

2010 South Dakota High School Basketball Coaches Association

Basketball Coaches Clinic – Clinic Notes

Sioux Falls, SD

October 2, 2010



Clinic Speakers

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Clinic Speaker: Larry Shyatt Assistant Coach -- Florida University
Topic: Defense and Assistant Coach Advice

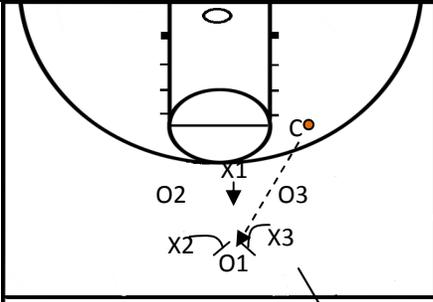


General Topics

- "You have to take care of people you admire"
- Question asked to Coach Daily; "Any regrets in coaching?" Response: "I wish I would have talked with my players more"
- Need to talk to your players outside of the office ---- get to know them
- Jeff Van Gundy: "Stop using the word great to describe a player ---- he needs to be the best offensive and defensive player everyday in order to be good."
- "The people who love you the most, tell you what you don't want to hear"
- Talk to your players about rules (not just team rules, but defensive rules.....)
- Buzz Williams:
 - * "Old people talk about the past"
 - * "Young people talk about the future"
 - * "Successful people worry about the now"
- Each year, every coach talks about how he is going to play up tempo
- Off-season workouts always seem to designed for just offense, yet as coaches, we always say that defense wins championships
- Players need to talk --- #1 priority
- Need to have a defensive vocabulary
- Use drills where the coach does not talk
- Talk needs to be ELC (Early, Loud, Continuous)
 - * Example: Blitz – Ball screen
- To have a successful defensive culture, you cannot expect the assistant coaches to do it....the head coach needs to lead it
- Need to show game footage of how drills work ----- so players can make the connection of how a drill pays off in a game
- Do you have a coaching syllabus? (should start from back to front)
 1. Offensive syllabus
 2. Defensive syllabus
 3. Special situations syllabus
- Your syllabus is going to change-----should be detailed
- Keep hustle stats ---- "On your worse shooting nights, are you still going to be able to win the game?" Hustle plays is what will give you that chance
- "Timing can change everything"

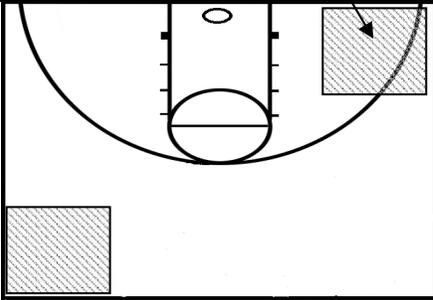
- What impacts winning? --- Whatever you believe it is, the players need to believe it
- "Don't ever have an excuse not to play the ball"
- "Don't ever stop the drills when the ball goes through the hoop" (add the next element after a score)
- "The thought that someone can out work us, frightens us"
- "Start every talk with a defensive thought" ---- it builds a defensive culture
- Defensively, you need to keep the ball out of the paint
- Your defensive rules need to be clear to your players, but you cannot be a slave to them
 - * Each player is different
 - Example: A fast player can be farther up the line when one pass away when compared to a big slow kid.
- If a blind person were at your practice, he/she should be able to know what you emphasize and what your weaknesses are
- Today's players have no fear --- they don't fear their parents, coaches, or other players
- FT's, open 3's are going to beat us
- Don't let the ball get to the paint (pass or dribble)

	<ul style="list-style-type: none"> - If the ball is in the middle tunnel, everyone is 1 pass away
	<ul style="list-style-type: none"> - Imagine a rope between your player and the ball, get your <u>finger tip</u> on the rope - How far up the rope do you get? Going to depend on the player (can't be a slave to your rules) <ul style="list-style-type: none"> * Get as far as you can without giving up an open 3
	<ul style="list-style-type: none"> - When the ball is out of the middle tunnel, get on the line - You can use the rope analogy in a full court press situation, you just have to know your limitations



Circle Trap Drill

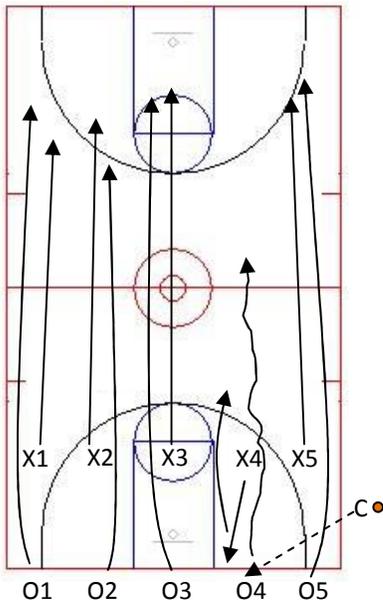
- Coach throws the ball to a player
- Offense cannot hold the ball above the head (easy trap)
- Have to fake a pass before you make a pass
- Closest 2 defenders trap the ball, other defender is an interceptor
- Pass out of the trap, 2 closest defenders trap and the other is a new interceptor
- Offense needs to make 3 consecutive passes
- Drill lasts 45 seconds



- You can move the drill to different parts of the floor to work on passing out a taps in a specific location
- Same principles as described above

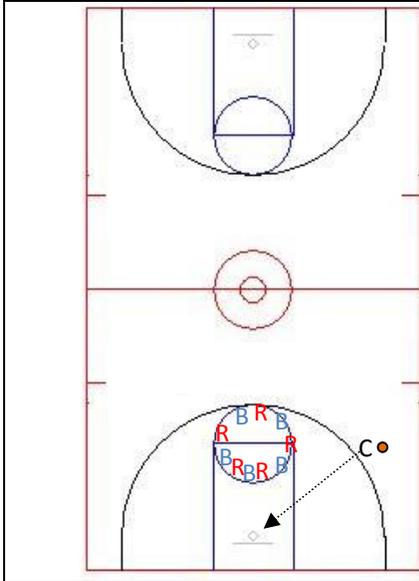
Assistant Coaches

- Say hi to people (janitors, secretaries, feeder program coaches.....), talk to them and get to know them
- Do people know that you care?
- There is a time and a place to take a stand
 - * Needs to take place in the coaches office, not in public
 - * Need to stand up and defend the program ----- Why? It is the right thing to do
- Need to balance your life
- Ask head coach if you can speak at meetings (club meetings.....)
- Get to know the little people in the program ----- it might help you get a job



Transition Defense Drill

- Offense lines up on the baseline
- Defense lines up across from the offense
- Coach throws the ball to an offensive player, the defender lined up across from him has to sprint to touch the baseline and then get back on defense
- Everyone else goes directly into offensive and defensive transition
- The goal is to score before the 5th defender gets back on defense
- Transition the other way on the defensive rebound
- Add time and score elements



Transition Defense Drill

- Get into circle and run
- Coach shoots and calls out a color
- If it is a make, the color called out is on offense
- If it is a miss, anyone can get and go into offensive transition

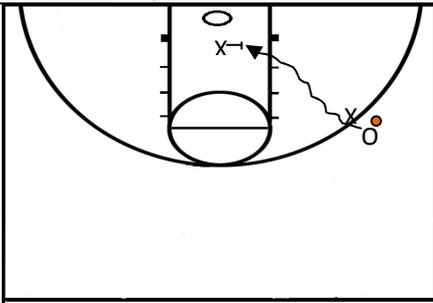
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Clinic Speaker: Saul Philips – Head Coach NDSU
Topic: Ball Toughness, Decision Making, and Finishing Drills



Notes

- Limiting turn overs is one of the most important stats
- Worse thing to do against a press is to stand – make a cut, if it is the wrong cut, make another cut
- Best way to beat a trap, look to split the trap
- You will win a lot of games if you can take care of the basketball
- Keep what you do as simple as possible
- Have all players’ play all positions just in case they get stuck there in a game where you need them to perform it. For example: A post player having to catch the ball in the back court and get a shot off with a couple of seconds left
- Just because you are thinking about the game all the time, does not mean your players do ----- keep your stuff simple

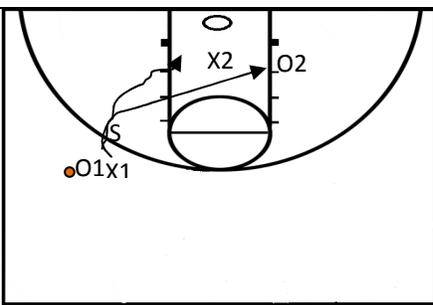


Move and Counter Drill

- Defense throws a high arcing pass to the offense
- Offense rips the ball while defense gets into the shirt of the offense
- Offense drives by the defense (the defense cannot move laterally)
- Offense tries to finish over the help defender at the rim, use a counter move if needed

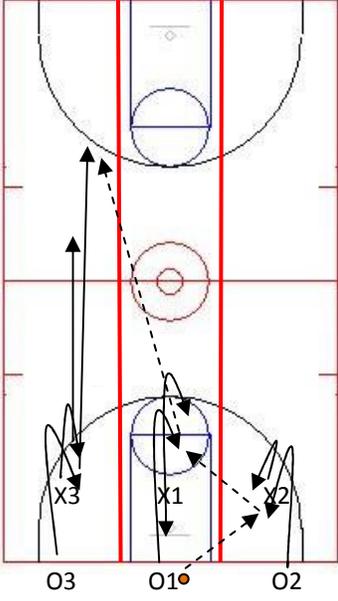
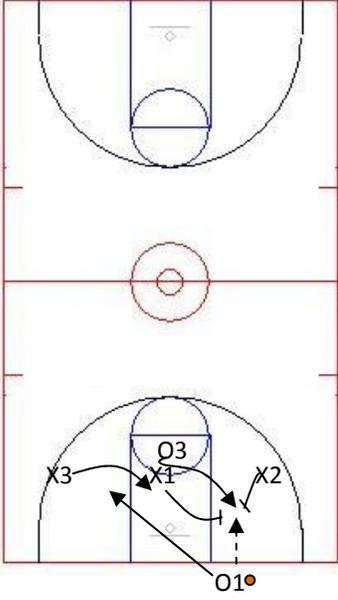
Keys

1. Be tough (with the initial rip and with the finish)
2. Use counter move on a big defender
3. Work both sides of the floor



2 vs. 1 ½

- Screener hands the ball off to the offense
- Defensive man starts next to the offensive man
- Once the ball is handed to the offensive player, the offensive player uses the screener to shake the defender
 1. Offensive player tries to score on the help defender or dish to weak side offensive player (probably a bounce pass)
 2. The original ball defender can rotate to the other offensive player

	<p>Keys</p> <ol style="list-style-type: none"> 1. Bounce pass is usually the best pass because close out with high hands 2. Get tight off of screen 3. Work both sides of the floor
	<p>3 Straight Lines Drill</p> <ul style="list-style-type: none"> - Offense gets 1 dribble - Have to advance the ball up the floor - Defense needs to stop the ball from being advanced - Offense has to stay in their designated lane - Offense has to make game cuts --- look to beat the defense deep - Use North and South dribbles <p>Option</p> <ul style="list-style-type: none"> - You can make a rule that the ball always has to go back to the middle man
	<p>3 on 2 Full Court</p> <ul style="list-style-type: none"> - Offense gets 2 dribbles - Defense traps and rotates - When in a trap, don't shift weight back - Try and split the trap
<p>O1</p>	<p>3 Guards Drill</p> <ul style="list-style-type: none"> - 1 guard tries to advance the ball against 2 defenders - Try to split the defenders or attack the slower of the 2

	<p>Big Finishing Drill</p> <ul style="list-style-type: none"> - The defender in the middle tries to block the shot - Offensive player tries to make a strong intelligent move <ul style="list-style-type: none"> * Don't use a dribble unless absolutely necessary - Stay in balance, look for contact ---- get the 3 point play the old fashion way

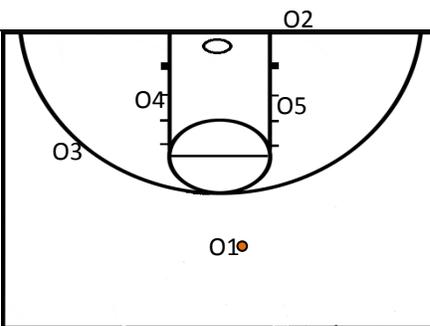
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Clinic Speaker: Aaron Johnston – Women’s Head Coach SDSU
Topic: SDSU Team Offense and Breakdown Drills



Notes

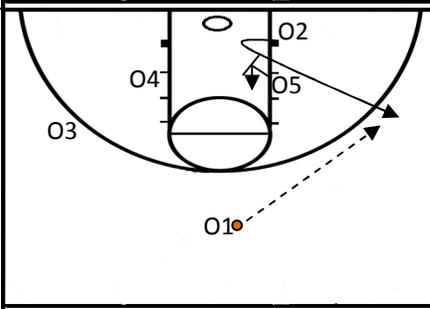
- Buzz Williams “Set up and conduct the practice in terms of someone who is blind is watching – they still need to be able to understand what it without seeing it”
- Need to communicate the right with our players
- Want our players to focus on what they can do, not what they cannot do
- An offense with too many options can lead to indecisiveness
- Regardless of how good an offense looks, players need to be able to absorb it
- SDSU offense is designed to get physical with the defense



Jacks Offense – 1

- 4 and 5 positions are BLOCK positions
- 1 is the TOP position
- 2 is the CUTTER position
- 3 is the ELBOW position

- Players need to know all the positions because they could end up in any spot



Jacks Offense – 2 ---- Right Side Entry

- 2 (Cutter) can use right BLOCK position as a screen to pop to the right wing position
- 3 (ELBOW) needs to stay opposite of the CUTTER

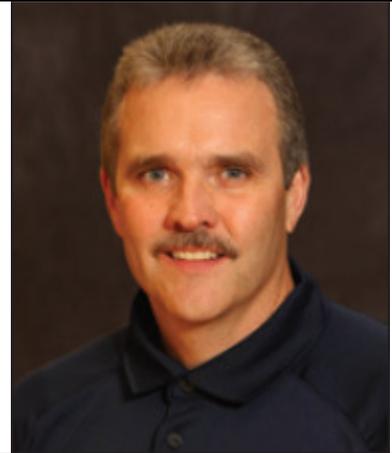
O2

	<p>Jacks Offense – 3 ---- Left Side Entry</p> <ul style="list-style-type: none"> - 2 (CUTTER) can also come out the opposite side by using a screen from 4 (BLOCK) - ELBOW person needs to fill the opposite elbow <p>General Rule</p> <ul style="list-style-type: none"> - ELBOW and CUTTER need to stay opposite of each other
	<p>Jacks Offense – 4 ---- Fill Spots</p> <ul style="list-style-type: none"> - TOP man can screen for the ELBOW man / or just make a quick cut to the CUTTERS position
	<p>Jacks Offense – 5 ---- Reversal</p> <ul style="list-style-type: none"> - Ball gets reversed to the TOP man, now occupied by 3 - The new CUTTER is the 1 man, who pops out to the wing from a screen from the BLOCK, 5 man
	<ul style="list-style-type: none"> - 3 can slip the screen and fill the CUTTER position <p>Keys</p> <ul style="list-style-type: none"> - Always fill the spots to balance the floor - Perimeter players need to allow the cuts to take place
	<p>Jacks Offense – 6 ---- Block to Block Screens</p> <ul style="list-style-type: none"> - BLOCK people can set cross screens in the post at any time - The perimeter players need to be sure that they allow this action to take place before reversing the basketball

	<p>Jack Offense – 7 ---- Ball Screens</p> <ul style="list-style-type: none"> - If the BLOCK positions find themselves to high, they can come set a ball screen for the wing
	<p>Jacks Offense – 8 ---- Getting the Post to the Perimeter</p> <ul style="list-style-type: none"> - Anytime a CUTTER curls around a BLOCKER, the BLOCKER cuts to the wing position - This is a good time to set a BLOCK to BLOCK screen because you have a guard screening a big (hard to switch)
	<p>BLOCK Screen Drills</p> <ul style="list-style-type: none"> - Alternate sides - Cutter can pop out to wing to score or curl to score - Cutter can make a post entry pass if he catches it on the wing <p>Key Point</p> <ul style="list-style-type: none"> - The CUTTER should get to the 2nd should of the BLOCKER in order to read what the defense is doing and either flare or curl based on whether the defense goes over or under the screen
	<ul style="list-style-type: none"> - If the CUTTER curls off the BLOCK screen, the BLOCK cuts to the wing and the CUTTER posts up immediately looking to seal
	<p>BLOCK Screen Drills</p> <ul style="list-style-type: none"> - CUTTER can now use either BLOCK screen - Same rules apply as in the offense

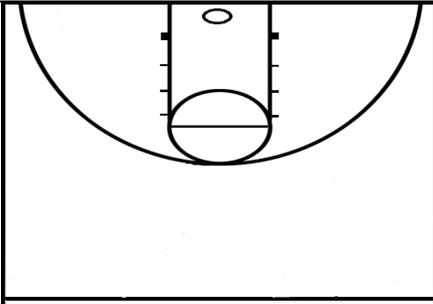
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Clinic Speaker: Tom Billeter – Head Coach Augustana College
Topic: Practice Drills



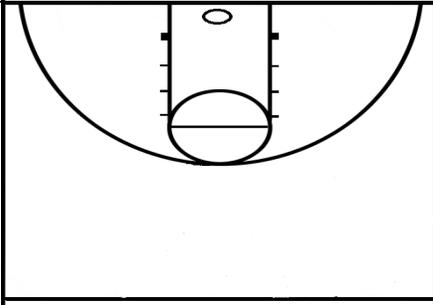
Notes

- “You work 100,000 hours in your life, you better like what you do.”
- Pre-practice shooting
 - * Should simulate game shots
 - * Should be done immediately when they walk on the floor
- Use a clock to stay on task
- Write notes at the end of every practice
- Have 1 out of bounds play that works against man and zone
- Have to talk against ball screens (see the ball and the man)
- Change practices up to keep interesting
- Have competitions in practice ---- losers run



Pre Practice Shooting

- Form shooting
- 1 hand shooting
- Make 5 and gradually move back after each 5 made
- Modify it to fit your team and your players



Jump Hooks Fundamentals

- Teach a jump hook to your guards (great way to finish against bigs)
- Straddle the hash mark
- Give a target hand
- Get leg close to the pass
- Create contact and get angled seals
- High seals = push up the lane
- Stay low instance

	<p>Jump Hook Breakdown</p> <ul style="list-style-type: none"> - Locator step - Get your chin to the rim - Shoulders turned - Shot needs to go to the back of the rim - Keep seal after you catch it - Have player start facing defender and the spin and seal - Make it game like
	<p>Series 6 Shooting – 1</p> <ul style="list-style-type: none"> - Jab and curl
	<p>Series 6 Shooting – 2</p> <ul style="list-style-type: none"> - Jab and wing cut
	<p>Series 6 Shooting – 3</p> <ul style="list-style-type: none"> - Jab and wing cut with a ball fake and shot
	<p>Series 6 Shooting – 4</p> <ul style="list-style-type: none"> - Jab cut to 3 pointer

	<p>Series 6 Shooting – 5</p> <ul style="list-style-type: none"> - Jab to 3 pointer, side dribble and shoot
	<p>Series 6 Shooting – 6</p> <ul style="list-style-type: none"> - Jab cut to a 3, flare to corner
	<p>Guard Wing Shooting Drill</p> <ul style="list-style-type: none"> - Have 30 seconds - Have to make a 2 pointer before you can shoot a 3 - Once you make a 3 (keep shooting till you make), you have to make a 2 again before you can shoot more 3 pointers - Make it competitive - Get your own rebound
	<p>Post Jump Hook Drill</p> <ul style="list-style-type: none"> - Right hand jump hook - Flash to left side for a jump hook <p>Keys</p> <ol style="list-style-type: none"> 1. Step 2. Seal 3. Face 4. Shoot
	<p>Post Clear Dribble Drill</p> <ul style="list-style-type: none"> - Spin pass to self - Use a clear dribble and then pass to opposite wing - Jab, face cut - Seal, score

	<p>Trap Release – No Matter the Set</p> <ul style="list-style-type: none"> - Have a pressure release against aggressive trapping defenses - High post entry - Skip pass with a clear dribble - Low post seal - 1 gets behind trap for release
	<p>SLOB – Pop Up</p> <ul style="list-style-type: none"> - Works against man or zone defense - You just need to know who to screen against the zone
	<p>SLOB – Pop Up Continued</p>
	<p>SLOB – Pop Up Against Zone</p> <ul style="list-style-type: none"> - 5 screens the top of the zone - 4 screens the top weak side defender - 4 can slip the screen if the defender fights hard through the screen
	<p>Box Series BLOB</p> <ul style="list-style-type: none"> - Can be ran against man or zone defense

	<p>1-4 High Set – “4”</p> <ul style="list-style-type: none"> - Ball entered to the wing, 1 basket cuts to opposite block - 5 dives to ball side block - 4 flashes for ball reversal - 1 pops out to the wing while 3 sets a cross screen for 5 <p>- Screen your own man if they switch the screen</p>
	<p>Defending Ball Screens - Blitz</p> <ul style="list-style-type: none"> - Screen defender gets on high side of screen with hand on the screener - If a good shooter is using the screen, BLITZ it = double the ball until he gives it up
	<p>Defending Ball Screens – Blitz</p> <ul style="list-style-type: none"> - Form the Power I - 1st Man of Power I denies the closest man - 2nd Man of Power I denies ball reversal - Only pass that should be available should be the skip pass which will give time to rotate and recover
	<p>Defending Ball Screens – Non Shooter</p> <ul style="list-style-type: none"> - Push up the screen - Defender being screened goes <u>under</u>

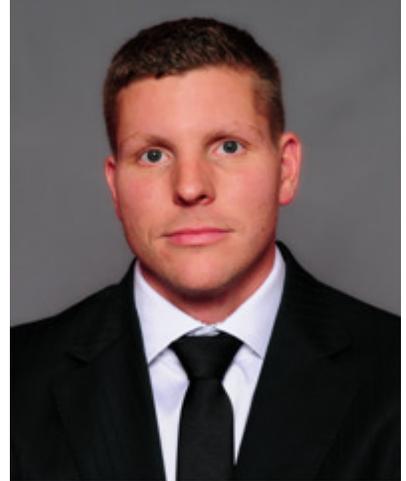
	<p>Defending Ball Screens – All Around Player</p> <ul style="list-style-type: none"> - Show on screen - Person being screened <u>goes</u> over the screen
	<p>Defending Ball Screens – Flat Show</p> <ul style="list-style-type: none"> - Big shows “flat” on the screen - Go <u>under</u> or <u>over</u> the screen
	<p>Defending Ball Screens – Show Low</p> <ul style="list-style-type: none"> - Person guarding the screen just stays low and allows room for the person being screened to fight through
	<p>Defending Face Cuts - 1</p> <ul style="list-style-type: none"> - Offense tries to face cut the defense - Defense jumps the pass and tries to push behind - Offense goes to defense * On the pass back to the new offense, the new defense closes out on the pass - You can add post defense element as well
	<p>Defending Face Cuts - 2</p> <ul style="list-style-type: none"> - Rotations - On the closeout, if the ball is held above the head, defense should get up close

	<p>Defending Face Cuts – 3</p> <ul style="list-style-type: none"> - Add the back screen element - Jam cutter, and recover
	<p>Defending Flare Screens</p> <ul style="list-style-type: none"> - Go over the top and chase the flare
	<p>Defending Pin Down Screens</p> <ul style="list-style-type: none"> - Jump off and tunnel - Hug and chase a shooter
	<p>Defending Cross Screens</p> <ul style="list-style-type: none"> - Get on outside hip, trail, and reposition into the gap
	<p>Defending Staggered Screens</p> <ul style="list-style-type: none"> - Top man shows - Second man drops - Trail cutter

	<p>4 on 4 3 Times and Out</p> <ul style="list-style-type: none"> - Defense has to get 3 stops - Rebound needs to be outlet to Coach - Turn over = 2 points - A stop = 1 point - Rotate offense each possession
	<p>Defensive Game</p> <ul style="list-style-type: none"> - Defense needs to score points - Offense scores by scoring +2, +3 - Defense Scoring <ul style="list-style-type: none"> * Defensive rebound = +1, steal = +1 * If the defense scores as a result of that defensive rebound/steal, they get the point value (+2, +3) plus the point from the defensive rebound - If you score, you keep the ball and keep racking up points

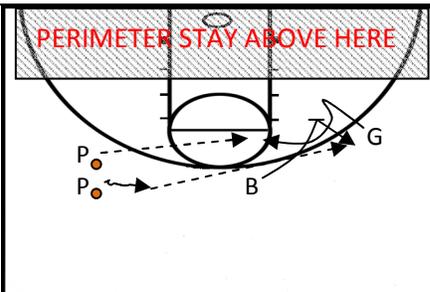
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Clinic Speaker: Ryan Miller – Assistant Coach New Mexico
Topic: Motion Topics and Drills



Notes

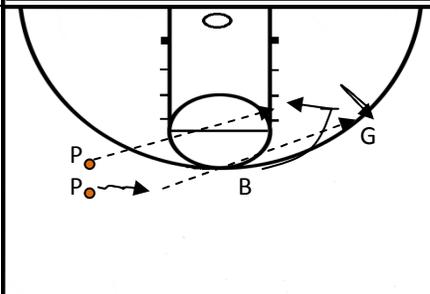
- Strength of a motion offense is that everyone gets to touch the ball, but that is also its weakness
- Need to have role definitions for your players in a motion offense
- "RESET" = find the 3 point line
- Head hunt screens



2 Man Game – "Tight Cut"

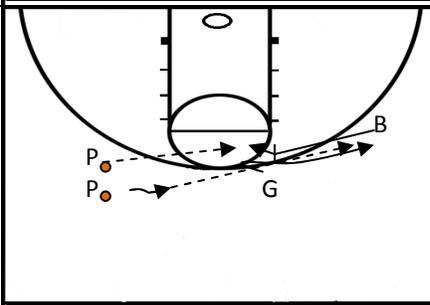
P = Passer
B = Big
G = Guard

- Cutter come tight off the screen
- Screener pops out to the wing



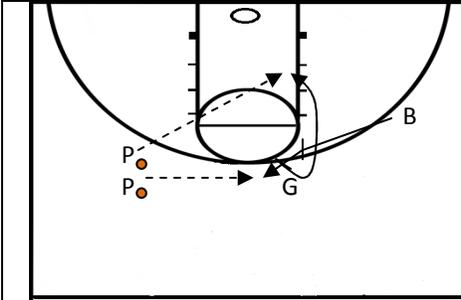
2 Man Game – "Pop Cut"

- 1 step over and pop out for a screen

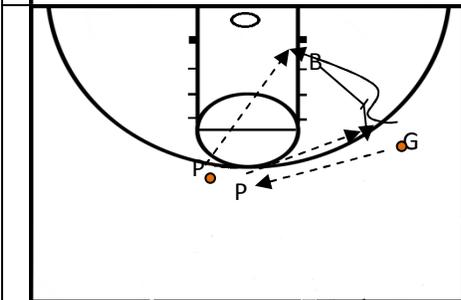


2 Man Game – "Flare Cut"

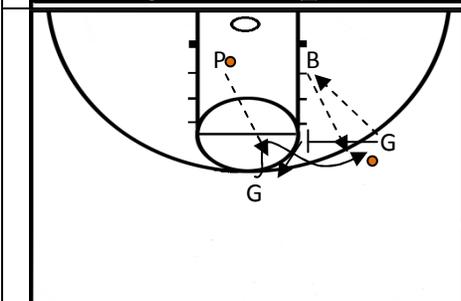
- Be fast but don't hurry



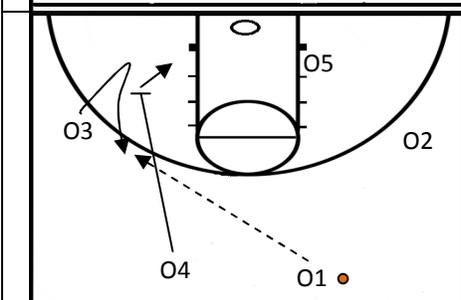
2 Man Game – “Tight Flare Cut and Pop”
 - Tight cut and pop out



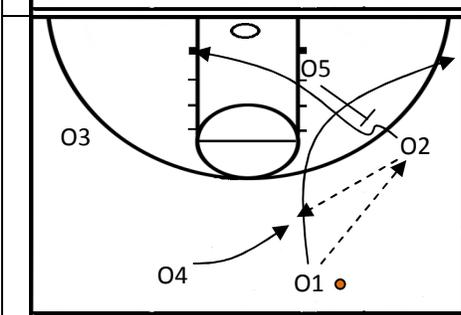
2 Man Game – “Back Screen and Pop”
 - Wing to point pass triggers a back screen



Post Feed
 - On a post feed, screen the elbow and pop



Basic Set – Ran on a Miss
 - Pin down weak side



Early Set – Ran on Makes - 1

	<p>Early Set – Ran on Makes – 2 - Stagger screen for 1</p>
	<p>Early Set – Ran on Makes – 3 - Stagger screen for 2</p>
	<p>Push Set – 1</p>
	<p>Push Set – 2 - This will get the offense into a Triangle Motion</p>
	<p>Triangle Motion - Run motion concepts with 3 people below the free throw line - The 2 players who are not a part of the motion game need to stay high and wide</p>

	<p>Baseline Reverse</p> <ul style="list-style-type: none"> - Shuffle cut - Shape up - Guard to post cross screen - Will get you into Triangle offense
	<p>T GAME into Triangle</p> <ul style="list-style-type: none"> - 5 can use either screen - Perimeter players need to stay high and wide
	<p>Fist Regular – Strong Side</p> <ul style="list-style-type: none"> - 4 cuts to opposite short corner - Wings cut to the corners - 5 sets a ball screen for 1 and then sets a pin down screen for 2 in the corner
	<p>Fist Regular – Weak Side</p> <ul style="list-style-type: none"> - Post rolls after setting the screen
	<p>Ball Screen Drill</p> <ul style="list-style-type: none"> - Come to a jump stop and pull up jumper - You can add a left hand floater - Work both sides of the floor <p>Option</p> <ul style="list-style-type: none"> - Add a dummy defender and work on splitting the hard hedge

	<p>Ball Screen Drill – Ice Call</p> <ul style="list-style-type: none"> - Refuse the screen, create separation and pull up for a 3
	<p>Ball Screen Drill – Jam</p> <ul style="list-style-type: none"> - Used when defense goes under the screen - Pull jumper behind the screen
	<p>7 Tight Drill</p> <ul style="list-style-type: none"> - Make 7 shots just using tight cuts
	<p>7 Straight Cut Drill</p> <ul style="list-style-type: none"> - Work side to side - Inside pivot
	<p>7 Flares</p> <ul style="list-style-type: none"> - Work side to side - Get front foot over top, then flare out

	<p>L Drill</p> <ul style="list-style-type: none"> - Shoot from the elbows - Have to make 5 -Add head fake using the same movements -Add 3 point shot
	<p>21 Game</p> <ul style="list-style-type: none"> - Dribble lay-up = 1 point - Dribble with a dribble move and pull up = 2 points - 3 point shot = 3 points - Repeat - Coach throws the ball
	<p>Ladder Drill</p> <ol style="list-style-type: none"> 1. Lay-up 2. Bank shot (5 ft) 3. 15 footer 4. 3 point shot 5. NBA 3 <ul style="list-style-type: none"> - Have to make 10 - Always go back to 24 foot line
	<p>X Out Lay-ups</p> <ul style="list-style-type: none"> - Tight curl on chair - Alternate sides <p>Option</p> <ul style="list-style-type: none"> - Vary your finishing moves - Vary your finishing hand

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Clinic Speaker: Don Meyer – Northern State University
Topic: Practice Habits and Basketball Wisdom



Notes

Shooting Target $185 = FG\% + FT\% + 3 pt\%$

- “When was the last time you kicked a kid out of practice?”
 - When taking notes
 - * Use 1/3 of the note pad for you
 - * Use the other 2/3 of the pad for the speaker
 - Get all of the good ideas, but you can’t use all of the good ideas; just use what is relevant to your philosophy, your kids, and your situation
 - You have to adapt rather than adopt
 - Figure out how you can lose a game, work on that element so it doesn’t happen in a game
 - “You can play hard if you don’t coach hard”
 - www.coachmeyer.com ----- Coaches Corner (downloads, and Power Point on Leadership)
 - “Your players to play very very hard”
 - Kids today don’t play hard, they only want to watch the teams with all the talent”
 - Need to do a needs assessment each year you coach
 - * “What is attractive and what should be?”
 - Every year needs to be treated like it is your first year
 - Smartest Thing To Do
 1. Minute Assessments
 - a. What is 1 thing that you are doing well and why?
 - b. What is 1 thing we can be doing better?
 - Keep it simple
 - Don’t say the word “I” “Me” “My” unless you are taking the blame for something ---- it sends the wrong message to the team
 - Your example is not the main thing to other people, it is the ONLY thing
- Administration: A good administrator never gives a good coach a reason to leave; a bad administrator always gives a bad coach a reason to stay
- “You have to be a world class thinker”
 - Necessity is the creator of invention
 - Be your own worst critique
 - Never let your players, coaches or self be satisfied – Wooden
 - Biggest difference with kids today ---- Respect
 - A lack of discipline hurts more than a lack of athleticism ---- lack of discipline will lose you the tight

games

- Not a privilege to play, need to earn it

Talent	Mindset	
A in Talent	A in Mindset	Best – has to be your hardest worker (Derek Jeter)
A in Talent	B in Mindset	Streaky player – inconsistent; coach killer
B in Talent	A in Mindset	Makes you look like a great coach

- Discipline is the highest form of LOVE; You have the courage to confront the people you love

- Mass Practice

* Best way to get better

* Kids have to learn to work on their own

Shooting Progression

1. Wrist extensions – develops range and touch
2. Swing the purse to get into the shooting pocket; post players can get the elbow higher
3. On the back shooting; keep elbow on the floor and tight to body
4. Form shooting on side of back board; 1 second follow through
5. Form shooting against the back board; ball should be on it's way down when it hits the back board
6. Shots over the front of the rim; work your way back to develop range

- You don't have to shoot fast, you have get ready to shoot fast

- Jeff Van Gundy – Pass is on time, on target

- Better footwork takes from good to great shooter

- Need to sit into your game

- Morgan Wooten

* Never spend enough time on shooting

* Best shooter should get the most shots

* Worse shooter should have the highest shooting percentage (should be getting less shots)

- There is a time in a game where we are not looking for a shot we can make, but looking for a shot we cant miss

- Need to shorten the pass

- 1 inch shot fakes

- 4 Things to Shooting

1. Keep it straight
2. Back half of the rim
3. Hold high 1 second follow through
4. Land 6 inches closer to the shot

- A great shooter never misses to the side (always short or long, but straight)

- 50% of all missed shots are short

- Talk your shot (keep it straight, back half)

- High follow through ---- Get it consistent

- Start slow, get a rhythm, go fast enough to make a mistake

- See the biggest part of the floor

- Scouting is overrated

- Have to get the ball in the pocket quickly
- **Drill** (prepare defending a person who is a Dead 3)
- Shooter is at the top of the key
- Defender standing underneath the rim
- Defender closes out on the shooter and flies by the shooters shooting shoulder
- Once the shot gets blocked, the shooter can add a shot fake
- Morgan Wooten --- “It is not what you teach, it is what you emphasize”
- A Dead 3
 - * A person who 50% of their shots are 3 point shots
 - * You have to make them put the ball on the floor – leave the floor to contest their shot
- People with character figure it out
- Have to make the tough decisions
- If Coach Meyer Coached Again – What would he stress
 - * Sound (mentally and fundamentally)
 - * Solid (character)
 - * Simple (It is what we do)

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Clinic Speaker: Vance Walberg – Assistant Coach UMASS
Topic: Dribble Drive Attack (AASAA) and Drills

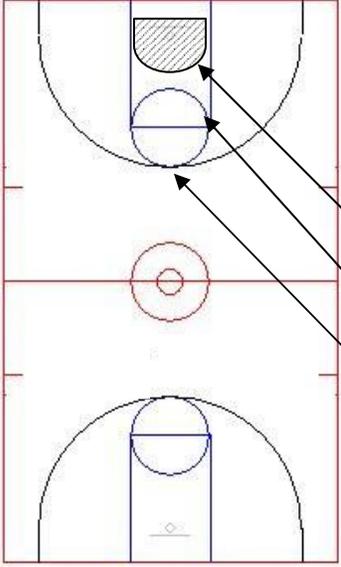
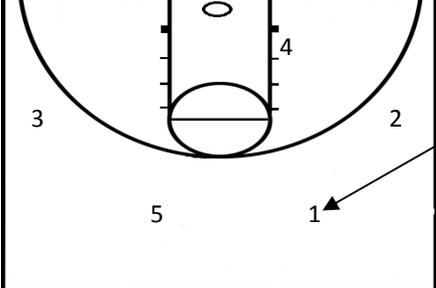


Notes

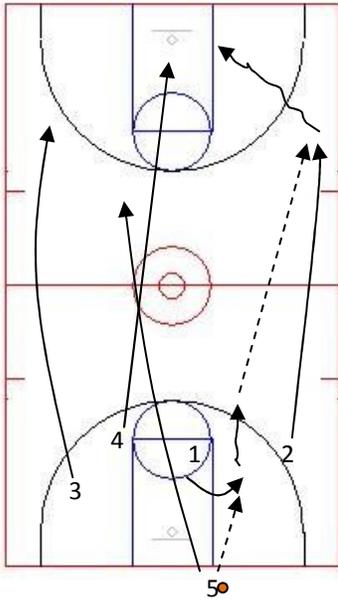
- “My first time coaching was at the high school level”
- Take 1 week each year to visit a division 1 basketball coach
- Used to be a set play coach --- watching other coaches made him change his coaching style
- Used to watch a high school football coach to get ideas that he transferred to basketball (no huddle, faster style of play, not letting the defense rest)

Creation of the DDA

1. Wanted to create a faster pace on offense
 - a. Get it out fast, deep outlets
 2. Change the pace on defense
 - a. Full court press on make, miss or dead ball
 - b. Problem he had: Could not score consistently in the half court set
 3. Wanted to either get to the Key or take a 3
-
- Always has his players line up in order (1,2, 3, 4, 5) for timeouts
 - Use NBA 3 point line for spacing
 - Try to create Triple Gaps to attack
 - Like 3’s but LOVE lay-ups

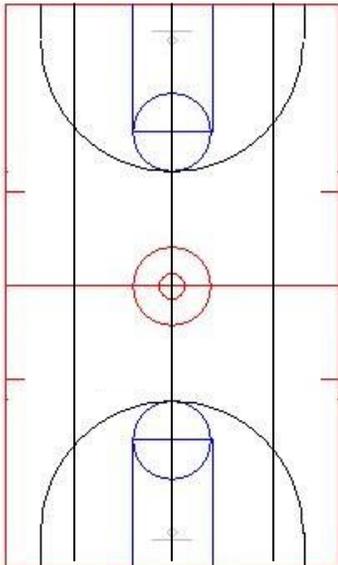
	<p>UMASS Numbers</p> <ol style="list-style-type: none"> 1. Rack Zone Shooting Percentage = 60% 2. Mid Range Shooting Percentage = 29% (24% at Kentucky) 3. 3 Point Shots = 35% <p>Formula to figure points per possession</p> <ul style="list-style-type: none"> - 60% (Rack Zone) x 2 point FG = 1.2 points per possession - 35% x 2 (Mid Range) point FG = .7 points per possession - 35% x 3 points = 1.05 points per possession - 70% x 2 (Free Throws) = 1.4 points per possession (getting to the rack gets you here) <ul style="list-style-type: none"> - Anything above a 1.0 point per possession is good - A lot of bad shots come from the mid range area (60% of the bad shots take come from here)
	<p>AASAA</p> <p>A – Attack A – Attack S – Skip A – Attack A- Attack</p> <ul style="list-style-type: none"> - This philosophy gets you to the FT line more (1.4 points per possession) - You don't have to be "dribble, dribble, dribble" --- only dribbles used are to attack the rack (common misconception of the DDA) - AASAA is an attack mentality (Rack It) - Create gaps to improve the Rack It approach - Create better spacing
	<p>Original Set</p> <ul style="list-style-type: none"> - Post used to be ball side ----- would get in the way of the best player on the floor (1 – PG)
	<p>Player Breakdowns</p> <ol style="list-style-type: none"> 1 – PG, goal was to Rack It 2 – Guard, best shooter 3 – Shooter 4 – Low post 5 – Other guard (usually develops into the 1)

	<p>Dribble Drive Attack (AASAA) Breakdown</p> <ul style="list-style-type: none"> Rack Zone – looking for shot (cant let it get blocked) Drop Zone – look for backdoor, pitch back, flash from post Breakdown Zone – area where you must decide if you are going to Rack It or Drop It Blow Out Zone – get the ball up floor fast
	<p>Original Set – Revised Part 1</p> <ul style="list-style-type: none"> - Because his post player would get in the way of his best player’s ability to get to the rack, he moved his post to the opposite block, thus giving better driving space - His best player was good enough to get to the rack, even with only having a single gap between himself and the 2 man
	<p>Original Set – Revised Part 2</p> <ul style="list-style-type: none"> - Once his best player graduated, the next player to take the 1 position could not get to the rack because there was not a large enough gap -Once the ball enters the front court, he dropped the wings down to create a larger gap
	<p>Creating Larger Gaps</p> <ul style="list-style-type: none"> - An average player can attack a triple gap - Always want someone in motion to create larger gaps



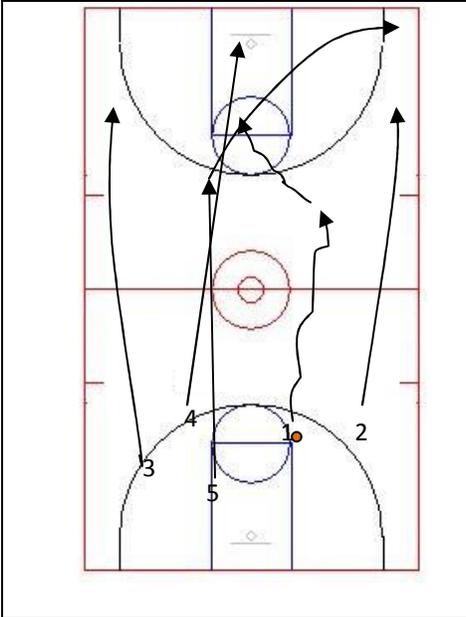
Transition

- PG looks to get the ball ahead (can use 2 explosion dribbles)
- 4 sprints to the rim
- Wings get wide, if they get the ball pitched to them, they look to attack

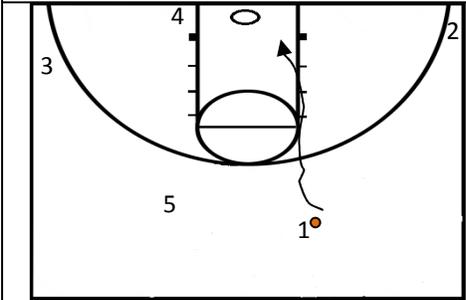


Dividing the Court

- Divide the court into quarters
- An average guard will get pushed to the outside quarter
- Great guards conquer the middle quarters



Creating Gaps in Transition

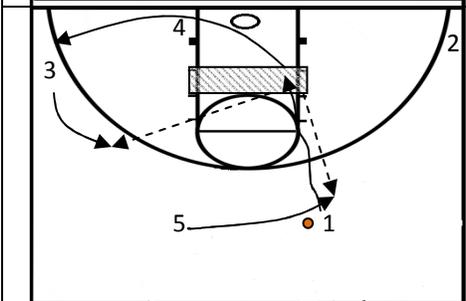


4 Man Topics

- Line up below the block
- Looking to clean up any misses
- It is vital that the person taking the ball to the rack does not get blocked

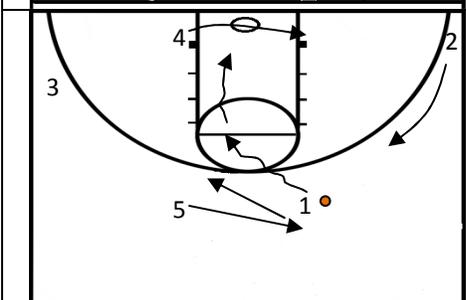
2 Man Topics

- Needs to be ready to shoot if his man helps



Drag Zone

- When the ball enters the Drag Zone, weak side wing should drift up and get in the open "window"
- If 1 is going to kick out to 5, needs to jump stop and reverse pivot
- Us 4 as a screen to come out to the left side



Kick Back

- 5 comes behind initially and the cuts back
- 2 fills up
- 4 goes to opposite block for spacing

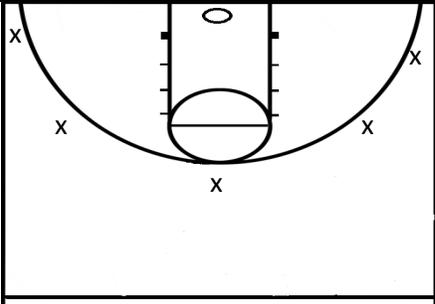
	<p>Drop Zone Options – Back Cut</p> <ul style="list-style-type: none"> - Once the ball enters the Drop Zone, 2 can back cut if his defender's head is turned
	<p>Drop Zone Options – Kick Out</p> <ul style="list-style-type: none"> - Once the ball enters the drop zone, the 2 man drifts up - 1 fills the corner he passed to
	<p>T Cut</p> <ul style="list-style-type: none"> - Creates a triple gap - Get shoulders turned to the rack - 4 cleans up - 2 ready to shoot / attack
	<p>Through Cut</p> <ul style="list-style-type: none"> - Basket cut and fill out the opposite side - 3 drifts up - Attack the triple gap - 4 cleans up - 2 ready to shoot / attack
	<p>Rub Cut</p> <ul style="list-style-type: none"> - 1 cuts off the butt of the defender to get in a way (don't stop, just cut through) - 5 looks to Rack It - 4 cleans up - 2 is ready to shoot / attack

4

2

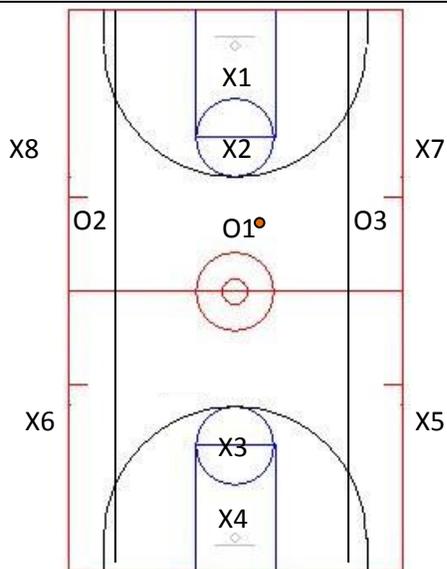
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	<p>Corner Cut on Post Side</p> <ul style="list-style-type: none"> - If the 1 goes to the post side and passes to the wing, he should cut to the corner - 5 fills opposite to create triple gap for 3 to attack
	<p>Guard to Guard Post Entry</p> <ul style="list-style-type: none"> - If there is a guard to guard pass, ball goes to wing and look to get a post entry - Opposite guard dives down
	<p>Baseline Drive</p> <ul style="list-style-type: none"> - 1 makes a Through Cut - Everyone fills - 4 relocates
	<p>Daily 45 Drills – Olympic Shooting (2 minutes)</p> <ul style="list-style-type: none"> • 3 players, 2 balls. Three point shooting drill • Two players start with a basketball, one player is without a ball. • “Shooter #1” shoots the ball and gets his own rebound. He will then pass the ball to the player without a ball (“shooter 3”), and go to an open spot for his next three point shot. • “Shooter 2” will shoot and follow his shot, get his own rebound and pass the ball to “Shooter 1”. (Who is now without a ball). • “Shooter 3 will shoot off the pass he received from “#1”, follow his shot and pass to #2. • Always have players call “BALL” when they are ready to shoot. • Always “spot up” at the NBA 3 Point line and step into your shot on receiving the pass. (That way you will never make the fatal mistake of taking a “long two pointer”).



Daily 45 Drills – 5 Spot Shooting (4 minutes)

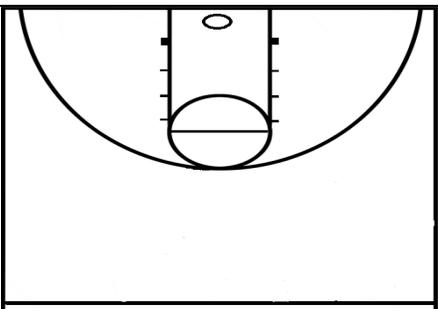
- 5 spots on the floor (right and left baseline, right and left elbow extended, top of the key) Again all 3 Point shots
- 4 Minutes on the clock
- Must make 10 baskets at each spot before moving on to the next spot.
- Start at right wing, then right baseline, left baseline, left wing, top of key.
- After you make the 10 shots at the top of key (for a total of 50 makes), keep shooting at the top of key until time runs out. The goal is to score in the POSITIVE, which is any basket after making the initial 50 baskets. For example, if you hit the 10 baskets from each spot (50) and make 8 more baskets at the top of the key, the score would be +8. On the other hand, if you only make it to the left wing and make 6 shots before the 4 minutes run out, you would have a score of (-14). Since you were 14 makes short of the 50 makes that hitting 10 from all 5 spots would be.
- Drill is done with 3-5 players (or more?) 2 balls. Line up at the first spot, shoot, follow own shot, pass back to next person in line. After 10 baskets are made from the first spot (right wing) move on to the next spot (right baseline) etc. etc.
- Players must hustle, spot up at NBA 3, and step into shot...GAME SPEED



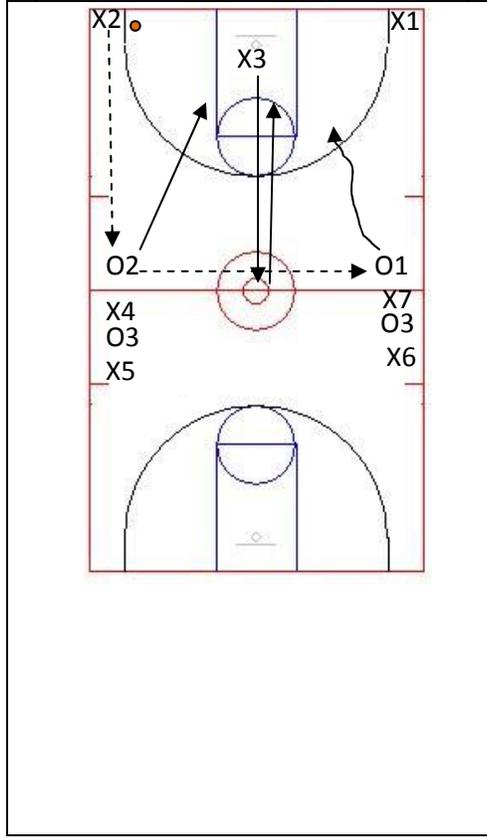
Daily 45 Drills – Scramble Drill

- 3 on 2 Full Court Drill
- Start Drill at ½ Court with 3 on 2 (2 Defenders under each basket).
- Remember get to the RACK (3 or Key).
- Outlets will line up at each side top of key extended (out of bounds on the side. 4 spots, i.e. each side of the floor, each end of the court)
- Start by playing 3 on 2 from half court, whatever side of the floor gets the rebound (either offense or defense), that will be the side that the outlet pass will go to. Outlet will “banana cut” from top of key extended toward middle of the floor and receive an outlet from the rebounder. Outlet will Blowout dribble (one dribble) and pass ahead if somebody is ahead (always pass ahead). This would be the person who was lined up as an outlet on the other sideline. These 3 will then go down on a 3 on 2 (Outlet, opposite outlet, and passer/rebounder)
- Any of the 5 players on the 3 on 2 can rebound it and go to the other end.
- On the outlet pass, the passer (rebounder) sprints to the opposite block (as if he were the post in the offense).

- Player receiving the outlet, executes a “blow by” dribble and passes the ball ahead to the wing. He (passer) then will “spot up” at the lane line extended. If the player on the wing who he passed to, drives (which he should), the passer will then drag behind the penetration for a potential “kick out” pass for a “3”.
- Other options that may occur:
- If the passer receives the ball while he is “spotting up” at the lane line extended, he either has a shot for a “3” or he will “shot pass” the ball to the post if the man guarding the post closes out on him.
- Remember that Walberg prefers all passes to the post to be lobs vs. straight line passes.
- We only allow drives into the Rack or Drop Zones.
- This is a continuous drill.



Daily 45 Drills – Scramble No Dribble
 - Same drill as above but NO DRIBBLING

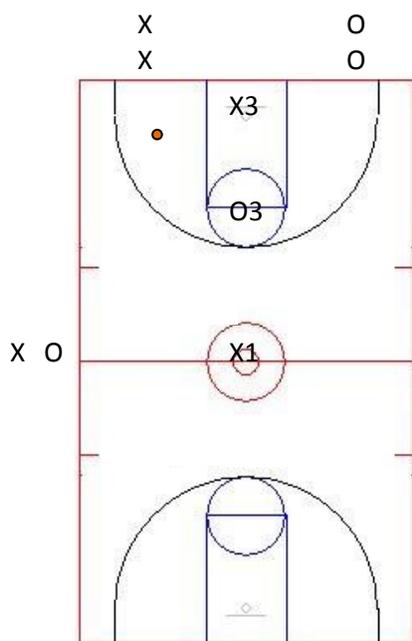


Daily 45 Drills – Cardinal

- This is a continuous 2 on 1 drill
- 2 Lines at each sideline at ½ court.
- 1 man on defense under the basket.
- One man in each corner 9out of bounds on the baseline. (Make sure that these positions are always filled).
- A Coach at ½ court in the Circle.
- Drill starts with one of the offensive players dribbling the ball at the defense just as in any transition 2 on 1 drill. Remember that the attitude is always “RACK”!!!.
- Walberg speaks of “In your Lane” or Our of Your Lane”....meaning, if a defender is “in your lane, pass the ball. If the defender is “out of your lane” keep going to the rack until he gets “in your lane”.
- Upon completion of the 2 on 1 break, the man who shot the basket (make or miss) or turnover, must sprint back to ½ court and touch the coach’s hand, then sprint back and play defense (he becomes the 1 man back on defense in the 2 on 1 situation).
- Whomever gets the rebound, steal etc. will immediately outlet the ball to the closest man standing in one of the baseline corners (it doesn’t matter which one, but should be the closest)...the idea is to pass the ball fast up the

court..

- Once one of the corner men catches the pass, they will overhead pass the ball up the sideline to the next person in line at $\frac{1}{2}$ court. That man will then overhead pass the ball cross court to the other man on the other sideline at $\frac{1}{2}$ court. Now these two men will go 2 on 1 vs. the player who touched the coach's hand and has got back on defense.
- The players at $\frac{1}{2}$ court can't leave too early...i.e. the last guy to receive the pass has to stay at $\frac{1}{2}$ court until he receives the pass...The other player can head toward the basket once he passes the ball cross court.
- The idea is to get the ball moving fast enough to catch the defender before he gets back. This drill trains the person shooting the ball on the 2 on 1, to get back on defense, rather than complain about a foul, or celebrate a made lay-up etc... he must GET Back, touch the coach's hand then play defense

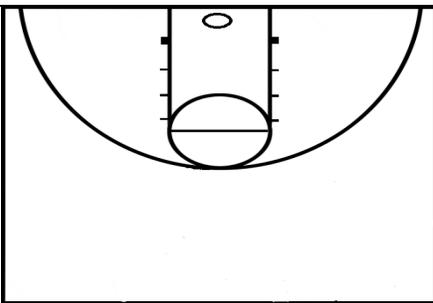


Texas 111

- Basic Set Up – 3 players on the court at all times
 - * Defensive player X1 with the ball at the half circle
 - * Offensive player O3 waiting to receive the ball at the FT line
 - * Defensive chaser X3 coming from the baseline
- Lines with the players will come from
 - * 1 line at half court (starts with the ball)
 - * 2 lines at the baseline (X's one side, and O's on the other)
- Player X1 at the half court line throws the ball to the offensive player O3 at the FT line; Player X3 must stay in the jump circle until O3 reaches him
- Once the pass is made to O3, he is in attack mode
- The defensive player at the baseline becomes the chaser
- Now it becomes a 1 on 1 drill with a chaser; play it out till a defensive rebound or a turn over
- Then it becomes a 2 on 1 on the way back
 - * The person who was on offense is now on defense; He should side front the person who is not taking the ball out of bounds to inbound
 - * Play out until a basket is made, defensive rebound or turnover

Scoring

- Teams should be decided at the beginning of practice
- All games are played to 11
 - * 2 pointers are worth 2
- Any steals in the back court can be scored again
- Players must stay in bounds, if the ball goes out of bounds, the play is dead



Texas 22

- Same as Texas 111, except there are now 2 offensive players
- Starts as a 2-1 with a defensive chaser
- Which ever offensive player shoots or turns the ball over is now denying the inbounds pass.
- The second player is the fist, playing behind the defender and not allowing the pass to go over the top
- Scoring is the same as Texas 111

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