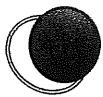




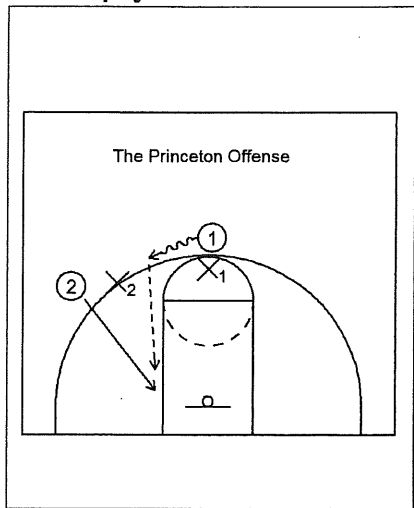
**WESTPORT BASKETBALL
COACHES CLINIC
5th thru 8th GRADES**



**COLIN DEVINE
HEAD BOYS BASKETBALL COACH
STAPLES HIGH SCHOOL
203-341-1258 {W}
Colin_Devine@westport.k12.ct.us
Devinec2@southernct.edu**



Philosophy



Basic Philosophy of Play

1. If you can pass, dribble, and shoot well, you will always dictate to the defense what they do. If you can't and are not fundamentally sound, they will dictate what you do.

2. You must be able to dribble, pass and shoot, screen and cut - ON THE MOVE UNDER PRESSURE. The quality of your passing determines the quality of your shots! You must dribble with a purpose and the other four players must read the dribbler.

3. Think change of direction--think five players high. Five players must work together.

4. There is a counter for everything the defense does. Do the opposite of what the defense is doing. Must read the defense--are they playing hard or soft--any denial cut backdoor.

5. Think layups and three point shots in that order.

6. Don't run to the ball!

7. Hit the cutter with a bounce pass (it is OK to use one hand passes). The offense is about hypnotic cuts, passes and handoffs. Timing and cutting are essential to establishing flow and success for the offense.

8. This offense is more about cutting than screening. Move to open spaces. When you screen don't just screen-screen- and read each situation.

9. CUT CREDIBLY -look for the ball where you are coming open--then get back outside to perimeter as quickly as possible.

10. STAND JUDICIOUSLY - Float to open spot and occupy your man. Have fingers up and butt down, think ball in air feet in air.

11. Five players must work together. UNSELFISHNESS is more important than brains--must couple this with discipline.

DRIBBLING

SPEED

CHANGE OF PACE

CROSS OVER

DOUBLE CHANGE

DRIBBLING DRILLS

LINE DRIBBLING {SIDELINE TO SIDELINE} INCORPORATING ALL MOVES

- 1 SPEED**
- 2 CHANGE OF PACE**
- 3 CROSS OVER**
- 4 DOUBLE CHANGE**

TWO BALL DRILLS

- 1 BOTH BALLS SAME TIME {STATIONARY}**
- 2 ALTERNATING {STATIONARY} & DURING LINE DRILLS**

CHAIR DRILL

**ALWAYS INCORPORATE DRIBBLING/DRIBBLE MOVES WITH LAY
UP DRILLS {DEMO}**

STATIONARY BALL DRILLS

- 1 LEFT/RIGHT HAND**
- 2 FIGURE 8'S**
- 3 BALL CATCHES**

PASSING

CHEST
BOUNCE
OVER HEAD

DRILLS

WEAVE
PASSING LAY UPS /BOUNCE AND CHEST PASS
ONE BOUNCE ONE CHEST {PLAYER DEMO}

CUTTING

GIVE AND GO
CURL CUT
BACK DOOR CUT

SCREENING

SCREEN AND ROLL {RULES} CREATE SPACE /TWO DRIBBLES OFF
SCREEN

SCREEN AND FADE
SCREEN AND SLIP

DOWN SCREEN {ALL PLAYERS COME OFF SCREENS SHOULDER
TO HIP}
CROSS SCREEN

LAY UPS

EXTENDED {RIGHT ELBOW RIGHT KNEE/LEFT ELBOW LEFT
KNEE}
POWER {JUMP STOP LAY UP}
REVERSE

SHOOTING

BE ON BALANCE
SHOULDERS SQUARE
GREAT FOLLOW THROUGH

PRACTICE DRILLS

WEAVE

3 ON 2 2 ON 1

UCONN REBOUNDING

PASSING LAY UPS

VILLANOVA LAY UP DRILL

GREAT WESTPORT SHOOT OUT!!

Two offensive sets

Wisconsin

Knick

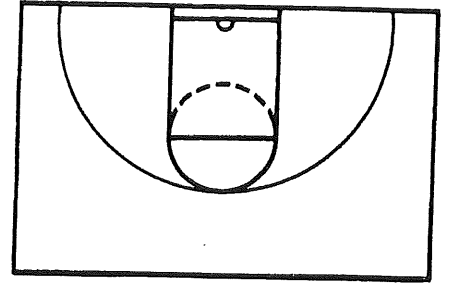
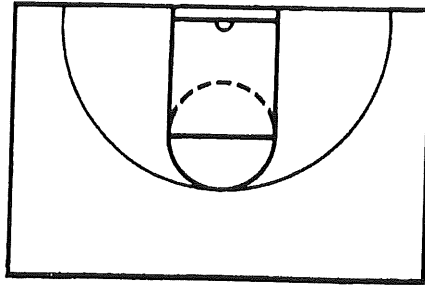
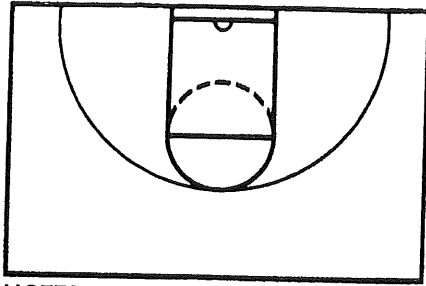
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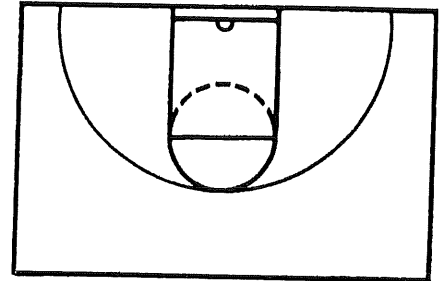
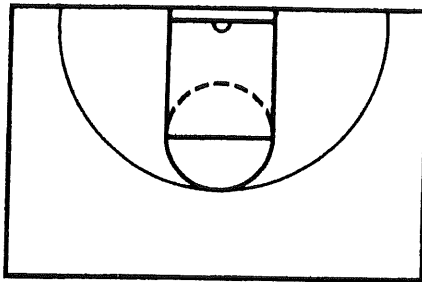
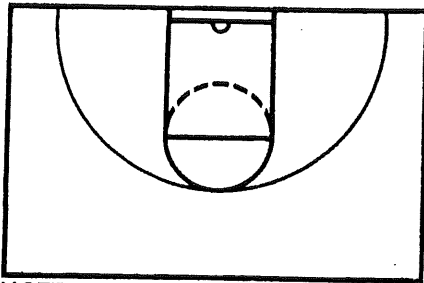
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 World Headquarters
 One Bowerman Drive
 Beaverton, OR 97005
 (503) 671-6453
 www.nikebasketball.com

Nike Championship Clinic Headquarters
 5645 Woodsmore Drive
 Solon, OH 44139
 Clinic hotline: (503) 671-3041
 www.BasketballCoach.com

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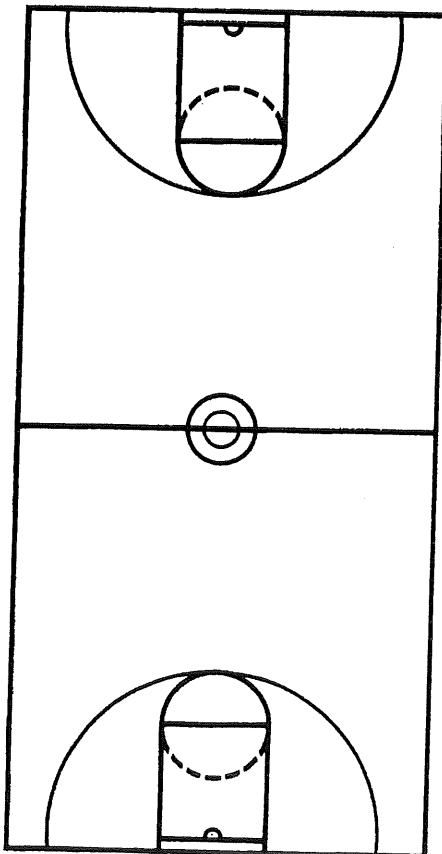


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JUST DO IT



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