



**PURE SWEAT COACHES ACADEMY
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ST. LOUIS – LINDBERGH HS**

**DREW HANLEN
@DREWHANLEN / @PURESWEAT / PURESWEATBASKETBALL.COM
NBA STRATEGIC SKILLS COACH & CONSULTANT**

**NOTES BY:
BRANDON ROSENTHAL
@COACHROSENTHAL / @SCU_MBASKETBALL / BRANDONR5215@GMAIL.COM
SANTA CLARA UNIVERSITY MEN'S BASKETBALL**

TWITTER: @COACHROSENTHAL

DAY 1:

GENERAL THOUGHTS:

1. ALWAYS MAKE IT ABOUT THE PLAYERS.
2. DO A GREAT JOB WITH THE GUYS YOU HAVE.
3. AVOID A BIG BROAD PACKAGE.
 - a. FOCUS ON WHAT FITS THEM AND WHAT THEY WILL DO IN A GAME.
4. CORRECT, PERFECT, REP...

WORKOUT MUSTS:

1. GAME LIKE, AND DO WHAT YOU DO.
 - a. "HARDEST THING TO LEARN IS LEARNING HOW TO LEARN."
 - b. "EMPHASIZE EVERYTHING, STAND FOR NOTHING."
 - c. "MOVEMENTS MUST BECOME AUTOMATIC."
 - d. "CONFIDENCE IS DEVELOPED THROUGH CONSTANT PERFECTION, THEN REPETITION."
 - i. CORRECT GUYS WHEN IT'S NOT RIGHT.
2. MUST CHALLENGE THEM MENTALLY, PHYSICALLY, AND EMOTIONALLY.
3. GAME LIKE INTENSITY.
4. THINK ABOUT THE UNSEEN EYE IN THE ROOM. SOMEONE IS ALWAYS WATCHING YOU.
5. INNOVATION – DON'T LOSE PURPOSE.
6. KEEP DRILLS SHORT.
 - a. "GET IN, GET BETTER, GET OUT."
7. GAME LIKE
8. TEST SKILLS – GAMES – KEEP RECORDS, COMPETE!
9. QUALITY VS. QUANTITY – ALWAYS EVALUATE
10. ATTENTION TO DETAIL IS KEY.
 - a. PERFECT THE SMALL DETAILS AND REP!
11. FIGHT THROUGH FATIGUE, BUT NOT AT THE RISK OF NOT DOING THE SKILL CORRECTLY, DON'T LOSE FORM / PRACTICE BAD HABITS.
12. KNOW WHY YOU'RE DOING SOMETHING.
 - a. SOUTHWEST EXIT ROW STORY. "THERE ARE A LOT OF THINGS WE THINK WE KNOW BUT DON'T."
13. BE HONEST!
14. END ON A POSITIVE NOTE ALWAYS!
 - a. FILM SESSIONS: SHOW BOTH GOOD AND BAD.
 - b. IT'S NEVER AS BAD AS IT SEEMS OR AS GOOD AS IT SEEMS.
 - c. DO YOU HAVE A REAL PROBLEM ON YOUR HANDS OR DID IT JUST NOT GO AS PLANNED?
15. BE COMMITTED...

COACHING METHODS:

1. CORRECT WRONG, PRAISE RIGHT, DRILL CORRECT...
2. ATTENTION TO DETAIL IS KEY.
3. REPEATED CORRECTION OF ERRORS.
4. BODY LANGUAGE CONTROLS SO MUCH. WHAT MESSAGE ARE YOU SENDING?
5. HAVE PASSION!
6. GET RID OF EQUIPMENT...DOES IT SERVE A PURPOSE OR IS IT FLUFF?
 - a. GAME LIKE
7. MAKE IT ABOUT US.
8. WHAT TO DO VS. WHAT NOT TO DO
9. REMEMBER, RETAIN, PERFORM
 - a. TAKE ALL THE INFORMATION AND TEACH IN SMALL SEGMENTS.
10. WHAT YOU DO IN A GAME IS WHO YOU ARE.
 - a. WORK ON 75% WHAT YOU DO IN A GAME, 25% WHAT YOU CAN DO IN A GAME AFTER PRACTICE. DON'T PRACTICE WHAT YOU DON'T DO. IT'S A WASTE OF TIME.
11. **"HOW** TO GET IT DONE, INSTEAD OF **TELLING** WHAT TO DO."
 - a. PREPARE SO YOU'RE READY TO ADJUST/READ ON THE FLY, DON'T BE SURPRISED.

BALLSCREEN SKILL DEVELOPMENT THOUGHTS:

1. COMING OFF A BALLSCREEN
 - a. EYES FIRST
 - b. HIPS TO RIM
 - c. DOWN HILL
 - d. SEE THE FLOOR AT ALL TIMES
 - e. GIVE YOURSELF MULTIPLE OPTIONS
 - f. USE YOUR ADVANTAGE AS A SCORER
 - g. "QUICK TO THE SCREEN, SLOW OFF THE SCREEN."
 - h. WHEN YOU REFUSE THE SCREEN – CHANGE OF SPEED IS THE KEY.
 - i. EARLY SPLIT/SPLIT SCREEN: SEE SPACE, CREATE SPACE, SPLIT SPACE.
 - j. "SEPARATE OUT TO SEPARATION ANGLE." READ THE ANGLE ON THE DEFENDER, WHERE IS THE OPEN SPACE?
 - k. DEFENDER GOES UNDER THE BALLSCREEN, TAKE THE BALL LOWER.
 - l. WHAT DOES HELP SIDE DO ON BALLSCREENS? DO THEY HELP? STUNT? CLOSE THE DRIVING LANES? CAN YOU READ NAIL, HOLE, PLAY YOUR MAN?
 - m. FEEL YOURS, SEE HIS, AND READ THEIRS.
2. FIND SPACE AND LET THE BALL FIND YOU.
 - a. YOU'RE NOT OPEN, YOU NEED TO BE PASS AVAILABLE.

POSTS:

1. CATCH SAFELY
2. READ SECONDARY
 - a. GET RHYTHM
3. POSTS SEE RIM FIRST (SNEAK A PEEK) ON SLIPS...SEE RIM, SPRINT TO SCREEN (ARRIVE WITHOUT YOUR DEFENDER), SLIP?
4. VIOLENT JABS
 - a. POST PLAYERS HATE PLAYING LOW. THEY ALSO HATE DEFENDING LOW. USE VIOLENT JABS AND KNEE KNEE – CIRCLE THROUGH.

THOUGHTS:

1. CREATE PACKAGES FOR SKILL DEVELOPMENT, I.E. STEPHEN CURRY PACKAGE, LEBRON JAMES PACKAGE.
 - a. PLAYERS REMEMBER AND CAN RELATE. IT CREATES A VISUAL AS WELL.
2. CATCH ON THE FLIGHT OF THE PASS – GIVES YOU MORE OPTIONS.
3. INSTEAD OF “SWEEP & GO” – “**CIRCLE & GO**”
4. “BASKETBALL IS A GAME OF MOVING PARTS.” – IT NEVER STAYS THE SAME, SO TEACH WHAT **COULD** HAPPEN INSTEAD OF WHAT **WILL** HAPPEN SO PLAYERS MAKE READS AND ARE NOT SURPRISED.
5. “ACCEPT YOUR ROLE, BUT WORK FOR THE ROLE YOU DESIRE.”
6. “SPRINT TO THE SPOT, PREPARE FOR THE SHOT.”

DEFENSE:

1. AGAINST GREAT PLAYERS CHANGE THE ANGLE OF YOUR STANCE CONSTANTLY, DON'T BOB UP AND DOWN.
 - b. GUARD THEIR DOMINANT JAB STEP.
 - c. CHEST TO SHOOTING SHOULDER.

FADE SCREEN:

1. INSIDE FOOT, PUSH OUT, DON'T BACK PEDAL.

SHOT FAKE:

1. 1 DRIBBLE J – LOOK FOR SEPARATION ANGLE
2. SHOT FAKE ATTACK
3. SHOT FAKE SIDE DRIBBLE
4. SHOT FAKE STEP BACK
 - i. GET SET

POST PLAY:

1. READ THE NOSE:
 - a. CAN'T SEE IT, **GO MIDDLE.**
 - b. SEE HIS NOSE **ATTACK BASELINE.**
2. GET TO YOUR "COUCH" – BE COMFORTABLE.
3. 2 FEET IN THE PAINT – SCORE.
4. BIG GUYS PLAY AT THE KNEES.

PIN-DOWN EXAMPLE:

1. RIGHT HANDED
 - a. GO OVER YOUR RIGHT SHOULDER – YOU ONLY NEED TO GET YOUR EYE ON THE TARGET AND ELBOW INLINE WITH THE RIM.
 - b. GO OVER YOUR LEFT SHOULDER – HARDER SHOT.
 - i. CONSIDER JAB STEPPING WITH YOUR DOMINATE FOOT.
 - ii. GET BOTH FEET SET.

DAY 2:

TRIPLE THREAT:

1. **ASK YOURSELF; HOW CAN I CHANGE YOUR STANCE AND HOW CAN I TAKE ADVANTAGE OF IT?**
2. KOBE STORY: HIS FIRST JAB IS TO READ WHAT EVERYONE ELSE IS DOING (HELP DEFENDER, HOLE DEFENDER). HE KNOWS EXACTLY WHAT HE IS DOING AFTER HE BEATS HIS PRIMARY DEFENDER – WHICH WILL HAPPEN ANYTIME HE WANTS.
3. SIMPLE SERIES TO READ YOUR DEFENDER.
4. GET OPEN – DON'T GET CLOSER.
5. CREATE ANGLES AND CLOSEOUT OPPORTUNITIES.

FORCING YOU TO YOUR WEAK HAND:

1. REACH JAB – EVEN OR PAST HIGH FOOT
 - a. IF YOU GOT IT, YOU HAVE THE CIRCLE SWEEP.
2. STRAIGHT LINE DRIVE (SPRINTER STEP) - GO NEGATIVE TO POSITIVE – SO YOU CAN GO DOWN HILL
 - a. SET YOURSELF BACK UP – "DRIBBLE TRIPLE THREAT"
3. CLOSE STANCE (HIP TO CENTER OF DEFENDER) & GO – TURN AND GET DOWNHILL.
4. **POP-OFF AND READ THE ANGLE – STRAIGHT LINE DRIVE OR CROSS OVER – DRIBBLE TRIPPLE THREAT**

DEFENDERS FEET ARE SQUARE:

MUST CHANGE THE ANGLE (USE JAB) – DEFENDERS CHEST TELLS YOU WHAT'S OPEN.

1. JAB
2. CIRCLE THROUGH
OR
3. JAB CROSSOVER WITH THE DRIBBLE TO HELP YOU GET DOWNHILL –
HELPS GET YOU THAT EXTRA STEP AROUND THE DEFENDER.

OTHER OPTIONS:

- A. KNEE KNEE – CIRCLE THROUGH
- B. JAB CROSSOVER & GO
- C. READ HANDS
 - a. KEEP HANDS OFF
 - b. CIRCLE SWEEP
 - i. HANDS LOW – GO HIGH
 - ii. HANDS HIGH – GO LOW

THOUGHTS:

1. LEARN TO MINIMIZE THE DRIBBLE – MAXIMIZE WHEN YOU USE IT.
2. DON'T PICK UP THE BALL UNLESS YOU KNOW WHAT YOU'RE DOING WITH IT.
3. DRIBBLING IS THE ABILITY TO CONTROL THE BALL WHILE MOVING.
4. SNEAK A PEEK AT THE RIM WHEN YOU CATCH IN TRIPLE THREAT AND READ THE FLOOR.
5. SHOW THEM WHAT THEY KNOW THEN MAKE YOUR POINT.
6. BE THERE WITH YOUR FEET FIRST, BALL SECOND.
7. WORK ON STRENGTHS 75%, WORK ON THEIR THREATS 25% OF THE TIME, WEAKNESSES 0% OF THE TIME.
8. FOR EVERY FOUR THINGS THE COACH PICKS TO HAVE THE PLAYER WORK ON, LET THE PLAYER PICK ONE.
9. THE BETTER YOU TEACH IN PRACTICE, THE LESS TEACHING YOU'LL HAVE TO DO IN GAMES.
10. D-ROSE STORY, TRIP AND FALL SO HE COULD LEARN TO CATCH HIMSELF OUT OF A MOVE.
11. MAKE UP DRILLS THAT SIMULATE WHAT YOU WANT THEM TO DO. BREAK THEM DOWN TO ITS SMALLEST POINT. THEN DO IT.
12. ELBOW THROUGH ON RIPS/CIRCLE.
13. GET UNDER THE BALL AT THE POINT OF THE RELEASE.

REASONS TO DRIBBLE:

1. DO HIM IS NOT A REASON.
2. PUT YOURSELF OR A TEAMMATE IN A SCORING POSITION.
3. CREATE A BETTER PASSING ANGLE, OR SHORTEN THE PASS.
4. ADVANCE THE BALL UP THE COURT.
5. INITIATE A PLAY.
6. GET YOURSELF OUT OF TROUBLE.
7. STALL AT THE END OF THE GAME.

IN TRIPLE THREAT YOU NEED TO READ THREE DEFENDERS:

1. FOOTWORK AND ANGLE OF YOUR DEFENDER.
2. NEXT HELP DEFENDER.
 - a. POSITION AND BODY WEIGHT.
 - b. EYES
3. READ THE LOW POST DEFENDER – WHAT'S HIS PURPOSE?

THOUGHTS ON GETTING OPEN:

1. KEEP CONTACT THEN SEPARATE.
2. GET CLOSE TO GET OPEN.
3. SECOND STEP IS JUST AS CRITICAL IF NOT MORE IMPORTANT AS THE FIRST.
4. SELLING THE MOVE – EYES AND SHOULDERS HELP SELL THE MOVE.
5. NEVER RISE UP UNLESS YOU'RE USING A SHOT FAKE.
6. SHOT FAKES ARE MADE WITH THE HIPS.
7. GET TO YOUR SPOT IN A HURRY.
8. MAKE SURE YOUR HIPS AND EYES ARE ALWAYS DOWNHILL.

1 V. 1 MOVES:

THOUGHTS:

1. WHEN THE BALL GETS BACK, IT CREATES HESITATION IN THE DEFENDER.

MOVES:

1. BEHIND THE BACK SHIFT
 - a. BALL ONE WAY, BODY THE OTHER.
 - b. USE THE WEIGHT OVERLOADED ON BACK FOOT TO PUSH OFF.
 - c. USE CROSSOVER IF HE DOESN'T SHIFT.
 - d. BE SHIFTY!
2. BETWEEN THE LEGS FLOAT
 - a. CHANGE OF SPEED
 - b. EXPLODE OFF THE BACK FOOT
 - i. COUNTERS
 1. CROSSOVER
 2. SHOOT
 3. INSIDE OUT
3. BETWEEN THE LEGS BEHIND THE BACK
 - a. CHANGE SPEED
 - b. DON'T WRAP THE BALL, SET YOURSELF BACK UP THEN ATTACK WITH PACE
4. INSIDE OUT
 - a. SHOULDER AND FOOT NEED TO SELL THE DIRECTION YOU'RE GOING
5. OVER TOP CROSS – TONY PARKER MOVE
 - a. THROW IT OVER THE TOP OF THE HAND
6. CROSSOVER JAB ***
 - a. STEP 1: CROSS OVER
 - b. STEP 2: JAB
 - c. STEP 3: COMBINE THEM - CROSS JAB
 - d. BALL SIDE FOOT LINES UP WITH DEFENDER
 - e. COUNTER – CROSS OVER, JAB, CROSS CROSS
7. FLOAT CROSS OVER
 - a. PUSH SIDE WAYS, CROSS OVER - EXPLODE
 - b. CHANGE SPEED
8. WHEEL – HALF SPIN EXPLOSION
 - a. QUICK PLAYER – FRONT FOOT
 - b. STRONG PLAYER – BACK FOOT
9. HIP SWIVEL
 - a. POP, CROSS & GO
 - b. LUNGE CROSS
10. PUSH OUT CROSS
 - a. PUSH THE BALL OUT, JAB, THEN CROSS
 - b. 1...2...STEP
11. PUSH OUT STUNT
 - a. KEEP BALL IN SAME HAND
12. SAINT SHUFFLE
 - a. CONSTANT JAB STEPS – ONCE YOU GET AN ANGLE GO
13. SCISSOR STEP CROSSOVER

- a. FEET MOVE BUT BALL DOES NOT GO WITH
 - b. COUNTER: STAY SAME DIRECTION AND EXPLODE
- 14. STUNT DRIBBLE – JORDAN MOVE
 - a. SHORT JAB AND EXPLODE – BALL STAYS IN THE SAME HAND.
- 15. PUSH OUT CROSS
 - a. SHORT JAB AND EXPLODE – THEN CROSS OVER.
- 16. TOE TAP HESITATION
 - a. 1...2...GO
- 17. TOE TAP HESITATION CROSSOVER
 - a. 1...2...GO...CROSSOVER
- 18. UTEP 2 STEP
 - a. BETWEEN THE LEGS, CROSSOVER.
 - b. PUNCH THE SHOULDERS THEN BEAT HIM DOWN HILL.

OPTIONS ON THE CATCH:

- 1. NOW OR NEVER CONCEPT. NEVER MORE OPEN THEN ON THE CATCH, SO BE SHOT READY.
- 2. NOW OR NEVER DRIVING CONCEPT.
 - a. TAKE ADVANTAGE OF BROKEN PLAYS AND LONG CLOSEOUTS.
- 3. MAKE THE EXTRA PASS.
- 4. PATIENT AND POISED.
- 5. SHORT VIOLENT JABS – LOAD AND EXPLODE – TRIPLE THREAT.

OPEN STEP VS. CLOSE STEP:

- 1. OPEN STEP YOU CAN DRAW FOULS.
- 2. CLOSE STEP, FOCUS ON THE SECOND STEP.
 - a. SHOULDER WAR!

OPEN STANCE:

- 1. TWIST AND GO
- 2. TWIST, JAB AND RIP THROUGH
- 3. TWIST JAB CROSSOVER
- 4. HIP SWIVEL AS LAST OPTION

SHOOTING:

EVERY GOOD SHOOTER:

1. HAS A BALANCED BASE.
 2. NEVER HAVE SHOOTING THUMB CROSS THEIR NOSE.
 3. ELBOW TO EYE BROW TO RIM.
 4. POINTER FINGER AT THE RIM.
 5. LAND WITH FEET PARALLEL.
 6. CONSISTENT AND REPEATABLE FORM.
 7. CORRECT THEIR SHOT, PERFECT THEIR SHOT, REP THEIR SHOT.
 8. KNOW THEIR RANGE.
- a. NOTE: DOESN'T HAVE TO BE SHORT & TIGHT – EXAMPLE A LOT OF GREAT SHOOTERS SHOOT WITH RHYTHM. DON'T GET TURNED OFF BY A LITTLE DIP IF IT GOES IN.

CORRECTING SHOOTING:

1. TURNING
 - a. LAND ON THE SPOT DRILL
 - b. BALL IN-BETWEEN THEIR KNEES
 - c. TURN THE OTHER WAY SHOOTING
2. BALANCE HAND OPENS UP
 - a. QUARTER PINCH SHOOTING – PUT A QUARTER BETWEEN THUMB AND POINTER.
 - b. PAPER PLATE TAPED TO THE HAND
3. SHOOTING THE BALL SHORT
 - a. TYPICALLY THE PROBLEM IS FROM THE HIPS OR JUMPING BACK – TRAIN THE HIPS.
 - i. OPPOSITE FOOT SHOOTING
 - ii. BALL STARTS FROM THE FLOOR BETWEEN THEIR LEGS – THEN AT THE KNEES TO ENGAGE THEIR HIPS.
4. ELBOW – FLAT AND SHORT BECAUSE OF ELBOW
 - a. CLICK IT SHOOTING
5. SHOOTING LEFT OR RIGHT
 - a. MOST LIKELY SLIDE THE BALL, OR THE FINISH WITH THE ELBOW
 - i. TUCK SHOOTING – THIS WAY THERE IS NO SLIDING
 - ii. SHOOTING HAND TO NON SHOOTING HAND
 - iii. POUND SNAP AND SHOT
 - iv. SNAP DOWN WITH POINTER FINGER
6. SHOOTING THE BALL TOO SLOW
 - a. DO THE WORK BEFORE THE CATCH
 - i. CIRCLE OR DIP TOO MUCH
 - ii. TAKE A STEP
 - iii. STRUGGLE GETTING THE BALL TO THE POCKET

1. CATCH AND GO (0.5 – NBA)
7. INCONSISTENT
 - a. INCONSISTENT WITH THEIR FORM
8. SLUMPS HAPPEN BECAUSE
 - a. LOSE CONFIDENCE
 - b. CHANGE YOUR SHOT

THOUGHTS:

1. ATTACK THE FOOTWORK – JAB THE NON-PIVOT FOOT BEFORE YOU JUMP WHEN YOU GO TO SHOOT.
2. SHOW THEM THE PROBLEM – OVER-EXAGGERATE IT, THEN SHOW THEM HOW YOU'RE GOING TO CORRECT IT. THEY NEED TO FEEL THE MISTAKE BEFORE THEY CORRECT IT.
3. THE MORE EXPLOSIVE YOUR HIPS THE MORE POWER YOU'LL HAVE ON YOUR SHOT.

WORKOUT 1:

1. FORM SHOOT – CARVE OUT YOUR SHOT.
2. POUND LIFT SHOOTING – WORKING ON THE TRANSITION FROM THE DRIBBLE TO SHOT
 - a. R & L
3. LIFT SHOTS
 - a. CATCH AND SHOOT
 - b. 1 DRIBBLE THROW-OUTS
 - c. SWITCH SIDES & REPEAT
4. 1 ON 1 MOVES OFF THE DRIBBLE
 - a. START AT VOLLEYBALL LINE, ATTACK AND GET TO THE RAIL. FOCUS ON THE MOVE AND FINISH.
5. TRANSITION PULL-UPS TO THE ELBOW
 - a. SWITCH SIDES
 - b. COUNTER MOVES BOTH SIDES
 - i. GET SEPARATION
6. TRANSITION FINISHES – AVOIDING THE HELP DEFENDER
 - a. SWITCH SIDES
 - b. SWITCH LOCATIONS, COMING OFF THE PASS OR BALLSCREEN AND TYPES OF FINISHES
 - c. OFF BALLSCREENS, SLOW DOWN SO YOU CAN MAKE THE READ
7. HIGH PIC/ROLL READS
 - a. CHANGE SPEED
 - b. STICK THE FORM
 - c. DIFFERENT FINISHES AT THE RIM
8. HIGH PIC/ROLL SPLITS
 - a. STAY ON BALANCE
 - b. THROW THE BALL OUT

- c. GET LOWER
 - d. WHAT'S YOUR LAY-UP GAME?
- 9. REJECT PIC/ROLL
 - a. CHANGE OF SPEED
- 10. PIC/ROLL HEDGE
 - a. KEEP IT SIMPLE, BE QUICK AND SHIFTY
 - b. DON'T SETTLE AGAINST LENGTH
 - c. BE SIMPLE
 - d. GET GOOD SEPARATION
- 11. BIG HEDGE – FOLLOW THE HEDGER
 - a. SLOW DOWN BEFORE YOU SHOOT
 - b. KEEP IT SIMPLE
- 12. REACT TO PENETRATION
 - a. COACH DRIVES FROM V-BALL LINE AND PLAYER IN THE CORNER LIFTS, RECEIVES THE PASS AND ATTACKS TO THE ELBOW
- 13. DRIBBLE TO THE CORNER, THROWBACK, DHO, GET SPACE AND ATTACK ELBOW.
 - a. WAIT IN THE CORNER FOR A SECOND
 - b. CHANGE SPEED
- 14. ATTACKING THE DOWNSCREEN
 - a. POP – CREATE SPACE, ATTACK THE ANGLE...DIFFERENT FINISHES.
 - b. FLOATERS? ONLY USE FLOATER WITH STRONG HAND.
- 15.1 VS. 1 WITH BALLSCREEN**
 - a. RULES: REJECT OR SPLIT SCREEN YOU CAN SCORE IN THE PAINT.
 - i. IF THE OFFENSIVE PLAYER USES THE SCREEN YOU CAN'T SCORE IN THE PAINT.
 - ii. IF THE DEFENDER GOES UNDERNEATH YOU CAN SHOOT, OR GET 1 RESCREEN.
 - 1. KEEP IT SIMPLE!
 - 2. COMPETE
 - 3. NEXT PLAY
- 16. COMPETITIVE SHOOTING – 5 MINUTES – 42-48 MAKES IS GREAT
 - a. 1:00 MINUTE QUICK EVADE WITH BALLSCREEN FROM THE SLOT AREA
 - i. SWITCH SIDES – 1 MINUTES
 - b. 30 SECONDS OF CORNER DRIFT SHOTS
 - i. SWITCH SIDES – 30 SECONDS
 - c. 1:00 MINUTE 1 V. 1 MOVES – ALTERNATE ATTACKING THE ELBOWS – START BETWEEN THE CIRCLES.
 - d. 1:00 MINUTE – CATCH AND SHOOT 3'S

THOUGHTS:

1. DON'T WORRY ABOUT TAKING LONG BREAKS. MEDIA, BENCH...ALL ARE TIME FOR THEM TO GET BREAKS. IT'S MORE IMPORTANT FOR THEM TO FINISH THE WORKOUT STRONG AND GO HARD WHEN THEY'RE BETWEEN THE LINES.
2. USE TRIGGER WORDS TO HELP GET GUYS FOCUSED ON WHAT THEY NEED TO CORRECT IN THE DRILL.

DRIBBLING DRILLS:

1. 2 BALL DRILLS
 - a. 2 BALL POUNDS EAST WEST – TOGETHER - STATIONARY
 - b. POUND OVER – TOGETHER - STATIONARY
2. 1 BALL DRILLS
 - a. BEHIND THE BACK CROSSOVERS – TIGHT AND TWIST YOUR SHOULDERS – SNAP THE BALL – STATIONARY
 - b. COMBINATIONS – CROSSOVER, INSIDE OUT, BETWEEN THE LEGS, BEHIND THE BACK.
 - c. TAP-TAP CROSS (IN & OUT CROSS)
3. RESISTANT DRILLS
 - a. 30 SECONDS STATIONARY, FOUL ARM
 - b. 30 SECONDS STATIONARY, FOUL WRIST
 - i. FOUL SHOULDERS & ARMS
 - c. OWN YOUR SPOT DRILL
 - i. SHORT ACTIVE FEET POUND DRIBBLES
 - ii. COACH PULLS FROM BEHIND
4. PASSING DRILL
 - a. PASSING DRILL – PLAYER DRIVES FROM SLOT TO BASELINE WITH WEAK HAND. COACH STANDS IN THE OPPOSITE CORNER. PLAYER HITS COACH. MOST LIKELY WILL NEVER HIT THE COACH IN THE HANDS. PERFECT FOR CAMP!
 - b. DRIVE YOUR ELBOW AND SHOULDER THROUGH THE BALL – POUND SNAP.
 - i. 2 PLAYERS LINE UP EXTENDED FROM EACH OTHER, POUND THE DRIBBLE AND THEN SNAP AND CATCH THE BALL WITH YOUR WEAK HAND...THEN MOVE BACK.

THOUGHTS:

1. DRIBBLING IS ABOUT WRIST CONTROL...
2. BIG ON RESISTANT DRILLS.
3. VERY LITTLE BALL HANDLING PRE-DRAFT.
4. DO DRIBBLING DRILLS IN CROWDED SPACES.
5. USE RESISTANT DRILLS – FOUL – WRIST, ARM, SHOULDERS.
6. GUYS SHOULD HAVE 8-10 MOVES TO USE THROUGH WORKOUT.
7. PLAYERS LOOK AT BALLHANDLING AND PASSING AS DRILLS, NOT SKILLS...SO CONVINCE THEM OTHERWISE.
8. MAKE PASSING DRILLS THAT ARE PRESSURED AND MOVING. PASSING IS DIFFICULT WITH MOVEMENT AND PRESSURE.

SHOOTING:

1. GREAT SHOOTERS MUST HAVE CONFIDENCE.
 - a. RESULTS AND PRACTICE
2. STANCE – BE SHOT READY.
 - a. DOWN IN A UNIVERSAL STANCE.
 - b. HAND UNDER THE BALL ON THE CATCH – WRIST LOADED UNDER THE BALL.
3. PALM BEHIND THE BALL.
4. STEP ON THE FLIGHT OF THE CATCH – HELPS YOU STAY IN RHYTHM.
5. CATCH AND RISE.
6. THUMB DOES NOT CROSS THE NOSE.
7. THE LIFT POCKET – INSTEAD OF SHOT POCKET
8. FEET PARALLEL AND ON BALANCE WITH THE FINISH.
9. DON'T BACK PEDAL AWAY FROM YOUR SHOT (FADE SCREENS).
 - a. STAY WITH YOUR SHOT.
10. DON'T TELL THEM TO FOLLOW THE BALL.
 - a. FOCUS ON MAKING THE SHOT!

TARGET:

1. MIDDLE OF THE NET
 - a. USE THE TRIANGLE AT THE BACK OF THE NET

BANK SHOTS:

1. DON'T BE INDECISIVE

CATCH AND SHOOT:

1. KNOW IF YOU'RE OPEN
2. BE SHOT READY
3. SHOOT FIRST
4. POWER COMES FROM HIPS
5. BE CONNECTED
6. HEAD STILL
7. RHYTHM IS UP
8. SHOOT THE BALL OVER THE RIM – GIVE IT A CHANCE TO GO IN.
9. GOOD SHOOTERS FIND LACES.

FEET:

1. COMFORTABLE FEET
2. SHOULDER, ELBOW, FINGER DETERMINE THE LINE
3. WEIGHT SHOULD BE ON THE BALL OF THEIR FEET
4. HOP OR 1-2 – DO WHAT'S MOST COMFORTABLE

RELEASE:

1. UP, NOT OUT!
2. YOU DON'T HAVE A LOT OF TIME.

SHOOTING OFF THE DRIBBLE:

1. USE THE MOMENTUM OF THE DRIBBLE.
2. DIG THE SECOND TO LAST DRIBBLE.
3. GET YOUR WRIST UNDER THE BALL.
4. WORK ON THE TRANSITION.

FREE THROWS:

1. HAVE A ROUTINE.
2. DON'T DISTRACT YOURSELF.

ARC:

1. 52%-56%
2. IT SHOULD DROP RIGHT IN.

SHOT FAKE:

1. A SHOT FAKE IS JUST A SHOT NOT TAKEN.
2. SHOOT 50% OF OUR SHOT, AND THEN CHANGE OUR MIND.
3. A SHOT FAKE ISN'T A SHOT UNLESS IT LOOKS LIKE A SHOT.

THOUGHTS:

1. "NEVER WORK WITH A PLAYERS ELBOW – AS LONG AS IT'S UNDER THE BALL."
2. "THE ARC GOES WHERE THE ELBOW IS, THE BALL FOLLOWS THE FINGER."
3. "A LOT OF GREAT SHOOTERS BUT NOT A LOT OF MAKERS."
 - a. HOW MANY SHOTS DID YOU MAKE, NOT HOW MANY DID YOU SHOOT?
4. "IF YOU CAN SHOOT YOU CAN WIN."
5. SUMMER IS ABOUT SHOOTING AND BEING IN GAME SHAPE.
6. PRACTICE MAKES PERMANENT.
7. "AVOID EXTRA BODY MOVEMENT." THE SIMPLER THE SHOT THE BETTER THE RESULT.
8. ANALOGY – WHY YOU GET YOUR HANDS UP! BASEBALL CATCHER – IF YOU WERE A CATCHER THEY WOULDN'T TAKE THEIR HANDS DOWN.
9. A SHOT YOU DON'T PRACTICE IS A BAD SHOT.
10. USE TERMINOLOGY TO YOUR ADVANTAGE.
11. WE WANT GOOD PERCENTAGES FOR SHOOTERS.
12. STUDY: 68% OF MADE SHOTS IN THE NBA WERE DONE ON THE HOP.
13. STUDY: 9% DROP ON PERCENTAGE WHEN THEY PULLED THEIR SHOOTING HAND BACK.
14. 3 WEEKS OF 2 A DAYS...AND CAN'T TOUCH A BALL WITH SOMEONE ELSE TO TRAIN WITH HIM.
15. MISSED SHOTS ARE THE WORST WHEN YOU'RE CHANGING YOUR SHOT BECAUSE PEOPLE START TO FOCUS MORE ON THE RESULT INSTEAD OF THE PROCESS.

BALLSCREENS: - GOALS: CREATE AN ADVANTAGE, GET A SWITCH, CAUSE CONFUSION.

SCREENER:

1. SCREENER: ARRIVE WITHOUT YOUR DEFENDER – SEPARATE BEFORE YOU SCREEN.
 - a. BIG & FAT – CHANGE SPEEDS
2. ANGLE OF THE SCREEN – BUTT TO THE POINT OF ATTACK
 - a. AT THE TOP, PUT BUTT TO ELBOW
3. SLOT SCREENS, PREFERS ANGLE SCREENS INSTEAD OF SHOULDERS TO SIDELINE
 - a. YOU HAVE MORE READS WHEN IT'S ANGLED
4. TARGET THE BOTTOM HIP
 - a. START WITH THE ANGLE, THEN GO TO SLIDE ANGLE.
5. HOLD SCREEN UNTIL THE BALL HANDLER IS BY THE SCREEN.
6. ROUND THE DEFENDER, CREATE THE LONGEST PATH.

ROLLING:

1. IF YOU WANT THE BALL TO MAKE A PLAY AT THE POINT OF THE SCREEN, HAVE HIM OPEN UP TO THE BALL. IF YOU WANT HIM TO CATCH CLOSER TO THE RIM, HAVE HIM OPEN UP AWAY FROM THE BALL.
2. ALWAYS STAY AVAILABLE TO THE BALL – HIGH HANDS, EYES TO THE BALL.
3. FIND THE GAP AND LET THE BALL FIND YOU.
4. STAY AVAILABLE TO THE BALL IN SPACE.
5. BE OPEN AND AVAILABLE.

READS:

1. START 2 DRIBBLES AWAY INCASE YOU NEED TO ADJUST.
2. SNEAK A PEEK AT THE RIM.
3. CONTROL YOUR MAN WITH THE BODY.
4. FEEL YOUR MAN, SEE HIS (THE SCREENER'S DEFENDER), READ THE HELP.
5. GET HIPS SQUARED TO THE RIM SO YOU CAN SEE THE FLOOR.

BALL HANDERS APPROACH DRIBBLE - (2) DRIBBLES AWAY SO WE CAN PROTECT AND REJECT IT:

1. HIP SWIVEL
2. BUMP IN
3. INSIDE OUT
4. SHIFT MOVE
 - a. VISION ALWAYS DOWN HILL.
 - b. DRIVE TO HIS OPPOSITE SHOULDER AND BOUNCE OFF.

ATTACKING THE HEDGER:

1. QUICK EVADE
 - a. MAKE HIM TENSE UP, POUND WITH THE JAB, UP HILL LUNGE, TURN HIPS, GO DOWNHILL.
2. SIMPLE POP OFF

ATTACKING THE BLITZER:

1. SEE SPACE; OPEN UP SPACE, ATTACK SPACE.
 - a. CROSS OVER SPLIT
 - b. PUSH SPLIT
 - c. TOP POP – POP TO THE TOP OF THE HEDGE, THEN ATTACK 1 V. 1
 - d. BUMP OFF

ZONE COVERAGE:

1. SPLIT THE ZONE, FLOAT AND STAY PARALLEL
2. INSIDE OUT, STUNT DRIBBLE, AND THEN FLOAT
3. POCKET J OR TIGHT WRAP
4. DRIBBLE HOLD

DOWN COVERAGE:

1. BOUNCE BACK - FLOAT AND GO
2. TIGHT WRAP
3. POCKET JUMP SHOT
4. AROUND HIM
5. DOWN HILL AND SPLIT THROUGH

THOUGHTS:

1. HARD HEDGE AND OVER THROUGH.
2. TEACH THEM HOW TO BOUNCE BACK, CLOSE THEIR STANCE, AND GO DOWN HILL.
3. HELP THEM UNDERSTAND THAT THEY DON'T NEED TO MAKE A PLAY.
4. DOESN'T BELIEVE IN FLAT SCREENS, START FLAT BUT CHANGE YOUR ANGLE.

PIN-DOWN GAME:

1. IN THE GAP - STRAIGHT CUT
2. ON YOU - MAKE CONTACT AND CREATE SPACE
3. EXPLODE OFF THE OUTSIDE FOOT
4. SNEAK A PEAK
5. CATCH AND DRIBBLE
6. CATCH AND THROW OUT
 - a. GET IT OFF YOUR CHEST AND GO DOWNHILL
7. SHOT FAKE OPTIONS
 - a. SHOT FAKE AND REVERSE PIVOT TO HELP YOU GET MORE ON BALANCE - PEEL OUT
8. FADES
 - a. CURL AND THEN SEPARATE AT AN ANGLE
9. POP
 - a. CURL AND SEPARATE AT AN ANGLE - POST STEPS IN
10. DRIBBLE HOLD

THOUGHTS:

1. THE NBA STARTS THEIR OFFENSES CLOSE TO THE RIM BECAUSE YOU CAN BE MORE PHYSICAL.
2. MOST IMPORTANT PERSON IS THE PASSER FOR THE PIN-DOWN. ON TIME, ON TARGET.
 - a. USE THE SCISSOR STEP
 - b. HIT THE SCREENER
3. GO OVER THE SCREEN A DIFFERENT DIRECTION.
4. BE PASS READY.
5. HUDDLE! YOU CAN SHOW LEADERSHIP BY GETTING YOUR TEAMMATES TO DO THIS.

FLARE SCREENS:

1. BELLY UP AND SLIDE
 - a. HELPS KEEP HIPS SQUARE
 - b. BETTER FOR YOUR FEET AND GETTING SET
 - c. CAN RE-ANGLE THE SCREEN.

TRANSITION PLAY:

1. A DRIBBLE PER. SECOND
2. EVERYONE SPRINT – CAUSE AND EFFECT
3. YOU CAN MAKE UP FOR SPEED BY TRANSITIONING QUICKLY.
4. PASS AHEAD ONLY AHEAD TO SOMEONE THAT CAN CATCH IT AND KNOW WHAT TO DO WITH IT.
5. REWARD YOUR TEAMMATES FOR RUNNING.
6. ALWAYS TRY TO GET THE BALL ON MAIN STREET UNLESS 2 V 1.
 - a. 2 V. 1 IS BETTER THAN A 3 V. 1
7. DON'T PICK UP THE DRIBBLE UNTIL YOU KNOW WHO CAN MAKE A PLAY.
8. LEAD YOUR TEAMMATES, HIT THEM IN STRIDE.
9. TRANSITION REBOUNTING IS IMPORTANT! FOR SOME TEAMS A ROLE CAN BE REBOUNTING IN TRANSITION.
10. YOU NEED PLAYERS TO PLAY WITH PURPOSE.
11. NEVER STOP A BANANA CUT! NEVER STOP A CUT, FINISH A CUT.

ROLES:

POINT GUARDS:

1. GETS THEM INTO THEIR OFFENSE
2. KNOW THE PLAYBOOK
3. GREAT BASKETBALL IQ'S AND UNDERSTAND THE WHY'S
 - a. WHEN TO PUSH IT, WHEN TO SLOW IT DOWN, WHO TO GET THE BALL TO?
4. KNOW TIME SCORE AND SITUATION AT ALL TIMES.
5. KNOW THE OTHER TEAMS WEAKNESSES AND KNOW HOW TO TAKE ADVANTAGE OF THE OTHER TEAMS WEAKNESSES.
6. SKILLS
 - a. DECISION MAKER, NOT A RISK TAKER
 - b. HANDLE AND PASS WITH BOTH HANDS
 - c. SET THE TONE ON DEFENSE
 - d. KNOCK DOWN OPEN SHOTS
 - e. BE ABLE TO DRAW TWO DEFENDERS AND MAKE THE RIGHT PLAY
 - f. CONTROL TEMPO
 - g. KEEP HIS TEAM CALM WHEN ADVERSITY HITS

SHOOTING GUARDS:

1. SCORER
2. CREATE THEIR OWN SHOT
3. FIND OPEN TEAMMATES
4. SPRINT THE WINGS
5. ABLE TO USE SCREENS
6. FINISH WHEN THEY GET THE BALL IN THE PAINT
7. ABLE TO GET TO THE FREETHROW LINE

BIGS:

1. HOOKS WITH BOTH HANDS
2. ESTABLISH POSITION
3. KNOW HOW TO GET OPEN AND STAY OPEN
4. ABILITY TO SEAL AND KNOW WHEN AND HOW TO RELEASE
5. MUST BE ABLE TO ALTER SHOTS
6. CATCH AND PASS THE BALL
7. VOCAL LEADER ON THE DEFENSIVE END
 - a. GOAL
 - i. GET TO THE FT LINE EACH QUARTER
 - ii. 1 RIM RUN
 - iii. 1 BLOCK SCORE EACH QUARTER
 - iv. 1 OFFENSIVE PUT BACK
 - v. 2 DEFENSIVE, 2 OFFENSIVE REBOUNDS
8. DRILL FOR BIGS: WHEN GUARDS DRIVE AT YOU THROW YOUR HANDS UP, NOT OUT...WHEN YOU JUMP YOUR HANDS TYPICALLY GO OUT, SO PRACTICE THROWING THEM UP, THEN WHEN YOU GET IT YOU CAN JUMP.

BENCH:

1. COME INTO THE GAME AND PROVIDE A SPARK
2. EXCEL AT HIS ROLE
3. TAKE CARE OF THE BALL
4. CANNOT DISRUPT THE OFFENSIVE TEAMS SETS
5. SET ASIDE EGO

POST MOVES:

1. GIVE THEM THREE SERIES – A MOVE AND A COUNTER

LIST:

1. DREAM MOVE
2. SEALING
3. 1 DRIBBLE

HOW TO GET OPEN:

1. FRONT: HOP BACK AND GET AROUND – PUT YOUR KNEE IN THE BACK OF THE DEFENDERS LEG...RIDE HIM UP THE LANE, THEN SPIN.
2. FRONT: EXTEND ARM – SPIN
3. FRONT: SPIN SEAL – HOLD AND RELEASE
4. 3 QUARTERS – CHANGE YOUR ANGLE
5. BEHIND: GET IN YOUR COUCH, SO YOU NEED TO POST UP TWO FEET LOWER THAN WHERE YOUR COUCH WILL BE.
6. CATCH INLINE WITH THE OPPOSITE ELBOW. MAKES FOR THE BEST VIEW POINT.

POST SERIES:

1. IF POST DEFENDER IS WALLING UP, WE WILL TRY AND POST UP THE LINE SO WE CAN FINISH DOWN THE LINE.
2. DRIVE DOWN HILL OR UP HILL, THEN SPIN OPPOSITE.
3. HALF HOOK
 - a. POUND SHUFFLE – 1...2...
 - b. CAN HOP MID-LINE OR SHOOT A RUNNER
 - c. READ NOSE
4. IF YOU GET CROWDED MOVING MIDDLE, GET LOW, SHOW, LEG WHIP AND FINISH.
5. ON THE DROP STEP, DROP YOUR LEG 45 DEGREES BEFORE YOU MOVE.
6. DREAM: GET DEFENDER AS CLOSE TO THE RIM AS POSSIBLE AND ON YOUR BUTT.
7. HALF SPIN
8. QUICK SPIN
9. POUND PIVOT

ELBOW EXTENDS – FINGER EXTENDS

HOW TO GET OPEN:

1. STRONG SIDE DROP
2. UP HILL AND SWIM
3. HIT AND SIT
4. DUCK IN – SPLIT THE DEFENDERS FEET.

REPOSTING:

1. HIT, RELAX, POST

REVERSE PIVOT SERIES:

1. SHOT
2. SHOT FAKE
3. SHOT FAKE RIP
4. KNEE KNEE CHEST
5. LUNGE AND DROP BACK
6. BUMP INTO THE BODY AND STEP OUT

WORKOUT 2:

1. TRIPLE THREAT MOVES – DRIVE AND FINISH
 - a. SWITCH SIDES
2. LIVE BALL MOVE
 - a. FINISH ON OPPOSITE SIDE OF THE RIM
 - i. EXTEND
 - b. SWITCH SIDES
3. LIVE BALL MOVE INTO A PRO HOP SLIDE THROUGH
 - a. SWITCH SIDES
4. LIVE BALL MOVES INTO MID-RANGE
 - a. LANE LINE EXTENDED, DRIVE AND ESCAPE DRIBBLE TO THE WING
 - b. SWITCH SIDES
 - c. COUNTER MOVE
 - d. SWITCH SIDES
5. LIVE BALL MOVES – STUNT OUT AND FLOAT BASELINE
 - a. PULL-UPS AND FINISHES AT THE RIM
 - b. SWITCH SIDES
6. LIVE BALL MOVES – BUMP OFF INTO A STEP BACK
 - a. SWITCH SIDES
 - b. ON THE RIGHT SIDE OF THE FLOOR, POUND STEP BACK RIGHT HAND.
7. LIVE BALL MOVES – PUSH OUT, STEP BACK
 - a. SWITCH SIDES
8. LIVE BALL MOVES – INSIDE & OUT, HESITATION AND PULL UP, IN & OUT CROSSOVER
 - a. SWITCH SIDES
9. SHOT FAKE – SIDE STEP 1 BOUNCE INTO A SHOT
 - a. SWITCH SIDES
10. 2 MINUTE PULL-UPS – ALTERNATE ELBOW WING
 - a. SWITCH SIDES AFTER A MINUTE
 - b. AVOID EXHAUSTION
 - c. MAINTAIN FORM
 - d. USE THE RHYTHM OFF THE BOUNCE
11. 2 MINUTE PIN DOWN SERIES – 16 GOAL
 - a. CATCH AT SHOOT

- b. 1 DRIBBLE THROW-OUT
- c. 1 DRIBBLE STEP BACK
 - i. SWITCH SIDES AFTER 1 MINUTE
 - ii. RISE FROM THE CORNER

12. FINISHING DRILL

- a. START WITH YOUR HEAD UNDERNEATH THE BASKET
 - i. SLIDE TO THE CORNER AND SPRINT BACK TO RIM FOR LOB FROM COACH
 - ii. FINISH, SLIDE TO THE OPPOSITE SIDE

THOUGHTS:

- 1. GOOD PLAYERS DON'T NEED TO BE CORRECTED OVER AND OVER AGAIN, JUST LITTLE TIPS AND REMINDERS AND THEY CAN CORRECT THEMSELVES.
- 2. ON STEP BACKS PROTECT THE BALL BY YOUR HIP.

MID-RANGE MOVES:

- 1. BUMP OFF – USE YOUR SHOULDER
- 2. HALF STEP BACK
 - a. RIGHT FOOT, RIGHT HAND STEP BACK.
 - b. POUND HOP
 - c. LOAD & EXPLODE
- 3. FAKE STEP BACK – STEP BACK, LIFT – GO DOWN HILL
- 4. HALF SPIN
 - a. DRIBBLE LEFT, FAKE RIGHT AND OVER GO OVER RIGHT SHOULDER
- 5. SPIN & SHOOT
 - a. SPIN HOP
- 6. IN & OUT – STUNT AND HOP BACK
 - a. BALANCE
- 7. BEHIND THE BACK SHIFT
- 8. POUND PIVOT
- 9. PUSH OUT SERIES
- 10. SHIMEY J
- 11. CROSS BACK

Q & A:

1. SHOULDER WAR – THROW THE BALL OUT TO YOURSELF SO YOUR ARMS BECOME EXTENDED AND THEN YOUR SHOULDER SHOULD GET AHEAD OF YOUR DEFENDERS SO YOU CAN FINISH.

SUMMER WORKOUTS:

SKILL WORK 4-6 – 45 MINUTES

GAME SHOTS 4-6

GAMES 2 TIMES A WEEK

LIFT 3-4 TIMES A WEEK

DON'T RECRUIT POTENTIAL – RECRUIT PRODUCTION

SITUATIONAL STUFF IS THE BEST TO PREPARE KIDS...SOMETIMES IT'S LIVE, SOMETIMES IT'S DUMMY DEFENSE. DON'T GO FOR EXPOSURE UNTIL YOU'RE READY OR YOU'LL GET EXPOSED.

1. STRENGTH: - WHAT YOU'RE GREAT AT.
2. WEAKNESS: - SOMETHING YOU'RE NOT GOOD AT IN A GAME.
3. THREAT: - SOMETHING YOU WON'T DO IN A GAME.

THERE IS...

WORKING HARD

WORKING SMART

WORKING CONSISTENTLY

IF YOU DON'T HAVE ALL THREE THEN YOU'RE NOT GOING TO MAXIMIZE YOUR POTENTIAL.

WORK ON THE SCISSOR DRIBBLE

SHUFFLE PASS TO THE POST PLAYER REACTING TO PENETRATION

POST FEED:

1. GOOD ANGLE
2. PASS AWAY FROM THE D
 - a. DON'T THROW A MIDDLE BOUNCE PASS INTO THE POST

DAVID WEST HAS A RULE WITH YOUNG GUYS THAT HE WILL PAY THE FINES FOR ANY GUYS THAT BACK UP A TEAMMATE IN A FIGHT.

YOU CAN'T CHANGE PASSION

DAY 3

DEFENSE:

1. LENGTH
2. QUICKNESS
3. SIZE

THOUGHTS:

1. GAPING AND LOADING TO THE BALL IS MORE IMPORTANT THEN GAMBLING.
2. GO FOR PROBABLE AND NOT POSSIBLE.
3. GUYS THAT DON'T PLAY DEFENSE DON'T PLAY.
4. NO FALSE HUSTLE PLAYS.
5. OFFENSIVE GUYS DON'T LIKE TO BE GUARDED.
6. STOP LAYS UPS, STOP TRANSITION, STOP PUT BACKS, YOU'LL STOP LOSING.
7. KNOW MY GUY DEFENDERS – ABUSE THEM

RANKING DEFENDERS:

1. POOR DEFENDERS PLAY WITH THEIR HANDS
2. AVERAGE DEFENDERS PLAY WITH THEIR FEET
3. GOOD DEFENDERS PLAY DEFENSES WITH THEIR MINDS

MENTALITY:

1. ACTIVE AND AGGRESSIVE BUT ALWAYS UNDER CONTROL
2. DETERMINED TO GET STOPS
 - a. BE ENGAGED
3. ANTICIPATION
4. QUICKNESS IS BASED ON YOUR READINESS
5. LIMIT GAMBLING
6. DON'T WORRY ABOUT THE LAST SHOT
7. BE ABLE TO PRESSURE AND BE CONFIDENT DOING IT
8. COMMUNICATION IS EARLY LOUD AND OFTEN
 - a. HAVE SAME TERMINOLOGY
9. WHERE DOES THE BALL NEED TO GO?
 - a. WHAT'S YOUR TECHNIQUE
 - b. WHO IS HELPING YOU?

TRANSITION DEFENSE:

1. FIRST TWO STEPS
2. GUARD THE BASKET
3. CONTAIN THE BALL

4. COMMUNICATE
5. STOPPING CLOSEOUTS
6. FINISH THE POSSESSION – SECURE THE REBOUND

ON BALL DEFENSE:

1. HANDS
 - a. MOST OF THE TIME THEY WILL RIP THROUGH
 - i. IF THEY DON'T THEY WON'T BE EXPLOSIVE
 - ii. IF YOU'RE SQUARED UP AND THEY STEP THROUGH THEN YOU'RE BEAT
 - iii. SO GUARD THEIR PIVOT FOOT
 - iv. SPLIT PIVOT FOOT, PROTECT RIP THROUGH, YOU CAN RECOVER TO THE DRIVE WITH AN OPEN STANCE
 - v. SQUARE PIVOT FOOT, BUT GUARD JAB STEP
 1. WHEN HE JABS, CATCH THE JAB
 2. NEVER DROP YOUR ANGLE
 3. DON'T OPEN THE GATE AFTER A JAB AND CROSS
 4. DON'T LET A GOOD PLAYER READ YOUR FOOTWORK
 - vi. NEVER RETREAT UNTIL THE BALL GOES ON THE FLOOR
 - vii. IF THE DEFENDER RIPS THROUGH YOU'RE ALLOWED TO HAVE MORE CONTACT AS A DEFENDER
 - viii. ON AN OPEN STEP DRIVE YOU GET VERY LITTLE CONTACT SO YOU NEED TO HAVE A PERFECT DROP DRIVE
 - ix. BUTT NEVER CHANGES, FEET DON'T DROP OR CHANGE ANGLES
 - x. CATCH THEIR HIP ON THE DRIVE
 - b. ON THE RIP, BUMP UP A LITTLE FOREARM, THEN HANDS UP
 - c. IF YOU DO RETREAT, YOUR BUTT NEVER CHANGES ANGLES
 - d. ANGLE TO YOUR HELP!
 - e. CHEST NEEDS TO BE IN LINE WITH THE BALL
 - f. BE JUST A LITTLE LATE IF HE FLOATS
 - g. DON'T SHIFT AND HOP, THAT'S HOW YOU GET BEAT. SO KEEP YOUR ANGLE.
 - h. USE DEFENSIVE PRINCIPLES TO HELP YOU KNOW WHERE TO ANGLE A GUY.
 - i. WHEN GOES TO SHOOT, GO HAND TO BLOCK VISION. DON'T GO UP UNTIL THEY JUMP. DON'T GO TO BLOCK.
 - j. DON'T BLOCK SHOTS UNLESS YOU'RE A SHOT BLOCKER.

THOUGHT'S:

1. SPRING 2/3 OF THE WAY, AND BREAK YOUR FEET DOWN. ON OPEN DRIVE TAKE IT IN THE CHEST.
2. HANDS ALWAYS NEED TO GO UP, NOT DOWN ON A SHOT.
 - a. USE OFF ARM TO TAKE AWAY VISION
 - b. USE SHOOTING HAND TO TAP BOTTOM OF THE ELBOW.
3. SECOND STEP IS MOST IMPORTANT. THAT'S WHAT YOU'RE RACING TO.
4. CHANGE YOUR ANGLE AND LOCATION FOR CLOSEOUTS.
5. TEACH HOW TO CLOSEOUT WHERE THE DEFENSE IS GOING TO BE, NOT WHERE THEY ARE. KNOW WHERE TO CLOSEOUT AND HOW TO READ IT.
 - a. *DEPANTSING 6TH GRADER IN THE ZONE STORY*
6. KEEP TRACK OF DEFLECTIONS.
 - a. DEFLECTIONS
 - b. DEFLECTIONS WITH THE BALL THAT LEADS TO A STEAL.
7. CUT TO THE BALL – NOT THE ANGLE.

POST DEFENSE:

1. KNOW WHICH HAND THEY ARE MOST COMFORTABLE SHOOTING WITH.
2. DON'T LET HIM SPIN DOWN HILL.
3. IF THEY CAN SEE YOUR NOSE THEY ARE GOING BASELINE.
4. SPLIT THE ANGLE, SO IF HE GOES UP HILL HE HAS TO GO AWAY FROM THE HOOP.
5. FORCE YOUR ANGLE TO THE NAIL.
6. WHEN THEY GO TO SPIN, DROP AND DON'T GIVE THEM THE PERFECT ANGLE AT THE RIM.
7. PUT CHEST ON SHOULDER.
8. NEED TO HAVE ACTIVE FEET.
9. ABSORB THE HIT.
10. SHORT CHOPPY FEET.
11. PRE-CATCH – UNDER SWIPES, ALTERNATE SIDES, KEEP THEM GUESSING.
12. WHEN GUARDS GET POSTED UP, GET IN, GET UP AND AROUND. BUMP FROM BEHIND SO YOU CAN GET AROUND.

GAP DEFENSE:

1. ON THE WING, ANY TIME SOMEONE BACK CUTS, EXPECT THEM TO CUT BACK.
 - a. HEAD ON SWIVEL CHANGING SHOULDERS, AND EXPECT HIM TO WANT TO GET THE CATCH BACK ON THE WING SINCE WITH BALL PRESSURE IT'S HARD TO FEED THE BALL BACKDOOR.

MOVING WITHOUT THE BALL:

1. BUMP AND STEP OVER
2. STOP AND GO, CUT TO A DIFFERENT ANGLE, STOP AND BUMP TO WHERE YOU WANT THE BALL.
3. LEG SWING – STOP AND SCREEN THEN POP.

FINISHING:

1. BODY FINISHES:
 - a. DRIVE IN, INITIATE CONTACT BY KEEPING YOUR SHOULDERS PARALLEL TO THE BACK BOARD.
 - i. KEEP BALL AWAY FROM DEFENSE.
 - ii. EVEN WITH CONTACT, KEEP SHOULDERS PARALLEL.
2. EURO STEP:
 - a. OFTEN MISTAKEN AND MISUSED.
 - b. JAB AT AND GET AROUND.
 - i. MAKE SURE YOU GET AROUND AND CREATE SEPARATION
 - ii. SHORTEN THE JAB
 1. MEANS LOAD UP
 - c. USE FLOATER
3. EXTEND OUT LAY-UPS:
 - a. TWO VERSIONS
 - i. GETTING NARROW AND GETTING AROUND A GUY
 1. GOOD FOR A DEFENDER TAKING A CHARGE
 2. POUND DRIBBLE THE BALL AT THE SAME TIME THE OPPOSITE FOOT HITS.
 3. THEN STEP AROUND.
 4. LEBRON JAMES IS A GOOD EXAMPLE
4. EXTENSION FINISHES:
 - a. GET IN, GET OUT, AND HIGH OFF THE GLASS.
 - b. NEED TO HAVE GOOD TOUCH, NOT ABOUT THE SPIN.
5. KEEP HIGH FINISHES:
 - a. GET THE BALL TO THE POWER POCKET – SO MANY OPTIONS
 - b. KEEP HIPS SQUARE AND FINISH.
6. FLOATER:
 - a. ATTACK AND LAND WITH BOTH FEET, GET ELBOW UNDER THE BALL AND SHOT PUT THE BALL.
 - i. TONY PARKER IS THE BEST.
 - b. GET BALL TO THE RIM.
7. RUNNER:
 - a. ONE FOOT FINISH
 - b. NEED TO HAVE GOOD TOUCH, SO FINISH WITH FINGER, GET BALL SOFT AND OVER THE FRONT OF THE RIM.
8. HANGER:
 - a. A ONE FOOT SHOT

- b. GOOD FOR 8' – 12'
 - i. CONTROL YOUR JUMP GOING STRAIGHT UP.
- 9. JUMP STOP, SHOT FAKE, FINISH
 - a. NOT BIG ON IT, TAKE ADVANTAGE OF BEING AHEAD OF THE DEFENDER
- 10. POUND EVASION FINISH
 - a. POUND, JAB, FINISH, GET SKINNY,
 - i. JAB WITH BALL SIDE FOOT.
 - ii. IF THEY CUT YOU OFF YOU CAN FINISH WITH A EURO AND SWITCH FEET
- 11. PRO HOP
 - a. LAND WITH A CONTROLLED JUMP STOP
 - b. USE TRIPLE THREAT DRIBBLE
 - c. OUT TO IN
- 12. REVERSE PRO HOP
 - a. JUMP IN TO OUT
- 13. REVERSE ROLLS
 - a. GOOD FOR A FINISH IN TRANSITION WITH A SHOT BLOCKER TRAILING YOU
 - b. JUMP OFF DRIBBLE FOOT (LEFT DRIBBLE, LEFT FOOT)
 - c. 1...2... LAY-UP
 - d. THEN DO IT WITH A DRIBBLE
 - e. THEN TURN AND LOOK
- 14. 1 DRIBBLE LAY-UP – NO SECOND STEP
 - a. FINISH WITH RIGHT FOOT RIGHT HAND TO AVOID SHOT BLOCKER
- 15. STRIDE STOP
 - a. 1 – 2 GATHERING
- 16. TUCK LAY-UPS
 - a. TUCK THE BALL TO YOUR BODY AND FINISH
 - b. HELPS TO GET THROUGH A GAP DEFENDER
 - c. USE ONE HAND TO TUCK AS OPPOSED TO TWO
- 17. SHOULDER WAR FINISH
 - a. SHOULDERS ARE EVEN, THROW YOUR HANDS OUT AND OUT LIKE A PASS THEN IT CREATES THE ANGLE TO HELP GET YOUR SHOULDER AROUND THE DEFENDER TO FINISH

THOUGHTS:

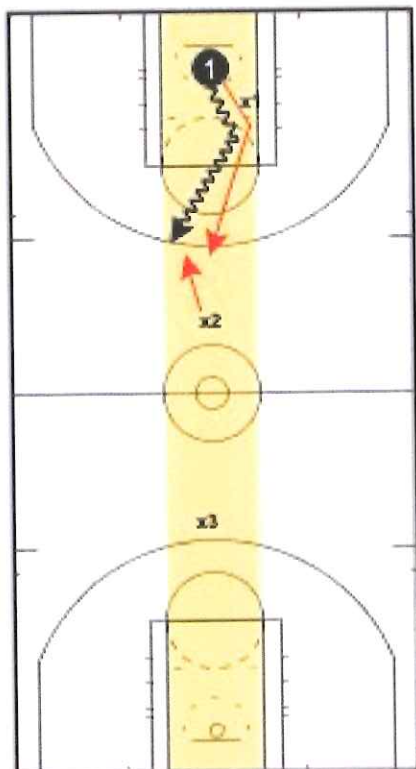
- NEED TO TRAIN THE READS.
- KEEP YOUR EYES ON THE RIM, YOU'LL GET BLOCKED SOMETIMES, IT'S NATURAL...BUT MORE SHOTS ARE MISSED OUT OF FEAR.
- SHOT BLOCKERS NEED SPACING AND TIME.
- NEED TO BE COMFORTABLE AND CONFIDENT WITH ALL THESE SHOTS.

DRILLS:

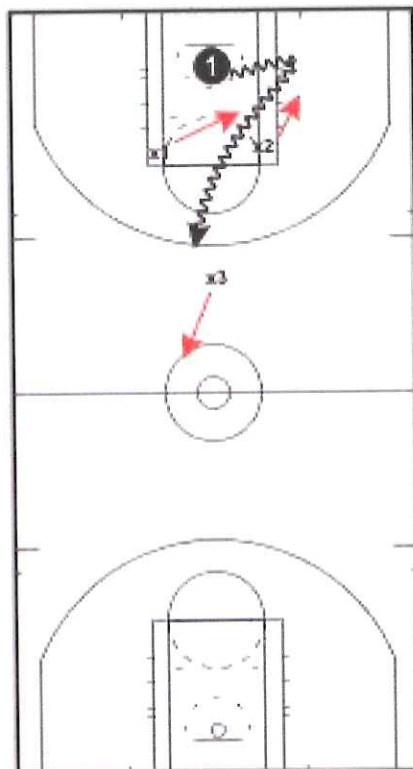
- NO SUCH THING AS FOULS IN WORKOUTS - DO DRILLS THAT ARE PHYSICAL

1. 4 ZONE DRILL

- a. ZIG ZAG DRILL WITHIN LANE LINE, AND CAN'T SPIN
 - i. USE POP BACK DRIBBLE
- b. SET ADDITIONAL DEFENDERS



4 ZONE DRILL.

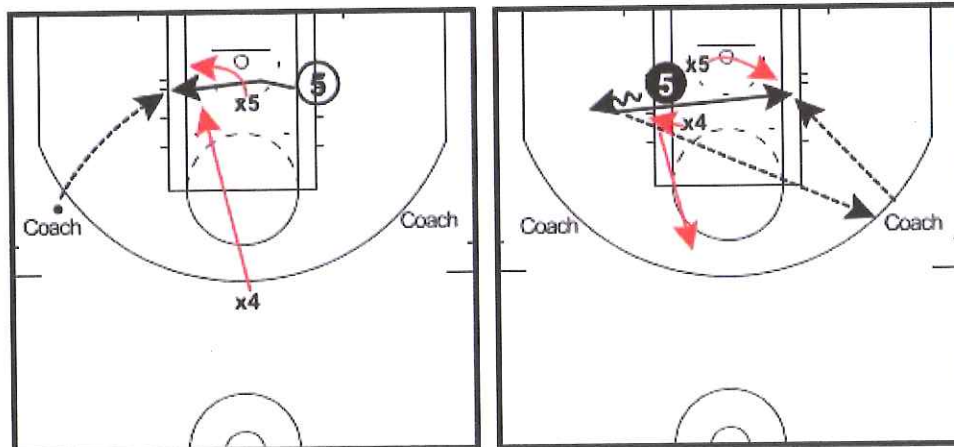


TRAP DRILL.

2. TRAP DRILL

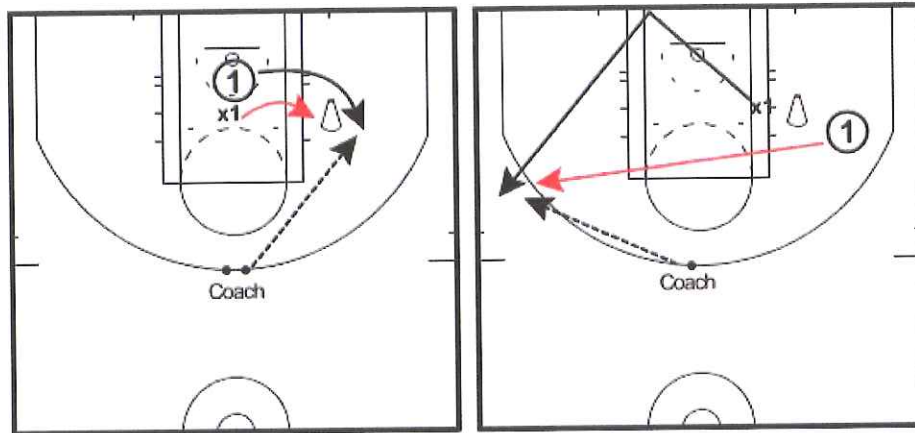
- a. START UNDERNEATH THE HOOP 1 AGAINST 2 DEFENDERS HANDS BEHIND THEIR BACKS
 - b. ONCE OUTSIDE OF THE 3 POINT LINE IT'S 1 V 1 TO THE NEXT HOOP.
- ### 3. 1 MINUTE POUND DRILL - 50 POUNDS KNEE HEIGHT, 50 AS LOW AS YOU CAN GO, 25 SIDE TO SIDE, 25 POUND INSIDE OUT - NEED TO GET AT LEAST 100 MINIMUM
- ### 4. POUND OVER TOP & POUND OVER THE LINE
- a. STAND AT THE FREE THROW LINE, GO POUND OVER TOP FROM PAINT OVER THE LINE AND THEN THE CIRCLE FOR POUND OVER THE SIDE.
 - b. GREAT FOR WEAK HAND, FOCUS ON WRIST CONTROL. GO FOR A MINUTE ON EACH AND SEE WHAT THEY GET.
 - c. DON'T HIT THE LINE.

5. 2 BALL POUND DRIBBLE
 - a. DON'T LOSE THE BALL
 - b. SOMEONE BEHIND TRYING TO MAKE YOU LOSE THE BALLS
 - c. STAY LOW, AND SHIFT YOUR BODY
6. FLIP THE BALL TO YOURSELF – DEFENDER GETS TO FOUL YOU!
 - a. HOLD THE BALL FOR FOUR SECONDS AND PIVOT
 - b. GET USED TO BEING STRONG WITH THE BALL
 - c. AFTER 4 SECONDS YOU CAN DRIBBLE, GO FOR 10 SECONDS TOTAL
7. 1 V 1 GAME
 - a. ZIG ZAG DRILL TO 3 POINT LINE.
 - i. DEFENDER MUST HAVE HANDS BEHIND HIS BACK
 - ii. FOR EVERY TURN YOU MAKE THE OFFENSE MAKE AS A DEFENDER THAT'S HOW MANY DRIBBLES YOU GET ON OFFENSE.
 - iii. HELPS FOCUS ON BEATING GUY TO SPOT.
 - iv. THEN YOUR LIVE 1 ON 1
 - v. OFFENSE START WITH HEAD UNDERNEATH THE BASKET, MUST STAY WITHIN THE LANE LINE.
8. 1 VS. 1 FOR BIGS
 - a. COACHES ON THE WINGS
 - b. POST AND POST DEFENDER ON THE OPPOSITE BLOCK FROM THE BALL
 - c. EXTRA POST DEFENDER AT THE TOP OF THE KEY
 - d. POST CALLS FOR BALL & CUTS BALLSIDE CORNER
 - i. TOP OF THE KEY DEFENDER COMES DOWN TO DOUBLE THE POST
 - ii. POST MUST SCORE, IF HE DOESN'T HE MUST RETREAT DRIBBLE OUT OF THE DOUBLE TEAM, SKIP THE BALL, THEN REPOST ON THE OPPOSITE BLOCK.
 - iii. REPOST, 1 VS. 1 LIVE
 - iv. IF BALL IS DEFLECTED OUT OF THE DOUBLE TEAM THEN THE DRILL IS OVER.



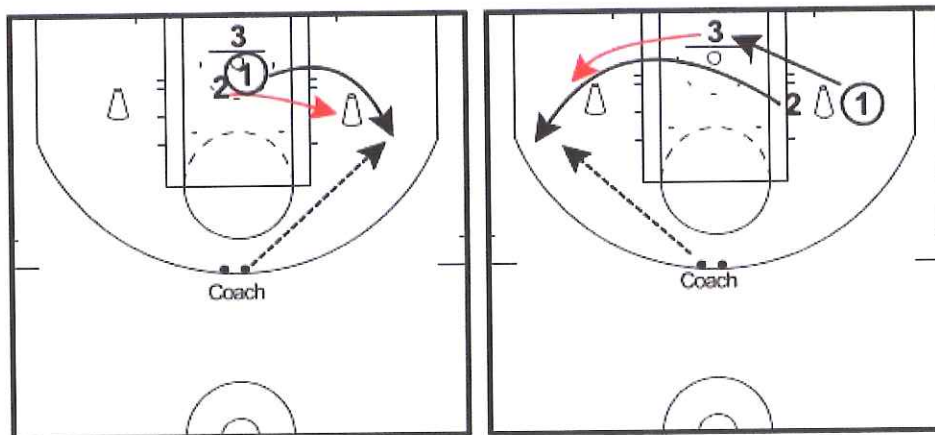
9. CURL DRILL

- COACH HAS TWO BALLS AT THE TOP OF THE KEY
- 2 PLAYERS ONE ON OFFENSE AND THE OTHER ON DEFENSE START UNDER THE HOOP.
- OFFENSE CURLS THE SCREEN (CHAIR, MANAGER, CONE), AND SHOOT FOR ONE POINT, DEFENDER STAYS WITH THE OFFENSE UNTIL THE SCREEN, THEN HAS TO GO TOUCH THE BASELINE AND SPRINT TO THE WING, COACH PASSES TO WING, AND THEN THE SHOOTER MUST CLOSEOUT TO DEFENDER. WING AND ORIGINAL SHOOTER GO 1 V 1. IF WING SCORES IT'S WORTH TWO POINTS. THEN SWITCH.



10. CURL DRILL CONTINUOUS

- OFFENSE AND DEFENSE KEEP SWITCHING, NEED THREE GUYS.
- COACH HAS TWO BALLS AT THE TOP OF THE KEY.
- 2 PLAYERS, ONE ON OFFENSE AND THE OTHER ON DEFENSE, NEXT DEFENSIVE PLAYER WAITING ON THE BASELINE.
- OFFENSE CURL SCREENS, AND SHOOT, DEFENDER STAYS WITH THE OFFENSE TO THE SCREEN, THEN SPRINTS TO NEXT SCREEN ON OPPOSITE WING AND NEW DEFENDER STAYS FOLLOWS HIM.
- KEEP IT GOING CONTINUOUS.
- BE PHYSICAL



11. 2 VS. 2 DUMMY

- a. WORK ON ROTATIONS UNTIL IT TURNS INTO 1 V 1 LIVE

12. 3 BALL SHOOTING – 2 LINES

- a. 2 LINES, 1 LINE HAS 2 BALLS THE OTHER WITH 1 BALL
- b. 2 BALL LINE SHOOT FIRST
- c. FOLLOW YOUR OWN REBOUND BUT YOU MUST ESCAPE DRIBBLE AND CREATE A BETTER ANGLE TO PASS THE BALL TO THE NEXT PERSON IN LINE.

13. 3 LINES 3 BALLS

- a. SHOOT, GET YOUR OWN REBOUND, BUT MUST PASS TO A DIFFERENT LINE EACH TIME, THERE IS NO ROTATION.
- b. IT FORCES PLAYERS TO TALK!

14. ANGLE TO PRESSURE DRILL

- a. DEFENSE MUST CONTAIN THE OFFENSIVE PLAYERS
- b. 4 DEFENDERS, 2 GUYS ON OFFENSE ON THE BASELINE
- c. ONE OFFENSIVE PLAYER ONLY GETS 1/3 OF THE COURT, ANOTHER OFFENSIVE PLAYER GETS 2/3 THE COURT
- d. HELP DEFENDERS HELP THE ON BALL DEFENDERS NOT GET BEAT AND HELP GAP THE BALL TO HELP.
- e. GO FULL COURT.

15. 2 V 2 VOLLEYBALL

- a. 2 VS. 2 START ON THE WINGS, DEAD BALL OFFENSE.
- b. OFFENSE CAN'T DRIBBLE FOR 30 SECONDS, OFFENSE CAN MOVE, DEFENSE WORK TO DENY THE PASS.
- c. EVERY PASS FOR OFFENSE IS A POINT.
- d. EVERY DEFLECTION FOR DEFENSE IS A POINT.
- e. A TURNOVER BEFORE THE CLOCK BEING DONE IS AN AUTOMATIC SWITCH.

16. FLOPPY DRILL

- a. SAME CONCEPT FOR AS 2 VS 2 VOLLEYBALL
- b. NEED 6 PLAYERS
- c. 2 OFFENSE, 2 DEFENSE, 2 SCREENER
- d. GET POINTS BY COMPLETING PASSES FROM TOP OF THE KEY TO WING
- e. TURNOVER OR DEFLECTION SWITCH
- f. PLAYER AT THE TOP OF THE KEY MUST GET RID OF THE BALL BEFORE 5 SECOND CALL
- g. WHEN BALL GETS PASSED TO THE WING, THE WING PLAYER MUST DRIBBLE TO TOP OF THE KEY AND START OVER
- h. PASSER RIM CUTS THEN COMES OFF FLOPPY

THOUGHTS:

1. WORK ON DRILLS WITHIN THE DRILLS.
2. MAKE SURE YOUR PLAYERS KNOW YOU'RE THERE FOR THEM.
3. YOUR GOAL FOR THEM NEEDS TO PUSH THEM ABOVE THE LEVEL THEY ARE.
4. BE HONEST WITH THEM AT ALL TIMES.
5. BREAK THEM DOWN AND BUILD THEM BACK UP. DON'T LET THEM LEAVE DOWN.
6. BE DETAILED ABOUT WHAT YOU WANT

NOTES BY:

BRANDON ROSENTHAL

@COACHROSENTHAL / @SCU_MBASKETBALL / BRANDONR5215@GMAIL.COM
SANTA CLARA UNIVERSITY MEN'S BASKETBALL