

UNIVERSITY OF FLORIDA

SEC Champions
2000, 2001, 2007, 2011
SEC Tournament Champions
2005, 2006, 2007



National Champions
2006, 2007

GATOR BASKETBALL

9-9-2011

Dear Coach:

Enclosed you'll find the notes from our clinic this past August. On behalf of our staff, at the University of Florida, I want to thank you for your attendance and participation. We felt like it was a tremendously successful event. Also attached you'll find a contact information sheet with the information of the attendees. Unfortunately, we were disappointed with the quality of the DVD recordings, so we will only be mailing those upon request. Please request those via email at oliverw@gators.ufl.edu if you would like a copy.

We wish you the best of luck this upcoming season, and if there's ever anything we can be of assistance with please do not hesitate to reach out. Thanks again for making this a successful event, and we look forward to seeing you next year.

Sincerely,

A handwritten signature in black ink, appearing to read "Oliver Winterbone", with a stylized flourish at the end.

Oliver Winterbone
Video Coordinator

University of Florida Men's Basketball Coaching Clinic 2011 Notes



Notes compiled by Matt Wise

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Shaka Smart- VCU Basketball

- Denny Kuiper: 919-434-8147
 - A retired coach who loves basketball
- There is such a fine line between what we would label as success
- Create and enforce standards we believe in with the players that we have in the program
- 5 Things we believe in
 1. Recruit and reward winning guys
 - Understand what goes into winning
 - Toughness, competitiveness, basketball IQ, work ethic, unselfishness
 - Winning guys create success
 2. Connection and culture of success on and off the court
 - Appreciation to entitlement ratio
 - Tends to be backwards
 - With privilege comes responsibility
 - Appreciation: "Currency of success"
 3. Promote an extreme work ethic
 - Constantly point out hypocrisy between what guys say they do and what they actually do
 - At VCU, if you don't work hard, you stand out
 4. Teach, cultivate, and reward positive leadership
 - Urban Meyer: "The first step in leadership is taking care of your own shit"
 - 2 leadership groups at VCU: older and younger players
 - "Young leaders"
 - Ownership
 - Took advantage of the power of suggestion
 - Some of the things we suggested, our guys started to actually do
 5. Derive meaning in what we do on a daily basis; Take immense pride in who we are/what we do
 - How did they get to The Final Four? Immense Pride
 - Style of play: "Havoc"
- Basketball
 - Always had 4 guys on the floor that could shoot
 - Always a threat to go on a run
 - #1 emphasis: sharing the basketball
 - Took pride in the extra pass
 - Implement a system that they were able to get guys shots

- Term throughout the NCAA tournament:
 - “ACL”- Aggressive, Confident, and Loose
 - Defensively, pressing makes you aggressive
 - Always the most aggressive team
 - Confidence: ultimate green light
 - Loose: very loose during the Kansas game
- Areas of Emphasis
 - Keith Dambrock: “We need to spend more time with our players”
 - Spend time with players
 - Staff in locker room with players for 10 minutes after practice
 - Being conditionally bought in vs. unconditionally bought in
 - Appreciation to Entitlement-Starts with the staff
 - High appreciation for the job and the opportunity to work with your guys
 - Pound down throats of players
 - Billy Donovan: “Winning attracts shit”
 - Guys want to come to school for the wrong reasons
- Age: Advantages and disadvantages of being young
 - Overrated
 - Not as many tricks as someone who’s coached for 30 years
- Reflecting back on the job
 - Wouldn’t have taken things personally
 - Have to get your good players to buy in
 - Player-centered program, but still hold their feet to the fire
- 5 Levels of Leadership
 1. Take care of your shit (be on time, go to class, etc.)
 2. Lead vocally (positivity, communicate, talk)
 3. Lead by being the hardest worker on the team
 4. Can you call out your teammates and say what needs to be said? (Be unpopular)
 5. Be an extension of the coaching staff at all times
 - Team first at all times
 - You are the team, the team is you
- Don’t have captains, we just have leaders

Danny Manning- "Big Man Development"

- Build Foundation
 1. Create a presence: visual presence- "I want the ball"
 - Strong Base: Great body language
 2. Call for ball in every drill
 3. Go get the ball, regardless of the pass
 - Going after the pass
- Twists
 - Med ball
 - Med ball twist
 - Med ball swings
 - Med ball passes
- Hands: show hands to passer (both hands)
- Catch the pass with long arms
- Footwork: space/angle/separation
 - Never want them on their heels
- "Work the C" with resistance
- Drive and wheel: start on the baseline, drive up the lane, catch and finish
- Drive and whip: start on the baseline, drive up the lane, ball reverse- whip
- Straight flash: duck in- top leg- displace top arm
- Duck move: step low, show lob, to straight flash
- Spin move: step in between his legs, spin and sit
- Chin: outside of ear- jump hook
 - 3 Spots
- Chair drill
 - Slide step, swing step into shot (1 dribble/2 dribbles)
- Always want to catch in the center of your body
 - Can become a fake
- Moves:
 - On the block
 - Jump hook (religiously)
 - Chop move: show shot fake, chop across the defense's face
 - Best post players control the most space
 - Turn and rip: turn middle- pass fake, shot fake, or rip
 - Off the block
 - Turn, rip- get to middle of the floor- for a quicker guy

- Turn, rip- crab step- for a slower player
- Jab step stepover
 - All moves are taught in both directions
- Vs. Double
 - Pass fake, then escape dribble
- Opposite big works away from the big that has the ball
 - When a move is going middle, opposite big works the baseline
- Wherever the defense is, that's where you want them to stay
- Veteran tricks: Hips and butt- don't battle up top
- Swivel hips on ball entry
 - Hit the defender on the lob
- Vs. a Cross Screen
 - Stay closed, body in between screen

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Tim Duryea – Teaching and Using Switching Defenses

- Importance of tempo
 - Offensively and defensively
 - “Changing D” – zone on makes, man on misses
 - Secondary defense does not get a lot of time spent on, but it is something that can be trusted
 - Soft press to control tempo
 - Every game we would try changing D to see if it works
- Press
 - 1-2-2 3/4 court back to 2-3 matchup
 - 2 and 4 man on right, 3 and 5 on left side
 - Point guard – hard to throw over
 - Cardinal rule: No Middle
 - Can not leave the middle until the opposite man gets there to bump
 - The opposite big protects the basket
 - 1 trap is great, 2 traps is rare, and we are fine with no traps
 - It is a no risk press
 - Trapping area in front or right after half court line
 - Rules
 - Everyone runs back to the lane
 - Press to force 6 seconds off the clock and 3 or 4 passes
- Zone Defense
 - Point guard never gets below the foul line, keeps his low hand in the passing lane
 - 1 will bump 3 but 1 will not bump 2
 - When 1 bumps 3, 3 takes short corner and 5 man goes middle
 - Changes the zone from 1-2-2 to a 2-3
 - When 4 or 3 is out, the 5 has to be down
 - Bump anything above second hash mark
 - When the ball goes into the post, dig with both strong side guards
 - Never double team the high post
 - Ball screen – switch 1 and the 2, do not involve the 5 man
 - Ball doesn’t go to the high post
 - No ego with how the team plays on the road
 - Not much ball pressure, defending 3pt line and in

Practice Panel

Larry Shyatt

- Underrated: Learning how to plan
- Prepare as if you are a head coach in August
- Whole/Part vs. Part/Whole
- 1st team vs. 2nd team? Or divide teams?
- How much zone to mix in?
- Incorporate OB's to Transition D
- How are you going to teach 1/2 court defense?
- Can you win the game on the worst shooting night of the year?
- Every coach should have a syllabus

Norm Roberts

- Everything should be built around what our identity is going to be
- Everything came down to who could guard in the 1/2 court
 - Stop and Rebound

Dave Paulsen

- What 3 or 4 things are you really going to value?
 - Is that what we're doing every day in practice?
- Give a name to everything

Coach Shyatt

- No lines, no fouls, no possessions end until the defense rebounds the ball
- Hustle stats: offense and defense

Jim Larranaga

- You're always working on more than one thing
- Offensive and defensive assistants, both overseen by Larranaga

Coach Roberts

- You have your team when they are repeating what you say

Lawrence Frank

- Longer is not necessarily better
 - Have a feel for how to pace a team
- Do your practices reflect your substitution patterns?
- What sets can your 2nd unit/small lineup play with?
- Validation in games and drills
 - FT to win

- If you miss 2 validation shots, you automatically lose

Larry Greer

- I would not do as much breakdown in college after being in the NBA

Steve Clifford on working for Stan Van Gundy:

- Talk the way he talks
- See what he sees
- Challenge yourself with players to let you truly coach them

Erik Spoelstra- "Miami Heat Basketball"

- Players will come around" – they don't like to hold confrontation over time
- I worked for a "great one" and I don't take that for granted
- The importance of stability in coaching
- When you are an assistant: Be seen, not heard – coaches don't need answers
- Promoted from within – family environment
- Most valuable (and miserable) experience – scouting
- Be prepared for 5 shit storms every day; every huddle
- Great offense to study: Rick Adelman – innovator
- Outside the box thinking – innovators
- Best piece of advice I ever got: "Be who you are"
 - Riley: general mentality
 - The kind you want to follow
 - Motivational story tellers
 - Van Gundy: close friend – inspiration
- Be authentic
- Tony Dungy
 - Criticism about not being a prototype
- Consistencies with coaches – regardless of who you are
 - Competence
 - Players see it
 - Difference between knowing what you're doing and knowing it all
 - Relentless work ethic
 - Earn respect of players every day
 - Relentless, fatiguing
 - Assistants – there for them
 - Integrity
 - Authentic
 - Be consistent with media and team
 - Discipline
 - Head coach – you're the jerk now

- Fight for and have accountability
- Show resolve
 - Storm around you and everyone wants a way out
 - Players have to see a source of strength
- NBA – best and smartest players in the world

Managing Personalities and Egos

- Managing CEO's of their brand
- Defiant guys/mavericks are usually the ones that take you to the next level
- All want to be coached
- All want discipline
- Want structure
- Want to stand for something bigger than themselves
- Direct communication
- Respect – be on time – be efficient with your time
 - Respect of eye to eye contact
 - Reshape habits of communication

Put onto paper

- 1st thing: Goal
- Process – game plan - identity
 - Build brotherhood/family
- Core values
 - Sacrifice, service
 - Serve for others
 - Don't serve for yourself
- Process
 - Staying true to process is not easy
 - Healthy and conditioned
 - Build championship level defense
 - Running team
 - Manage expectations – do not get caught in the goal

2 options in life – resist it or embrace it

Manage media

- Blame between players
- Anything can be damaging to your team
- Piss them off? Herd mentality
- Stay true to your message
- Don't take it personal
- What's going to help us win – non-emotional messaging

Make it about winning and success

- Remove the ego

- Just make it about winning
- NBA is a players' league – greatest skill is understanding that
- Identify what really matters

Books

- "7 Seconds or Less" – D'Antoni
- "Mind Games" – Jackson
- "The Score Takes Care of Itself" – Walsh
- "Lives of Riley" – Riley

Be an innovator

Lawrence Frank- "Questions in Interviews"

- There's a reason why these guys are so good (talking about the consistency of Garnett, Allen, Pierce)
- Best players: hardest workers and most unselfish
- Pierce, Garnett, Allen: Same guy every day
- Paul Pierce: Back to Backs
- There's a reason these guys are great
 - Rookies:
 - Don't know how hard they have to play
 - Pace of game, number of possessions
 - Must be able to think and play

Interview

- 5 areas
 1. Development/Background
 2. Basketball
 3. Players
 4. Organization
 5. Staff
- Background
 - Which coaches do you admire?
 - What is most important to development?
 - What things do you emphasize the most?
 - Where do you excel as a coach?
 - Where do you need to improve?
 - How are you trying to improve?
 - Who is the best head coach you've ever worked with? Why?
 - Who is the best assistant coach you've ever worked with? Why?
 - Who has had the most impact on your professional DNA?
 - If you weren't coaching basketball, where would you be?
- Basketball Philosophy
 - What is the best way to connect with players and earn their respect?
 - What leadership/motivational skills do you utilize?
 - How do you address role and status to players?
 - How do you adjust the role?
 - What is your process to hold players accountable?
 - What coaches/systems impress you in the NBA?
 - What is your short term/long term plans?

- How do you balance experience with youth?
 - If you were the GM, how would you build the team?
 - What would you like the team and organization to look like?
 - What will be your role as head coach?
 - What principles are you not flexible on?
 - How do you handle difficult players? Give an example.
 - What is your discipline philosophy?
 - Offensively, it is hard for you to play PG that can't __? SG, SF, PF, C?
 - PG: pass
 - SG: shoot
 - SF: play at both ends
 - PF: stretch the D, but guard the post
 - C: guard and talk
 - Evaluate the current personnel. What is your game plan to improve it?
 - Often the interview process comes down to fit
- Staff
 - Assistant coaches
 - Who were your best?
 - Do you believe in having offensive and defensive coordinators?
 - How do you delegate?
 - What have you learned from past experiences?
 - Roles for coaches?
 - Youth vs. experience?
 - Number of coaches?
 - Responsibilities of each coach?
 - How would you develop young players?
 - Player development program? Assistants with program?
 - Strength and conditioning?
 - Who would you keep from the current staff?
 - Who are you thinking of bringing in?
 - Chemistry among staff?
 - How do you get feedback? Utilize feedback?
 - What is your process for hiring?
 - How have you managed people before?
 - Support staff: what do you need?
 - How do you offset your weaknesses?
 - What lessons did you learn from past jobs?
- Head Coach/GM Relationship
 - Trust/loyalty/work together/team
 - Selection of players
 - Comfort level with GM
 - "Support me until you have to fire me"
 - Winning environment here?

- As much as they are interviewing you, you're interviewing them
- Type of atmosphere overall in environment
- Organization with coach, GM, and owner
 - Where are the lines drawn?
 - Responsibilities?
- Organization/Structure
 - When in town
 - Philosophy in September
 - What days/weeks do you work out?
 - What do you want to get accomplished from training camp?
 - Do you do a conditioning test before camp?
 - Schedule? 2-a-days?
 - Philosophy of preseason games?
 - Personnel – review roster
 - Regular season – master calendar
 - Daily schedule?
 - Staff expectations?
 - Staff meetings? What do you need?
 - Do you travel injured players?
 - Days off – Stan (4)
 - Doc Rivers respect what they're doing – they respect him
 - Structure/format for practice
 - Scrimmage vs. drills
 - What is your process for releasing players?
- Rarely Specific
 - Offensive end – philosophy – bullet points
 - Style of play
 - Personnel needed for style?
 - Makeup of players
 - How do you define talent?
 - What's talent to you?
 - Position requirements
 - Core offensive/defensive drills?
 - Game to game adjustments, offensively and defensively
 - Adjustments within game
 - Defensive mistakes – non-negotiables
 - When it's violated, what are the consequences?
 - Does it matter which player it is?
 - What are the toughest sets to defend?
- Player Development
 - What is your approach on player development?
 - Practice – big part of player development

- 1 on 1, 2 on 2, 3 on 3
- How do you measure success and failure of player development?
- Player development progress report – accountability
- What resources would be used in player development?
- NBA D-League
- Divide players amongst staff
 - Why do players want to work with you?
- Why do you like these guys?
- What's your policy with the media and an injured player?
 - Team doctor and media? Not?
- Can never coach their will with injuries
- Media
 - Media rule: when interviewed during the first 6 weeks, must mention at least 1 teammate
 - 2nd 6 weeks: must mention 1 teammate and 1 assistant
 - 3rd 6 weeks: must mention someone other than a teammate or an assistant
 - High profile environment?
 - Handle criticism?
 - Don't show favoritism
 - Media rules and guidelines
 - Do you confront media issues with the team?
 - Do you confront negative writers?
 - Voices to the media – how many?
- Offseason
 - Plan to improve
 - How to go about it?
 - Weight training and conditioning
 - Technology in strength and conditioning
 - What's your policy on summer league?
 - What are the staff responsibilities?
 - Draft involved?
 - Philosophy on need vs. talent
 - Pre-draft workouts
 - Free agents – evaluations
- How do you deal with adversity?
 - "5 unexpected things every day" – Bill Parcells
- Why should we select you as our coach?
- Questions for them
 - Commitment from owner?

- Evaluation of roster?
- Plan moving forward?
- Moves they think they can make?
- How do you treat players?
- Players expect salaries – everything else is extra
- Able to hire own staff?
- Keep anyone from prior staff?
- Look for in staff
 - Motivated to learn
 - High character
 - Teacher
 - Passionate
 - Critical thinking
 - Open minded
 - Organized thoughts
 - Adjust thinking
 - Adapt presentation/style to players
 - Believe in what we do
 - Patience
 - Ability to confront when someone violates a core value
 - Consistency
 - Build trust
 - Team player? Chemistry and interactions
 - No self promoting
 - High level energy
 - Time management
 - Be between work and family
 - Problem solver
 - Listener
- Players are smart
- The better the player, the more the frustration
- Everyone treated fairly, not equally
- Have to be able to challenge and confront your best players
- “In the circle” – honesty
- If you want to talk about a teammate, do it with the teammate present
- Lfrank8@aol.com

Steve Clifford- "Opponent Scouting and Prep"

- Assistants: be high work/low maintenance
- If you walk by SVG's office in the summer, he's watching tape
- Be the expert on the conference you play
- After the year:
 - Written evaluation of the season
 - Give it to everyone
- Summers – offensive and defensive studies
- Post game reports
 - Most nights, base defense determines how well they play
- Tough to handle great ones, one on one
- Sept – gets the coaches ready
- Stan uses playbook to get himself ready
- Popovich – Starts every year like they've never coached their guys
- Shoot-arounds
 - Big deal
 - Be really prepared for shoot-arounds
 - Players become reliant on his game plan to win that night
 - They believe in his preparation
- Talk
 - Talk can be intimidating – sets a tone
 - Has effect over 40 min
- Play calls – 2, 3, 4 calls expected to know
 - Challenging guys to be a step ahead
- Track
 - Help off a big guy to clog up the lane
 - Force all cuts into the help
 - Don't give them the ability to cut 2 ways
 - Foot below on contact denial
 - Need to do the hard things



- SVG style – individual defense always revolves around personnel
- Personnel – take away garbage points
 - Fast break, FT's, cuts, O rebounds
- Battier – never gave up the cheap stuff
- Sag off non-range shooter – put a bad defender on a guy that can't shoot
- Great shooter – force into help – play on outside
- Transition
 - Vs. Kobe
 - Loading in transition all the way to touch
 - Shrink gaps vs. great players
 - Vs. Dwight
 - Track with your trail defender
 - Down P + R
- End of game – Yao never came out (with Jeff Van Gundy)
 - If we were going to win it all, we were going to have the guy on the floor and with a clear head
- Diaw and David Lee – great at the dribble pitch
- Change angles vs. a down

Ed Tseng- "Building toughness in your team and individuals"

- There is a voice inside your players heads
- Focus, Relaxation, Motivation
- Focus – follow one cause until successful
 - Be specific
 - Be sharp edged
- Ability + Strategy = Results
- Knowledge – Action = Nothing
- Focus on present moment
 - We can't change the past
 - We can't predict the future
- Don't think about results – think about the process
- Control vs. can't control
- Control = peak performance
- What do you do when things don't go well
 - Some days, you only have 70%, but you need to put a full 100% into that 70%
- The ability is already in your players
 - You need to let it out
- "All players have hope" – need to cultivate that quote
- Focus on the right things – process effort actions
- Bruce Springsteen on how every concert was great:
 - Played every show like it was the most important ever
 - It's just rock and roll
- We take action then complain about results
- Pillow test
 - I'm glad I did vs. I wish I had
- Choose a focal point
 - As soon as you feel negative thoughts, find your spot, and give yourself a positive affirmation

- 4-8-8 breathing pattern: focus on something relaxing
 - Relaxes your players
- Laughing is meditation
- In basketball vs. into basketball; which one are your players? Which one are you?
- When you focus on something blue, it's hard to focus on something yellow
 - When you focus on something negative, it's hard to focus on something positive
- 15 minute rule: if you don't want to do something, trying doing it for 15 minutes
 - It's the start that stops most people
- Motivation not a feeling, but an action

Donny Tyndall- "Playing with a small lineup"

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- Importance of pride in program
- HAT: Humble, Appreciative, Thankful
- "Relentless" – in recruiting, and as a team
- We mostly recruit "no option" guys
 - In 5 years, signed 35-40 guys, and only beat out 2 schools – no other option available to their recruits
- Faried – not a top 500 player
- Biggest reason for turnaround in program – toughness
- Can't be small and soft
- Coach your best player the hardest

Good actions to exploit a mismatch:

Elbow Flash for a Mismatch 4 Man



Iso for a Mismatch 4 Man

Frame 1



Frame 2



Frame 3



Frame 4



Frame 5



Frame 6

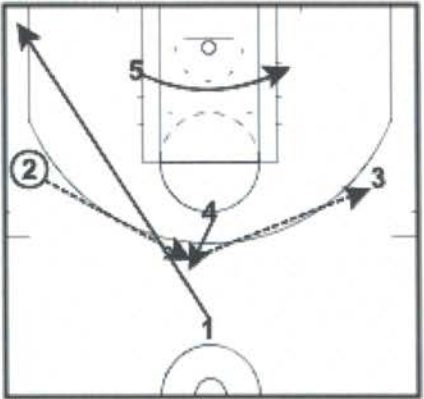


Stagger Action- Flare 4 Man

Frame 1



Frame 2



Frame 3



Frame 4



Frame 5



Frame 6

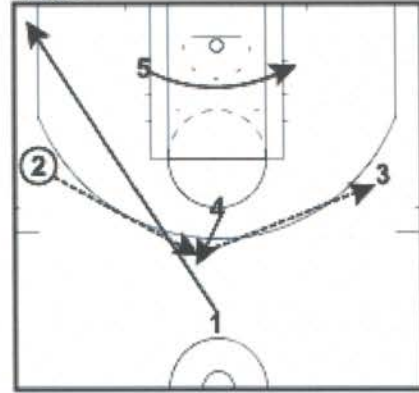


Stagger Action- Undercut

Frame 1



Frame 2



Frame 3



Frame 4



Frame 5

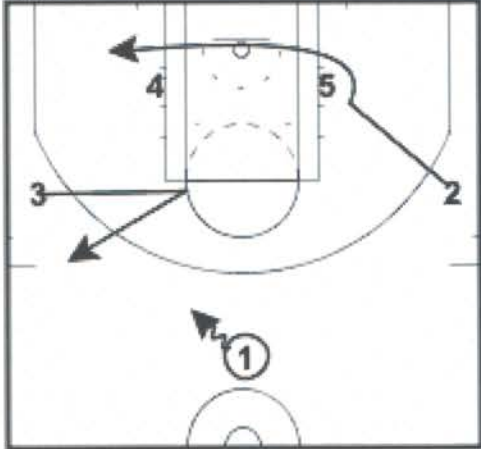


Frame 6



Misdirection for a 4 Man

Frame 1



Frame 2



Stagger for a Mismatch 4 Man

Frame 1



Frame 2



Frame 3



Frame 4



Triple- Misdirection for a 4 Man

Frame 1



Frame 2



Frame 3



Frame 4



Ballscreen Action- Pop 4 Man



Ballscreen Action- 4 Man Slip

Frame 1



Frame 2



Jeremy Foley- "Building a culture"

The culture at UF:

- We work very hard on it
- Coaches – people look up to you
- Fits into organization – treat everyone with respect
 - Respect a total program and respect other people
- Early in my career, I didn't respect anyone – I just wanted to get the job done
 - There is a right way and a wrong way to do things
- In the foxhole together – "Foxhole Mentality"
 - Environment here – Urban's #1 thing
- When things get tough, are we together?
- "Just be normal" – Coach Donovan
 - Place you work for comes first
- Relationships
 - Every hire
 - Relationship with coaches – most important thing
 - Disagreements – help you move forward
- When you don't treat people right, they won't be in the foxhole with you
- Spurrier – SEC Championship in tennis
- "Don't discount how much of an influence you have on people"
- Ability to outwork people
 - Coaches here work their ass off
 - You self-evaluate how hard you work
 - You set the tone with work ethic
- Appreciation for coaches
- Chemistry, discipline
 - When you compromise on discipline, it bites you on the ass
 - Locker room
- Honesty and character

- Don't understand how people go to bed at night doing it the wrong way
- Have fun
 - People enjoy working here
 - That's what families do – bust chops, jokes
- Healthy environment
 - Billy D – Orlando Magic
- Ability to self-evaluate – when things are/are not going well
- Commit the effort to win national championships
- “Toxin of complacency”
 - Figure out ways to get better – must improve when you have success
- Coaches – win and lose with class
 - People remember you when you handle with class
- Excuses are for losers
- Coaches – never about them
- Willing to admit they make mistakes
 - Willing to say you screwed up
 - People respect you for doing that
 - People want to be in the foxhole even more
- What I like most about my job – working with the people I work with
 - Love the energy and passion
 - Permeates throughout the organization

Jim Larranaga

- In coaching because of his coach
- Life is about teamwork and leadership
- Leader – inspiring, motivating, and empowering your guys
 - With this, do them consistently well every day
- Teaching
 - Explanation
 - Demonstration
 - Imitation
 - Correction
 - Repetition
- Develop right habits
- No one ever decides to fail
- Smile and say hello first
 - Players are role models
 - Basketball as the marketing arm of the university
- Talk about the university
- Father hated his job – love doing what I'm doing

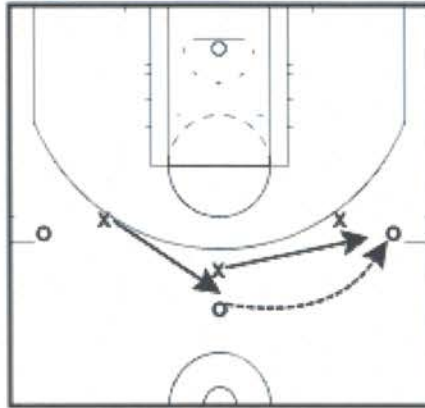
- Scramble – make them react to you
 - 1 on 2 – eyes fixated on ball, hands on ball, 3 dribbles



- 3 dribble pickup, reverse direction, throw to coach at $\frac{1}{2}$ - back pursuit
- 4 absolutes
 - Ball pressure
 - Surprise with every trap
 - Anticipate and rotate
 - Hustle/effort
- Everything has a reminder
- Fouling negates hustle
- Pursuit is huge
- Turn defense into offense
- 2nd defense is scramble
 - Thumbs down – trap entry pass in offense
 - Blitz – go after the dribbler
- PG – most important player in scramble

- In thumbs down, beat the ball to the receiver
 - Close the middle
 - PG that traps is responsible for rotating out
 - “Rotate to where your help came from”

Frame 1



- Always front the post in scramble
- Rebounding out of scramble – “Run to rebound”
- Can’t think on rotation – go on dead run
- Blitz

Frame 1



- Positioning in scramble – trapper, interceptor, goal tender
- Thumbs up – wing runs to dribbler
- Only scramble on makes
 - Scramble helps rotation in man to man defense
 - Use it if they’re not getting stops

Email: coachl@miami.edu

Bob Bender- "NBA material relating to the college game"

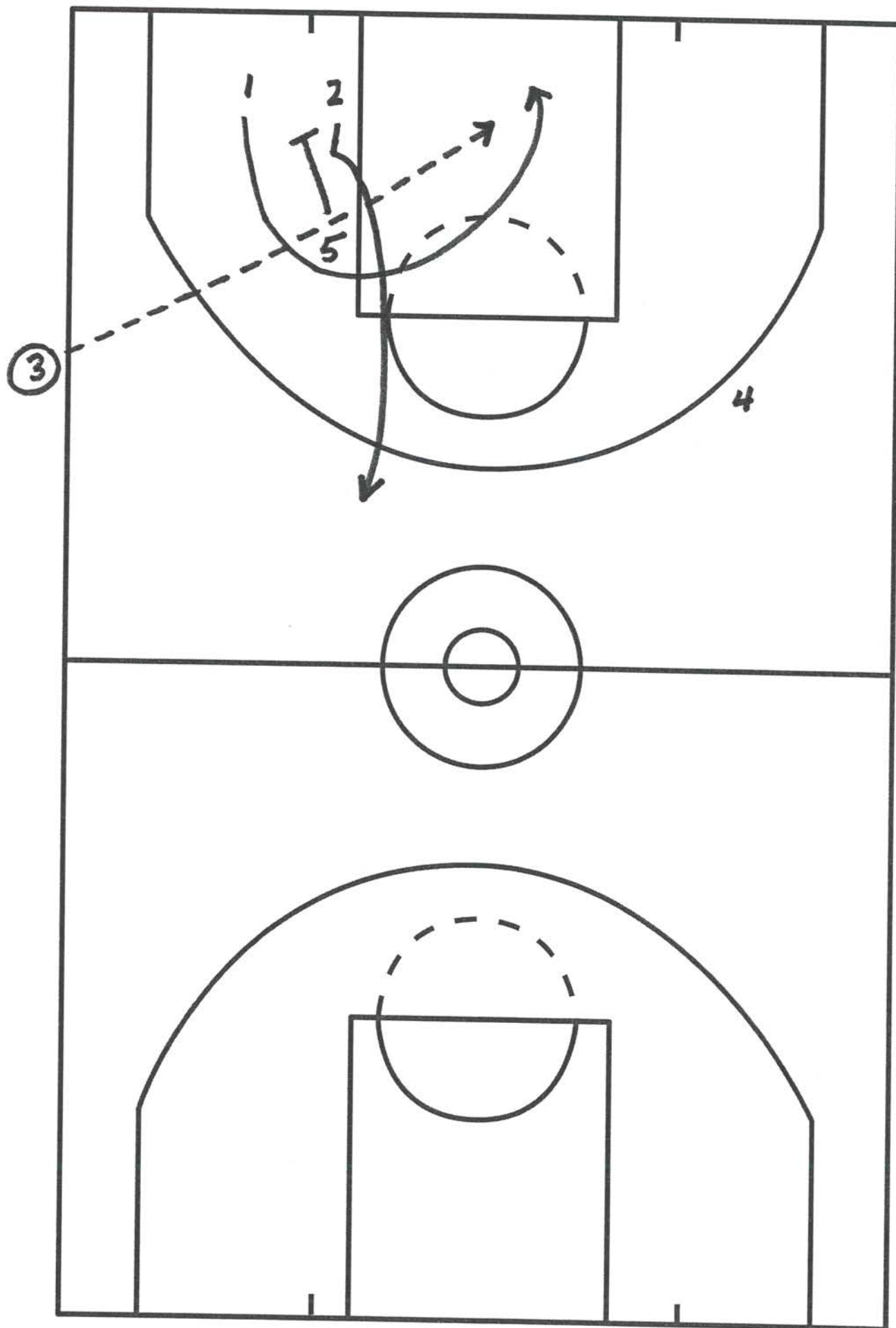
- Spread Pick and Roll
 - Turn down
 - Trap
 - Under – 1 removed, 2 removed
- Must have the ability to shrink the floor
- Take away elbows defensively (and get there offensively)
- Pick and roll
 - Defense – step up on the ball
 - Do not allow 2 ways to go
 - Don't allow 2 ways on screening action
- Down pick and roll
 - Weak everything – take away strong hand
- Blitz high pick and roll – "Beat the screener"
- Angle pick and roll – blue/down
- Cross screen block to block
 - Lock your man – body him over
- In Rotation: Always force guys to make one more pass
- Run and jump dribble penetration
- Must come together on a switch
- Would play on the outside of everything on a need 3 situation
- Kids don't think they're on offense when they don't have the ball—importance of playing without the basketball.
- Use the fear factor that your opponent has with your best scorer
- Guys will throw out of a double when they know they're going to get it back

SPECIAL SITUATIONS SOB PACKAGE

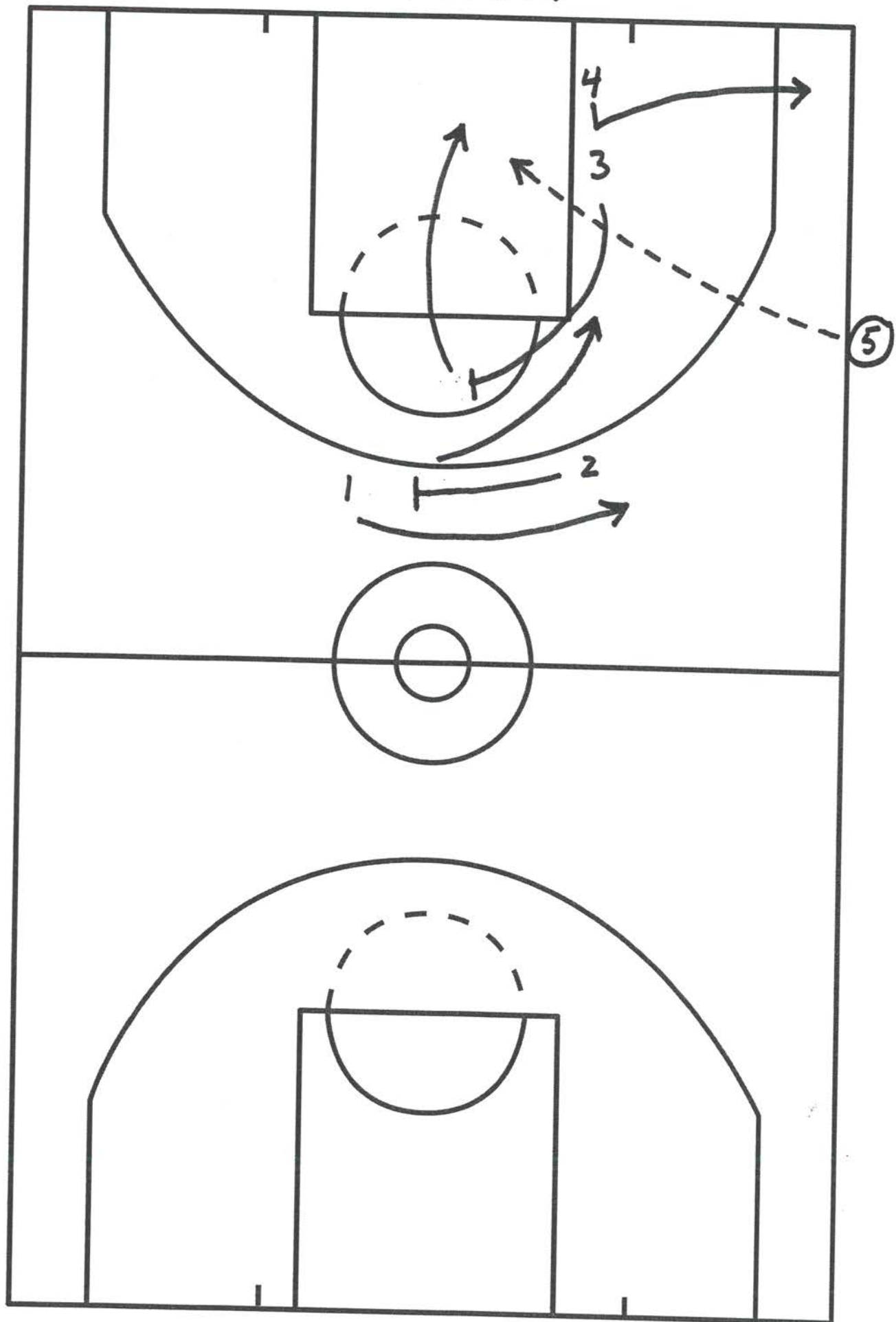
SHORT CLOCK: TIP SITUATION

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MIKE LONGABARDI – BOSTON CELTICS**

SHORT CORNER TIP SITUATION



NEED 4 SHORT CLOCK VS. SWITCH

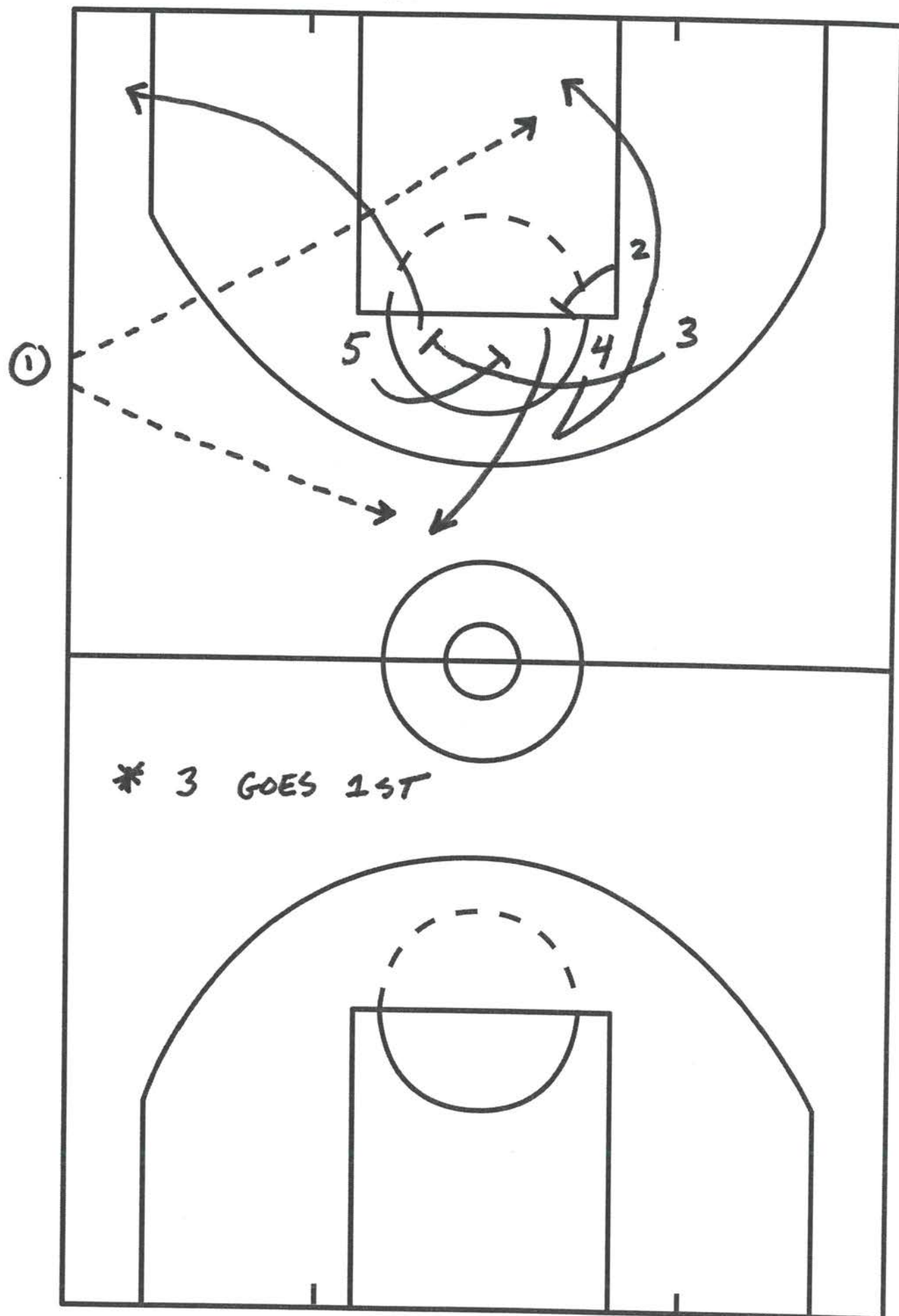


SPECIAL SITUATIONS SOB PACKAGE

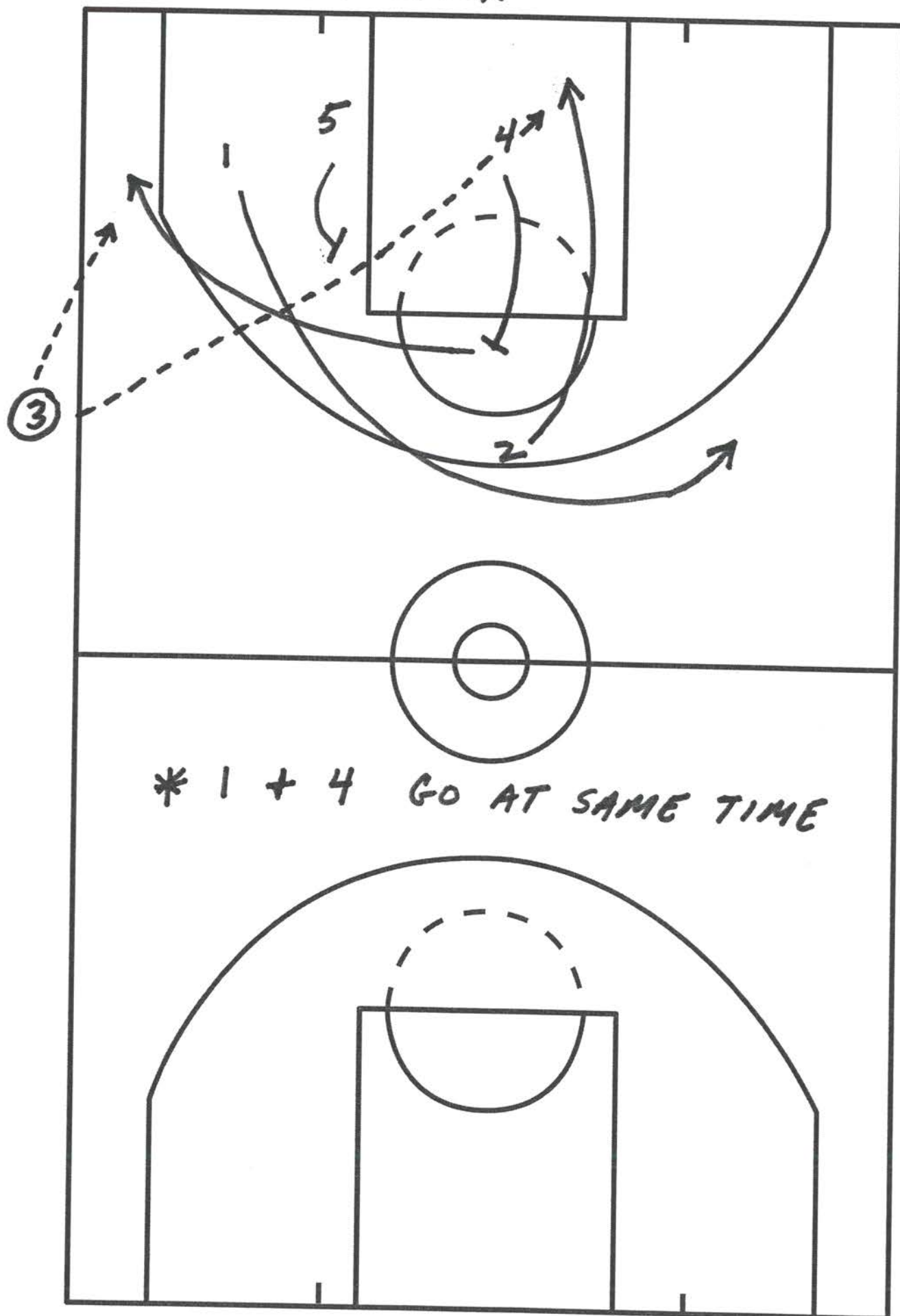
SHORT CLOCK: CATCH & SHOOT

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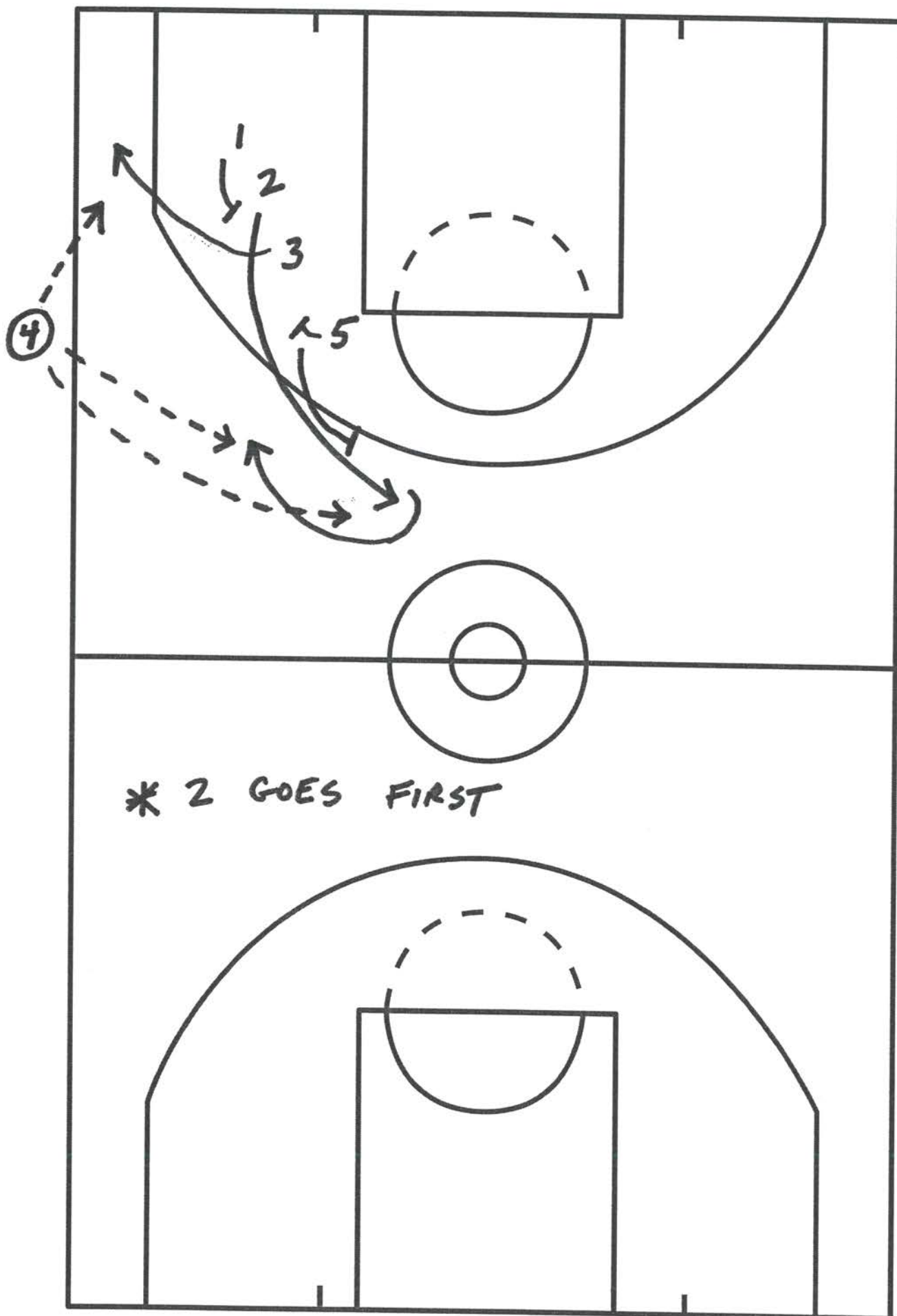
NEED 2/3 SHORT CLK.



NEED 7/3 SHORT CLOCK



NEED 3 SHORT CLOCK

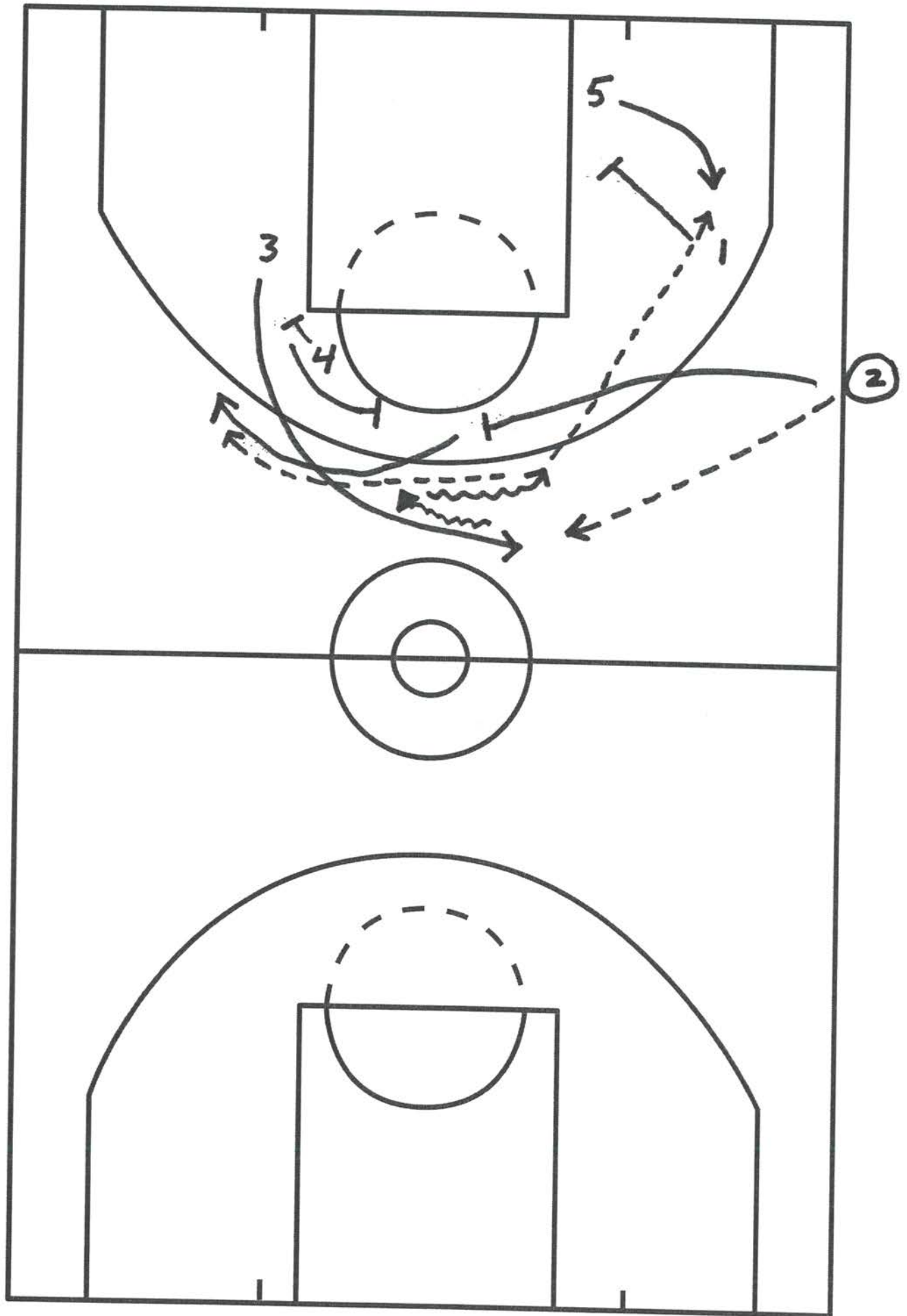


SPECIAL SITUATIONS SOB PACKAGE

TIED OR NEED 2/3

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NEED 2/3

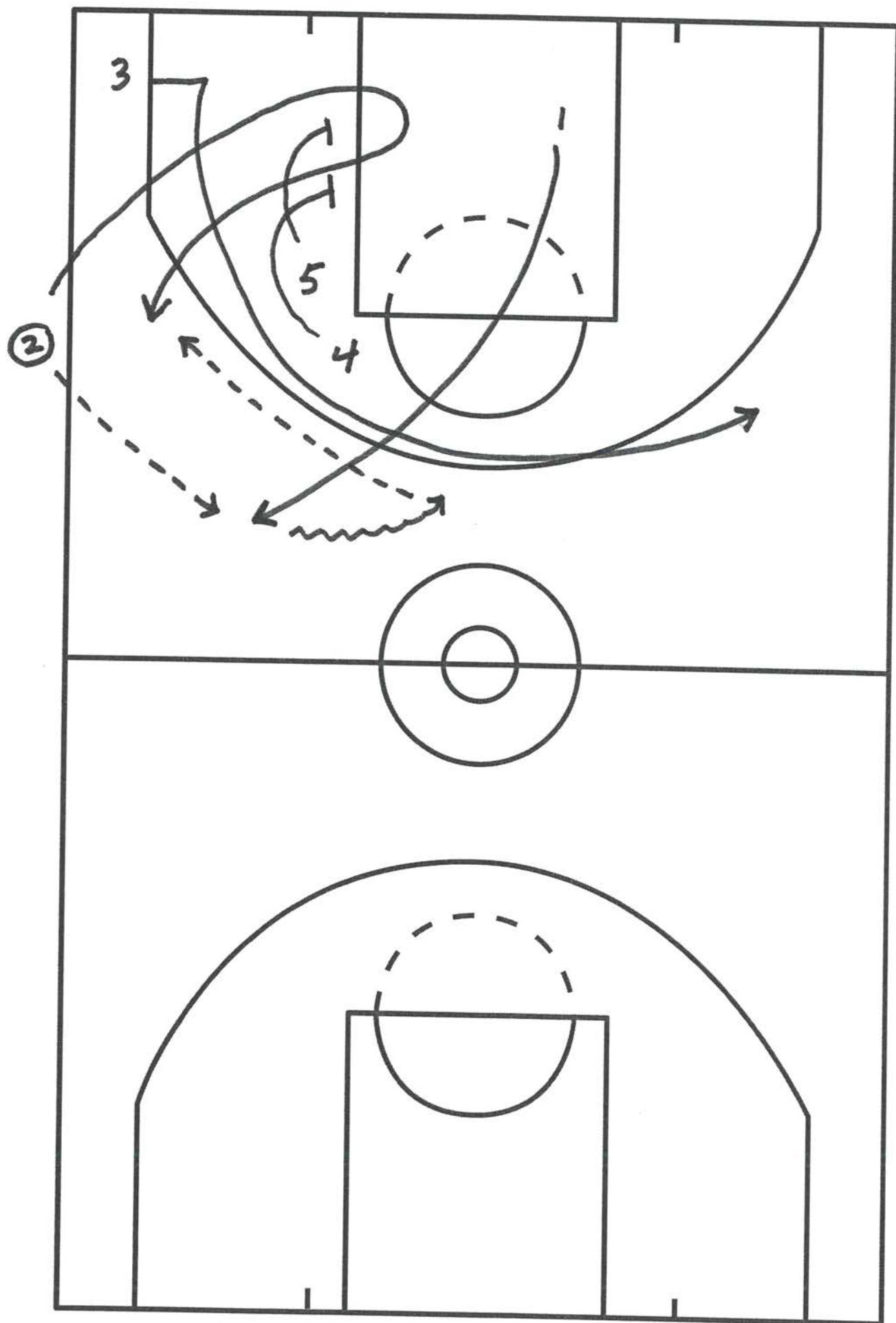


SPECIAL SITUATIONS SOB PACKAGE

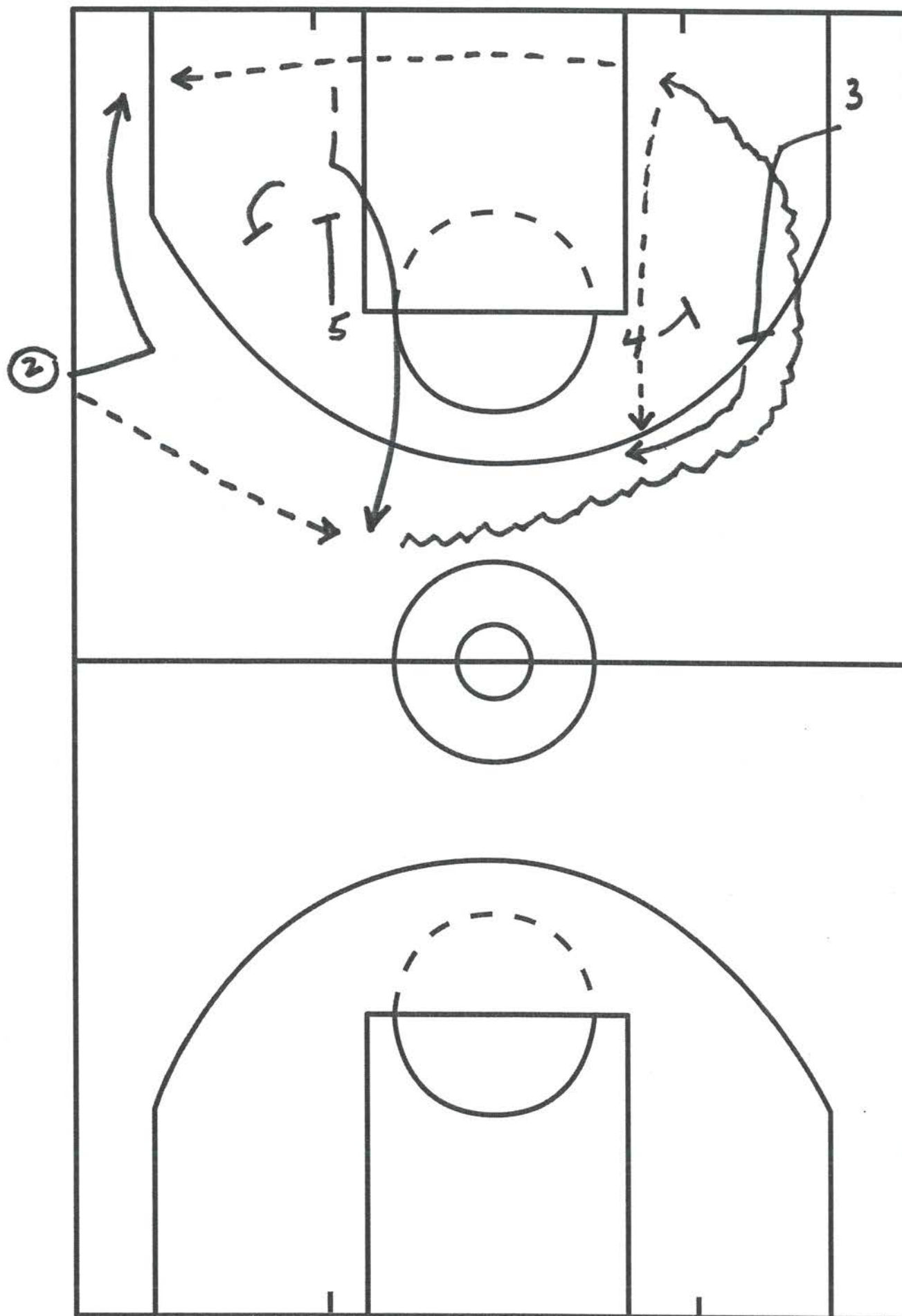
NEED 3

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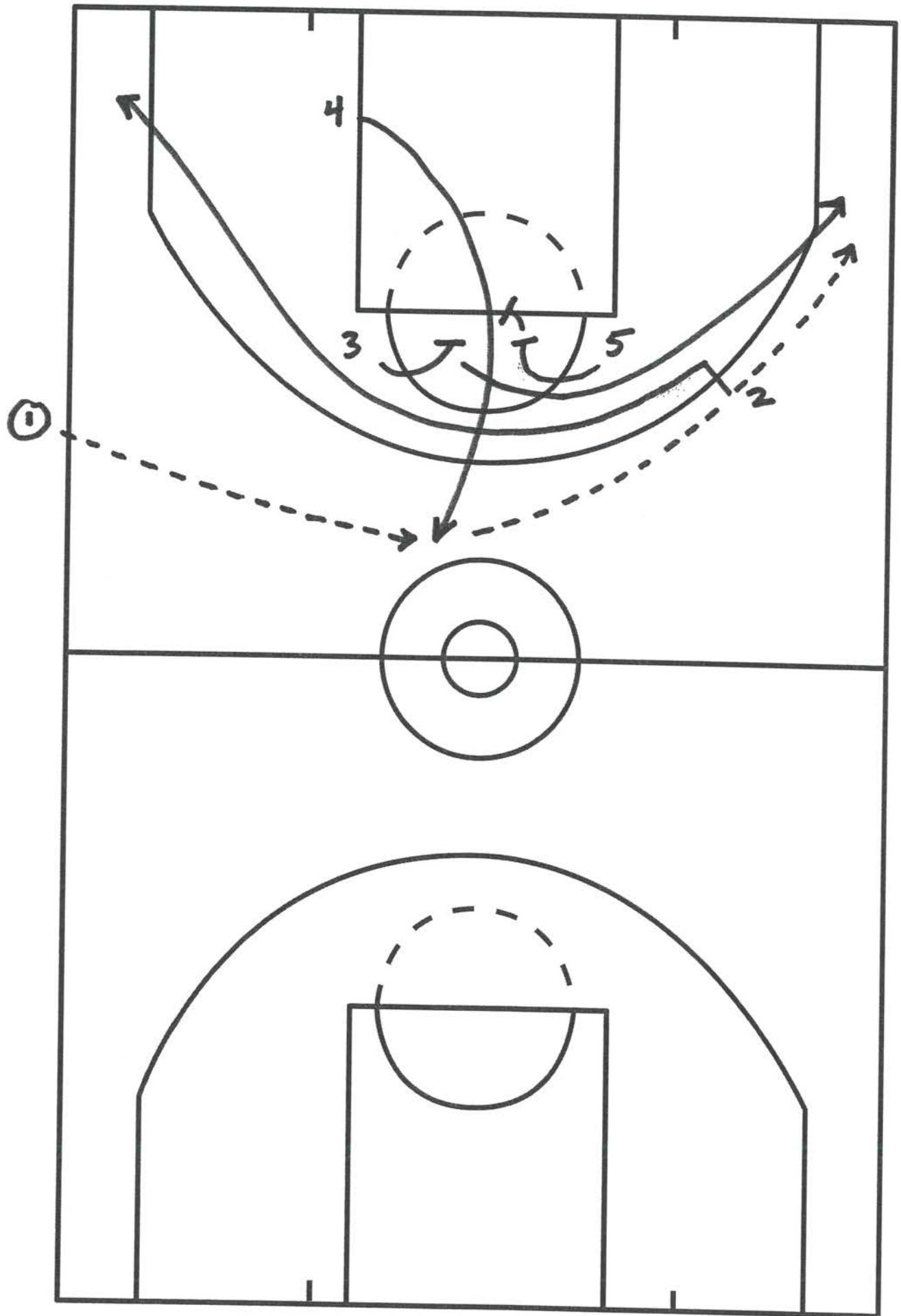
NEED 3



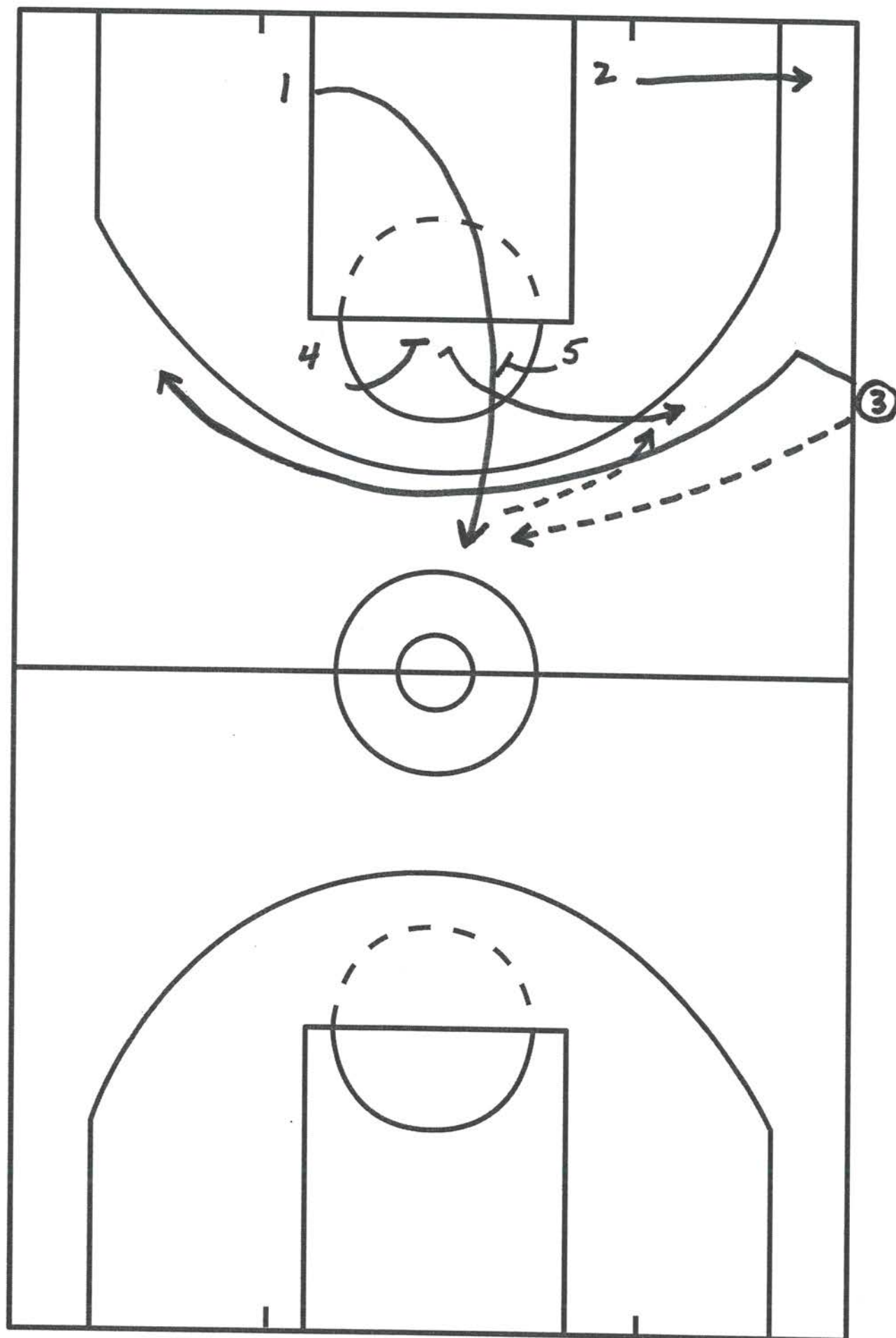
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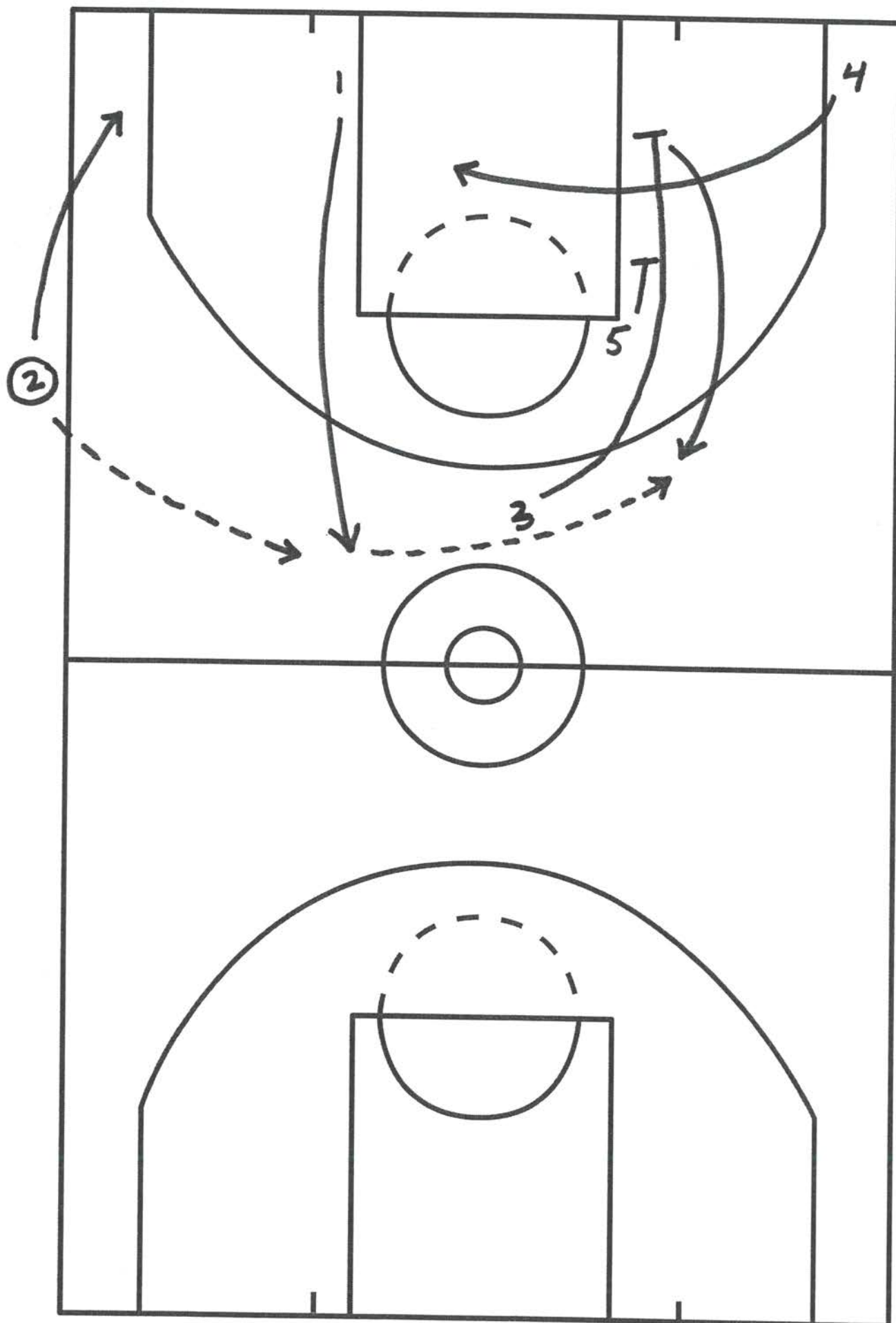
NEED 3 SMALL LINE ↑



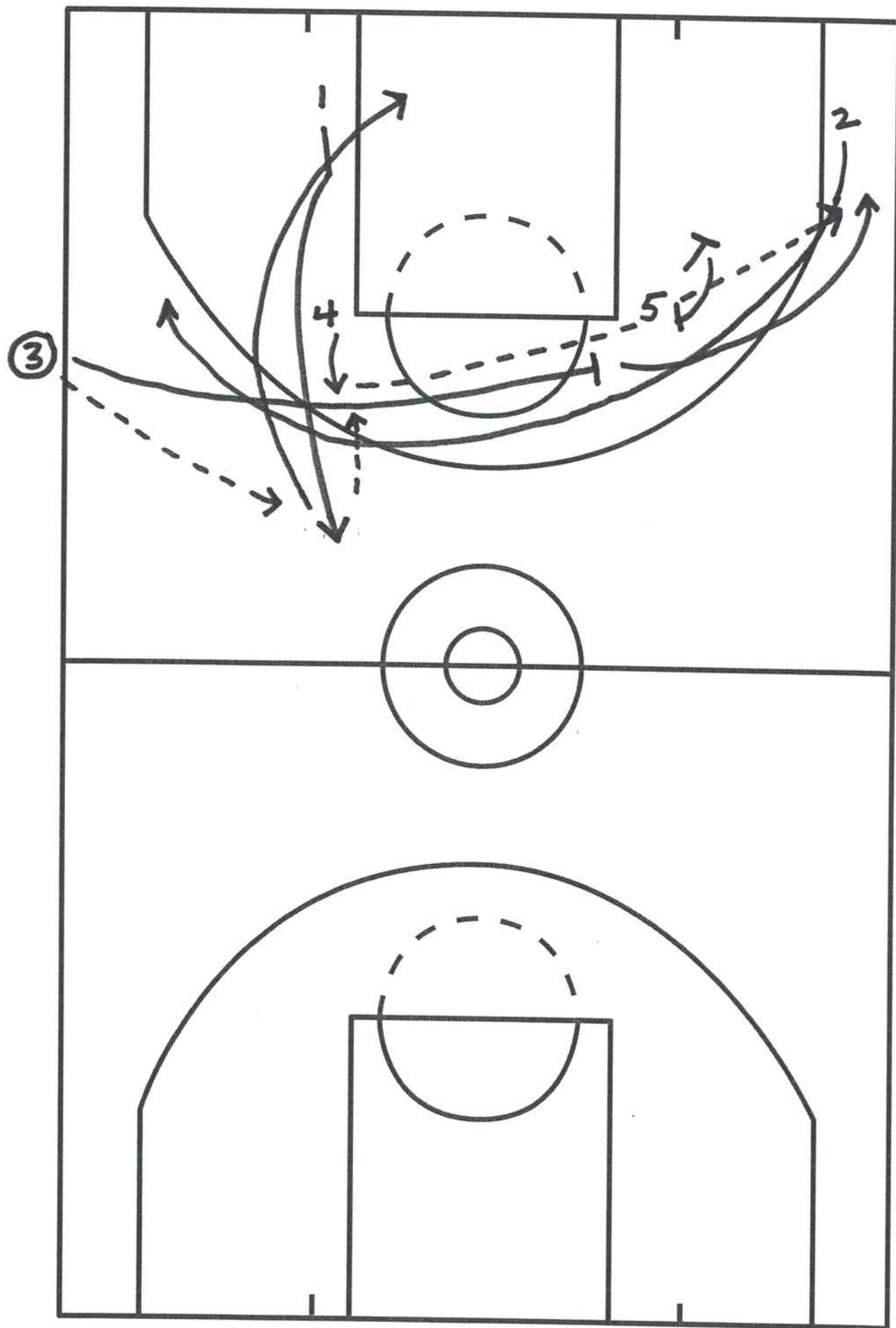
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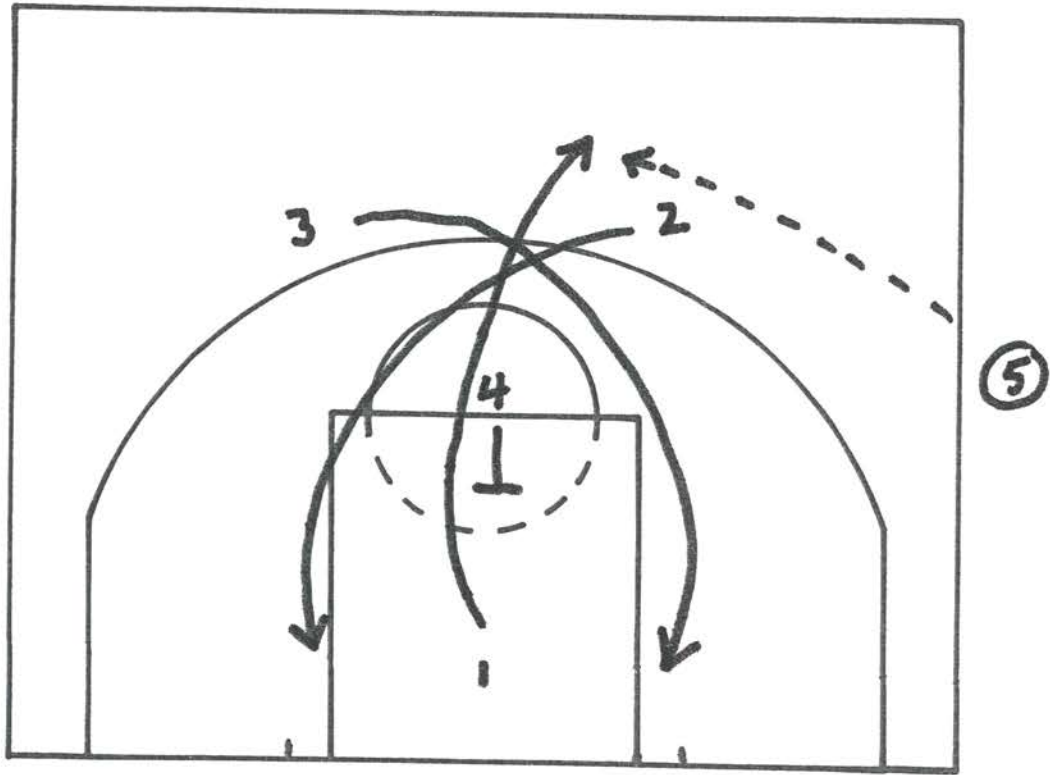
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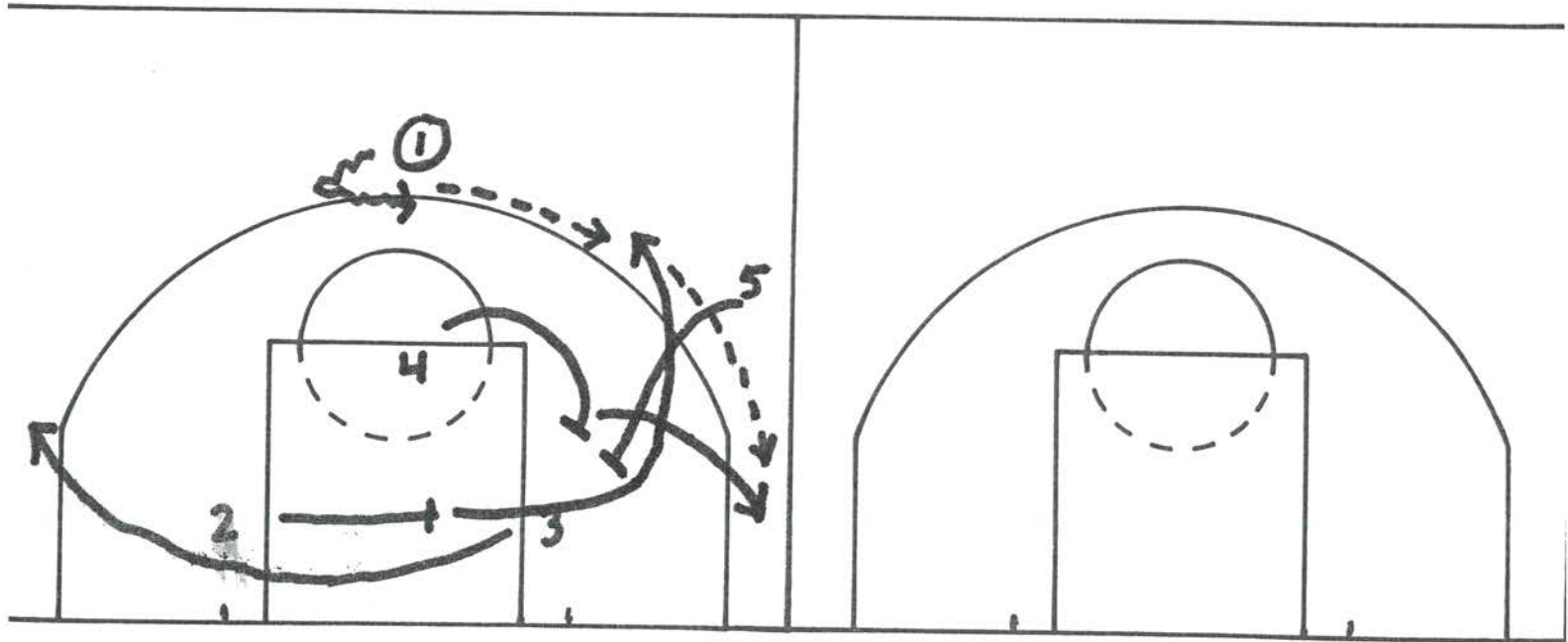
NEED 3 SMALL LINE ↑



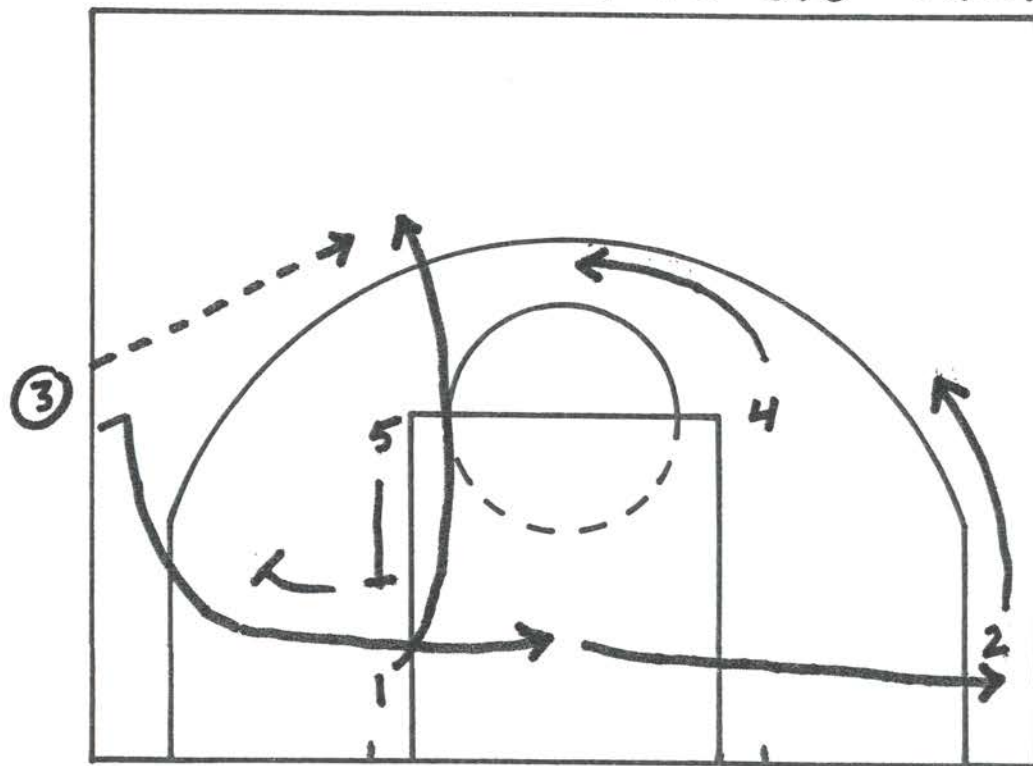
NEED 3 PART I SHOOTING 4



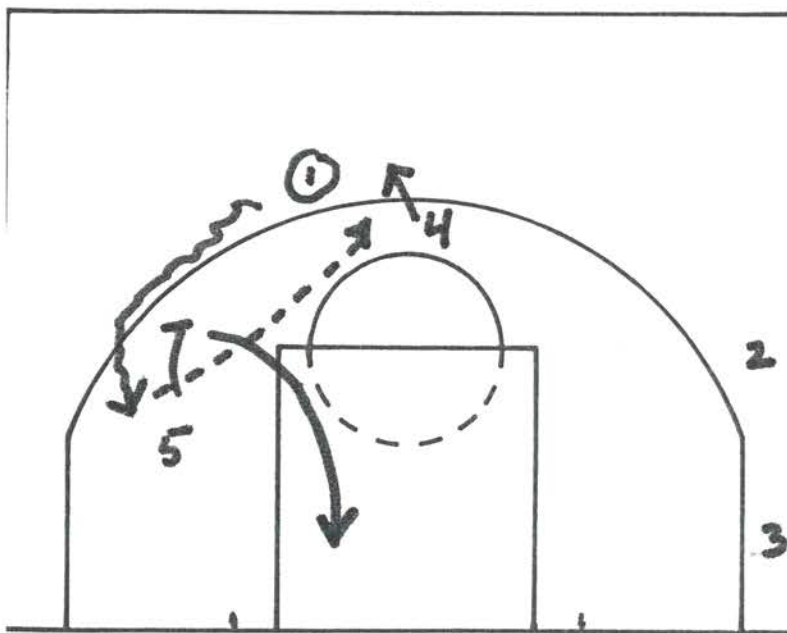
PART II



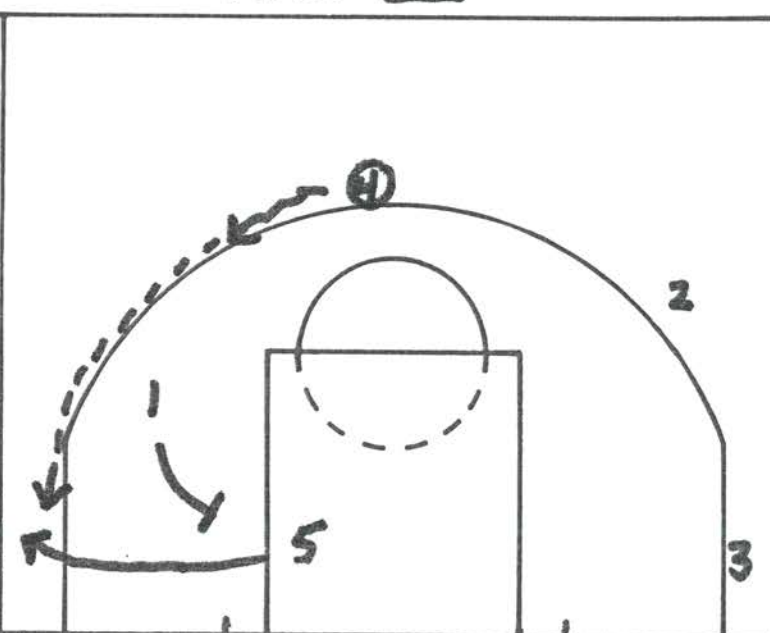
NEED 3 FOR SHOOTING BIG PART I



PART II



PART III

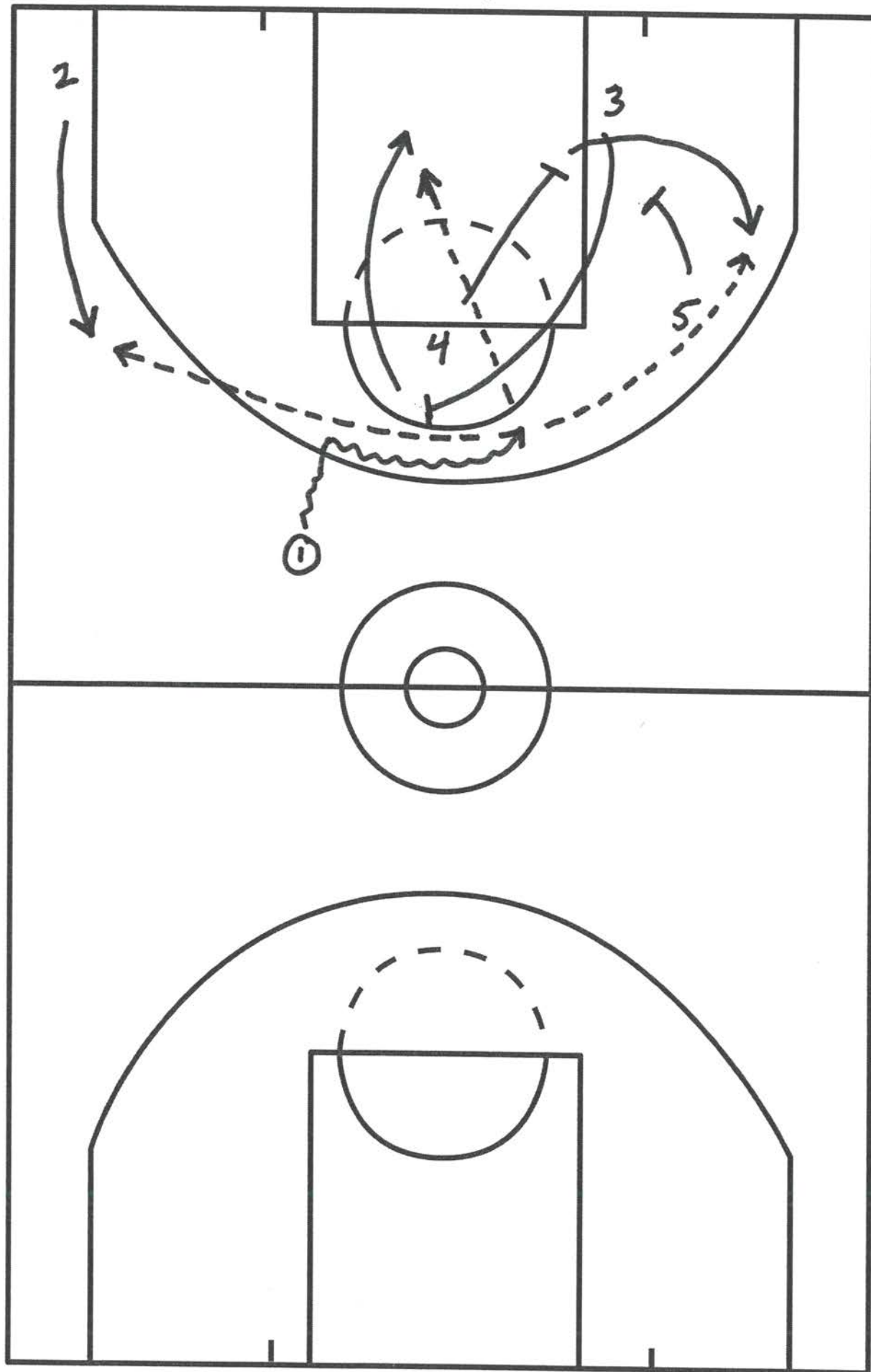


SPECIAL SITUATIONS NEED PLAYS

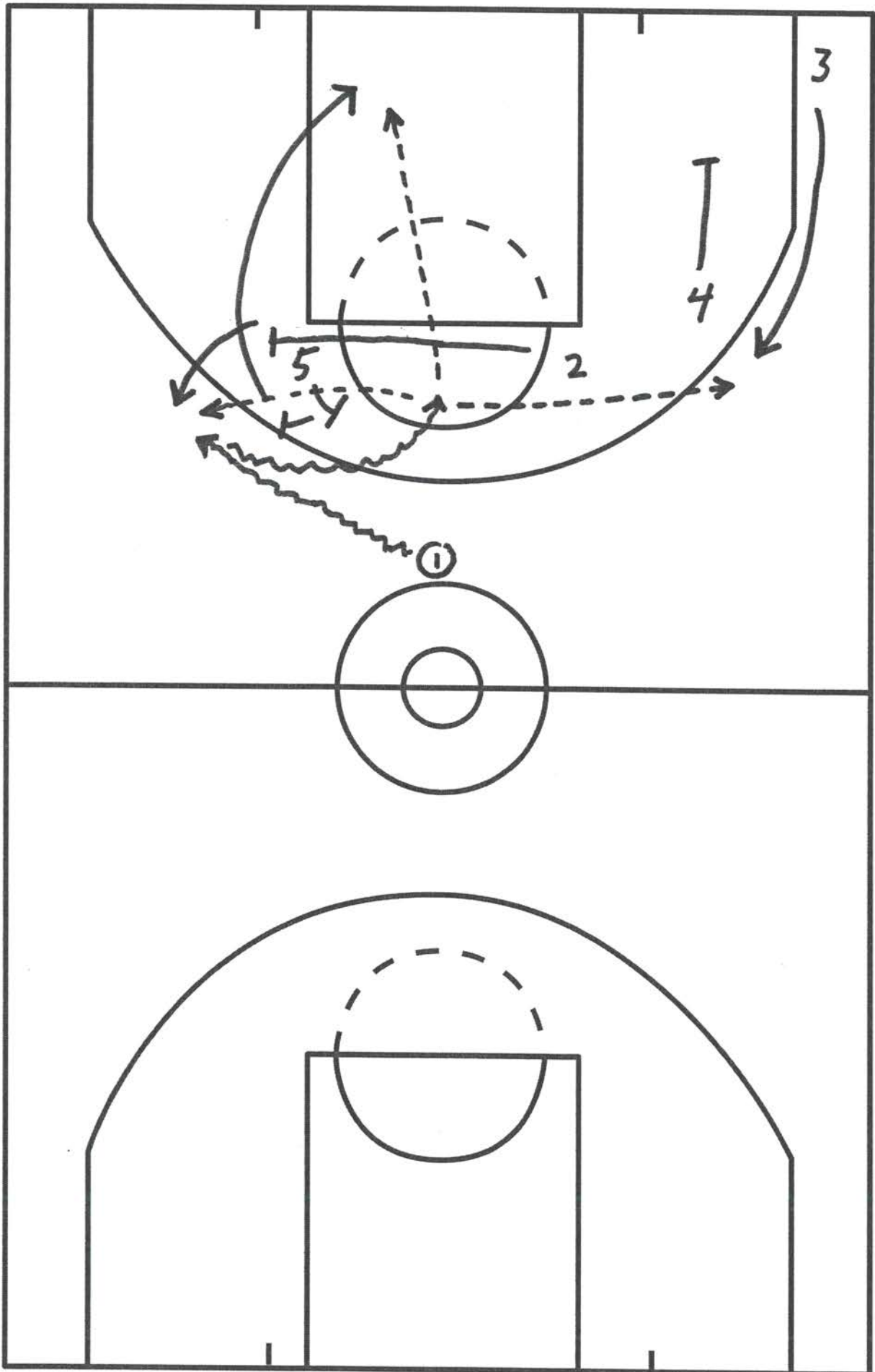
P/R SETS

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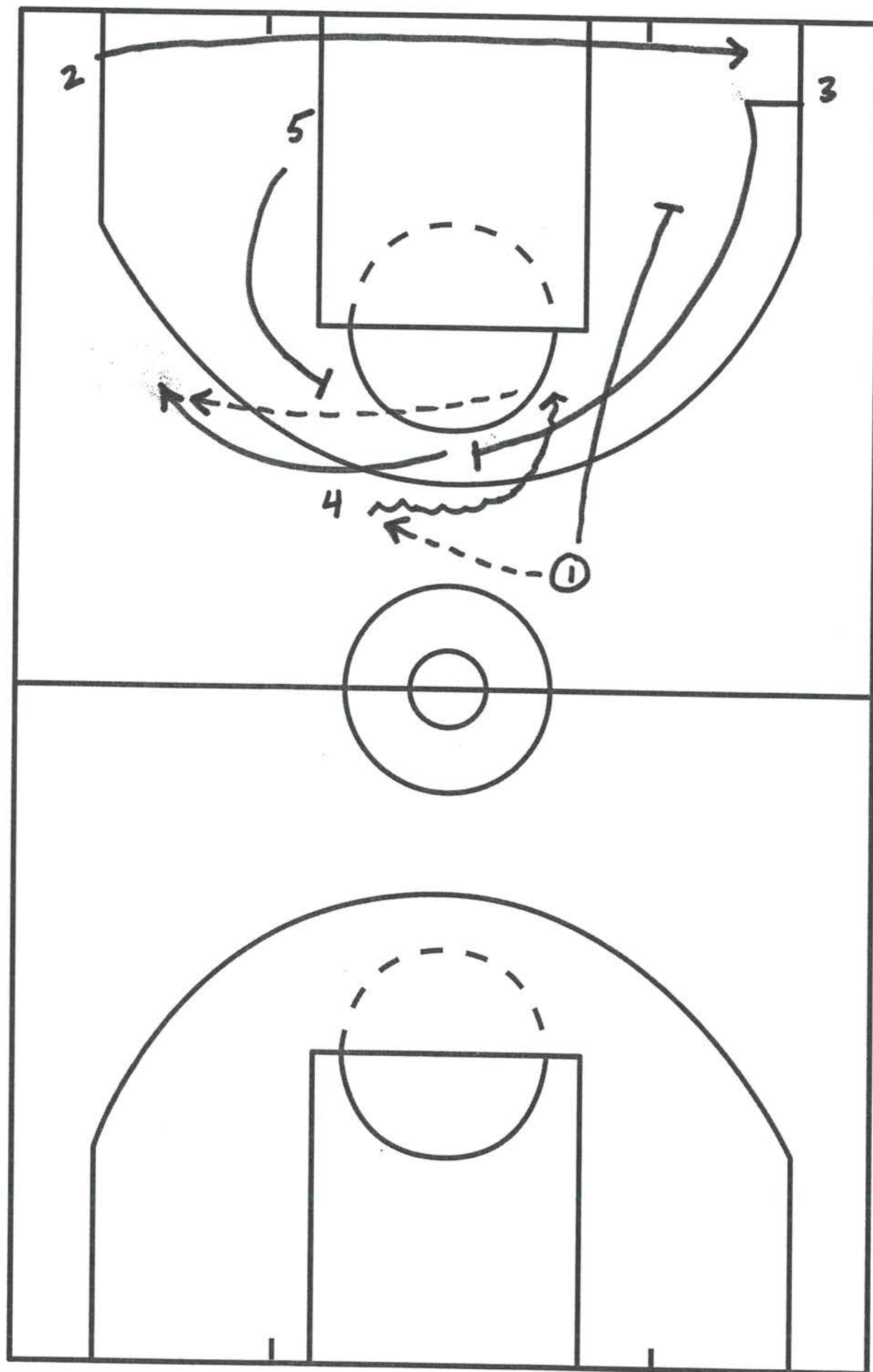
MULT. ACTIONS OUT OF P/R



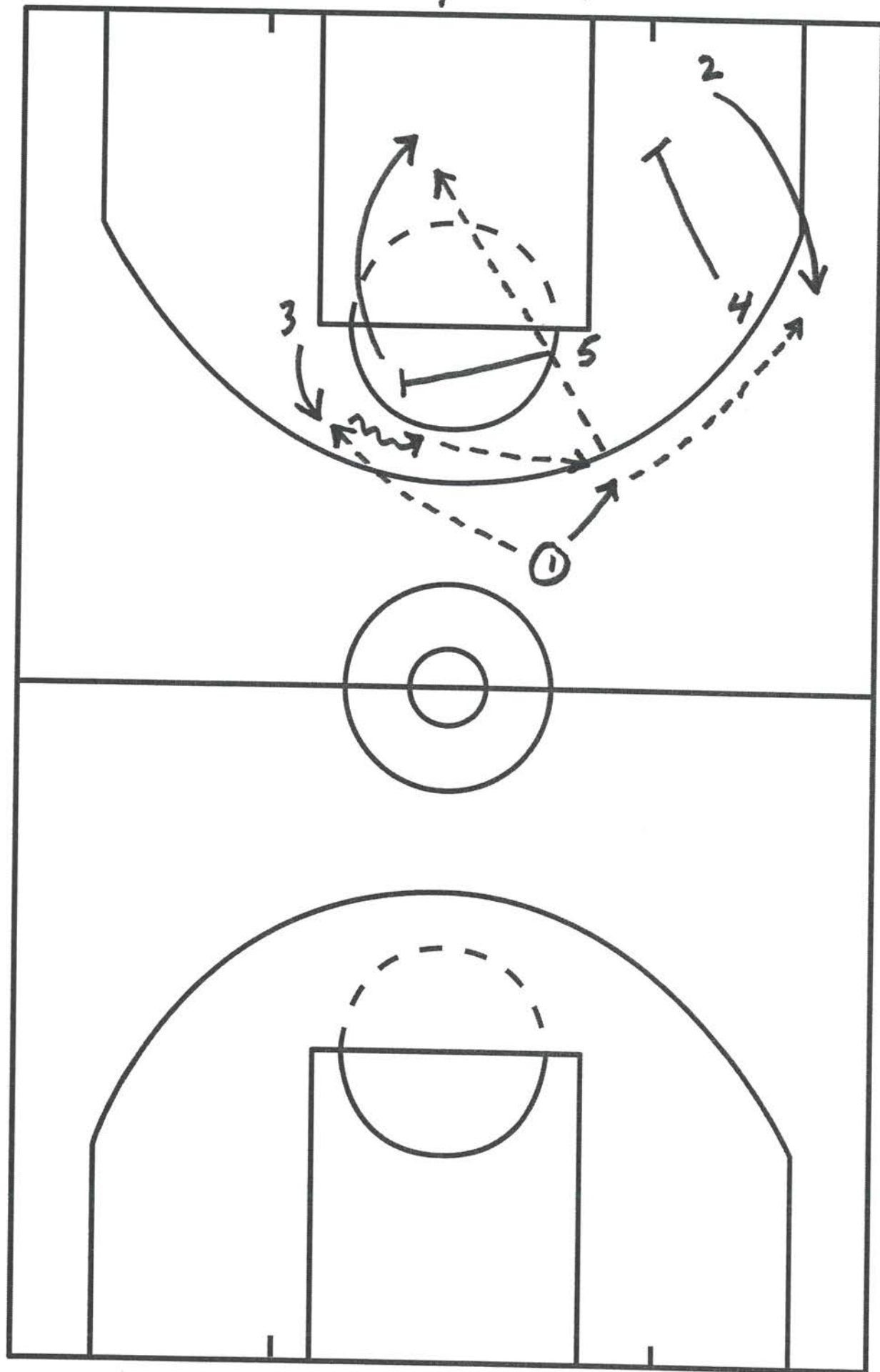
MULT. ACTIONS OUT OF P/R



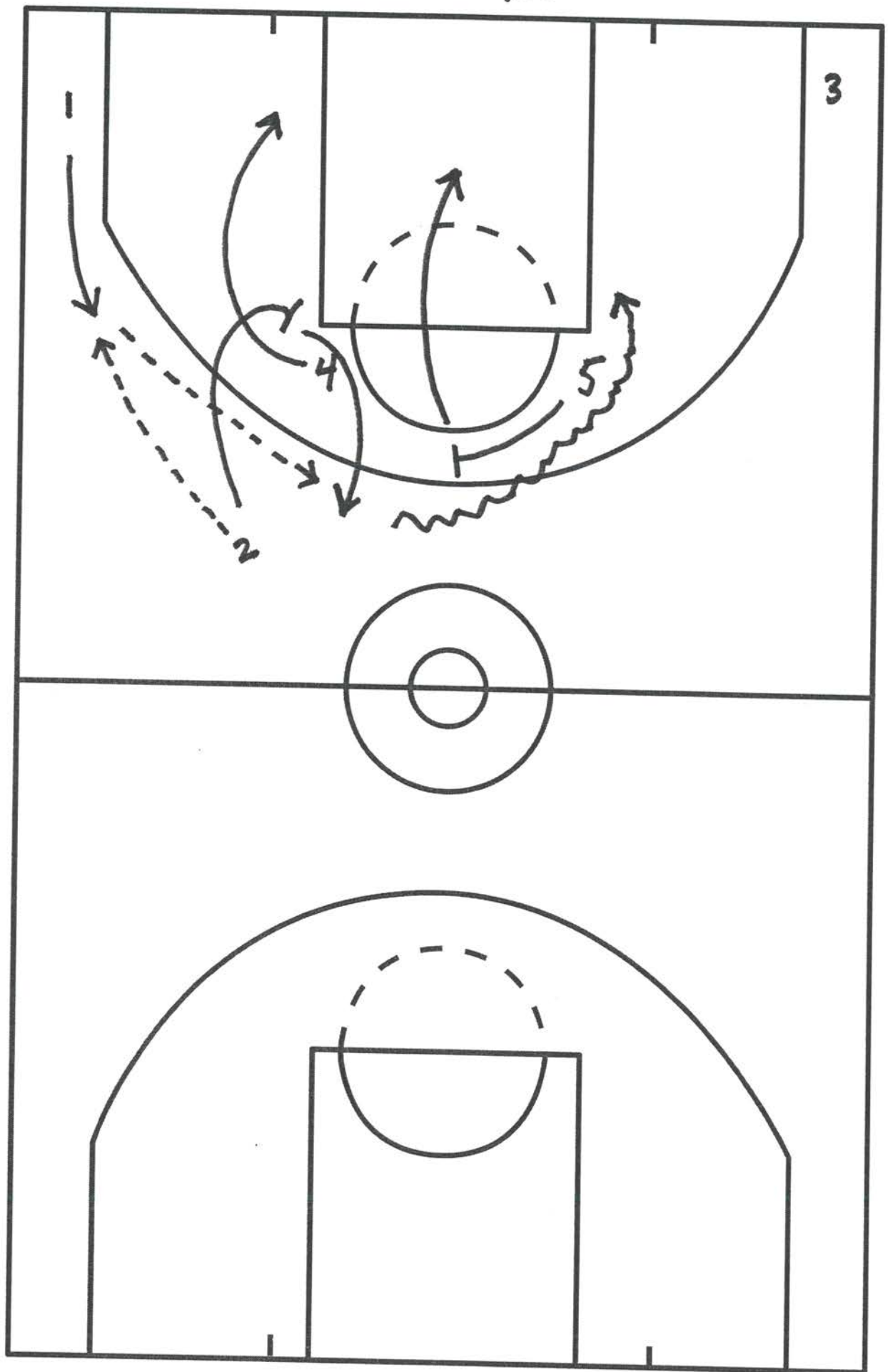
NEED 2/3 SMALL LINE ↑



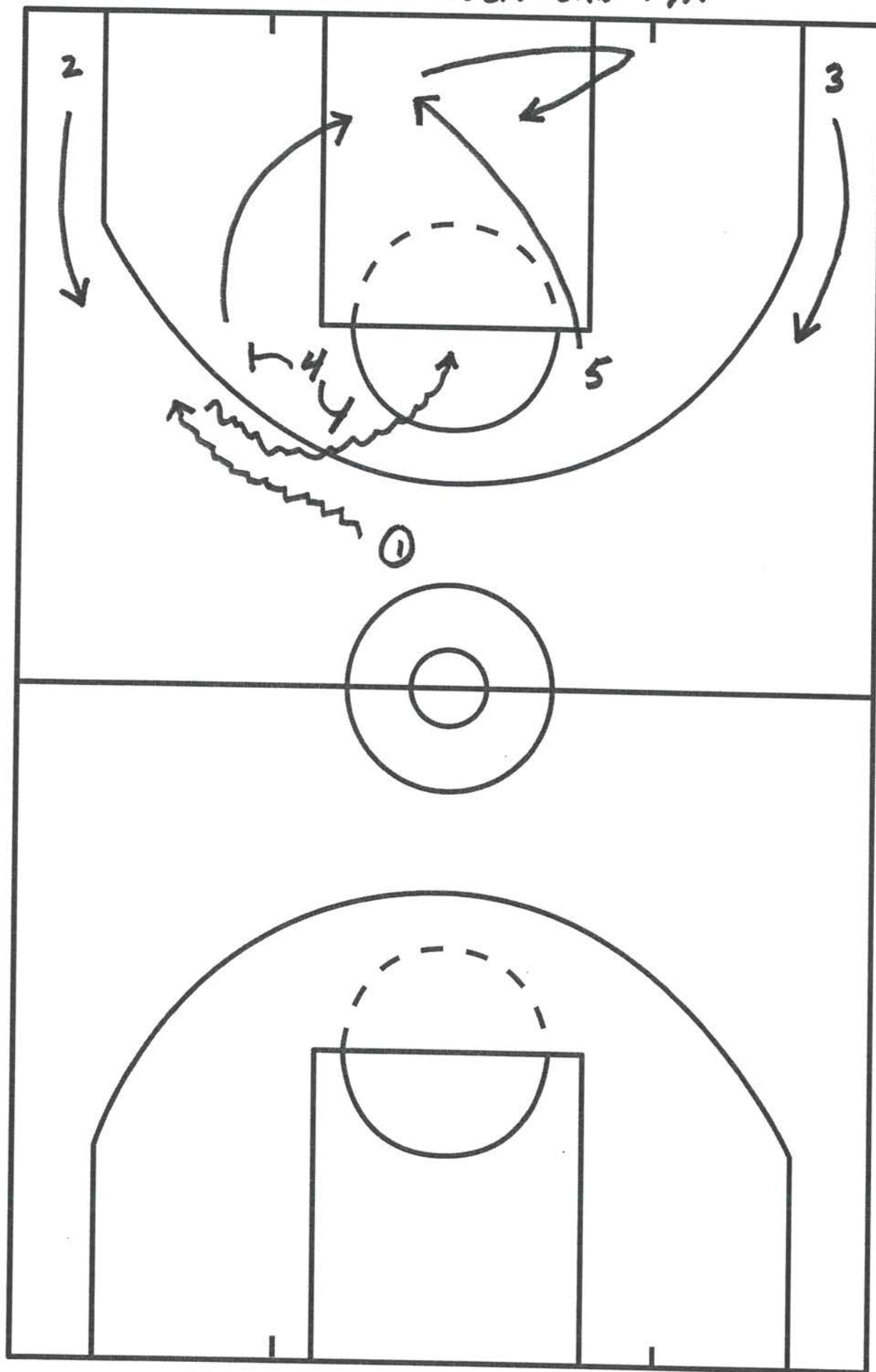
VS. SHOW - KICK PASS w/ PIN ↓



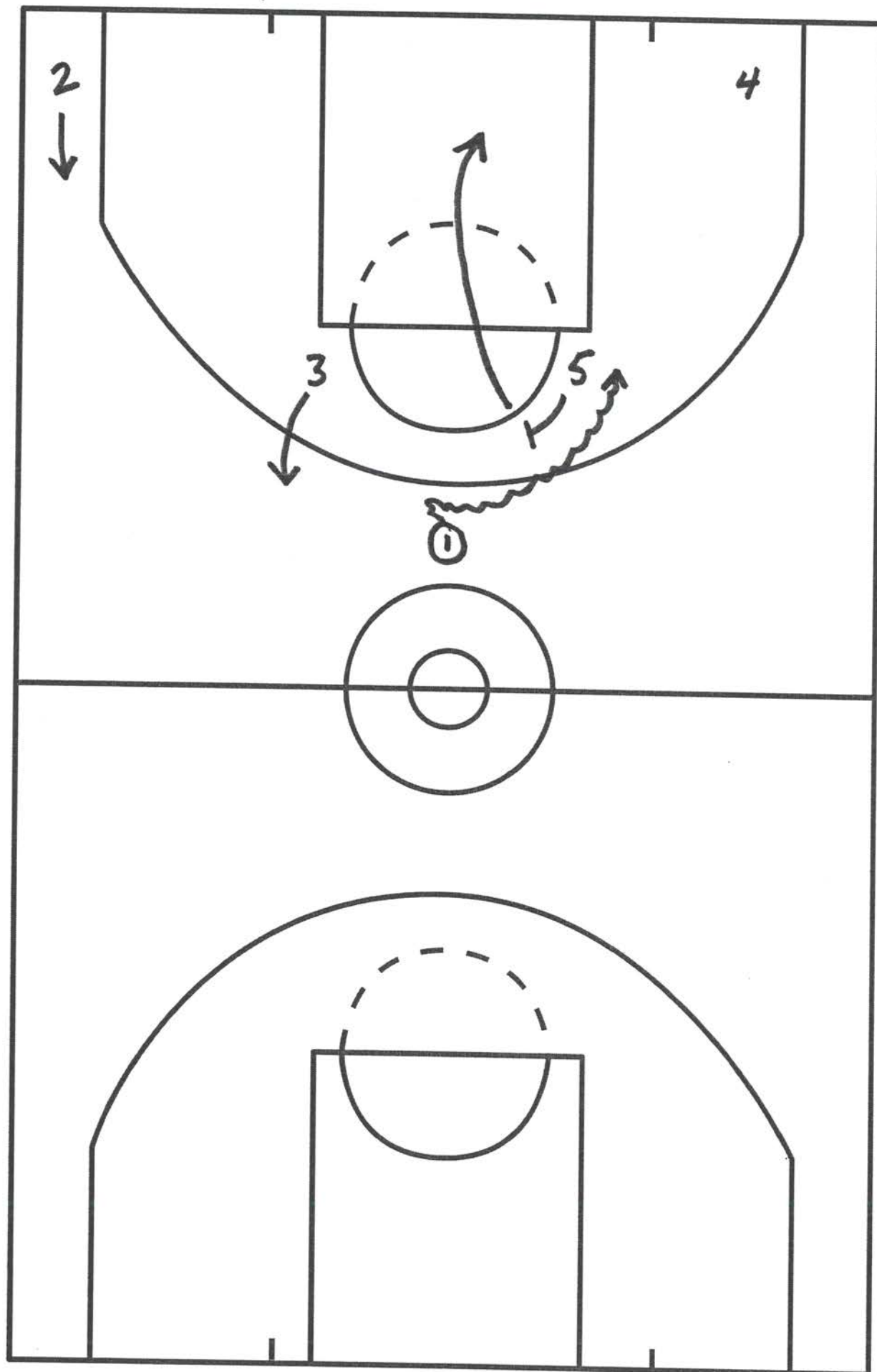
RIP SCREEN INTO SPREAD P/R



DOUBLE HIGH P/R INTO OVERLOAD P/R



DOUBLE HIGH W/ SMALL LINE ↑

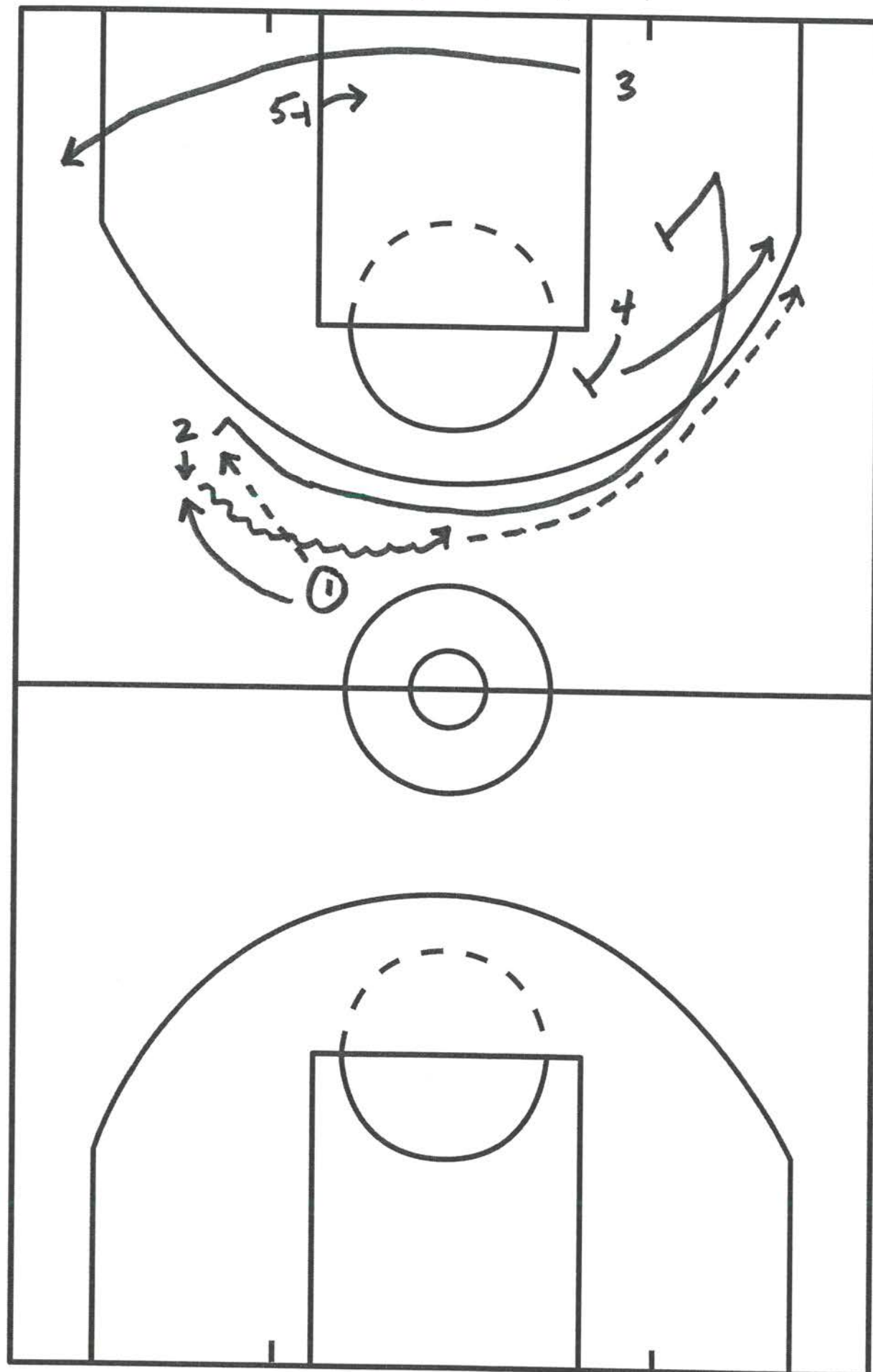


SPECIAL SITUATIONS NEED PLAYS

CATCH & SHOOT SETS

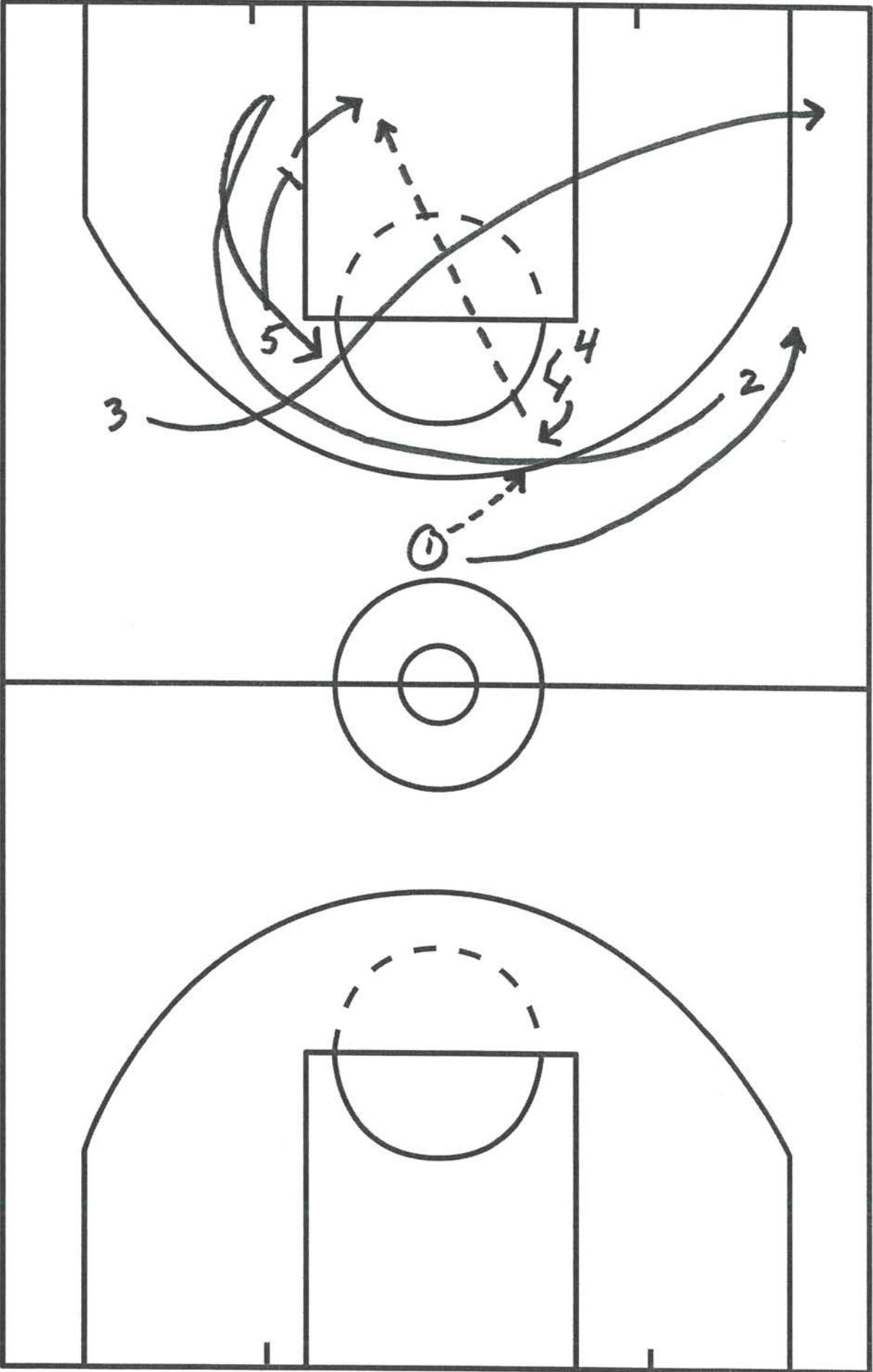
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FLAKE OPTION FOR SHOOTING 4



The diagram illustrates a basketball court layout with various shot trajectories. The court features a key, a three-point arc, and a free-throw line. Five numbered shots are shown with their respective paths and arrows indicating direction:

- Shot 1:** A jump shot from the free-throw line, following a dashed parabolic path into the basket.
- Shot 2:** A layup from the right side of the key, following a curved path into the basket.
- Shot 3:** A layup from the left side of the key, following a curved path into the basket.
- Shot 4:** A jump shot from the right side of the key, following a dashed parabolic path into the basket.
- Shot 5:** A jump shot from the left side of the key, following a dashed parabolic path into the basket.



MURRAY ARNOLD

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PERCENTAGE FOULING

MURRAY ARNOLD • NA @GMAIL • COM

More and more basketball players and teams continue to shoot free throws at ever decreasing rates. Advantages of strategic fouling should be considered. The one plus one rule on fouls 7, 8, and 9 each half present 180 (based on 30 games) chances to "play the percentages" with intentional fouling.

Anytime an opponent has an under 50% free throw shooter playing twenty minutes per game, consider making him shoot all three one plus ones both halves. There are numerous rewards for such a strategy:

- 1) Three "turnovers" if he misses all three front ends.
- 2) By using a designated fouler off the bench none of these fouls will be charged to other players.
- 3) No wasted one plus one possibilities on offensive fouls or two shot shooting fouls.
- 4) No points for other opposing players on these designated trips.
- 5) Maximum pressure on their worst free throw shooter.
- 6) Substitution advantage by sending a designated fouler while preventing their removal of key player.

unless he makes second free throw.
7) Possible removal of a key opponent for valuable minutes to counter fouling strategy.

Unless the targeted victim makes four free throws, out of the possible six available, the fouling team is at an advantage.

The one negative aspect of this strategy is the accelerated arrival of the double bonus. However, this may help emphasize not fouling better free throw shooters after the 9th team foul.

The designated fouler (could be a specifically trained walk-on) should be taught to foul a dribbler by attempting a wrong handed steal (using right hand to steal right hand dribble). Foul a non-ballhandling post player by showing a pass denial hand while holding the opponent's waist with the other hand. These fouls will appear unintentional while assuring an immediate whistle.

Intentionally fouling a poor free throw shooter should extend to assuring field goal prevention before allowing a good shot. Also, fouling a poor shooter after the 9th

team foul at certain late game strategic times (aka NBA had a shag or had a Howard) should be considered.

Further, how many times is an opposing player impacting the game with rebounding and defense while being a free throw liability? Make them pay for his minutes!

Each coach can objectively evaluate these concepts by carefully analyzing the play by play statistics of fouls 7, 8, and 9 along with late game free throw shooting by opponents.

Many games are decided by missed free throws. This very important statistical impact should be a part of every game plan. As the season progresses opponent statistics provide an ever increasing valuable resource for making decisions.

Florida Clinic Preparation Questions

1. General: Are you a whole, part, whole or a part whole teacher?
 - Do your players & coaches understand your priorities in terms on areas of importance and what will always impact winning?
2. Fullcourt practice:
 - Do you practice your transition defense & offense differently or at the same time?
(Drills, from UOB's, short clock, makes & misses, M-M, & zone)
 - Use short clock? How many trips (1, 2, 3, 4?)
3. ½ Court defense:
 - 5-5, 4-4 shell, big little split, mixed bigs with littles split, 5-4 & 4-3 overloads
 - Do you transition each make? Miss?
 - Do you focus whole staff or only part on defense?
 - Do you scored based on defensive stops or perfection?
 - Do you run only your offense? Random movement? Opponents?
 - How much time daily? Secondary defense daily?
 - Do you change teams daily? Weekly?
 - Do you have program terminology?
4. ½ Court offense:
 - Do you work 5-5, 4-4 parts, big/little split, mixed bigs with littles split, dummy, heavy ball dummy, dummy down 1 vs scout team or live back?
 - Do you give offense freedom to run 3 or 4 offensive sets or regroup each possession? Clock full? 25 seconds?
 - Do you start ¾ court, ½ court, SOB, UOB, FT?
 - Do you have defense change? Change post feed or BS defenses?
 - Do you focus whole staff or only part on offense?
 - How much time daily? Secondary offense daily?
 - Do you change teams daily? Weekly?
 - Do you have program terminology? Signals? Cards?
5. Specials:
 - When do you work on specials? (as to not ill-effect practice flow)
 - Do you work 1 team at a time vs another? Or coach & teach whole team vs scout squad to explain together?
 - Do you teach or explain first, then play or just put 1, 2, 4 minutes on clock & proceed?

EARLY SEASON DEFENSIVE TERMINOLOGY AND VOCABULARY

Vocabulary – Early, Loud, Continuous (ELC)

GENERAL

- “Ball” (on all closeout situations)
- “Gap” (on all help situations)
- “Rim” (1st player back in transition)

PNR CALLS

- “Blitz” (Trap, over)
- “1/2 Blitz” (Show over, under)
- “Jam” (Move screener, recover 4 deep)
- “Switch” (Switch beneath)
- “Flat” (vs. flat, push left)
- “Down” (push down side)
- “Corral” (connected low, show over)

POST DOUBLE CALLS

- “Blitz” (Big on Big)
- “Dig” (Fake trap)

LATE GAME CALLS

- “Red” (Foul)

System Terminology

PRESS CALLS

- Full court press – 4 man on ball
- Full court press – 3 man on ball
- 2-2-1 alignment, becomes White
- Full court man-to-man, no trap
- In any press, man off inbounder

1/2 COURT CALLS

- Man-to-Man
- Run & jump at 1/2 court
- Pass & trap at 1/2 court
- 2-3 zone
- 2-3 zone switch to Man-to-Man
- Match-up zone
- Switch man-to-man

Typical Practice Format

Any day can begin in video room with talk or video

2:45 min including Wes' 20 min

Time		Drills	Teams
20 min	Coaches teach 2 defensive situation Wes: Warmup – Closeouts, Jump to Ball, Step Ups, Continuous Down, Back screens	(Silent Drill each day during live) (HB-RB) 3 Lines, Perfection Drills, BH, Dribbling, PNR Defense, Shooting every 2 nd day (100 in 4), Duck in feeding, Triangle Passing, Dummy Press Offense, Specials	
15 min	Transition Offense & Defense	Tates 3-3, 4-4, 5-5 Circle 10, Circle Wagons, 5 vs. 3 or 4 5 vs. 4 Scramble Drill 5 vs. 0, Circle 10, 3-2, 2-1, 4-4-4 (change sides), Cycles	
30 min	½ Court Defense – Man to Man	Helpside exchange with rotation, Double Contest, Alley Ball, 2 vs. 2 Closeouts, 1-1 or 2-2 everyone gets stop, Breakdown, Toughness 2-3 Stop, Shell 4-4, 3-3 (4-3S) ¾, ½ UOB, Opponent Actions (Box or Diamond) (HB-RB)	
2 min	FT's – 6 Baskets, make 4 in a row, water at basket (shoot in 2's)		
20 min	Press Offense & Defense	Circle Trap, Trap Drill, 5-0, 5 vs. 7 or 6, V-Cut Passing Breakdown Drills, 4-4 Turnaround, Circle 10, 3/4/5 Trips (FTs)	
30 min	½ Court Offense – Man to Man	5 vs. 0 back 5 vs. M, Parts, (Split with all guards or mix) ½ Game from ¾- Fullcourt 3 Stops from Full, UOB	
2 min	FT's- 6 Baskets, make 4 in a row, water at basket (shoot in 2's)		
20 min	Scrimmage	3, 4 min games, Style of Play, UOB, FTH 5 trip	
20 min	Zone Offense & Defense	5 vs. 0 back 5 vs. M, ½ ct game from full, UOB 7 vs. 5, Situation BS, Overloads	
15 min	Special Situations & FT's Team Drill (Top Big & Little from practice remove runs)	New teach situation/ review UOB, SOB, FC, FTH, Delay, Foul, Quick 2's-3's	

TYPICAL PRACTICES

Weekday Practice

Video or Lift – 3:15 – 4:00

Practice = 2:50 or less (4:00 – 6:50)

- Wes 20 minutes
- Trans. (D-O) 15 minutes
- 1/2 D M-M 30 minutes (1 Trans.)
- Press / Press O 20 minutes
- 1/2 ct. O 30 minutes (1 Trans.)
- Scrimmage 20 minutes
- Zone 20 minutes
- Specials / FTs 15 minutes

Weekend – 1st practice

Practice = 2:10 or less

- Wes 20 minutes
- Trans. 15 minutes
- 1/2 D 30 minutes
- Press / Press O 15 minutes
- 1/2 ct. O 15 minutes
- Scrimmage 20 minutes
- Zone 15 minutes

Weekend – 2nd practice

Video or Lift

Practice = 2:10 or less (non-contact)

- Wes 20 minutes
- Parts / Split / Individual 40 minutes
- Dummy M-M / Zone 30 minutes
- Defense 10 minutes
- Specials / New 20 minutes
- FTs 10 minutes

Individuals

- 2 weekdays per player M-F until November

Early Season Practice Syllabus

October 14, 15 (2), 16 (2), 17, 18 (2), 19 (OFF) – 8 Practices

<u>Offense</u>	<u>Defense</u>	<u>Specials</u>
(M) Baseline, Motion, 45, 54 (Already in!) Quick Base, Go, Drags, Doubles	(BS) ½ Blitz, Flat, Corral, Doubles, Slips	FTH Off – Def
(M) Motion X, Special, Rip, Thrus	Post Feed: Blitz	Press O: Regular M-M Zone
(Z) Gap, Gap Motion, Quick	Press (W): MFG, MFTH, SOB	UOB vs M-M: Box & Wide 21, 24, 25 Gator Low, Wait
	Actions: Flash, P-P exchange, G-G exchange, Slips, Rips	UOB Zone: Box Zone
	Zone: “2”	SOB: Box
		UOB M-M Defense

October 20, 21, 22 (2), 23 (2), 24, 25 (OFF) – 7 Practices

<u>Offense</u>	<u>Defense</u>	<u>Specials</u>
(M) Base Chase Hooks Hooks Wedge Hooks Again Sneaks Sneaks Again	(BS) “10”	FC: Double, Homerun
(Z) Power Gap Stacks	Post Feed: Dig	Jump Ball
	Press: “22”	UOB vs M-M: Line 1, 2, Again
	Actions: Flex, UCLA, Shuffle Double (Staggers) Elevators	UOB Zone: Box Zone Switch Vandy 2, 3 Vandy Reverse
		SOB: Line Press
		UOB Defense: “2,” “25”

October 26, 27, 28, 29 (2), 30 (2), 31 (OFF) – 7 Practices

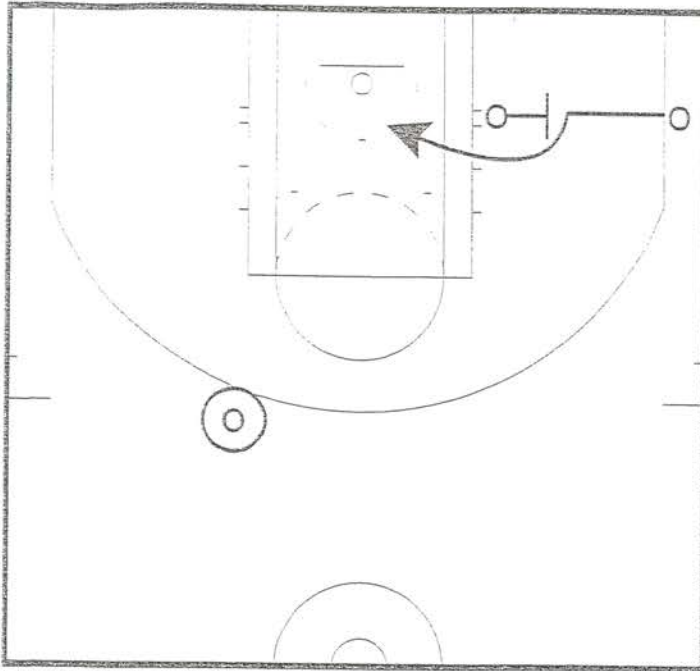
<u>Offense</u>	<u>Defense</u>	<u>Specials</u>
(M) Quick Follows or Yankee 4, 5 High; 4, 5 Spartan, Horns, 1 Horn 45, 54 Wedge vs “10”	(BS) Down	FC: Name, Sprint, Agains Rips 1, 2, 3, 4
(Z) Low 2, 3, 4, 5	Post Feed	vs. “50,” “51”
(Z vs 1-3-1) S, Quick, 45-54	Press	UOB vs M-M: Squeeze
	Actions: Weaves, 1-4	SOB: Box Low, Wait, Gator
	Zone: “3”?	Discuss: Travel, Walkthru, Games: Pre, Half, Post Timeouts

November 1, 2 (2), 3, 4, 5 (Game), 6 (Walkthru), 7 (OFF?), 8 (OFF?) – 4 Practices, 1 Game

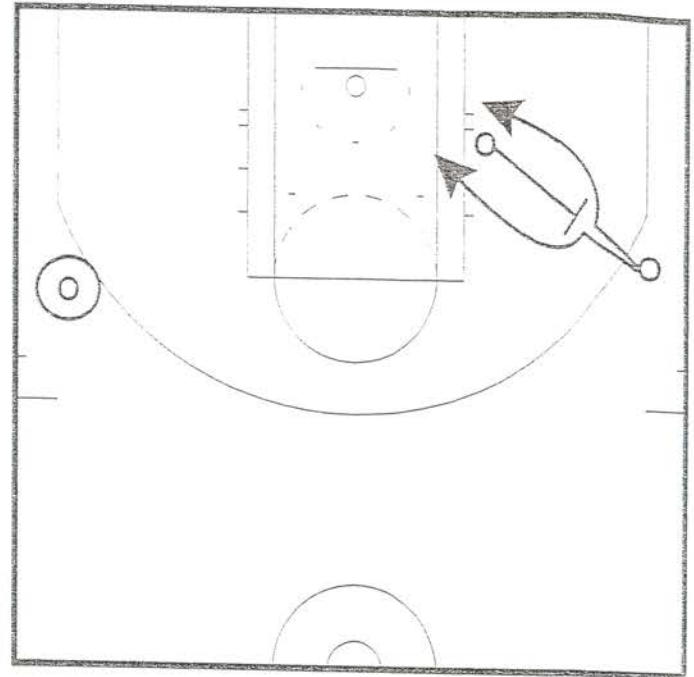
<u>Offense</u>	<u>Defense</u>	<u>Specials</u>
(M) Base 4, Base 5 _____ (Z vs Match-up)		Press O: Guard Out

Offensive Terminology

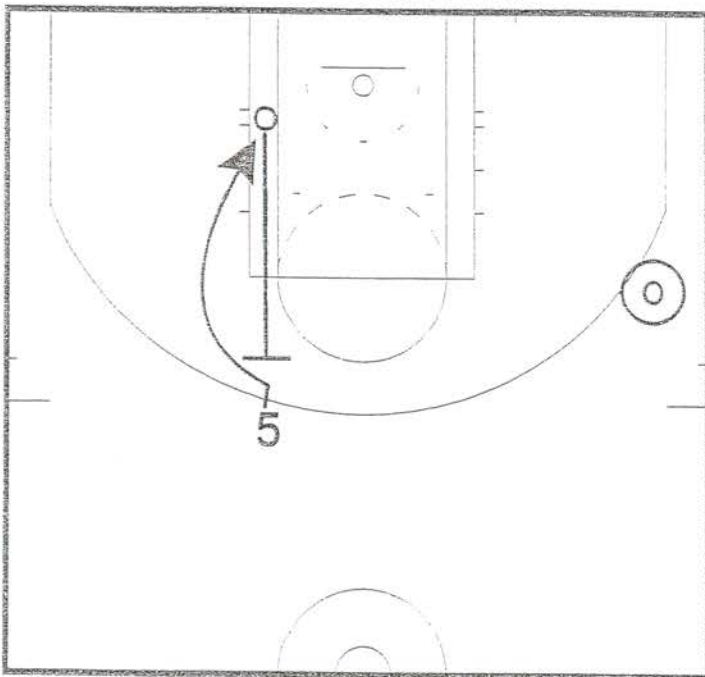
Flex Cut



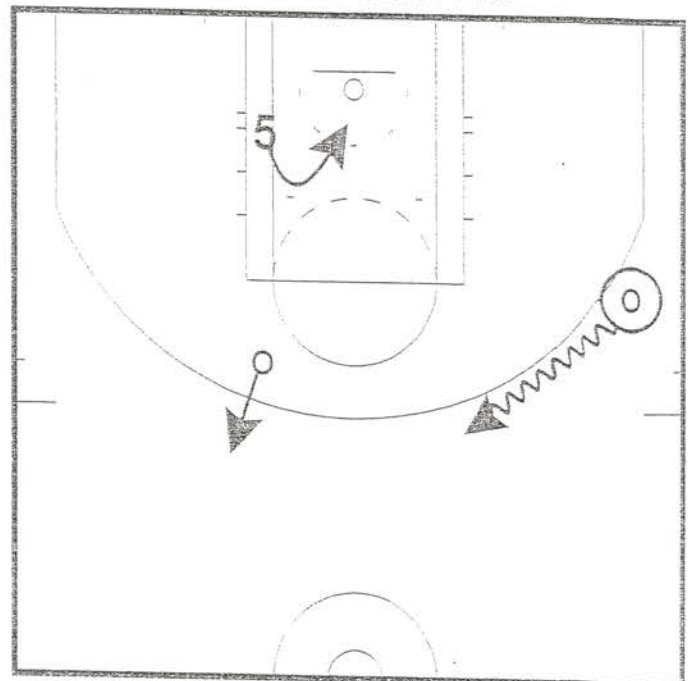
Shuffle Cut



Backscreen Reverse Pivot

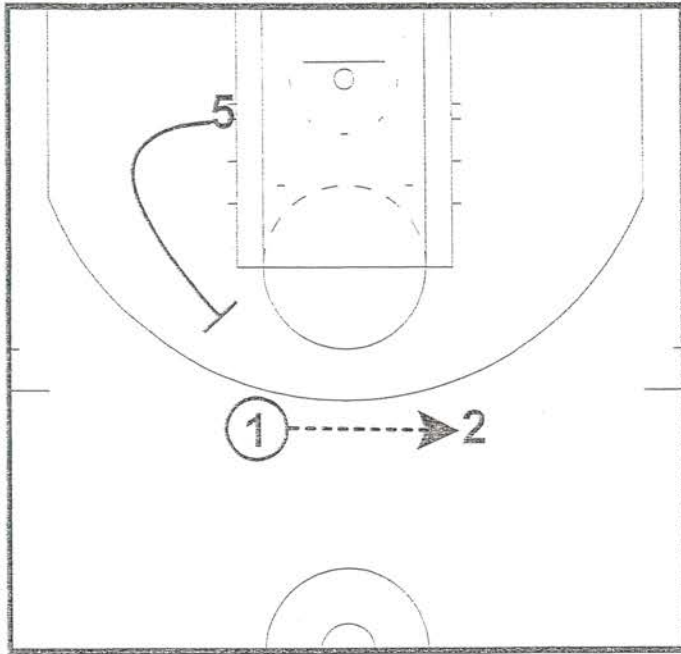


Backscreen Reverse Pivot

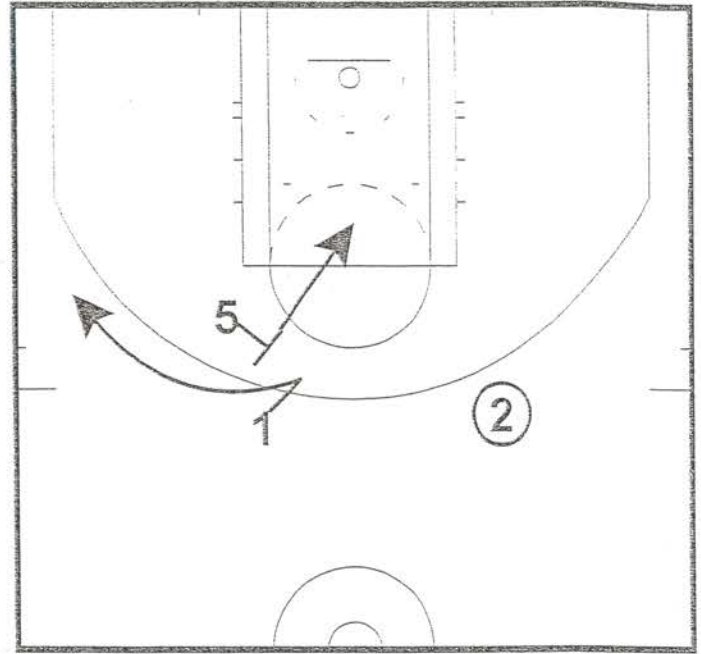


Offensive Terminology

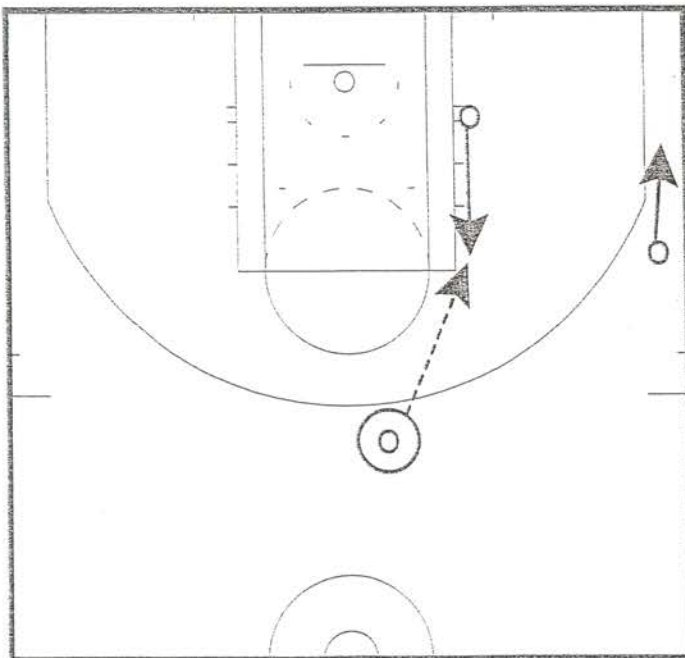
Flare Screen



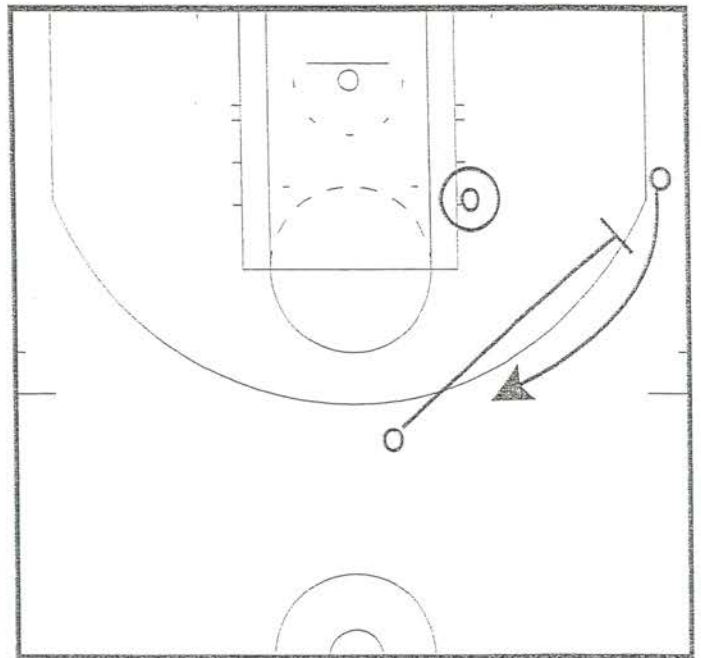
Flare Screen



Post Split

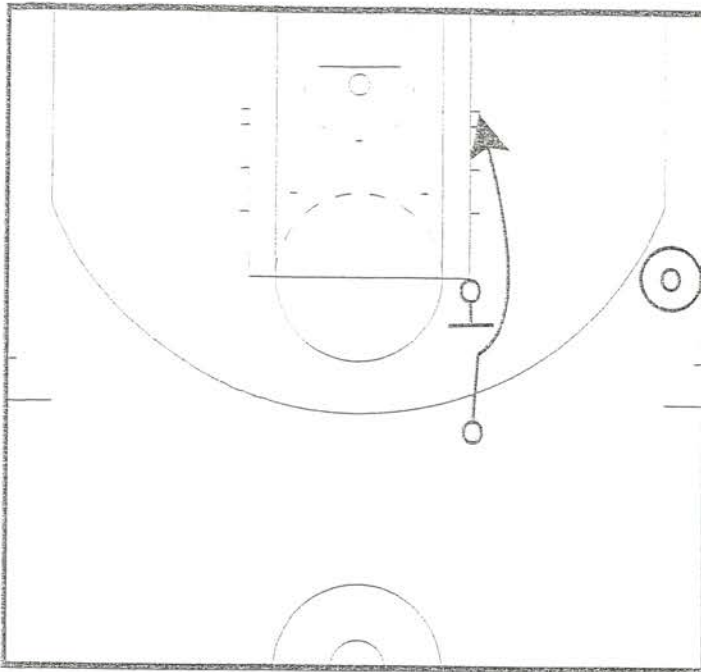


Post Split

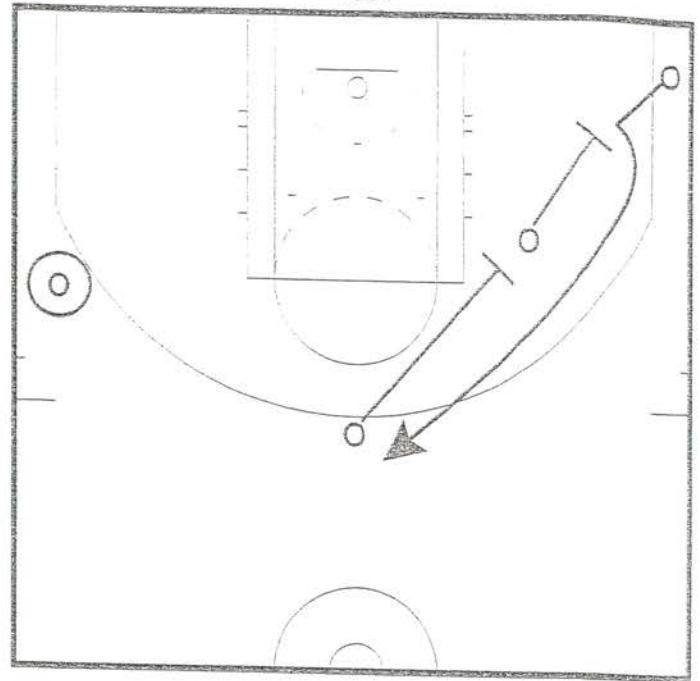


Offensive Terminology

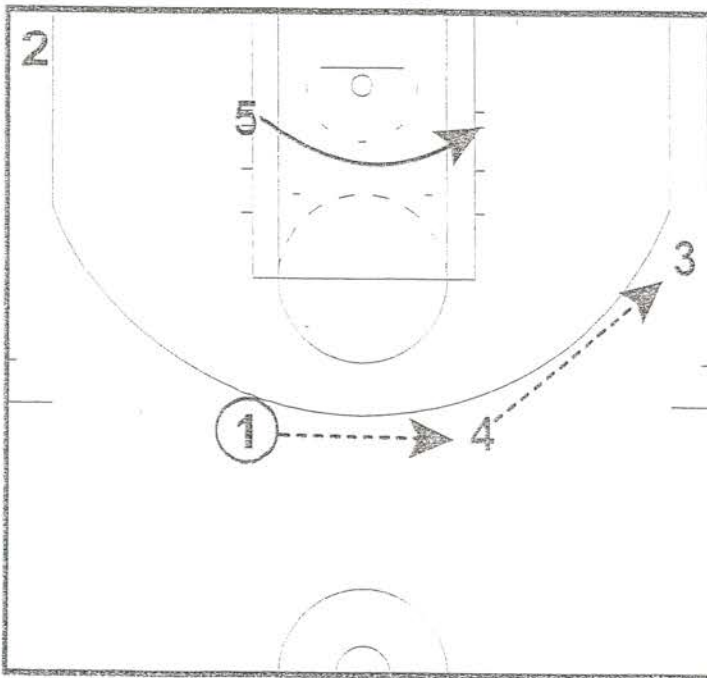
UCLA Cut



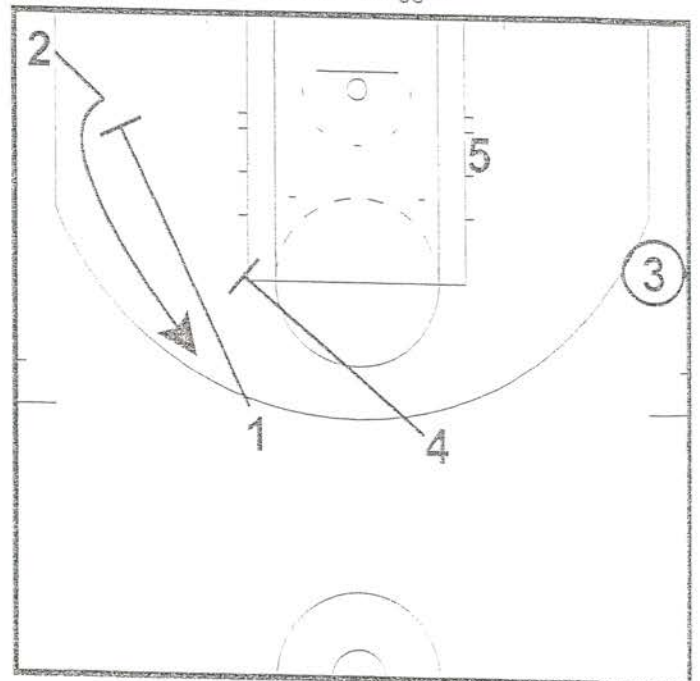
Stagger



Search Stagger

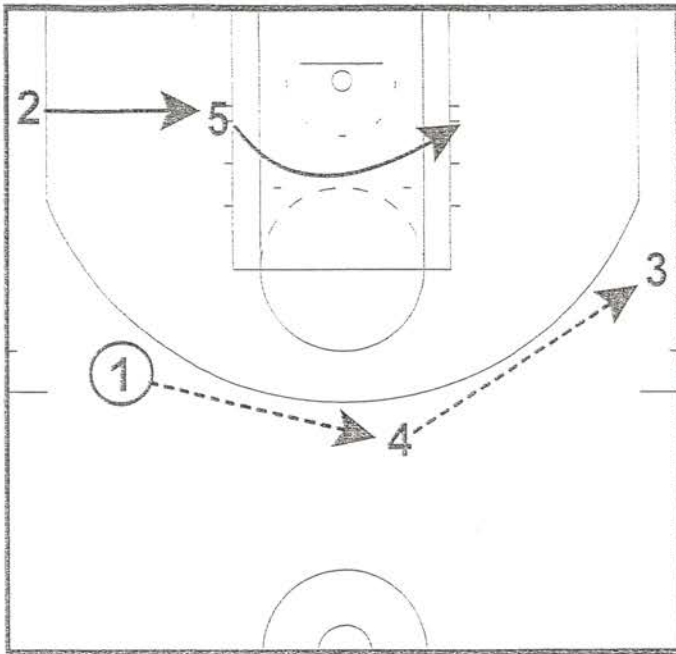


Search Stagger

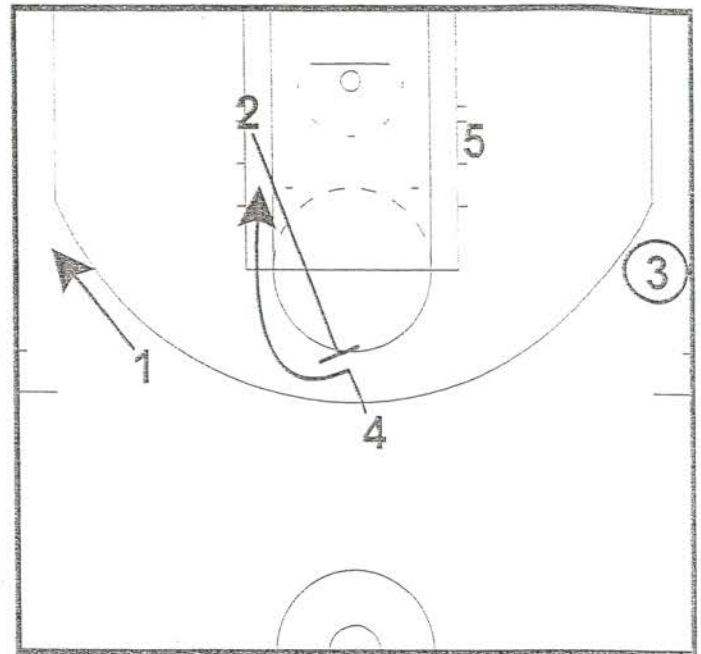


Offensive Terminology

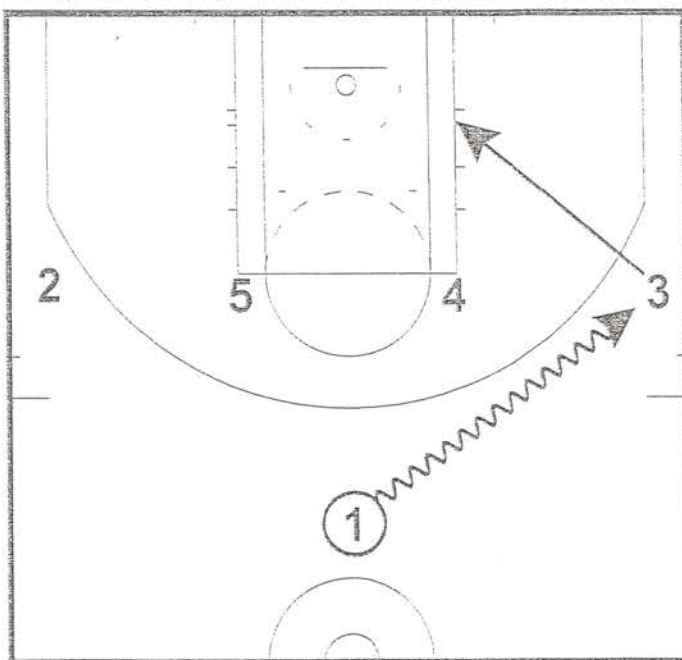
Kansas



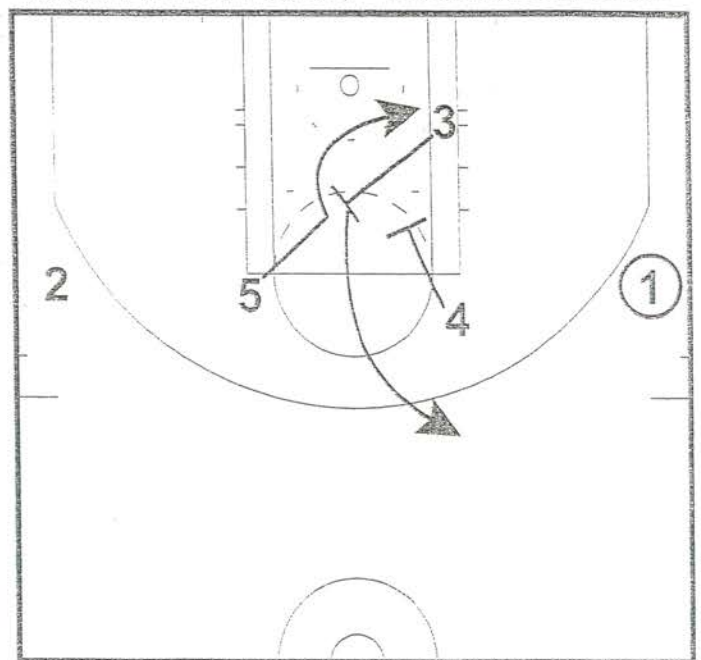
Kansas



Diagonal ("Triangle action") - Backscreen/Downscreen

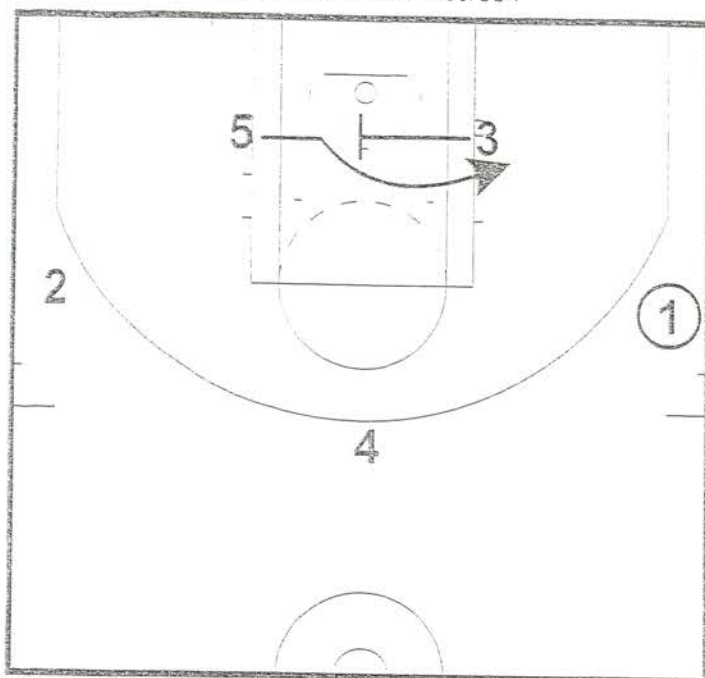


Diagonal ("Triangle action") - Backscreen/Downscreen

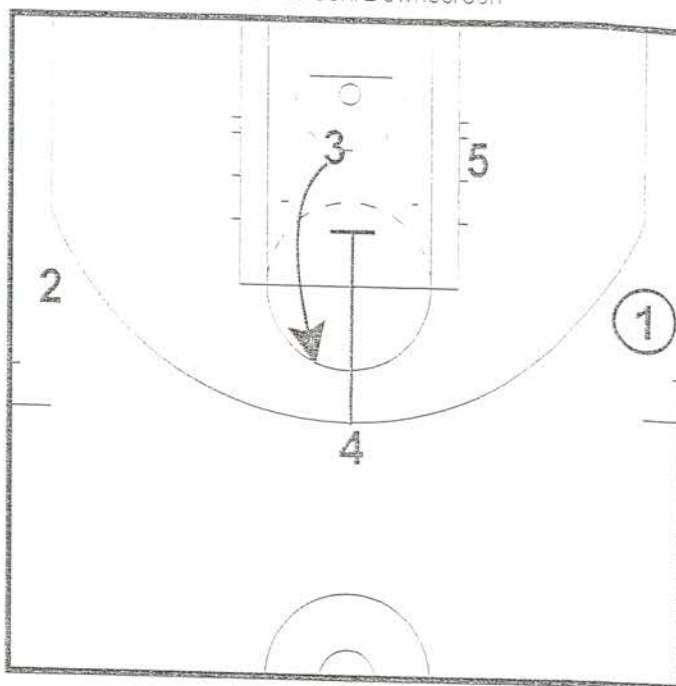


Offensive Terminology

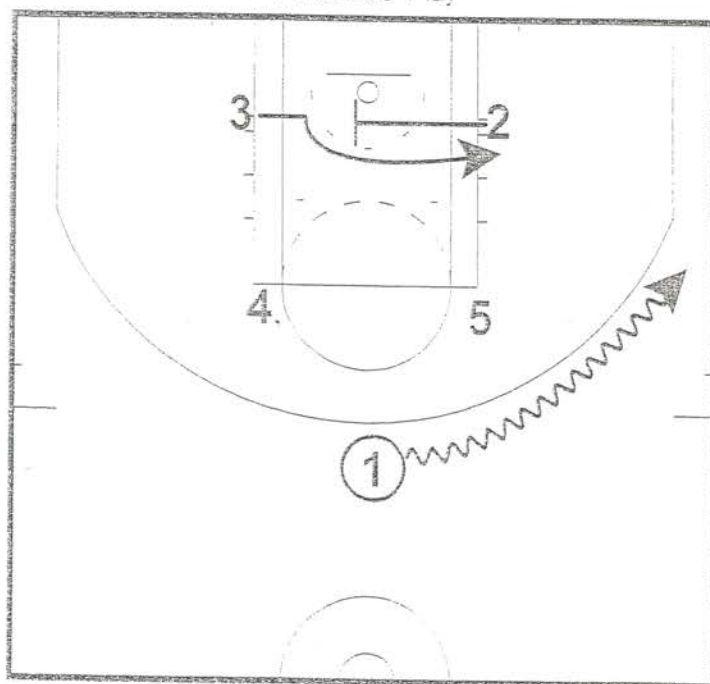
Cross screen/Downscreen



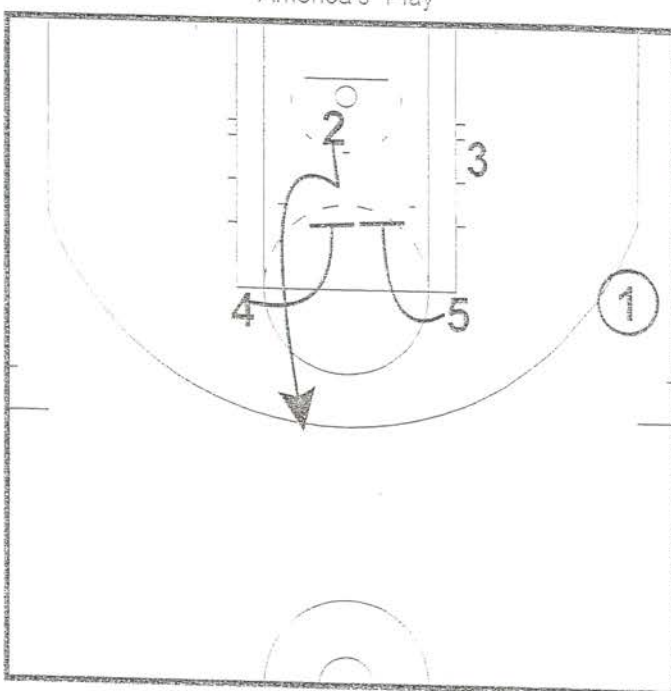
Cross screen/Downscreen



America's Play

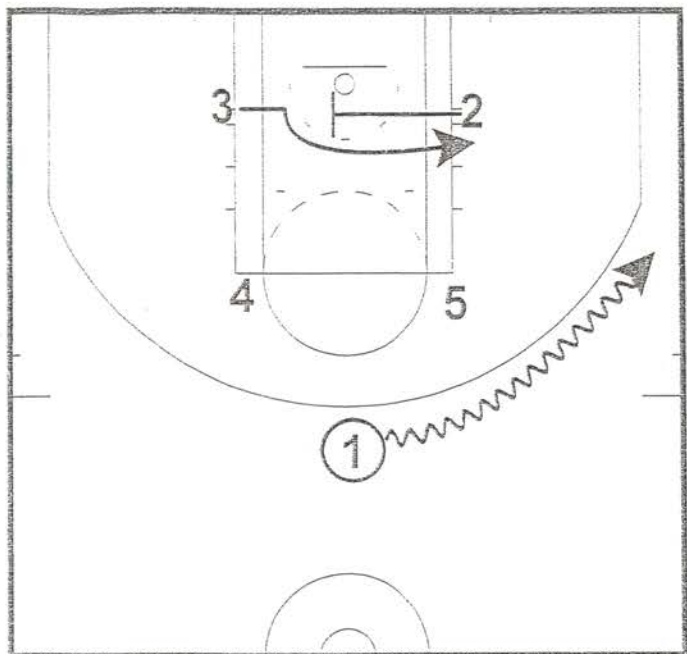


America's Play

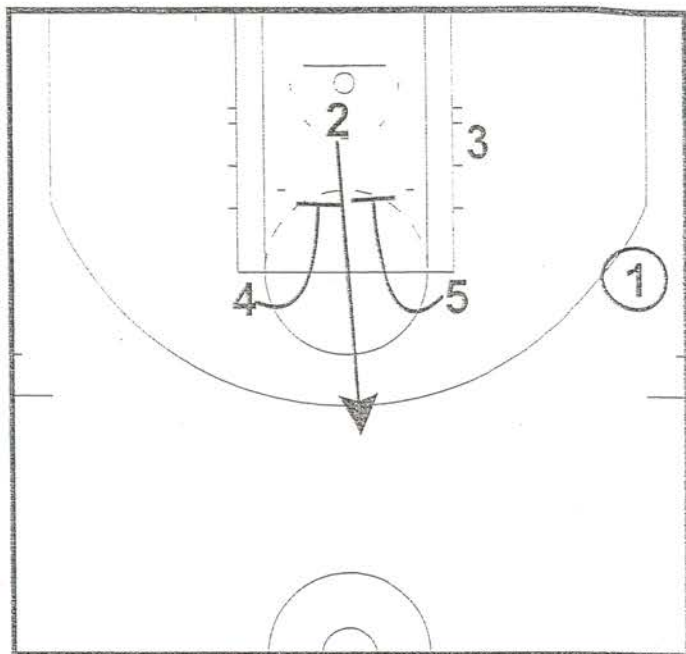


Offensive Terminology

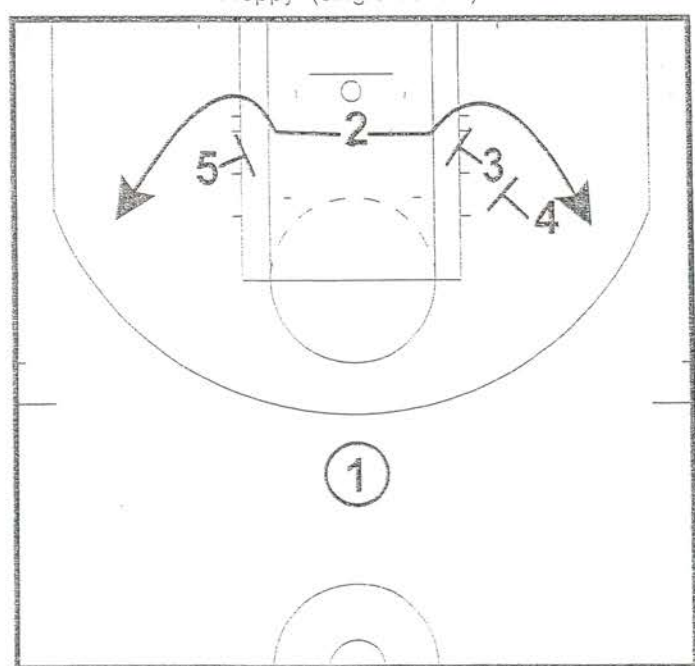
Elevator



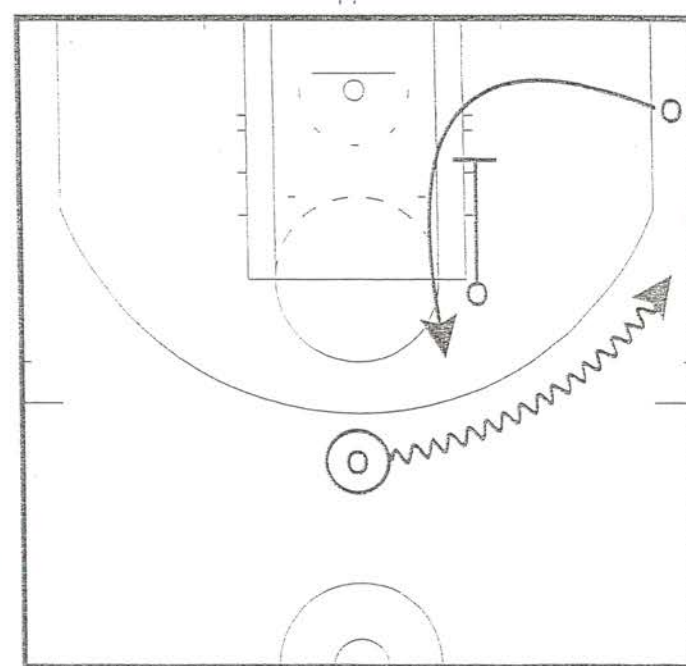
Elevator



Floppy (single-double)

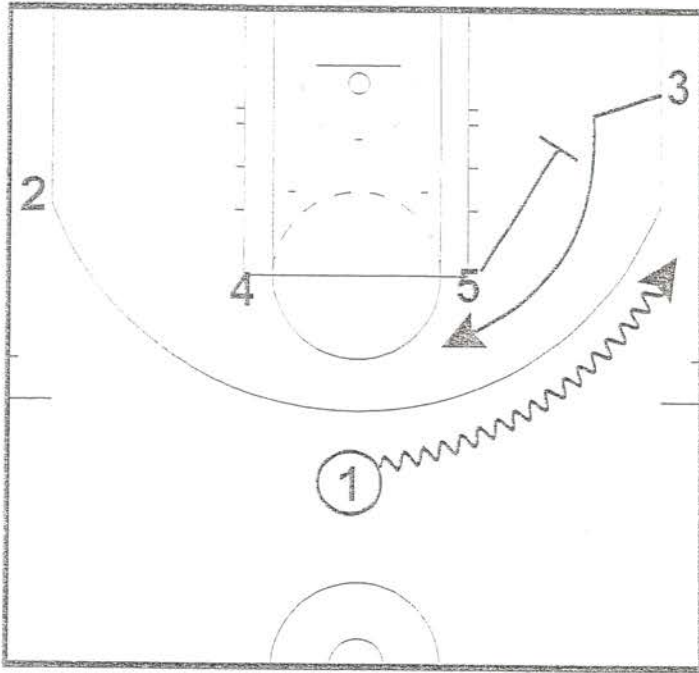


Zipper

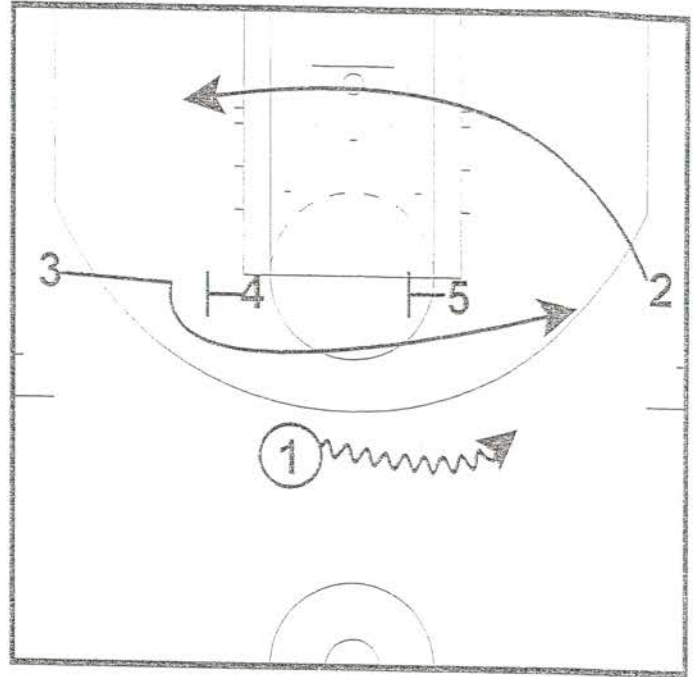


Offensive Terminology

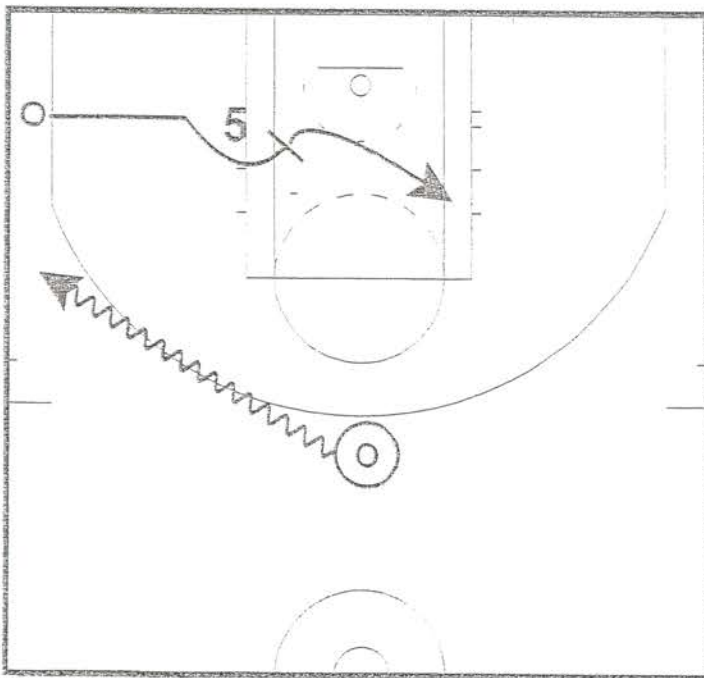
Rhody



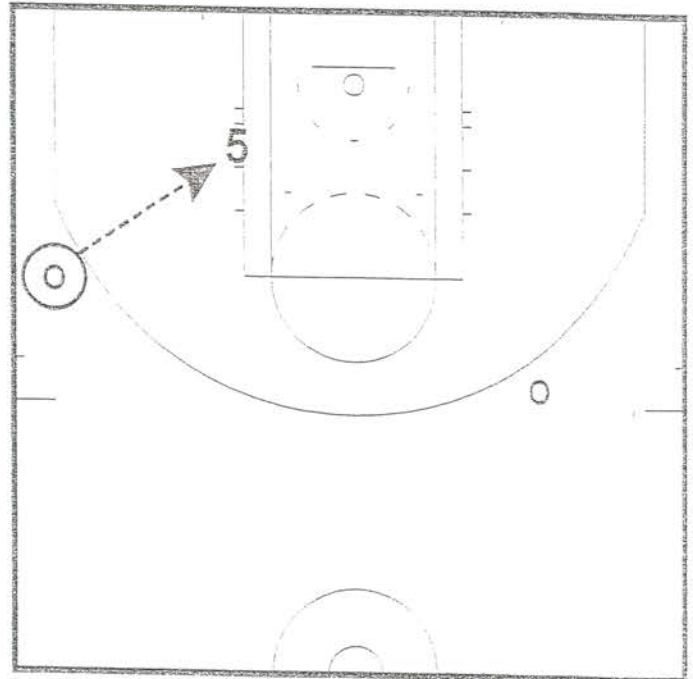
Rhody



Smash/Rub

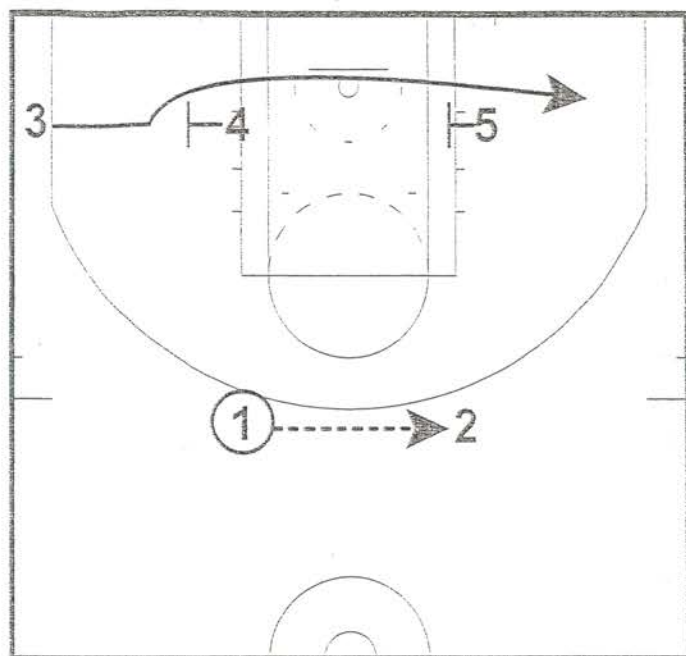


Smash/Rub

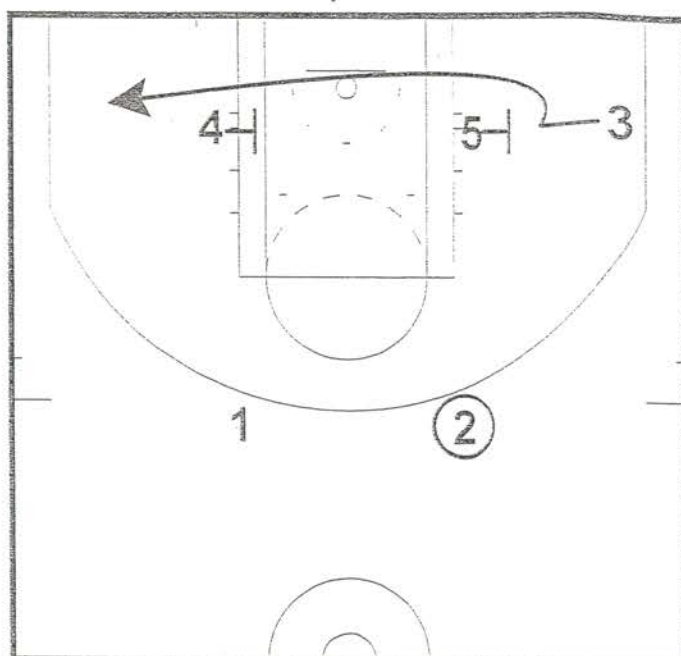


Offensive Terminology

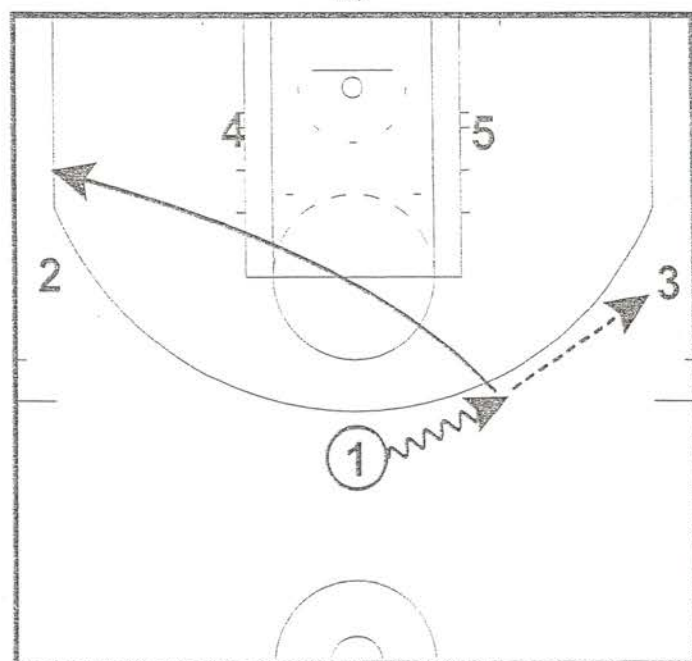
Money action



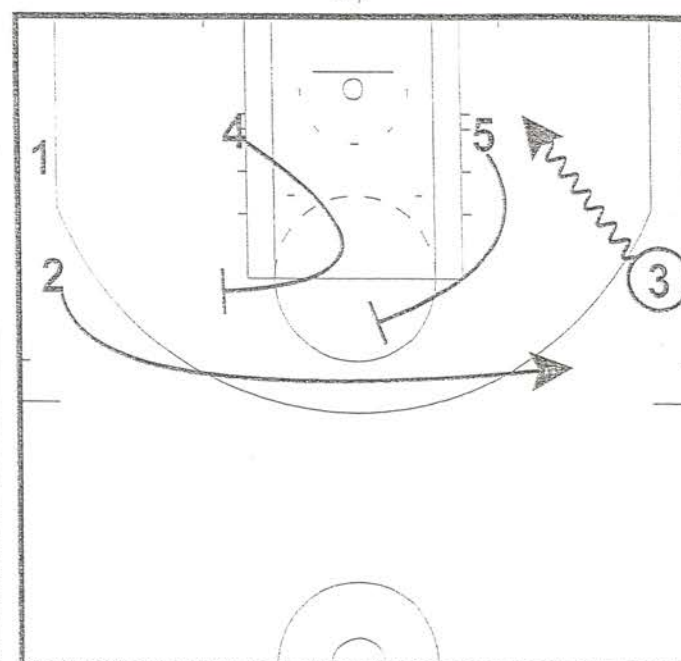
Money action



Rip

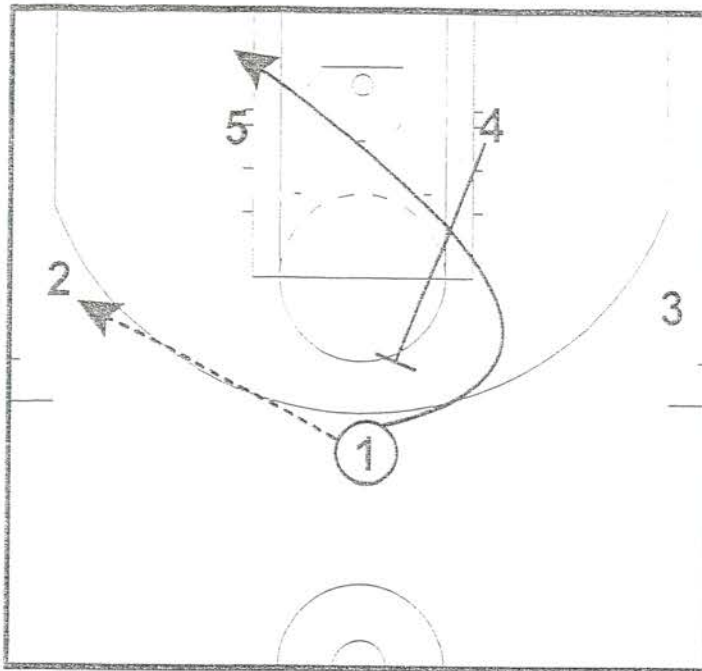


Rip

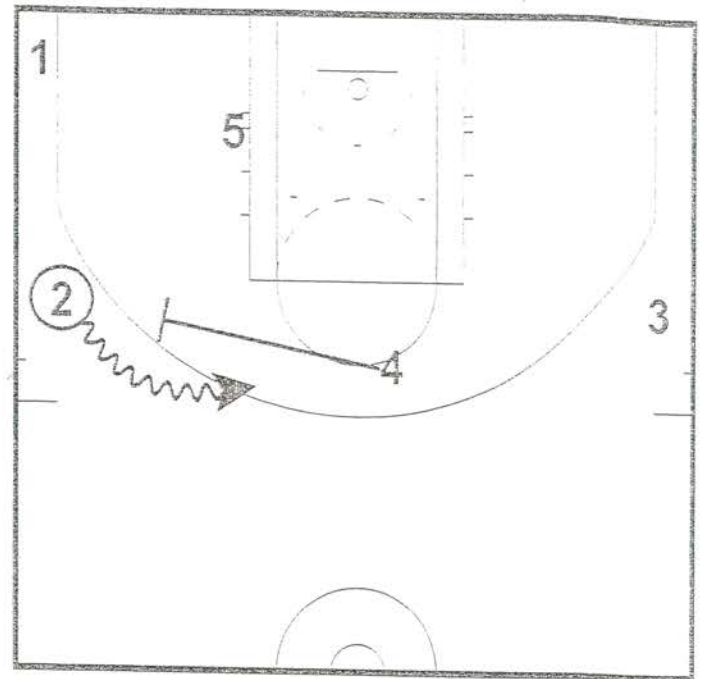


Offensive Terminology

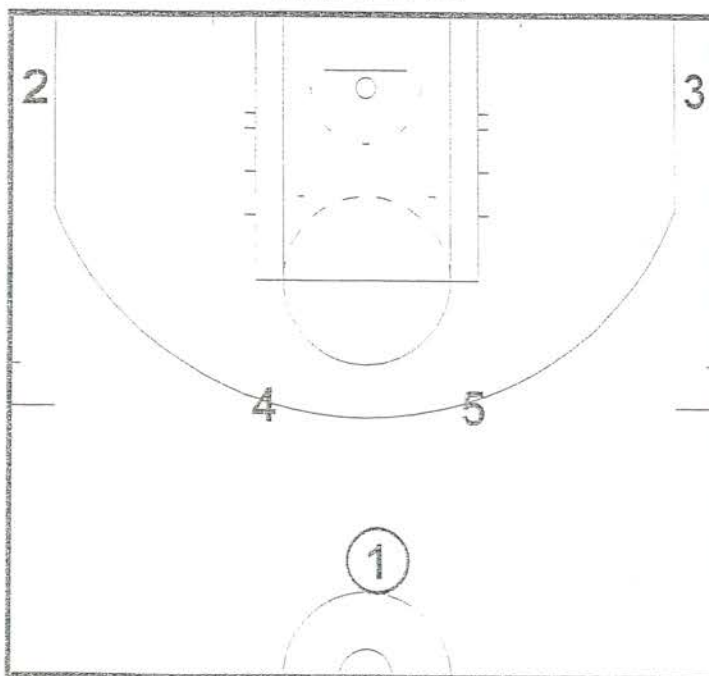
Hook (Backscreen/Ballscreen)



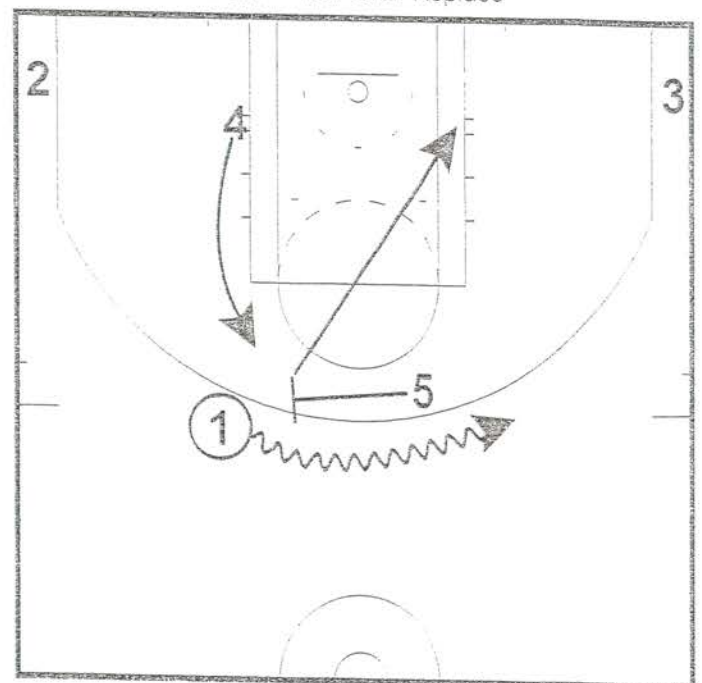
Hook (Backscreen/Ballscreen)



Horns or Hi set

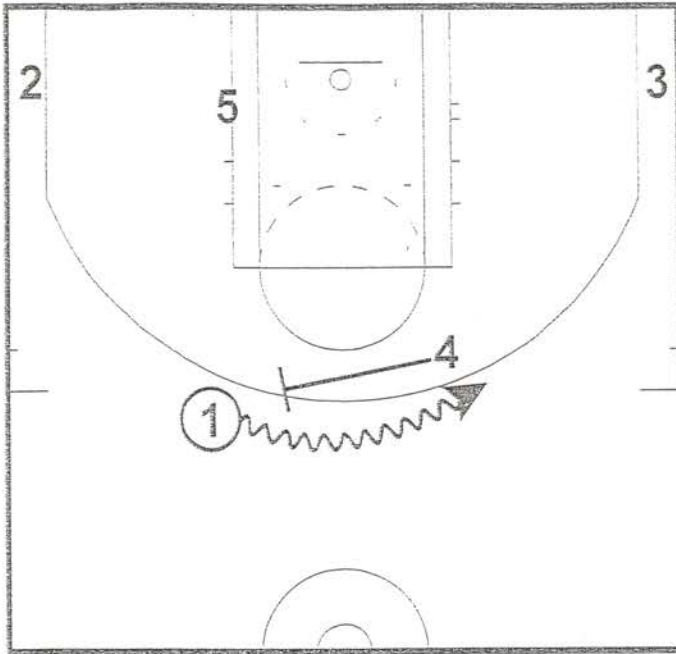


P&R - Roll and Replace

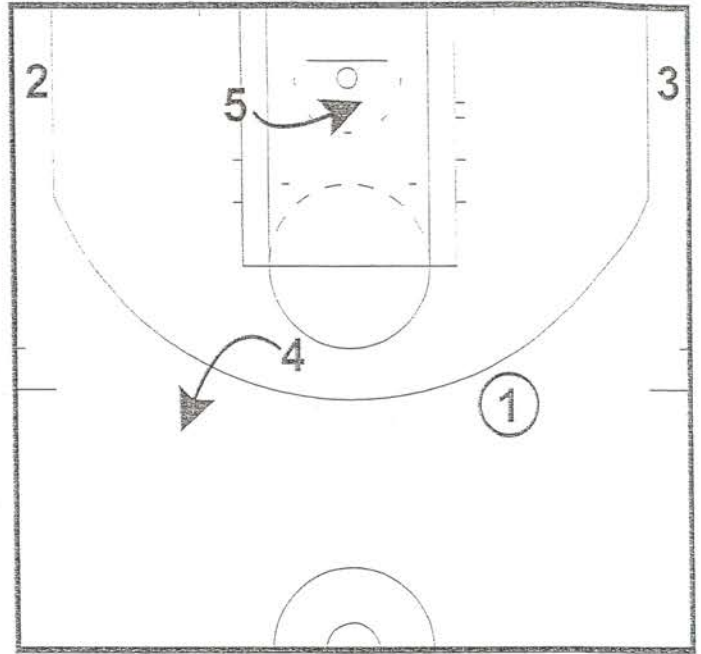


Offensive Terminology

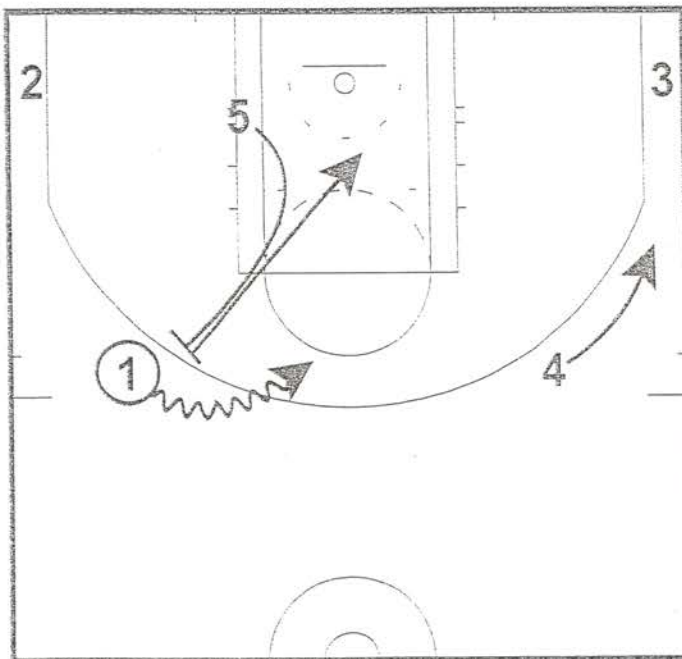
P&R - Pick and Pop



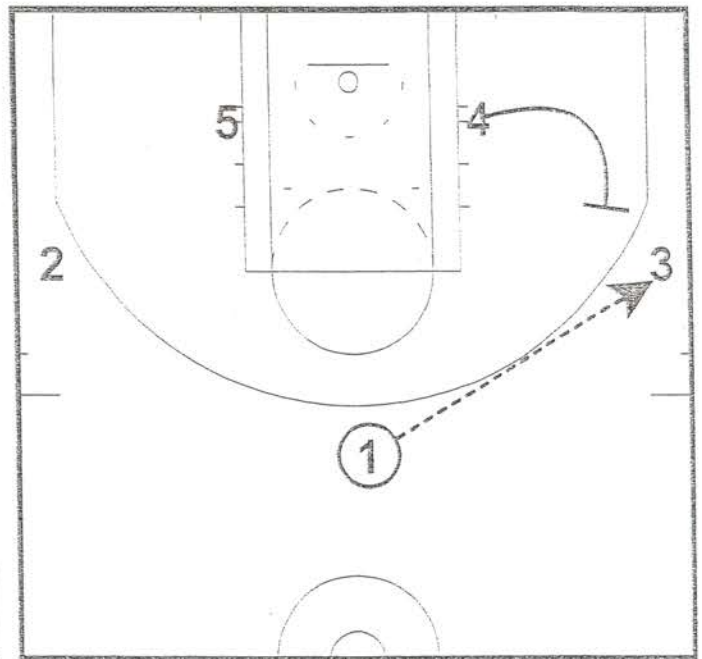
P&R - Pick and Pop



Spread P&R



P&R - Step Up



Offensive Terminology

P&R - Flat

