

Sahr Clinic

4/27/10

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Lon Krueger - UNLV

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

Put players in position to be successful -  
I.P. 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.

Talk about winning battles: On Ball "D" - Block off, etc.

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Lon Krueger

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

1<sup>st</sup> Big - Bump Pt.

2<sup>nd</sup> Big - Pick up 2<sup>nd</sup> 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 <sup>High Side</sup> 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 shellwork

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

Ryn into the screen: go over/under -

Do something!

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

On "D" - it all comes back to 5 on 5 -  
we get scored on.

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Coach Kreuger

Attacking On Ball "D":

- ① On a hedge + recover
- ② Split the screen
- ③ 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:

RzDz - Rz meta - 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.

Dennis Waitly: Sports Psychologist

Fr. Anthony Demello

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Gahr Clinic  
Coach Sendek

Take time to define your terms.

Talk to every player every day.

Anger 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