



# COACH ACADEMY CLINIC

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California State University, LA

# CONTENTS

MANAGING SPECIAL GAME SITUATIONS.....	3-7
DEVELOPING YOUTH BASKETBALL.....	8-10
DESIGNING A PRACTICE PLAN.....	11-17
PASSING & CATCHING WITH FOOTWORK.....	18-20
PROGRESSIVELY DEVELOPING PLAYERS.....	21-22





# managing special game situations

by Russell Turner, Men's Head Coach UC Irvine

- If you are well prepared, your players will be more confident in special/late game situations
- You need a season plan for game situations & prioritize these
- When are you practicing them? I find don't do at the end of practice as players are mentally/physically ready to leave the court. Do at other time (we at UC Irvine work on these at shoot around)
- Have your own "Team Language" to (1) Up unique & clear communication (2) Get your team organised quickly/on same page (3) To save burning timeouts
  - Call System: e.g. 20 series = Man / 50 series = Zone
  - Key words: "Yugo" for us means take a foul / "Hash" means get to hash quick as possible and call Timeout / "Boss" means push player to weak hand / "Butter" means late shot clock offence
- Coverage: Both on O & D. How & How to change!
  - e.g. Have a "regular" full court press break & have more to call ONLY if needed due to coverage



# managing special game situations

by Russell Turner, Men's Head Coach UC Irvine

- **Free Throw Rebounding: Both O & D. Complete momentum play and huge emphasis at our programme**
  - Be "OK" with some of your players needing help on rebounding when lining up as 1v1 they will have mis matches in some games. Highlight them early and make other players accountable to help their teammates to rebound
  - Keys on FT line: low base, step low but get "arm" low into hip as your arm bar
  - Help: Guy at top of line up stop middle guy from jumping, hip into hip, hit them!
  - Box shooter: Job is to not allow them to land on same spot, get into hip. Take them out of any chance of rebound – "displace" them
- **At UC Irvine we wanted to be best offensive FT rebounding team, especially as we had some poor FT shooters.**
  - How did we achieve this? We worked on it, we emphasized it as being important and when we had mis matches 1v1 we helped each other



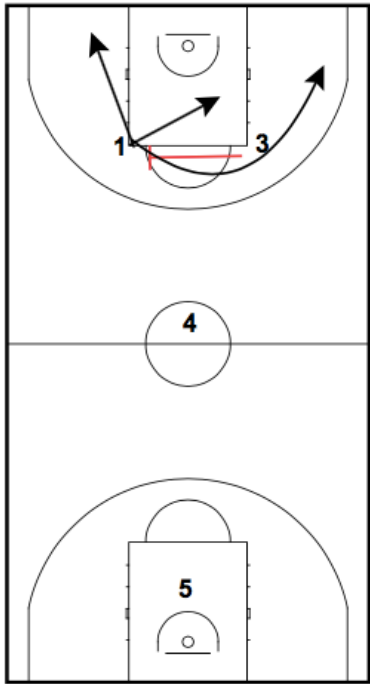
# managing special game situations

by Russell Turner, Men's Head Coach UC Irvine

- How to attack press breaks! These can kill you in games where you don't want to keep burning timeouts.
  - Have your "regular" press break down and practiced whatever it is
  - Ensure you have a skilled and high IQ player as your in-bounder
  - ONLY use the bounce pass if it's to lead a player onto the ball
  - Pass fake/mis direction is crucial – use your body and eyes to deceive defence
- UC Irvine Press Breaks (Fast Draw on next page)
  - "REGULAR" = Our go to press break
  - "STRONG" = If they trap first pass OR are fouling and want to get ball to our best FT shooter
  - "INVERT" = If we struggle to get the ball in bounds
  - "I" = If they switch screens we change guards to "i-formation" & throw over top down sidelines

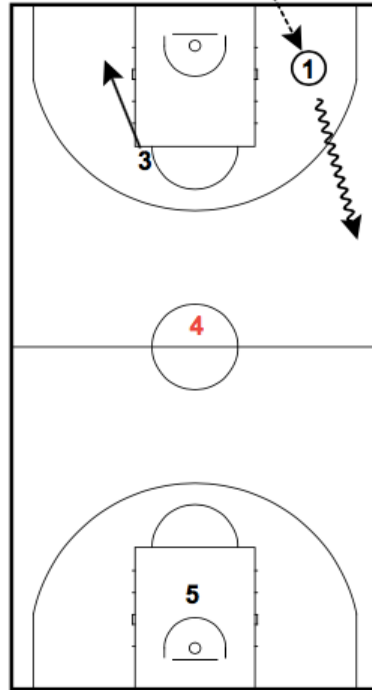
## REGULAR

②



2 – high skill/IQ player  
 1 – best PG  
 4 – skilled Big can handle ball  
 5 – must run & stay under rim

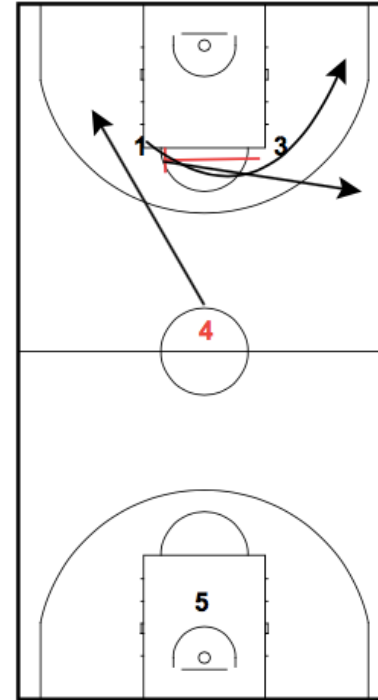
## REGULAR



1 chooses which way to go off 3 screen. In "Regular" we attack the press and look to hit 4 in the middle In-bounder always stays behind the ball

## STRONG

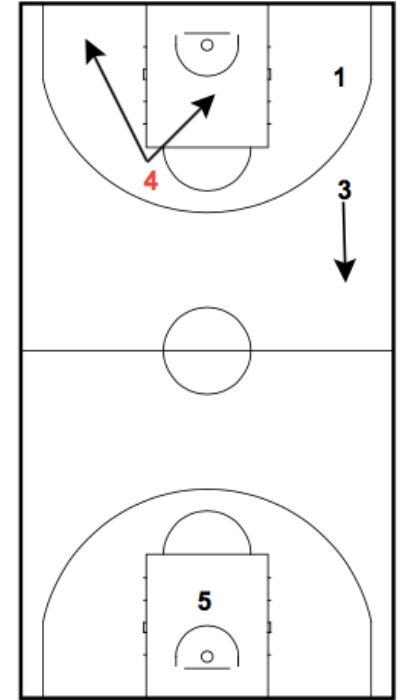
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Align guards to both go to same side opening up other side  
 4 "attacks" this side to get open

## STRONG

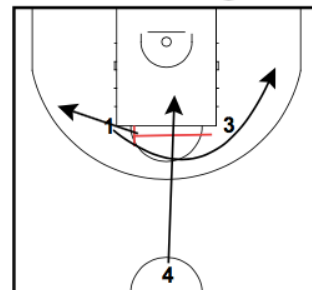
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Will use when teams are fouling late game where we put our best FT shooter in 4 spot

## INVERT

②



Use this when teams are trapping on the first pass and/or wrinkle to get ball to best FT shooter like STRONG



# managing special game situations

by Russell Turner, Men's Head Coach UC Irvine

- **Teach your players what is available with certain time left**
  - 3 secs = 2 dribbles, 2 passes, shot fake
  - Under 3 secs = 1 dribble, one shot, is it a catch & shoot or a lob at the rim?
  - 6 secs = so much more time than players think. No need to rush to give other team a shot!
- **Don't show your counters in a game – you need this for special game situations**
  - “Game Plays” that are practiced that have slight changes/wrinkles will win you games
  - Less in these are more – don't need to be overly complicated due to late game/high pressure
- **Your “language” in special game situations**
  - Important so players know what you may want to call out in specific situations
  - We use language on special game out of bounds to get main look we may want (e.g. “Punch” = look at guy at the rim / “Get” = player getting the flair screen / “Side” always the “4” man so look for this option)



# developing youth through basketball

by Don Showalter, Boys Head Coach U16/17 USA Basketball

- Developing basketball skills has to start at a young age!
- You will & **MUST** deal and build relationships with parents
- Note that a big difference between a son/daughter and them as a basketball player.
- Youth Coaches need to use the following 5 things:
  - 1 Must get players knowing and playing man-to-man principles
  - 2 Emphasis on developing: Footwork, Passing & Receiving & Shooting (every single practice)
  - 3 Teach in a fun way!
  - 4 Be on the same page as all coaches at your club with teaching/philosophy
  - 5 Instill love of the game - They need to learn to love the game! This is most important one.
- Thoughts on Zone defence
  - U12's should be NO zone at all.
  - U14's should be literally none but get an idea of how to use man principles in zonal positions.





# developing youth through basketball

by Don Showalter, Boys Head Coach U16/17 USA Basketball

- **Set the standards and expectations early:**
  - Build a culture by setting expectations early on through the way you teach
  - Instruct – Use player to Show it – Instruct Again – All do it!
  - Try not to stop drills for explanations > youth players need repetition so instruct during drills with key points to individuals and whole group
  - Always finish the drills so good way is when you say “STOP” means wherever players are in drill they must finish the series
- **Keys on how to Teach:**
  - Sandwich Teaching by Kevin Eastman: (1) Start with positive (2) Feedback (3) Positive to end
  - Want to teach individual skills in a team setting
  - Who makes the best drills up for your players/team? YOU DO! Be creative
  - Let your players figure it out. Give instruction but allow them to individually and together work
  - Don't be a coach who tells players every detail – give players ownership and leadership space



# developing youth through basketball

by Don Showalter, Boys Head Coach U16/17 USA Basketball

## ○ Keys of Emphasis:

- Pick x3 things that your team will be really good at it and emphasis these
- Be careful in practice to not repeat yourself – say it one time!
- Teach your players to have imagination
- Allow freedom which is skill development: Structure, instruction and freedom
- Player's can't do something well they haven't practiced – "Repetition is not punishment"

## ○ Keys on Shooting:

- Three F's: (1) Footwork, (2) Follow Through (3) Faith
- (1) Footwork: U12's just only 1-2 step for power and build up to off the hop
- (2) Follow Through: especially on FT's = up on tip toes/ elbow above eyebrows
- (3) Faith: confidence is huge. Miss x2 shots, continue to shoot ONLY if good shooter.



# designing a practice plan

by Sue Phillips, Girls Head Coach Mitty High School

- What works for me doesn't fit all. Practice plans can be so varied so whatever you like please take but you **MUST** ensure to cater to your players & team.
- What I use in my practices
  - Tell them, show them, involve them!
  - Non negotiables (e.g. Miss lay-up = get off court & do x10 push ups)
  - Superset Blocks: we use back-to-back drills
  - 5-10 min Rule: no drill last more than 10-mins
  - 30-min Rule: Don't teach more than one new thing in 30-mins
- **System Blocks: Mine are into five categories to ensure I know what I'm highlighting**
  1. Offence (full & half)
  2. Defence (full & half)
  3. Press O & D
  4. Out of Bounds (BLOBS/SLOBS)
  5. Special Situations



# designing a practice plan

by Sue Phillips, Girls Head Coach Mitty High School

- I put my practice plans using six categories:
  1. Target Dates
  2. Pace & Purpose
  3. Time Timely
  4. Development Content
  5. Personnel Priorities
  6. Seasonal considerations

## 1. TARGET DATES

- Calendar: use from first day of pre season, to my first practice all the way up to the State Championship Game. We plan and this may change but we start with a basic plan of what we MUST get in and work from there.

- Streamline: We try to always integrate offence and defence together (man & zone) in drills to maximize time. Also have some exact same offences to use vs man and zone coverage.



# designing a practice plan

by Sue Phillips, Girls Head Coach Mitty High School

## 2. PACE & PURPOSE

- **PACE:** Don't stop practice unless you REALLY have to!
- We love the word "FLOW" and how we want to play so our practices must replicate this and flow from drill to drill, from O to D, from coaches to players communication.
- "Coach in phrases, teach in sentences"
- Paragraphs are for post game
- **PURPOSE:** Clear & Concise in ALL communication
- The more you over coach, the more likely your team will be poor in end game/ through adversity



# designing a practice plan

by Sue Phillips, Girls Head Coach Mitty High School

## 3. TIME & TIMELY

- We only do 5-10 min drills
- We put new drill in every practice but still keep them simple
- Rest to Recovery in drills = 1:1
- Don't over run. Be on time – start & finish when you say you will. Your players will buy in more
- Progress Drills by:
  - Up intensity but Lower time.
  - Incentive based performance goals



# designing a practice plan

by Sue Phillips, Girls Head Coach Mitty High School

## 4. DEVELOPMENT CONTENT

- Fundamentals: We split into:
  - Passing, dribbling, shooting & screening (set & read)
  - Defence: 1 on 1 & team
  - Rebounding: Off & Def.
- Transition. We choose and like to play FAST so we ensure we break from any position meaning all our kids need to pass and dribble.
- Must for us are Shell Drills, Off & Def. Schemes both Full & Half Court, and special situations which are all done by individual skill work drills in team setting
- **SUPER SETS**: We always run practice with back-to-back high impact sets of drills and tell players what they both are – usually second drill is more incentive/fun so they up energy leading into it.



# designing a practice plan

by Sue Phillips, Girls Head Coach Mitty High School

## 5. PERSONNEL PRIORITIES

- Age & Skill appropriate
- We don't do positions. All kids are "players" first to be versatile
- Experience vs Non Experience group (simple & clear expectations)
- Women's game is having increase in ACL injuries so we do prevention every single practice in warm-up & games
- Use/make up drills to fit your team and player needs





# designing a practice plan

by Sue Phillips, Girls Head Coach Mitty High School

## 6. SEASONAL CONSIDERATIONS

Max. 2hr 30mins

Build confidence & key themes.

A lot of different drills to get in your needs.

**PRE SEASON**

Max. 2hrs

Scouting Reports  
Off & Def. Prep  
Comfortable with chaos  
Streamline strengths  
Combat weaknesses

**IN-SEASON**

Max. 1hr 30mins

Less is More  
Stay Healthy  
Mental Mojo

**POST-SEASON**



# passing & catching with footwork

by Dave Severns, Pro Personnel Scout, LA Clippers

- Catching comes first at youth level: Catch with Eyes / Lay-up with your Eyes
- The game is “basic fundamentals” – we have to emphasis these at young age
- Must adjust drills to level/age but keep same principles
- “Chest pass” isn’t use much anymore & overrated – used to only advance ball
- We like to teach the “push pass” more as more used = more important but under taught
- Coaches have limited time so prioritize “skill development” but in short drills of 2/3 mins
- Big key for me is to teach kids not to turn the ball over – big part that isn’t addressed
- Teach them the x4 pivots (front & reverse > right & left)
- Triple Threat” I like ball on opposite hip to shooting hand



# passing & catching with footwork

by Dave Severns, Pro Personnel Scout, LA Clippers

- **“Sweat Equity”**: Coaches got to dive into practice now and again and get involved
- **The Jab Step**: It’s so hard to be able to jab off both feet and be “great” at both. I like to just say – “right hand – just jab right and use the left as pivot foot” Be great at this. All the great NBA players just use the one pivot foot/jab series
- **Catch on the run drill**: Back to my catching as important. Pairs throw ahead and catch with jump stop & one-two step. Follow up the court. Simple but effective drill
- **Drill also allows passing accuracy.**
- **98% of time players don’t have the ball so we got to teach cutting/moving with out the ball – MUST get better at this!**
- **Honest opinion: No set plays for kids until they get to High School. Play 3v3 / 4v4 call own fouls > work it out! Teach spacing, movement without the ball**



# passing & catching with footwork

by Dave Severns, Pro Personnel Scout, LA Clippers

- **SHOOTING:**
  - Young kids forget the 3-pt line
  - Form: Stop using guide hand – tape thumb and index together or put coin there so will drop if use guide hand
  - Learn to shoot off the dribble and not just catch > add into workout with dribble & shot at end
- **U10 / U12's**
  - NO Zone/ ONLY man-to-man defence
  - No full court defence
  - No steals off the dribble
  - 4v4 on 8ft basket
- **DRILLS YouTube LINK:**
  - x2 passing & catching drills footage link →  
<https://youtu.be/5-WU9l-avXo>



# progressively developing players

by Matt King, Boys Head Coach, O'Connor High School

- Players MUST learn the skill, retain the skill and transfer the skill into a game
- Skills are important and NOT “drills”
- All your drills MUST be skill driven and not to look good
- Skills are a 3-part deal
  1. How to do it
  2. When to do it (read)
  3. What time to do it (feel)
- Most players will have the “how” but not the other two which they need
- Developing players are: messy & hard, long term commitments, working with others, and they MUST leave better
- I use the 4 R's when developing players:
  1. Research
  2. Repetition
  3. Retention
  4. Reward



# progressively developing players

by Matt King, Boys Head Coach, O'Connor High School

- The 4 R's are a cycle system that just keeps going around and around for every single workout & drill
- **Problem Solving:** Really good players are good problem solvers. Lousy players figure it out in drills and workouts in practice
- **Development Assessment of Skill Stages:**
  - Can player do skill stationary?
  - Can player do it skill in movement?
  - Can player do skill into another skill?
  - Can player do skill against contact?
- Break all skills down to simple progression
- Teach with questions (90%) and way less with statements (10%)