A Peek-Fake – Eyes to the rim, ball to the chin, butt down.
 - B Peek & Power – Feet triple wide, elbows wide, three points of contact.
 - C Dynamic Jump Stops – Cover ground, rip ball, stick the landing.
- 5 **How to Teach Players to Read the Defense**
 - A Technique-Training – Emphasis is on skill or habit development.
 - B Read the D – Give two options and players have to make a decision or read.
 - C Compete – Have players compete in a structured game based on the read.
- 6 **How to Coach with a Whistle**
 - A Automatic change of possession after a violation.
 - B No 'yelling' or 'telling' needed.
 - C Only add violations that you can consistently call.
- 7 **How to Debrief**
 - A We-Me-You
 - a What did we/you/others do well?
 - b What can we/you improve upon?

DAVE CECUTTI: THE STATE OF THE GAME

Find what fits for you
Relationships with players – vitally important

1. Culture – most overused term
Has to be developed
Has to be maintained

Thad Matta annual dinner: invites 400-500 people that have touched the program. Keeps people engaged in the program. No assigned seating.

Different ways to coach the game

Players are wired different then they were 10 years ago. May have to change motivation strategy

Try to make practices competitive as possible.
Come up with ideas that are different. "Crazy is a compliment" – Kevin Eastman
Think big, and if someone doesn't question what you are doing you may not be thinking big enough.

Find a way to relate to your players.

Go to other coaches practices and even other sports

Urban Myer's evaluation from AD Gene Smith

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DAVE CECUTTI: THE STATE OF THE GAME

1. Enhance leadership in program
2. Upgrade real life skills training
3. Find different ways to motivate team
4. Work on ways to improve communication (technology and social media)

Urban Myer's goal

1. create an atmosphere that combats complacency and entitlement
2. better professional development
3. find better ways to challenge players and coaching staff

Quick Hitters

Coaches correct mistake, try to catch players doing something right. Be positive
Leadership: focus on a phrase ex. "Leave Nothing"
What drives you as a basketball coach?
Manage your voice. Strong voice, weak voice.
Excellence doesn't blink

THAD MATTA - OHIO STATE UNIVERSITY: BUCKEYES BASKETBALL

Coaches have to be very observant.
Get kids to "play for the logo not their ego."
Open lines of communication: no one wants your son or daughter to play better than their coach
Getting to know your players: at OSU they do a personality test like the San Antonio Spurs did. Brought in a sports psychologist. Really helps players open up and allows staff to get a better understanding of their players background etc.

Players are affected by many outside influences

OSU basketball is practice, pace, enthusiasm and energy.
His biggest concern is how they start practice. Hates lazy, goof around time to start practice

Figure out what issues your players have and try to get to the root of their problems

Position shooting:
What shots can we get in our offense? We need to practice those shots.
Catch and shoot, one dribble pull up, straight line drive to the basket
Has tried to eliminate the floater from OSU basketball

Does Passing drills because guys can't pass the ball today.
Great shooting teams are great passing teams.
Warm-up with passing
Ohio State Passing
Great balance, jump stop, pivot and rip, thumbs down, step to the receiver
Keep the ball tight

6 Man Passing
Pass to the right and inter-change with the guy across from you

5 Weave down to transition offense back

Shell Defense: they are sitting in gaps because basketball has become so dribble drive oriented
Jump to the ball
Load the paint, make teams throw skip passes

Down screen continuity: lock and trail
Screen the screener continuity: Diamond shape and action is back screen, down screen. Lock and trail all the screens

Cut Throat 4 on 4 on 4. Pick the rules to emphasize. Team is off if they don't jump to ball, close out with a high hand. Four Stops win.

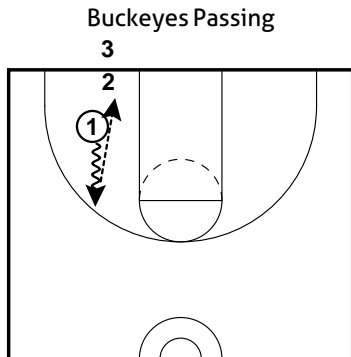
*Have someone coach offense when you are focusing on the D/doing a defense drill. Execute your actions and keep the offense sharp and not sloppy

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THAD MATTA - OHIO STATE UNIVERSITY: BUCKEYES BASKETBALL

THAD MATTA DIAGRAMS



1 dribbles hard to FT line. Jump Stops and throws a thumbs down chest pass / bounce pass to 2 and follows his pass to get in the end of the line

CHRIS HOLTMAN - BUTLER UNIVERSITY: BUTLER DEFENSIVE SYSTEM & FAVORITE DRILLS

Defensive Transition System & Butler's favorite drills
Growth Mind Set

Philosophy: Develop a healthy culture
Sound System that could play vs different styles of play
Who you ARE will outlast who you HAVE.
Define your culture everyday: selflessness and work ethic

Things we let go in November and December come back to bite us in Feb and March.

Find a way to get teams to own their growth and progress

Huge difference between good team and a good program

It is about the process, the process, the process. What does it look like to be good? The daily process of being good.

Transition D
Want teams to play against our set defense as many times as possible.

Offense matters in transition defense, no transition D for live ball TO's, not a great transition D for bad shots.

Numbers game, outnumber the offense

Transition D supersedes match-ups

*they always send 3 to the O glass and 2 back
*they were the best O rebounding team in Big East, charted O rebounds everyday, 5-0 situations 3,4,5 have to slap the glass on every shot.

Match early and load to the ball, play inside out and protect the paint.

1,2,3 are interchangeable in transition

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CHRIS HOLTMAN - BUTLER UNIVERSITY: BUTLER DEFENSIVE SYSTEM & FAVORITE DRILLS

Half back and full back: Half back stops the ball, full back protects the rim
1st big kicks the full back out to the ball side perimeter
(2nd priority is to take away catch and shoot 3's in transition)
2 trail guys fill in the weak side of the floor
Or will "cup" the ball, beat their man down the floor and take away a driving gap.

Move on the lift of the shot / release of the shot

Drill: Outnumbered break emphasis on half back and full back. Communicate early

Have someone coaching offense and defense in every drill.

2 on 1, 3 on 2, 4 on 3, 5 on 4, 5 on 5 Transition Drill w/ 8 second shot clock
Scramble defense and offense = decision making
Turnover = -2, no communication = -2, charge = +2, defensive deflection = +1
Will film and chart missed block out

Drill: 5-0 to transition D back against 5 guys that are waiting on the other end

5 on 5 offense has one dribble. Offense trying to connect 50-60 passes