

NIKE BASKETBALL CLINIC
MILWAUKEE, WISCONSIN
MARQUETTE UNIVERSITY (AL McGUIRE CENTER)
APRIL 22 – 24, 2005

Saturday, April 23, 2005

1:45 – 3:00

Joe Scott (Princeton)

“Princeton’s Practice/Offense”

- ❖ “If you’re closing-out, you’re already beat.” (Homestead Coach)
- ❖ “On offense, we create close-outs.” (Homestead Coach)
- ❖ “Find your school records and post them for motivation. The season rebound record, season ft%, etc.” (Homestead Coach)

Notes:

Quotes & Philosophy:

- ❖ “Coaches, you must get your players to listen to you, not just hear you.”
- ❖ “Develop your players to do 3 things at once molded together – dribble, pass and cut all at the same time.”
- ❖ “Dribble standing straight up – too many players have a habit of dribbling crouched over – are unable to see the floor.”
- ❖ “Be hard to guard, with the ball and without the ball.”
- ❖ “Always put yourself in position to score for yourself and your teammates.”
- ❖ “Watch the guy in front of you – he tells you what to do – watch what your teammates are doing.”

We Don’t Specialize, We Want Basketball Players:

- ❖ “We recruit great basketball players, not necessarily great athletes – we want gym rats.”
- ❖ “We don’t specialize. We don’t have 1’s, 2’s or 4’s. We want a guard that can score in the post and a big man that can bring the ball up the court – We want basketball players, all guards work on post moves and all bigs work on ball handling.”
- ❖ “Specializing a 17 year old as a 4-man and they will end up as a great 4-man that can rebound, is physically strong, and is good around the basket four feet out – but he’s not developing into a basketball player.”

We Don’t Do Drills:

- ❖ “Everything is a game and is performed at game speed – there are no drills.”
- ❖ “At Princeton, we don’t do 2-on-2, 3-on-3 drills. Everything is 5-on-5. We don’t want players to perfect the drill, we want to prepare them to get better for in games.”
- ❖ “Practice 5-on-5. If practicing drills that incorporate 2-on-2, emphasize players to imagine that they are playing with 3 other teammates, game situation and scenarios – don’t want them to perfect the drill

Players Holding the Ball on Offense:

- ❖ “Two things happen when a player holds the ball. (1) selfishness – which we as coaches need to remove – and (2) blindness – which we can improve.”
- ❖ “I as a coach question whether you can see if you hold the ball – blindness.”
- ❖ “When holding the ball you allow the defense to catch back up, thus eliminating any advantage the offense may have established.”

Calling Offensive Plays or Sets:

- ❖ “Don’t call out numbers like 25 or 11, instead, say low post screen across. Tell them what you want them to do. By saying a number, you are adding another step in the learning process.”
- ❖ “Don’t tell them what to do, such as back cut or use the screen – have the players figure out what to do – read the player in front of them.”

Princeton Offense:

1. You move when the ball moves
2. Watch the guy in front of you, he tells you what to do
3. Hard cuts
4. Hard screens
5. Always put yourself in position to score for yourself and your teammates

Lay Ups:

- Start with right side lay ups
- Make a chest pass to the left side line, then chest pass back to right side – no dribbles
 - ❖ Shoot a variety of lay ups on the right side (right handed, reverse, left hand on right side, power lay up – the reason is for players to not perfect the drill, but to practice like they are in a game, that you are shooting a lay up surrounded by your four teammates, and five defenders)

Hook Shot:

- Princeton teaches the hook shot because it is the only shot that negates the height factor/advantage
- Practice the reverse lay up and the mikan shot
- The mikan can be an effective shot for small guards posting up down low

Starting the Offense:

- When starting your offensive set, have the 2-man and 3-man start out wide near the sideline, not at or along the 3-point line – At the 3-point line is where their defender is located – do not position yourself where you will be guarded

Three positive and effective reasons to start 2s and 3s near sideline:

1. Spacing
2. Discover how the defense is playing – pack or pressure, denying the wing pass
3. Help the point guard out by not positioning yourself where you will be guarded – position yourself at the 3-point line and the point guard doesn't really know if you are open or guarded

Shooting Drill:

- 4 minute shooting drill after conditioning
- Split into 2 groups – all 3 point shots
- 1 minute at each spot (top of key, corner, wing)
- The goal is 80 makes in 4 minutes

Emphasis:

1. Communication – passer call out receiver's name
2. Passing and Catching – passer hit their hand target, receiver have hands ready
3. Shooter squaring up
4. Hold follow through – focus on target, not the ball
5. Encourage each other – strive for 80 makes