

Matt Painter – Purdue: “Defensive Practice Drills”

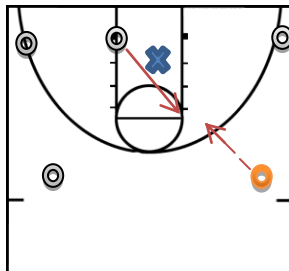
- Know and understand your own philosophy
- Do your players know your philosophy?
- Purdue’s Defensive Rules:
 - o No Direct Route – Contain the ball
 - o No Free Looks
 - o No Middle Drives
 - o No Direct Passes to the Post
 - o No Lay-ups, No Rhythm Shots, No FT’s
- Force corner on the angle – do not side saddle for straight line penetration
- When there is a defensive adjustment be on a flat angle (open to the ball), not a deny angle, to keep the ball out of the middle.
- Record a stat on reaching: How many times your reach vs. how many times you get the steal.
- If you could put the ball anywhere on the court where would you put it? Corner
- Absolutely no gambles in the middle of the floor
- When you are in a stance, your butt does not come up when the ball raises – hands do
- Ball screen defense:
 - o “Act like you have no help” – Mentality of defenders
 - o Get contact AT THE SCREEN ONLY & get over the screen – do not get contact in space
- Program your safety to get back as soon as a shot goes up – drills don’t do this, discipline does
- Post Defense:
 - o Have rules for post defense and list them in order of importance
 - o Never have two feet in front of the post when the ball is above the FT line
 - o Dig down on an entry pass on an angle that clogs the middle and forces corner on the pass back out – allows help to stay home & to have defenders

Defensive Drills Demonstrated:

6-Ball Drill

Need: 1 offense, 1 defense, 4 passers, 2 chasers

- 4 passers around the outside, 2 chasers chasing the balls as the drill gets going
- Offense stands on opposite block of where the ball starts, defense is in proper position
- Offense sprints to ball-side elbow, passer passes the ball (they cannot pass the ball until the offense is out of the paint) – defense’s objective is to tip the ball or deflect the pass
- The pattern the offense goes is always the same. Left block to ball-side elbow where the drill starts, sprints to bottom left to get the pass, bottom right, and finally top left elbow.
- The defense is to jump to the next pass, knowing when to reach and when not, butt always to the baseline



Ganon Baker – www.ganonbakerbasketball.com: “Offensive Skill Development”

- Take your mind to the gym
- Most important thing you do as a coach for your players is connect with them
- 3 things you never want a player to lose: attention, hope & sweat
- Best learning technique is a mistake
- A losing gym is a silent gym
- “Mistakes are your education”
- “Get low” – How low? Define the shoulder is lower than the defenders
- Lead w. your feet
- “Success leaves footprints, you have to follow them”
- Enthusiasm – Show your kids you’re excited to be there
- You cannot control their thoughts or their emotions – that is their job
- Tennis ball lay-up drill
 - o Coach stands at the FT line with a tennis ball
 - o Players line up in the middle of the floor at half court
 - o Whichever way coach drop the tennis ball is the way the player goes in for a lay-up – the player must catch the tennis ball after one bounce and finish with the basketball
- Ball off Defenders Back – to blow-by move
 - o Defender has their back to the offensive player
 - o Ball is placed on the defenders back
 - o Offensive player rips by either right or left and scores with defensive pressure chasing them
 - o Variation: when the offensive player blows by, coach yells “1” or “2” indicating the # of feet the offensive player must go off
- Perfect Pass drill
 - o Have a shooter in the corner & the offensive player on opposite wing
 - o Offensive player with the ball attacks a chair and makes a blow by move, making the defense think they are headed in for a lay-up.
 - o Scenario is: help defender catches up to offense going in for a lay-up, offensive player is to take an extra dribble at the baseline and throw a one handed “perfect pass” to the offense waiting in the corner.
 - o Shooter in the corner: shooting hand is palm toward the ball, off hand is fingers to the ball. Shooter is not allowed to move to catch the ball (so instead of practicing bad habits, have a shooter or manager be the all-time shooter)
 - o The pass must hit the shooter in the shooting pocket, if it does not, offensive player chases down their ball and it is recorded as a turnover
 - o Record turnovers and have penalties for # of turnovers in that time period

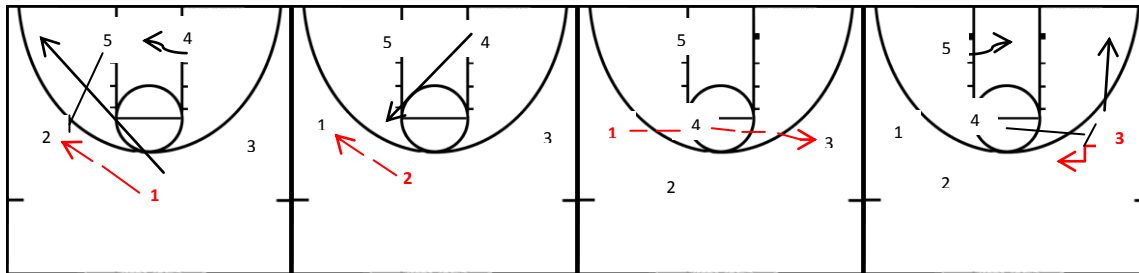
Brad Stevens – Butler: “Assessing, Evaluating & Communicating with your Team”

- Butler Pyramid of Success
 - o Character
 - o Preparation
 - o Performance
 - o Results
- Core Values – Does your team know yours?
- If you don't have accountability you will not improve
- What do people think about your Brand
- Communicate with each player where they stand
- Put a lot of effort & thought into improving each players game
- The difference between a good defensive team & a BAD defensive team is as little as 3 possessions.
- Know your team/players strengths – the margin of a game's outcome is so minimal, that can be the difference
- The moment we as coaches can stop coaching ego's/roles/agendas & can start coaching basketball, you have a GREAT team.
- Chance favors the prepared man
- Define players roles & get them to accept those roles
- Goals on lockers – visualize the big picture
- Toward the end of the season preach being “5 minutes better”: “5 minutes more studying, 5 minutes earlier to practice, 5 minutes more in the weight room, etc...”
- Always ask “How are we going to make ourselves better”

Rob Senderoff – Kent State: “Ball Screen Offense”

“Flash”

- 1 enters ball to the 2 and cuts through ball side corner
- Ball side Post (5) sets on ball screen – 2 dribbles off screen, 5 rolls.
- Opposite Post (4) ducks in
- 1 spaces high to wing – ball gets swung to the 1 to create angle for post entry
- The opposite post (4) flashes ball side elbow
- Ball gets passed to flashing post, then reversed to 3 on opposite wing
- 4 sets an on ball screen
- 3 dribbles off, 5 ducks in
- 5 pops to the corner for shot
- Ball gets passed to 4 – if open shoot
- If 5's man helps out the 5 is sealing high for entry pass



Shaka Smart – VCU: “Pressure Defense”

- VCU 5 Core Values:
 - o Appreciation
 - o Enthusiasm
 - o Competitiveness
 - o Unselfishness
 - o Accountability
- Havoc style of play
- Want to force turnovers through pressure – want live ball turnovers
- Do your players know what you want out of defense? Team stops not individual stops, force quick bad shots
- Create easy offensive opportunities
- Force the opposing team to play different than they practice everyday
- Take players out of their comfort zone
- Be in better shape than opposition to fatigue them
- Who wins the battle when you're tired?
- “Fatigue makes a coward of us all”
- Pressure D has become their Brand – their Identity
- Energy: must have 5 guys flying around at all times
- Fouling: have to be careful, play smart not stupid
- Communication: talking makes your reaction quicker
- Transition: have to transition quickly from offense into your press
- Deflections: must measure
- Trapping Fundamentals – 3 things that make a good trap
 - o Ball handlers level of control – better trap = less control
 - o Element of surprise
 - o Where you are on the floor – corners, sideline
- Who do we trap?
 - o Do not trap good defensive matchups
 - o Trap the smaller guards
 - o Never trap the 5 man
- How do we trap?
 - o Closeout to the trap – short choppy steps, high hands
 - o Be elastic –as the offensive player moves, defense moves
 - o Force an obvious pass by making them pivot
 - o Foul with lower body, never with hands
- Other 3 players have to think like a trapper
- Back player has to be deep as the deepest
- If your trappers force the obvious pass by making them pivot:
 - o Interceptors must read the obvious pass
 - o If the ball is passed ahead of you tip from behind
- Against 2 on 1 stunt the ball handler
- Learn how to play when they are outnumbered
- Ability to defend multiple positions
- Must be close enough to touch

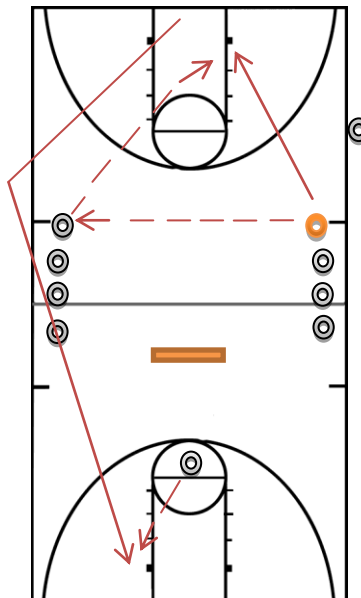
Tara Vanderveer – Stanford: “Practice Drills”

- Make your drills specific to what you do in your offense: no fluff drills
- Make your practices more challenging than the games
- Stanford practice outline:
 - o Pre-practice: form shooting, mikan’s, Baker ballhandling series
 - o Dynamic Warm-up
 - o Huddle
 - o Lay-up drills
 - o Shooting Drills within their offense
 - o Transition drills
- Big advocate of use of all hoops

Demonstrated Drills:

“Rack Lay-ups”

- Lines on each side of the floor facing the same way, with an outlet on the side of the floor the ball starts on
- Coach at the other end of the floor, above the FT line with a ball.
- Rack of balls behind the coach
- Offensive line skip passes to the opposite line and sprints in for a lay-up, they receive the pass back and lay the ball in
- After they lay the ball in sprint wide up the opposite full-court side of the floor receiving a pass from the coach, laying in another lay-up.
- After making that lay-up they are to sprint to the rack, place the ball on the rack & get at the end of the passing line. Rack cannot spill at any point in time or they have a conditioning penalty.
- The passing line gets the rebound and outlets to the outlet, ball is passed to the next person in line, passer/rebounder becomes the outlet



Nike Coaches Clinic Notes: Cleveland, Oh

Oct. 5th-Oct. 8th, 2012

Greg Kampe – Oakland: “Defensive Close-out Drills”

- 3 Things they stress to their players that they believe will make them win, they do these things every day
 - o Shoot
 - o Defend the ball
 - o Rebound
- Why are you doing the drill? Does it fit your philosophy & does it make your team better
- Defending the ball: The only time you should have 2 feet off the floor is if you have the ball or you’re going to get it – eliminates self-proclaimed shot blockers & fouling on the shot
- High hands take vision away
- Rebounding: Do not rim run on the first shot
 - o 1st shot is made 39% of the time
 - o 2nd shot within that possession is made 60% of the time
 - o 3rd shot within that possession is made 80% of the time

Bob Knight – ESPN

- Look at what you’ve decided on offensively & defensively and make both difficult to play against
- Look at what to do but also what not to do
- Vs a 2-3 Zone:
 - o 3 gaps: dribble into the gaps and bring 2 people to the ball
 - o Offensively try to open up the baseline
 - o Eliminate an immediate pass back to the player who passed it to you
 - o A zone moves in the direction you dribble
 - o Never dribble and pass in the same direction
 - o Utilize the shot fake on every catch
- Man offense:
 - o The screen is the single most thing difficult to play against
 - o Devise a way to get to the FT line
 - o Understand the value of drawing fouls, not just shooting fouls
 - o Win a game because you’ve made the most FT’s
- Advantage/Disadvantage:
 - o Create situations in practice more difficult than in the game – quicker reactions
 - No dribbles in the half court 5 v. 5
 - No dribble except for the drive
 - One team allowed to dribble – the other team not
 - 4 v. 5 half
 - 5 v. 4 half
 - 5 v. 5 change: can’t guard the same player
 - Call a time out – speak for a minute and give them specific instructions, let them go out on the floor, call another time out and give them a piece of paper and 5 minutes to write down the instructions you just gave them: GET KIDS TO THINK BETTER

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Fred Hoiberg – Iowa St.: “Transition Offense”

- Primary Break
 - o Spacing is the key – 15-18ft apart
 - o If your bigs rim run at full speed it not only increases the potential for a quick lay-up, but opens up guards
- Secondary Break
 - o Tell bigs, if you have one foot in the paint you are scoring
 - o Screens in transition create solid opportunities
- He ran about 30-35 actions out of a secondary action – Their Director of Basketball Operations will send you those set variations if you contact him: Jeff Rutter, jrutter@iastate.edu, 515-294-8132