Champions are made, not born.


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Sycamore Athletic Club Select Basketball Coaching Clinic

October 15th, 2013

Agenda

7:00 p.m.                 Introduction

7:05 p.m.                 Coach Chisterson
                          Practice Preparation Thoughts

7:15 p.m.                 Coach Moss
                          Youth Coaching Thoughts

7:25 p.m.                 On The Court w/ Coach Chisterson
                          Drill Examples
                          1. Rips
                          2. Pick Ups
                          3. Footwork
                          4. Closeout Drill*

7:50 p.m.                 On The Court w/ Coach Moss
                          Drill Examples
                          1. 2 Line Shoot*
                          2. Circle Trap*
                          3. Superman Series
                          4. Triangle Drill

* = everyday drill
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Sycamore Basketball Practice Thoughts

Developing A Practice Plan

1. Have Patience
2. Players must understand what they are doing wrong and doing right
3. Fundamentals - executed quickly and properly
4. Run a well organized practice
5. You improve the team by improving yourself
6. Keep eyes and ears open - learn from your players
7. Teach new ideas early in practice
8. Learning is better by absorbing it a little at a time
9. Repetition - over and over until habits are formed

Teaching Methods - Parts to Whole

1. One extra player in each drill. (i.e.: Five on Offense against four on Defense)
2. On all drills move and change quickly
3. Make practice harder than games
4. Put players in tough - alert - concentrating situations
5. Stance - Concentration - Quickness - Balance - Hard
6. Don’t take a good shot and turn it into a bad play (Shoot the open shot)
7. Get more and better shots than your opponent

Everyday Constants – Defensive / Offensive

Five Areas to Cover Daily in Practice Four Offensive Points of Emphasis

1. Pressure Ball 1. TRIPLE THREAT
2. Deny passing lanes 2. JUMP STOPS/PIVOTING
3. Help and recover 3. COMMUNICATION
4. Block out 4. Unselfish play
5. Post Defense 5. Fake a pass – Make a pass
Things to Remember

1. Don’t give too much. Keep things simple.
2. Start with a warm-up drill. (Shooting: Spin outs, defense slides or offensive routes)
3. End with a team drill.
4. Vary the setup of your drills from day to day.
5. **Make your drills competitive**
6. Start and end practice on time.
7. Don’t run your drills too long. A good guideline for a team drill is no longer than 10 minutes and for an individual drill, no longer than 7 minutes.
8. If you need to emphasize a drill longer than 10 minutes, do it in two sessions.
10. Repeat new things daily until the results are satisfactory.
11. Follow harder drills with easier ones.
12. Have shooting drills after running drills.
13. Practice a 5-minute overtime daily.
14. End practice on a positive note. Summarize the practice.
15. Keep all of your players active. (break lines up, shorten wait time b/n reps)
16. Name all drills and make sure players know the names.
17. Take some time to plan your practice.
18. If you can’t get it done in 1 ½ hours, you are not organized enough.
19. Shorten practice as the year goes on.
20. Utilize the whole, part, whole method of teaching.
21. Must use constant repetition in your teaching.

22. **You must stress perfection of the small details of the game.** In thirty two minute game, you will have the ball in your hands an average of three minutes. Twenty nine minutes you won’t have the ball. Figure you will be on defense for an average of fourteen minutes. Now, ask yourself, what are you contributing the remaining fifteen minutes? This time span will determine how much you play or don’t play.

23. Rely on your defense, not your shot. Your shot can and will leave you, while your defense should never leave you.
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**Offensive Fundamentals**

- Treat every player like a guard – teach them the skills to play on the perimeter
- Learn to play facing the basket
- **Footwork** – *jump stops, pivots* (fundamental lines)
  - Strong athletic position
  - Big – low, wide and on balance
  - **Triple threat position** (dribble, pass, shoot)
- **Fundamental Lines**
  - Without a ball
    - Jump stops
    - Pivots (reverse pivot, front pivot)
    - V cuts
    - Closeouts
    - Screens
  - With the ball
    - Jump stops
    - Pivots
    - Dribbling on the move (Pitino Series)
      - Crossover
      - Inside out
      - Retreat dribble
      - B/w legs
      - Behind back
    - Dribbling (stationary)
      - Ball slaps/Tips
      - Right/left hand dribble – standing, kneeling, sitting
      - Body wraps – head, waist, legs
      - Figure 8 wraps
      - Figure 8 dribble

- **Passing/Catching**
  - Chest/bounce pass – right/left hand (Machine Gun)
  - Fake a pass to make a pass (Monkey in the Middle)
  - **Communication** – call names, call for ball (In all drills)
  - V cuts (Indiana Passing – use up to three players)
  - Rip ball through to triple threat (All drills)
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- **Shooting**
  - **Post Shooting**
    - Mikan (make 20) 1 foot/2 feet
    - Reverse Mikan (make 20) 1 foot/2 feet
    - Drop step – 1 dribble
    - Lunge move (baseline, midpost)
    - Catch and face – 1 dribble moves
  - **Perimeter Shooting**
    - Form shoot
    - Spin drill (Inside 15)
    - 3 man, 2 ball
      - Zone/transition shooting
      - Man shooting – v-cut, plant inside foot
      - 1 dribble jumper
      - Attack rim
    - 1 man transition (2 dribbles from circle)
      - 15’ jumper – defense retreats
      - 2 dribble move and layup
      - 2 dribble move and jumper in lane
    - 2 point shot
    - 2 man transition (2 dribbles from circle)
      - Pass to wing – dribble and slide
      - Pass to wing – basket cut and layup
    - Motion Spot Shooting with partner
    - Norse Shooting
    - 2 line Shooting
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Perfect Slides / Quick Slides / Bounces

- **Perfect Slides:**
  Each player focuses on their technique as they slowly perform defensive slides, moving one foot at a time and keeping their feet apart. Players zig-zag four times between the sideline and the lane.

- **Quick Slides:**
  Players from each line compete to see who has the quickest feet. Each player performs defensive slides while zig-zagging four times between the sideline and the lane.

- **Bounces:**
  Each player bounces quickly on two feet while keeping his feet apart. Players zig-zag four times between the sideline and the lane while continuously bouncing.
- Cones are placed along the middle alley of the court
- One player is on offense and one player is on defense.
- The defensive player must force the offensive player to turn as many times as possible within the alley.
- The offensive player is trying to beat the defensive player off the dribble without losing control of the ball or going outside of the alley.
- Once to the top of the opposite key, players can either play one-on-one, with the defense trying to keep the offense out of the middle, or players can pass to a coach on the wing, forcing the defensive player to jump to the ball in help defense.
Closeouts – 3 spots

- A coach stands on one wing with a ball while a manager or another coach stands on the opposite wing.
- One player gets in a defensive stance on the mid-line in a help position.
- As the coach skips the ball, the player is closing out with squeaky feet, high hands, and calling “Ball.”
- After the closeout, the ball is skipped back to the coach.
- The player sprints back to a help position on the mid-line.
- The manager/coach takes a different position.
- The player must make adjustments in their positioning for the next closeout.
- The third closeout is a live one-on-one contest; the player cannot give up a middle drive.
Closeouts – 2 vs. 2 Live w/ Coach

- 2 defensive players begin in a tandem along the mid-line; 2 offensive players are on the wings; a coach starts with the ball at the top of the key.
- When the coach passes to the wing, the bottom player closes out with squeaky feet, high hands, and calling “Ball.”
- The ball gets rotated through the coach so that the players must closeout, then sprint back to a help position on the mid-line.
- After a couple of rotations, play becomes live.
- The defensive player cannot give up a middle drive.
- On a baseline drive, the defensive player in the help position must be ready to rotate to take a charge.
- If the offensive player gets stopped on the drive, the ball can only be passed back to the coach.
- The defensive players must get 2 consecutive stops before rotating.
Two offensive players begin on the wing and in the corner. A coach begins with the ball on the opposite wing, with a manager in the ballside corner.

The coach tells the offensive players to exchange, forcing the defensive players to reposition while staying in a help position on the mid-line.

Defensive players should always be aware of the coach driving to the basket.

When the coach passes the ball to the manager, the manager drives baseline, forcing the bottom defender to slide over to take a charge and the top defender to slide down to take away the dump pass to the opposite block.

If the manager passes the ball out, the defensive players should sprint to either the ball or the gap.
Step-up Drill

- 3 players take positions 2 steps outside of the charge circle, with one player taking a position under the basket.
- A coach has a ball on the baseline behind the defensive player.
- When the coach throws the ball to an offensive player, the defensive player must react, get outside of the charge circle, and take a charge.
- Players rotate so that each player takes a charge.
Knicks Rebounding

3 Blocks out 2  
4 Blocks out 1

3 Blocks out 1  
4 Blocks out 2

- We use our heavy ball and regular ball
- Play until the defense gains possession
- No bad shots, throw back to coach for quick post-up
Helplside Rebounding

- Two offensive players begin on the wing and in the corner. A coach begins with the ball on the opposite wing.
- The coach tells the offensive players to exchange, forcing the defensive players to reposition along the mid-line in help.
- At any time, the coach shoots the ball.
- The defensive players must go meet the offensive players, make first contact, block out, then go get the ball.
- Defense must get 2 consecutive stops to rotate.
Circle the Wagons Rebounding

- 5 defensive players take up positions within 5 offensive players, while a coach begins with the ball.
- When the coach says to, the defensive players must begin moving in a circle, communicating each player’s name as they approach and pause before heading to the next player.
- One of the biggest advantages of this drill is to mismatch your defenders similar to game conditions...constant communication is needed by all defenders.
- Coaches must instruct the offense to attack the boards hard and not take it easy on their teammates.
- When blocking out, the defender should eliminate their opponent and secure the rebound.
- If the ball bounces or hits a defender in the back, then a superb job of blocking out was done.
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Circle Trap

- 6 players get in a circle, with a coach with a ball.
- The coach throws the ball to one of the players.
- The players on either side of the player with the ball trap the offensive player.
- The middle player of the 3 remaining players, becomes the interceptor, trying to steal a pass to the other two offensive players.
- Defense works on tracing the ball, not reaching, and using their lower bodies to apply pressure to the ball handler.
- The player with the ball works on pass faking to trick the interceptor in order to make a clean pass to a teammate.
- A coach starts with the ball at halfcourt.
- An offensive player starts across halfcourt to receive a pass from the coach.
- As the player gets across halfcourt, 2 defensive players trap the ballhandler.
- The third defender acts as the interceptor between the remaining two offensive players.
- The ballhandler must use ball fakes and pass fakes to make a clean pass to a teammate.
Preseason Syllabus 15 practices (30 hours)

**Defensive sets**


“20 Deny” – half court man passing lanes, / “30” – ¾ court man / “40” – Full court man with safety

**Transition Defense** - numbered break

**Situational** – missed free throw press – Foul call – “red”

**Offense**

**Continuity Offense** - Flex and entries (head tap)/ 2 out 3 in (jersey pull)

**Sets** - UNLV, Dayton, Georgia, Kentucky, Texas

**Transition Offense** - Quicks1, 2, 3

**SOB** - Celtic, Heat

**UOB** - Mav, Sooner, Magic, Wolverine, Blue

**Press Break** – call?

**Situational** - end of quarter/ end of game
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<th>Time</th>
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<tr>
<td>2:45</td>
<td>Warm-Up/Dynamic Stretch</td>
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<tr>
<td>2:50</td>
<td>2 Ball</td>
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<tr>
<td>3:01</td>
<td>Ball Handling / Pass (Rip) Post Entry Relocate</td>
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<tr>
<td>3:11</td>
<td>Whip Passing</td>
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<tr>
<td>3:17</td>
<td>Virginia Passing</td>
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<td>3:26</td>
<td>Maryland Finish Drill</td>
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<tr>
<td>3:32</td>
<td>Add on Transition</td>
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<tr>
<td>3:41</td>
<td>Water</td>
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<tr>
<td>3:45</td>
<td>Free Throws</td>
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<tr>
<td>3:51</td>
<td>Three Man Shooting *Rotations</td>
</tr>
<tr>
<td>4:01</td>
<td>Work through 12 + 6 + 6 / *Don't Attack</td>
</tr>
<tr>
<td>4:07</td>
<td>23 offense / *Attack shimmy</td>
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**Players Absent:** N/A

**Players Injured:** N/A

**Today's Announcements:** N/A

**Tomorrow's Schedule:** Be @ HS by 10am
# Lady Ave Practice Schedule

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<th>Day</th>
<th>Practice #</th>
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Players Absent

Players Injured

Today's Announcements

Tomorrow's Schedule
Sycamore Basketball 2012 Day 8
Cones/clock/balls on rack – 4 pm Tuesday for equipment – parent mtg Sat –

120 CHALLENGE
STANDARDS MEETING
COMMUNICATION in ALL DRILLS
GUTS?

How well can we execute what we do? No turnovers, talk the game

5:00 pm  Warm up
5:05 pm  2 line shoot w/ Defense
5:12 pm  3 man layups with wide corner cones - communicate
5:19 pm  5 man weave into Quicks 3,4,5 - communicate
5:26 pm  Triangle Fast Break (7 min)
5:33 pm  Xavier Passing - communicate
5:39 pm  100 Point Drill – Run if don’t get it – demo - communicate
5:46 pm  Water – 2 min then Together
5:48 pm  Circle Trap Drill – def TO to get out – OFF 7 passes – pushups
5:53 pm  Closeouts – call ball and gap
5:56 pm  OSU Closeouts – 2 baskets - communicate
6:04 pm  5 man transition – main floor - COMMUNICATE
6:12 pm  13 Defense – big, no middle, form cup, soft trap, force middle on bl
6:22 pm  3 out 2 – what are we calling it? – uncontested, unselfish
6:32 pm  Louisville (3, 1 out top with reversal screen), Dayton (4high w drib handoff), Georgia (pin down )
6:42 pm  2 man shooting – shoot 50 and give me count – 15 ft only – then 50 3
6:52 pm  Foul Shooing – shoot 20
7:00 pm  Norse
EMPHASIS – Communication and Jump Stop (Make a note to yourself for what you want to do)

7:00-7:02 pm  Review of practice

7:02-7:04 pm  Spin Outs – catch, triple threat, pivot – low/balance

7:04-7:09 pm  2 Line Layups – start with triple threat – cut to block, cut to foul line, catch pass, triple threat and attack rim – both hands – call name – passer in triple threat

7:09-7:12 pm  "Fingers" dribbling drill (Kids face a coach, who holds up fingers, and the kids have to shout out the number of fingers the coach is holding up. This teaches the kids to look up when they dribble). Can add defense (alley drill)

7:12-7:14 pm  "Length of floor" dribbling drill - dribble quickly with their heads up, switching hands – end with Jump stop and Triple Threat

7:14-7:17 pm  2-on-1 drill (4 minutes). Spacing, good passing

7:17 pm-7:19 pm  WATER BREAK -2 minutes

7:19-7:23 pm  Breakaway layup drill with trailer. 3 lines: The dribbler, a defender, who releases a few steps behind the dribbler but who chases the dribbler, and another offensive player, who is supposed to follow the shot and put in a miss.

7:23 pm-7:27 pm  2 line shooting- same as 2 line layups except shooting jumpshots – shooter follows shot and makes it if miss

7:27 pm-7:33 pm  3 on 2 drill  Stress passing and defense here

7:33 pm-7:36 pm  Rebounding drill. Work on blocking out and then protecting the ball in a "triple threat" position once they secure it.

7:36 pm-7:38 pm  WATER BREAK -2 minutes

7:38 pm-7:45 pm  3 on 3 scrimmages. Winner stays – play to 2 – stress defense, communication, being strong with the ball, triple threat

7:45 pm-7:52 pm  Norse Shooting (Circle Drill)

7:52 pm-7:55 pm  Foul shooting and wrap up
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Thoughts for Sycamore Youth Coaches

Coaching is teaching and teaching is coaching.

You are a model for the young people you coach.

You have a tremendous opportunity to greatly influence (positively or negatively) the young people you coach.

*Teaching fundamental skills of basketball is your most important task.*

Breaking the game down to teach skill development and knowledge of the game is what will help the overall program. (All players are taught as if they are going to be guards.)

*Offensive skills:* footwork, jump stop, triple threat, shooting, ball handling, passing

*Defensive skills:* guarding the ball, helpside, guarding a cutter, rebounding, communication

**Learning the Game**

a. Jump Stops/Triple Threat  
   e. Spacing/Floor Balance  
   b. Pivoting  
   f. Shooting vs. Passing  
   c. Communication  
   g. Screens – Using/Setting  
   d. Importance/Use of either hand  
   h. Value the Ball

**Teaching Attitude**

a. Putting the team ahead of yourself  
   c. Teaching leadership and responsibility  
   b. Practice is what makes players better  
   d. A desire to be the best you can be

**Practice for Youth Teams**

a. Limited time and limited space – keep tempo  
   b. Get assistants – make sure they know your expectations  
   c. Organize your practice – have a written plan  
   d. Build on repetition – daily repetition  
   e. Teach drills they can learn – *keep them simple*  
   f. Break the game down – 1 on 1, 2 on 2, 3 on 3  
   g. Give them the big picture *sometimes* – 4 on 4, 5 on 5
Aviator Defensive Basketball – **Relentless, Aggressive, Disciplined**

Communication needs to be Early, Loud and Continuous

**General Calls**

“Ball” – on closeout situations
“Gap” – on all help situations
“Blitz” – trap
“Switch” – switching screens
“Shot” – on shot – bench and floor
“Help” – if beat off dribble – defender chases to blitz
“Red” – foul
2012-2013 Aviator Standards

1) Scrappy
   a. Defensive Pressure
   b. Loose Ball
   c. Rebounding

2) Mental/Physical Toughness
   a. No plays off
   b. Focus
   c. Confidence

3) Unselfishness
   a. Extra Pass
   b. Taking Charges
   c. Being in helpside

4) Togetherness
   a. Communication in everything we do
   b. Honesty
   c. Trust