

Sahr Clinic

①

4/27/10

Lon Krueger - UNLV

Defensively - they switch 3+2 - sometimes
4+1

Pt + players in position to be successful -
I.D. roles + sell them on them -
it breeds confidence.

The players determine roles: what they
can do determines what they are able to
do.

Communication - talk to them - get
to know them - it builds trust

Create an atmosphere where the players
want to be there early and stay late.

Be positive and constructive w/your
criticism. Point out where they are
doing well and where they need to
improve.

Transition "D": Pt. guard is back (exceptions:
lay-ups or base line jumpers) Pt. guard
has bucket responsibility until the 1st
big is back.

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Transition "D": a wing picks up the ball asap

1ST Big - Bump P+

2ND Big - Pick up 2ND Big

Talk in practice & you'll talk in games.

Post "D" Key: "Play Early" - Meet + Greet - Keep "O" outside of the lane - Bump Early
3/4 Front ^{High Side} above FT Line X+
3/4 Low Side below FT Line X+

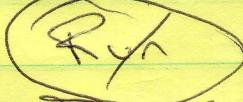
Limit the # of players in a "D" rotation

You can never do enough shell work
Spent a ton of time guarding the dribble

Ball Screen "D"

You need a base ball screen "D" +
some options - trap, etc.

Cover ball screens every day

 Run into the screen: Go over/under
Do Something!

Recovered to where the ball is going to go -
get in front of it!

On "D" - it all comes back to S on S -
We get scored on.

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Coach Kreuger

Attacking On Ball "D": ① On a hedge +
recover @ Split the screen
② Go wide & attack the big

Always have a 6 sec. play a 2 sec. play.

If they are pressuring your pt. in the
back court but ~~trapping~~ - send your
5 back to head hunt.

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Herb Sendek ASU

The Art of Communicating

We are always communicating - talking, non-verbally, internally, etc.

Our thoughts affect us physically -

R₂D₂ - R₂ me too - what you think is what you do.

Even as coaches how do we talk to ourselves? whatever our mind harbors - our body's will try and manifest.

Our mind can't reverse a negative - ergo, tell your players what you want - not what you don't want them to do.

Good ideas can come from anyone - if you listen.

Awareness: What does our team need now?

What are others saying to them? So, what do they need now? Do they need a kick in the pants or affirmation?

From the staff, are the kids hearing a consistent message?

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Gahs Clinic
Coach Sendek

Take time to define your terms.

Talk to every player every day.

Finger is one letter short of danger -
when angry, disengage!

During timeouts - give them: 1 thing on D
1 thing on O +
win the next 4 minutes

1/2 time - 2 things on "O":
2 things on "D":
win the next 4 minutes