

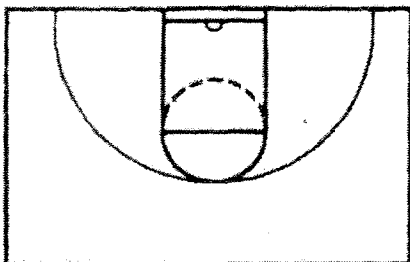
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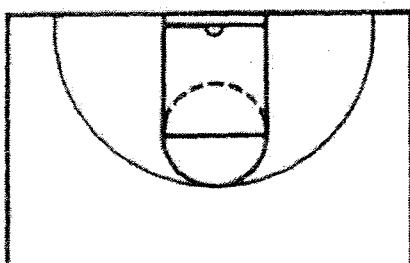
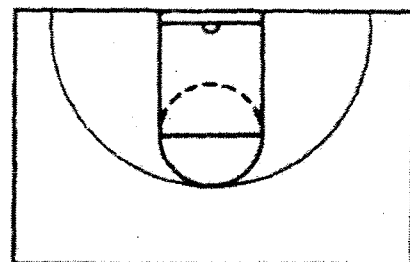
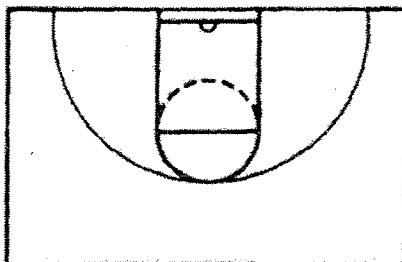
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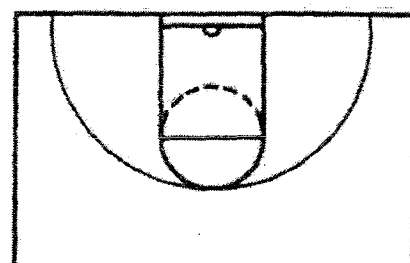
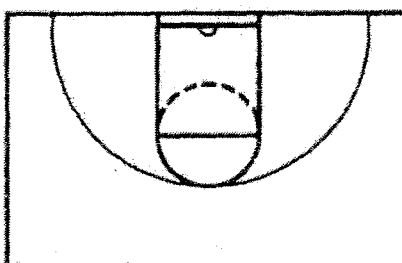
CLINIC Lon Kruger - UNLV
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8-9:15AM



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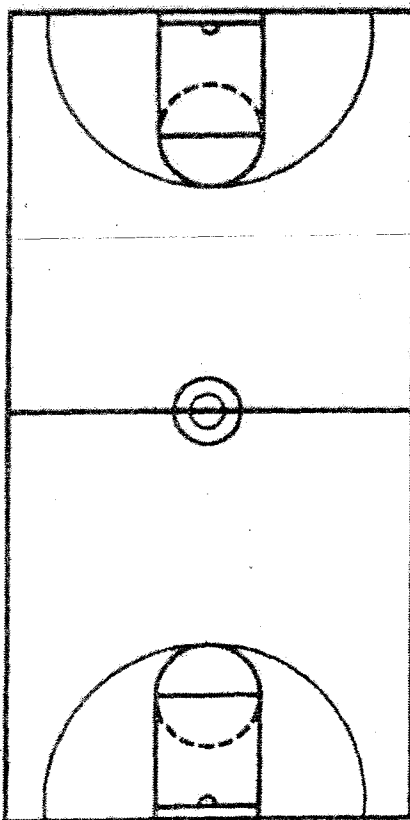


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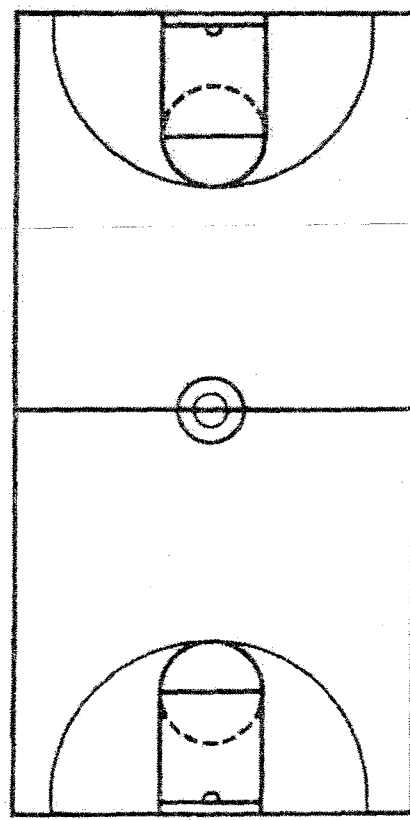


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- NOTES *OFFENSIVE/*
Defensive Drills
- > privilege to coach and teach, dev. a relationship build their trust in you.
 - > Have high expectations.
 - > consistent w/ your delivery (message)
 - > Communicate w/ your people
 - > Best player needs to be your hardest worker
 - > What do you as a coach need to do to get your team to play at it's optimum.



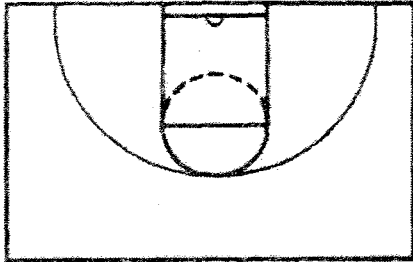
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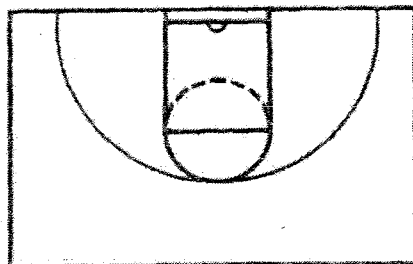
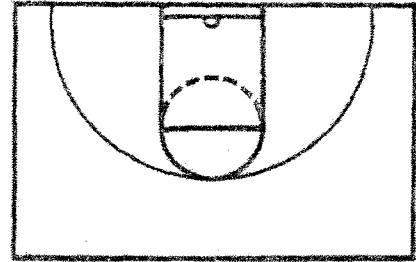
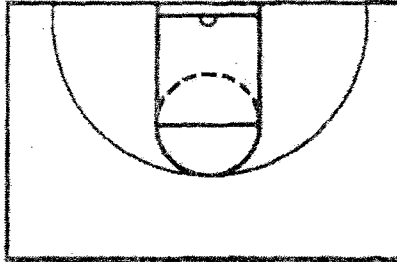
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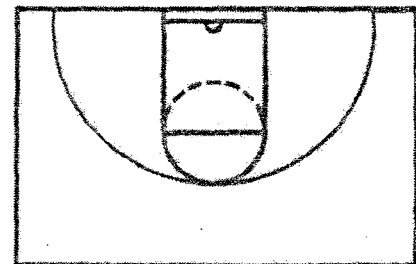
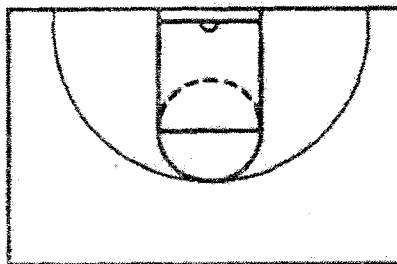
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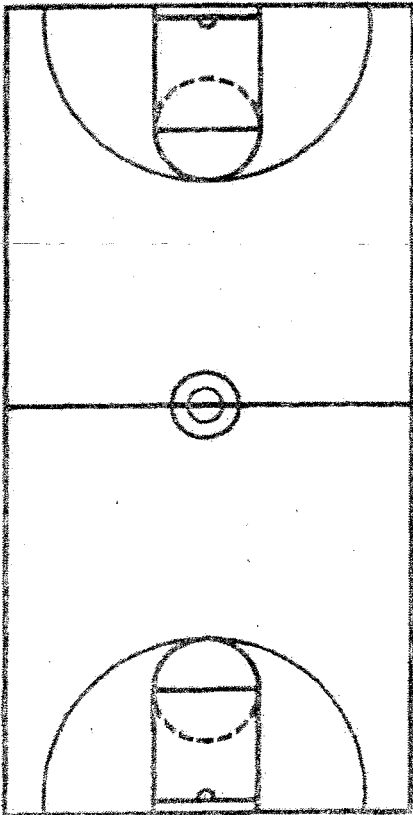


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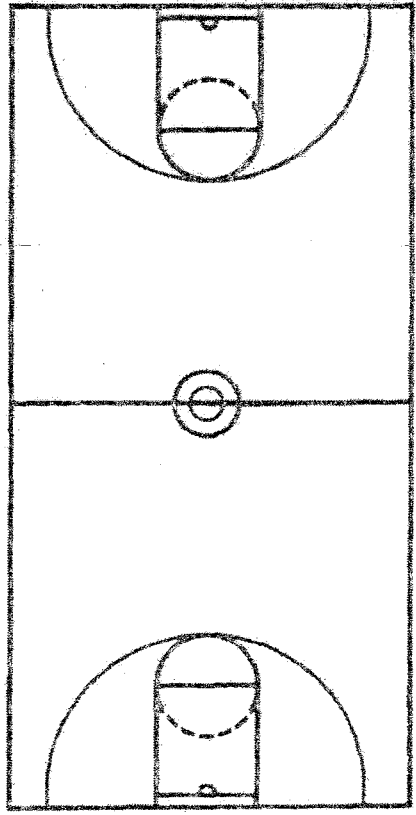
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NOTES

- > Put players on the floor where they can be successful - not an equal opportunity thing
- > develop an identity for your team by 1st assessments then sell it to them.
- > Don't focus so much on winning but focus more on details each possession.
- > Develop a practice plan that is fun for them, they must enjoy practice!
- > Treat each player on our squad as we would treat your own son / daughter.



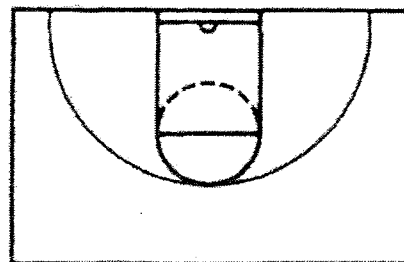
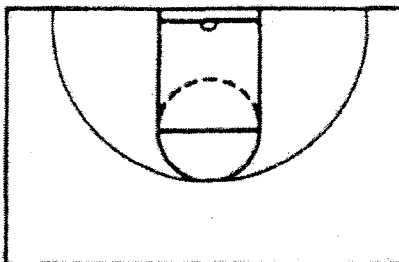
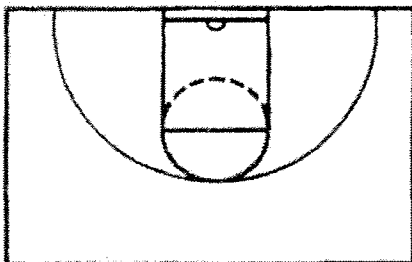
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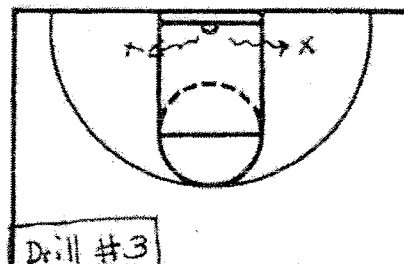
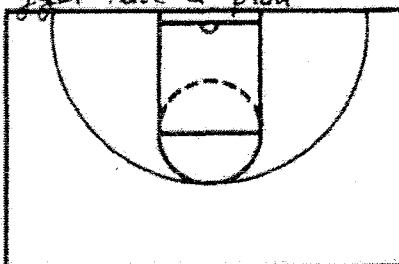
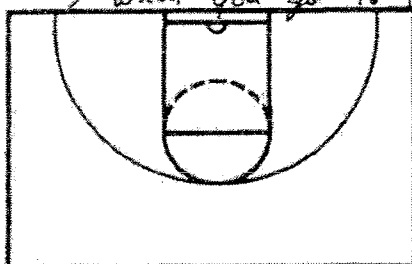
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- NOTES Drills: * Keep Drills Simple *
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 - > Make sure the players know why we are doing the drill.
 - > Drills are normally a piece of our offense and a piece of our defense.
 - > When you go to the gym have a plan



Drill #3

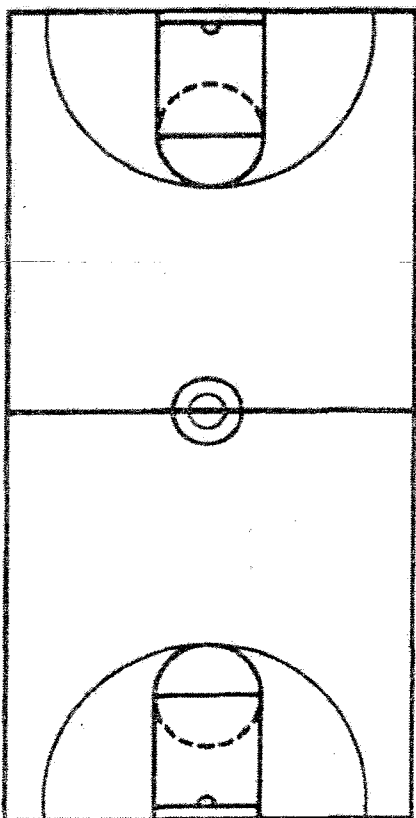
NOTES

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Progressive Bank Shot

Rebound own shot
take 2 dribbles shoot
off of GLASS



NOTES

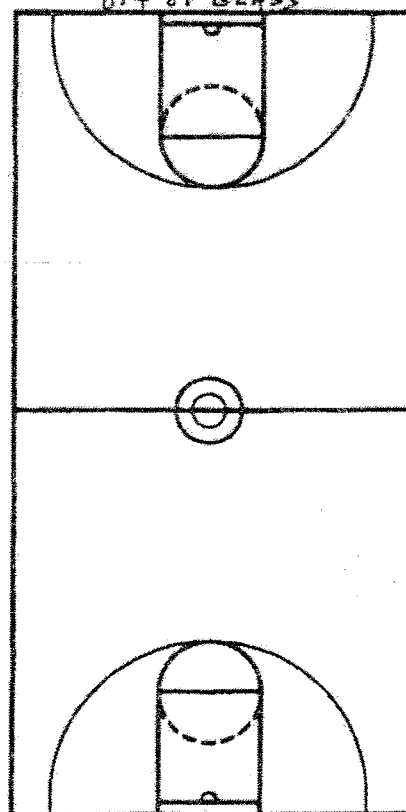
- > Quality over Quantity
- > work on the things you don't do well.

Drill #1

MIKAN Drill

Drill #2

Reverse MIKAN Drill



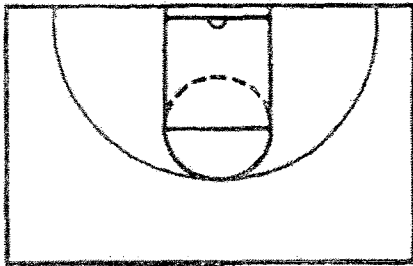
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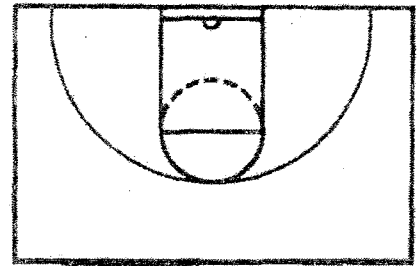
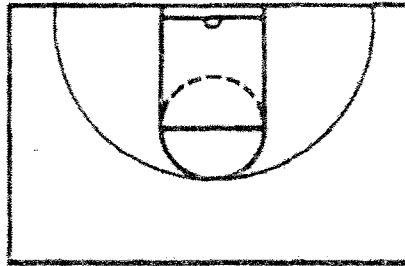
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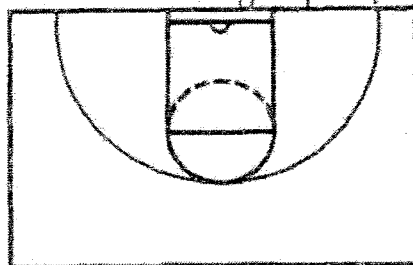
NOTES **Drill #4**

Spin outs 12-15 ft
jumpshots
200 jumpers / 100 FT's

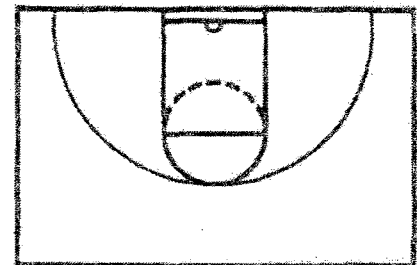
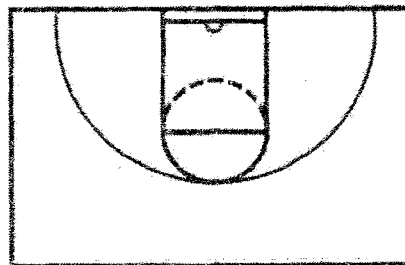


Drill #5

Spin outs 12-15 ft jumpshots
rip ball through / bounce
to shot

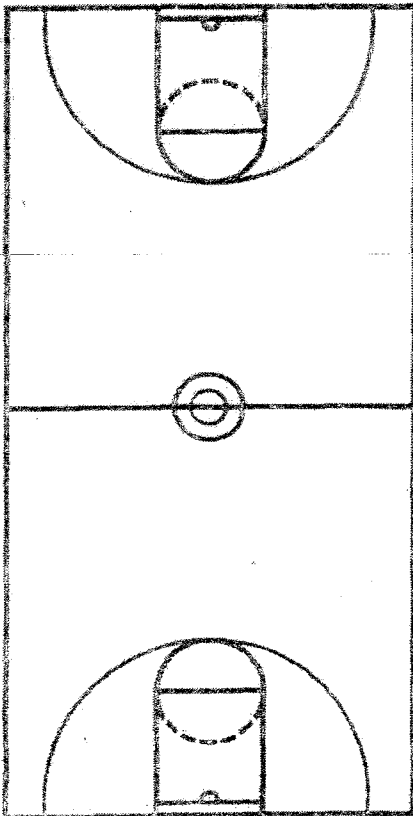


NOTES



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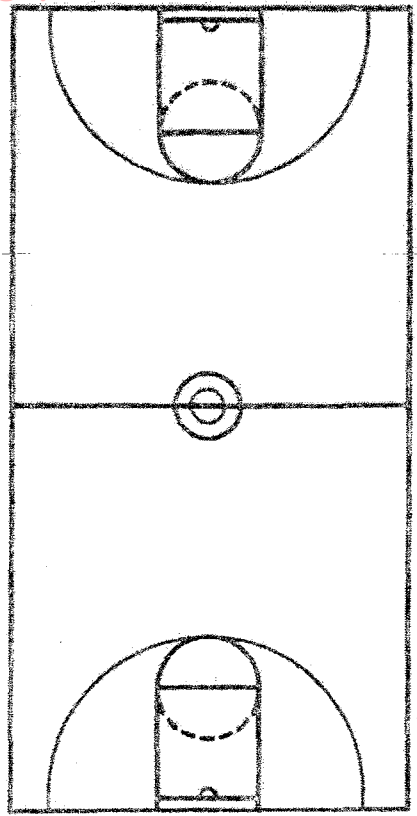
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NOTES

Drill #6

F.T.'s



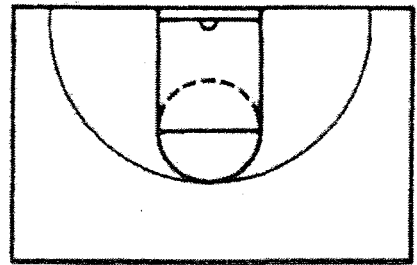
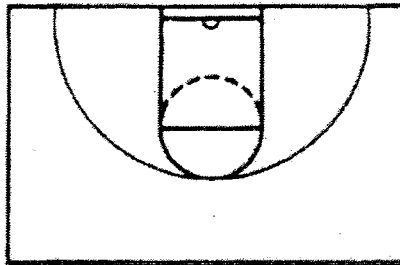
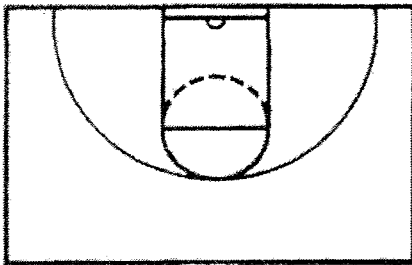
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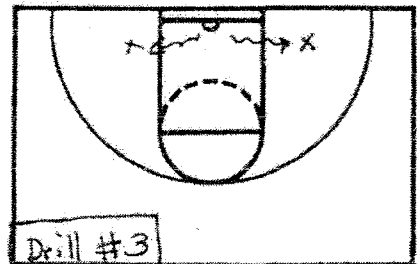
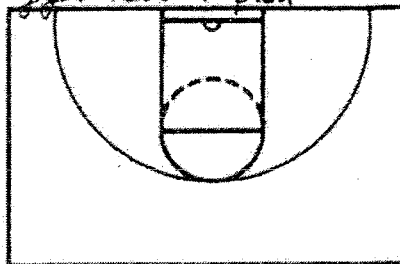
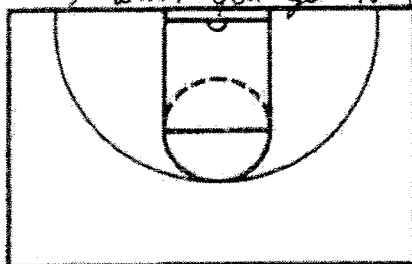
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Drill #3

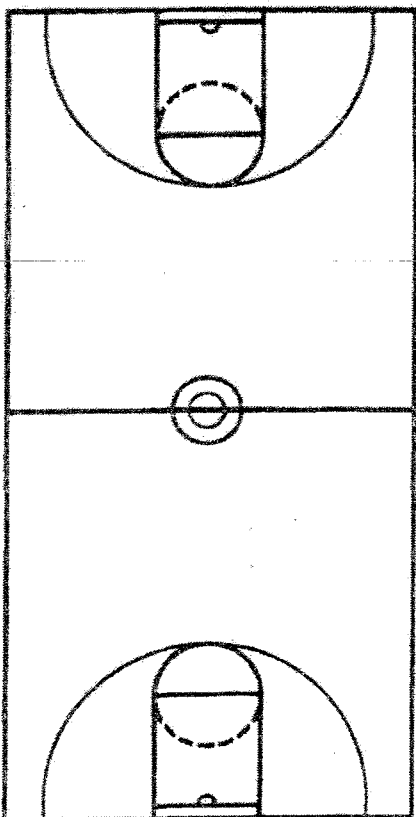
NOTES

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Progressive Bank Shot

Rebound own shot
take 2 Dribbles shoot
off of GLASS



NOTES

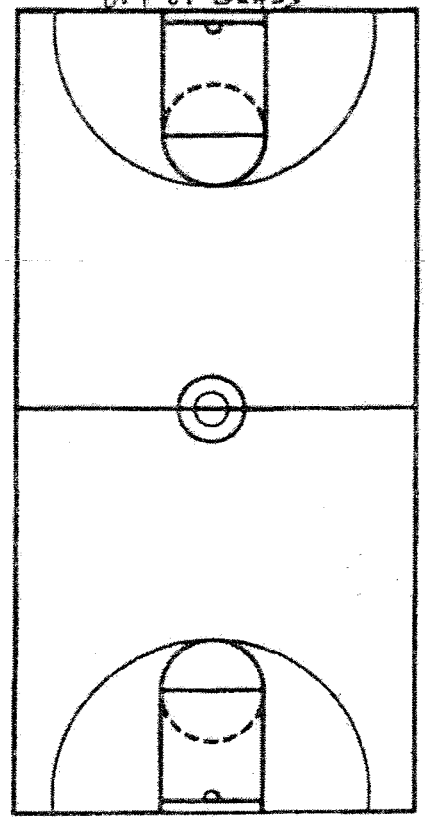
- > QUALITY over Quantity
- > work on the things you don't do well.

Drill #1

MIKAN Drill

Drill #2

Reverse MIKAN Drill





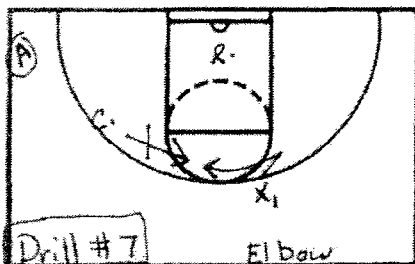
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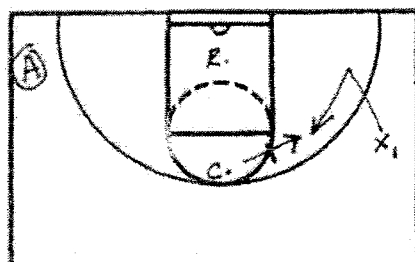
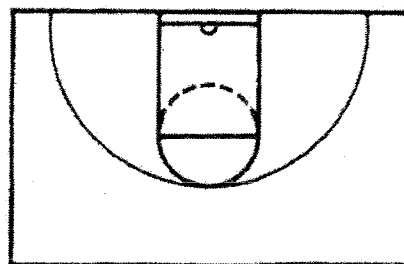
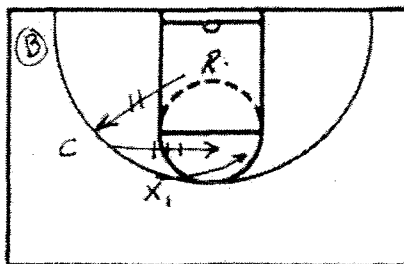
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Drill #7

Elbow

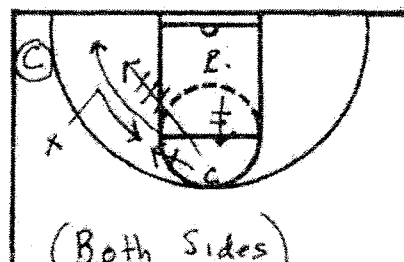
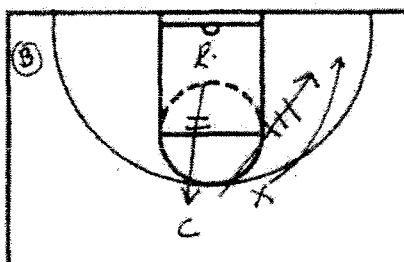
NOTES Elbow / ~~Short Corner~~
Shooting



NOTES

Drill #8

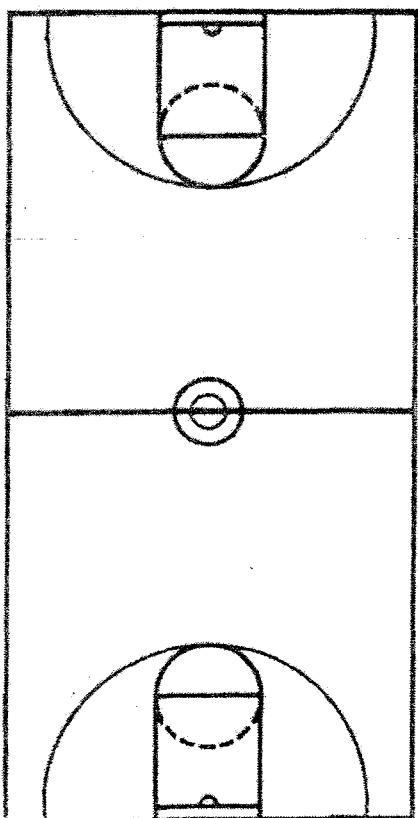
Elbow / Short
Corner
Shooting



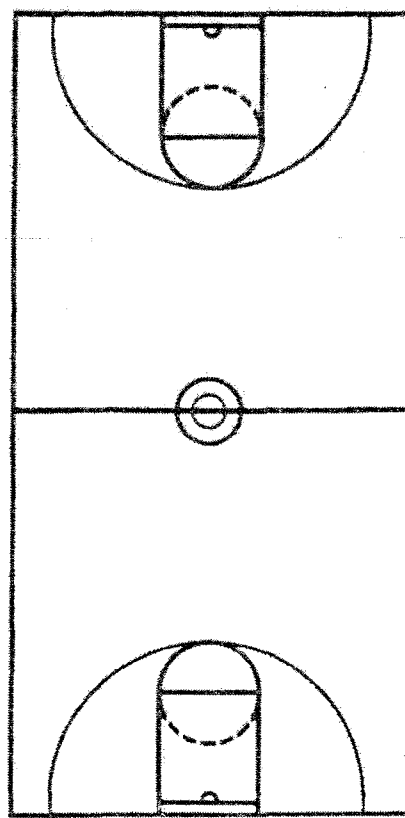
(Both Sides)

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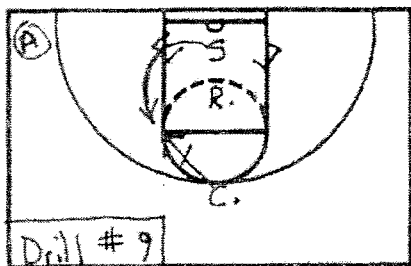
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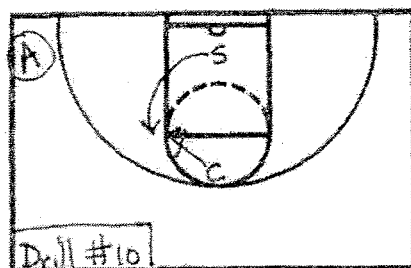
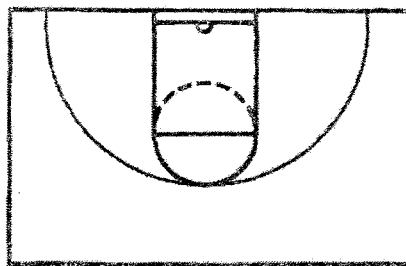
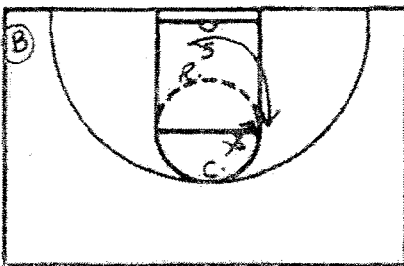
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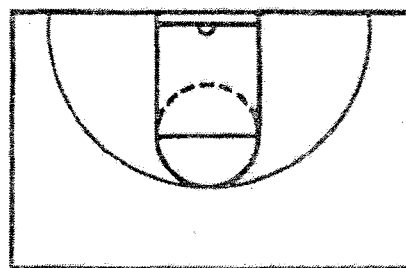
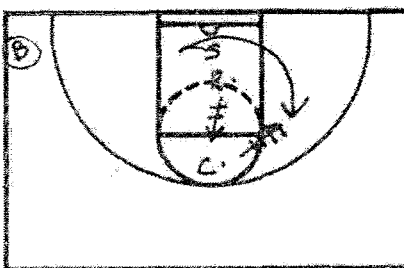
Drill #9

NOTES Pin down Jumpers
Shooter comes off imaginary
pin down screen



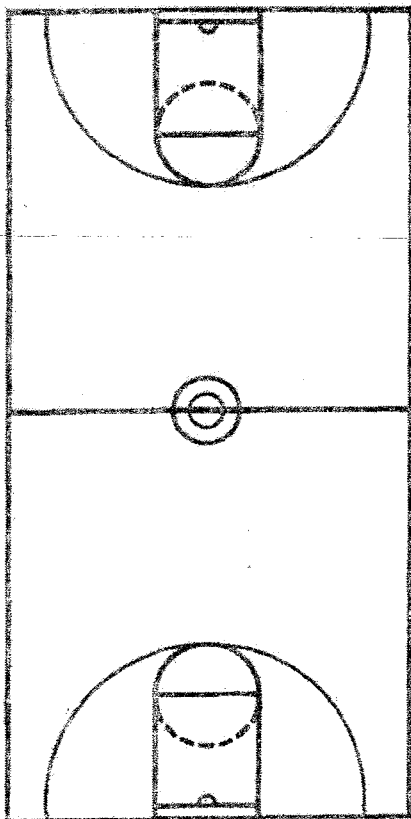
Drill #10

NOTES Pin down Jumpers
w/ shot fake

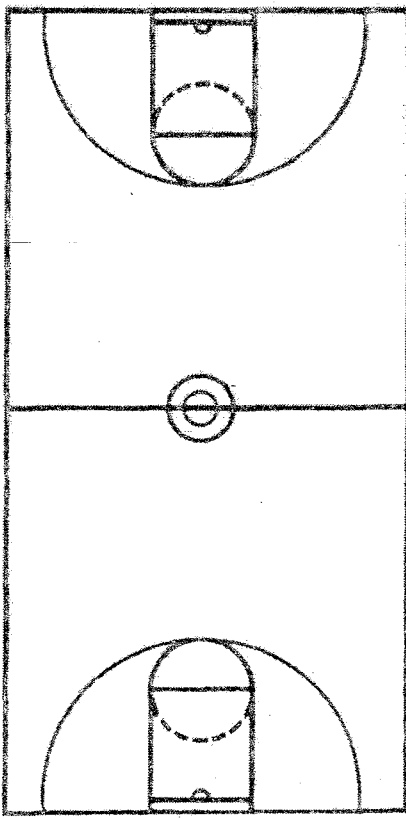


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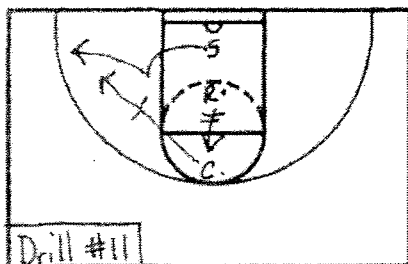


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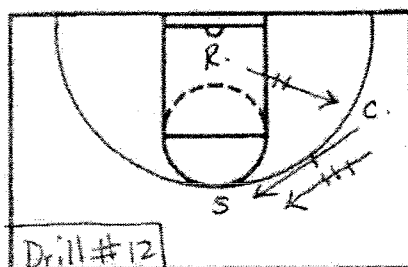
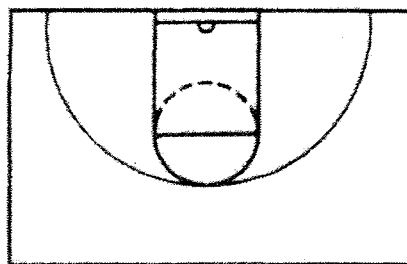
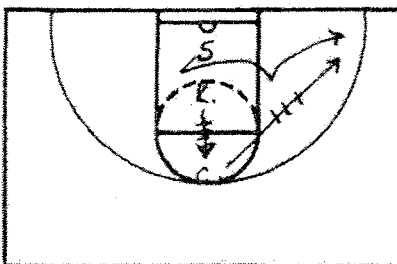
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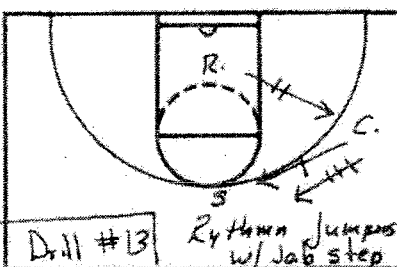
Drill #11

NOTES Pindown Jumpers
w/ FADE
Shooter works both sides
fakes curl to fade along baseline



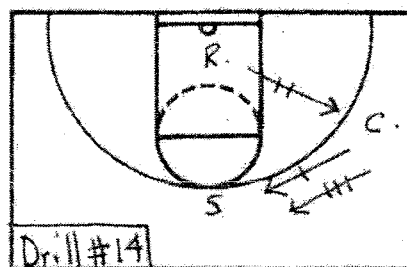
Drill #12

NOTES Rhythm jumpers
catch / shoot



Drill #13

Rhythm jumpers
w/ Jab step

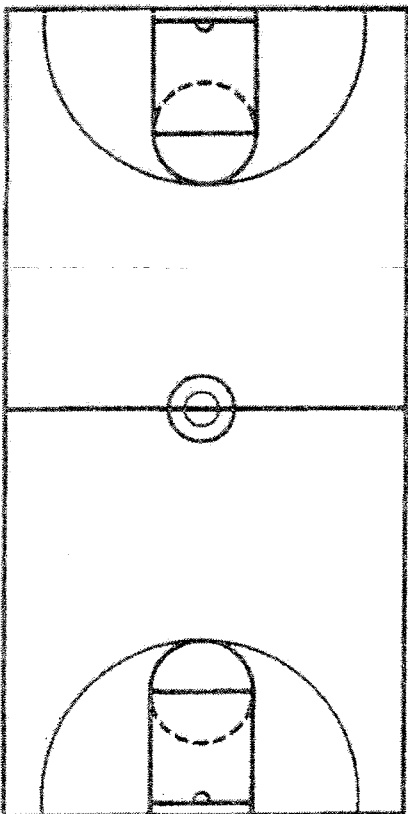


Drill #14

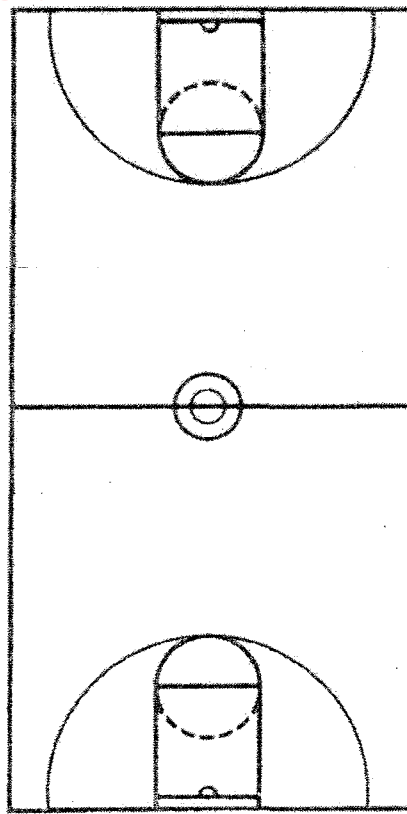
Rhythm jumpers
w/ shot fake

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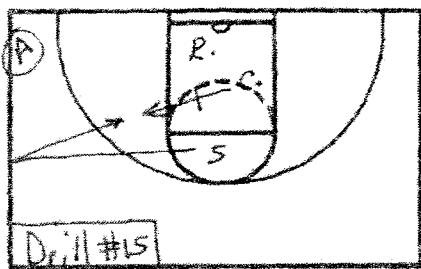
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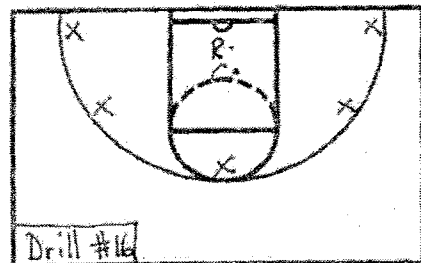
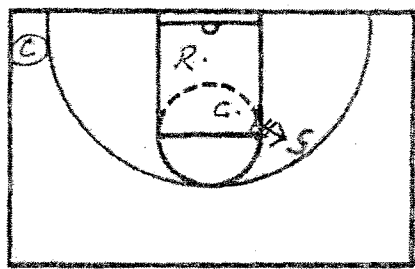
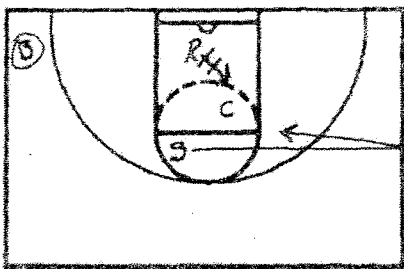
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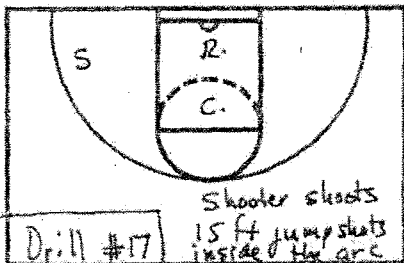
Drill #15

NOTES *SIDELINE JUMPERS*



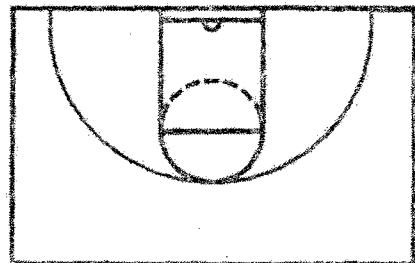
Drill #16

NOTES 15 ft jumpshots
must make 3/5 shots
to go to next spot



Drill #17

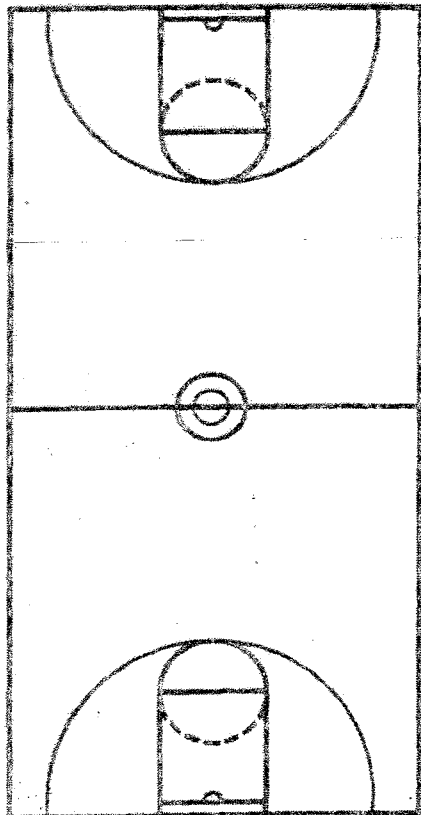
Shooter shoots
15 ft jumpshots
inside the arc
on the move +1/-1



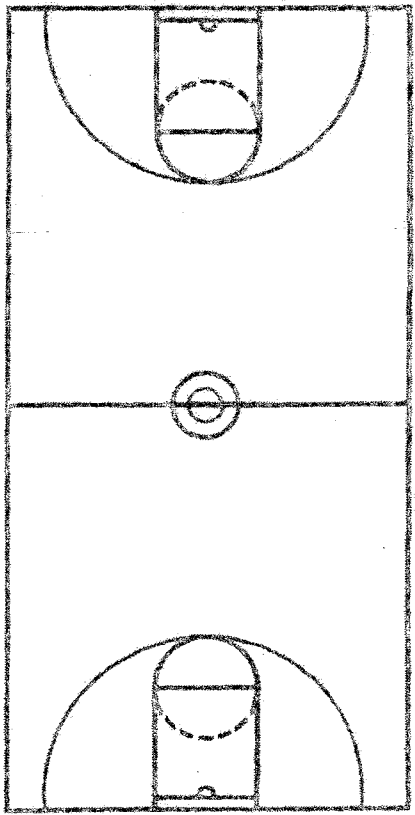
+1 - make
-1 - miss

JUST DO IT

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NOTES



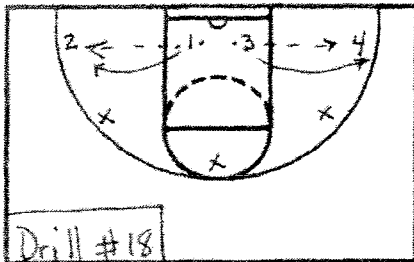
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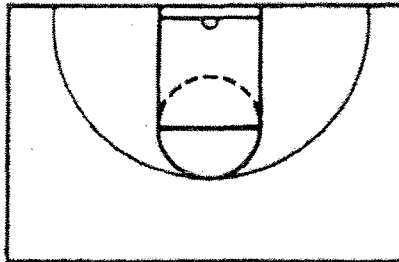
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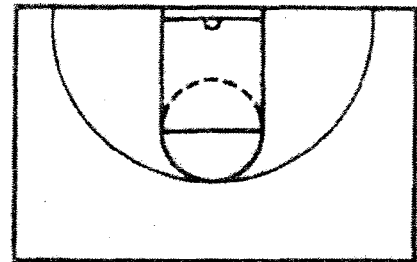
Drill #18

NOTES

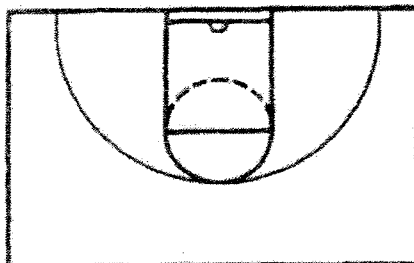
2/2 Competitive
Shooting
2 GROUPS GOING



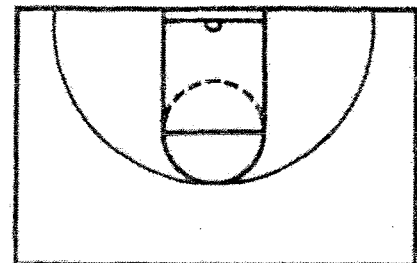
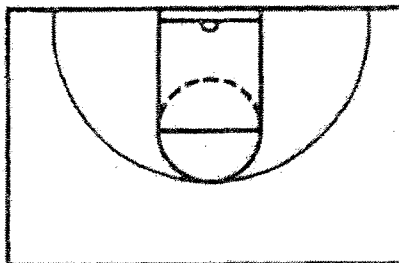
Team must make
2 at each of the
5 spots



Rebound own shot
pass to partner

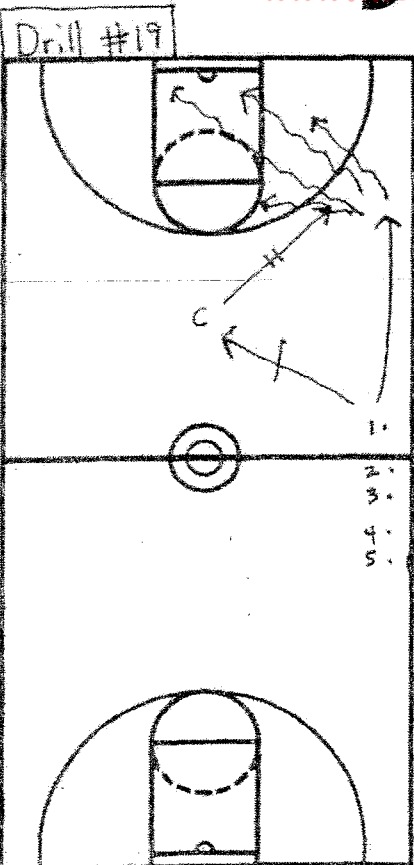


NOTES



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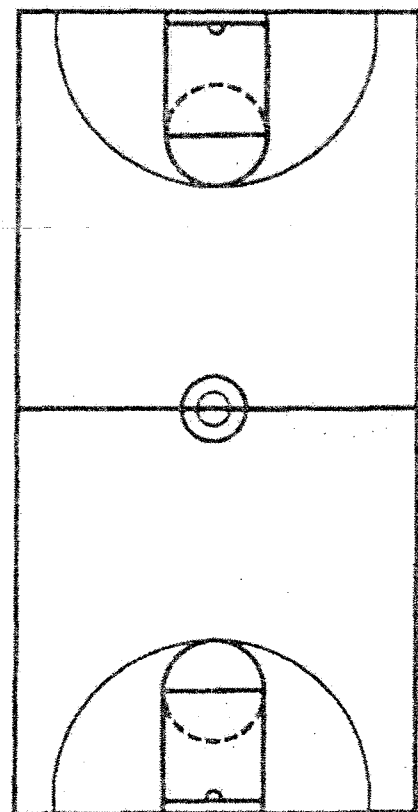
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Drill #19

NOTES

- ① Catch rip-through to the outside Layup
- ② Sweep / Go middle to the other side of rim
- ③ 1-Dribble BANK SHOT
- ④ Crossover Dribble / ELBOW Jumpers
- ⑤ Catch / Shoot



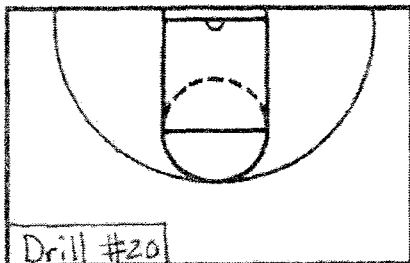
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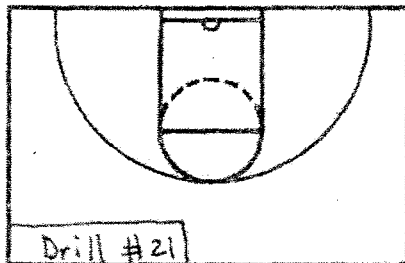
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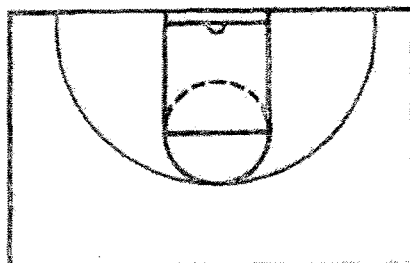
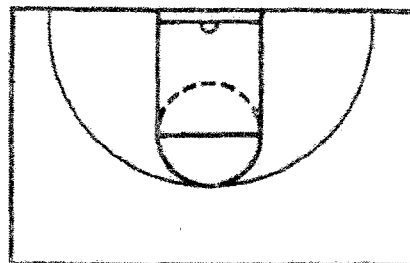
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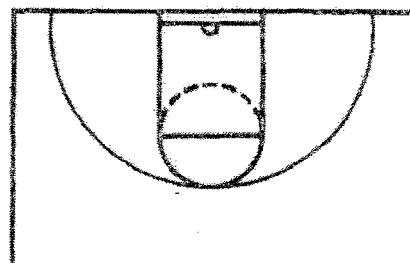
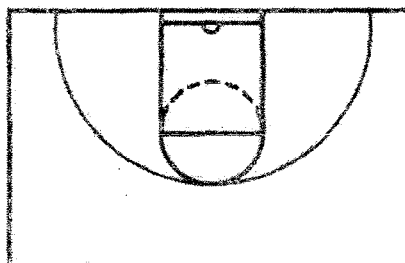
NOTES 3-man weave 5/4/3
• call out names
• down and back



5-man weave
down and back

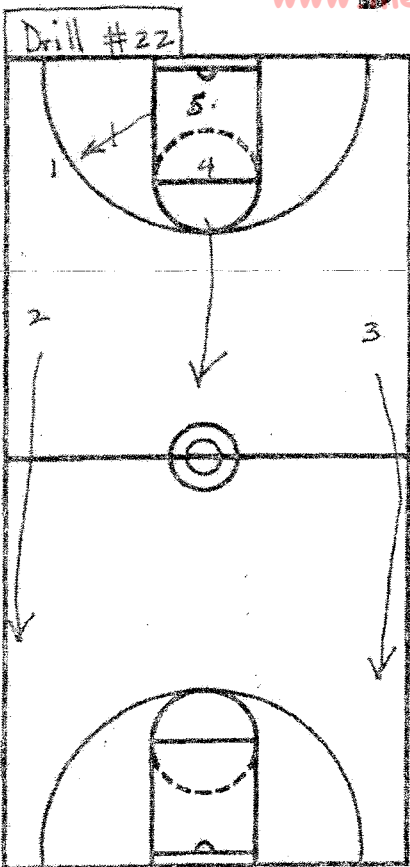


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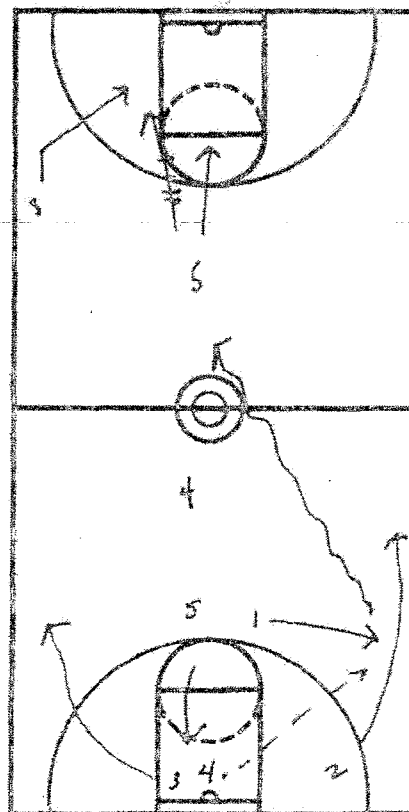


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NOTES
Full-Court 2 1/2
WORKING ON SECURITY
FC offense
• 1st trip wing Layup to 2-man
• 2nd trip down wing Layup to 3-man
• 3rd trip pt. Guard Layup from wing man
• 4th trip over top to 1st post down
• 5th trip trail-post for ~~Layup~~ Layup



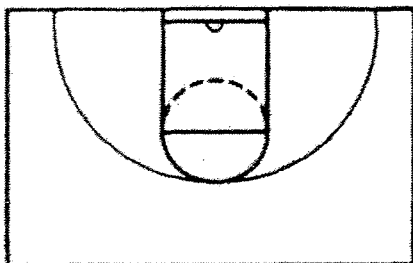
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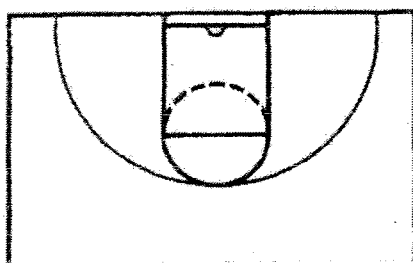
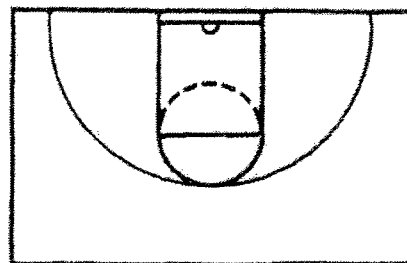
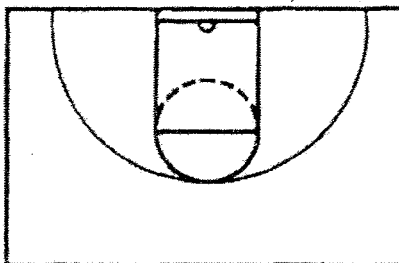
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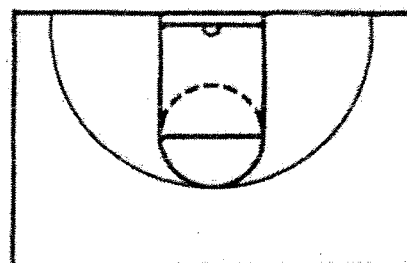
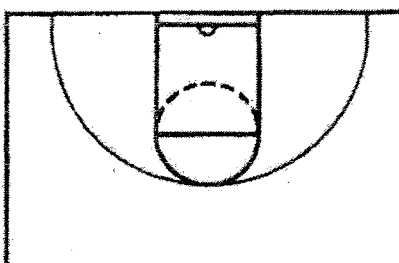
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NOTES

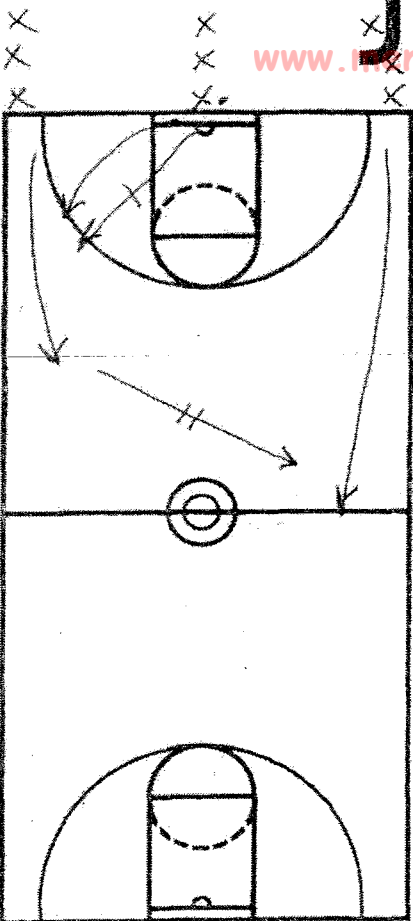


NOTES



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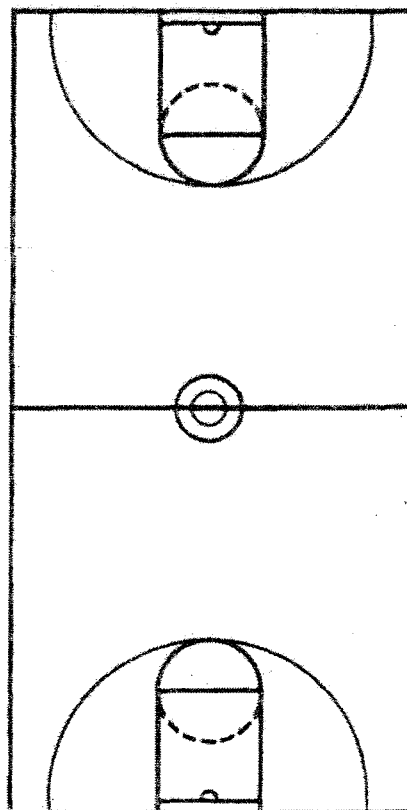
NOTES

DRILL #23

3-man weave 4 passes
20 LAYUPS in 2 mins.
down/back

1-Ball

Communicate who
has rebound/outlet



12 817



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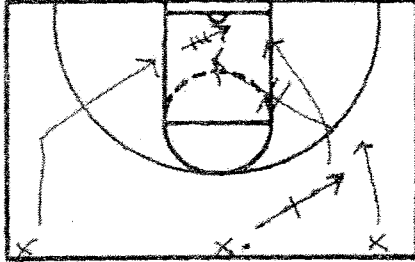
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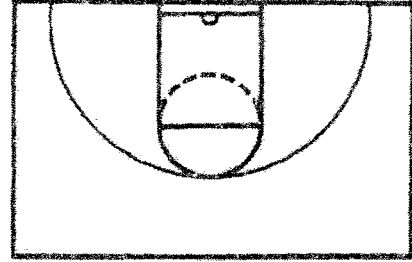
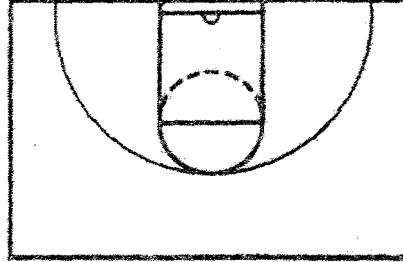
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Drill # 24

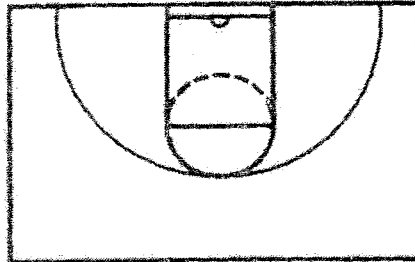


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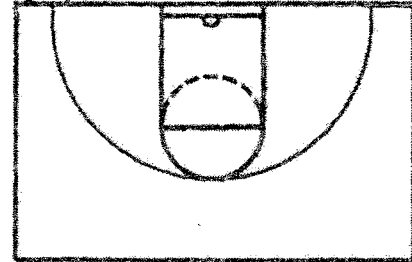
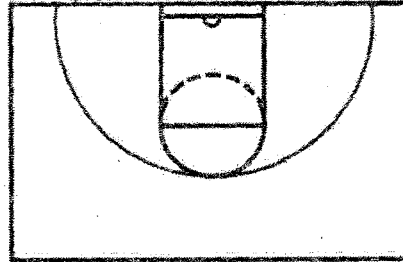
X X X



3 LINES 90 SECOND LAYUPS 32 LAYUPS made.
3 passes pass and go behind
pass-pass-Layup
middle man shoots Layup

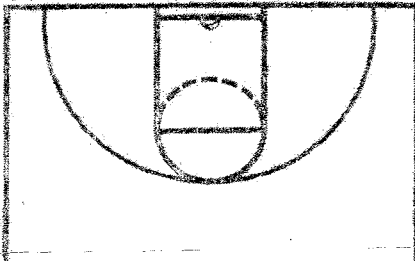


NOTES



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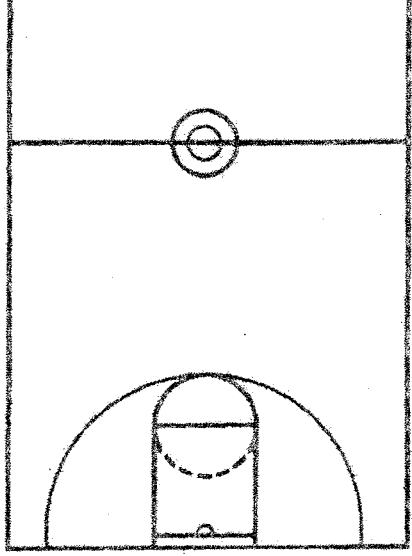
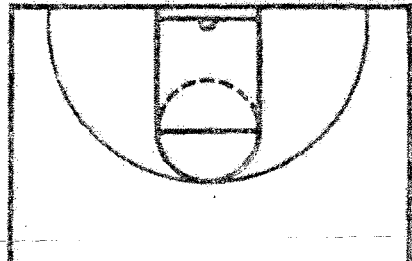
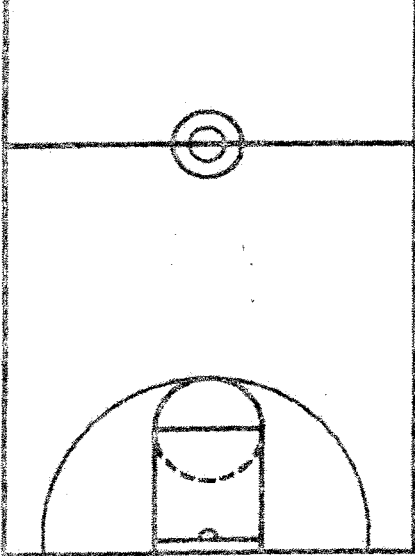
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NOTES

* Layup person will be outlet then pass to middle man to START NEXT Group *

1 or 2 Balls?



13 9/11



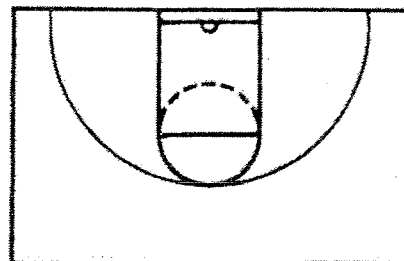
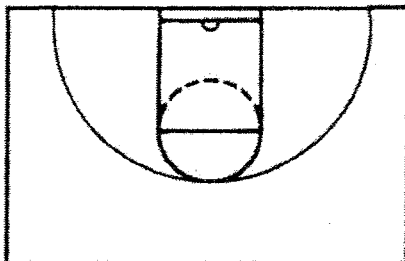
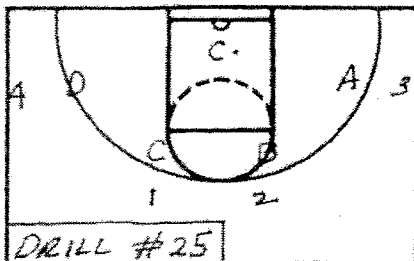
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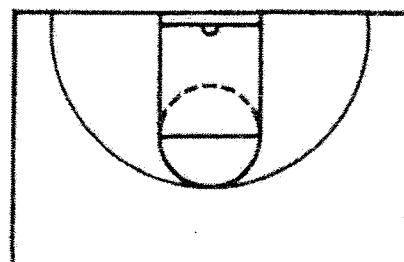
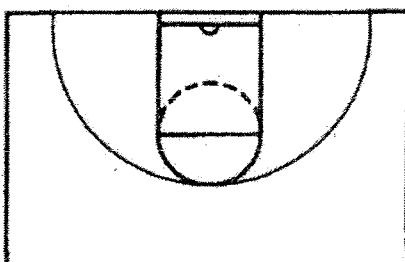
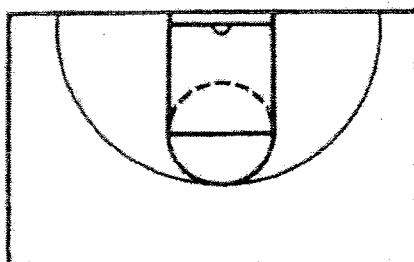
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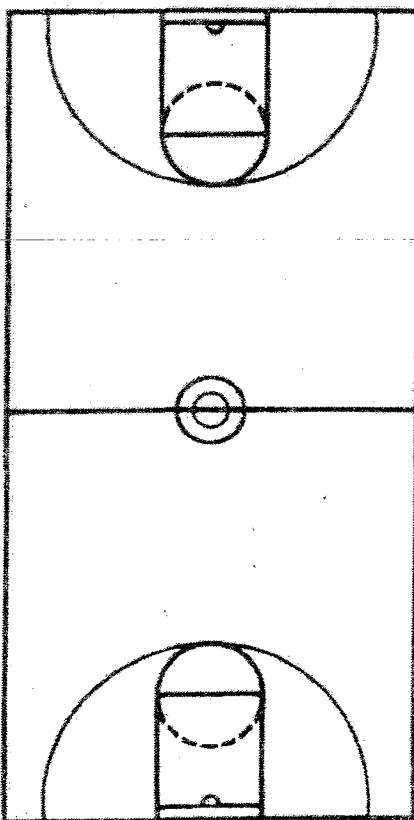
NOTES CAN ALSO SCREEN OUT W/ 5 GROUND ARC IF USED BE.
COACH will pt to tell offense what direction to go then COACH will yell "Shot".



NOTES

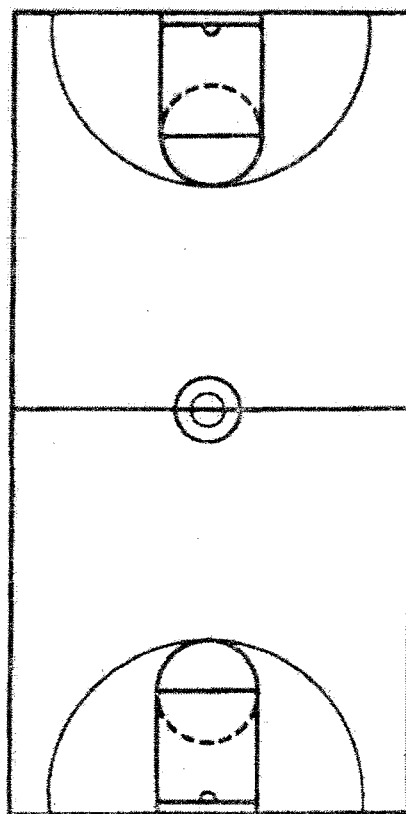
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NOTES

- COACHING pts:
- > step-through put hip into mid-section
 - > call out shot read your man.
 - > GOOD - AGGRESSIVE CONTACT
 - * Less than 20% of the time players screenout
 - * elbows out hip right into their mid section



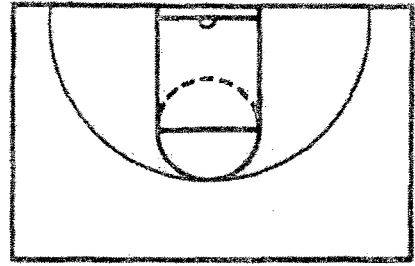
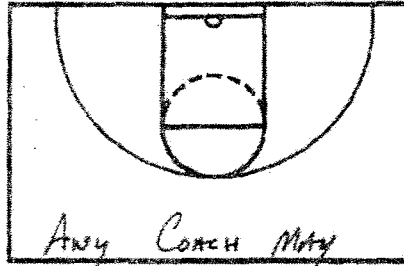
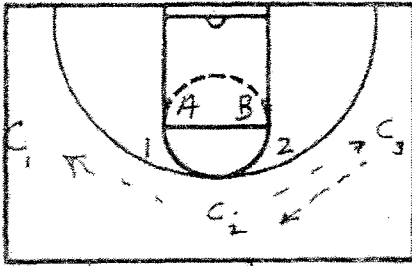
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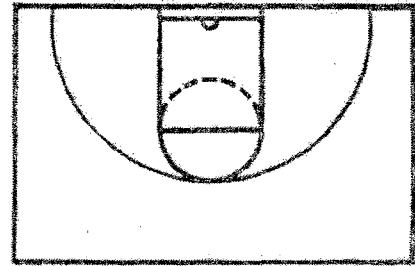
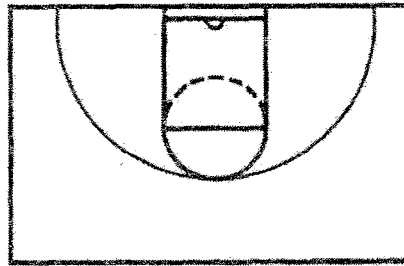
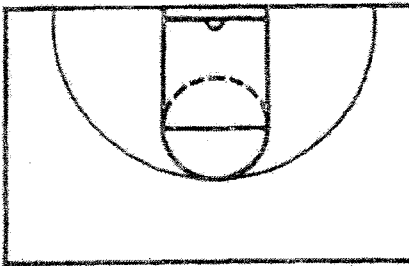
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NOTES **Drill #26**

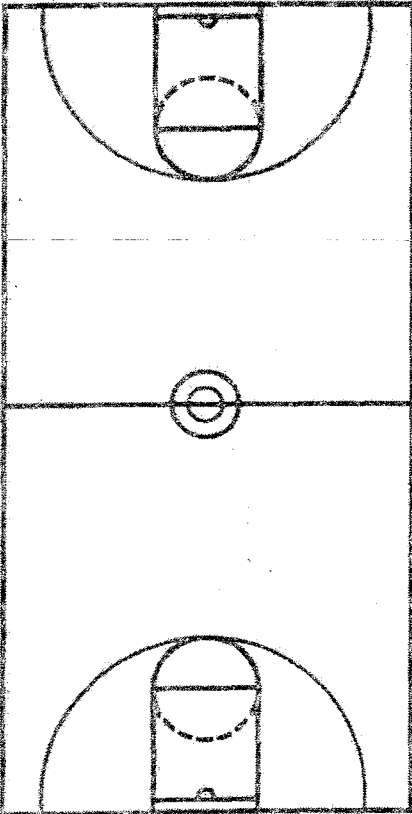
pass the ball to each
COACH then COACH shoots. Defensive players yell "shot" and screen their
man out. *shoot!!*



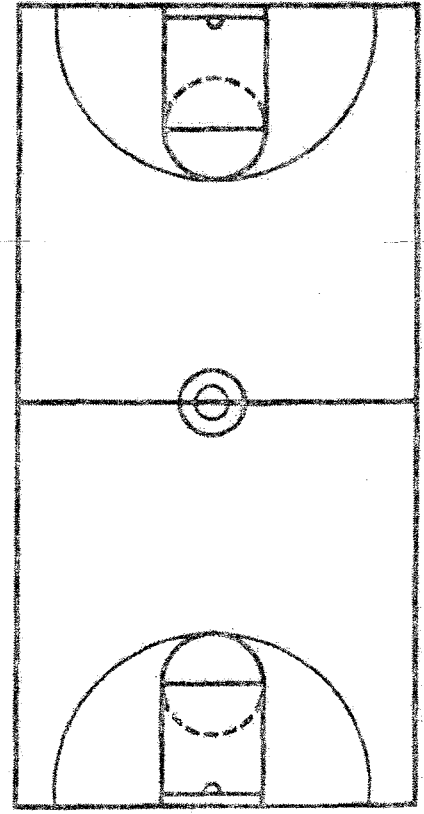
NOTES

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NOTES



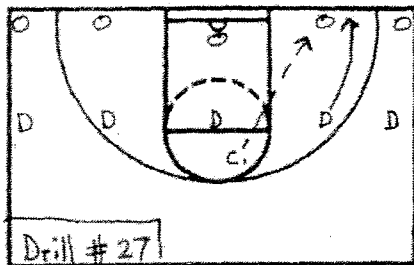
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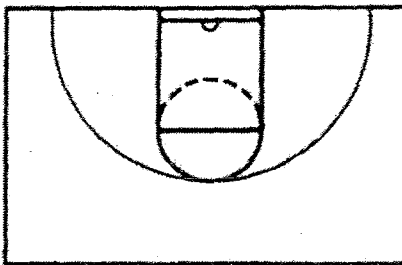
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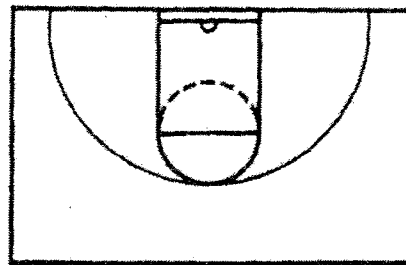


Drill #27

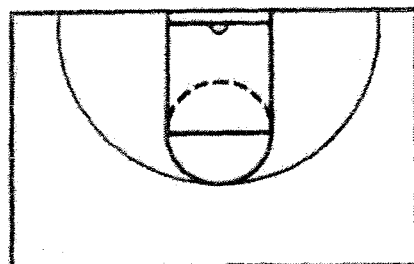
NOTES Transition Defense Drill



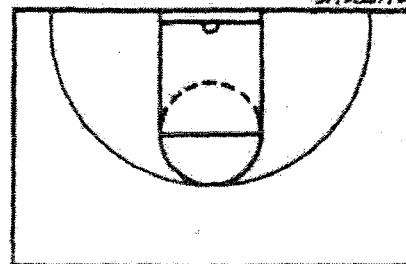
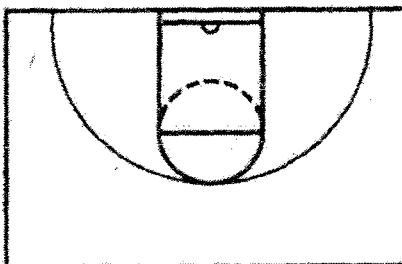
TALK-RUN-TALK



> pt. guard is always back
> call out 1, 2, 3, 4, 5 to have the transition defender to touch Baseline creating 5 on 4 situation

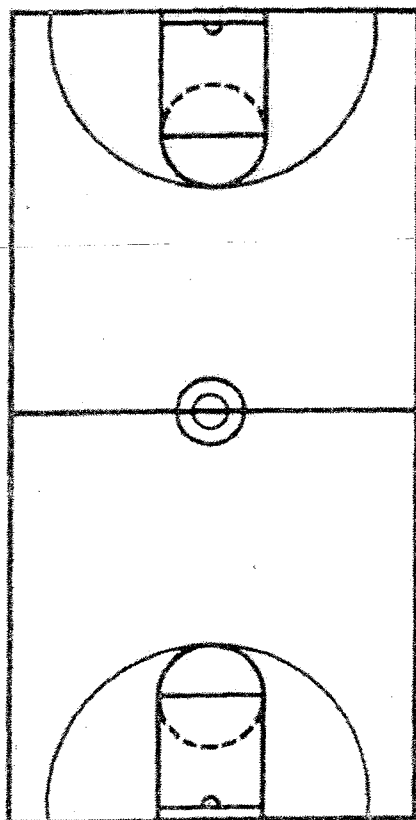


NOTES



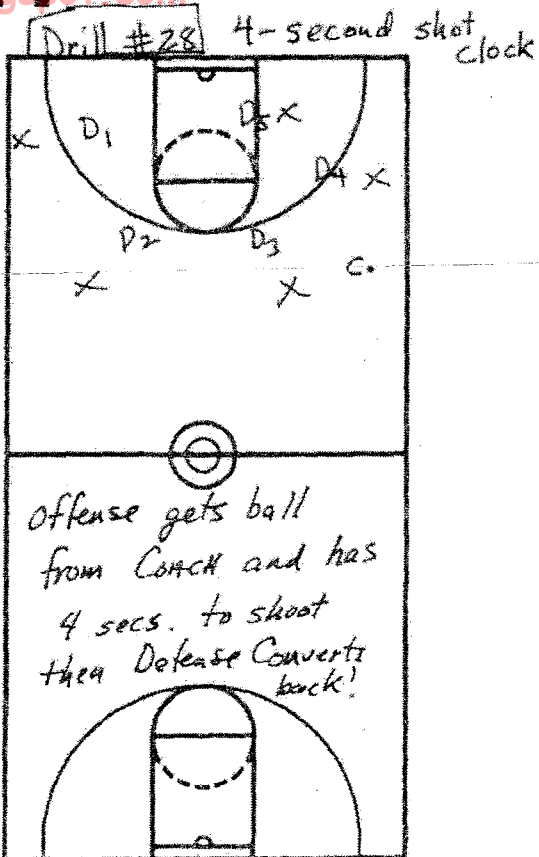
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NOTES

> At 2/1 the pt. guard should take at the defender w/ the ball and not give up a Layup.



offense gets ball from Coach and has 4 secs. to shoot then Defense Converts back!

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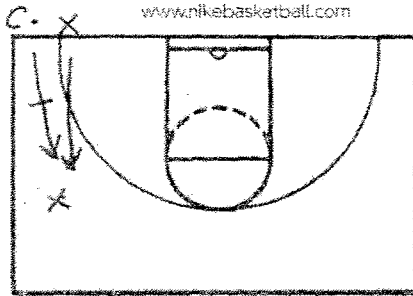


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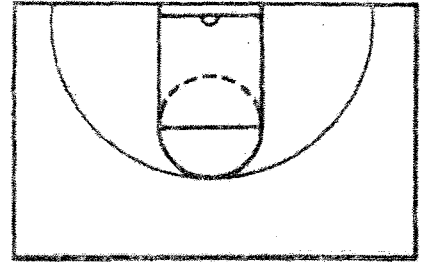
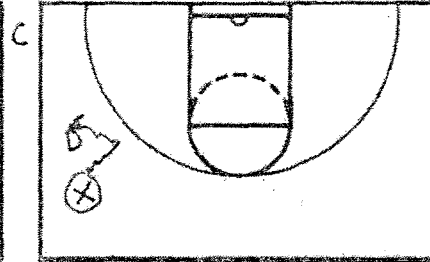
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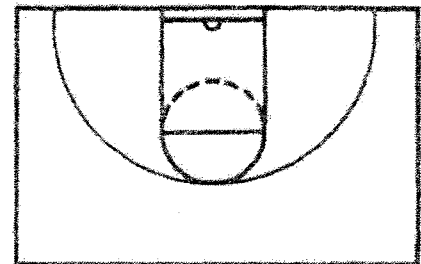
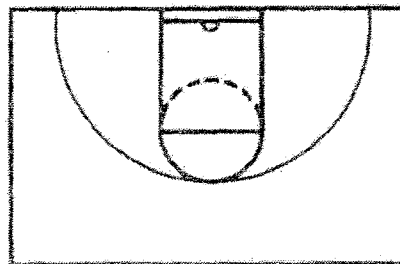
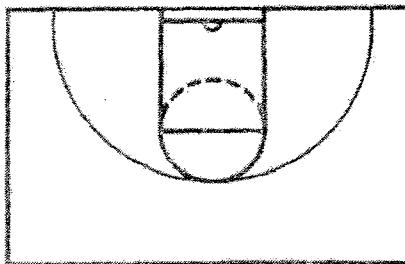
(A)



NOTES **DRILL #29**
CLOSEOUT
DRILL



Defense traces the ball
then defense guard
the dribble (2 change of Direction)



NOTES

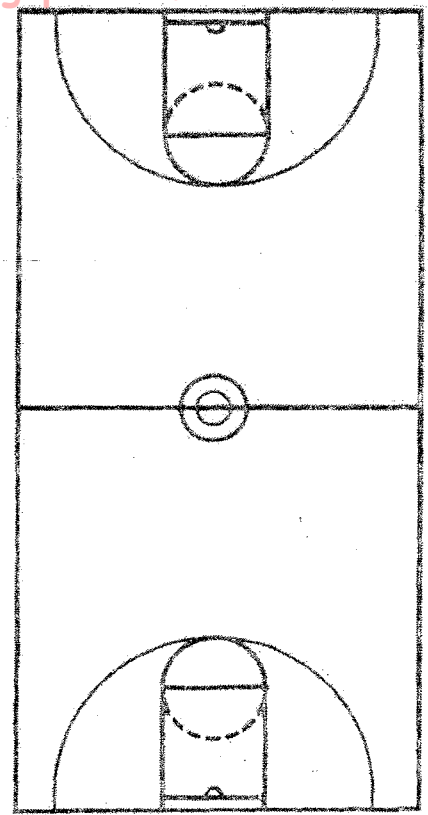
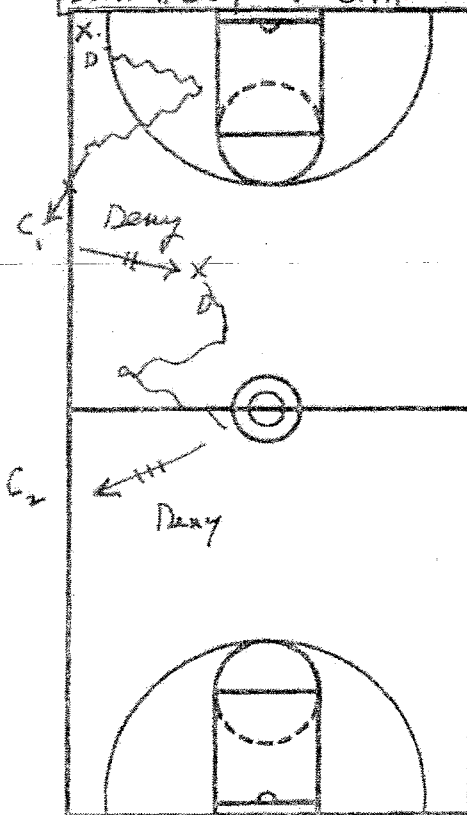
JUST DO IT

Drill #30

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NOTES

Defense guards
offense from
~~SS~~ sideline
to middle
of floor in a
zig zag fashion.
Then, passes ball
to coach C₁
and defense
denies. Repeat.
Then passes
to C₂ for
Deny



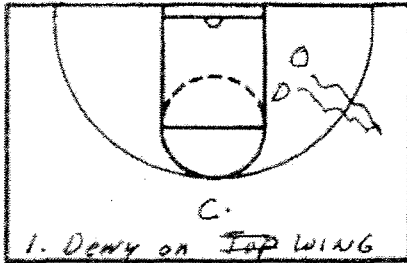
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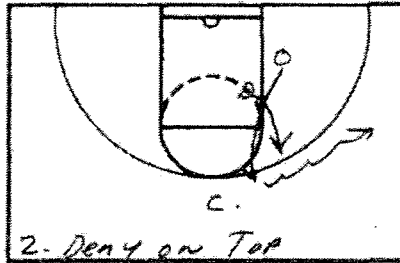
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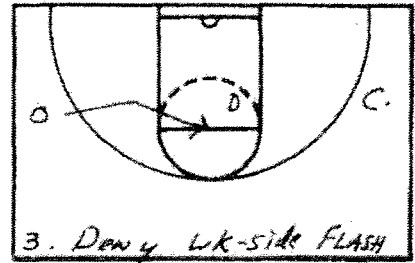


1. Deny on Top Wing

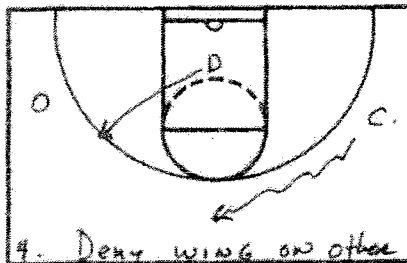
NOTES DRILL #31
7-SLIDE DRILL



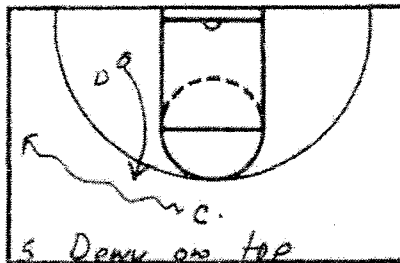
2. Deny on Top



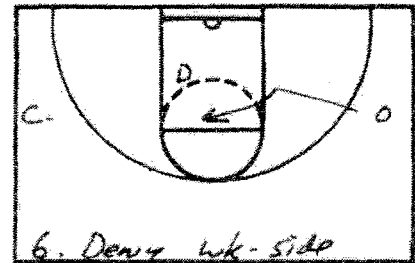
3. Deny LK-side FLASH



4. Deny wing on other side.



5. Deny on top



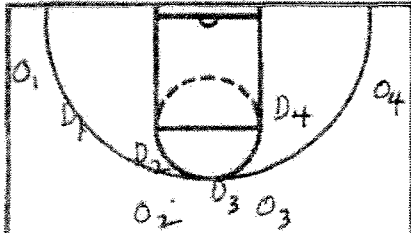
6. Deny LK-side FLASH

FLASH

JUST DO IT

DRILL #32

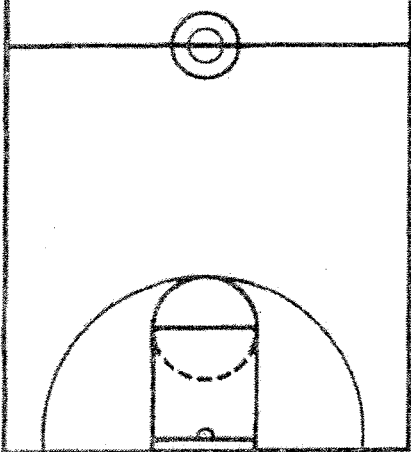
SHELL DRILL



NOTES

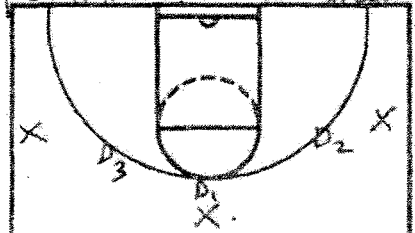
- > Ball-side defender hand up
- > when denying look at a spot on the floor to be able to see ball and man

- ① Just pass the ball hole for 3 secs. Before pass
- ② 1 Dribble for Help and Recover
- ③ Rotation to Help and Recover
- ④ Rotation w/ a charge



Drill #33

3/3 Guards



- > working on defending Dribble weave
- > working on GUARDING Ball-screens

