

Steve Kerr

Golden State Warriors

-Pressure defensive requires great fundamentals. Great fundamentals leads to execution. We want *clean plays*.

-Go back to our playoff series against OKC and Cleveland, turnovers killed us. Fundamentals...passing, catching, pivoting.

-Coaching is not controlling it. It's guiding it. Think of it like a cruise ship with gradual directional turns.

-When I first started with the Warriors, I had all these ideas (cut back on turnovers, be better offensively, get better ball movement). But on our first day of practice, it was helter-skelter - we were all over the place. I was sitting there thinking, 'How am I going to get control of these guys?' I realized quickly I wasn't going to be able to. It wasn't going to happen by me saying you have to do this or you have to do that.

-Will play 3-on-3 as part of their training camp

- 3-minute clock
- On 3 different courts
- Working post feeds - playing off cuts & splits
- Losers move

-Move the ball and move bodies.

- The more you move it and cut, the more opportunities you give the defense to make a mistake.

-What I try to do is continue to communicate our vision and generally nudge guys along. You can't bang stuff over their head. You have to nudge them along.

-I really didn't want to take away their spirit, but after 7 games we were leading the league in turnovers. In our 8th game we lost to the Spurs (the defending champions) by 13 despite shooting 54% from the floor. I was able to take the stat sheet and say, "The only way we could lose this game is because we turned it over 23 times and they turned it over 8!"

-What we're trying to do is build toward the end of the year.

-How can we make this fun and interesting? The NBA season is such a long grind that if you're going to do the same thing every day, it becomes a slog.

-I like to keep it loose and fun. Once in a while I snap on our guys. If I did it every day, they wouldn't bat an eye.

-What Greg Popovich and Phil Jackson did so well was their balance between respect and relationships.

-Pete Carroll asked, "How are you going to coach your team?"

-One of the best books I've ever read: The Inner Game of Tennis by Timothy

- Detach yourself from the process

-If you're the point guard and you throw the ball ahead, cut through to the weakside. Don't stay up top and let the defense load up.

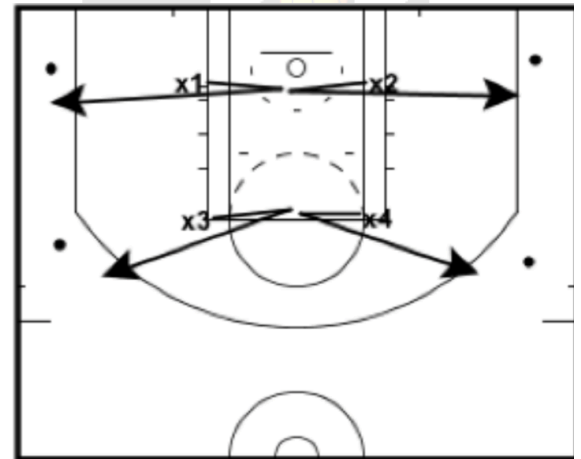
-What might have been Pop's best ability was to constantly keep perspective.

- "Get over yourself"

"4 Corners Closeout"

Players slide in for "2.9" tag (to denote the 2.9 seconds defenders can stay in the lane) and then closeout on coach with ball. On closeout, 4 new defenders take their place and are ready to slide in together on coach's whistle.

- Jump to 1-hand contest
- Guard drive then contest J
- Stay down on shot fake
- Fly-by and then come back to try and block shot from behind



-We do all our shell work 4-on-4

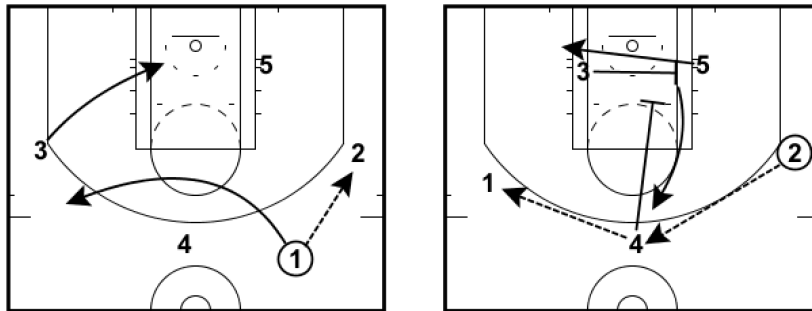
"5 Across"

Transition drill. 5 guys across baseline, 5 across free throw line. The coach throws it to one of the players on the baseline, the corresponding player across the free throw line sprints to touch the baseline. 2 trips. Normal scoring (2's & 3's) and +1 for offensive rebound and -1 for a turnover.

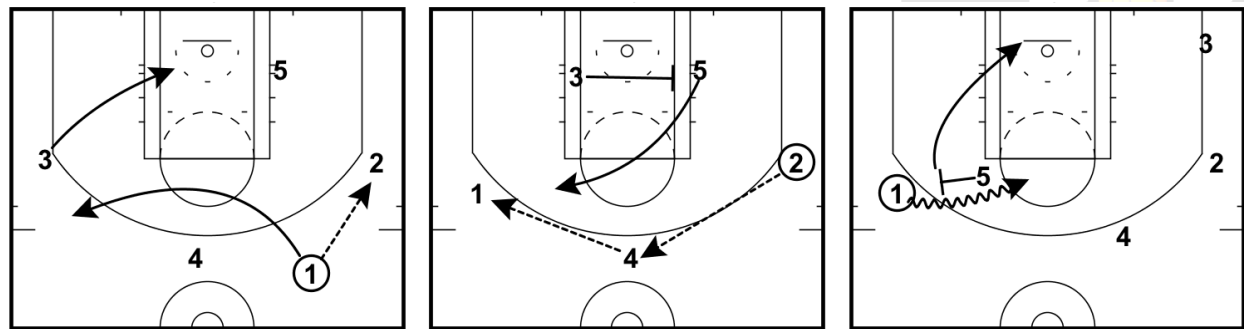
-We do the same boring ball-handling drills I did in high school.

- 4 cones
- One move for the first two cones; a different move for the 3rd and 4th (do each move with each hand)

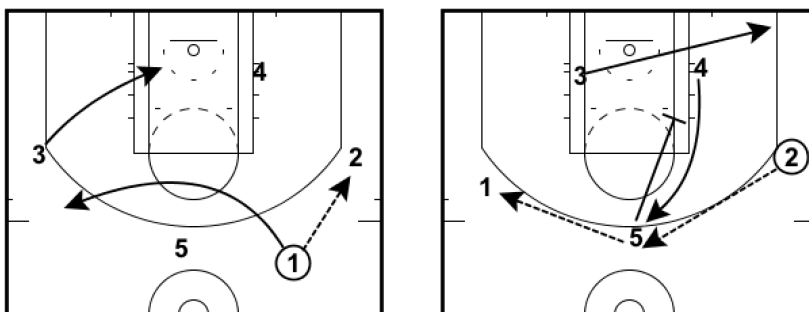
"Weak"



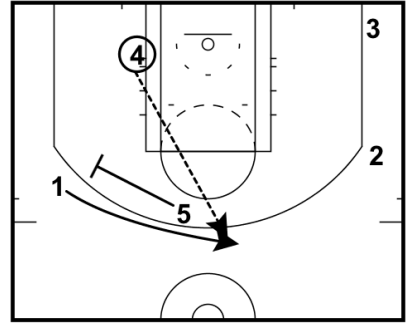
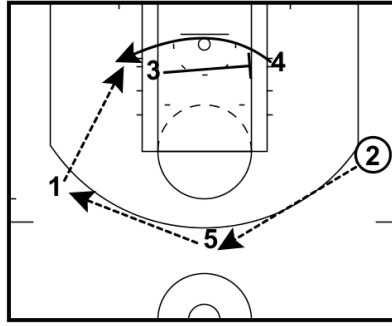
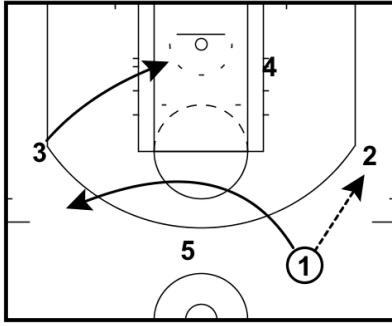
"Weak Fist" (4 can stay high, dive or screen down for 3)



"Weak" (Durant option)



Into post split



Option to get Steph in the screening action

