

Dynamic stretching
 Red light/Green light
 ACL injury - Landing stiff leg or
 change of direction

Flat on feet -> Beach at w/Ball
 Hold ball in front -> Push ball down, lft + Rt
 Athletic position -> Strengthen core
 Lunges -> 1-12 o'clock
 Squats -> staggered

Lateral lunges
 Tennis ball - Hold straight out + drop
 bounce, spike it get ball @ highest point

Circles around center circle
 Backwards
 "Tag" around circle

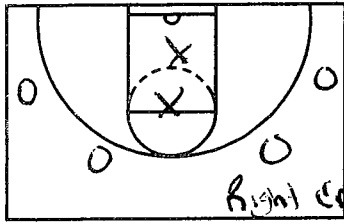
Full court tap -> Backboard
 10 guys -> 2 balls
 Keep 3rd ball off floor

alan@strongerteam.com
 24 hrs 100% return

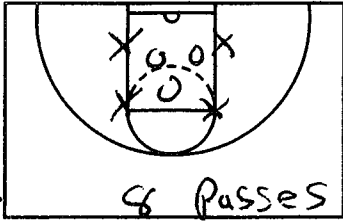


Nike Championship Clinic Headquarters
 5645 Woodsmore Drive
 Solon, OH 44139
 Clinic Hotline: (503) 671-3041
 www.BasketballCoach.com

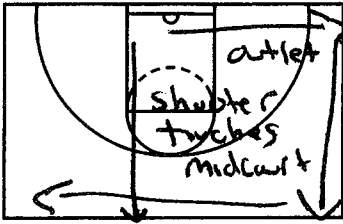
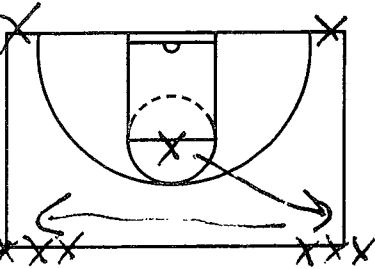
CLINIC Robert Morris
 DATE Andy Toole



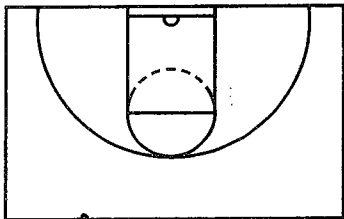
Right Crush



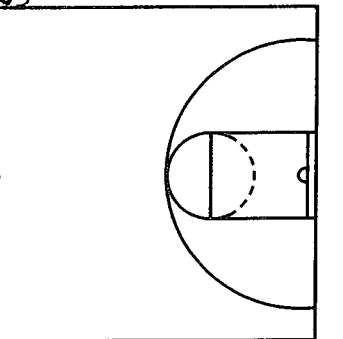
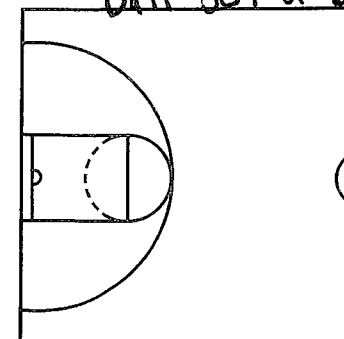
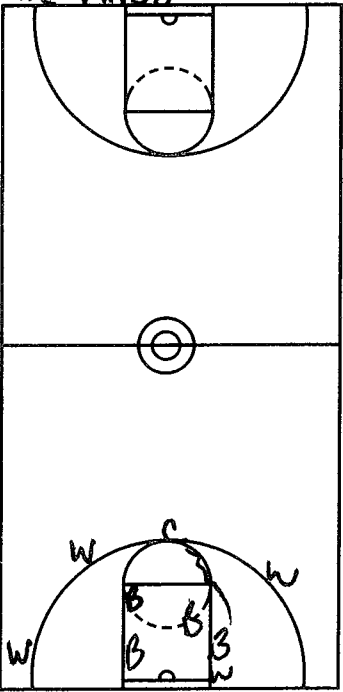
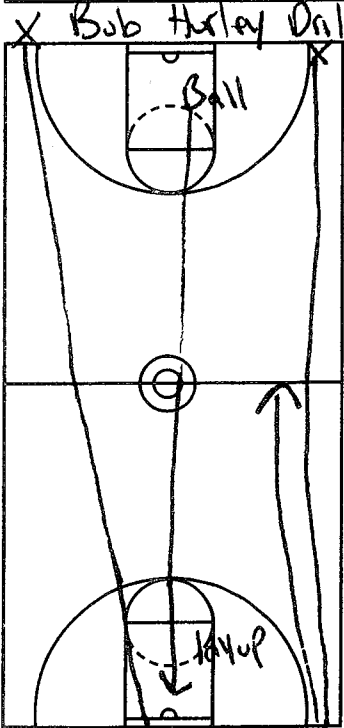
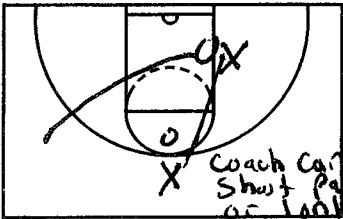
8 Passes



Fire Finish



Ball out of Bounds



Cant come to practice saying Im gonna hate the next 2 hrs

- 1) Creativity
- 2) Energy
- 3) Competitive

Plan practice everyday

Creative

What your trying to accomplish

Different way to present

No motivational

Asst - Incredible energy

Goals - Getting to mark

Always raising goal.

Competition allows you to get better

Transition shot -> Rebound

4 on 3 Passing

Deflections on defense

offense cant dribble

Have poise + make good decision

Your job is never done

Always something you can do to help team

Make guys uncomfortable

4 on 2 Rebounding

How quickly getting on + off court

#1 Keep going until defense gets ball

Right, Left, Front, sides

Get 1 shot then 4 on 2

Priority getting Rebound

Invite skip, switch 1-3

Regular shell everyday

Reaction shell



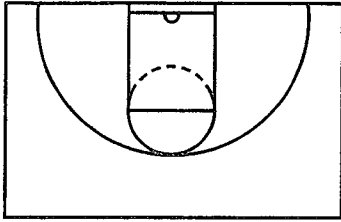
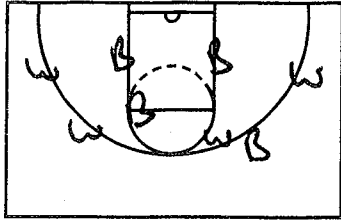
*closeout out of help/recovery
 is critical*

When your beat, get back in front
 again → recover

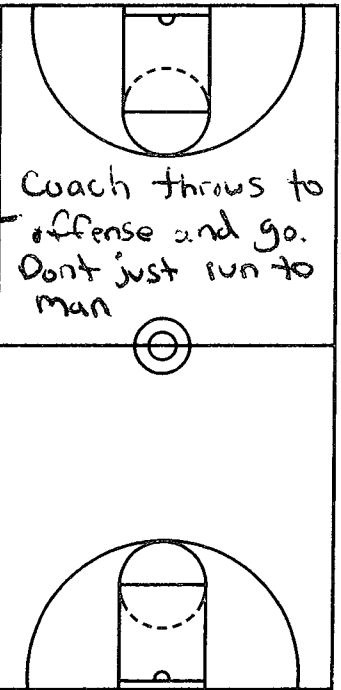
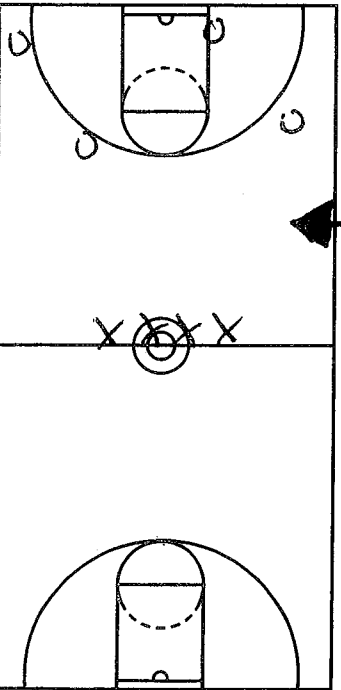
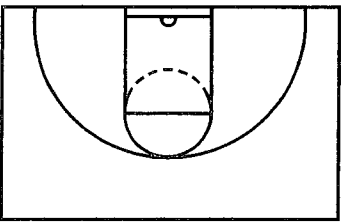
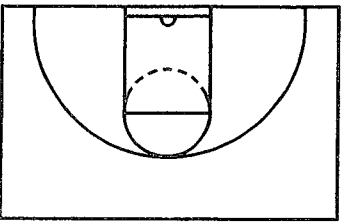
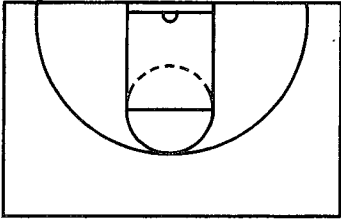
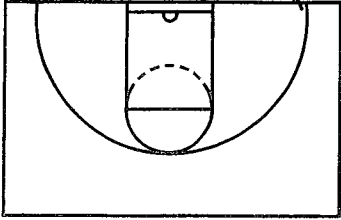
Closeout corner, save ball to closest
 corner where gung ut of bounds

Never stop
 quick minded
 Aggressive

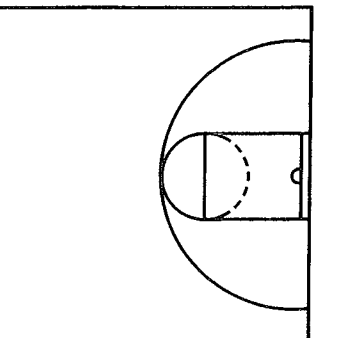
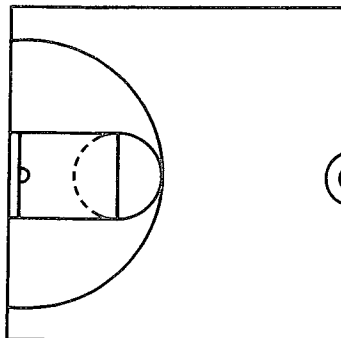
Talk thru screen even in walkthru's!

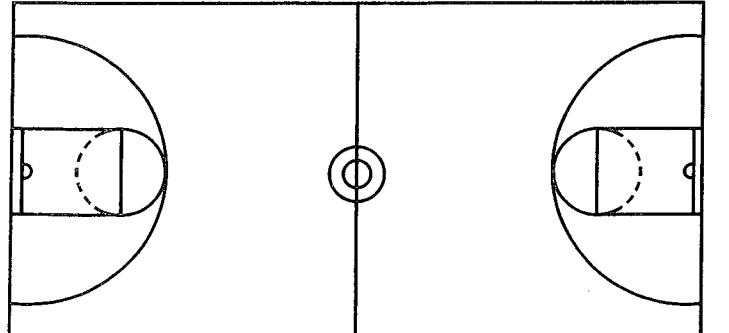
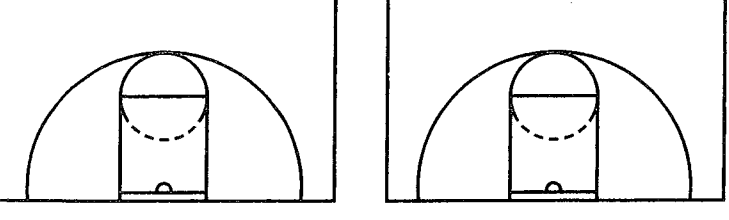
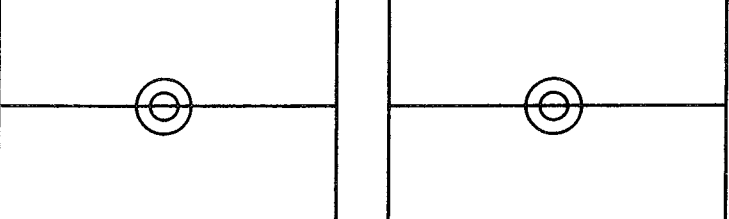
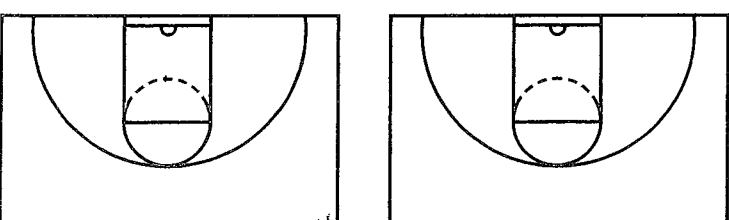
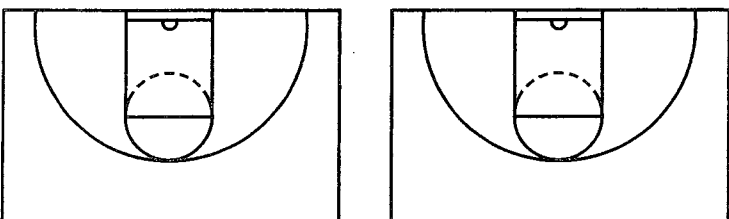
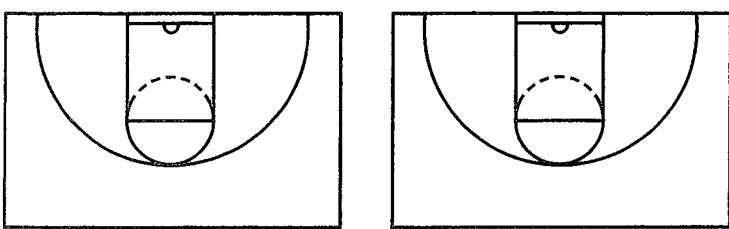
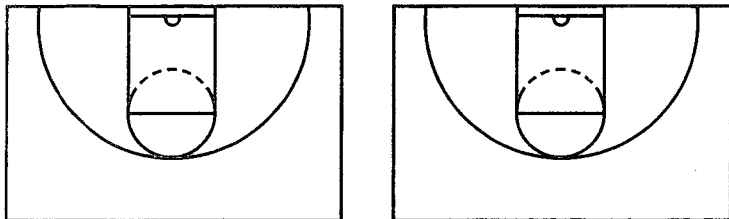


Closeouts, helpside drills



Coach throws to
 offense and go.
 Don't just run to
 man





Enthusiasm, Energy + Passion

JV Coach = 8 years, Varsity = 8 years

Always Listen
 when defense is set, tough to score

Disrupt you on defense + get out + run

"Broken floor" opportunities

Best shot as fast as we can

Run + get defense on heels
 3v2 + 1 Drill

Non stop - make guys communicate

Honesty in today's society -> Problem

Lead nation in offensive rebounding + Free throws attempted

Experienced talent > Talent

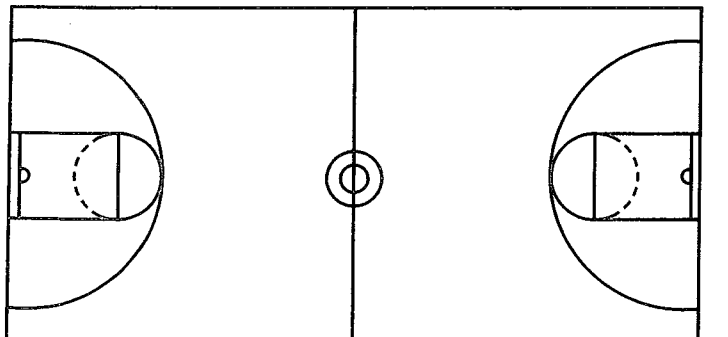
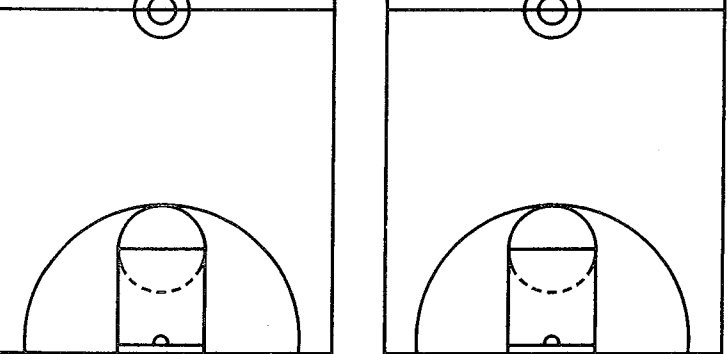
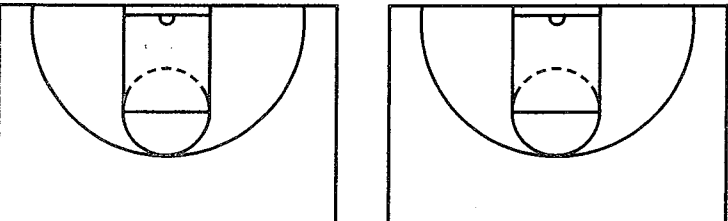
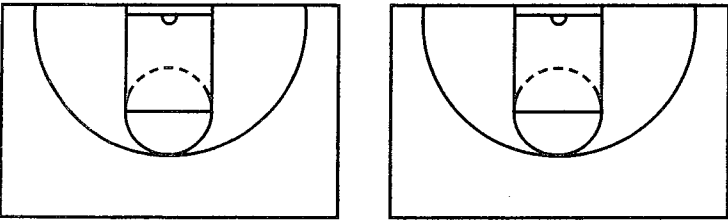
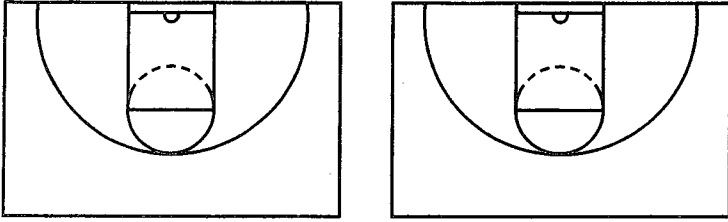
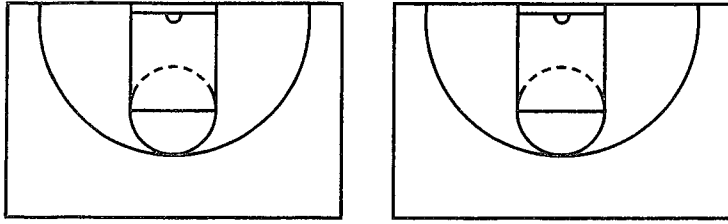
Run fast; Play slow

No separation between def -> off

Flare screen - Not used enough; Great tool

- ① People that bring energy
- ② People that drain energy

on defense move/force ball to wings
 never center/High Post.



Pressure the rim on offense
 Passes
 Cuts
 Post-ups

Don't fight pressure - Backcourt

Rule when off Rebound
 3, 4, 5 → Glass
 unless they take a jump shot

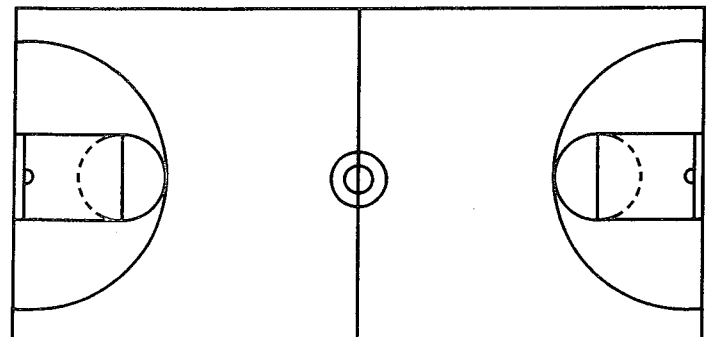
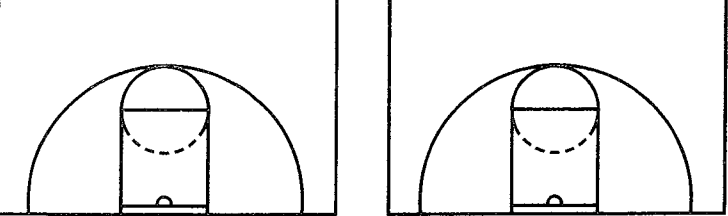
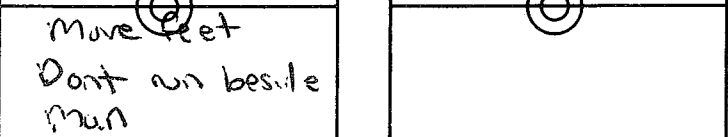
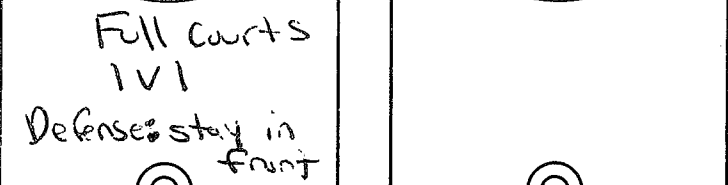
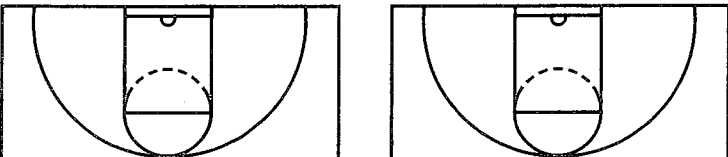
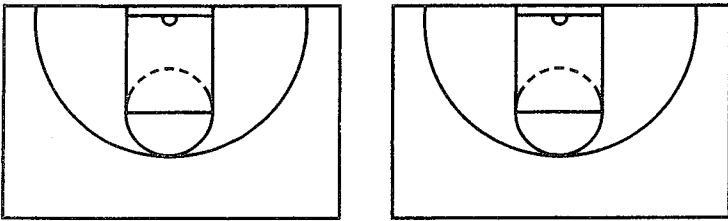
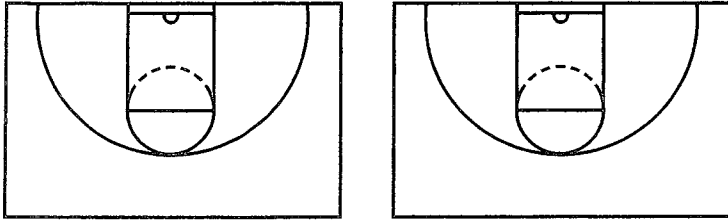
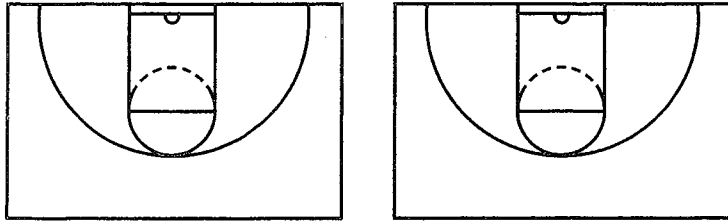
Force team off Rebound

We accept less from players
 Don't hold them accountable
 Work at something, fight for it
 Give in like everyone else

Must demand more
 Believe what your selling
 Don't give in
 Get thru it

If we give in as adults, they give in

Best skill = Listen



Advice: Take a couple things for Program

Whats gonna work best for me + my players

Dont try to grasp everything

Learn how to fail

Understand how to live life

Never despise the day of small beginnings

Do you see yourself being great?

Can you push men + women to be great?

Press - contain dribble

Defensive back in football

Hands are a weapon - down + swipes

LIS + deflections = 90% winning

Step in between lines = Passion off

the charts

Fouls defeat a Press

"Must not foul"

Arms length away = Hot

Take at shoulder

~~me~~ staggered stance on throw in - 4096

Trap -> speed dribble or short run

offensive rebound = 28 second sprint

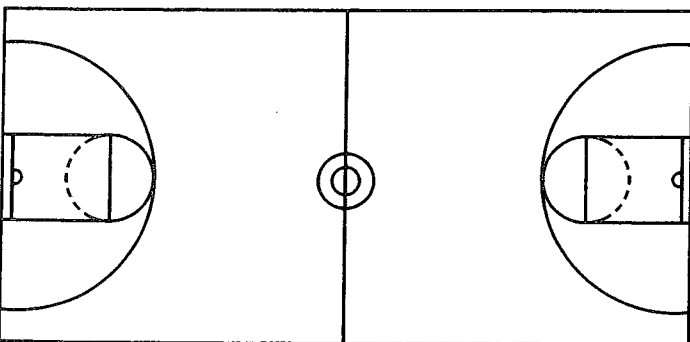
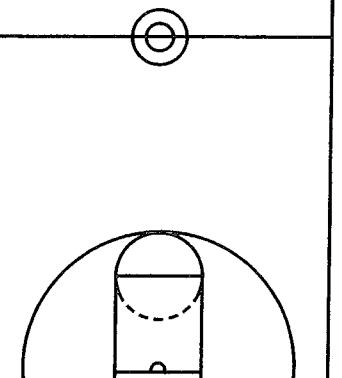
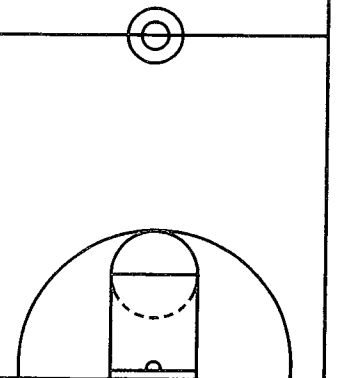
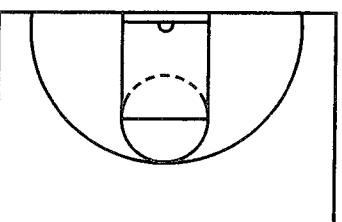
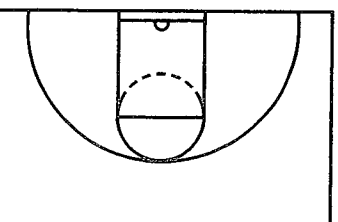
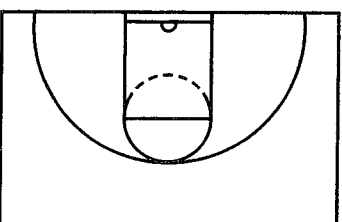
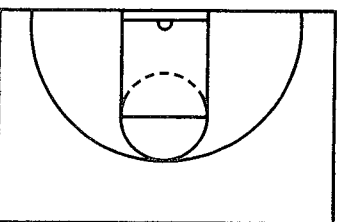
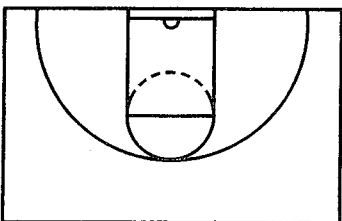
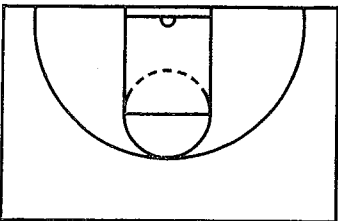
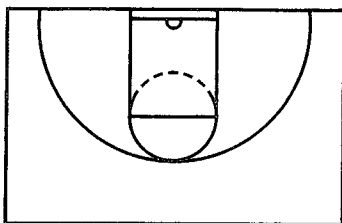
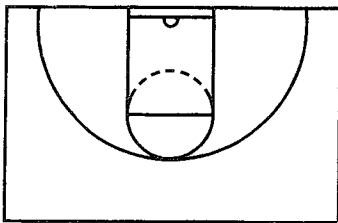
Players will take on your mantra + characteristics, get in him, All at no

holds bar. Passion

Coaching is a Privledge

Someone waiting for you to mess up

"Fight for your life"



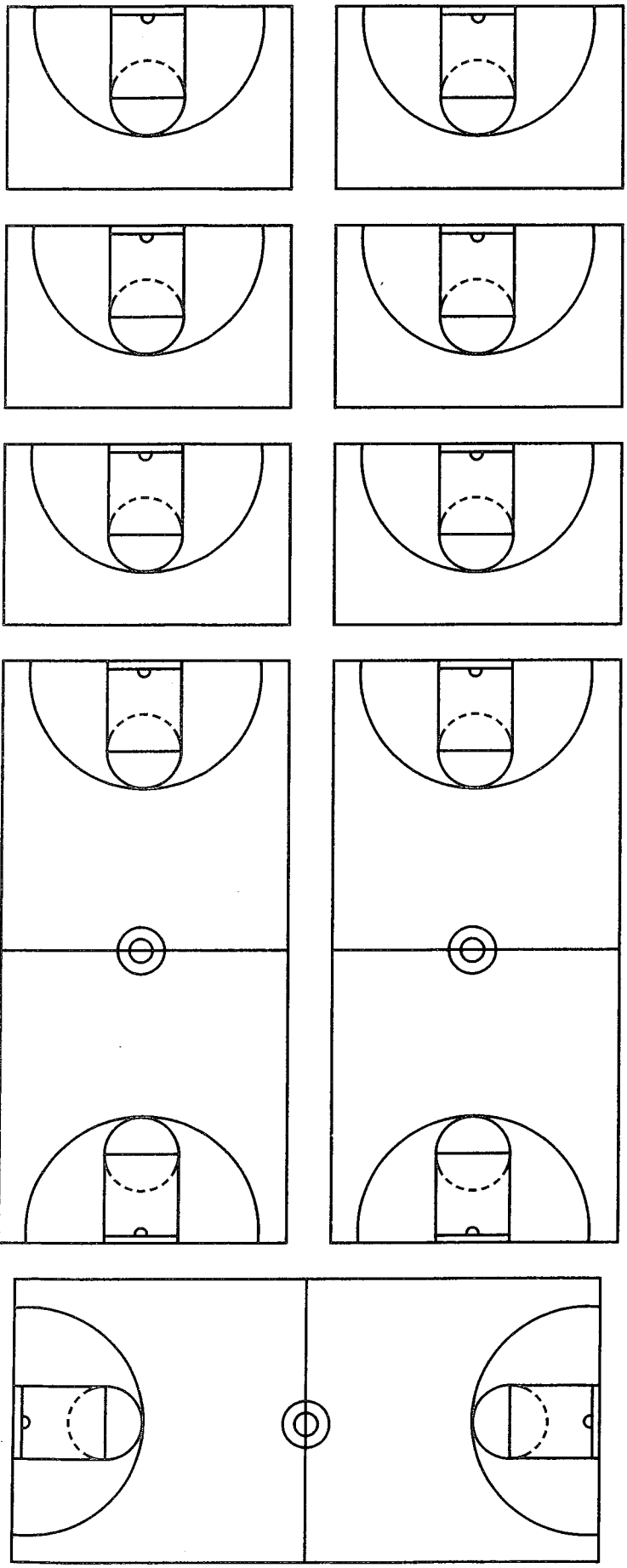
Appreciation of what you have
 wife everywhere
 skeleton = women
 one thing that saved him - Jesus Christ
 once your out of business - impossible
 to get back in

Appreciate what you have

Integrity - what is done in dark
 is brought to light!

1998 - women more important

Div I transfer - thought he was best
 Lost job @ Kentucky State - Hands
 on player



6 years H.S.
 37 years coaching

Be prepared when the opportunity comes

Never know whos watching
 Asst A.D. -> remembers you

W.B. - Talking notes on Tubby

3 things you need to do

1) Philosophy - what ^{do} you stand for
 Perception, image, leader, window to University

Adversity will come - Be prepared
 Be yourself

If you change who you are the players will catch on.

Image + Perception

Dont get a 2nd chance to make 1st impression

Image = selling yourself

Look the Part

Act, Walk, Talk like a H.C.

2) Image

3) Schedule - Be in charge

- Scheduling Philosophy

Persevere

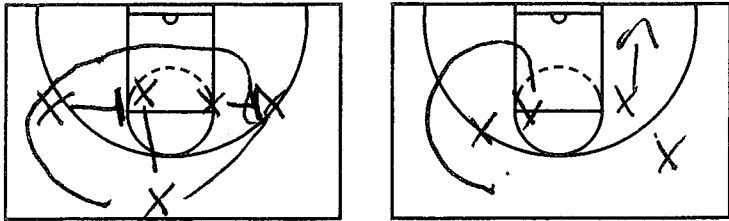
Patience

Run motion offense

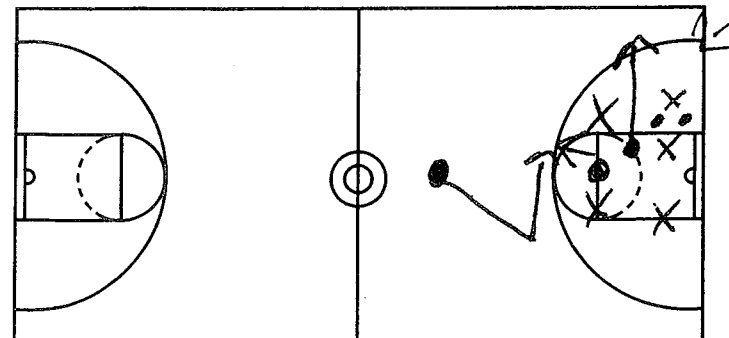
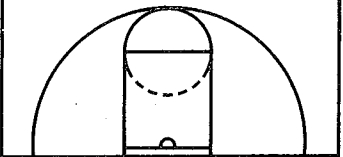
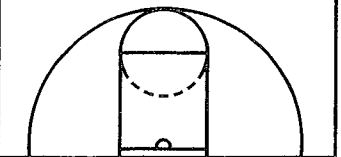
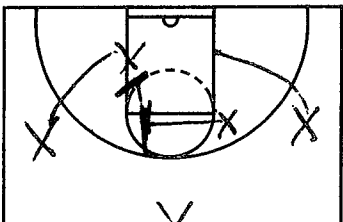
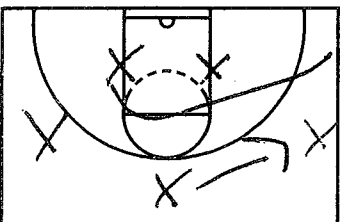
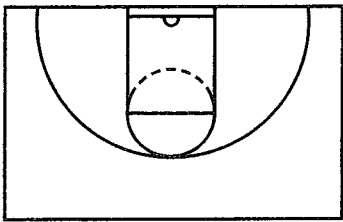
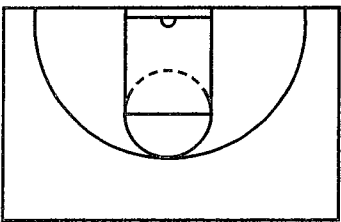
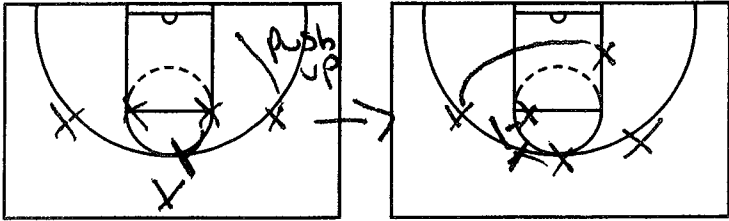
check list

ups + downs, peaks + valleys in life

Spend more time coaching than dealing with officials



Defense Hedges - slip to basket



Hi-Low motion

4 out 1 in

3 out 2 in

Move w/ a purpose

42 + 43

Zipper series

Zipper flare

Buckscreens for passer

Faith, Family, Friendship

Bright side of things

Feet on ground

Expect the best

Work to be the best

Don't let anyone steal your dreams

Sex, drugs, alcohol

Forget mistakes + move on

"No one cares how much you know,
 until they know how much you care"

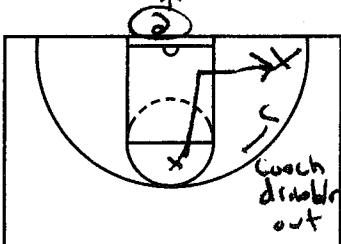
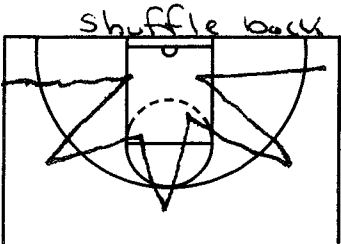
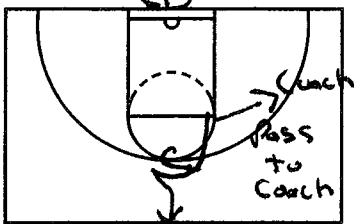
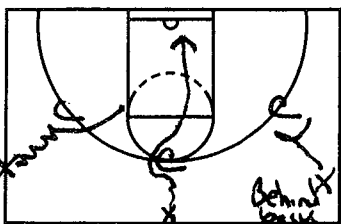
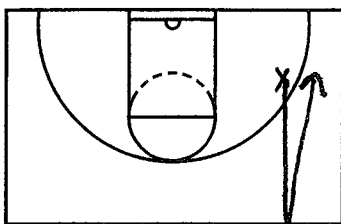
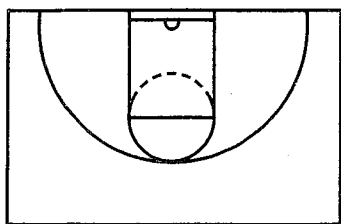
Team switches to zone

stretch the zone

Double Double

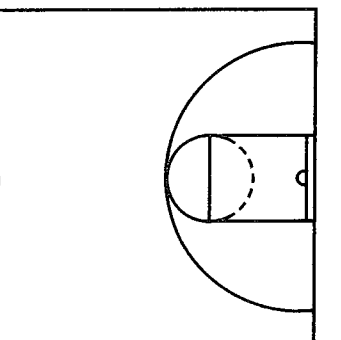
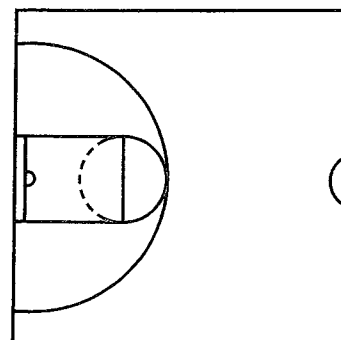
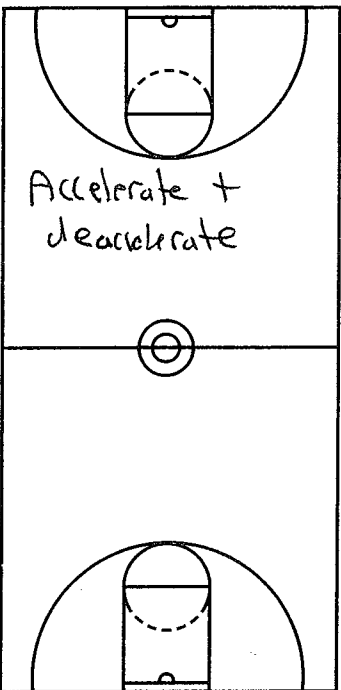
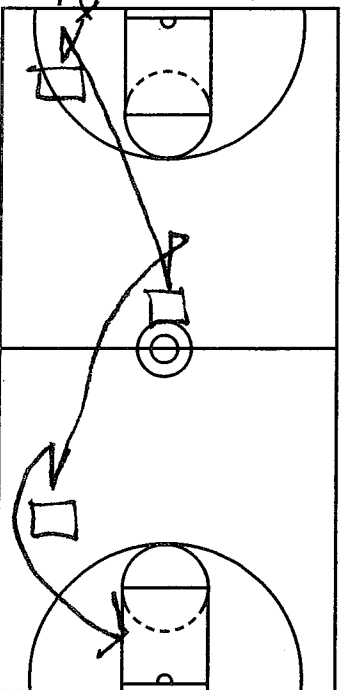
Grow + Prepare leaders within team
 willing to confront
 Leadership

- Build consistency
- Pick people that help you w/ weaknesses to be a better coach
- It's not you, it's the team
- willing to take risks



Eyes up everytime

Player cuts to corners



Switched to earlier time slot, speaking @ church Sunday morning.

Dash - maximize what you can
 Being efficient workers → players
 Give players game plan for summer
 Talk in office, internships, changing majors
 10-14 → very important to keep happy
 Learned from a great coaches Matt & Luke
 Assistant coach - opportunity to create a plan

- Each player is different
- Some you whisper, some you yell
- Personal workouts - different personalities

Ball Quick

Increase Ball Quickness
 Quick + tight
 1 dribble stop: shut fake

Tell a story w/ your eyes

Championship shouting drill
 2-3's, 2-pull-ups, 2 lay-ups

Create a mindset of who you want to be
 Coach Meyer - 4 things in locker room
 we must do to win

Values, vision + mission statement
 Small Pyramid - Team first

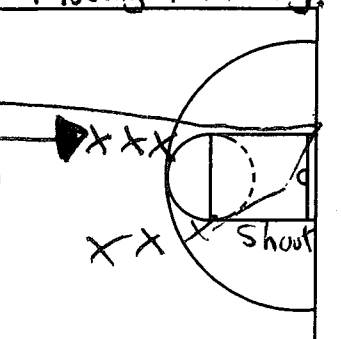
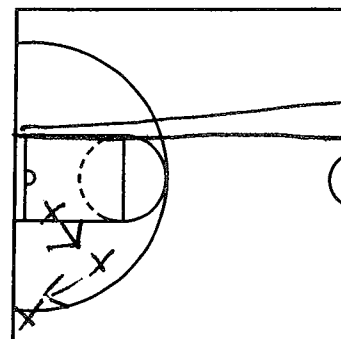
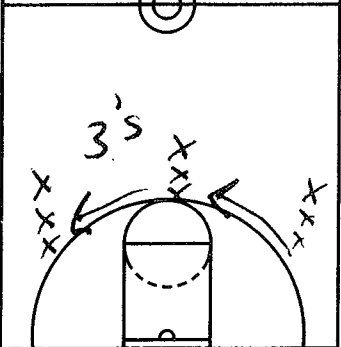
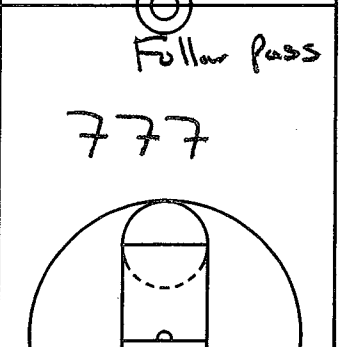
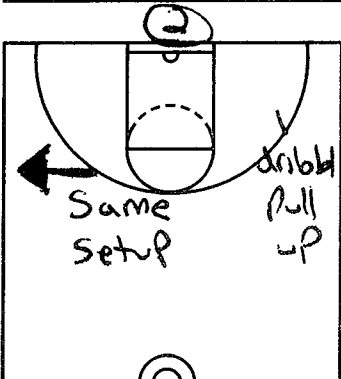
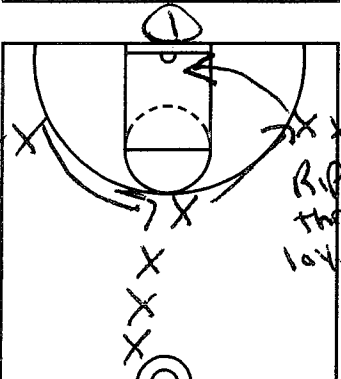
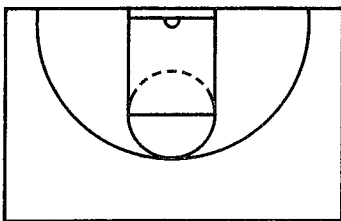
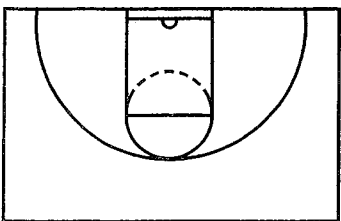
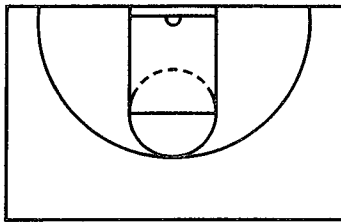
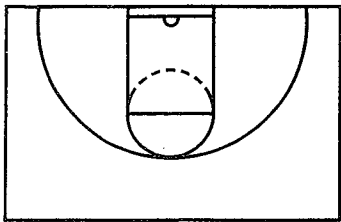
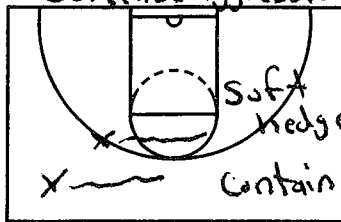
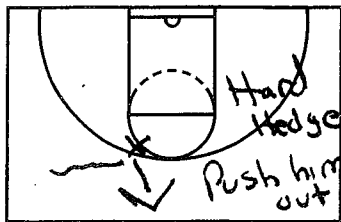
Win game; 1 Pass at a time
 Chase complete championship

Team first
 Improve on daily basis
 Better teams - 70% of time

- 1) Be tough w/ Basketball
- 2) Dominate defensive
- 3) Take great shots
- 4) Dominate as a player



Screens = aggressive



Never talks about turnovers

Lower man wins ←

Toughness

Collective mindset → Defense

Commit people + hold to standard

What are you good at?

What do you do best?

Fows, Preparation, want

3/4 Your gonna win

5/50 balls - must win

Individual Goals + objectives

on everyones locker

First Practice = 3 hrs, go over every drill

Always take game shots

Time, thought + preparation before practice

When plan is better, practice is better

Base, readiness, low man wins

Ready for miss all the time

As a player!

Are you prepared?

How good do you feel?

Defending ball screens

Switch

Hard Hedge - Trap not push it

Hard Trap - Go under on both

Touch opposite baseline + sprint

Buck in live

80 in 3 min

Numbers → FTS, Rebounds

Free throws - limit motion, keep ball high

Hi Def FG is, 3-pt FG is, Turnovers, opp specific



Get your kids to buy into system

Formulate offensive gameplan
 Execution + Planning

Opponent

Primarily man to man, zone, press?

Pick up full court?

Deny?

Pack team?

clip film + show guys

Press, packing in on defense

How they guard post? Front, side, 3/4

Greatest words → Dead Behind

Ballscreen coverage

Switch, hedge hard, Go under

1 or 2 Homerun plays

Slip downscreens?

Pack defense?

High Pressure defensive team vs Gonzaga

Everything to the basket

Cutting + curling penetration

Limit passes vs aggressive defense

Look for deflections + steals

open motion, spread the floor, attack basket

Make more free throws than the opponent takes

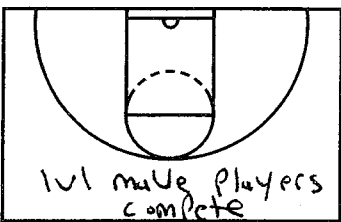
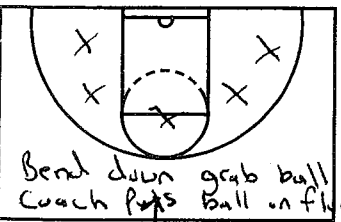
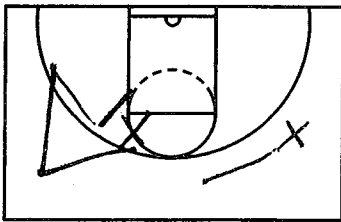
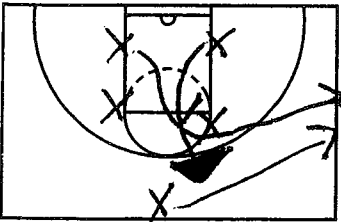
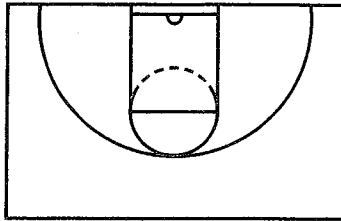
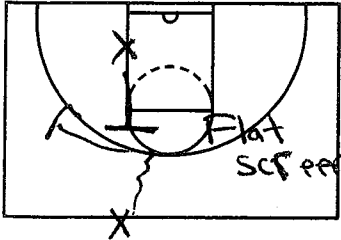
Be in Bonus @ 12:00 mark

- constant reminders → Bonus + double Bonus

Post defense - maintain contact

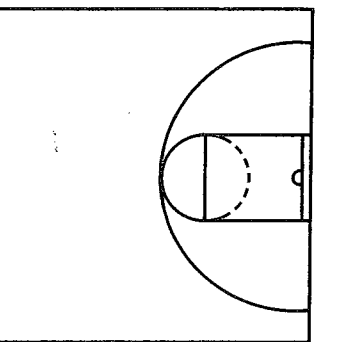
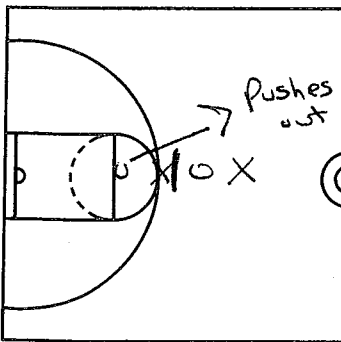
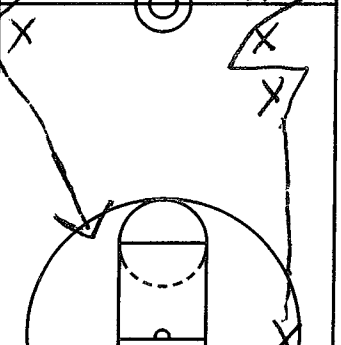
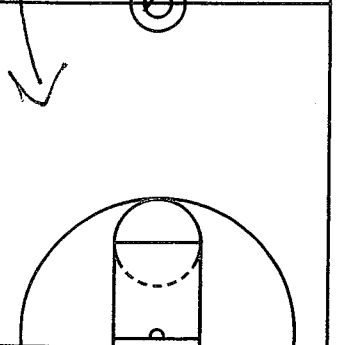
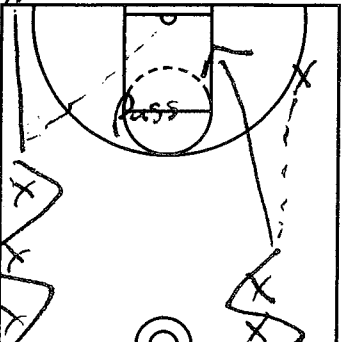
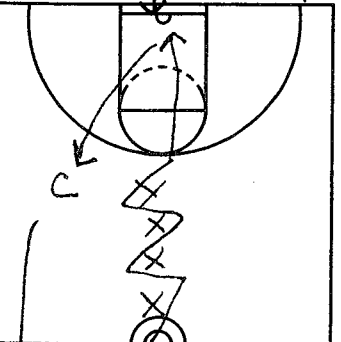
Ballscreens - Showing hard guys

Sprint at on high hedge ballscreen. Brushscreen. show hard



Walsh University

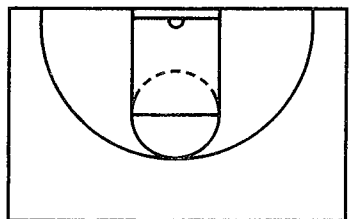
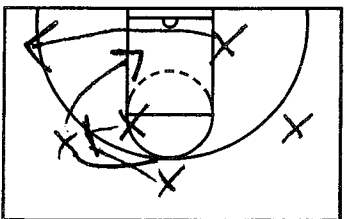
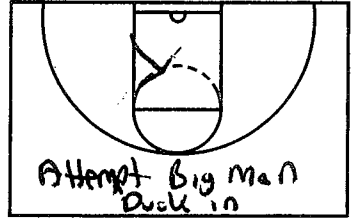
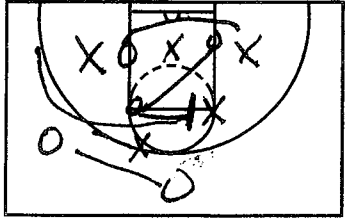
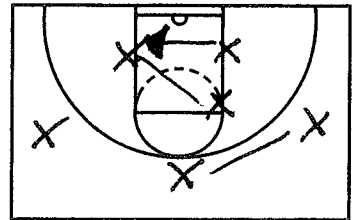
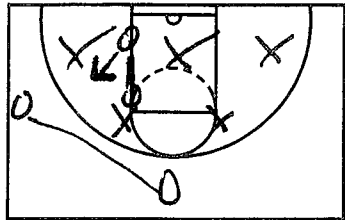
x walsh university



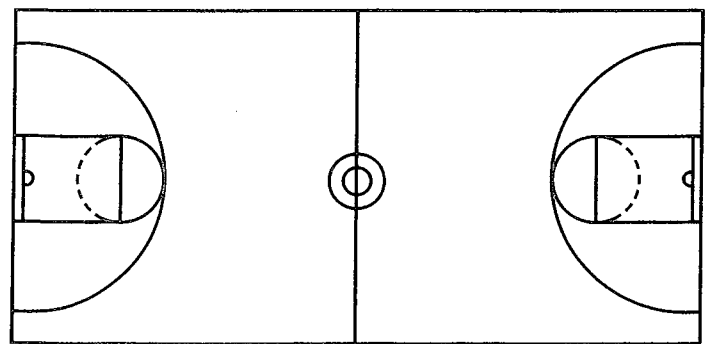
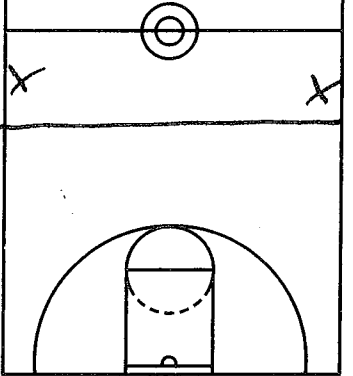
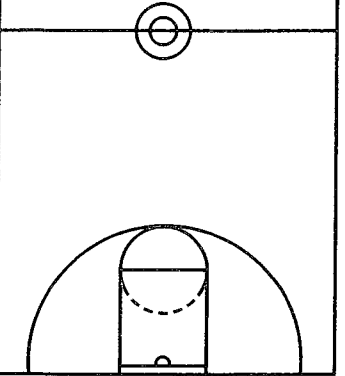
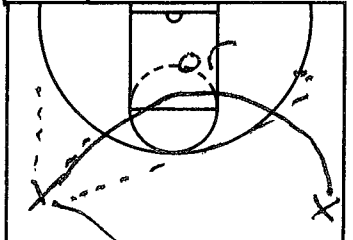
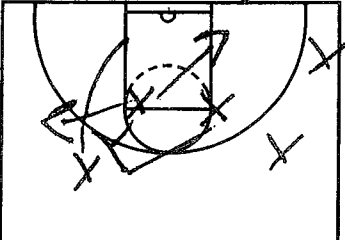


Nike Championship Clinic Headquarters
 5645 Woodsmore Drive
 Solon, OH 44139
 Clinic Hotline: (503) 671-3041
 www.BasketballCoach.com

CLINIC Geno Auriemio
 DATE Zone offense



me -> Theme of day/week



Become good at understanding what a zone is a can/cant do
 Jordan Playoffs -> Wrong spot
 Put your players in spots when they do what they do best.
 Stretch defense = Breakdown
 Compact zone = cant beat
 Make defense play man to man in zone

You cant get ball inside against a zone, you cant win.
 Set backscreen on top guy -> open jumper
 Always try to get ball to high post

Play against a team w/ good shooters + no big men -> play zone

Step in on reverse

Get them to guard you 3v3 but score 2v2.

Most good defensive teams play 5v3

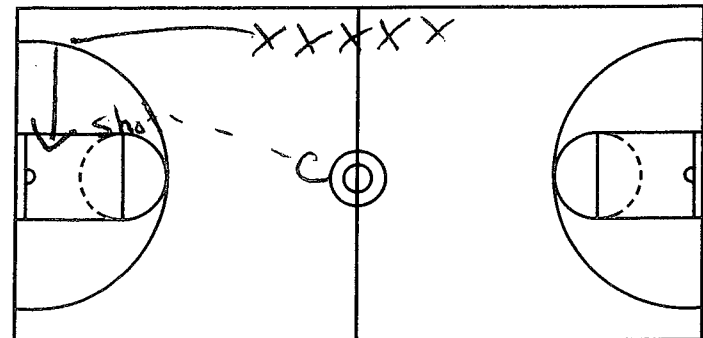
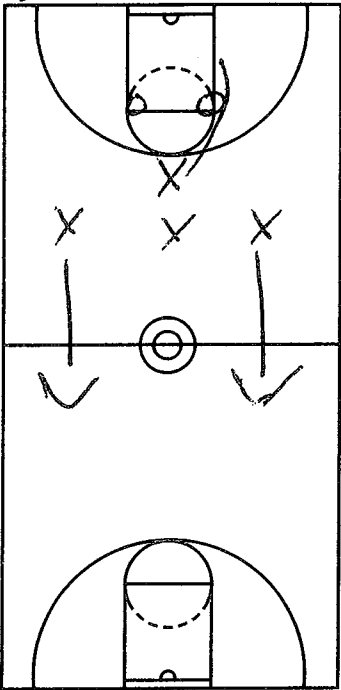
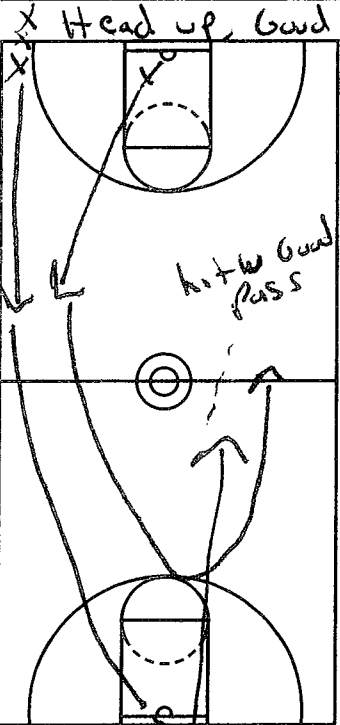
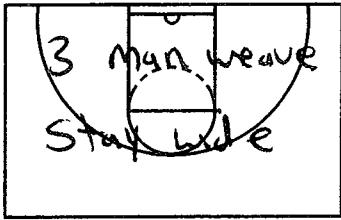
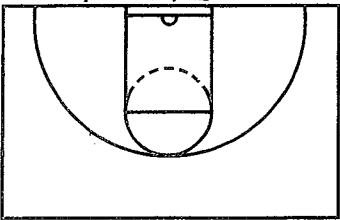
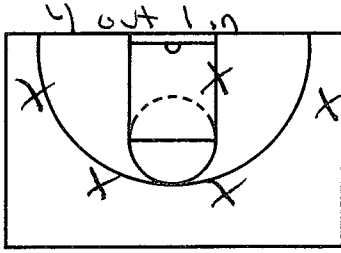
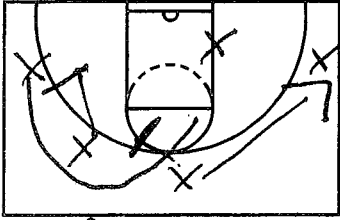
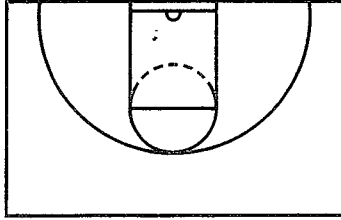
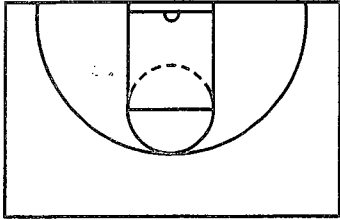
Best offense against a zone, dont let them get into zone.

up 2-7 seconds left, what defense do you run? 2-3, Always someone driving to basket + scoring



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CLINIC Mike Andersen
 DATE _____



Pressure ball defensively
 Attack the basket offensively

Take what the defense gives you
 Fastest 45 min of basketball

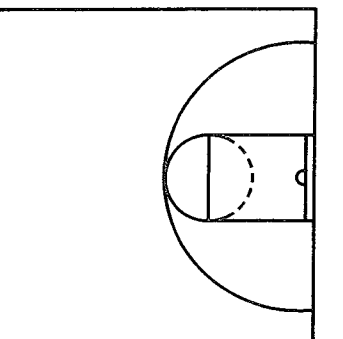
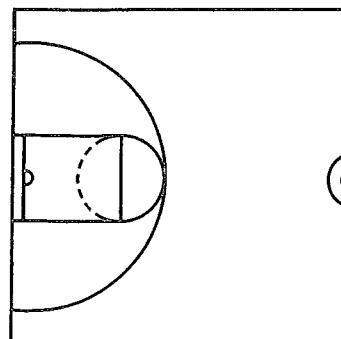
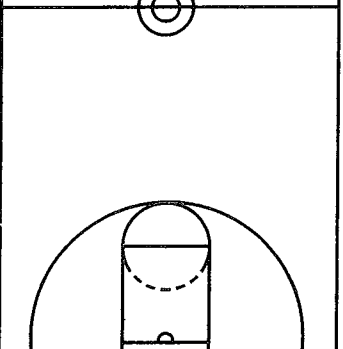
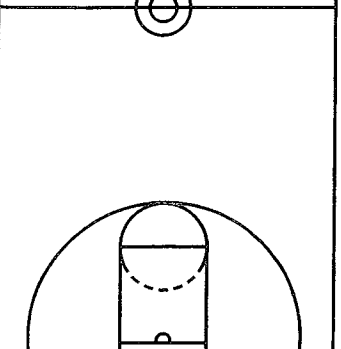
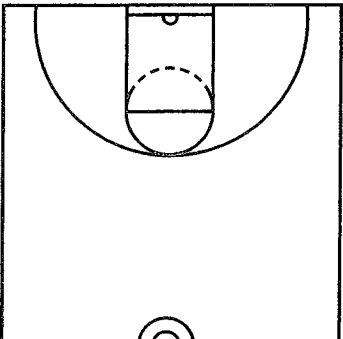
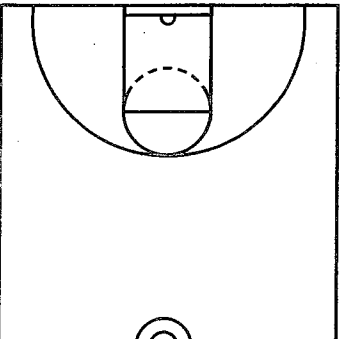
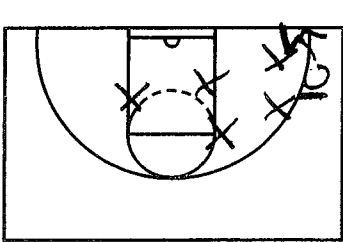
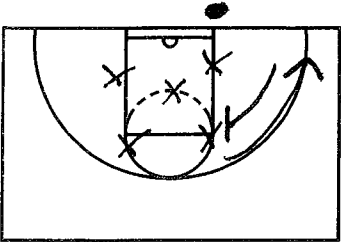
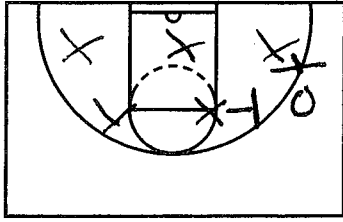
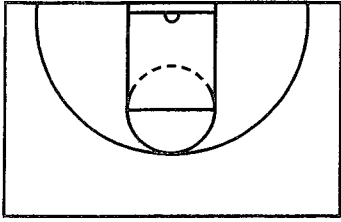
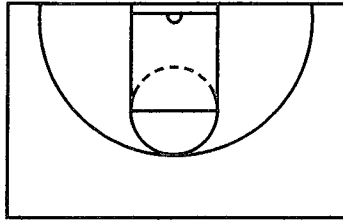
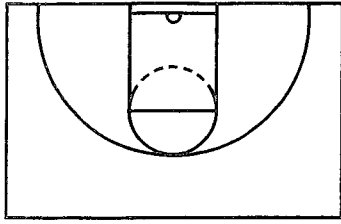
Weight conditioning
 Pick up everything loose
 Intensity

Put a body on him
 Push the ball
 Attack defense

Lanes filled
 Triple threat

Run + execute

Don't want to be predictable
 Prepare for everything



Zone defense

Ideally 5-5 zone man

Main principle: Guard 3 point line

Push up

Run at guys

Match up if necessary

Everyone moves on every pass

Hands up

Angles + getting position

Try to keep ball out of high post

Don't look/watch then move

Move on pass

Rotations are easy

Run @ shooter

Doesn't matter if he goes by

Don't foul as much

Can't attack weak defender

Players are in good position to go

7 on 5 vs 2-3

Make 7 touch ball

Get more out of practice when you go

full speed the entire time

1 hr 15 min during season

All about Angles