

Blair Academy Coaches Clinic 6/21/11

Mike Dunlap St. John's

- Don't trust winning/ Find out about yourself when you lose
- Be who you are/ What do you believe in?
- Pete Newell- "Keep an open mind"
- Innovate within your system
- NBA- 9 ways to defend a pick & roll
- Assistant coaches want to change things prematurely

Sideline Pin

- Keep the ball on the sideline
- Push the ball baseline/ 2 on the ball

St. John's Defensive Branding

- Ball pressure- make them uncomfortable
- Rotation without hesitation
- Rebounding

- You find out what your players learn when they talk to the media
- Mistakes happen on 3rd reversal pass
- Opinions must be supported with facts & #'s
- Get the ball to the sideline- "4 in the box"
- "Repetition leads to clarity"
- Watching more video leads to the game slowing down in your mind
- There is a 17% decline in shooting % on contested shots
- If you're late on closeout, it's okay to fly by a shooter
- Get "perfect" out of your coaching vocabulary
- Over coaching takes away from aggressiveness

Fronting Low Post

- They will settle for ¾ front
- Ass to knee caps
- Trap on drive
- Corner to top ball movement- get on top of offense

- Stunt- attack the dribble on help situations
- Run your head thru the ball

Rotations Situations

- Advantage/disadvantage drills- 5 vs 4/ 4 vs 3
- They keep their bigs under the rim & don't rotate up in the back of their zone

Negatives of Zone

- Rebounding- How many on weakside?
- Larry Brown- cover boxes & elbows
- Box out your “spots”
- Pursue the ball- seek the collision
- Cover the 3 point line
- Transition Defense- closest man stops the ball

Pluses of Zone

- Team Mindset
- Disruption- What are you doing to disrupt your opponent? Practice
- Less actions run vs zones/ Allows you to work on your fundamentals in practice
- Protect your great players
- Fastbreak
- Practice time for your opponent is less

General Thoughts

- Elbow coverage is crucial
- Trap ball at elbow
- Guards are on a pulley system
- They do all M-M drills in practice
- Teach slowly
- Energy level as a teacher must be high/ Focus/Stay on point

4 on 5

- Must dribble ball across ½ court
- Once pass is made in ½ ct- no dribble
- Shoot it any time
- Work on shot selection
- Ball pressure
- Natural rotations
- Rebounding/ Run in transition

Drills & Random Thoughts

- Part/Whole or Whole/part teaching?
- John Chaney was a whole- very little parts
- NBA guys are whole
- Scrimmage early- provides evidence in what you see
- Must defend pick & rolls in zone
- “Devil is in the details”- what do you stand for?
- Hands/ Closeout with proper hand high
- Talk

- Jump to pass
- Spot rebounding

1-1-3

- Can be used as a secondary defense
- Would play 2-3 as secondary defense if you're primarily a M-M coach
- It's easier to be lazy in a 2-3 zone than a 1-1-3 zone

Deflection Chart

- What are your values?
- 50/50 balls
- Deny post
- Tipped passes
- When coaching- "Praise, prompt & leave"

Trapping

- What are your automatics?
- Makes you more aggressive
- Coach to aggression & you can pull back later
- Positional meetings with staff- football concepts
- Bad practices are usually a reflection on the head coach
 1. Attitude
 2. Energy
 3. Bad planning
- When doing individual improvement- be specific
- Assistant coaches must be positive & have energy
- Video should be short & sharp
- Allow players to like watching video- you can't kill them every time they watch video or it will become a negative for them

Coaches Roundtable after Mike Dunlop spoke

- Do you run pick & roll at end of shot clock? Several coaches said no as they are afraid of late trap

Low Post Double Team concepts

- Box to box- Spurs do this
- From the top
- "Yo-Yo"- Fake double team- takes away aggressiveness of post player
- On catch/ on dribble

Conditioning

- Dips, pull-ups, pushups, crunches
- Assign a # to each exercise that must be made
- How many rounds can you get in an assigned # of minutes?

Free Throws

- 2 at a basket
- Basket can't miss 2 in a row
- Give them a set # of minutes to shoot
- Shoot 1 & 1's

Bob Hurley concept

- Play it through the net
- On a score, fight for the ball & play it live, offense can score right away
- Don't take the ball out of bounds if the defense gets ball after a score

Do situations at the end of a drill to validate the winner of a drill

-