

We want to win three games defensively:

The "3" Game

The FT Game

The TO Game

No Lay Ups

No 3's

No FT's

Every drill we do defensively needs to be built around our NO's and rebounding.

Conversion = NO 3's and NO lay ups

4/3 Disadvantage Drills – Always with a "5" to help. Can play "soft" also

5 Spot Passing drill with drive/kicks – finish with lay ups still

Add defense to as many of our shooting drills as we can – Drive/Kick Drills

Shooting Drill – 3 Lines

-Rebounding Line

-Passing Line

-Shooting Line – Get rebound after shot

-Passer cuts to top and cuts back to key

OBC = Above FT line – get back

OCB = Below Ft Line – Crash Glass

WE ARE DOING ONE OR THE OTHER!!!!

5's SPRINT to block in transition – only "drag" screen on specific call

Michigan State Transition Rules

-Sideline open – "pitch"

-Side covered – Crossover to middle

-Cross "Main Street"

2 Dribbles to "clear" the ball screen

-1 Dribble to get to screen

-1 Dribble to come off/read

Michigan State "Double Rip" Play

You develop culture within your program through: - Dabo Swinney

-Recruiting

-Graduation

-Staffing

When you do common things in an uncommon way, you will command the attention of the world – Dabo Swinney

Cone Shooting Drill w/ a chaser – Coach Porter

Perfect Passing Drill – 8 Players, 2 Balls

8 Spot Passing Drill – Full Court

When dealing with pressure, try to get defender to turn their hips, then attack "against the grain"

Transition Lay Up Drill – Grafton/Coach Sieben

"Catch em doing something right"

"Catch the players doing something right"

Praise the actions that you want repeated – Dean Smith

Skill Sessions should be geared towards improvement – NO SUCCESS

"Communication Circle" – arms on each other's shoulders – turn to plater to right and tell them something they did well today

"Be good in your role"

4/1 Motion – Try to get action on both sides of the floor

Set Play: Shooter set flat screen for shooter to corner, “5” set “America” screen for screener at elbow, and then slip to ball side block

Creating a Culture of Excellence In College Athletics:

As soon as you accept a new job, the players in the locker room or employees within your organization become “your” people.

The sooner you can connect with individuals that are already there, the quicker your culture will start to take hold.

You must embrace them as your people immediately and you’ll start making progress.

They were on the inside, and he took their input, wrote it down, had thoughts about it, and took it to heart.

Emotional Safety – Culture Code

What I didn’t do was think enough about the empathy I needed to show and the emotional environment the players had been in.

You develop emotional safety by showing your own vulnerabilities, by being authentic with them and making genuine connections away from the workplace.

“Words are noise” – Group performance depends on behavior.

An organization’s culture is not about words at all. It’s about behavior – and consequences.

Your people will hear them, but they won’t know how to live them.

The ethos of our team was about tangible action that defined our values, and we made

sure our people understood that on a daily basis.

Embrace your people right away, create a safe environment for them to compete in, and define your core values in behavioral terms.

“Thank You, San Antonio” – Tony Parker

What I will always remember, and always be grateful for during those years, is how, even with these priorities, somehow my development was never left behind.

Leaving the TEAM in better shape than when they found it.

Fulfilling your expectations, while also making room for this larger responsibility to the whole.

He wasn’t only the greatest player for those years – He was also the greatest TEAMMATE – Tim Duncan.

Timmy was the most coachable great player of all time.

The best player in the entire league is willing to put his ego aside for the good of this team – are you????

He’s a genius communicator, a sharp X’s and O’s thinker, a brilliant motivator and an all around great guy – Greg Popovich.

Anything that happens on his watch, it happens for one reason and one reason only. The good of the Spurs.

And the truth is, before long, you don’t just respect it – you also learn from it.

It was Pop’s way – which meant it was our way – which meant it was the Spurs Way.

I think you have to be pretty disciplined: about letting the present stay the present, and the past stay the past.

10 Things Teammates Don't Let Teammates Do in CHAMPIONSHIP CULTURES

1. Cut Corners
2. Whine & Complain
3. Make Excuses
4. Act Selfishly
5. Disrespect Each Other
6. Divided the Team
7. Trash the Coaches
8. Embarrass the Program
9. Give Up
10. Let Teammates Down

Choose Your Focus Because Your Eyes Control Your Tongue

7 Power of Words

1. Word determine direction
2. Words invite resistance or open hearts
3. Words convince or deceive
4. Words cut or heal
5. Words inspire or discourage
6. Words make work difficult or enjoyable
7. Words elevate your status or steal your reputation

It's not enough to accentuate the positive. You have to eliminate the negative.

Repeated complaining hard wires the brain to do more complaining. The more negative you are, the more negative you become.

Complaining contaminates environments

Walk around looking for mistakes and all you will talk about is mistakes

Your eyes control your tongue. You talk about what you look at

Choose your focus because your eyes control your tongue and your tongue controls direction.

2/0 Screening Shooting Drills

- Use 1 ball and 2 Balls – Screen & Space

Offensive “Special Teams” – Different Shots

- Shoot off Screens – 2/0 – 2 Balls
- Ball Screen Actions
- Vertical Cuts/Finish at the rim
- Attack Basket – Stop/Pop

Motion – Every pass is going to create player and ball movement – NO STAND

Wing/2 Guard Pass???????? Movement?????

Fill Cuts should be made to the side of the floor that has one player – Cut & Read

2/0 Feed the Post Drills w/ Shots

- Fill Cuts
- Down Screen/Straight Cuts
- Hand Offs/Chase Ball Screen

Eric Musselman – “Complete Possessions” – when every player has touched the ball before a shot.

“Wide Screen” – Post Player sets ball screen on the wing on same side of floor

- “41” Wide – 3rd Side Attack
- “41” Shallow/Wide – 3rd Side Attack

Coaching – You can't take away the player's spirit, you have to build confidence. You have to have leadership you instill in them shine in them and through them as they move on.

DON'T TAKE AWAY THEIR SPIRIT AS A COACH

Porter Moser – Loyola Chicago

Drive/Dish Drills through “Chase” ball screens and Dribble At’s

Slip Screen Action – Teach/Explain

5’s Need to roll all the way to the rim on “Comet Action” – Big/Big Pass

You need to confront your ego: Are you here for the organization’s name or are you here to make a name for yourself – Andy Stanley

Every time you do something that benefits JUST YOU, you withdraw further from the TEAM – Andy Stanley

Cheryl Reeve – Minnesota Lynx Sets/Plays

1/1 Defend the Ball Drills
-Soft/Straight Up/Lock On

More Plays/Sets on dead balls

We have to be better at knowing who are the bad defenders on the opposition, so we know which players we want to attack.

“Swing Chest” – Michigan State

“Pistol” Set Play – Michigan State
-Quick Strike play after FT

“Horns Elbow” –Duke

“Horns Elbow Clear Take” – Duke

3 Stages of our Offense that we have to be good at:

- First 10 Seconds – Transition Offense
- Next 10 Seconds – Sets/Plays/Motion
- Last 10 Seconds – Under 10 Offense

“Comet Shallow” – Comet Action started with a shallow action and “wide” ball screen

“41, Third Side Wide” – “41” motion, when ball get back to post plater side for third time, go set the “Wide Screen”

Flex - When “5” has ball, can reverse and chase to a “Wide Screen”

“Floppy Action” for Joelle – Reggie Miller
-Lead to a shot, or a “Wide” screen

“Denver Action” Set for shooter

Need to come up with sets against pressure, especially for wing entry – Shallow Cut, etc...

Board Coverage???? Four to glass and one back??

Play/Set – “4” sets ball screen and slips to rim and then the “5” comes and sets immediate ball screen for the ball

When “soft” defender closes out to ball, they gain leverage first, and then close out. Get in front of ball, and then work out to the ball.

NO LAY UPS – ONLY TIME WE ROTATE TO “SOFT” PLAYER

Pressure point back cuts – especially against teams that don’t help off of ball side on penetration.

“Horns” Enter to left hi post (4), right hi post (5) slams to block. Snap ball out to right wing. “1” and “5” sprint to double ball screen action. “1” pops, “5” rolls and “4” rises on ball screen action.

2/2 Below

-NO 3’s, NO LAY UPS, NO “O” BOARDS

Lowest player ball side can’t get beat on back cut

“Special Team” – 10-15 minutes every day on certain skill both “O” & “D”

Skill work during the day, and then just practice together as a TEAM??

Toughness is not always talking about how tough you are, toughness is sometimes just going out and “getting it done”. Toughness is not always loud, it is sometimes quiet.

You want assistant coaches and players to develop to the same habits, beliefs and tendencies that you do. But they don’t have to have the same personality as you.

To get “buy in”, you need to get “believe in”. You have to get “believe in” first, before you can get “buy in” from the players.

NO FINISH LINE – KEEP PURSUING EXCELLENCE

More time on “US” and less time on opponents

Skill work every day, and also more combined skill work. Change roles occasionally so they all know what each other is doing – Post Feeding/ Ball Screening???

In 200 years nobody is going remember any of this, no one is going to remember my name, let’s not make this bigger than it really is, THIS IS NOT ABOUT ME!!!!

Full court four pass drill – 3 Lines – ND Pro Drill

“Comet” Lay Ups

I can disagree with the decision, as long as I trust the intent. As long as the intent is good, I can disagree with it, because I know it is the best for the group – Dabo Swinney

Thank You notes to Alumni

Loyola Chicago – “Weave Action” 3 involved with weave, one player at FT line to set ball screen and last player in one of the corners

Loyola Chicago – “Swing Series”

- Swing Double
- Swing Rip
- Swing Elevator

Loyola Chicago back door play

Zak Boisvert – Youtube channel for set plays

You can change without growing, but you can’t grow without changing.

You can’t be a “student centered” without having students “at the table” – Player led Program

Great teams run great team meetings, and great teams run great team huddles

Find ways to make practice tougher than the games – Shorter Shot Clock, etc...

What’s happening down the hall, should not be greater than what’s hanging on the wall

Don Yeager book – Great Teams

Screen/ Re-Screen action with “5” and the “2”

Motion – Trying to get action on both sides of the floor.

Drill ball screen action every day in practice

- Wide Screens
- Chase Ball Screens

Slip Screen action – teach and rep often

SPRINT to ball screen action

Think about all the ways the post player can score and drill it everyday:

- back to basket
- Off. Reb.
- Drive/Dish
- Ball Screen/Roll
- Hi Post Flash

Early Post Ups with the post players – get an early seal as ball crosses mid line to their side of the floor.

Rick Majerus – Reverse Action

Three Things Defensively to work on:

1. Pressure ball as much as we can
2. Make passes completed tough
3. Rebound back end of possession

End “Reverse Action” with some “Denver” action

Start practice with 15 minutes of station work “Special Teams” – Sherri Coale

-Shooting, Individual Skill, etc...

3/3 LIVE – One “soft” player on the floor to help, or add a post player to give the help. Continuous help/recover action

Jerseys in practice for “soft” and “lock on”

Get the ball up, and get the ball straight on every shot – Form shooting is where we emphasize this the most – Pre Practice

How can I use my relationships in my profession to better myself and our program through conversation. Email, phone calls, clinics. etc... Program visits???

Must Read Book – Why The best Are The Best – Kevin Eastman

Find different ways to have meetings with the players – walk, shooting, my house, lunch, etc....

Double Ball Screen action in opposite direction. Ball screen to corner with perimeter player who rolls through “5” sets “wide” screen from the elbow.

4/4 Close Out Drill – Change close outs based upon personnel. Long/short close outs. Can ball screen defense out of this as well – FINISH DRILL WITH BLOCK OUT/REBOUND

What stats beat you defensively?????

Full court man to man – Jump to the Ball – Contain ball with constant pressure – NO BEAT

You don’t practice until you get it right, you practice until you can’t get it wrong – Nick Saban.

Four Traits of our program that we need to instill EVERYDAY:

1. Effort
2. Attitude
3. Toughness
4. Physicality

ALL player can contribute to these traits, no matter who they are.

Have Monday Awards – where teammates can nominate other teammates for things they did the past week that made them a great teammate.

“Wide 1” – Wide screen with a player in the ball side corner. Pas to the wing and vertical cut and fill ball side corner, then set “Wide” screen.

“Comet Action” – Big/Big passes

Define each word on our “Wall of Culture” – we define these words through our behavior/actions and not just our words

Have to get to the ball screen, then you can refuse the ball screen.

First to the screen will win the battle. Either screens on the ball or away from the ball, whoever gets to the screen first will win. Defense or offense.

Mayville State “Primetime” – Find a speaker that can speak to community and campus

We want to be teamwork driven, we don't want to be outcome/product driven – Coach P/Duke WBB.

More staff film with the coaches – right after practice might be best.

Not just service or servanthood, “Selfless Service” – Coach K.

SPRINT to the ball screen action – Separate from defender on your way to the screen.

2 Dribbles to use a ball screen

- 1 dribble to get to the screen
- 1 dribble to separate from the screen and read help defender.

WAIT for the ball screen – NO ILLEGALS

“Space Spots” on offense – especially when we start screening – Screening destroys spacing, know where and how to quickly regain space with your teammates.

Screen Away = “Screen & Space”
Screen the Ball = “Screen & Roll”

Being positive doesn't mean ignoring the negative – it means overcoming the negative.

Break Package – Higher and Wider on the outlet pass

Break Package – “Flys” run all the way to the corner to keep spacing.