

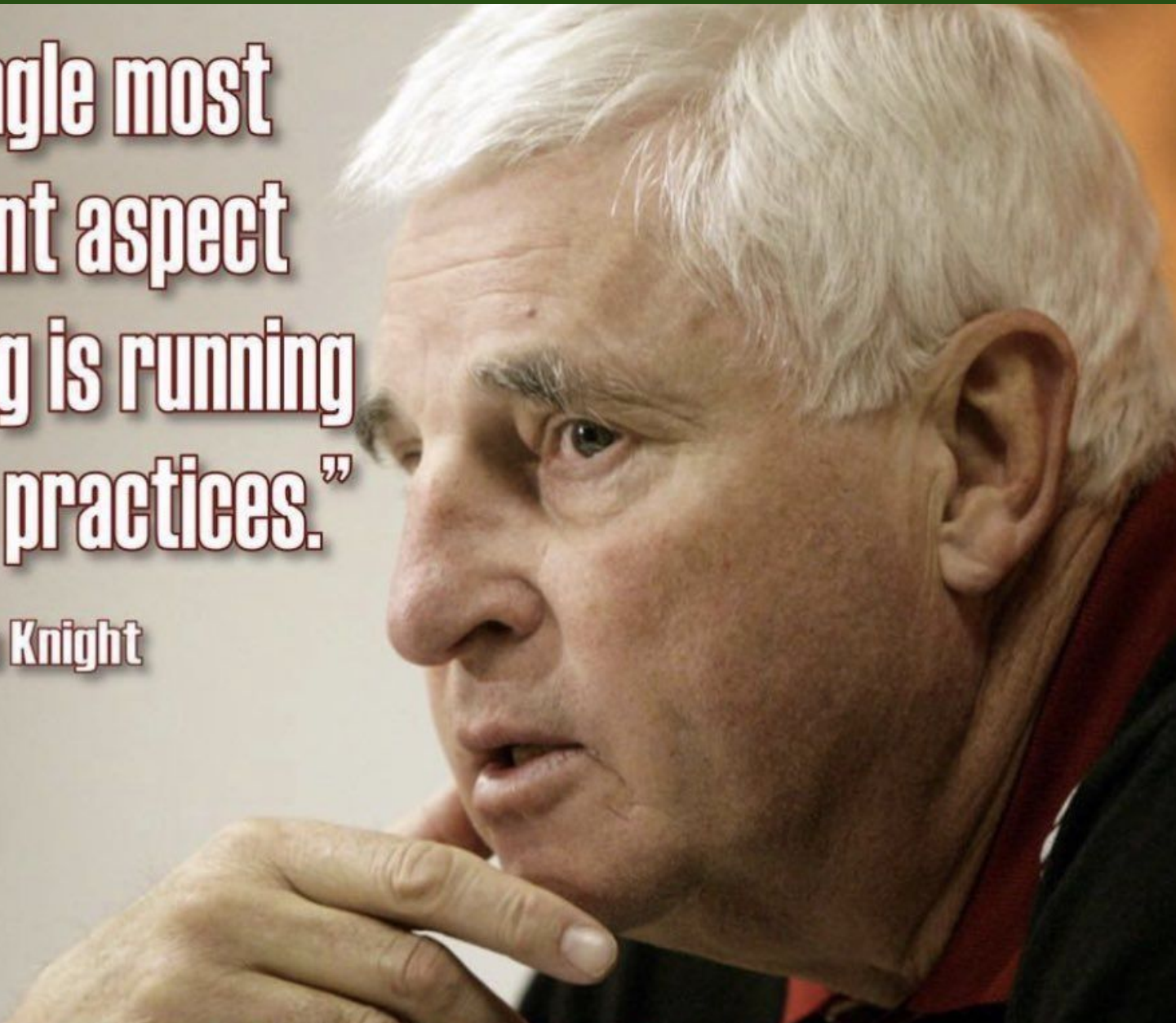
A photograph of an outdoor basketball court during sunset. The sky is a warm orange color with the sun low on the horizon. A basketball hoop and backboard are visible on the left side of the frame. A basketball sits on the court floor in the lower center. In the background, there is a chain-link fence, trees, and a parked car on the right.

MCA Clinic

How to maximize practice

**“The single most
important aspect
of coaching is running
effective practices.”**

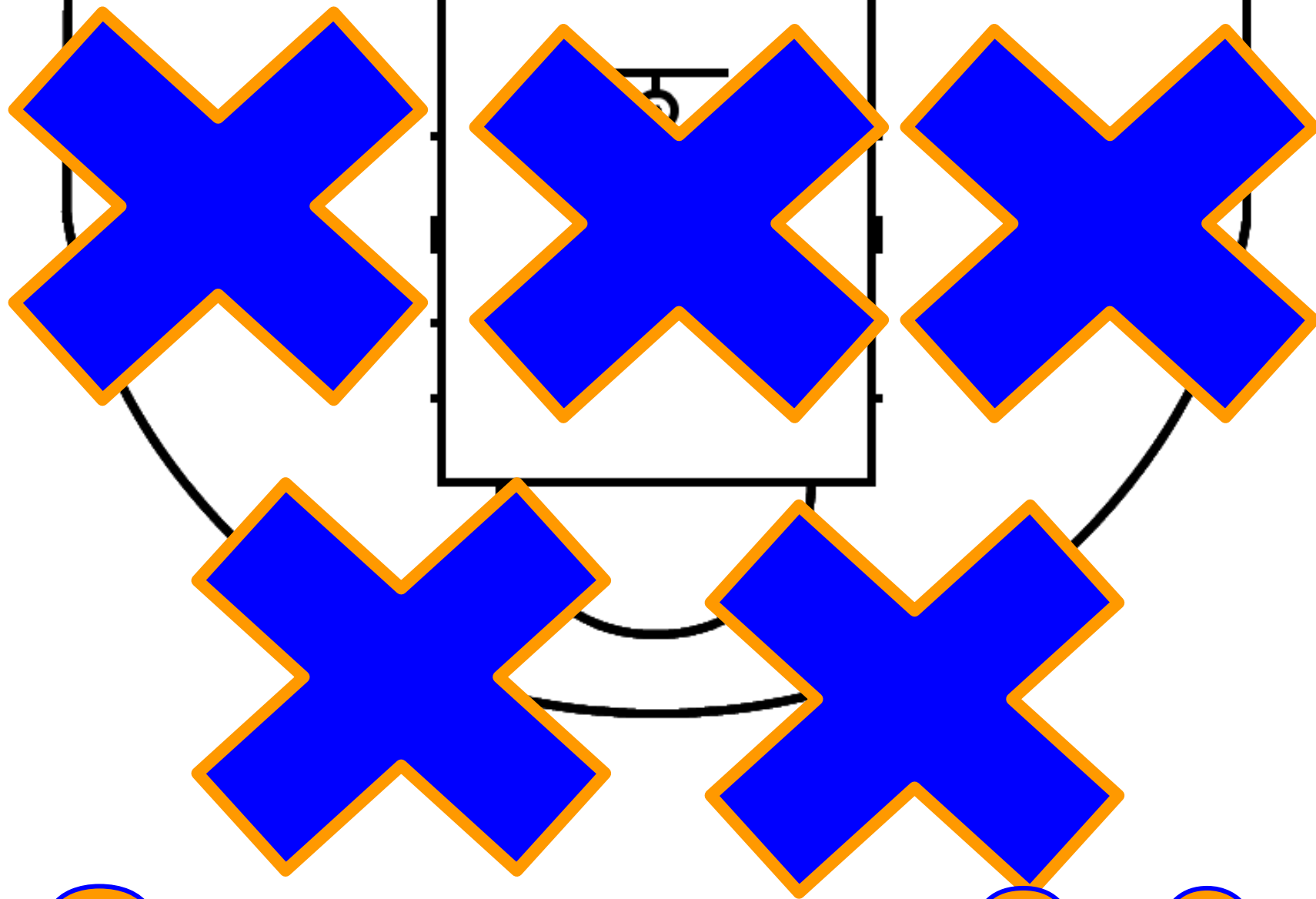
-Bob Knight



Revelevant material:

- Relevant material - ALL stolen
- Jim Boeheim & Bob Huggins at Portland clinic.
- Coach K and administration? Need your admin to support you. Believe in what you are doing.
- Ask - Coaches help Coaches
- Other people's opinion of you is none of your business.
- Coaching longevity





Syracuse 2-3



**You need talent to be
speaking at this clinic.**

Committed players

**Compete and build culture
even if you seem to struggle.**

Playing hard

Setting the stage for maximizing practice

- Building relationships
- Open and honest with players and parents
- Setting expectations
- Pace of practice helps build culture



Adapt to your team while keeping Culture:

- Times have changed.
- Drill sergeant doesn't always work.
- Being their friend doesn't either.
- Building relationships determines what you can say and how you can say it.
- Mentor players and teach them life lessons through basketball.
- Communication

Daily schedule?

Girls 3:30-5:30 Boys 5:30-7:30

- AM practice?
- Build practice
- Pace of practice
- Learned behavior
- Helps w/ discipline
- Keep to your schedule (esp. Frosh)
- Going over your time? - parents/players thoughts?

A silhouette of a basketball player in mid-air, shooting a ball into a hoop. The scene is set against a bright, hazy sunset sky. The player's arm is extended upwards, and the basketball is visible near the hoop. The background shows a chain-link fence and some trees in the distance.

Conditioning?

- CONDITION FROM START TO FINISH.
- SETS OF LINES AT THE END OF PRACTICE?

- Develop guard like skillz for all players. **Point guards can make the difference. All players need to handle the ball.
- **Players control:** Attitude and effort - leaders monitor
- **Coaches control:** meet with team before practice to motivate and set the tone of the day - meet w/ players
- The more veteran team the less you'll need of this



Mixing up different drills for practice – Examples

- Pre-practice shooting - drills - set plays?
 - Warm up - ball handling (2 ball dribble series)
 - Passing (2-3 man jumpstops & mirror passing)
 - Shooting (loop, Ray, Steph, Larry, Steve)
 - Defensive Fundamentals every day (4 line closeouts, clipper, 4 corner)
 - Finishing drills - (breakdowns - 6 finishes)
 - Breakdown offense - 3 on 3 ½ court
 - Team offense and defense - ½ court, full court
- Black de - Black on offense only**

Season tapering

Tapering practice times:

Tryouts to Jan. 1:	2 hours
Jan. 1-Feb. 1:	1:30
Feb. 1- Last game	1 hour to 1:15
Districts/Divisionals	45 mins - 1 hour
State	30-40 mins.



Tapering weekly practices:

- When are your games?
- What days can you practice hard? When can you refine things?
- Pre-practice? No contact?
- Planning ahead of season

MISC...

- Create competitive practice
- Mix up groups with older and younger (not to compete but teams)
- *Practice ALL aspects of game each day/week*
- Switch ends a lot:
use end you finish with for Offense - Defense
- Create chaos - Black team gets all the calls?
- Players standing around? Try not to have drills that have players not involved.
- Train each week the same. Rivalry week? - every week.
- Teach when giving them breaks - 1 and 1's

Tuesday December 4, 2018

Meet at 4:30 tomorrow - Practice at 5. - dressed and ready to go

Thursday practice after school

Thursday night work KC dinner - 12 players and anyone else who wants to help

Study your sets, obus, slob, defenses.... NO excuses! GET on HUDL

"It's amazing what can be accomplished when no one cares who gets the credit"

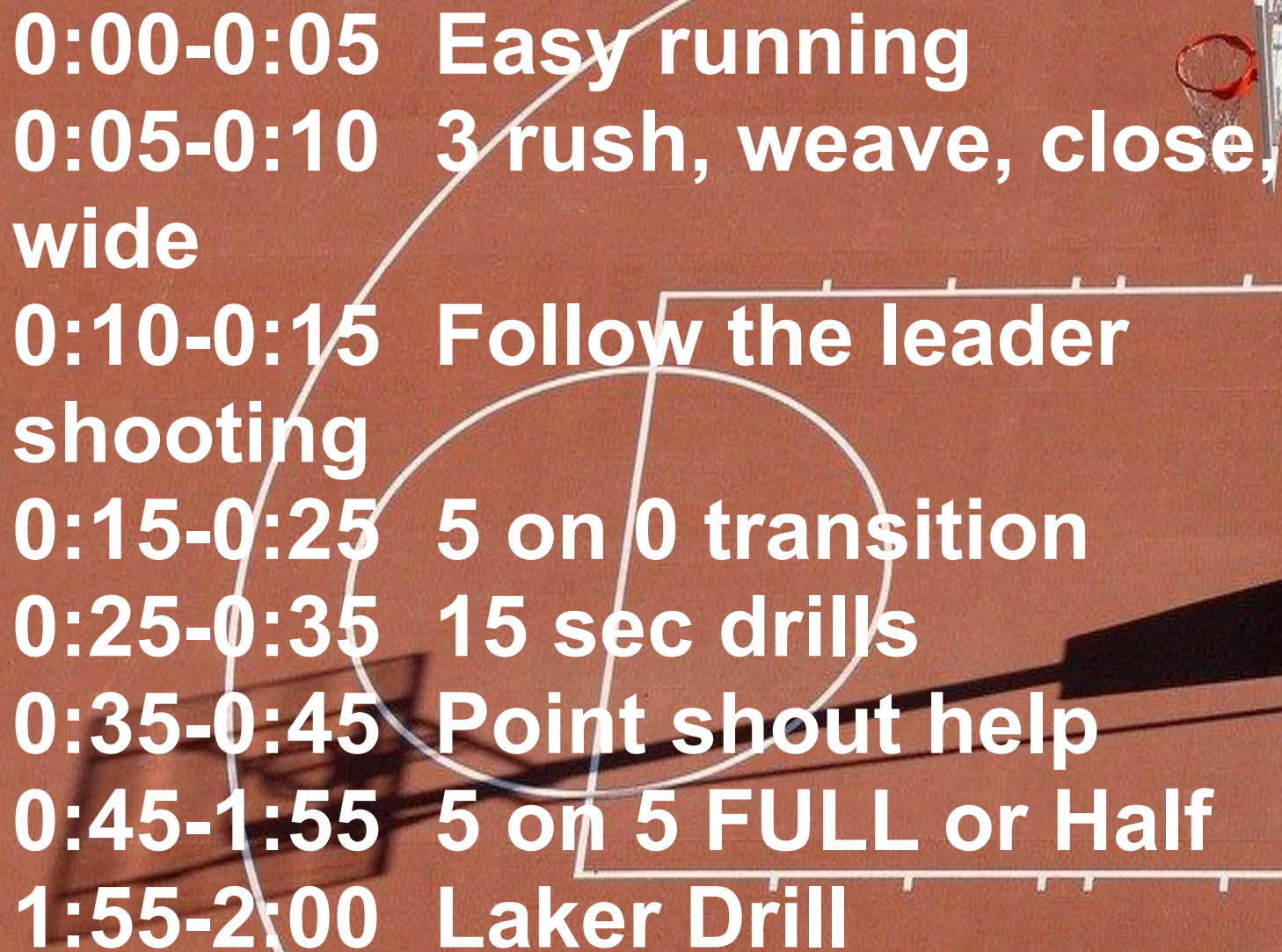
4 on 4 TEAMS:

Marcus	Johnny	Niki	Sam D.
Gabe	Seth	Mason	Charlie
Joe	Tyler	Nate	Cade
Logan	Regan	Sam G.	Brado
Thomas	Junior		

5 on 5 teams:

<u>Green</u>	<u>Silver</u>	<u>Black</u>
Niki	Marcus	Junior
Mason	Gabe	Johnny
Seth	Cade	Nate
Joe	Tyler	Regan
Charlie	Sam	Sam D.
	Brado	Thomas
		Logan

Coaches focus: Watch closeouts - contesting - boxouts - O rebounders



0:00-0:05 Easy running
0:05-0:10 3 rush, weave, close,
wide
0:10-0:15 Follow the leader
shooting
0:15-0:25 5 on 0 transition
0:25-0:35 15 sec drills
0:35-0:45 Point shout help
0:45-1:55 5 on 5 FULL or Half
1:55-2:00 Laker Drill

Other factors of practice:

- Watch film? Hudl? Other forms of film?
- May have 5-10 mins. about the other team -
- End of game situations - mini games

Drills

Warm up: Easy running, 2 ball dribble series, dribble tag, stationary ball handling

Passing: 3 rush, 3 weave, 3 man jumpstops, partner jumpstops, mirror passing, partner passing

Finishing: x-outs, mikan, 2 ball mikan, spot drills, Rim finishes, 6 finishing moves, breakdown guards and forwards work.

Shooting drills: partner, follow the leader, Block to Block, Ray Allen, loop, sets of 10 (Steve Nash, Steph Curry, Larry Bird, Reggie Miller)



Defensive drills:

Zig zag, De session, 1 on 1 from $\frac{1}{2}$ court

4 line closeouts, Clipper closeouts, 4 corner closeouts, yo-yo closeouts

1 on 1 from the wing - de stays until he gets a stop

1 on 1 full court, $\frac{1}{2}$, $\frac{1}{4}$ - no flagrants (work on reverse pivoting)

Shell drills - 4 on 4 on 4 - de stays for points

Point shout help, de session transition

Grinder, 25 passes (boards)

30 second drills

2 on 2 rebounding, circle the wagon rebounding, numbered rebounding

Team defenses - man and zone presses, $\frac{1}{2}$ court trapping presses, $\frac{1}{4}$ court defenses, 1-3-1, 2-3, 1-2-2

Transition drills: (both O and D)

5 weave 2 on 1

2 on 1 Blitz

Team Blitz

3 on 2 Blitz

4 on 4 fast break



Team shooting drills:

3 weave shooting

Laker drill

3 line shooting

Transition shooting

4 man layups

Rebound and Run

Team period:

CHANGE PERIOD

5 ON 5 ON 5

5 ON 5 ½ COURT

3 IN A ROW TO GET OUT

CIRCLE THE WAGON PRESSING



End of Practice drills:

Laker - make 150

Michigan

Boston Pass

Rebound and Run

4 man passing

Pressure free throws:(10/15, 11/16, 12/18)

FT Drill - shoot 1 and 1's - start at?

