

Jeff Hays

406.531.3349

[jbhays@mcpsmt.org](mailto:jbhays@mcpsmt.org)

[hayshoopcamp@gmail.com](mailto:hayshoopcamp@gmail.com)

## Tough Players and Teams

Can be applicable to every scheme; offense or defense.

What is toughness

You can define this for your program

- Jay Bilas article/book. May not be what you think of.
  - No cheap shots, extreme physical play, etc.
- Think of opponents that embody this

Train it and develop it. "You are what you emphasize" (Kelvin Sampson - rebounding)

- Teamwork
  - Discipline and accountability
  - Offense and Defense
- Fundamentals. "Schemes are held up by fundamentals. Without fundamentals nothing will work." (Ron Adams)
  - Skills; ball handling, passing/catching, finishing and shooting
  - Don't turn the ball over
  - Defense
- Competitiveness
  - "Bounce back from mistakes quickly." (Rob Miller)
  - Don't quit
  - Perform under pressure
- Body Language/Communication. Positive and enthusiastic no matter what!" (Rob Miller)
  - Complaining/whining; teammates, coaches, officials
    - Coach's: we need to model this better
    - Losers make excuses, winners don't
  - Don't be dramatic
    - Falling to the floor/flopping, laying on the floor, looking at hands, etc.

Favorite Drills

UTEP (Discipline/Fundamentals/Teamwork) - email to request video

Coneheads (Discipline/Fundamentals/Teamwork) - email to request video

Jamestown (Discipline/Fundamentals/Teamwork) - email to request video

2-on-2 Closeouts (Defense/Offense)

3-on-3 FC No Dribble (Defense/Offense)

Shell: Games to 8. Man-to-man or zone (Defense/Offense)

OSU Lay-ins (Discipline/Fundamentals)

## Fundamental Drills

### Shooting

2 minute shooting (3 people, 2 balls). Make 25; have standards

5 spot shooting (3 people, 2 balls - can adjust). 4 Minute - make 50; have standards. 10 makes from each spot

Ball Handling: 4 different sequences. 4-6 minutes

Passing: Gonzaga Passing, Hawk Drill

## Practice Schedule

Form Shooting

5-on-0

Ball Handling

Favorite Drill

Post/Perimeter/Skill

Shell

Transition Drill: 5-in-a-line, Advantage, etc

5-on-5: half court or full court