

# BOZEMAN HAWK BASKETBALL – WES HOLMQUIST

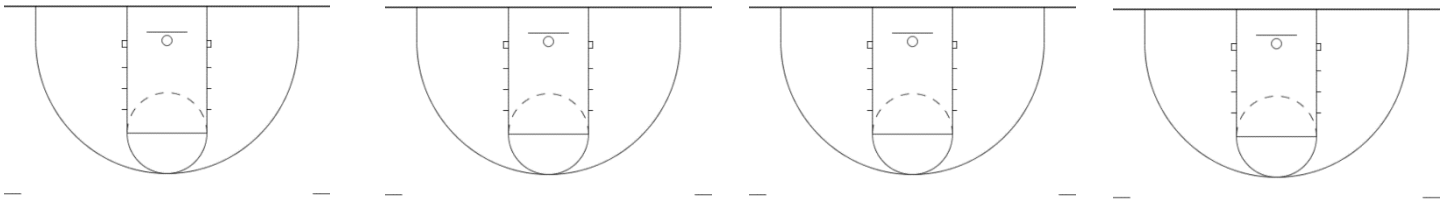


**COACHING THE MULTI-SPORT ATHLETES:**

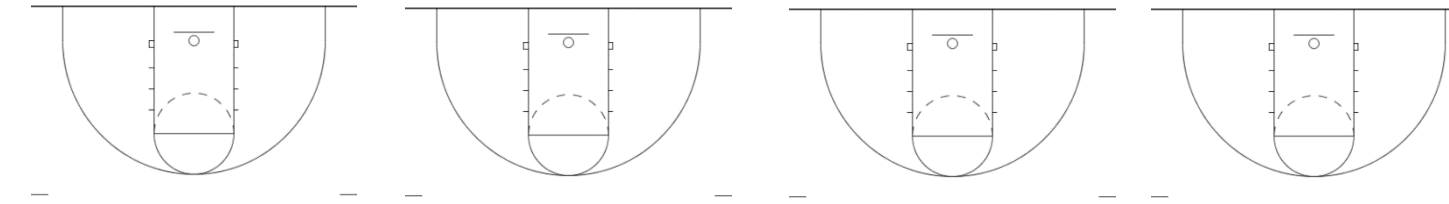
- 1.) Flexibility
- 2.) Support
- 3.) Compete
- 4.) Weight room
- 5.) Understand where they will be in March, not in December
- 6.) Rest during the season, take time off, and recharge the batteries

1.) **Motion Concepts (5 on 0 Warmup)** – We really try to get them talking to each other (ball, pop, slip, curl, fade)

- |                   |                 |                   |              |
|-------------------|-----------------|-------------------|--------------|
| - Pass & Cut      | - Screen Away   | - Flare/Skip/Slip | - On-balls   |
| - Dribble Screens | - Punch the Key | - Read            | - Hot Potato |

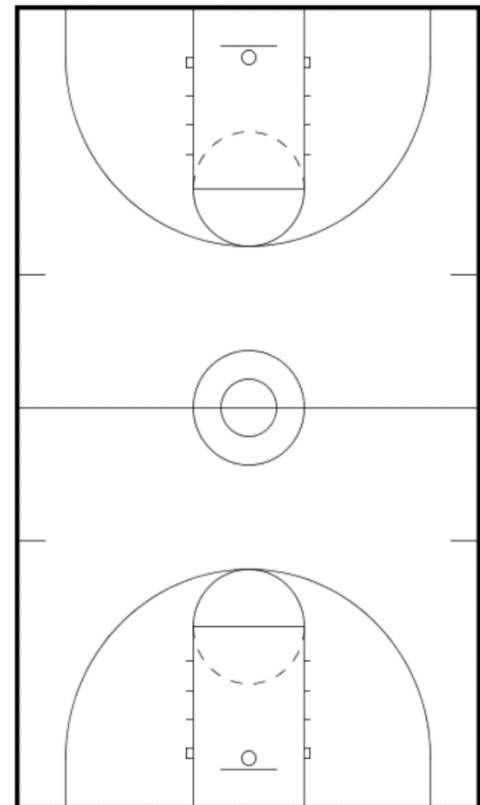


2.) **Perfect Possession** – We set the main clock for 4:00 min and once the drill starts that just runs. One of us will have a stopwatch, and the team on Defense has to get 40 consecutive seconds (our younger teams we start at 30 seconds) of perfect defense within that 4:00 min timeframe. If we see anything that we don't like (no closeout, weak closeout, no contest, not in helpside, not jumping to the ball, not talking, no box-out, etc, etc) the 40 sec stopwatch starts over. It will also start over on any offensive rebound, score, foul, etc. We want 40 seconds of perfection. You can do this for any halfcourt defense you want to work on, we typically like to do it in our man defense (if we go zone sometimes we up it to 50 seconds). We love this drill because you have to be tough (physically and mentally) to win. It puts them in tough spots and forces them to overcome mistakes and keep battling. We emphasize how to "Find a Way" and "Make it Happen."



3.) **4 vs. 3 and 5 vs. 4** – This is a staple for us and our defense. We like to start with 4 vs. 3 (much harder). There are 4 offensive players and 3 defenders trying to guard them. One offensive player starts at the VB line at the top of the key, the other 3 offensive players are on the baseline, they will cut to get open from the baseline when the coach throws it to the offensive

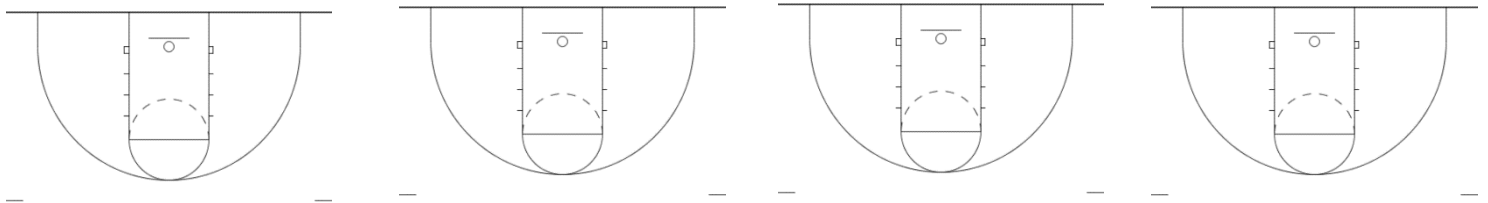
player at the top of the key. The 3 defenders have to start in the key. The offensive player up top can pass it to any of his teammates once they are all behind the 3-pt line (we want good spacing, harder to guard). The 3 defenders have to talk and communicate and find the next pass and jump to the ball. The 3 defenders will also have another teammate up near halfcourt on the sideline. If the 3 defenders get a stop, steal, or rebound, they get to get out in transition and look to score. We always come back again (make or miss) so the same team ends back on the same hoop defending again, this time it is 4 on 4 (or 5 on 5 if we are playing 5 vs. 4). If they get scored on, they stay (we typically have 3-4 teams while we are doing this in practice) until they get a stop and get out in transition.



4.) **Scramble** – This is part of our Shell Drill series. We teach our kids 3 words they should all be saying: ball, gap, or help. We set it up to put our guys in scramble situation and have to help and recover (create chaos). We do this in 4 on 4 as well as 5 on 5 (start with 4 on 4 early, no post). We always start in a corner, and once we go around the horn and come back to where the ball started (working on positioning and talking the entire way). When the ball gets back to the corner, the defender has to touch sideline and recover. On the catch, play is live and we have to figure out what we need to do by working together and communicating. This is realistic and makes them anticipate and work together.

5.) **3 Trips** – This is another staple in our program. Something we emphasize and practice routinely. You can take this how you want to and incorporate your own ideas and philosophies. Sometimes we focus on offense, sometimes we focus on defense, depending on what we need to work on and what time of the year it is. There are many valuable lessons and mindsets we develop by doing this and setting expectations. If we are focusing on defense, we will start in halfcourt defense (whatever we want to work on). We have to get a stop/score/stop (3 trips) to win the drill. Doesn't matter how, just have to find a way to get a stop, go down and execute and score, and then transition back to defense for one more stop. We give them 3 strikes to complete this (ie, if the offense scores, it would be strike 1). Compete, compete, compete. We are learning to value each possession and understand what we want to accomplish. We have been doing this a long time, and it is a great little comment I can tell them during deadballs, timeouts, etc. Sometimes our leaders will even start doing it on their own.

6.) **Pop Halfcourt Style** – We split into 3-4 teams (again 5 on 5 or 4 on 4). One team is on defense in the halfcourt to start, while the offensive teams are at halfcourt, coming at them. Our defensive team has to get 3 stops in a row to get out (sometimes we will ramp it up to 5 at times, which is what we call a KILL). This is fast-paced, and the next team comes at them quick regardless of what the team before them did. Our defense has to be on their toes and ready for anything. This is great for our talking and dealing with adversity. This is tough to do and can really push them to fight through frustrations and things not going their way.



**SOME OF OUR OTHER FAVORITES IF WE HAVE TIME:**

- |                        |                     |                  |               |
|------------------------|---------------------|------------------|---------------|
| - 3 on 3 -- 3 Pointers | - Phoenix Drill     | - 4 min Shooting | - X-Drill     |
| - Partner Shoot        | - Baseline Shooting | - Bear Drill     | - 16/26       |
| - Celtic Drill         | - Hyppa 1 on 1      | - Dawg Drill     | - 5 on 5 on 5 |