

**Kevin Eastman & Jacob Jackomas**  
**Coaches Clinic Observations & Notes**

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**Kevin Eastman**

- We're on a seek and find mission
  - As both coaches & learners
  - Even the best of the best
  - Seek and Find then Think and Apply
    1. Apply though
    2. What works
  - Do players and coaches know what you stand for?
  - Acquire *then* Adopt OR Save
  
- Coaching
  - Championship coaches/organisations are concerned with what they are capable of doing
  - Gaps:
    1. Capability
    2. Knowledge
    3. Team-ness
      - Teammate; over themselves
      - Teamwork; only works with sacrifice
      - Team; Ubuntu (Nelson Mandela)
        1. People are people because of people
        2. I can only be all I can be, if you can be all you can be.
    4. Championship Team= Jealous free culture
  - Tenant for success – 3 Dimensional
    1. Learn from past
    2. Produce in present
    3. Prepare for future
  
- You get your reps from your repetition.
  
- Roles
  - Be an All-Star at your role
  
- To best the best:
  1. To be the best you have to beat the best at their best – Competition
  2. To beat the best you have to bring your best everyday – Accountability
  3. 'Bilities'
    - Accountability: Take ownership
    - Responsibility: Do your job completely
    - Sustainability: Every day, every time
    - Vulnerability: You don't have to be right all the time, we just have to get it right
  4. Learn from the best
  5. The best are the best for a reason; our job to figure out why
  
- The Winners Compass
  - N: Next
    - Championship teams play in the world of 'next'

S: Simple

-Games lost due to little things, each mistake counts

E: Every

-Every time, every game, every minute, every day

Willingness

-Taught and coached OR are they know it all's

- 4 Must Haves; Buy In, Believe In, Trust, Tell Truth
  1. Competence: Have the answers before the question
  2. Trustworthy: Can they trust you (Time, Consistency, Proof)
  3. Work-ethic: Working hard is a given, the separator is the unrequired work
  4. Sincerity
- Are you a REAL coach?

R: Relationships  
E: Example  
A: Accountability  
L: Listening
- Evaluate
  - Know the game
  - See the game
  - Read the game

### **Point Guard Play: What They Must Master**

1. See the game as the Head Coach sees it
2. Understand the game in our system & log it
3. Ability to make free-throws
4. Can get more done in less dribbles
5. Can dribble and pass with both hands
  - Higher the level you go, the floor shrinks
6. Can finish against size
  - Need solutions when you get in the paint
7. Can dribble with confidence against pressure
8. Can play with emotion but not get emotional
9. Can communicate effectively
10. Can deal with every player saying they are open
11. Recognises match-up advantages
12. Easy basket creator
13. Knows our offence completely
14. See's the floor, reads the floor, logs the game (Knows what has happened and when)
15. Want them to be sound not spectacular
  - Fatigue demands fundamentals
- 16.3 Main Awareness's
  - Turnovers
  - Clock & score
  - Who's hot
17. 3pt Respectable
18. Can play over Pick & Roll
  - Some melt into screens and others compete

## 5 Musts of a PG

1. Distribute the ball
2. Run the team
3. Set the defensive tone
  - PG is the first person to guard the ball (generally), everyone else follows their lead
4. Hit the open man with the open shot
5. Rebound your position
  - Can either leak out or go and get the ball
  - The best ones rebound their position

## PG Separators

- Ability and willingness to listen
- Great shape
- Understanding and willing to carry out the game-plan
- Have solutions
  - Be able to finish with either foot/hand
- Can get more done in less bounces
- Values possessions
- Knows how to send messages

## **The Essentials of Big Man Play: From the Skills to the Mindset**

1. Need a Go To & a Counter
  - NBA= Hook Shot & Dribble Drop (Ball goes with the foot on drop step)
2. Finish through fouls
  - Never let them foul your shooting hand
3. The free-throw is a post move
4. Forearm on back=Spin
5. Screener Scorer
  - Screen, score, space
6. Get him open (screens)
  - Don't screen air
  - Don't screen teammate
7. If they play you tight, power move
  - Go through chest + chin
8. Pick and Roll
  - Full body picks
  - Arrive without your defender
9. Unskilled big men
  - Give them mini-goals
    - O-Boards, put-backs, free-throws, sprint
10. Must have in your arsenal
  - Go to move
  - Rebounding game
  - Free-throw game
11. Own the mid-line (split line)
  - Ownership= Deep
  - Rental= Lane line
  - Homeless= Short corner
12. Post on the mini-lanes (1/2 metre inside the lane lines)
13. Post 'across' not 'up'
14. Offensive rebounder's always get game time

15. Sprint to the rim
16. Rebounding: the more you go after, the more you get
17. Fist fight to get open, foot fight to score
18. Feet first, ball second
  - Feet give you the advantage, ball gives you the separation
19. Post play is a shoulders game
  - Get your shoulders lower than theirs
  - $\frac{3}{4}$  high side front counter; high foot under defender's low foot and use the leverage
20. See 90% of the floor on a post catch
21. Pause for poise
  - Read not rush
22. Don't waste a post-up
  - Rather post late then early
23. Post
  - Inside, outside, deeper
  - Inside, outside, Pick and Roll

### Why the best are the best

- Truth
  - Tell it
  - Take it
  - Live it
    - Truth helps successful people, hurts failures
    - Need truth tellers in your life
- Preparation
  - Be there before you get there
- Investment
  - What are you going to put in?
  - Reading: 2 hours a day in NBA, 5 hours' now
  - Realise the power of investment
- Passion
  - Younger coaches: Passion=High, Knowledge=Low
  - Older coaches: Passion=Overtaken (lower), Knowledge=High
    - Need the knowledge to catch up to the passion (younger coaches) or the passion to be reinvigorated.
    - When this occurs, great things happen.

### General Notes

"Success doesn't stop when you get there"  
Michael Jordan

Young Coaches need

- Big Eyes
- Big Ears
- Small Mouth

## Jacob Jackomas

### -Dribble Penetration Concepts

#### Why

- Options when teams switched their off ball screening action and Pick and Roll action
- It suited the skill-sets of the players in the team; 2 American imports and Chinese pro's who could put the ball on the floor, and a 5 man who couldn't play back to basket.

#### When

- In the first 8 seconds of the shot clock where he mentions they look to get the ball over half way in 5 seconds.
- After a breakdown in the offence
- And, late in the clock when its in the hands of a non-Pick and roll player

#### Shot Clock Breakdown

- First 8
  - Depending on where the 5 is, he either on-balls or drag screens on the run, or he runs opposite the ball.
  - Lane runners sprint to the corner looking for corner 3pt or layups in transition
- Middle 8
  - Broken play they will throw the ball and cut
  - And on the catch each player is evaluating whether they are moving the ball or driving the ball.
- Last 8
  - They finish how they started; on-ball or drive it

These concepts tend to be run on a miss or quick entry pass, and is directly dependent on the tempo the point guard dictates.

#### Walk Through

- Floor Spots
  - Runners and ball handlers get down the court and to their floor spots with a sense of urgency.
- Ball Handler
  - Quick entry and push the ball.
  - See the floor and make a decision on the second bounce.
- Ball-side Lane Runner
  - Run the lane and get to the bend (where the curve meets the straight on the 3pt) in 4 seconds.
  - Be aware of ball pressure up the floor; might need to help the ball handler.
- Opposite-side Lane Runner
  - Run the lane and get to the bend (where the curve meets the straight on the 3pt) in 4 seconds.
  - Spread the floor and be ready to catch and shoot/drive.
- Rim Runner
  - Know where the ball is; 1-2 layups a half is massive.
  - Once you hit the rim look to get opposite the ball.
- Inbounder
  - Be in vision of the guard.
  - If you get it, drive it or reverse it opposite (QUICKLY)

## Cuts

- Through Cut
  - Foot race to the paint
  - Nothing shallow finds the 3pt line
- Blur Cut
  - Cut off the back of the ball defender
  - Responsibility of the ball handler to take advantage of the cut
  - Don't screen because teams can switch
- Replace Cut
  - Squirt of speed from seam to foul line, stop, then a squirt of speed from foul line to opposite seam.
  - Way to get the ball to your best player early or late in the shot clock.
- All cuts can happen after the pass when being overplayed defensively and after a drive.
- You are never wrong if you move after a pass; just can't stand.

EARLY PENEATRATION having rules without a script

## BASELINE

5 is ahead of the ball with either kick ahead reverse it or drive it  
Looking for a quick shot rim run, lay up or trans three

1 puts ball on the floor, elbow is his god he can shoot it get to the rim and come to a two foot stop

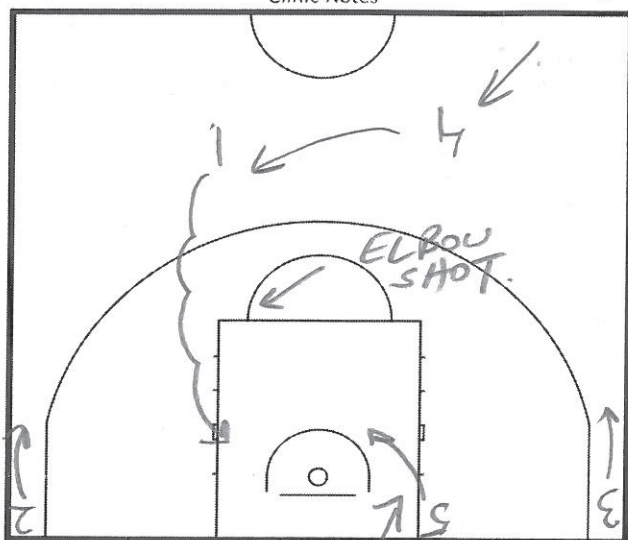
4 fill his area being two feet off the three-point line stepping into his shot

5 fill dunker's spot

2 bend lift

3 fill for a skip

STEP INTO  
3



FILLS  
SPOTS

④

SPEAK  
BACKDOOR  
"JIMMER"

ENGAGE  
THE  
DEFENCE

↑  
2



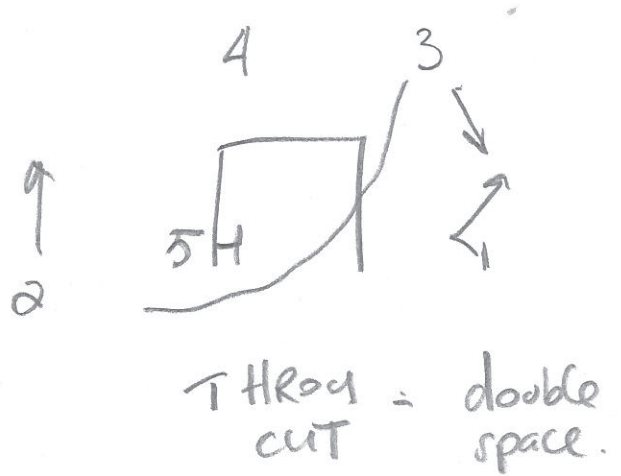
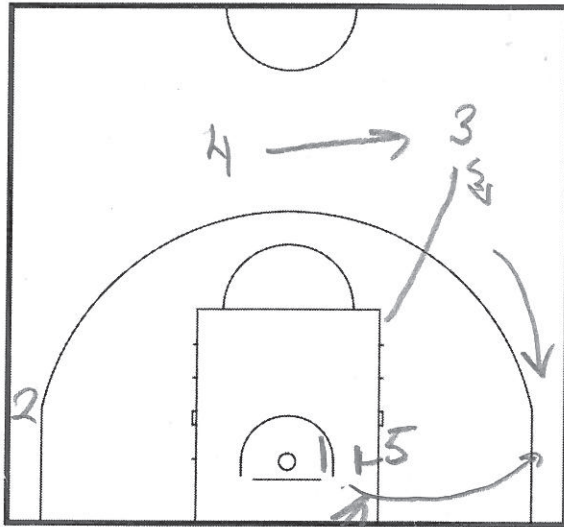
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### 2<sup>nd</sup> Penetration

- 1 passes to 4 behind and runs a thru cut off the 5
- 4 looks to reverse or drive the ball
- 3 lifts high off the 3pt line and receives the ball from 4

- 3 runs a second thru cut after passing it back to the 1
- 1 drives it baseline again from the wing
- 3 has created double spacing

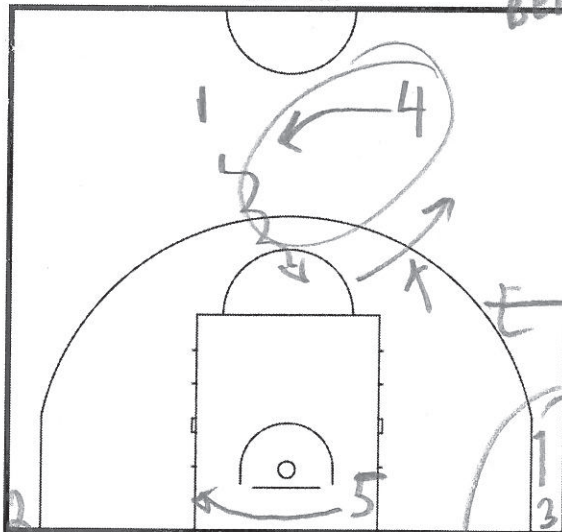
From this we look to score



MOVE ON REVERSAL

MIDDLE

- 1 looks to push thru the middle of the floor, he can change direction with a dribble move
  - 4 fills behind his head
  - 3 can start to lift playing with the 1 and reading his defender "Backdoors and Lifts"
- TALK ABOUT THE BACKDOOR ACTION
- 2 fill a gap
  - 5 loops and play opp the ball



FILL BEHIND  
STEP INTO  
SHOT  
OR  
RIP & GO.

SHOVEL PASS //

REPLACE CUT.

BACKDOOR

VILLANOVA  
SHOT  
UNC.



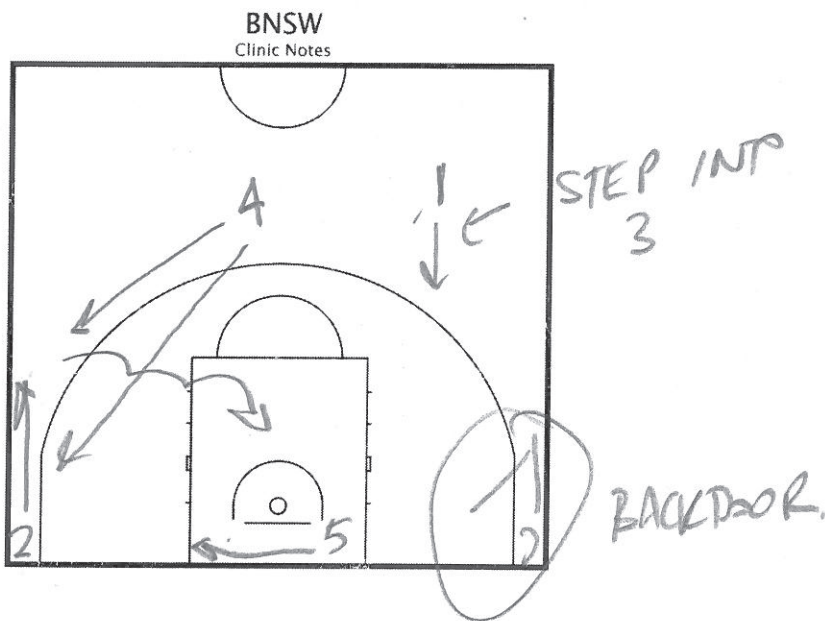
## 2<sup>ND</sup> PENETRATION

If the 1 hits the 4 on the fill behind he is stepping into a 3pt shot looking to drive or reversing it

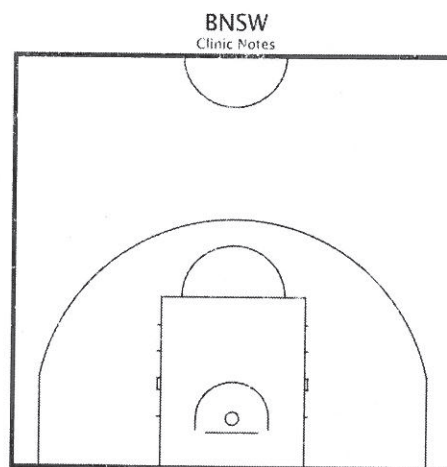
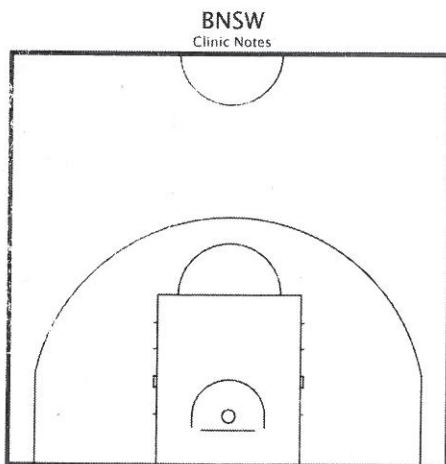
On the reversal 1 can run a replace cut

4 can run a Blair cut with the 2 as he lifts out off the bend

Finish is the 2 and the three in a lift or a backdoor action

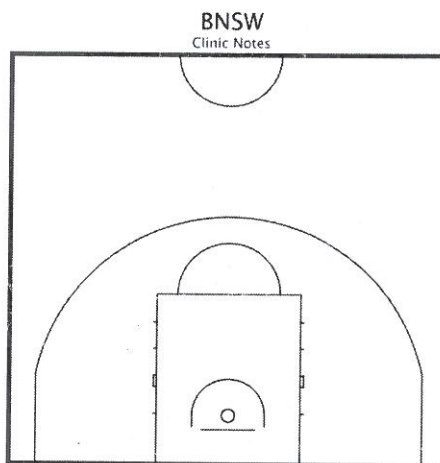
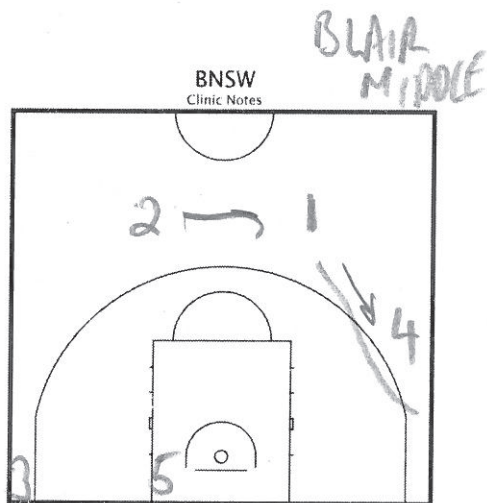
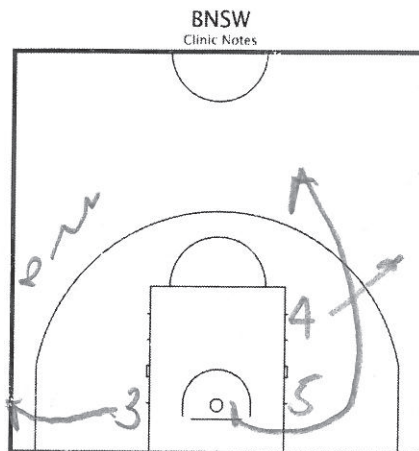
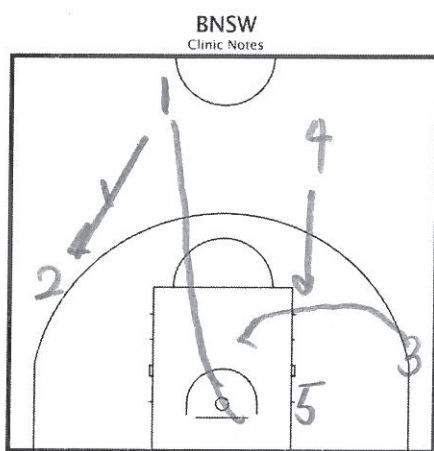


Mention the Passing Drill



## Strong Side Transition

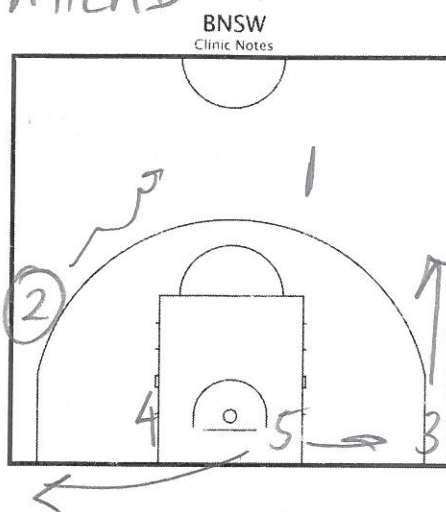
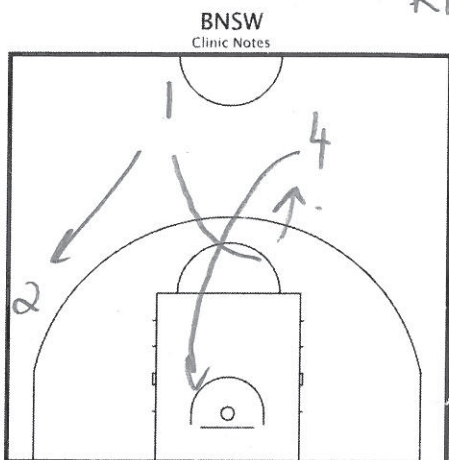
This is action that we used in transition that moved the ball, moved bodies with a chance to get into dribble penetration.



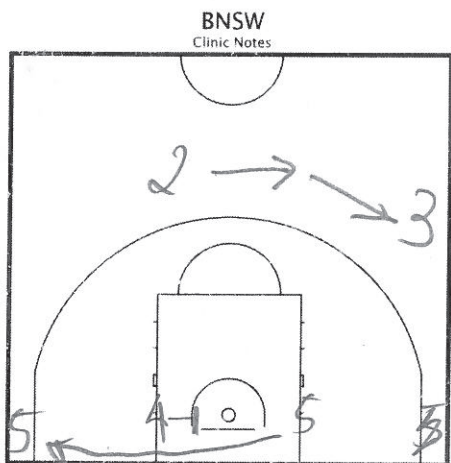
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- EXCHANGE -

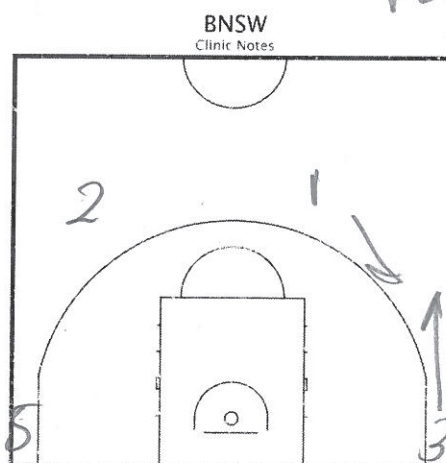
KICK A HEAD



2 FOOT STOPS



PLAY FLOOR SPOTS



PASS



SHOVEL SHOT

2 — 1 PASS BACK

## **Acknowledgments & Thanks**

- Coach Kevin Eastman
- Coach Jacob Jackomas
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