



**NBA COACHES CLINIC NOTES
SEPT. 12-13, 2011
LOS ANGELES**

RICK CARLISLE

DALLAS FLOW OFFENSE

- *Attacking pace, willing to take the early shot.
- *Spacing/attacking the paint, (must be able to make 3's).
- *Utilize the 5 man. He must touch the ball, feel involved.
- *Ball finds the Best Player (trust the pass, set hard screens).
- *GRG: the best thing you have going is the pass.
- *Don't ever try anything you have never done before and don't know anything about.

FLOW CONCEPTS

- *20% of the offense was Flow, (not a fast break, not a set, randomness).
- *Good scramble team, (making a play, not calling a play)

*WEBER: Chemistry helps flow. Familiarity helps flow.

RAMBIS: 2 guard front can inhibit push by the PG.

*Likes the flow and reads of Triangle because of the interchangeable positions.

*Triangle is good to Flow because any player goes to any spot.

*Play calls gives the defense a chance to lock in. Especially vs. Miami.

*Number of 3's increases yearly. 3's creates problems.

*Play calling is necessary. Better to be good at 12 than have 42 and be average.

*Doesn't matter

*Commitment to running is massive.

*Flow Game in practice, No calls.

*Talk about something too much, you get worse at them.

*J Kidd advancing the ball rubs off on other players.

*Dallas went from 20% to 31% Flow offense by the end of the playoffs.

DEFINITION OF FLOW: not a play call, not a fastbreak. 24-19 seconds=fast break, 19-0 can be flow all the way down.

*You can Flow in a possession after a play call is made.

WHAT IS COACHING?

*Play calls, Putting players in a position to succeed, Teaching the game.

MAKING THE COMMITMENT TO RUNNING IS HUGE:

- *Wings must run wide and ling, bigs have to sprint and then sprint back on D.**
- *Players don't always understand they have to run on both ends of the floor.**
- *Spacing is key-it makes marginal players better (Brian Cardinal)**

TO BECOME A BETTER PASSING TEAM...

- *3 on 2 continuous, no dribble.**
- *Reinforce good passes.**
- *5 on 4 scramble helps both offense and defense.**
- *Having Euro's on the team helps passing.**
- *Reinforce what you want, instead of what you don't want.**

***STEFANSKI: We were better defensively as we slowed down the game.**

***The hardest thing is to give up some control on offense and demand hard nosed defense. (RICK CARLISLE)**

LIONEL HOLLINS: High school passing and ball handling drills. Catch and look for the PASS, not dribble. 5 on 0, 3 on 2, 2 on 1 drills.

KEVIN PRITCHARD: Must have trust between GM/Head Coach.

SCOTT BROOKS: Flow is great, but you have to have intelligence.

***Talk to our GM often. When we talk daily, it doesn't feel like meetings.**

FRANK VOGEL: Flow encourages good leadership. Good passing teams are good spacing and reading teams. Larry Bird is a great listener. Both sides must listen.

LIONEL: Assistant coaches must think like a head coach.

MARK W: For all front office staff members: "The coaches and players have 3 hours a day to get their work in. Everyone's job during the other 21 hours is to make sure they can work completely uncluttered from the outside world."

DEAN: "You can be right, you can be wrong, but you had better united."

DWANE CASEY

MAN/ZONE DEFENSES

- *The GM's explanation to the owner is very important.**
- *Assistant coaches must be loyal. I took a bullet for the whole state.**
- *7 Fundamentals we work on daily:**
 - 1. Stance (offense and defense)**
 - 2. Talk (creates trust)**
 - 3. No Fear of Contact**
 - 4. See the Floor**
 - 5. Attention to Detail (tie your shoes)**
 - 6. Have an Act (fake, stunt, set up, sell the play)**
 - 7. Finish (cut, hit the lines, rebound)**

ZONES

- *Give Miami a different look.**
- *Played an entire game of zone in pre season.**
- *Able to get back in transition.**
- *Numbered positions.**
- *First 3 steps.**
- *We want a squared stance, no direct drives.**
- *The more were prepared for zone offense and personnel, the more we had trouble. Just stay with your principles.**
- *If nobody is in front of you, he must be behind you. Go find him.**
- *Avoid situations where they may be a debate.**
- *Find a man in your area.**
- *"If there's no one in front of you, I'll be damned if he's not behind you."**
- *Zone causes match up problems, rebound and push it.**

HERB SENDECK

ASU 32 ZONE

- *We don't talk in terms of man or zone, we play defense.**
- *Fundamentally based.**
- *3-2 set, built inside/out.**
- *Out of the house, to the fence, make them play in the yard.**
- *Every day we drill man to man fundamentals of stance and ball pressure, close outs and driving line, and early help and quick recover.**
- *Pack Area 12 foot arch.**
- *Pick up line is NBA 3 point line.**
- *PG, 2 wing partners and 2 post partners.**
- *PG must declare the ball.**
- *Pin (switch off) on post dribble up.**
- *Pounce (jump switch) on ball screen, man screened goes under and takes all throw backs.**
- *Switch all DHO's.**
- *PG is "go top" man on post trap.**

WEAKNESSES:

- We must sell it better.**
- Could end up with a smaller player on big in post.**

***RARELY IN THE ACTION THE PROBLEM, A BREAKDOWN IN FUNDAMENTALS IS THE PROBLEM.**

SCOTT BROOKS

COACHING YOUNG TEAMS

- *Coach Karl let me think as a head coach.**
- *Didn't approach coaching his team as if they were young.**
- *Playing hard is a talent, (UNLV guys).**
- *We were 1-12 and I took over from PJ, PJ hung around for a week and empowered me.**
- *Have a game plan collaboration on how to develop players with the GM.**
- *Focused on keeping it simple.**
- *4 Areas Daily: 1. Practice 2. Shootarounds 1 hr. 15 min. 3. Small group Film 4. Off Court (weights/diet)**
- *Develop the definition of "Being a Pro".**
- *KD- his buy in makes it work. You must develop a relationship.**
- *Days off are "Maintenance or Corrective days."**
- *I became the team leader when I took the job.**
- *Shoot arounds are mini-practices.**
- *Great Thing About Young Players: you can mold them.**
- *Good assistants are the key.**
- *No scholarships in the NBA, players earn their PT in practice.**
- ***

VINNY DEL NEGRO

COACHING YOUNG TEAMS

- *Young guys need structure at EOG (practice these situations).**
- *Some guys want the ball, some don't.**
- *It's not what you know, it's what you can get your players to believe in.**
- *Must be able to take all the film, practices, sets, schemes, and put your players in a position of strength.**
- *Coaching today is as much about managing personalities as it is X's and O's.**
- *Players need to understand their roles and be willing to accept them.**
- *EOG situations builds trust/confidence.**
- *You are what you practice and emphasize:**
 - CULTURE**
 - STANDARDS**
 - CORE VALUES**
 - PHILOSOPHY**
- *Understand your audience. Derrick-Angle P/R first 2 weeks.**
 - Blake- P/R Dive first 2 weeks.**
- *Know attention span of young team. (video, board, court)**
- *Trainer best knows the pulse of your team.**

- *If you give the too much, their feet get slow.
- *Talk to them....catch the ball, actions, cutters, spacing, etc...
- *EOG situations make players comfortable and able to relax. Gives them confidence.
- *Delegate to the staff. Get their opinions.
- *Have some flexibility.
- *Assistants set the tone-create a culture in practice.
- *Simplify the game. Give 3 positives to 1 negative.
- *Rex Ryan-KILL...Keep It Likable and Learnable.
- *Problems-go to someone who can help solve it, otherwise it is just bitching. My door is always open.
- *Being READY and PREPARED are 2 different things.
- *Controlling Emotions...go over to the refs.
- *Teach the how to play, not to run plays (counters/options).
- *Drill Work-consistent in the fundamentals.
- *Repetition is not Punishment.
- *Passion is Power. Enthusiasm is Power. Both are Contagious.
- *LIONEL-Give them a small mirror at the beginning of the season.

LIONEL HOLLINS

MID P/R

- *We all need mentors.
- *Can I take care of family and be a man.
- *Don't short change the job you have by looking at where you want to be.

***KEYS TO THE P/R:**

1. PG must make good decisions.
2. Bigs must hold screens.
3. Weakside spacing.
4. Using Twists.

- *Corner, Side, Angle, Mid, Horns, Step Up.
- *Orlando-2 corners with a lift, dive Howard.
- *We play P/R to get a POST UP.
- *PG must be a threat to make a play, either score or assist.
- *Shooting- so important. Cotton said you could never have enough.
- *Random Step Ups/Drags are best in flow.
- *Base Package/Hurry Up Package.
- *Bigs- Open on all rolls, easier for the pocket pass.
- *3 Man Roll/Replace Drill....all 3 get a shot.
- *Mid P/R-Short if for ZBo.
- *Give them a small mirror.
- *Spurs weren't prepared for random step ups in playoffs.
- *Get the D in rotation, come off get it to the post or D/K game.

- *Randoms causes confusion and messes with defensive principles.**
- *The play call dictates what the bigs do.**
- *"This is life. You have to make sacrifices or you won't get to do all you are capable of doing or all that you want to do."On OJ Mayo taking a step back.**

MIKE BROWN

DEFENDING THE P/R

- *LeBron- So many people around him. The challenge was we had a new and young owner and GM.**
- *More difficult than Delonte, Artest and Jax.**
- *LEADER-Gives hope but defines reality.**
- *Naming an OC / DC allowed me to lessen my voice.**
- *Trust includes giving assistants a voice.**
- *HC is a filter.**
- *GM is a conduit between HC/Owner.**
- *Hardest part of being a HC is you are responsible for the assistant families.**
- *LBJ and Duncan are the smartest and guys I have been around.**
- *Stats are great, but coaching has to come from within, you have to feel it. If you feel it, go with it.**
- *Likes other voices when team is in town, after game in his office, several people.**
- *DEFENSIVE STAPLES: shrink the floor, no middle drives, multiple effort to rebound.**
- *3 off. 3 def.**
- *Where did the breakdown happen?**
- *Do it again until they get it right.**
- *Backside guys Xing on skip pass.**
- *Verticality Drill w/ Pad.**
- *Players play each spot.**
- *Guards get beat baseline—Guard fault.**
- *Guards get split—Bigs fault.**
- *Side P/R w/ Lift-Show, bottom guy rotates.**
- *Show Hi/Low on "L" action.**
- *Angle P/R-Guard must force to middle, Big shows up.**
- *Double Drags-Put best show guy on top.**
- *Drills to teach show: 2 on 2, throw back and recover. 4 on 4 UCLA to SPR.**
- *Head coaches have to ignore a certain percentage of player complaints and the assistants address the issues. Pop and Phil ignored 95% and the assistants addressed 95%.**

BOBBY MEDINA

STRENGTH/CONDITIONING

- *NBA coaches have few bullets, college coaches have a machine gun. HC does not want to use one on strength/conditioning problem.**
- *George Siefert-Zebras never change their stripes, they just change jungles.**
- *Trainer/Strength Coach must be on the same page.**
- *Jasen Powell: There can be no surprises to the HC/GM/Staff.**
- *Stein: Take the hit for your coach.**
- *Mike Brown: Follow your gut concerning what is right for your group.**
- *Neil Olshey: Bubheads.**
- *Brian Shaw: GM must enforce coaches decision regarding outside influences.**

GEORGE KARL

TRANSITION OFFENSE, FLOW

- *We complain when we are truly blessed to be in this league.**
- *Your second family is going to the gym.**
- *Play quarters in practice with a 14 second clock.**
- *Teach penetration and spacing instead of execution.**
- *Don't hit ahead unless it's a layup. Keep the ball in the middle with PG.**
- *Secondary breaks are set plays, not Fast Break.**
- *4 on 4 on 4 with 12-14 second clock. Teach how to get quick shots.**
- *The dribble is a cancer unless you attack the rim.**
- *Over Fun It. Don't Over coach it.**
- *Reward a guy who gives you energy.**
- *Good defensive teams know how to recover.**
- *Talk more about spacing---Penetration , than execution.**
- *GAP tells you to GO!**
- *Get to the Rim !!**
- *Quick plays that make you play fast and aggressive.**
- *Fastbreak Basketball—you have to sprint to half court...OKC and Memphis.**
- *Bill Belichick-failed in Cleveland.**
- *Put Bigs in P/R as ball handler.**
- *5 on 4 Defensive Drills.**
- *4 on 5 Offensive Drills.**
- *Hot and Cold Close Outs inside the 3 point line.**
- *Go on the catch, drive it...NO HOLD BASKETBALL.**
- *Attack the Clock.**
- *Smell the Gym!!**

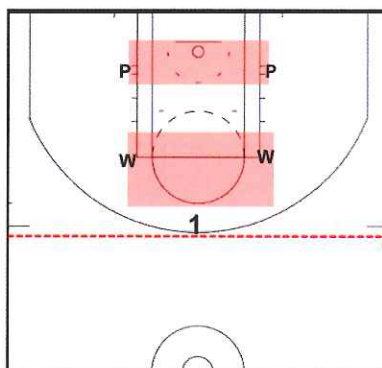
- *Everybody gets engaged on defense.**
- *Tell players to thank someone who's been helpful along the way.**
- *We can hate them tonight, but you have to love them tomorrow.**
- *Warm up with offense (4 on 4 on 4).**
- *We must define an acceptable shot (layup, 3, FT's).**
- Get it into the operational area in 21 seconds.**
- *5 on 4 back to 5 on 4 Transition Defense, 20 seconds....Great Energy Drill.**
- *Be creative on 4 on 4 Shell, teach hot or cold on close outs. (Build Outs).**
- *WELCH: no hold basketball, just don't travel.**
- *GO/CATCH (Luol Deng) CATCH/GO**
- *Shoot the 3, Defend the 3, Rebound the 3.**
- *TERRY STOTTS: Push gave us foundation to play basketball.**
- *WE want to get 30-30-30. 30 lay ups, 30 FTA's, and 30 assists a game.**

ON EOG:

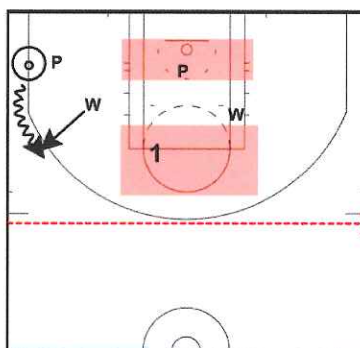
- *You win with great players being creative with location and the match up.**
- *Can we get extra possessions with less that 4:00 minutes to play? Turn them over, don't turn it over, and get offensive rebounds.**
- *Get into the bonus first by not fouling them, making them, foul us and making our free throws.**
- *Put players on the court who like playing in clutch time.**
- *Make big defensive plays ATO's on SOB inboundng opponent. Steals, denials, clock violations.**

Herb Sendek – Drive The Line (Guard The Ball) – 3-2 Zone

- “We Play Defense” – Herb Sendek
 - Take away crutches/assumptions in players minds about playing zone
 - Zone NEEDS man principles (and vice versa)
 - Your defense is only as good as your fundamentals
- 3-2 Zone – Built from the inside out
 - Red Alert Areas – keep the ball out of these areas
 - Dotted Line = Pickup line

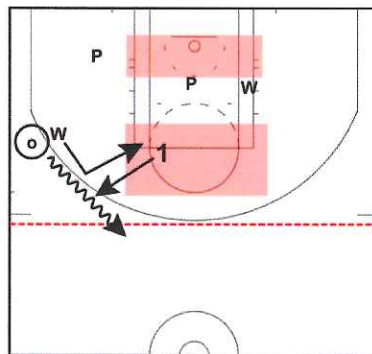


- If you're not on the ball, you have to be no further out than the pickup line
- Wings are partners & posts are partners (on a string)



- Anytime the post has the ball in the corner, wing gets a “violent pin” on the dribble up
- “Pin” = stick on sideline
 - Helps to reduce quick swings
- Switch all ball screens
 - Man who gets screened takes the throwback
 - Throwback is screener usually

- Step Up
 - Post steps up & “shadows” the ball handler
 - Slows down & reels in until the wing can get back and bump post
- Strengths
 - Makes you better in transition
 - Keeps the bigs out of the P&R, having to fight over or worry about different coverages
 - Coaches can get ISO’s better in man, limits ISO’s
 - Improves defensive rebounding because it limits penetration
 - Teams are usually more comfortable running their man offense
 - Makes teams have to think more on offense
- Weaknesses
 - Tough to sell players it’s DEFENSE
 - Although it’s zone, it’s just DEFENSE
 - Coaches have to sell players on the idea and concepts
- Hold & Trade (Switch)



- Anytime the ball goes from wing to top
 - Wings handoff, move quick and talk
 - Designed to keep pressure and ball out of “Red Alert” areas
 - “Build walls around the ball”
 - Don’t trap or try to fight through and get beat
 - Handoff & Switch