



## 10/13/08 COACHES CLINIC

ACTIVITY	Length	NOTES
WARMUP	10	<ul style="list-style-type: none"> <li>Duke Passing</li> <li>UCLA Rebounding</li> <li>3x0 Fast Break (C)</li> </ul>
SHOOTING	5	<ul style="list-style-type: none"> <li>Lay-up Lines: 1) Moves; 2) Loyola Outlets (C); 3) Pressure</li> </ul>
DEFENSE	15	<ul style="list-style-type: none"> <li>Saluki Box Drill/Fullcourt Closeout</li> <li>2x2 Rebounding (C)</li> </ul>
SHOOTING	5	<ul style="list-style-type: none"> <li>2-Line: 1) Shot; 2) Shot-Fake; 3) Backdoor; 4) Game (C)</li> </ul>
OFFENSE	15	<ul style="list-style-type: none"> <li>5x0 Open Post</li> <li>4x4 Conversion (C)</li> </ul>
CONDITIONING	10	<ul style="list-style-type: none"> <li>Stickback (C)</li> <li>Sportscenter (C)</li> </ul>

Drill Descriptions

**DUKE PASSING.** Players pair up and circle the court, making passes to each other. First trip chest pass, second trip bounce pass. Coaching Points: 1) Players don't slide but run. 2) Players call out names as they pass.

**UCLA REBOUNDING.** Players form a line one step beyond top of key, with ball in front of the line. 1 player at each of the blocks. Player with ball passes to either wing, cuts down the lane, receives pass back and then throws ball off the backboard. Player after throwing pass will run toward half-court and V-cut back down to receive outlet from the rebounder and then throws to the ball to the next player at top of key before rotating out. Repeat on other side. Rotate top/block/end of line. Coaching Points: 1) Passers: Pass away from the defense. 2) Receivers: Be moving on every pass reception. 3) Rebounders: Jump high for rebound and pivot away from the middle as you outlet.

**3x0 FAST BREAK.** 3 trips. Players form 3 lines on the baseline. #1 player throws ball off the backboard to start. She explodes out with the dribble as one girl (#2) runs wide right and the other (#3) runs wide left. During the first 3 trips player #1 passes to #2 and she shoots layup (2 becomes 1). On the second 3 trips #1 passes to #3 and she will shoot the lay-up (3 becomes 1). Coaching Points: 1) Run lanes wide. 2) Go game speed. 3) Finish!

**LAY-UP LINES.** 1) *Moves:* Hesitation, Crossover, In-and-out. Make the move in front of a coach or cone. 2) *Loyola Outlets:* Rebounders come down the middle of the lane and take the ball out of bounds on a made lay-ups, throwing it in to the shooter-turned-outlet. 3) *Pressure Lay-ups.* 2 lines at  $\frac{1}{2}$  court, a passer/chaser line (with everyone having a ball) and a receiver/finish line. Passer throws to receiver and chases to the receiver to the basket as she shoots the lay-up. Do your best to make the shooter miss without touching her. Coaching Points: 1) Go game speed. 2) Finish in a variety of ways, including with a pull-up jumper.

**SALUKI BOX DRILL.** A mass defensive drill done in the shape of a halfcourt box. 1) 3 Slide-Slide Sprints to halfcourt line; 2) Slides across the court; 3) Explode step; 4) Denial. Coaching Points: 1) Stay low the whole time, with back straight and knees bent. 2) Think quick feet. 3) Intensity is very important; if not intense, repeat.

**MASS CLOSEOUTS.** The team performs closeouts across the floor and back. Coaching Points: 1) Closeouts are performed by sprinting halfway, then chopping your feet as you closeout on imaginary ballhandler. 2) Closeout with hands high (to prevent an interior pass) and butt down—if you raise out of your stance you will get driven by.

**2x2 WEAKSIDE REBOUNDING.** Players form two lines on the weakside wing as two girls step into the lane to box out the first person in each line. Coach shoots. Teams must rebound 2 in a row out make a safe outlet to the coach before rotating out. . Coaching Points: 1) Players make and maintain contact, move their feet to keep their opponent behind, and get the ball. 2) Pass fake and/or explosion dribble out to complete the pass.

**3x3 TWO STOPS.** Teams of three players each. Three defenders must makes two stops in a row versus a team of three offensive players, with another team at halfcourt ready to rotate in. The team they stop the second time in a row is the new defense. Any scores, foul, or offensive rebound given up by the defense puts them back at zero. Coaching Points: 1) Communicate; 2) Jump in the direction of the ball; 3) Never lose sight of the ball; 4) Be ready to stop the drive. 5) Stress the three things you never want to give up: a lay-up, a foul, a second shot.

**2-LINE SHOOTING.** Players form a line at each wings—a shooting line and a passing line (with 2-3 balls). The passing lane makes the pass to the shooter and goes to other line; the shooter rebounds her shot and goes to other line. 1) Catch and shoot 2) Catch, shot fake and one dribble lay-up/pull-up. 3) Backdoor cut.

Coaching Points: 1) Good V-cuts. 2) Hand targets. 3) Quick shot releases. 4) Accurate passes. 5) Keep spacing!

**5x0 OPEN POST.** Coaching Points: 1) Keep good spacing; 2) Fill the spots; 3) Cut backdoor if overplayed; 4) Encourage dribble drives; 5) Never pass and stand—pass and cut! 6) If you have a big girl, either start her inside to set screens and post up, or start her outside and when she passes and cuts to the basket, let her stay.

**4 x 4 CONVERSION.** Break 10 or more players into two teams. Continuous 4 x 4 game, while the remaining player or players are in an outlet line on their defensive end. Whoever gets the ball on a change of possession—the rebounder/stealer/interceptor—passes to teammate in line and leaves the game. This gives the offense an extra push up the floor. Coaching Points: 1) Defense must sprint back, stop the ball, and match-up. 2) Talk! Because you don't know who's leaving the game, you never can be sure who to guard, so communicate.

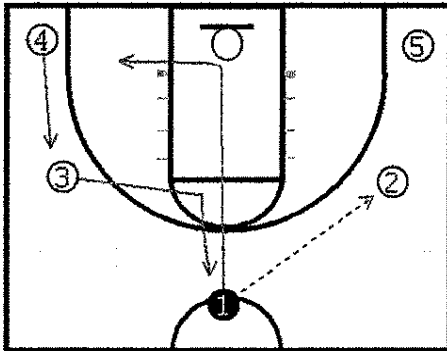
**STICK-BACK.** Set up three balanced teams and put them facing a basket: one team at each wing and one team in the middle, with all three teams outside the three point arc. The first person from each team steps into the arc and when the coach shoots the ball, they all go for the rebound. The first girl to score wins the point for her team. First team to a prescribed number wins. Call obvious fouls, and give a point for anyone fouled in the act of shooting. Put a time limit on for long 3-man matches. Coaching Points: 1) Defenders must both guard offensive player; no cherry-picking under the basket. 2) Rebounders must shoot the ball where they rebound or closer; no moving backwards. 3) Use shot fakes and look to draw fouls!

**SPORTSCENTER.** A line under each basket with 3 balls in each line. Player throws ball to coach at elbow, receives back and shoots  $\frac{1}{2}$  court shot. Prescribed number to end practice. Coaching Points: It's for fun but try to make sure the girls are not traveling before shooting the ball. Don't want to have a buzzer-beater not count!



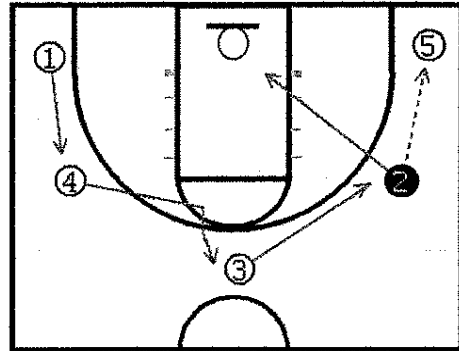
# THE OPEN POST -Simplified-

**Frame 1**



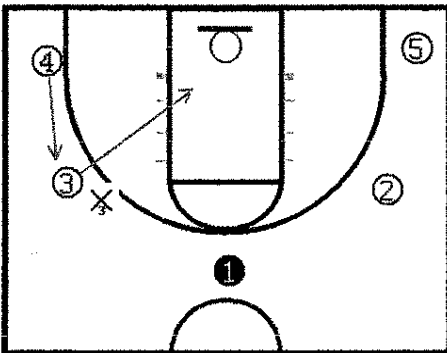
Cut to the basket anytime you pass the ball. A player must fill the open spot closest to the ball.

**Frame 2**



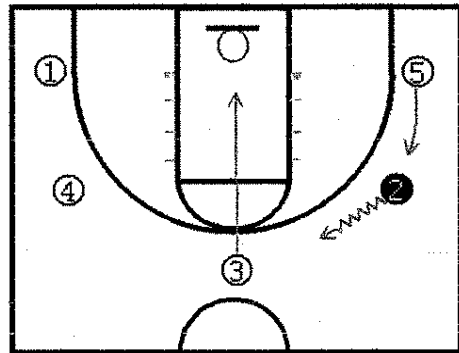
Always rotate to fill all five positions.

**Frame 3**



Anytime you are overplayed when trying to receive a pass, cut to the basket.

**Frame 4**



Anytime the ball is dribbled toward you, cut to the basket. At the same time, if the ball is dribbled away from you, you must fill the open spot.

### GENERAL COMMENTS

This is a lay-up offense. Players constantly cut and read the defense.

The movement helps keep the defense busy, and the spacing gives plenty of room for dribble drives.



## PRACTICE PLANNING

### PRINCIPLES

1. **Have A Plan.** A coach without a plan will invariably miss teaching points. It is important that the players know that their coach is invested in maximizing their potential.
2. **Set the Tone.** The first 15 minutes of practice are the most important because it sets the tone for the entire day. Do not "ease into" practice; make sure they hit the floor on time, focused on basketball, and ready to learn.
3. **Keep Practices Quick-Paced.** Keep your practices in constant motion. Basketball is a game of quick transitions and changes; a fast-moving practice can help condition not only physically but mentally as well.
4. **Include as Many Competitive Situations as Possible.** Turn as many drills as possible into mini-games with consequences for the losers. This is fun for the kids and develops the competitor's drive that is necessary to be a winner.
5. **Don't Be Afraid to Critique.** Though there are certain times to just let the kids play, try to address every correctible mistake you see. Though this at times become tiresome to both coaches and players, it is necessary to the development of good habits.
6. **Use the "Whole-Part-Whole" Technique.** For example, team offense should be shown in its entirety so that the players can get a sense of its purpose. You can then break down the offense into 2 or 3-man games or drills in order to perfect different parts of the offense before putting it all back together again. This method of teaching allows kids to see how their skills fit into the big picture.
7. **Repetition is the Mother of Learning.** Basketball is a game of habits, and the only way to develop the correct habits is to practice them over and over again. And once a skill is learned, it must be practiced at game speed.
8. **Treat Players as Individuals.** Different players have different needs, and it is important for the coach to tune into a player's needs and respond appropriately. "Being fair" doesn't necessarily mean treating everyone the same way.
9. **You Will Be Successful at What You Emphasize.** The coach who allows sloppy play in practice will get exactly that in games; the coach who demands maximum effort and execution during practice will eventually see the those results at game time.
10. **Condition with the Basketball.** Basketball requires excellent conditioning, but the game is played with the ball. Use one of the countless drills that incorporate running while teaching the skills of the game.
11. **Incorporate Transition.** The team that wins the transition game usually wins the game, period. Therefore it is imperative that teams condition themselves to convert quickly from offense to defense and vice versa. Incorporate transition into every possible facet of practice.
12. **Scrimmage.** Many coaches are afraid to scrimmage because of the sloppy play, but it is absolutely necessary because it is the best way to simulate game conditions. A coach can put restrictions on aspects of play in order to maintain a measure of control.

### SAMPLE PRACTICE PLAN

ACTIVITY	Length	NOTES
<b>Pre-Practice</b>	5-10	• A light warm-up that focuses on shooting, passing, and ballhandling
<b>Warm-Up</b>	5-10	• Stretching and light running that emphasize cutting, passing, and shooting.
<b>Transition</b>	15-20	• Break down your transition; make it a strength in both directions. Include a competitive game.
<b>Defense</b>	15-20	• The defensive portion has to be intense and requires great hustle and effort. Where most practices falter so a difference-maker!
<b>Offense</b>	15-20	• Break the offense down into its parts and build to the point where it becomes instinctive. Include 5x0 shell.
<b>Scrimmage</b>	15-20	• Put it all together. Continue to teach but let them play. Include 3x3 or 4x4 games to keep things fresh.
<b>Conditioning</b>	5-10	• A fun drill or game to end practice on a high note.