



2019 NABC Clinic Notes

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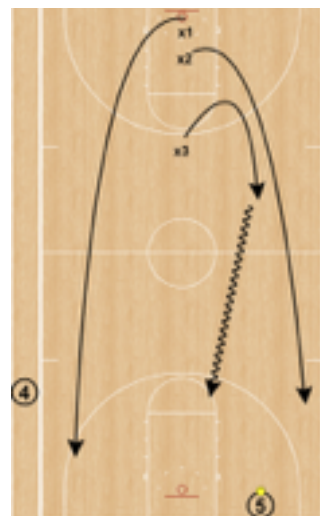
Transition Offense with John Brannen Northern Kentucky



- Play faster on makes than misses
- Looking to play fast offensively but slow it down defensively
 - Even though the defensive pass is slowed down, you are still trying to force turnovers with pressure. Want them to use the entire shot clock
- Make defense a priority in practice
 - 65% - 70% of practice/ energy should be defensive focus
 - Vocally your focus should be on defense. Shows players that the defensive end is the important end
- Offensively find a scheme that fits your personnel.
 - Your offense should not just be give your best player the ball,
 - Need to be prepared if that player goes down. If you run everything through him, the offense will then struggle without him in the lineup
- Offensive Philosophy
 - Sprint/ Space/ Share
 - Shot Spectrum- Focus on the type of shots and value of each shot that your team takes.
 - 1. Free Throw 2. Lay-ups 3. Three Pointer
 - Offensive PPP Goal is 1.08
 - Big part of achieving the goal of 1.08 and staying on the Shot Spectrum is shot selection
 - Shooting License (Each team uses different variation of this)
 - Five Mins on the clock, must make 50 3's in that Five Mins.
 - Use one ball, have one rebounder, make 50 3's. No set location or order of the shots
 - If you do not make the goal of 50, you are limited to how many you can take in a game. A restriction could be a specific number or could be just wide open shots.
 - Not a one time license. Must have players renew license every so often to keep the green light
- Transition
 - Beating up the X's (diagram to side), and playing faster off makes than misses
 - Missed shots have bust out guys. Which is a player that can just take it and go.
 - Your Point Guard is always going to be a Bust Out Guy. To determine who the other Bust Out Guy, use A/TO Ratio. If it is a positive ratio, they can be a bust out guy
 - You want all outlet passes to be made further up the court to your breakout guys you that you can sprint to space and get the ball up quick



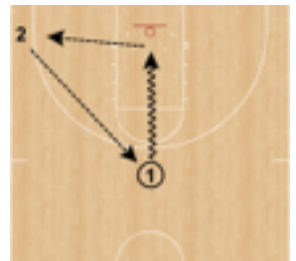
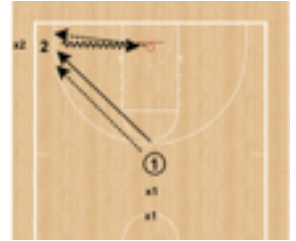
- Also when you make the outlet pass, you want it to be made with momentum going up the court (Banana Cuts). This allows the ball to get up the court quicker before the defense can set up
- Have a consistent rim runner. Which would be either the non rebounding big, or the closest big to the rim if one of the breakout guys gets the rebound/ turnover. By having a constant rim runner, you are getting the opportunity to get easy layups. Once the big gets to the rim, they can then make their way to one of the other X's if they are a stretch big
- In Transition you want to sprint to one of the open X's listed above. You can communicate a player to run through to another X and fill or just relocate right away so that each X is covered
- Crossing the Shoot
 - If you are ahead of the ball, you are free to cross the shoot
 - If you are even or behind the ball, do not cross the shoot to get to an open X. Push another player to open X and stay on your side of the court
- Getting the ball up goals based on Shot Clock
 - Made Shots: Ball is up by the 27 second mark
 - Missed Shots: Ball is up by the 26 second mark
 - Both situations make sure that all players are in the front court by the 24 second mark
 - Goal is to get a paint touch by 23 second mark
- Figure out how quickly you can get to the 3rd and 4th pass
- Offensively you must sprint every single cut.
 - Only time players run in practice is if someone doesn't sprint a cut or in transition
- 5-0 Transition
 - Have a two players line up under the hoop, one player at the top of the key, and have two passers in the front court
 - First player taps it off the glass and peels off opposite
 - Second player taps the ball off the glass twice and hit the outlet and sprint same side
 - Third player banana cuts out and makes a deep catch. Follow all rules from above
 - First time down the court, get transition pull ups for all 3, so rebounders get passes from the 4 and 5 with a ball in the front court.
 - Second time through add stipulations, such as pick and role, pin down or flare



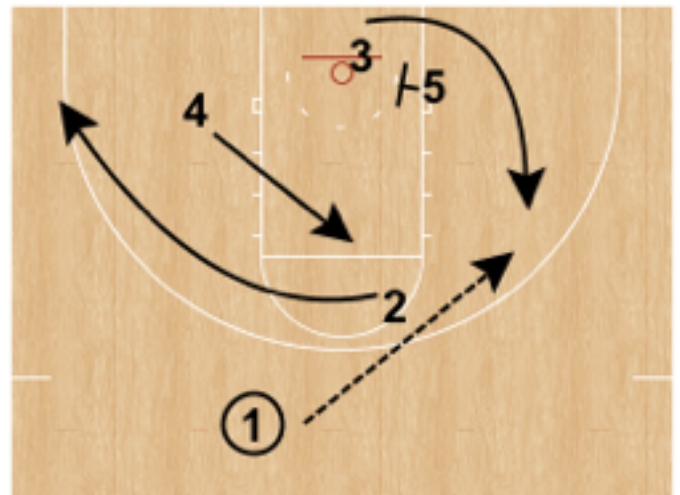
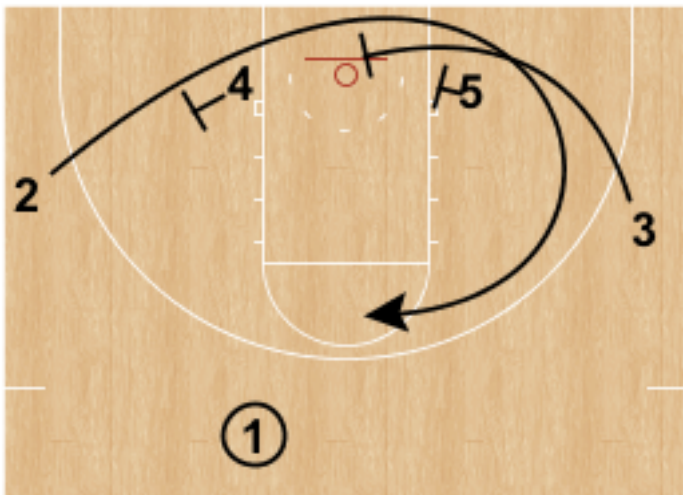
Passing and footwork

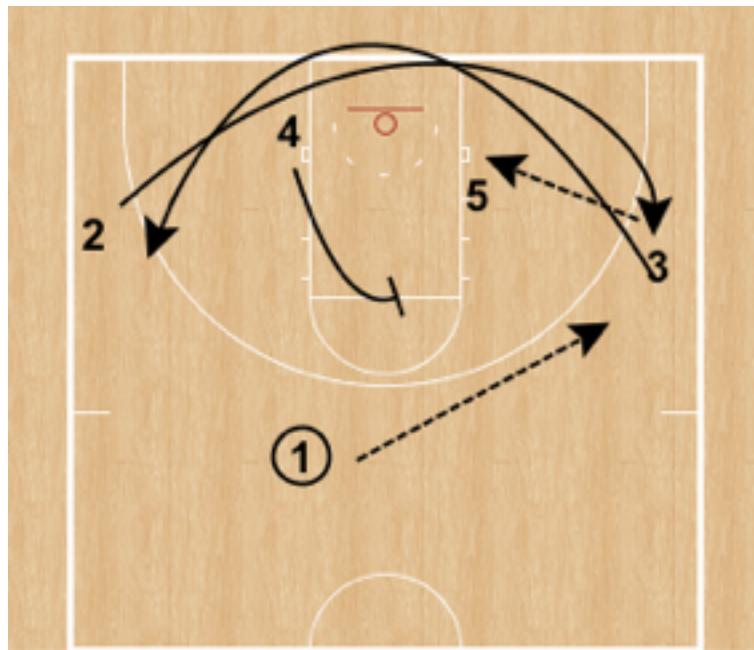
- Passing drill that focuses on footwork and not shooting. Have two lines with one ball total. Once players make the pass, they just head to the next line. Each time we catch a pass, we want to catch on two feet, allowing us to decide our pivot foot

- Ball starts up top with a player in the corner. The guy up top passes to the corner. Once the corner gets it, he attacks the baseline getting two feet into the paint. Once in the paint, he jump stops, pivots, and hits the top guy who replaced to the corner. We want to play off two feet. Once the ball is back in the corner, you pass it to the next guy in line
- Once again, ball starts up top. The action starts with player spinning the ball and catching it off of two feet. Then player attacks the nail, jump stops, pivots and hits the man in the corner. Man in the corner catches it off two feet, pivots and passes back to the top and the action starts over again
- Last one is Super Gap. Ball starts on the wing with another line on the opposite wing. Action starts with player spinning the ball and catching it off two. The player then attacks the nail body to body, jump stops, and passes to the player who has now relocated to the corner. The corner player catches it off two, attacks the nail, body to body, jump stops, pivots and passes to the new player in line one
- The goal for penetrating is to penetrate to score, not penetrate to pass. Always have the scoring mentality while driving



Quick Hitters out of Floppy





The 5 is posting up the lane to create space on the baseline. The 2 is going to make the pass towards the now open baseline for a lay up
The 4 is setting a drift screen

BLOB

- Each game, the play call for your Base Line Out of Bounds changes (Number System)
- Create a card sheet, and sew it into the inside waistband of your players shorts.
- Players will look at the new card sheet, which is the same as the coaches sheet. This allows you to keep the same plays and preventing your opponent from scouting play calls
- All Northern Kentucky BLOBs are out of a 1-4 Low set. When teams try to take away, they start out with a Box set and then morph it into their 1-4 low set



Defense with Bruce Weber Kansas State

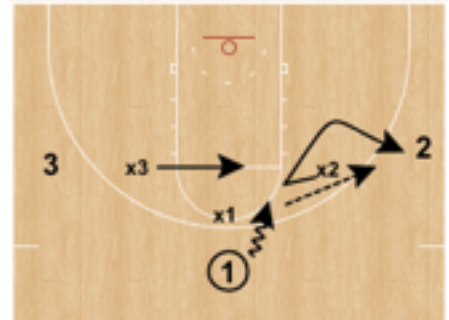


- Must be flexible with your defensive system
 - Must be able to adjust with what you do, when what you do isn't working
 - By not changing, you put yourself into a bind
- Kansas State does not go zone, because there are too many grey areas where you do not know who is responsible for the mess up
- With in a man to man system, you know exactly who messes up
 - Drill every situation that you might come up against, allowing your players to know every situation, and where their slides would be
- Man to man while protecting the paint.
 - Using gap principles to clog the paint, forcing long shots and protecting the cup
 - Just because your man defense is protecting the paint, this does not mean you are not getting out of 3's to contest. Loop closeouts are used from help defense. Will go over this further down the note list

System

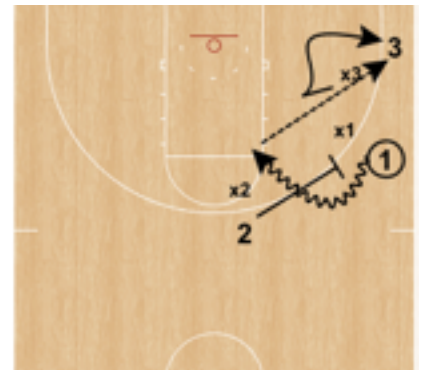
1. What do you do on Transition Defense
 - Must start transition defense early in the season. Make sure to engrain this from the very first practice and continue to build on it
 - Make sure that your kids understand all of your transition defense concepts. Has to be more then just, get back on defense. Need to say specifically what you expect of them
 - Do this by making the first drills of the season transition defense drills and fix mistakes early
 - Goal of transition defense: Don't Give Up Lay-Ups
2. Ball Screen Coverages
 - Knowing how you are going to cover certain ball screens. Can not just have a blanket ball screen coverage, must be personnel and scout based.
 - Since you are going to be using multiple coverages over the season, make sure players know all types of coverages that you are going to use
3. Close outs
 - How are you going to get out on shooters,
 - Know the difference between shooter, non-shooter, and an all around player. How are you going to close out on each on of them.
 - Just like in Ball Screen Coverages, you can not close out on every shooter the same way
 - Work on specific footwork on your close outs.
 - How to close out on a lefty/ righty or driver/ shooter
 - Work on ISO situations within close outs

- When in a plug situation, you can not get beat under on drive. In the diagram to the right, the x2 defender stunts and then recovers on the close out. Preventing getting beat under
- Use loop closeouts
 - This will help prevent from the shooter attacking the closeout, while still protecting against the shot
- Once you closeout. Keep nose on basketball
 - When the ball is above the chest, keep two hands up, once the ball drops below that point, trace the ball with one and have other ready to contest
- Step glide on dribble drive
 - Big first step with the foot that closest to the drive. Allows the step to send your momentum to cut off the drive



Ball Screen Gap Defense

- Have three offensive and three defensive players out on the court
- 1 and 2 offense are going to be in a Ball Screen action, the 3 stays corner
- the x3 defender is in gap defense, stunts towards the roll, and then loop close outs back to the shooter in the corner
- Biggest part of any defense is talking, this is especially true in ball screen defense.
- The x2 defense must call out the side of the screen. This allows the x1 to jump onto the 1's hip and force him into the screen. When this happens, the x3 defender stunts at the roll/pop 2 and loop close outs back to the shooter in the corner



Close out drill

- When working on defense, always create a disadvantage. Idea is that what you can get done a man down, you can do when even strength
- Start off with four offensive players on the outside, and three defenders with two feet in the paint
- Ball starts with a coach, who passes it to one of the four offensive players and the drill starts
- Offense gets a total of 3 passes before they have to shoot. Offense does not have to wait for the 3rd pass to shoot, but based on what the defense give them
- The defense must fly around in scramble mode to cover the four offensive players
- First time through, offense is not allowed to move or drive, just catch and shoot or catch and pass. After a few times of this, you can add dribble drive in so players react



to playing out of a close out. After that add rebounding into it. Adding that extra layer will help work on rebounding out of position and just finding a body to box out

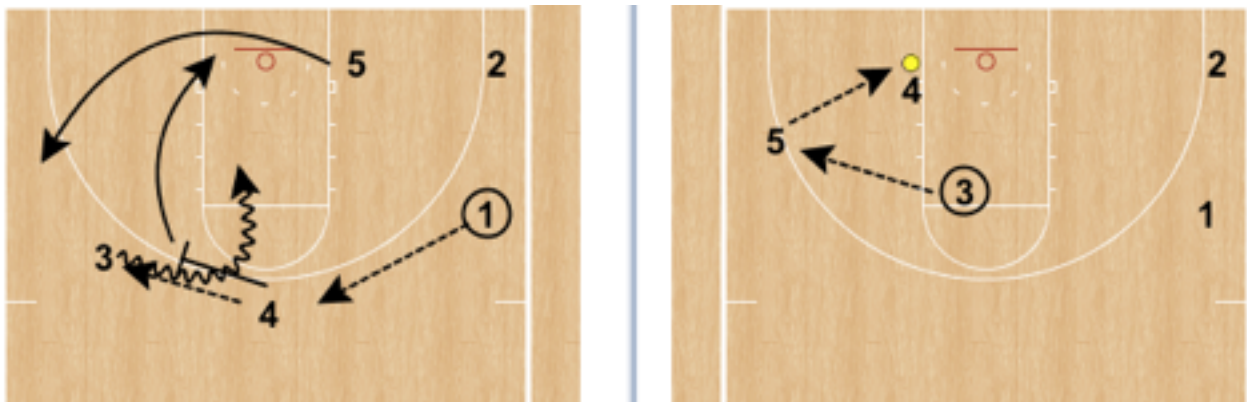
- All about stops and rebounds

Disadvantage Transition

- Have players line up on the baseline and foul line, throw the ball to the offense and transition starts
- So that players have to adjust to more than just getting back, add a wrinkle to the offense
 - Add down screen/ flare before offense is allowed to score
 - Make things that force the offense to think, such as screener needs to set two screens before you can start. Flare into down screen. Forces the offense to think and the defense to adjust on the fly

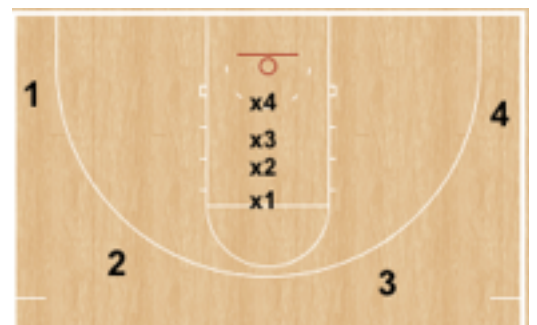
5-0 Offense into transition defense

- Reverse, ball screen fill and replace, kick out, paint touch and then start into transition 5v5



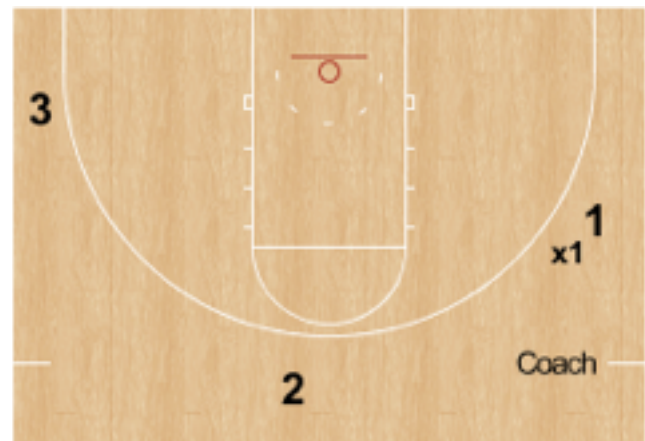
Working on Gap position

- Start by having four defenders line up in the paint and four offensive players outside the arch
- Ball gets passed to either corner, and the defense has to adjust to the correct positions
- The ball must get passed around to all four offensive players and then goes live 4v4.
- Just like in the disadvantage drill, call out actions to make the offense think and for the defense to adjust



Play Hard Drill

- One player on defense, three on offense
- Drill starts with a deny of one. Coach will throw several balls at him and the defender must keep denying the entry pass. The ball then swings between the 1,2,3.
- When the ball goes to the 2, the defender goes to his Gap
- Ball swings to the 3, defender jumps to the middle
- When it goes back to the 1, defender closes out
- At some point the coach will yell drive, and corner man attacks the hoop and the defender must take a charge.
- Defender then must pop up as the coach will then roll the ball into the backcourt where the defender chases down and jumps onto the loose ball
- This drill is about teaching players to play hard and to go after every loose ball





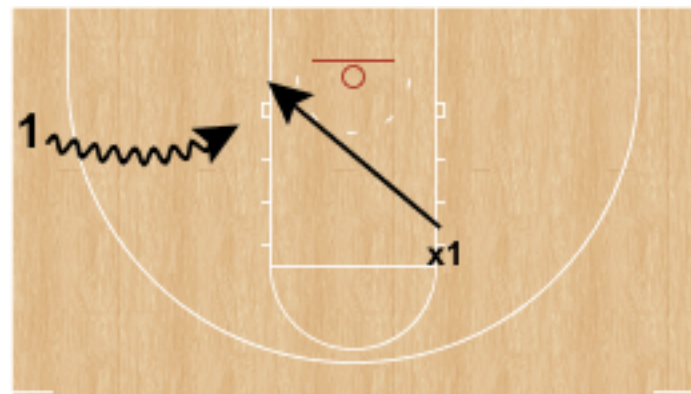
Defense with Russell Turner UC Irvine



- Scoring area defense
 - Defend each players specific scoring area
 - If a player is a back to the basket post player, you aren't going to defend him 25ft from the hoop
- UC Irvine P&R Defense
 - The 4 will always hedge the P&R, looking to take away the scoring area on the drive. Putting the Guard in a tougher situation
 - The 5 will cover the roller. His job is to protect the rim
 - If the P&R is between perimeter players, you will always hedge. Hedge 1-4 and 5 will low lateral to protect the rim
- In order to guard the scoring areas, UC Irvine plays tendencies.
 - Forcing players to drive with their off hand by sitting on their strong hand
- Try to not rotate or switch
 - If a double is needed, have the double come from the least likely scoring option every time, and stunt to help until recovery happens
 - This allows you to defend the scoring area, and avoid creating another scoring area on the help
- Work on last 10 second defense
 - Goal is to not pick up a cheap foul and to finish the play with a stop.
 - No offensive rebound

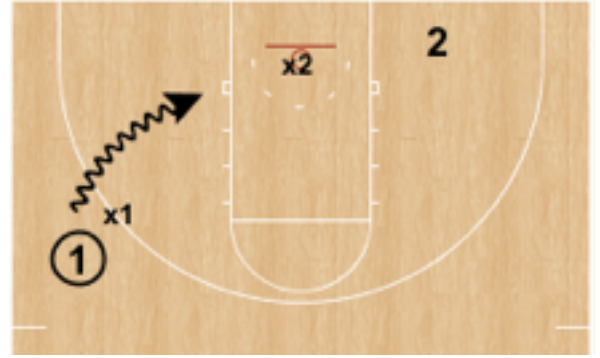
Straight Ups

- Working on bigs contesting without fouling
- Have a player start on the elbow and a man with the ball in the opposite corner
- Player drives, and the big rotates to help at the rim
- Player in help is trying to jump and go through you to the rim and not fouling
- The player in the corner is trying to score
- Make sure to have players go from both sides
- Having a left handed shot blocker is very valuable as most drives happen on the right side
- Add rebounding to finish the play



2v2

- Two on two, working on big helping
- Big needs to escape the paint and help protect the rim
- Offensively, need to read the defenders eyes.
 - This lets you know if you need to pull up or drop off to offensive big in dunker position
- Defensively do not chase a shot that the offense wouldn't get.
 - Do not go to stop a shot that will not be there, just to create a shot by doing so



- Distance Principle: Further away from the ball, the further away you can be from your man



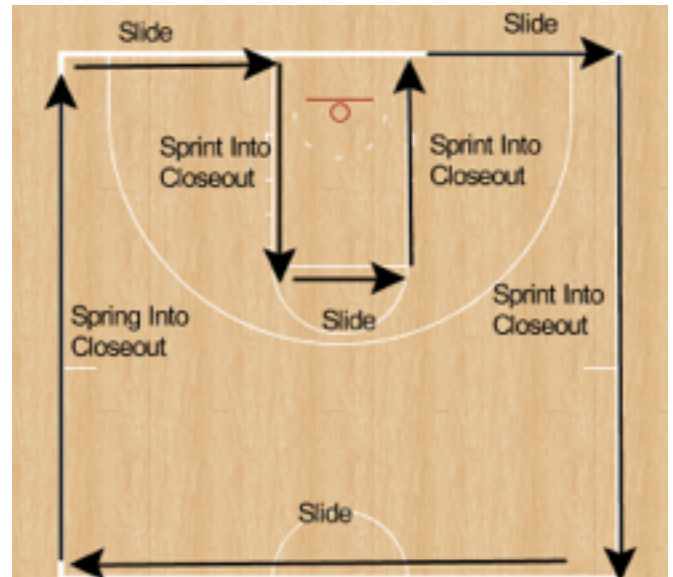
Eliminating Losing Before You Can Win With David Richman North Dakota State



- Don't get bored with being great
 - Repetition of the little things will help you become what you want to become, but by skipping those, you lose your foundation
- Before you win, you must eliminate the losing plays
- Take care of the ball and do not foul on the other end
- Build your locker room the right way
 - Locker room must be bought in
 - Players should not like each other, but love each other
 - Need to have great character in your locker room
 - These guys will help build a culture of winning and keep others accountable
 - Character is more important than talent

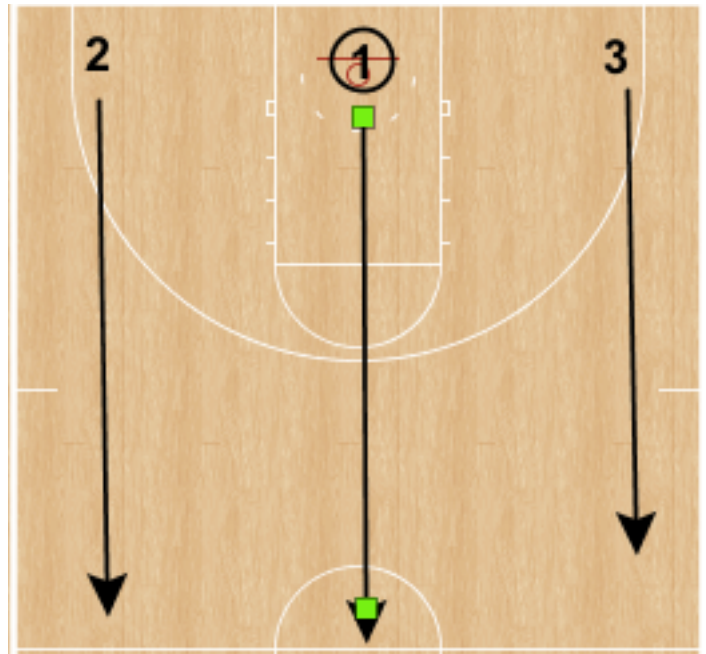
Defensive footwork

- Players start in the corner on the baseline, slide to the key, sprint into a closeout. The continue this along the entire half court as seen to the right .
- Rules of the drill
 - Must go through the line
 - Must talk the entire time
 - If players break the two rules, they have to start over
- This works on toughness and being together
- Also focuses on staying low on slides and working on straight close outs.
 - Do not want to close out too soon as you will be off balance
- Make sure to start on both sides of the court, allowing players reps each way



Passing

- This is a full court drill
- Have three lines with the ball starting in the middle
- The purpose of the drill is to work on catching on two feet and working together to get up the floor for a lay up
- First time down, there is a total of five passes with the last pass being a bounce pass into a layup
- Then shorten the number of passes to get into a lay up from 5 to 4 to 3
- This works on mental toughness and communication
- Work on catching off two feet



- In 100 possessions in a game, the goal is to win 65 of those possessions. Key is to win 65% of possessions in a game
- It is not what you are doing, but how you are doing it
 - Hows are more important than whats
- When catching a ball, you have three parts
 1. Catch with TWO hands
 2. Catch on TWO feet
 3. Catch with TWO eyes
 - Focus on the smaller things so that when the big moment comes, you fall revert back to what your normal tendencies. If those tendencies are the smaller things, you will be set up for success

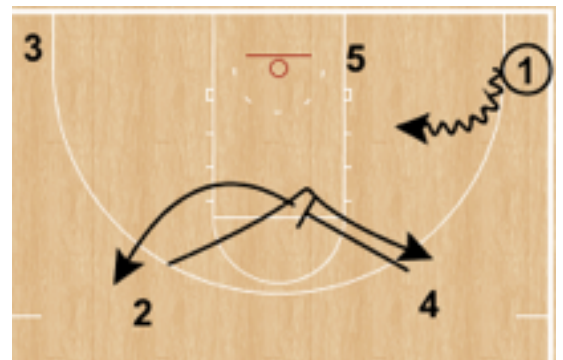
Partner Passing

- Make passing game like situations
- Have them cutting to get open
- Stay down on the pass the whole time
- Finish pass by looking it in, hold the follow through
- Chest, bounce, overhead, then all three
- Add pivoting to passing drills, hammers down another fundamental that is often over looked
- Basketball comes down to the basic fundamental

Offensive Structure

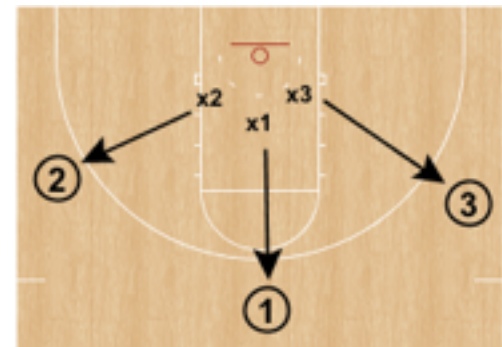
- 8 to Great to Late offense
- First 8 seconds of shot clock (30-22)
 - Looking for good opportunities without forcing
- Great (22-10)
 - Looking to go East and West, getting to as many sides as possible
 - Trying to get a paint touch
 - Force the defense to make a mistake
- Late (10-0)
 - Do not reset up a last 10 second play
 - This allows the defense to set back up and load up against the play taking away time
 - Allow players to play through it

- Have three players run the baseline, cutting off each other
- Top two players are cutting into the paint and then popping back out. One will screen for the other, hoping to get a shot off the screen
- Looking to drive when the top two players cut in
- As the shot goes up offensively, both guards sprint back on defense
- The three man crashes top middle
 - This allows them to stay in front of the defense to allow quick change to transition.
 - Also allows for long offensive rebounds



Close Out Levels Drill

- Work on three different types of close outs
- 1. Soft Close Out
 - This is for a non shooter who will put the ball on the deck
- 2. Complete Player
 - For an All-Around player. Need to respect both the shot and the drive
- 3. Straight Shooter
 - Knock down shooter that you can not give any space. You want him to put the ball on the deck
- Be the second guy to leave your feet on a close out
 - This protects against driving the close out
- When closing out, want to take away the shooter dominate hand. Want to shade strong side of the driver without completely giving up a side
- Wait until last second to throw hands up in a close out. Helps with weight balance and protects against drive on closeout



Pack Line Defense

- On the stunt, weight is going towards driver and away from your man, making you late on the close out. Be in Gap not scrambling to get to Gap. This prevents weight shift and late close outs



Adapting While Keeping Principles with John Beilein Michigan



- Tone at the top
 - What are you like everyday
 - This influences your players and staff
 - Will reflect how your team will be
 - If your tone jeopardizes integrity it will effect the program
 - Lie, Cheat, Steal and your program is done for
 - Destroys the basis that you built your culture on
 - What type of staff do you have
 - Do they follow your tone? Are they the right fit?
 - Hiring a staff that does not fit your tone can ruin your program. Take your time hiring a staff and make sure they fit what you do
- Have positive relationships with students
 - Can not expect players to run through a wall for you if you do not have a positive relationship with them
 - Rules without relationship leads to rebellion
 - Book to read that deals with this is “Lead For God Sake” by Todd G Gongwer
- Know that you are right before going off on a player
 - When going into a huddle, half time or post game, make sure what you are yelling at the player for is what they actually did
 - Talks like this can have a long lasting impact on peoples lives going forward in a negative way
- Work on yourself to be a better coach
 - Make sure you eat right; work out; meditate; keep a spiritual connection
 - Taking care of your well-being both physically and mentally will make you a better coach. Will keep your mind clear to think
 - Stay Grounded
- Culture Wins
 - Unity
 - Putting the team above one self
 - What is best for the team may not be whats best for you, but will serve a bigger purpose
 - Appreciation
 - Attitude and gratitude for playing this game
 - More then just the game, be grateful for the people in your life that helped get you to that opportunity
 - Integrity
 - The end all be all of everything you do.
 - Any cracks in integrity will derail what you do and who you are
 - Be true to your core values

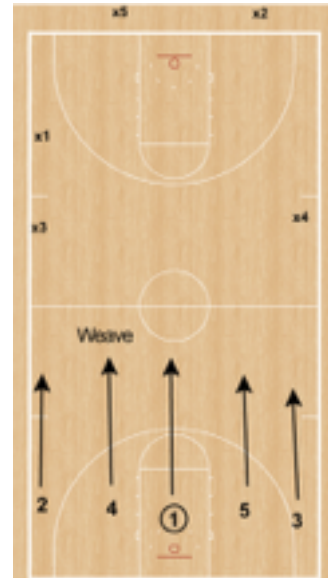
- Diligence
 - Work hard and be prepared
- Accountability
 - Put everything back on one self
 - Hold those around you to the same standard that you hold yourself

Skill Development

- Double Mikan
 - Each player uses two balls and goes for 20 seconds. In those 20 seconds the made goal break down is
 - Center: 20
 - Forward: 19
 - Guards: 18
- Ball Around Waist Drill
 - Players have one min to pass ball around their waist as many times as possible
 - Goal breakdown is:
 - Guards: 120x
 - Bigs: 110x
- Shooting License
 - Player needs to make 60 shots in 5 mins
 - Player needs to keep changing locations on their shots, but there is not a specific order that they need to shoot.
 - Take three 3's in a row, then step in for a 17 footer before popping back out for three more 3's
 - This helps work on mental toughness
 - Have one rebounder who catches every pass with two hands and does not let the ball hit the ground. This allows for the shooter to get more shots up when the ball gets out quickly
 - The goal of 60 can not just be a one time thing. Players need to hit the goal consistently throughout the year
- Skill Development needs to be a year around process
 - If you only do skill development in the beginning of the year, you will break down as the year goes on
- Ability to shoot makes up for a lot of team deficiencies
- Do not send non rebounders to the offensive glass
 - Using unnecessary effort to crash the glass on someone who wont go and battle for an offensive rebound
 - Will help you in transition, knowing you'll have that extra guy back
- Talking will never change
 - Great defenses are noisy
 - Communication will always be the key to success, on both ends of the floor

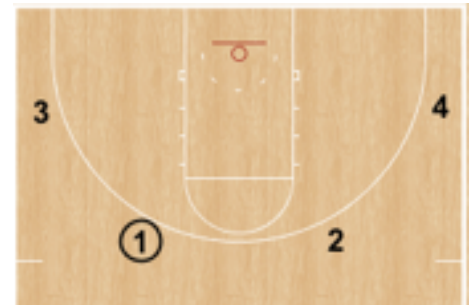
Transition Defense

- Start with 5 players in the back court, who will weave into a layup, the next 5 waiting in the front court are coming back in transition after the layup is made
- The 4 and 5 man in the weave must get two feet in the paint before sprinting back in transition
- Can also use this to work on transition offense off the weave and an 5 on 0 into transition
- Must go over all different types on transition defense
 - Know who has who in transition
 - Michigan uses “30” where the bigs transition into their own guys and then the guards can pick up any guards
 - Can dictate who you don’t switch off of
 - If you want your PG to stay on their PG you can say he's got him, rest just pick up as an example
- Communication is key in transition



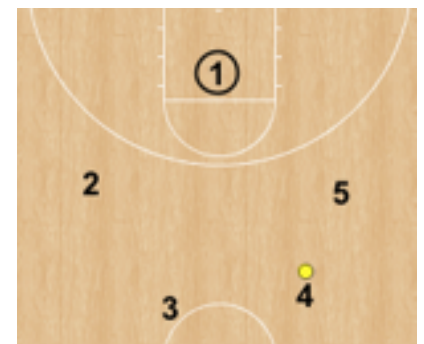
Perfect Passing

- Put 4 players on the outside
- Working on passing and cutting through
- Player 1 spins ball, catches on two feet in triple threat. While staying low, work on pivoting and staying low
- Then you pass and cut away, and fill
- On every 10th pass, someone goes backdoor for a lay up
- Then add drive and kicks to this drill
- Once the player gets into the middle, have them either jump stop (landing on two) and pivot to a pass or work on hook pass off one foot



Star Drill

- Have five lines formed in a star formation
- Pass and follow your pass
- When you follow your pass, you want to chop your feet into a closeout
- When catching the pass, make sure to catch off two feet
- After catching the pass, attack the close out, jump stop, and pivot to pass.
- Communication is key in this drill so that players do not run into each other



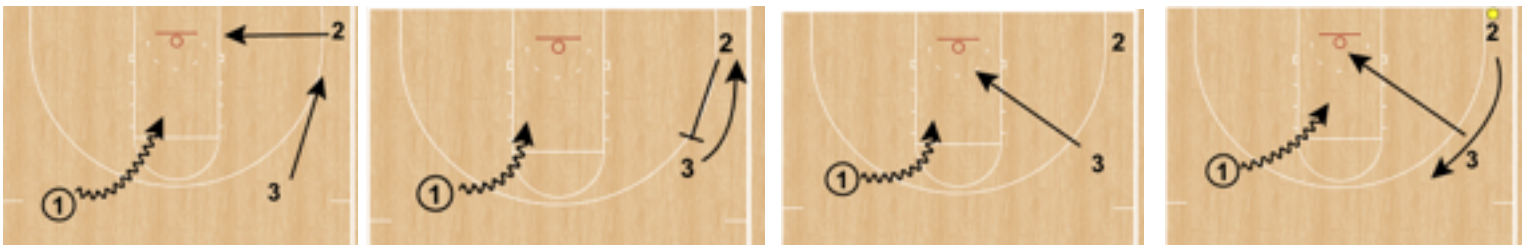
Shooting

- Everyone is tested on shooting drills, regardless of position
- Goal is to be able to shoot 67% in practice with someone in your face

What has Changed

- How you talk to your players
 - Players now react differently now
 - How you talk to your players can have a positive or negative impact on them for the rest of their lives
- Point Guards and Bigs must be in great shape
 - Especially if they are in lot of ball screen actions both offensively and defensively
 - This is shown with bigs especially when Icing Ball Screens, as bigs have even more ground to cover
- Get the ball inside on possessions
 - This no longer means just get the ball into the post
 - Use back door cut
 - Hockey cut
 - When the guard dribbles under the hoop and back out
 - Play off pick and roll
- Always be ready to adopt to younger players
 - Every generation is different then the one before it
 - Times change, and if you don't adjust you get just in a bind
 - Even though generations are different, they still want to be treated fairly and they crave discipline
- Work on running players off the line in a closeout
 - With the analytics, the 3 point line is more important then ever, and players focus on outside shooting from a young age. Work on turning shooters into drivers
 - Can not just run a player off the line, need to run them off and then get back into the play
- Can not give up 9 or more 3's a game and expect to win
 - Limit the other teams makes from deep by focusing on closeouts
- Practice hard but smart
- Tell kids what they can do, not what they can't do.
 - All players have the ability to improve with hard work
- Shooting
 - Repetition is key, more shots a player gets up, the better shooter they will become
 - Keep palm flat on the ball
 - Get into the window
 - Not everyones bodies are made the same, therefore there is not a certain shooting technique
 - Might have to shoot at 11' o clock instead of straight up and down

Weak side Actions off of drive



Leave It Better Than You Found It

- Forget about me
 - Its all about best for those around me
 - Family mentality
- Know Yourself
 - Drilling down to your why
 - Why am I doing what I am doing?
 - What is the purpose to everything I do?
 - Must be honest with yourself
 - What is more important
- People excess in their comfort zone
 - They are better at it, therefore they enjoy doing it more
- When faced with a tough decision, people fall back into their comfort zone
- Great Leaders surround themselves with people who have different comfort zones
 - Having people with different strengths around you, allows you to make more informed decisions
 - What is your comfort Zone?
- The key to a peaceful existence
 - To master the ability to adjust accordingly
 - In this situation; what can I do to make the situation a better one?
 - What responsibilities this does this role entail?
 - How will those responsibilities be evaluated?
- Decisions are made by things that are enrooted in you and are fact based
- The inability to be intuitive is dying off
 - Ability to adjust on the fly is something most people struggle with
 - Everything is set in stone, and a curveball effects this
- Role of a leader is to create and maintain an environment that people want to be apart of

Work Sheet

Identify your IT/ Life Word

Career

Roles:

1. 2.

Relationship

1. 2.

Social

1. 2.

Self Evaluation

1. What strengths do I have that other would agree with?
2. If I could improve on any aspects of my personality to help me find success, what would they be?
3. What is expected of me in my current role

Strengths	Improvements	Expectations



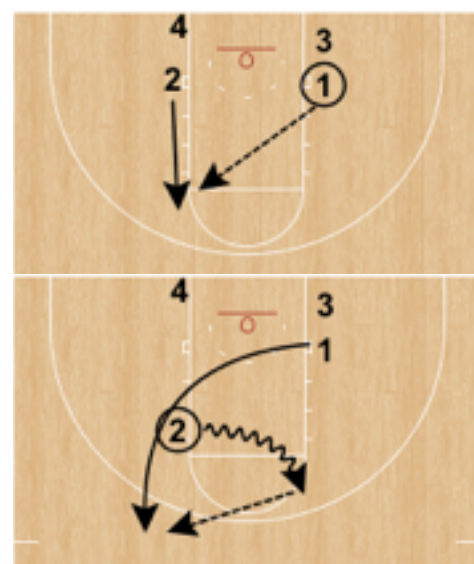
4 Out and 5 Out Man Offense & Skill Development with Kermit Davis Ole Miss



- Set your own culture
 - Do not say “Change the Culture” when taking a new job
 - Focus on You not on deleting the past
 - How are you going to add to the history, not how you are going to get rid of it
- Must practice footwork every practicePartner

• Footwork Drill

- Start with two lines on the block
- First player in the second line will sprint to the elbow and get a catch from the first player in line one
- 2 will catch, pump fake, sweep and dribble into a jump stop
- 1 will cut behind 2 to the opposite side of the floor and the process will repeat.
- Do this all the way down the floor before the next group goes.
- Can alternate the footwork and passing that you want to do



- Coaches should never make passes in practice
 - Have players in line make the pass in every drill
 - This will allow you to work on game reps from a passing stand point and allows players to stay engaged while waiting in line
- Screens
 - When setting up a screen as the player coming off the screen, your plant foot should reach the level of the screeners top foot
 - If you of too low, the defender will be allowed to go under the screen
 - The screeners back tells you where to catch the ball
 - Must practice screening angles and how to change the angle based on the defense
- Practice can be physical without contact
 - Players have to cut hard
 - Use pads to simulate contact without having to play live
 - Great way to have effective reps late in the season

Using Single Actions to Flow into 4 Out or 5 Out Motions

Single Action
Unknown



- Send the 5 to screen away to the 2
- Nose facing intersection of the baseline and 3 point line
 - 2 straight cuts the screen to receive the pass
 - 4 will loop out and be replaced by the 3 (if 4 is non shooter)

Single Action
Unknown



- If 2 goes straight, the 5 will turn and set a screen for the 3

Single L
Unknown



- Send 5 to screen Away for the 2
- Nose facing intersection of baseline and three point line
 - 2 fades the screen to receive the pass
 - 4 will loop out and replace the 3 (if 4 isn't a shooter)

Single L
Unknown



- If 2 fades the screen:
5 will follow into a ball screen action, either pick or pop
3 will space to the corner, with 4 lifting

Single Under
Unknown



- Send 5 to screen away for the 2
- Nose facing intersection between baseline and 3pt line
 - 2 "unders" the screen and shallow cuts to the opp wing
 - 4 loops out and is replaced by the 3 (if 4 isn't a shooter)

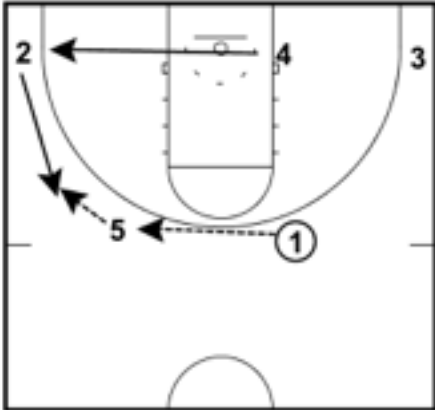
Single Under
Unknown



- If 2 "unders" screen from the 5:
- 5 will turn and set a screen for the 3

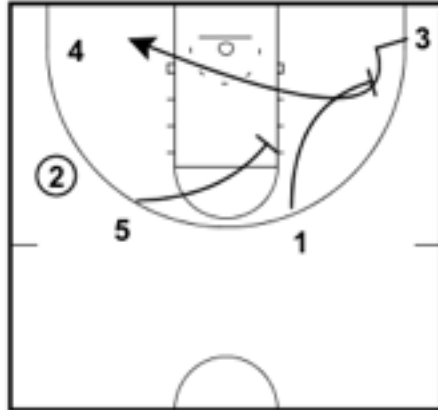
Stagger Actions

Stagger
Unknown



Ball is reverse to the 2
4 clears out to strong side corner

Stagger
Unknown



1 & 5 set a stagger for the 3
-3 should be "slow in the corner" reading the screen
-3 should under or curl most times
- 3 will stop in opposite short corner

Stagger
Unknown



5 then sets a screen for the 1
- Turns into same reads as "Single Action"



Developing a Championship Program with John Tauer St. Thomas



- So much in basketball is embracing change and accountability
- Recruiting winners is valuable
 - Bringing in players from winning cultures, allows to build on winning mentality
 - Also keeps players accountable because they have experienced winning
- So much in coaching is how do we keep people involved
- You have two ears and a mouth for a reason. Have more questions than answers
- First question you should ask in practice on day one:
 - Raise your hand if you are a role player
- Play hard, play smart, play together

Program Philosophy

- Mission: Faith, Family, Academic, Athletics
 - Honor the first two and excel in the last two
- Vision: Form a talented and unshakeable group of individuals working tirelessly towards a common goal

3 Goal For Players

1. Dare to be Great
 - A risky proposition
 - How hard are you going to work to make that happen
 - Willing to exit comfort level
2. Sustainable Excellence
 - Excellence is not an act, its a habit
 - Needs to be in everything you do, not just one aspect of it
3. Inches
 - I = Improvement
 - N = No Excuses
 - C = Communication
 - H = Health
 - E = Energy/ Enthusiasm
 - S = Selflessness

Kants Categorical Imperative

- ACTG- What is in your DNA
- A = Adaptability
- C = Curiosity

- T = Trust
 - G = Gratitude
- Non Negotiable and Guiding Principles
- Play Tough Defense
 - Allow defense to set the tone for who you are
 - Take Care of the Ball
 - Limit turnovers and allow defense to dictate your offense
 - Score the ball
 - Make the most of your opportunities
 - All three of these are intertwined
 - When playing tough defense, it leads to turnovers and not allowing the other team to score. Taking care of the ball and scoring prevent the other team from getting quick baskets in transition