

I. Intro

- As a young coach he viewed “The Offense” and “Player Development” as two separate entities..... But as he has gotten older he has learned to blend the two.
 1. We want to Develop Skills
 2. Create Space to utilize that Space
 3. Have a Flexible Style of Play that Allows for Growth
- He gives each player an NBA Shot Chart to show what the best players in the world shoot (percentages). It is color coded and based on Spots on the Floor.
 - The Analytics are Clear
 - Focused on Around the Rim & 3 Point Line

Freedom From Choice:

- Post & Perimeter Drives
- Hand to the Glass
- Front of the Rim
- Go to Moves
- Competing for the Gold Areas - Eliminate the White

The slide features the Bethel University (BU) logo in the top left corner. The main title is "FREEDOM FROM CHOICE" in large, bold, blue letters. Below the title is a list of five offensive strategies, each preceded by a blue square bullet point:

- POST AND PERIMETER DRIVES
- HAND TO THE GLASS
- FRONT OF THE RIM
- GO TO MOVES
- COMPETING FOR THE GOLD AREAS—ELIMINATE WHITE

To the right of the list is a diagram of a basketball court. A vertical blue bar is positioned above the diagram. The diagram shows the key and three-point arc, with a blue and yellow shaded area in the key representing the "Gold Areas" mentioned in the list. The BU logo is also present on the court diagram. In the bottom left corner of the slide, there is a small mouse cursor icon and the text "coachdougnovak.com". In the bottom right corner, there is a logo for "COACHESCLINIC.COM" with the text "Powered by COACH TUBE" below it. On the far right, there is a small video inset showing a man in a dark shirt, labeled "Doug".

II. Start of Practice

- Start Practice with some sort of ***Habits of Movement*** (Tons of these on his website) These are generally defensive in nature..... Just something to get them moving.

Block Shooting Period:

→ **The Two Minute Drill is a constant every day and then he will mix in the other Block Shooting Drills to avoid monotony.**

- *Two Minute Drill* - Need to get 5 Shots from 5 Spots in two minutes, players are trying to break their own records. They chart this and players can see how often they are reaching their goals.
- *Closeout Shooting* - “Light Contest” from the Passer Rotate from Passer to Shooter. Video shows his guys doing this in groups of three.
- *W Shooting* - Players are going around the Perimeter taking a “3 Point Shot” then a “Mid Range” shot.
 - Coach says they take these often
 - Feels they are good for Depth Perception & Developing Shooting Touch

Finishing Series:

→ **Also mentioned always following up this Block Shooting period with Finishing Work around the rim. (Referencing his “Finishing Series”) also great stuff on his website.**

- *Around the Rim Series* - Group of Three Rotating (No Defense, Working on Footwork)
 - Mikan Drill (10)
 - Reverse Mikan Drill (10)
 - Jump Hook Series (10)
 - Post Up Series (4) (*two on each side - using their imagination*)
 - Showed a video of a guy using a fade instead of a Left Hand Hook
- *Finishing School (Stride Stop Series)* - Start them around the middle of the paint. The passer flips it to them and then shoves them in the hip a little bit
 - Stride Stop (outside hand)
 - Stride Stop (inside hand)
 - Stride Stop “Donut”
 - Stride Stop, Pivot to the Outside
- *Finishing School (Wing Attack)* - Start with the Dribble, Attack from the Wing then finish.
 - Stride Stop
 - Stride Stop, Donut
 - Stride Stop, Pivot to the Outside
- *Advantage 1/1* - From the top of the key, the defender gets on the side of the offensive player and they execute those same finishes.

- Showed a video clip of this...
- Coach with a pad at the top of the key, then another at the rim

III. Conceptual Skill Work

- Talked about how his Fan Series evolved from his time at the Citadel. They used a Flare Screen from the Corner.... At Bethel they just eliminated that Flare and then cleared the 3 Man out.
- The thing we want to **work on the most is the Finishing**.... More than the Offense.
- Coach Novak Talked about how he would transition into a Team Skills portion of practice where they would continue working on skills as they also work on offense.
 - Conceptual Offense

The slide features a basketball court diagram with the following elements:

- BU CONCEPTUAL SKILL WORK** (Logo and Title)
- FAN SERIES** (Section Title)
- FAN** (Diagram Label)
- Diagram:** A basketball court with numbered arrows indicating fan series movements:
 - 1: Dashed arrow from the bottom center to the left wing.
 - 2: Wavy arrow from the left wing to the top of the key.
 - 3: Solid arrow from the top of the key to the right corner.
 - 4: Solid arrow from the right corner to the left corner.
 - 5: Solid arrow from the left corner to the top of the key.
- coachdougnovak.com** (Bottom Left)
- COACHESCLINIC.COM** (Bottom Right, Powered by COACH TUBE)
- Video Inset:** A small video window showing a man named Doug.

2/0 Fan Series - (PPP) Working on the Fan Action and then the Posting up of their guards after a Quick Pitch.

- Slot to Slot Pass
- Fan to the Corner
- Drive & Quick Pitch
- Post up

Fan Options - Options for Skill Work

- Drive & Kick Shot
- Drive & Kick, ReDrive
- Drive & Kick PPP

BU CONCEPTUAL SKILL WORK
FAN SERIES
FAN PPP

coachdougnovak.com

COACHESCLINIC.COM
 Powered by COACH TUBE

3/0 Fan Series - (Baseline Drift) Essentially a Team Shooting Drill that is taken directly from their offense.

- Slot to Slot Pass
- Fan Action
- Drive the Elbow, Hit the 3rd Player for a Shot

BU CONCEPTUAL SKILL WORK
FAN SERIES
FAN BY-PASS

coachdougnovak.com

COACHESCLINIC.COM
 Powered by COACH TUBE

4/0 Fan Series - (Fan Bypass to Drift) Add a Man and Progress through the action.

- Teaching Point of No Vertical Dribbling
- Fill out to the corners
- “Escape” after a Drive & Kick, Get Behind the 3 Point Line

BU CONCEPTUAL SKILL WORK
FAN SERIES
FAN BY-PASS TO DRIFT

FAN BY-PASS TO DRIFT
 COPE OFFENSE

coachdougnoyak.com

COACHESCLINIC.COM
 Powered by COACH TUBE

Swing Series

- Working on the swing pass down to the wing, instead of attacking the gap space.

Coach Thought:

We want our guys to realize what it is that we care about. We care about the decision making and the finishing.

- So these movements are simply something that is added before the finishing/ shooting.

Swing Boomerang: Slot to Slot Pass, Swing Pass Down, then Boomerang Pass to the 2.

BU CONCEPTUAL SKILL WORK
SWING SERIES
SWING BOOMERANG

ATTACK

coachdougnoyak.com

COACHESCLINIC.COM
 Powered by COACH TUBE

- One of the big takeaways is that you want to take pieces of your offense and make those your drills.

3/0 Swing QP - Slot to Slot Pass, 45 Cut, Swing Pass and Space.

- Turn this into a Shooting Drill
- Turn this into a Finishing Drill
- ADD A COACH to the drill to incorporate decision making for the players

TEACHING POINT:

“Generally if we pass on the run, we stay on the run.” Just a way to avoid travels or charges.

The slide features the BU logo and the text "CONCEPTUAL SKILL WORK SWING SERIES SWING QUICK PITCH". It contains two basketball court diagrams. The first diagram shows a sequence of three passes: 1 (solid arrow from right wing to top of key), 2 (dashed arrow from top of key to left wing), and 3 (dashed arrow from left wing to right wing). The second diagram shows a sequence: 1 (solid arrow from right wing to top of key), 2 (dashed arrow from top of key to right wing), and 3 (wavy arrow from right wing to top of key). A small video inset of a man labeled "Doug" is in the top right. The bottom right corner has the logo for "COACHESCLINIC.COM" and "Powered by COACH TUBE". The bottom left corner has the URL "coachdougnoyak.com".

4/0 Swing Middle Seam - Start working the 5 Man into the picture.

The slide features the BU logo and the text "CONCEPTUAL SKILL WORK SWING SERIES SWING MIDDLE SEAM READ". It contains a basketball court diagram with four numbered arrows: 1 (solid arrow from right wing to top of key), 2 (dashed arrow from top of key to left wing), 3 (wavy arrow from left wing to top of key), and 5 (solid arrow from top of key to right wing). A small video inset of a man labeled "Doug" is in the top right. The bottom right corner has the logo for "COACHESCLINIC.COM" and "Powered by COACH TUBE". The bottom left corner has the URL "coachdougnoyak.com".

Contact Information:

doug-novak@bethel.edu

www.coachdougnovak.com

“Point of Attack” Finishing Video can be found on CoachTube.