

Session 1: "How the NBA Defends the Pick/Roll" – Kevin Eastman

2 Areas of Concern

1. Transition Offense
2. Pick/Roll Offense (P/R Offense is biggest concern)

4 Ways P/R Puts us in Disadvantage

1. Forces us to make a decision (switch, blitz, over/under, etc.)
2. Can keep 2 defenders on ball
3. Puts us in physical defensive situations (fighting through screens)
4. Puts us in scramble mode rather than rotation mode

We always want to be in rotation mode

Rotation mode – we've practiced it, we trust it, we believe it will work, we control our movement.

3 Things that if we do well we give ourselves a chance to win

1. Positioning – Be where you NEED to be not where you WANT to be. Be in the help spots (MUST spots)
2. Awareness – Ability to sniff plays out. What will happen next?
3. Alertness – Ready to move and react at the instant we need you. "Your body is here but your mind is there".

Pick/Roll Defense: Keep it Simple

Simplicity allows us to stay decisive and stay aggressive

10 different types of P/R's to defend

1. Mid/High
2. Side
3. Step-ups
4. Angle
5. Corner

6. Flat
7. Drags

8. Double Drags
9. Twists (re-screens)
10. Lean Angle (Dwight Howard/Tim Duncan)

Use Simplicity to combat Sophistication

5 Things to Prepare for with P/R

1. Do they change screener?
2. Do they change ball handler?
3. Do they change angle of the screens?
4. Anywhere, anytime?
5. Do they have range shooting 4's?

12 Ways to Defend P/R

1. Show (Hedge)
2. Soft (Lay off screener because screener is poor shooter)
3. Catch (Lay off but not as much because ball handler is good shooter)
4. Weak (Make ball handler change direction)
5. Spread Right or Spread Left (Force to overloaded side of floor)
6. Switch
7. Push the Screener (Ride him up lane)
8. Blitz (*If you blitz it better have an impact because you've committed 2 defenders to 1 offensive player)
9. Early Blitz (Trap before the screen)
10. Ice (Push screen down, force to corner)
11. Use same coverage on rescreens (aka "Twists")
12. Full Rotation

5 W's of P/R Defense

1. Where is it?
2. Who is involved?
3. What is their alignment?
4. What is our communication?
5. What is our coverage?

(1.) Where?

(2.) Who? – Who's in it? Who's coming off screen

- Small off big
- Big coming off little
- Shooter/non-shooter coming off
- Shooter/non-shooter setting screen
- Is screener roller or popper

(3.) What is their alignment?

- Where is 4 man? (especially if he is shooter)
- Where are shooters?

(4.) What is our talk?

- Early
- Loud
- Continuous
- *Determine who controls your talk – whoever can see the action should talk the action
- Know the terminology

(5.) What is your coverage?

- What do you do?
- The more you change your coverage the more hesitation from the players

Teaching Points for P/R Coverage

*Make sure to teach coverage behind P/R as well as P/R coverage

Show

Responsibilities of Guards:

- Push up into man
- Guard must make ball handler go where coverage dictates
- Square ball handler back up

Responsibilities of Bigs:

- Big must arrive when screen arrives
- Chest on shoulder
- Can't jump out too far or too early
- Split dribble hand down, advance pass hand up
- Bigs feet should mirror screeners feet
- Shoulders equal to/lower than screeners hips
- Responsible for 2 dribbles

Soft

Responsibilities of Guards:

- Must be in correct coverage
- Square ball up quickly

Responsibilities of Bigs:

- Down in stance
- Ball, You, Lane, Basket in straight line
- Bigs need to know where shooters are
- Big stays with ball until guard squares it up

Blitz

- Blitz must have impact
- Protection must be aware and alert

Switch

- Make sure your team knows who can switch (*Identify switching groups)
- Late clock switches
- If you have a “freak” use him

More Teaching Points

- Cannot allow any rejects (Reject= offensive player going away from where the coverage dictates and where the help is). “Great players don’t like to play in traffic”
- Trust the talk
- At point of screen, make your decision
- Alert smalls
- Scouting report (Know who!)
- Do you want bigs on bigs or are you okay with bigs switching

Key Terms

- High hands
- Stunt (fake help)
- Bump (help defender bumps/jams roller)
- Pursue and square
- Trust the talk, trust the coverage
- Early split – screener stops short leaves space for guard (offensive term)

10 Things that Hurt the Team when Defending P/R

1. Poor communication
2. Guard does not force man to screen
3. Bigs not arriving with screener
4. Splits, early splits
5. Rejects

6. Lack of effort
7. Big not in a stance
8. Opponents do a great job of engaging the 3 other defenders
9. If ball handlers' defender get hits by the screen before he pushes it up
10. If opponent gets into P/R rhythm

***Don't Get Away from Your Schemes Right Away**

1. Do it harder
2. Do it better
3. Substitution
4. Change scheme

***Miscellaneous Coaching Tips**

3 Things to Remember

1. Keep learning
2. Keep growing
3. Nothing is guaranteed

3 Questions – Are you able to say yes to these questions about your system?

1. Do you know it?
2. Do you see it?
3. Do you feel it?

***Messages are only messages if the person receiving the message acts upon it**

***90% of the players you coach are role players but do they know it**

***Create roles for your role players**

Session 2: "NBA Pick/Roll Offensive Concepts" – Brendan Suhr

P/R Offense

- Control tempo
- Get best shooters open shots
- Create mismatches
- Can run offense without making an entry pass
- Goal is to get 2 defenders to guard ball
- Spread floor
- Take shot blocker away from rim
- Put best defender in P/R
- Put worst defender in P/R
- Create confusion in opponents defensive philosophy
- Cause players to not believe staff
- Teach screeners to slip vs. show or blitz
- Pick up easy foul on big
- Relieve full court ball pressure on point guard
- Make 1 defender play 2 (help defense)
- Attack at different angles
- Feel "yours" – See "his" as ball handler
- No pressure defense can take you out of offense
- Screener must arrive without defender
- Spread defense – allows you to get offensive rebounds
- Ultimate team game
- When trapped advance ball

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- When ball defender goes under screener; pick must be moved down
- Teach your players to read defense

Types of P/R

- Mid P/R
- V Set (“Fist”)
- Side P/R (“Go”)
- Corner P/R
- Step-up
- Angle (“Horns”)
- Low wing
- Flat
- Drag
- Double Drag
- Running Slips
- Elbow

*When setting ball screens – Sprint to Screen

*When rolling to basket – Sprint to Rim

Session 3: "NBA Defensive Systems" – Kevin Eastman

***There needs to be the mentality that our DEFENSE can and will bail out our offense. Not that our offense can bail out our defense.**

3 Areas of Greatest Concern

1. Transition Defense
2. P/R Defense
3. ½ Court Defense

Analyze 2 Things

1. What we want to be.
2. What we actually were.

We want to be a help team that takes away 2 things

1. Do not allow anything into lane
2. Take away corner 3's

3 Highest % Shots in the NBA

1. Lay-ups
2. Free Throws
3. Corner 3's

3 Important Things to Execute

1. Keep ball in front
2. Protect the paint
3. Cover out to 3 pt. line

Ideal Defensive Possession

- No penetration
- If penetration, no shots as a result of the penetration

- No shots at all in first 3 passes of possession

***Great Defensive Teams are Multiple Effort Teams!**

Defending Penetration

- Dictate penetration
- Be in rotation
- Limit middle drives

*Force to the Tape

4 Ways Penetration Hurts Defense

1. Creates fouls for man on ball
2. Creates fouls for help side Big
3. Creates short 2 on 1's
4. Really hurts on offensive boards

*Stance Areas

*No Shots Allowed Areas

Things That Define Us Defensively

- Get back and get set (Transition Defense)
- Help team
- No paint team
- No corner 3's
- Awareness and alertness

6 Must Haves of Defense

- Communication
 - Talk intimidates
 - Gives defense a head start
 - Gives man on ball more confidence
 - Wake up a disengaged defender
 - Catches mistake before it happens
 - Talk energizes our team
- Trust: teams that don't trust foul more
- Positioning
- Awareness
- Alertness
- Multiple Effort Mindset – e.g. Help, recover, bump, rotate all in 1 possession

3 Must Haves of Communication

1. Early
2. Loud
3. Often

6 Can't Haves of Defense

1. Lack of 6 Must Haves
2. Personal defense
3. Gambles (lead to open shots and fouls)
4. Dare shots or short closeouts
5. Blow-bys
6. Helping with the outside foot (back to your man)

Consistency in 5 Areas

1. Focus
2. Effort
3. Positioning
4. Awareness
5. Alertness

***Perfect Defensive Possession**

- Starts with high % shot on offensive end
- Get back and get set
- Stop the ball
- Pressure the ball
- Stay between man and basket
- Contest the shot
- Finish with blockout and rebound – Keep opponent to 1 shot = 35% on field goals. 2 shots = 50%.

5 Things to Win on the Road

1. Must defend
2. Must eliminate transition
3. Must rebound
4. Must have defensive resolve
5. Eliminate turnovers

Can be Good at any Defense (man, zone, etc.) with these 4 things

1. Player commitment
2. Habits
3. Focus
4. Passion – “Great defensive teams have competitive motors” – Doc Rivers

Defense can Change the Game

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- 50/50 Game – loose balls and rebounds. Goal: 70%
- First to the floor
- Charges – Goal: 1 per quarter
- Deflections – Goal: 6 per quarter

Best Defensive Teams Figure Out Ways to Buy Time

- Ball pressure (intelligent pressure)
- Early help spots
- Stunts/fakes (stunts on flight of ball, not catch)
- Bumps on rolls
- High hands

6 Things We Think We Have to Master

1. Help rotations
2. Defense rotations
3. Closeouts
4. Reaction to jabs
5. Post digs (feel the presence on 2nd defender)
6. Cross-matchups
 - Dead ball guard your assignment
 - Live action guard who guards you

Post Defense Before Catch

- Early defense (get back and bang offensive big outside the box)
- Leverage game (lower shoulders win)
- 1 foot behind, 1 foot up and discourage arm
- Fist fight for position, foot fight to score

Post Defense After Catch

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- Bent arm
- Take away 1st move, react to 2nd move
- Take away air space on shot. Get underneath offensive player

Transition Defense

- 1 defender back = dunk
- 2 defenders back = lay-up
- 3 defenders back = jump shot, hopefully contested
- 4 defenders back = great chance
- 5 defenders back = "Game On"

10 Basics

1. On rise of shot; 1, 2, & 3 are getting back, 4 & 5 can crash (have to make decision)
2. 1st 3 steps are most important (SPRINT!)
3. Stay below the ball
4. If 2 are back we are in tandem
5. If 3 are back we are in triangle
6. 1st big back protects the basket
7. 2nd big back loads to the ball side
8. No buddy running
9. Get to shrink (help) spots
10. If outnumbered, do best to not allow shot within 1st 2 passes

8 Musts of Transition Defense

1. Transition defense mindset
2. Sprint back

3. Take away early strike
4. Make offense throw 2 passes
5. Guard team, not man
6. Team defense, not matchup
7. Use fingers and voices
8. Find and cover shooters

What Hurts the Most in Transition Defense

- Lazy 1st 3 steps
- Lack of communication
- My man philosophy
- Crashing offensive boards
- Gambles
- Too much concentration on transition offense
- Easy advancement passes
- Buddy running
- Drags and double drags
- Cross-matchups

Philosophy on Switching:

“Mismatches don’t hurt us as much as open shots do”

***Best defensive teams are teams that can still defend in disadvantage situations.**

***Miscellaneous Coaching Tips**

The best teams spend most of organized practice time on defense.

“We spend 70% of our practice time on defense.” – Gregg Popovich

Coaching terminology for posts: Teach posts to “Pause for poise”

Steve Nash: “I’m a good player because I have a lot of solutions”

Session 4: “Daly Lessons of Coaching” – Brendan Suhr

Coaching is all about Relationships

Thoughts on Coaching

- Coaching is about helping people get better! “We try to take you where you can’t go yourself.”
- You must first know yourself
- You must coach every player differently...it’s about their strengths and needs, not yours!
- Your goal should be to make each player the best version of himself, that in turn gives your team the best chance to succeed
- “I’ve learned more from players than I ever learned from me.”
- A coach, like parents are “servant leaders”
- Everyone needs a coach. The hardest thing to do is to coach people with talent. The more intense their talent, the greater their expectation of you!
- Coaching high maintenance players is similar to coaching talented players. They demand a lot from you.
Dennis Rodman: “If I let them down, the disappointment is greater! I love players with talent!”
- Be careful about rules when dealing with players. Focus on people.
- You win with “Internal Leadership”
- Fill up your players “Emotional Bank Accounts!” Make more deposits than withdrawals (4:1 ratio)
- Players are not your employees, they are your business partners

Stories

- Dream Team Meeting

- Jordan Rules

- How do you motivate Michael Jordan?
 - Put him on the 2nd team during practice (Phil Jackson)

- Portland Loss / Change Line-up!

- How many meetings do you have a year?
 - o Timeouts (NBA average – 2,680)
 - o Need to be effective

- “20 Second Coaching”
 - o Talk to your players every day
 - o Treat players like your own children

5 Keys to Success

1. High energy level and enthusiasm
2. Pit bull determination (“Be a Charlie!”) Don’t get Discouraged!
3. Have a plan/preparation (10,000 hours of practice)
4. Insatiable desire to win
5. Must have mental toughness (Control the things that you can control: Attitude, Work Ethic, Preparation, Energy Level and Enthusiasm)

Dalyisms

- Nobody looks bad in a blue suit

- Coaching is like flying an airplane, there is going to be a lot of turbulence, but you’ve got to land the plane safely

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- Never trust happiness!
- You can't fool dogs, kids, or NBA players
- I'm not a pessimist, but rather an optimist with experience
- See that bridge, I ain't jumping
- All decisions are 50/50!
- You are no bargain!
- You don't have many ideas tonight
- Get past mad
- Whatever!
- Never look back
- Make it a one day story
- Never get in a fight with a person who buys ink by the barrel
- Hang around
- Play 48 minutes
- Get 1 stop
- Every step is a struggle
- Nothing easy (defense)
- No warm-up jumpers
- It won't work!
- Beyond belief
- I'm a pretty good coach, when I've got good players
- They allow you to coach them! When they stop listening it's time to go.
- Understand your players
- 12 O'Clock Rule (you can be upset til midnight, then you start fresh. Don't let yourself get beat twice)
- To be a good NBA coach, you need to be hard of hearing and have poor eyesight

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- Shout praise and whisper criticism
- Be non-confrontational
- You must love your players
- Speak in headlines
- He would put his hand under my arm-pit and say “Oh wow, you didn’t sweat again”
- You must have likeability
- What is your teams identity
- You must have presence to be a head coach
- Daddy rich!
- They are tired of hearing me, they need a new voice
- It’s real simple, I got outcoached
- The job! Work that job! It’s the best one you’ve got!
- You must have patience, don’t be in a hurry
- Dedication and hard work are the keys to success
- Don’t worry about making mistakes, worry about having fun

The greatest gift a parent can give their child is to believe in them.
The greatest gift a coach can give his players is to believe in them.

-Chuck Daly

Session 5: "Overtime"

How do you drill communication?

1. Silent coaches practice
2. Make communication point of emphasis in a particular drill
3. Try a player timeout (players run timeout) during practice

Other Notes on Communication

- Doc Rivers had meeting with best players (KG, Paul Pierce, Ray Allen)
 - o Points of emphasis during meeting
 - Trust me, trust the system
 - Be committed to communication
- Communication and trust go hand in hand
- When teaching the players how to communicate...teach them what to say rather than just talk for the sake of talking
- Pre-game talk sets the tone. – Doc Rivers

Other Points for P/R Defense

Hedge man on P/R

1. Make ball handler pick up ball
2. Change direction
3. Run you over

Switching P/R

- Talk, tough, take

***Miscellaneous Coaching Tips**

Kevin Garnett demanded that Doc Rivers coach him

If you are going to criticize, criticize team as a whole. Don't personally attack an individual.

If Doc was upset with a player he would just say... "Tonight I just got to get out of him what I can get out of him."

Learn about your head coach. Know your head coach

You can't be afraid to do what is right for your program. You should never be afraid to say what needs to be said.

Try to size up your team before each practice, find out who you're going to have to coach differently that day.

4 Important Relationships – There has to be trust, respect, and likeability in these relationships.

1. Player to Player
2. Player to Coaches
3. Coaches to Players
4. Coaches to Coaches

"Be really good at who you are."

"Sometimes I think it's not what you know, it's what you bring (energy and enthusiasm)."

- Kevin Eastman

Session 6: "Early Bus – Strategies for Moving Up and Ideas for Becoming a Better Assistant"

Your paycheck is your responsibility, not your employers.

Take personal ownership of your advancement.

4 Down Payments for your Career

1. Discipline
2. Focus: Ability to learn and get better everyday
3. Work Ethic: No job too big or too small
4. Sweat

Once you find it, make sure the passion stays there

You got to do more than the person you're competing with for a job.

Never say no to a basketball opportunity. Always be prepared to do it tomorrow.

Coaching is helping people become greater than they believe they can

Coach for the right reasons

2 Buses: Positive energy bus and negative energy bus

Your credibility as a coach comes when your players believe in you

Offer to do all the shitty jobs

Know who you are and who you are not

In order to advance in any career make sure you have a strong support group

- Form your own board of personal advisers
- Figure out who your doormen are (Who can help you?)
- Achievement, advancement, and success does not exist in isolation
- Achievement, advancement, and success comes through relationships

Go After a Job:

- Early
- Often
- Offer

***If you are afraid of the consequences of failure make sure you understand the consequences of NOT TRYING.**

Session 7: "NBA Crunch Time Plays" – Brendan Suhr

Session 8: "Skill Development Program" – Kevin Eastman

Commitment to Skill Development

1. Create a career
2. Improve a career
3. Revive a career

2 People That Can Approve

1. Player
2. Coach

2 People That Can Never Have a Bad Day

1. Head Coach
2. Best Player

Buy-In

- Thoroughly study the game
- Thoroughly study your system (what positions get what shots, where do shots come from)
- Catch them doing something right
- Education on their label – "I don't believe that negative label"
- Tell them the truth

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- It's not so much what you know, it's what you bring to the court

Areas For Success in Skill Development

- Study your practices deeper
- Study your pick-up games deeper
- Find ways to evolve your teaching into bullet points, not paragraphs
 - o Ex: Shooting
 - Ready on the Catch
 - Perfect feet, perfect follow through

Educate Your Players on Hard Work and Competitive Edge

- Ex: Kobe Bryant
 - o 6 am – Track: 1-1.5 hours
 - o 8 am – Weight Room: 1-1.5 hours
 - o 10 am – On court shooting: as long as it takes, “As long as it needs to be.”

Skill Development Keys

- Practice at rate equal to or faster than pace of game
- Understand it is a process to improve
- Must eliminate workout doubt
 - o You can't be bored
 - o You can't be tired
- Always have a written workout plan

5 Areas to Focus On

1. Conditioning
2. Weak Hand
3. Footwork and Balance

4. Play Game through Contact
5. Shooting

Theory of 2

- It takes 2 minutes to show a drill
- 2 weeks for player to perform drill comfortably in practice
- 2 months to perform properly in game

10 Keys to a Quality Shooting Workout

1. Get shots
 - a. Catch and shoot shots
 - b. Cut, catch and shoot shots
 - c. Shots off dribble
 - d. Shot fake shots
2. Get operational shots (operational areas = where players get shots within your system)
3. Finish at the rim shots (get ball to glass as fast as possible)
4. Game shots from game spots at game speed
5. Perfect form on all shots (perfect feet, perfect follow through)
6. Contested shots
7. Never miss 2 in a row
8. Shooting stamina (perfect form shots even when you're tired)
9. Hidden workouts (work with individual players on things that head coach may not want you to work on) Example: Rondo creative finishes
10. Free Throws

Teaching Points

- Pound the ball
- Shoulders-hips (offensive player's shoulders at defender's hips)
- Foot fight: feet first, ball second
- Understand it's a game of inches ("go by your man not around your man")
- Play the game low to high (not high to low to high)
- Always be ready for next play
- Find your feet on all shots (best shooters have consistent feet)

Best players respond to 2 things

1. Clock
2. Competition

DNA of a Great Player

- Compete in every practice and game (Kevin Garnett: "You go to be a pit bull to be an All-Star")
- Hold themselves accountable
- Put demands on themselves and others

Competitive Shooting Drills

- Celtic 50 (3's - 5 spots: make 10 move on. Goal - 50 for 70)
- In-a-Rows (shoot until you miss, 2 sets from ea. spot, ft's, swished ft's)
- Celtic Drill (2 min on clock: 2 in-a-row from 5 spots and back around)
 - o Players love this drill! (Our guys at St. Ed's want to do this drill at the end of every workout)

***Repetition creates skills, commitment to details create great skills**

DRILLS

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***I have diagrams of more of Kevin Eastman's Drills that I can scan and send to anyone that wants those. Also youtube is great for getting something of the stuff he uses at the Nike Camps.**

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