

2011 South Dakota High School Basketball Coaches Association

Basketball Coaches Clinic – Clinic Notes

Sioux Falls, SD: Lincoln High School

October 1, 2011



Clinic Speakers

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Clinic Speaker: Scott Duncan

Topic: Transition Offense

Bio: Scott Duncan is currently the Assistant Men's coach at Wyoming. Prior to Wyoming he was at UCLA, where he served as an assistant coach for the Bruins for the last four seasons. During his four years at UCLA, the Bruins went a combined 98-42 overall and 50-22 in Pac-10 Conference play. The Bruins advanced to three NCAA Tournaments--reaching the Final Four in 2008, the Second Round in 2009 and the Third Round in 2011. The 2007-08 Bruins won the Pac-10 regular-season championship, as well as the league's postseason tournament.



Duncan continued to prove himself as a top national recruiter while at UCLA. The

2010 UCLA recruiting class was ranked No. 15 nationally by ESPN.com and the 2009 Bruins' class was ranked No. 4 by Scout.com.

Prior to making the move to UCLA, Duncan was an assistant coach at Oregon for seven years (2000-07). During his time in Eugene, the Ducks won three Pac-10 titles (the 2002 regular-season championship and the 2003 and 2007 tournament championships). Oregon also reached the "Elite Eight" of the NCAA Tournament twice (2002 and 2007).

General Notes

- You need to coach what you are comfortable with
- Different things work for different coaches
 - Brad Stevens practices last 1 hour and 15 minutes
 - Rick Majerus practices last up to 3 hours
- Jim Harrick "Need fresh legs and fresh minds in a game"
- Coaches are measured by wins and losses.....bottom line (patience is not a virtue for administrators)
- Kids have not changed over the years, parents have
 - Most parents would rather have their kid score 20 points and lose, than score 4 points and win
 - How do you control parents?
 - * Call parents before season and go through "Do's and Dont's"
 - * Go through your coaching philosophy
 - * Play players who can best win

- * Use + and – sheets during practices for whatever you feel is important
- * Each kid gets a sheet showing them what they did in practice and what they need to work on (1-on-1 drills, 4-on-4 drills.....)
- * Should also mail a copy to the parents to inform them of their progress
- More work needs to be spent on managing a team, than coaching a team
- Gary Williams “15% of the time is coaching, 85% of the time is managing your team.”

Keys to Running

1. Be committed to transition offense (can't bail on it halfway through the season)
2. Get a shot in the 1st 3-4 seconds
3. Need to teach kids how to run, such as passing it ahead rather than dribbling

To Run You Need

1. Runners
 2. Know how to run
 3. Depth on the bench
 4. Quality point guard
 5. Commitment
 6. To be a good defensive team (4 Keys)
 - a. Stop penetration (passes and drives)
 - b. No lay-ups
 - c. Contest 2's and 3's
 - d. Block out and rebound
- Emphasize passing it ahead rather than dribbling
 - Keep your break as simple as possible
 - Work on it everyday (committed)
 - Need to keep fresh legs in

Scott Duncan: Transition Offense

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Intitial Break

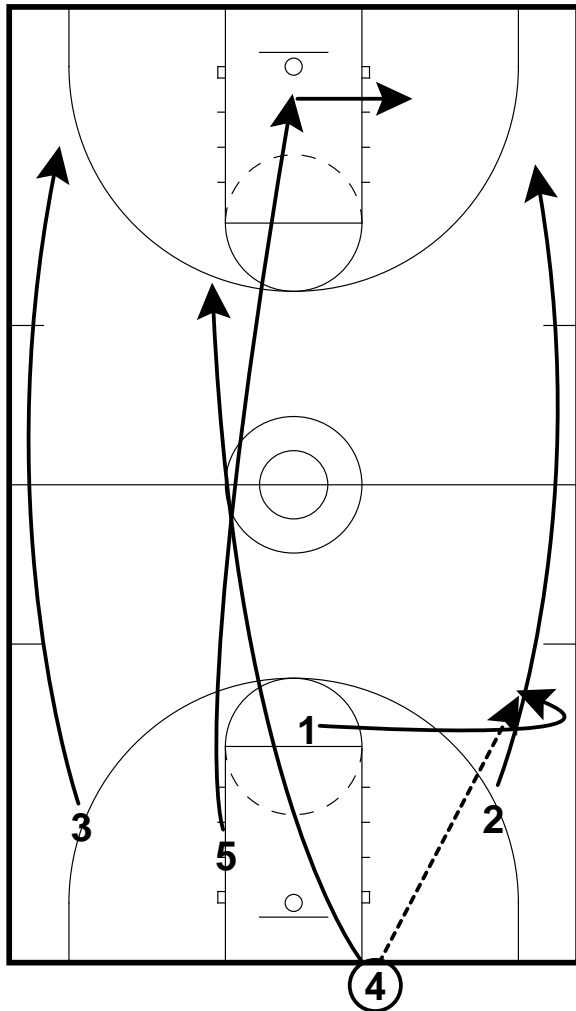
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Scott Duncan: Transition Offense

Initial Break

Early Offense



Early Offense

4 Man

- Gets the ball out of the net
- Be quick - 1 foot in 1 foot out and pass

PG

- Locate defender and get as deep up the sideline as possible
- Get heels to sideline
- Catch and scan the floor

2 and 3 Man

- Dont look for the ball until you pass half court
- 1st 3 steps are the most important

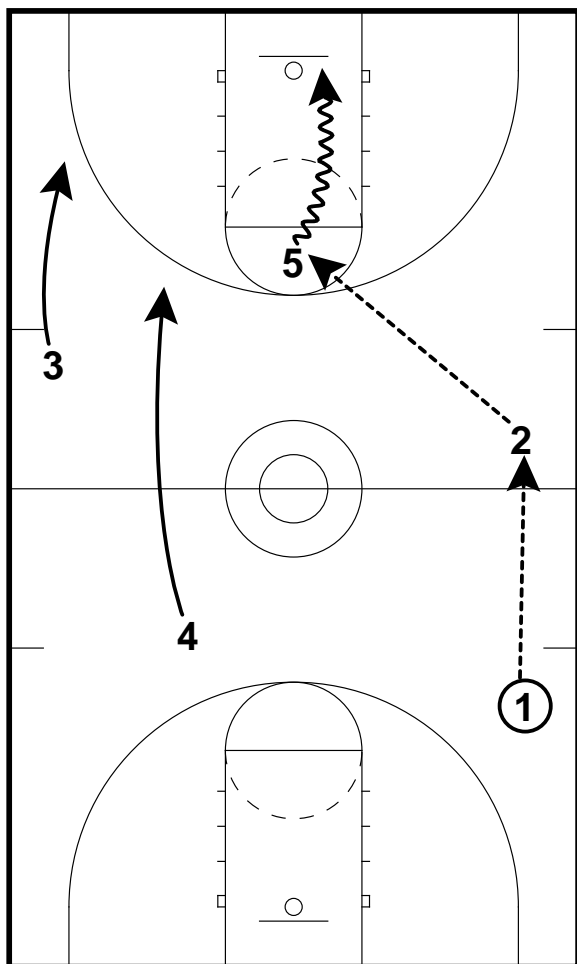
5 Man

- Rim runner: go to rim first then block, then to to short corner for spacing

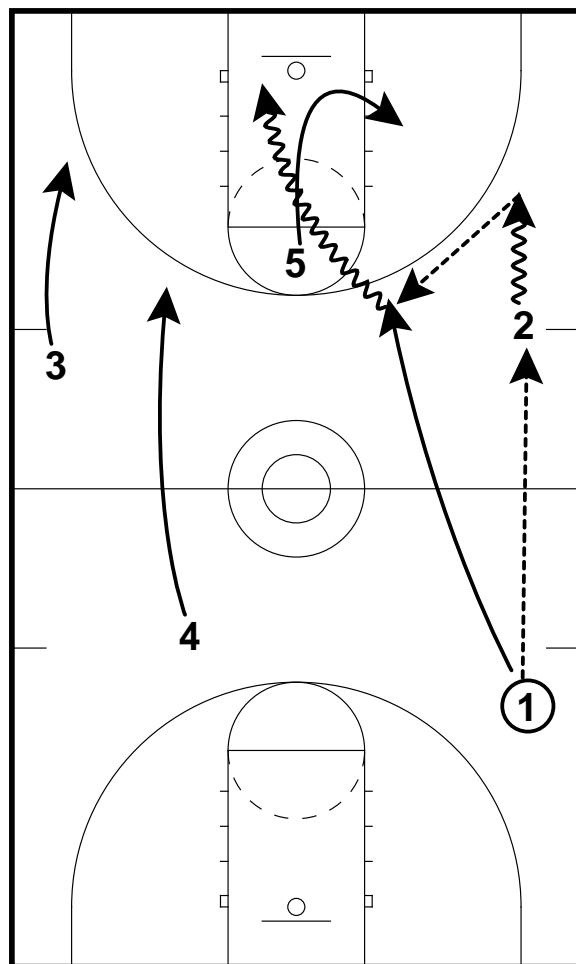
Scott Duncan: Transition Offense

Break Options

Early Offense



Early Offense



Early Offense

- 1st look should be to pitch ahead to 2 who looks to hit 5 running the rim, shoot the 3 or catch and drive

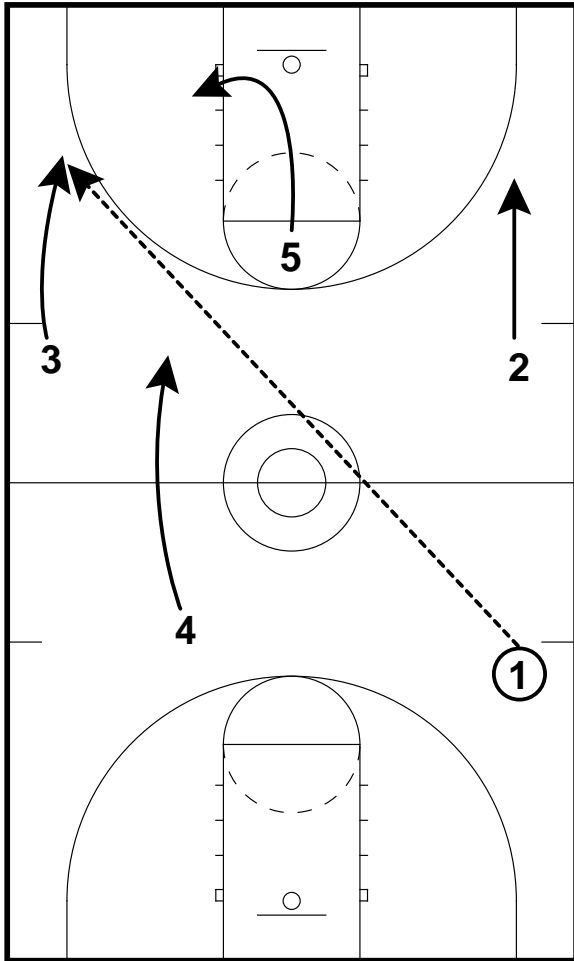
Early Offense

- On the pitch ahead to 2, 2 can pass back to 1 who can shoot or shot fake and drive middle

Scott Duncan: Transition Offense

Break Options

Early Offense



Early Offense

- Can also pitch ahead to 3 who can shoot the 3 or hit 5 running the rim

Open Set

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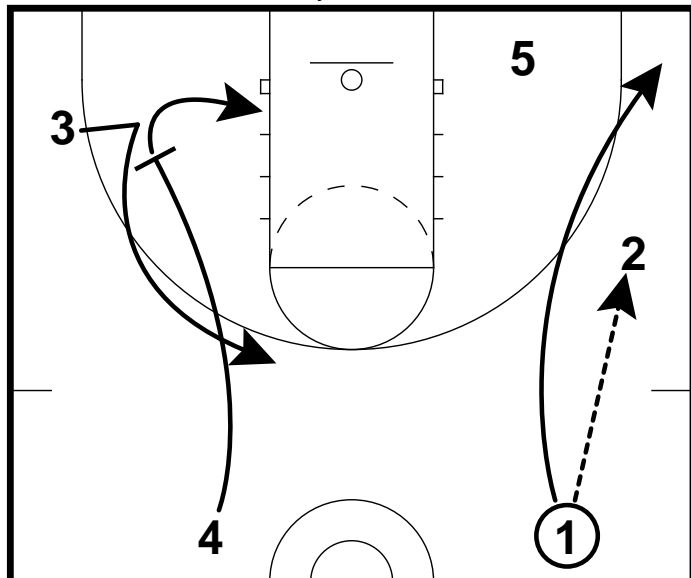
Open

7

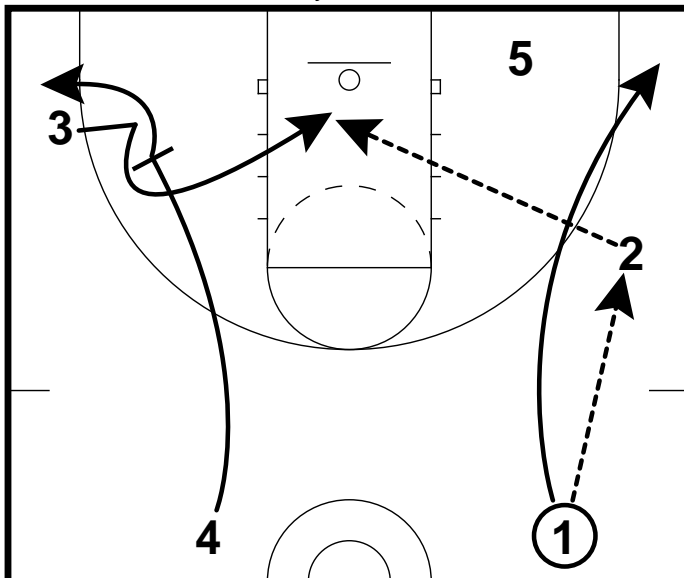
Scott Duncan: Transition Offense

Open

Early Offense



Early Offense



Early Offense

- 3 needs to watch his defender when using the screen as that will determine what type of cut he makes
- When using the screen, cutter needs to get his shoulder on the screeners hip

Reads

1. Curl cut
2. Jumper
3. Back cut
4. Fade

Early Offense

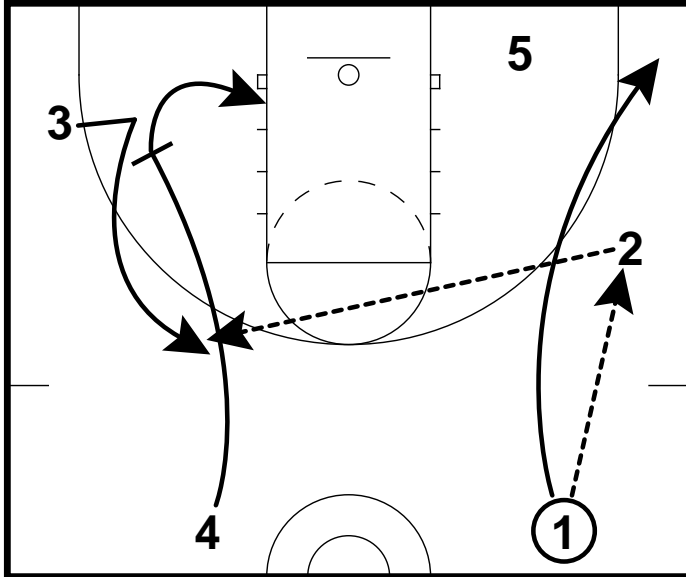
Curl Cut

- Defender chases 3 so 3 curls to the basket
- Need to get inside shoulder on screeners hip
- 4 clears away from his defender

Scott Duncan: Transition Offense

Open

Early Offense

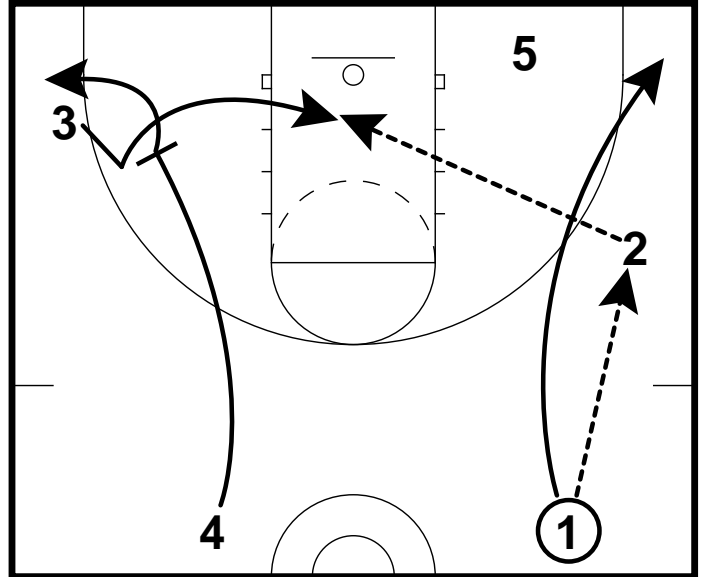


Early Offense

Jumper

- 3's defender goes under the screen, so 3 pops to the perimeter for a jumper
- 4 rolls back to the block

Early Offense

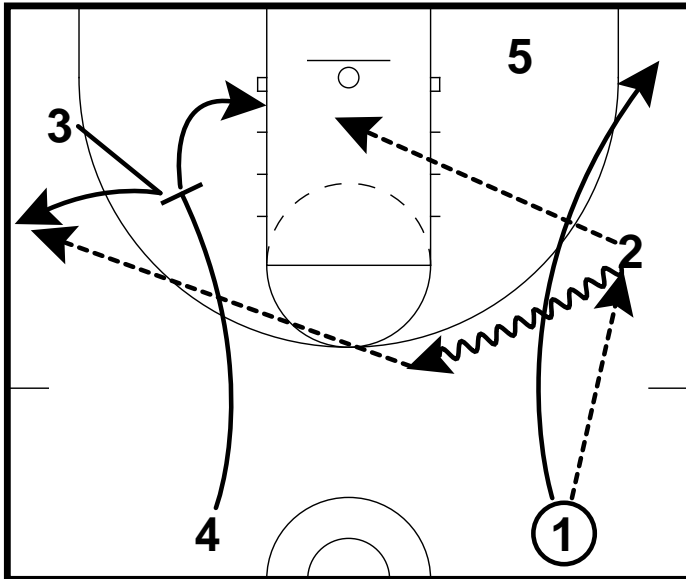


Early Offense

Back Cut

- 3's defender cheats on the high side of the screen, so 3 steps up and then back cuts to the rim
- 4 clears away from his defender

Early Offense



Early Offense

Fade Cut

- 3 steps up to use the screen and then fades back for a 3
- 2 needs to shorten the pass by using a dribble
- 4 rolls back to the block

Transition GO's

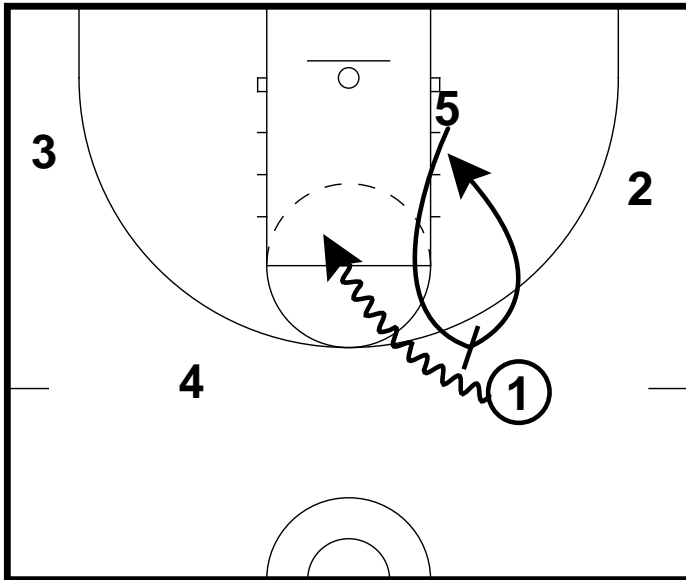
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2 GO	11
3 GO	12

Scott Duncan: Transition Offense

1 GO

Early Offense



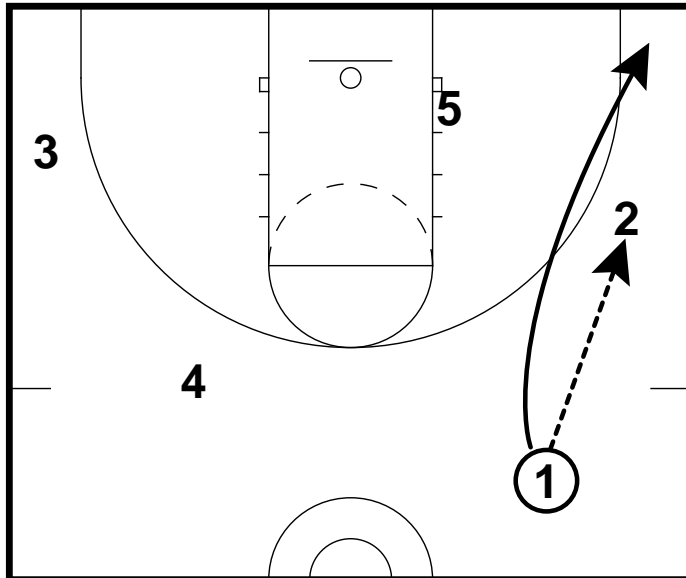
Early Offense

- 5 sets a ball screen for 1
- Want to try to get the ball defender to go over the top of the screen so 2 defenders engage the ball

Scott Duncan: Transition Offense

2 GO

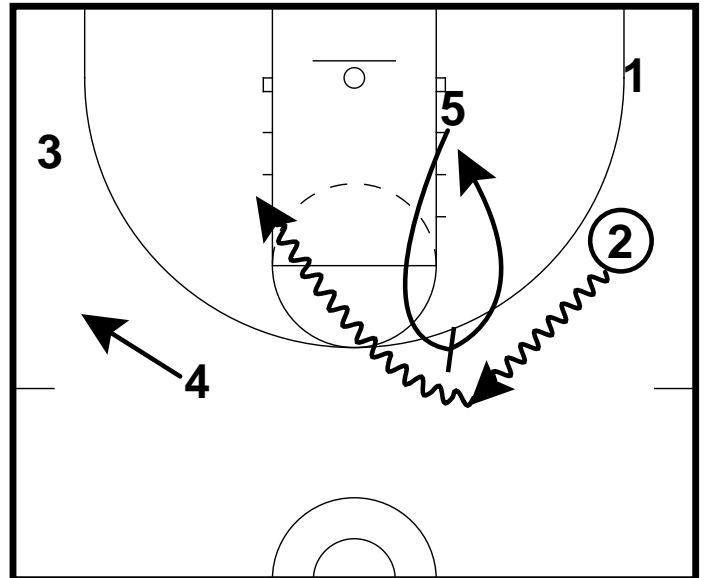
Early Offense



Early Offense

- 1 pitches ahead to 2 and then cuts to the corner

Early Offense



Early Offense

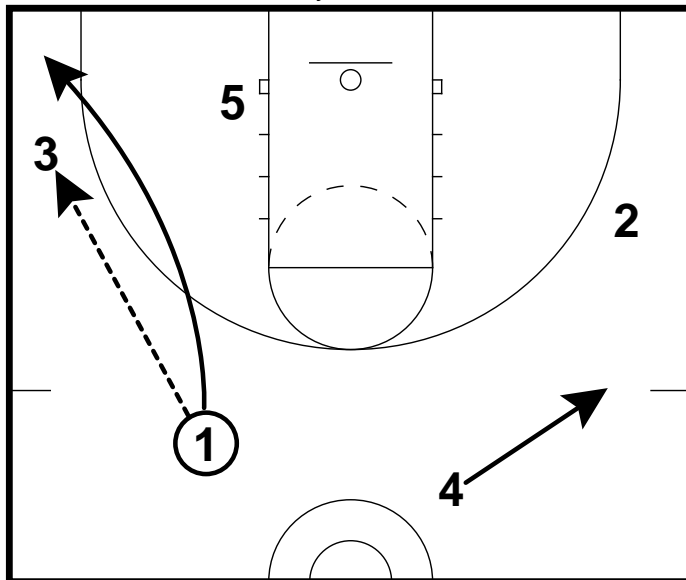
- 2 dribbles up towards the middle of the floor for 5 to set a ball screen

Note: They prefer to set ball screens in the middle of the floor, not at the wings

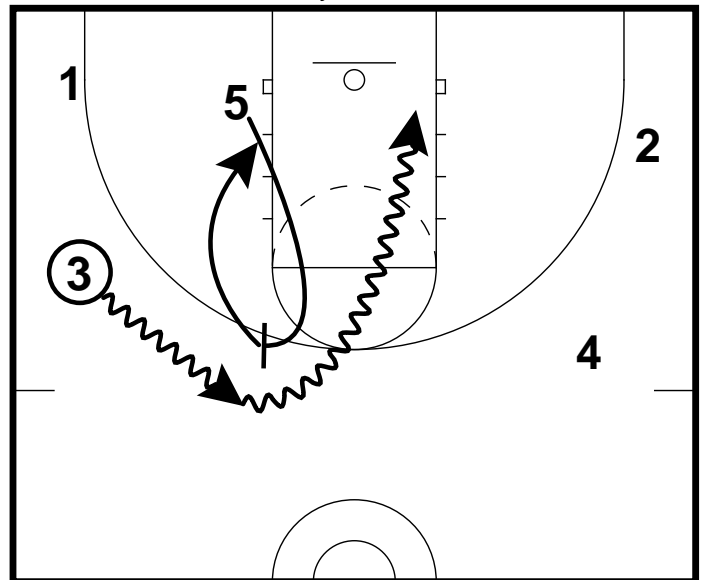
Scott Duncan: Transition Offense

3 GO

Early Offense



Early Offense



Early Offense

- 1 pitches ahead to 3 and cuts through to the corner
- 4 spaces out

Early Offense

- 3 dribbles up for 5 to set a ball screen in the middle of the floor

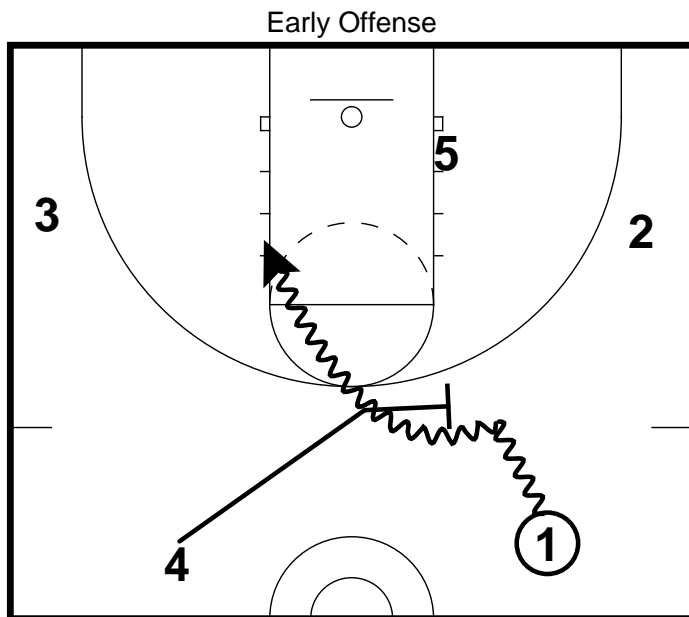
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Scott Duncan: Transition Offense

1 Drag



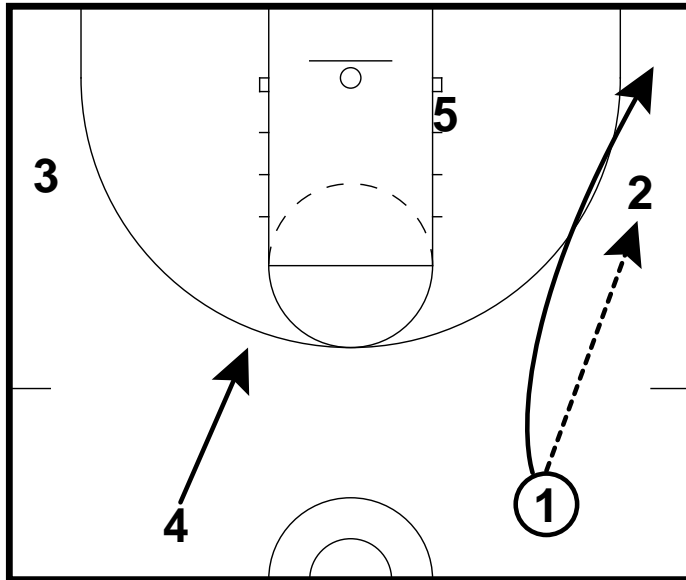
Early Offense

- In a drag screen, the 4 trailer is the ball screener

Scott Duncan: Transition Offense

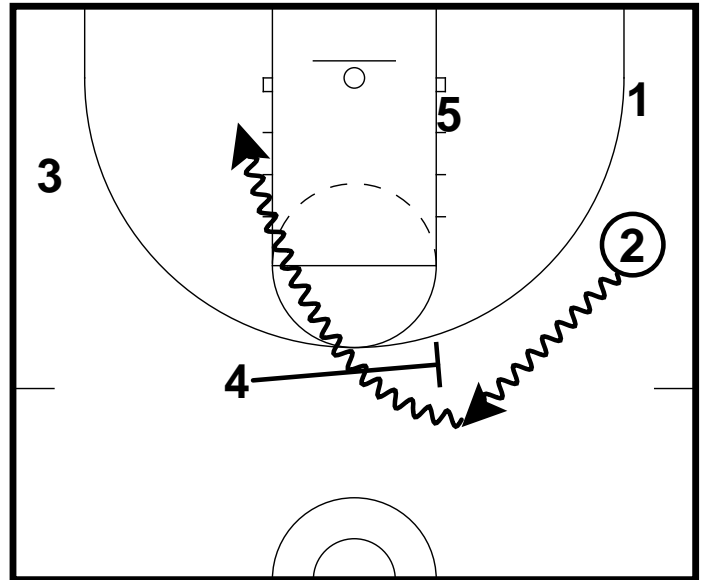
2 Drag

Early Offense



Early Offense
- 1 pitches ahead to 2 and cuts to the corner

Early Offense

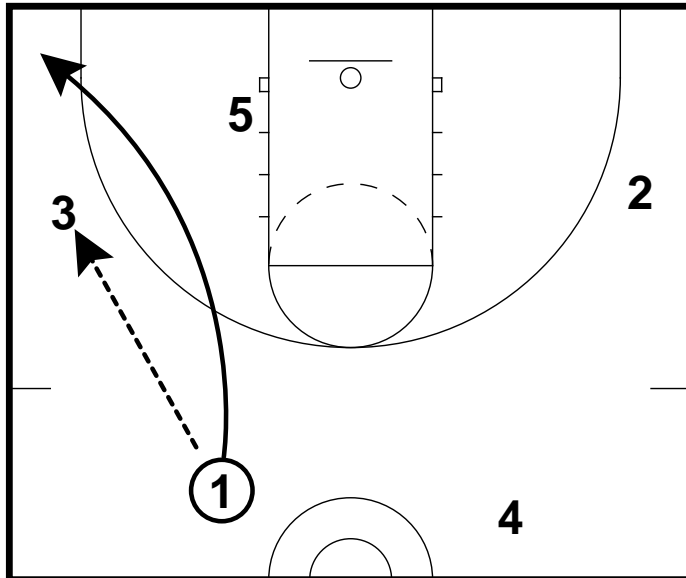


Early Offense
- 2 dribbles up to towards the middle and 4 drag screens for 2

Scott Duncan: Transition Offense

3 Drag

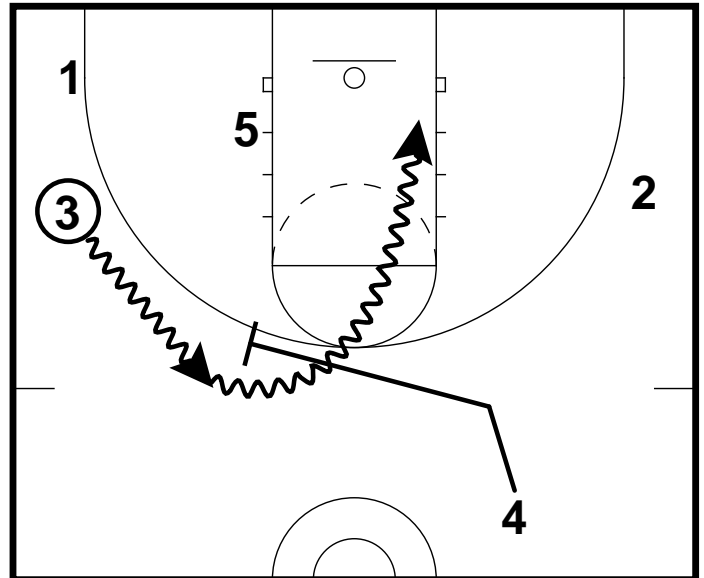
Early Offense



Early Offense

- 1 pitches ahead to 3 and cuts to the corner

Early Offense



Early Offense

- 3 dribbles up and 4 sets a ball screen in the middle of the floor

Transition Doubles

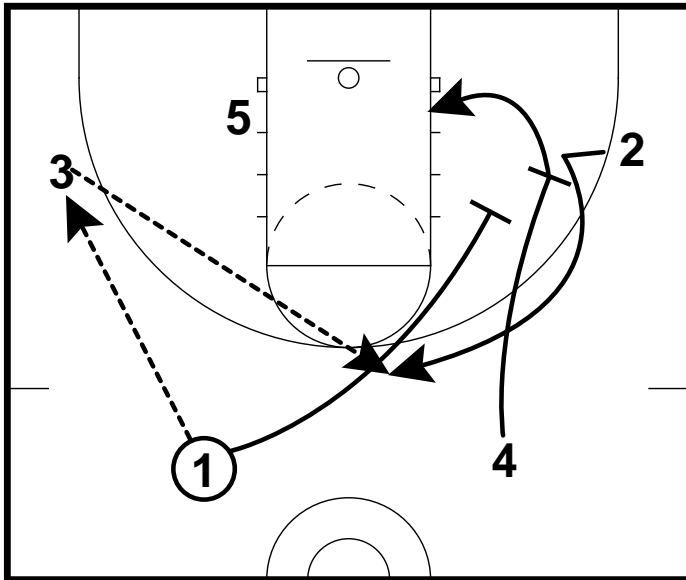
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Scott Duncan: Transition Offense

2 Double

Early Offense



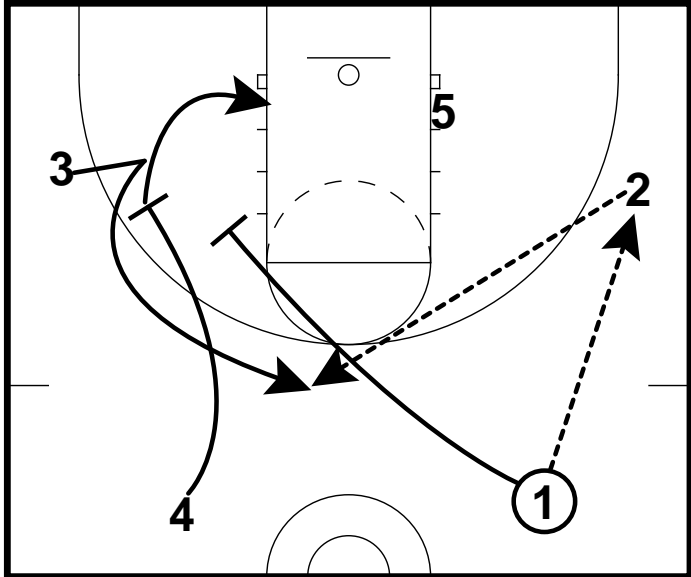
Early Offense

- 1 kicks ahead to 2
- 4 and 1 double screen for 3

Scott Duncan: Transition Offense

3 Double

Early Offense



- Early Offense
- 1 kicks ahead to 2
 - 4 and 1 double screen for 3

Transition Drills

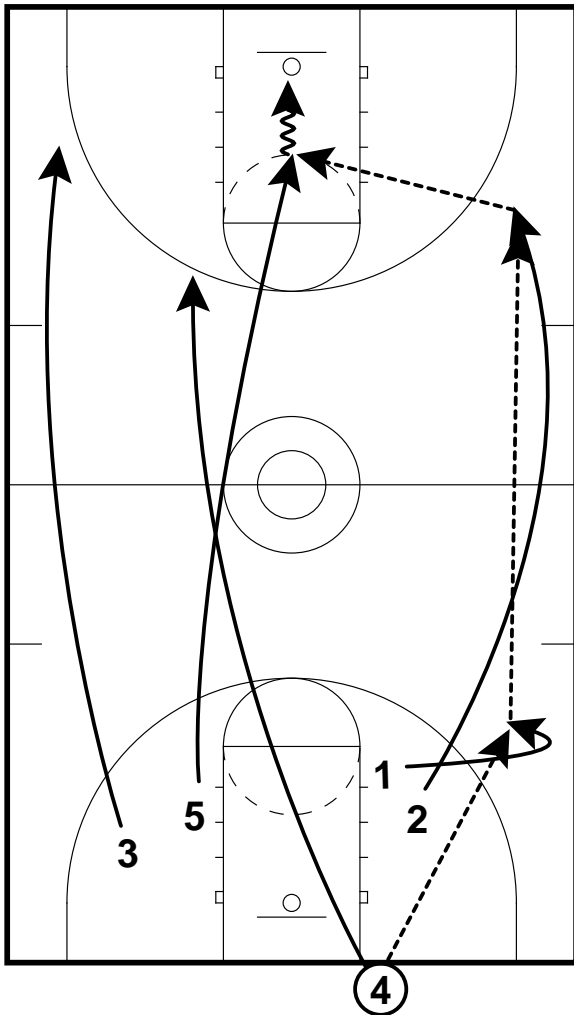
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Scott Duncan: Transition Offense

Cycles

Drills - Transition

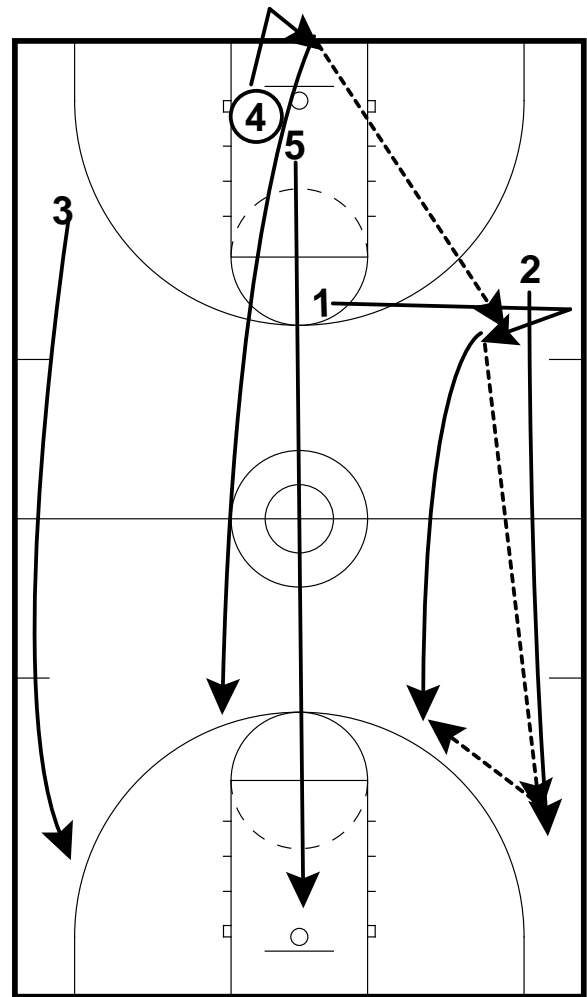


Drills - Transition

1st Cycle

- Pitch to 2 who hits 5 running the rim

Drills - Transition



Drills - Transition

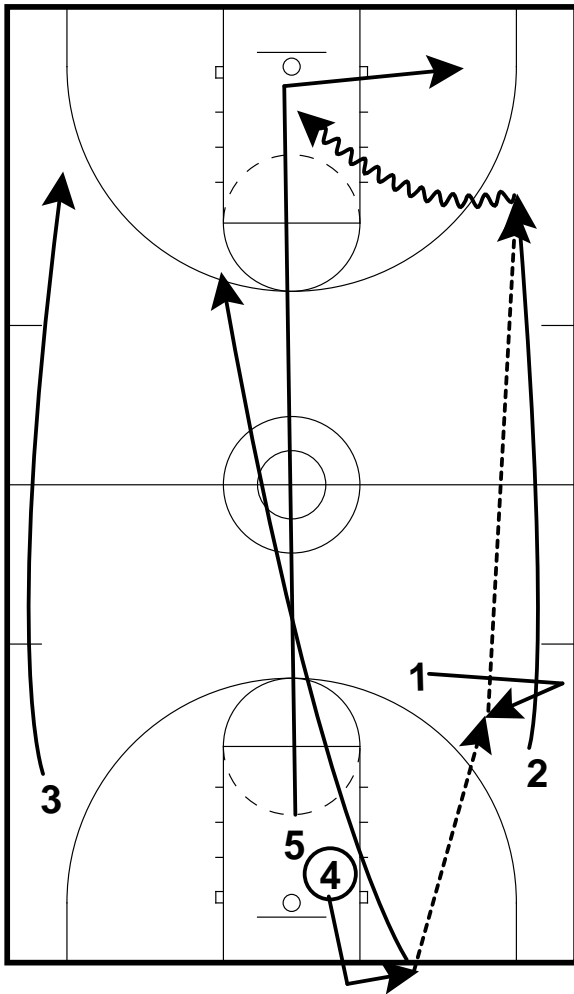
2nd Cycle

- 4 takes the ball out of bounds, inbounds to 1 who pitches ahead to 2
- 2 passes back to 1 who pulls up for a 3

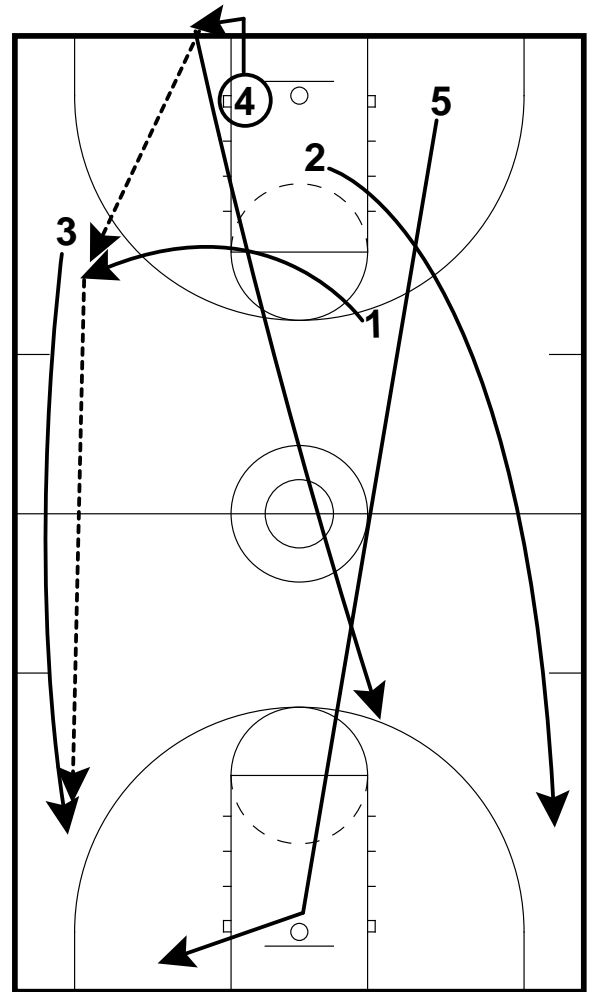
Scott Duncan: Transition Offense

Cycles

Drills - Transition



Drills - Transition



Drills - Transition

3rd Cycle

- 4 takes the ball out of bounds and inbounds to 1
- 1 pitches ahead to 2 who can shoot the 3 or shot fake and drive middle

Drills - Transition

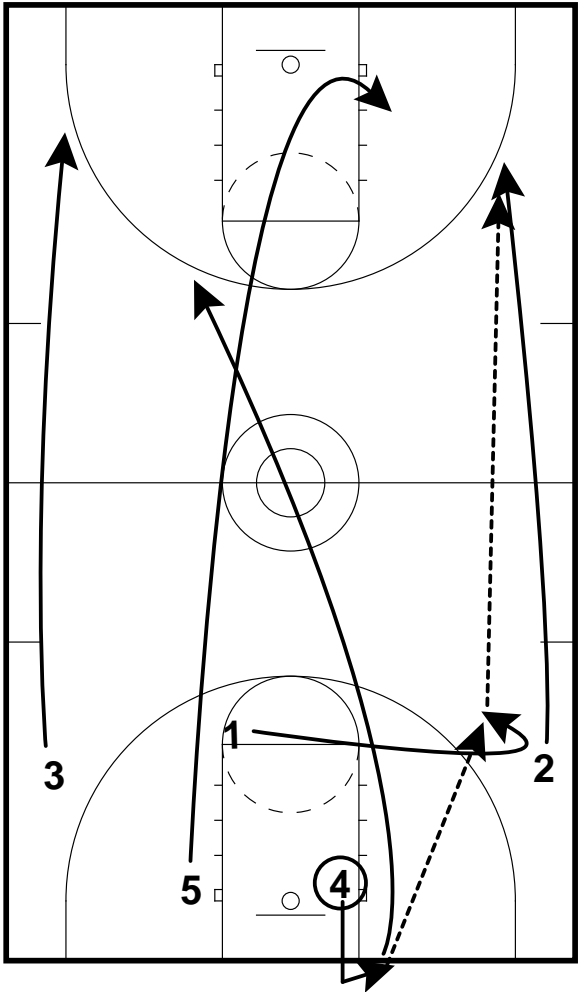
4th Cycle

- 4 takes it out and inbounds to 1 who pitches ahead to 3
- 3 can shoot the 3 or fake and drive middle

Scott Duncan: Transition Offense

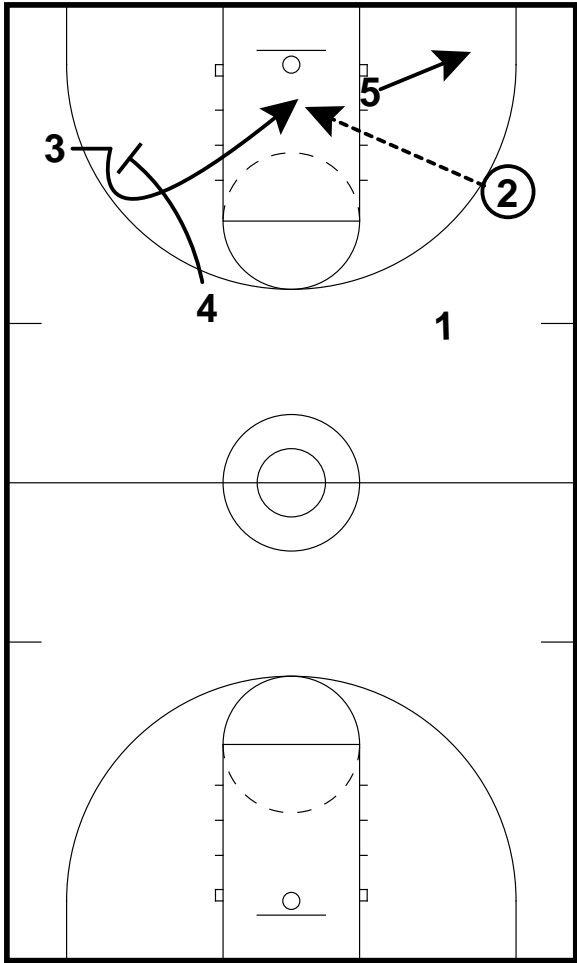
Cycles

Drills - Transition



Drills - Transition
5th Cycle
- Run Open set

Drills - Transition

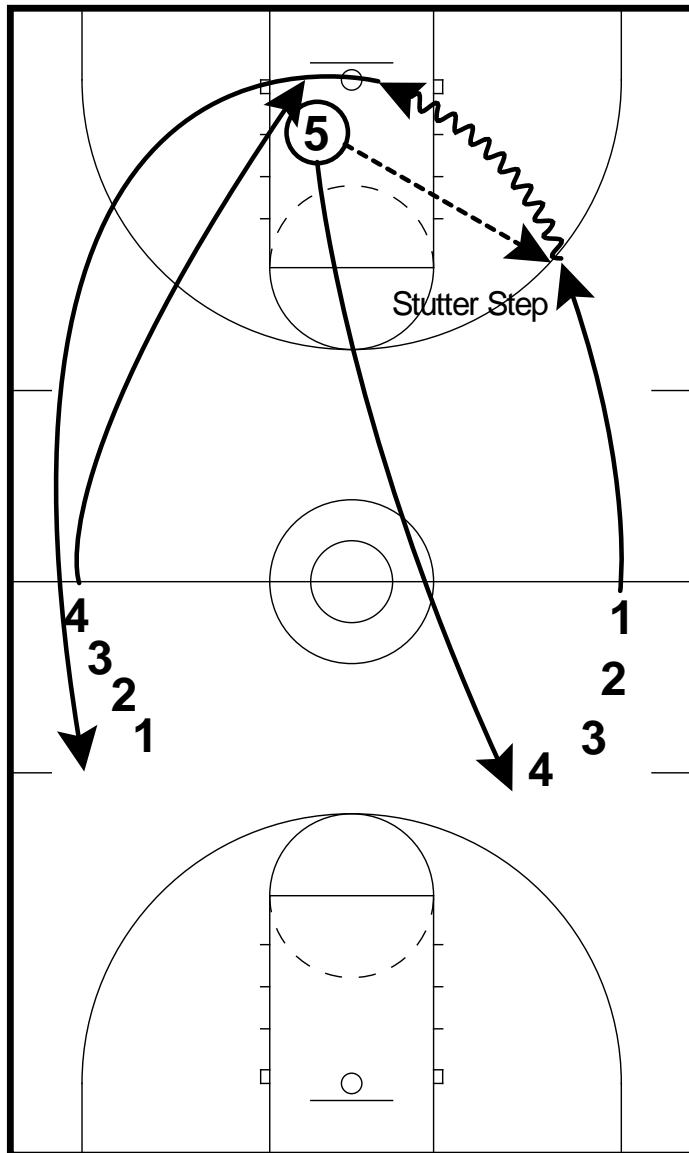


Drills - Transition

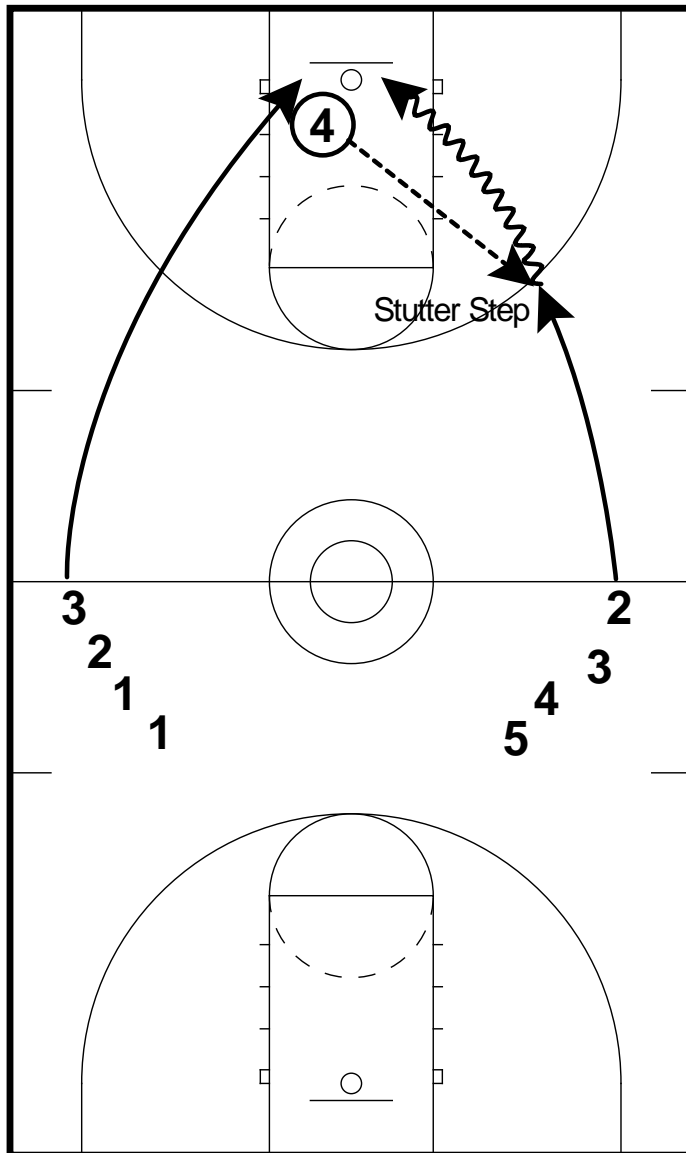
Scott Duncan: Transition Offense

Perfection Drill

Drills - Transition



Drills - Transition



Drills - Transition

- Need to make X number of perfect lay-ups
- You can specify as to what constitutes as a perfect lay-up
- 1. Everyone sprints
- 2. Need to start behind half court
- 3. Rebound the ball before it touches the ground
- 4. Have to stutter step

- Otherwise, they start over at 0

Drills - Transition

- Rotations
- 1. Rebounder goes to shooting line
- 2. Shooter goes to rebounding line

Clinic Speaker: Ryun Williams

Topic: Offensive Quick Hitters

Bio: Ryun Williams is in his fourth season as the head women's basketball coach at The University of South Dakota. Williams was named the program's 10th head coach on April 3, 2008.



Williams, the winningest women's basketball coach in Wayne State (Neb.) history and former South Dakota men's basketball player, has guided the Coyotes to a 53-39 mark in his first three seasons, which was their first two years of transitioning to Division I status.

The Coyotes advanced to the Women's Basketball Invitational postseason tournament for the first time in 2010-11, and earned their first-ever Division I postseason win with a 62-47 victory over Idaho. South Dakota finished as runner-up in the Great West Conference during the regular season with a 10-2 mark and was the only team to beat league Chicago State.

General Notes

- General Lessons Learned

1. Need to do the basics really, really, really well
2. Work on fundamentals every day
3. Don't over analyze the game and don't over coach the game

Good Coaches

1. Fundamentals
2. Good footwork
3. Repetition, Repetition, Repetition

- Lucky Huber --- "Need to be a good observer to be a good coach"

- Use quick hitter actions that use very few passes ---- decreases turnovers and is easier to remember

- Turnover Tendencies

1. Traveling due to poor footwork
2. Post entry passing

- Sometimes motion offenses will break down. Quick hitters are a good balance

Example: If you go 3 possessions without getting a quality shot, run a quick hitter for your best player

Ryun Williams: Offensive Quick Hitters

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Man Quick Hitters

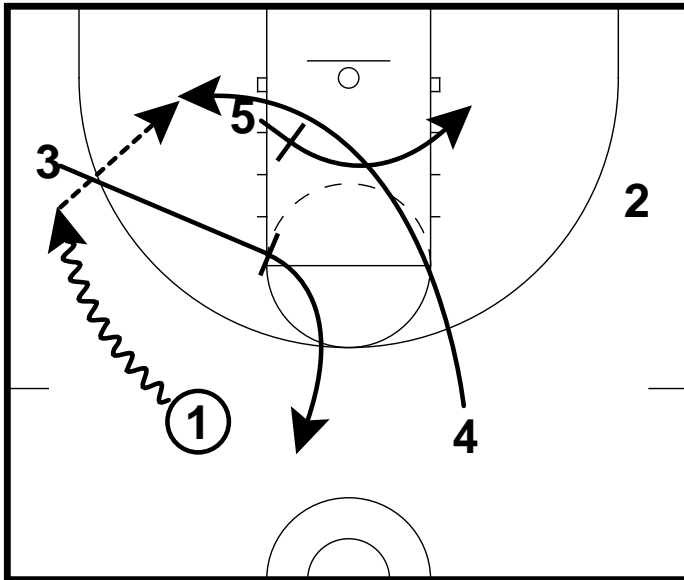
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Ryun Williams: Offensive Quick Hitters

PRO

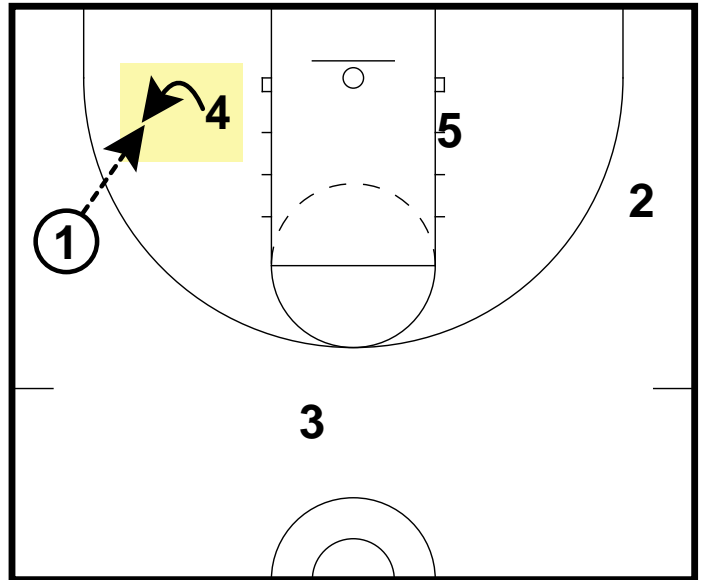
Man Quick Hitter



Man Quick Hitter

- 5 and 3 run interference while 4 a scrape uts to get a Pro Post touch

Man Quick Hitter



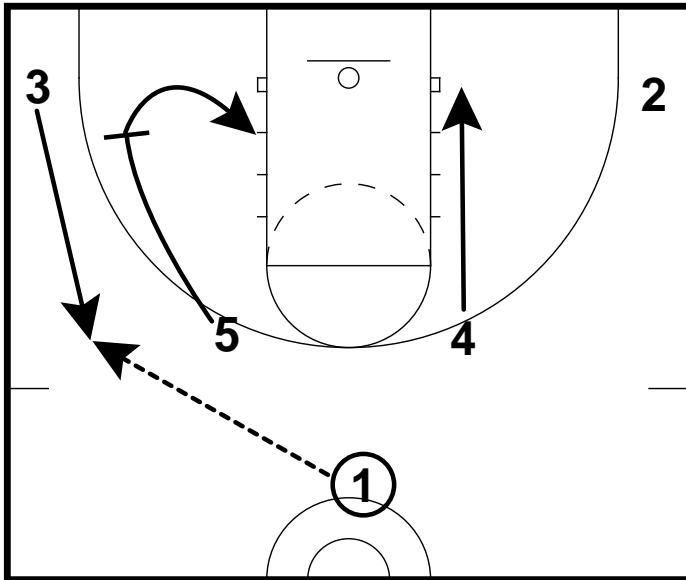
Man Quick Hitter

- One of the toughest passes is the post entry, therefore, use a Pro Post entry
- Post player establishes a left forearm in the defender and a right hand target
- The post passer has the whole boxed area to pass the ball
- Once the post receives the ball, he/she makes a play
- This is a good way to play inside-outside basketball because of the spacing

Ryun Williams: Offensive Quick Hitters

UTAH

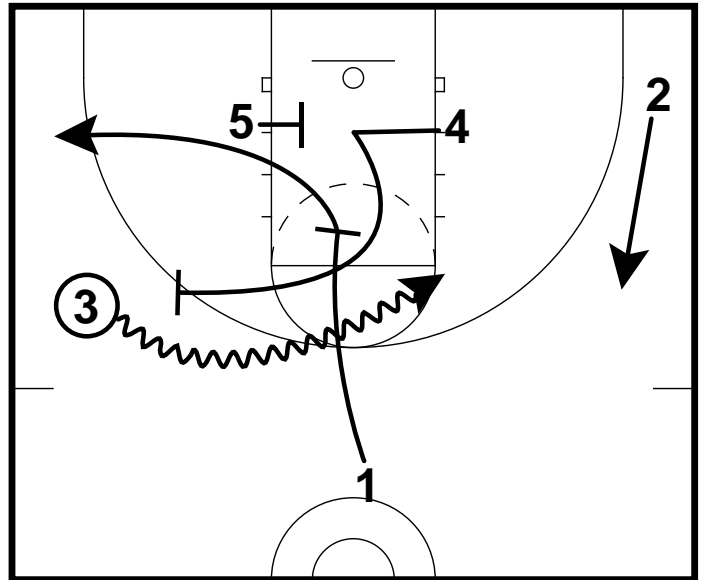
Man Quick Hitter



Man Quick Hitter

- 5 down screens for 3 to make a straight cut
- 4 cuts to the low block

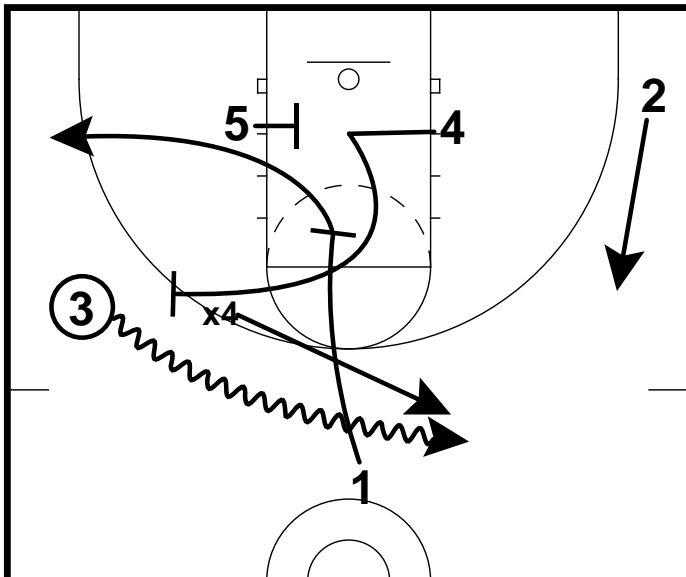
Man Quick Hitter



Man Quick Hitter

- 5 sets a decoy cross screen while 1 sets a down screen to free up 4
- This will help take away the ability to hard hedge/trap the ball screen
- 1 spaces out while 3 attacks the lane off of the ball screen
- 1 can kick to 2 if his defender helps on the lane attack

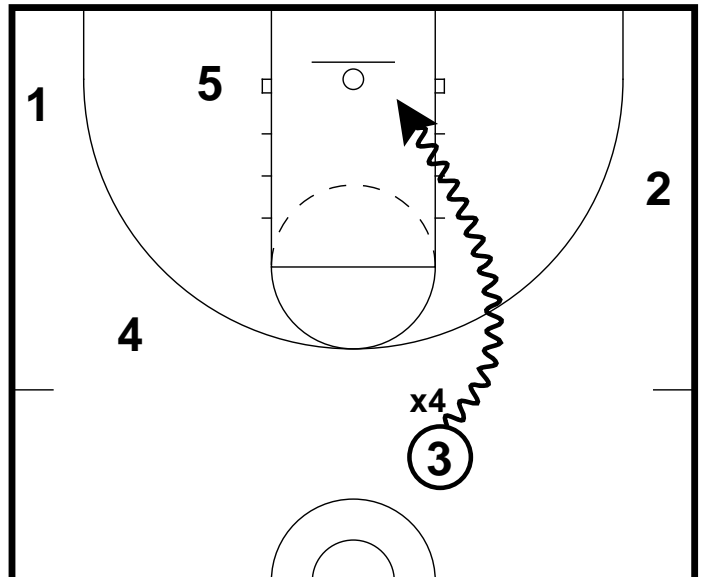
Man Quick Hitter



Man Quick Hitter

- If they switch the ball screen, 3 needs to drag out the screen

Man Quick Hitter



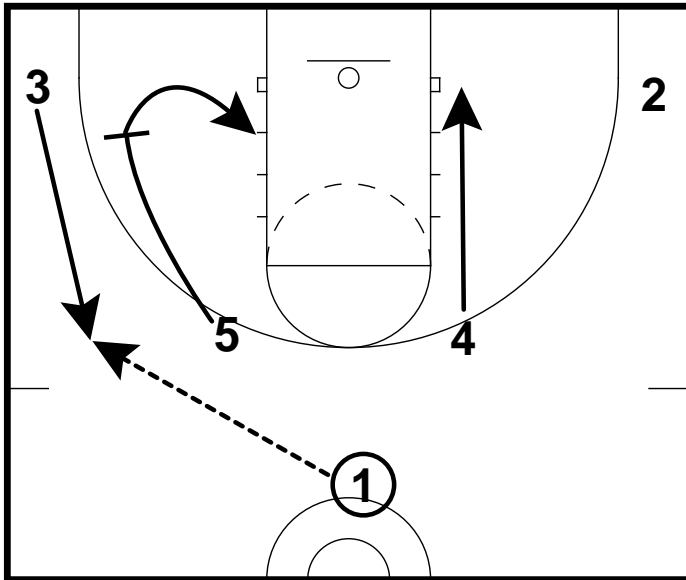
Man Quick Hitter

- 3 should look to take the BIG defender off of the dribble
- If X4 sags off, 3 should look to shoot the 3

Ryun Williams: Offensive Quick Hitters

UTAH 1

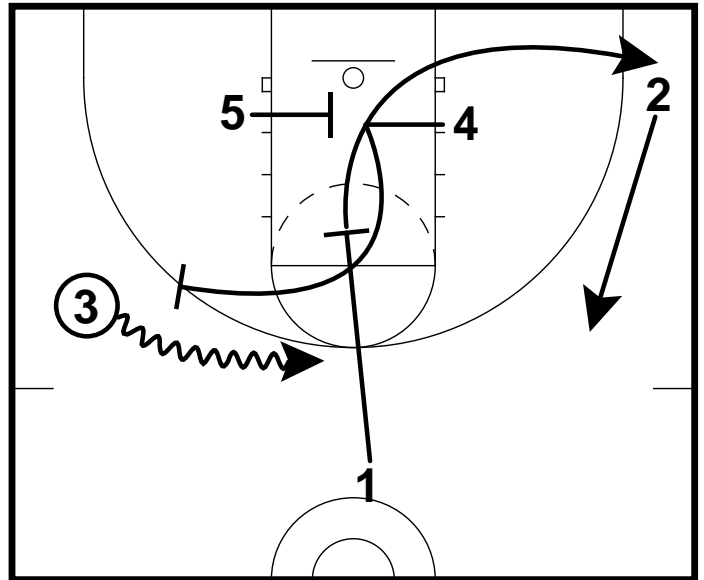
Man Quick Hitter



Man Quick Hitter

- 5 down screens for 3 to make a straight cut
- 4 cuts to the low block

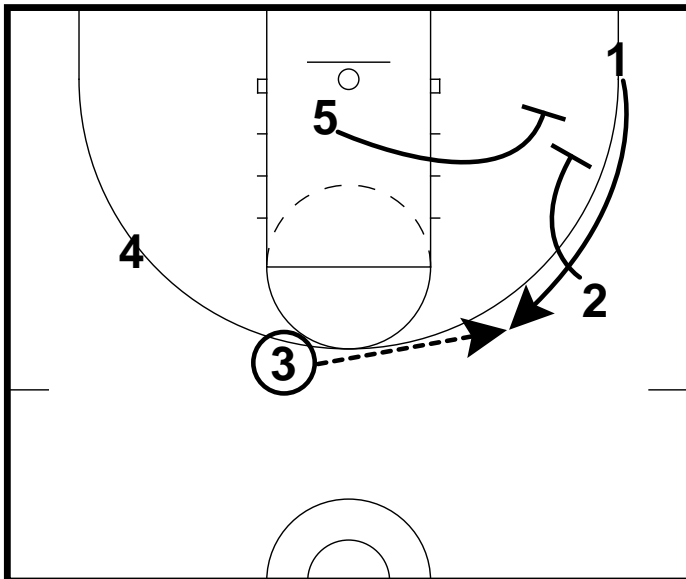
Man Quick Hitter



Man Quick Hitter

- 5 sets a decoy screen for 4 and 1 down screens to free up 4 to set a ball screen on the wing
- 2 spaces up to the wing and 1 clears to the corner

Man Quick Hitter



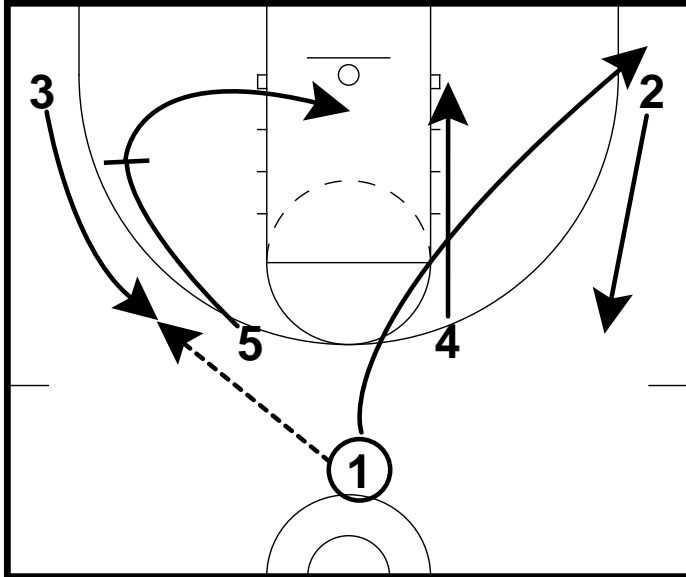
Man Quick Hitter

- 5 and 2 double stagger screen for 1

Ryun Williams: Offensive Quick Hitters

UTAH DOWN

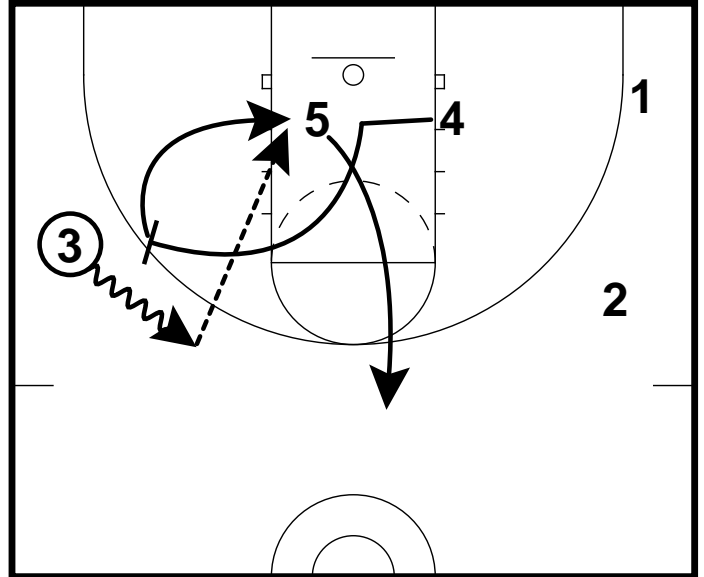
Man Quick Hitter



Man Quick Hitter

- 5 down screens for 3 to receive the ball from 1
- 4 cuts to the block and 5 runs interference for 4
- 1 clears to the corner and 2 cuts up to the wing

Man Quick Hitter



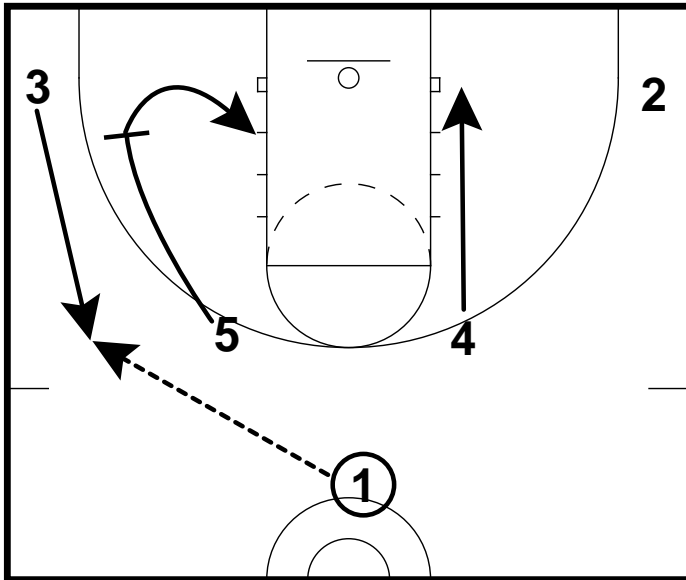
Man Quick Hitter

- 4 runs off of 5's interference and ball screens for 3 at the wing
- 5 cuts up to the key and 4 rolls to the rim after setting the ball screen
- 1 and 2 space for kickouts

Ryun Williams: Offensive Quick Hitters

UTAH Blue

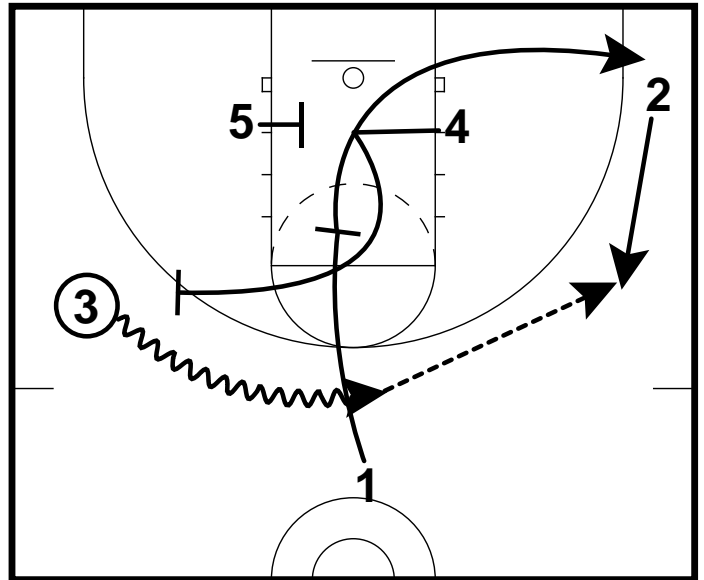
Man Quick Hitter



Man Quick Hitter

- 5 down screens for 3 to make a straight cut
- 4 cuts to the low block

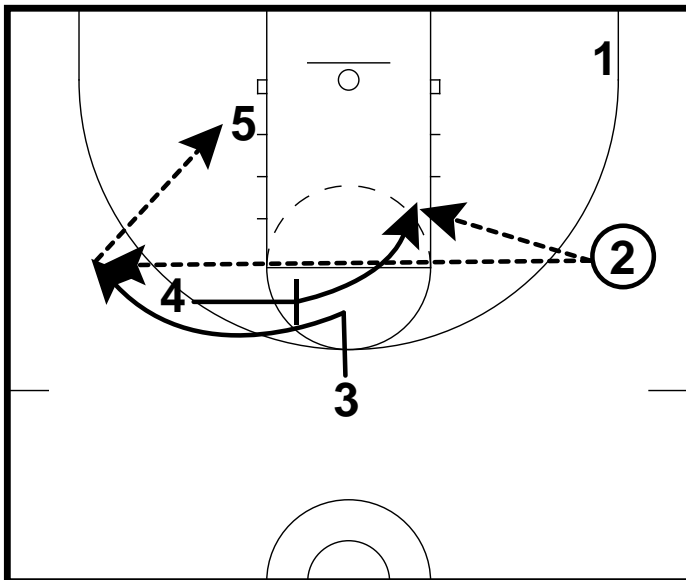
Man Quick Hitter



Man Quick Hitter

- 5 sets a decoy cross screen while 1 sets a down screen to free up 4
- This will help take away the ability to hard hedge/trap the ball screen
- 3 kicks to 2

Man Quick Hitter



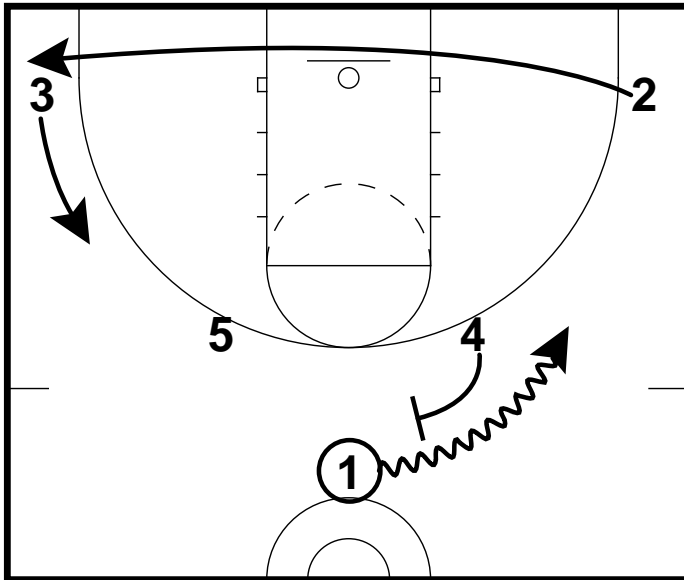
Man Quick Hitter

- 4 then flare screens for 1
- 4 looks to slip if 4 shows at all on the flare screen
- If the ball is skipped to 3, he looks to shoot or enter Pro Post to 5

Ryun Williams: Offensive Quick Hitters

45

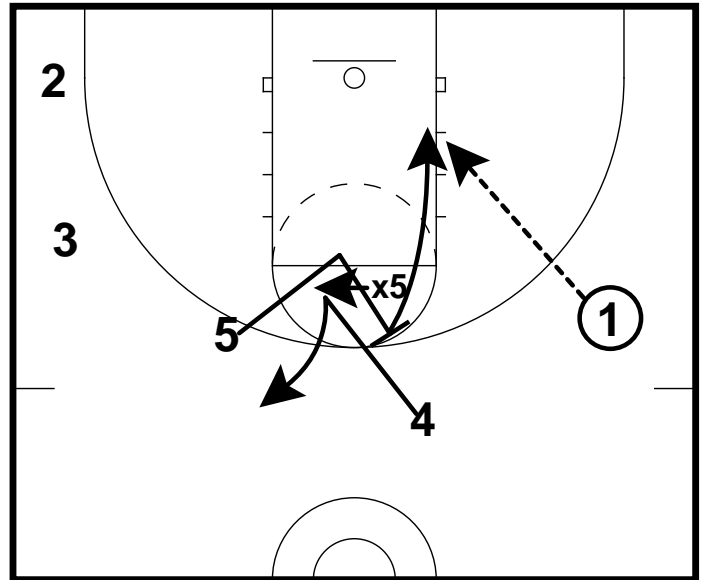
Man Quick Hitter



Man Quick Hitter

- 4 sets a high ball screen for 1 to dribble entry to the wing
- 2 clears out and 3 steps up

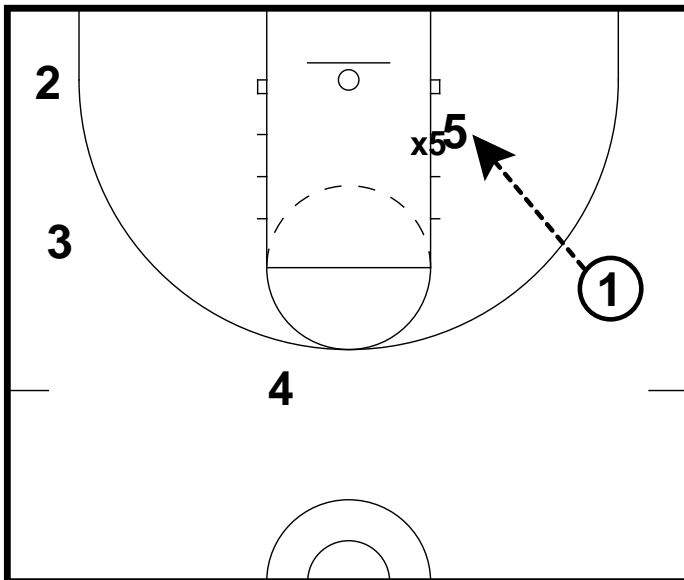
Man Quick Hitter



Man Quick Hitter

- Immediately after the ball screen 5 sets a back screen for 4
- 4 acts like he is going to use the back screen in order to get X5 to step and help (hedge or bump) and then 4 bumps back out to the perimeter
- On the help from X5, 5 slips to the rim

Man Quick Hitter



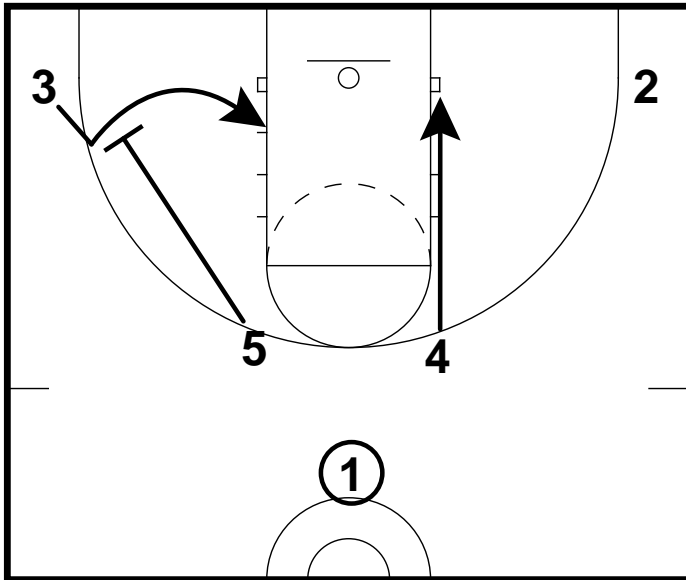
Man Quick Hitter

- If no scoring opportunity, 5 enters the Pro Post

Ryun Williams: Offensive Quick Hitters

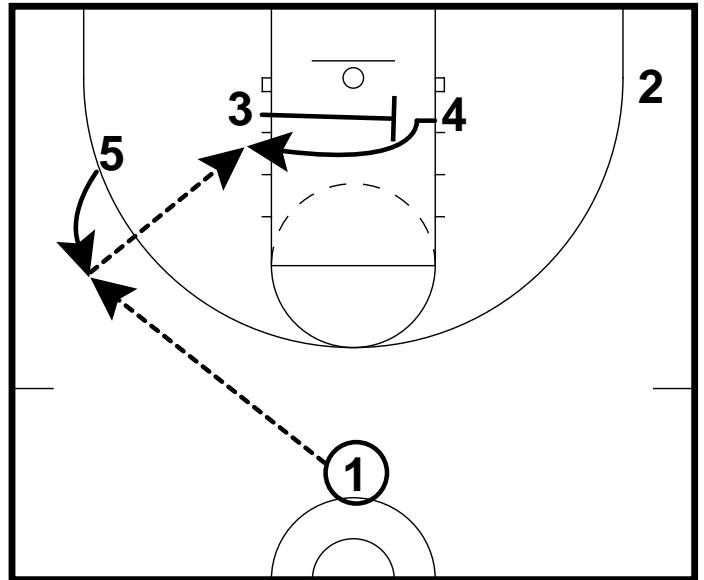
CROSS

Man Quick Hitter



- Man Quick Hitter
- 5 down screens for 3 who back cuts to the block
 - 4 cuts down to the block

Man Quick Hitter

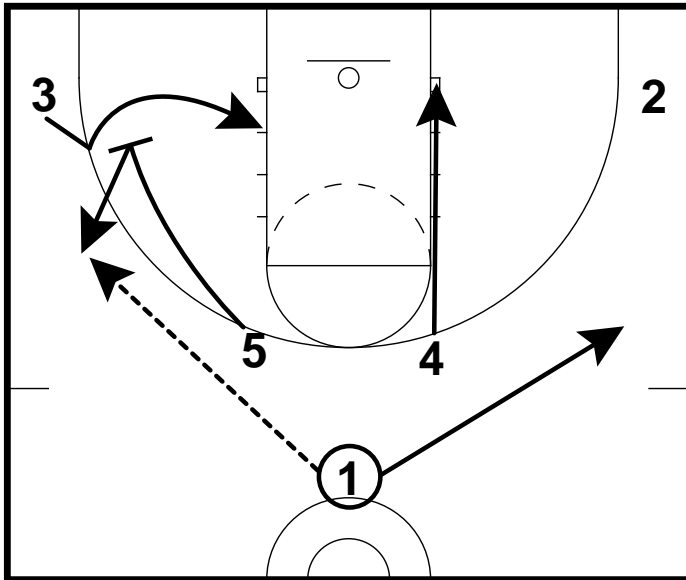


- Man Quick Hitter
- 5 shapes up to receive the pass from 1
 - 3 cross screens for 4 who posts at the block

Ryun Williams: Offensive Quick Hitters

CROSS UP

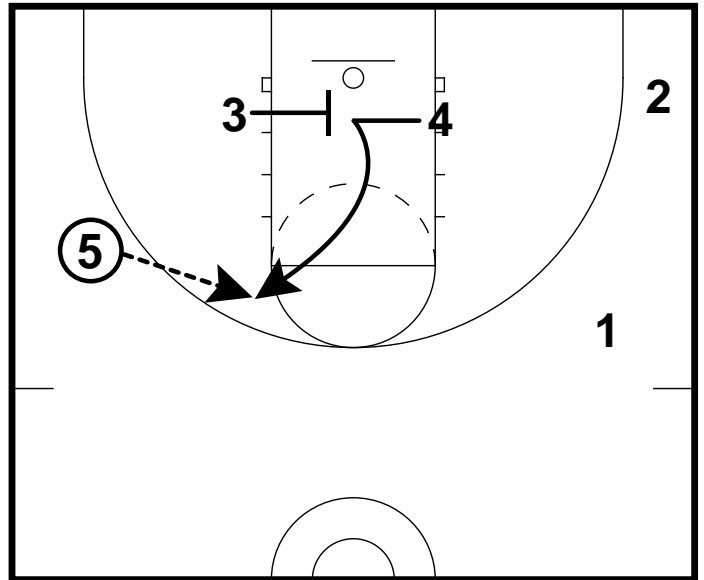
Man Quick Hitter



Man Quick Hitter

- 5 down screens for 3 who back cuts to the block
- 4 dives to the post
- 5 shapes up to receive the pass from 1
- 1 clears out

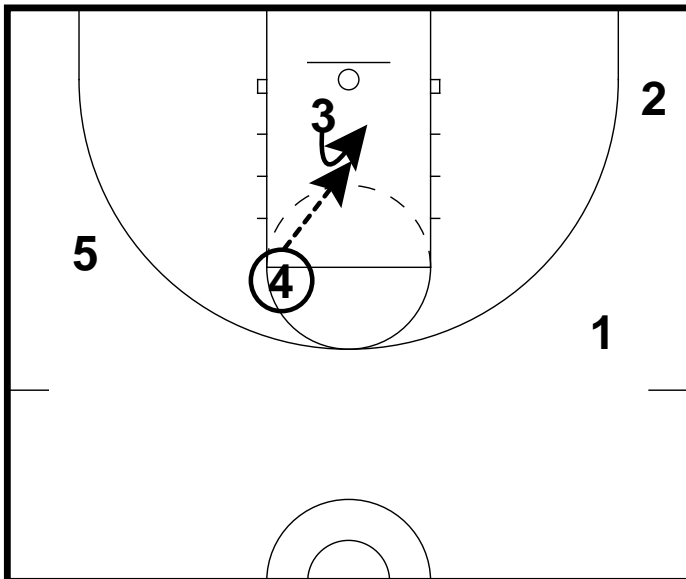
Man Quick Hitter



Man Quick Hitter

- 5 sets a cross screen for 4
- 4 cuts to the high post to receive the pass from 5

Man Quick Hitter



Man Quick Hitter

- 4 looks to 3 for the high low feed

Clinic Speaker: Greg Lansing

Topic: Ball Screen Offense and Defense

Bio: Greg Lansing is in his second season as the head basketball coach at Indiana State. He previously spent eight seasons with the program as an assistant coach, including the last three as associate head coach.



Lansing burst onto the scene as a rookie head coach with the Sycamore basketball program in 2010-11 as he became just the second-ever Indiana State head coach to lead the team to the NCAA Tournament in his first season. He led the team to a 20-14 record, becoming just the 14th head coach in the history of the Missouri Valley Conference to lead a team to 20 or more victories in their first year at the helm.

Lansing earned a Bachelor of Science degree from the University of South Dakota in 1990 and a master's degree in counseling from USD in 1992. As a member of the Coyote basketball team Lansing helped South Dakota reach the NCAA Division II Tournament during his junior and senior seasons, the first NCAA invitation for USD since 1954. He was twice named the South Dakota Defensive Player of the Year. Greg is currently ranked among the leaders in career assists at USD. Following his playing career, Lansing served as a graduate assistant coach at South Dakota for two seasons. In 1992-93 he was a full-time assistant.

Greg Lansing: Ball Screen Offense

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Punch Continuity

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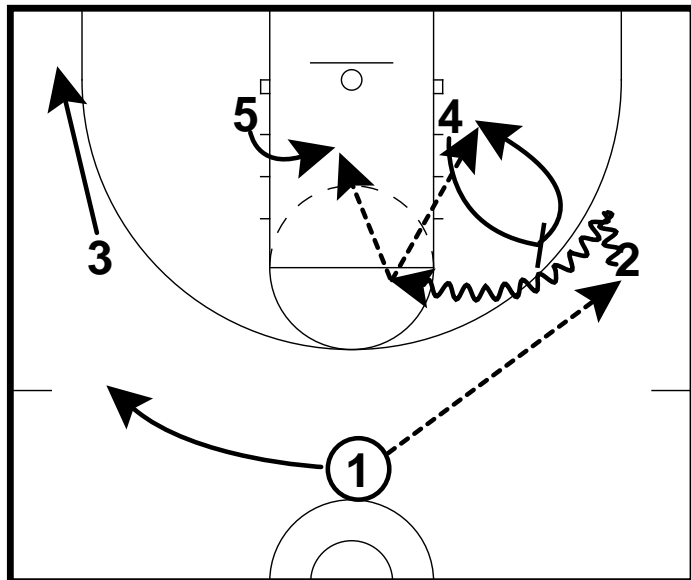
PUNCH Continuity

3

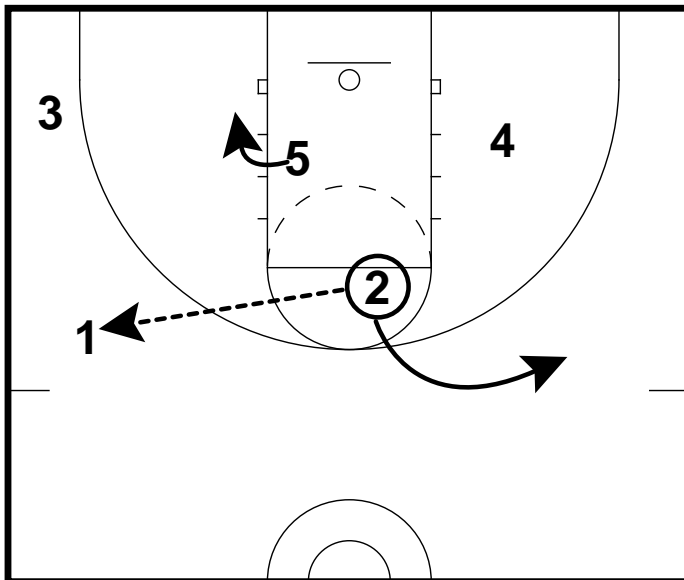
Greg Lansing: Ball Screen Offense

PUNCH Continuity

Man Offense



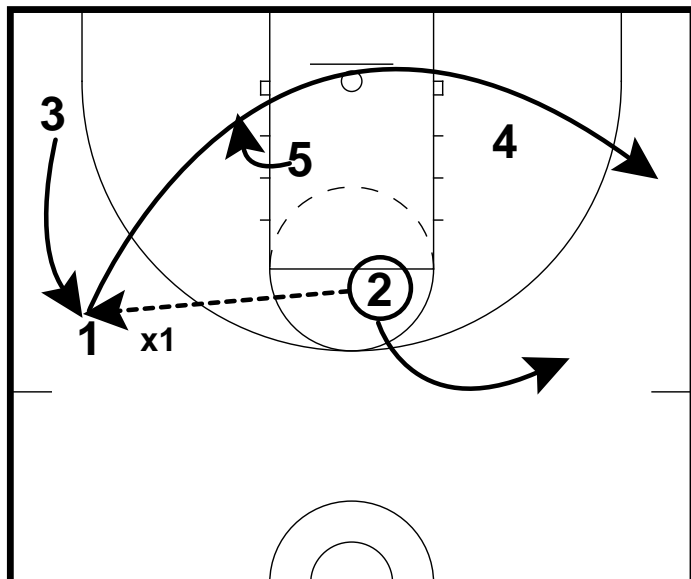
Man Offense



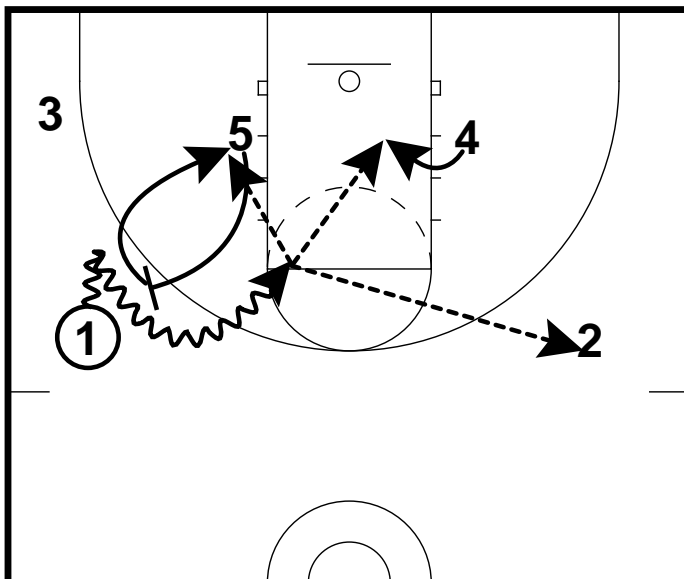
- On the wing entry, 1 can space away or cut
- If 1 spaces away, 3 spaces to corner
- If 1 cuts to the corner, 3 stays
- 2 needs to attack the bottom should of the defender to set up the ball screen
- 4 SPRINTS to set a wing ball screen and rolls
- 5 ducks in

- If 2 cannot create a shot or does not feed 4 on the roll or 5 on duck in, he looks to kick to 1
- 2 spaces away from the ball

Man Offense



Man Offense



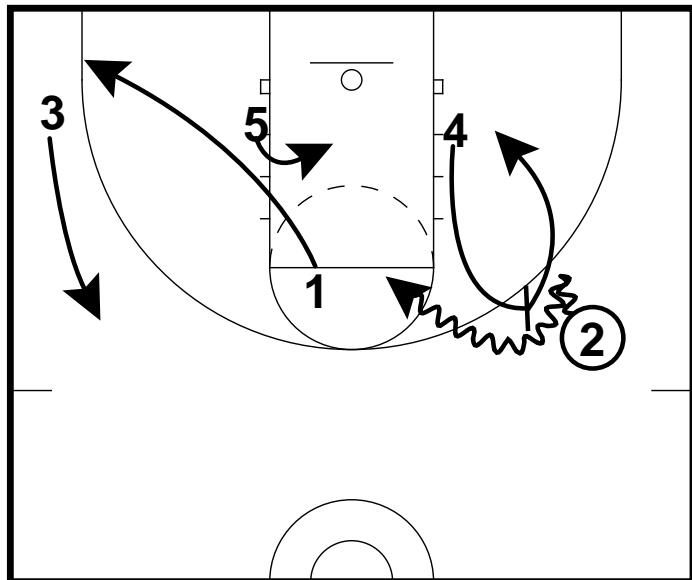
- If X1 denies the kick out, 1 cuts through and 3 fills

- 5 sprints to ball screen and then rolls to the rim
- 4 ducks in
- 1 can hit the roll man, the duck in or kick out to 2

Greg Lansing: Ball Screen Offense

PUNCH Continuity

Man Offense



- In this example, 1 cuts to the corner and 3 fills up the wing
- The continuity continues

Entries

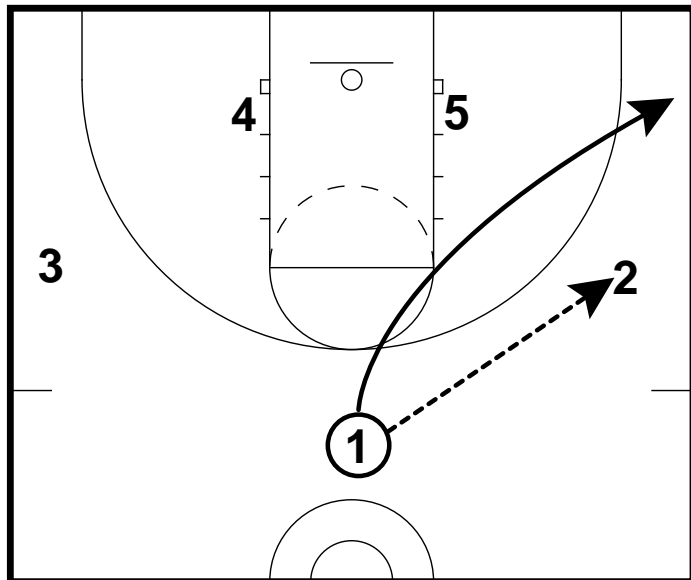
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Greg Lansing: Ball Screen Offense

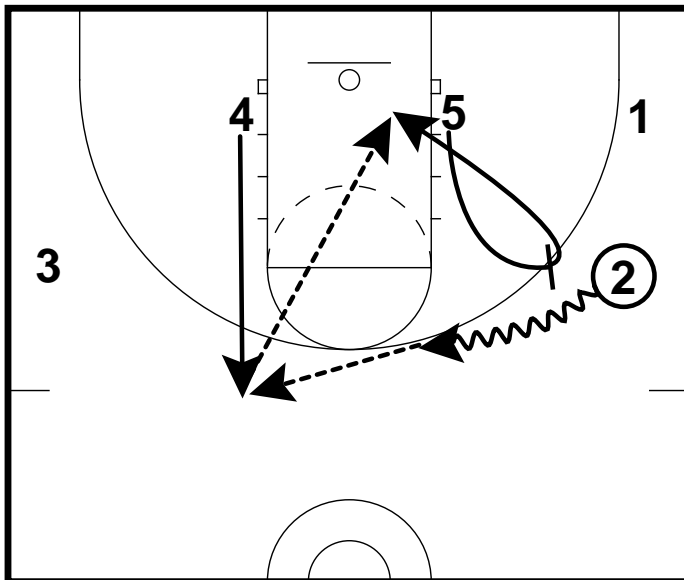
4 Up

Entries



- 1 passes to 2 and cuts to the ball side corner

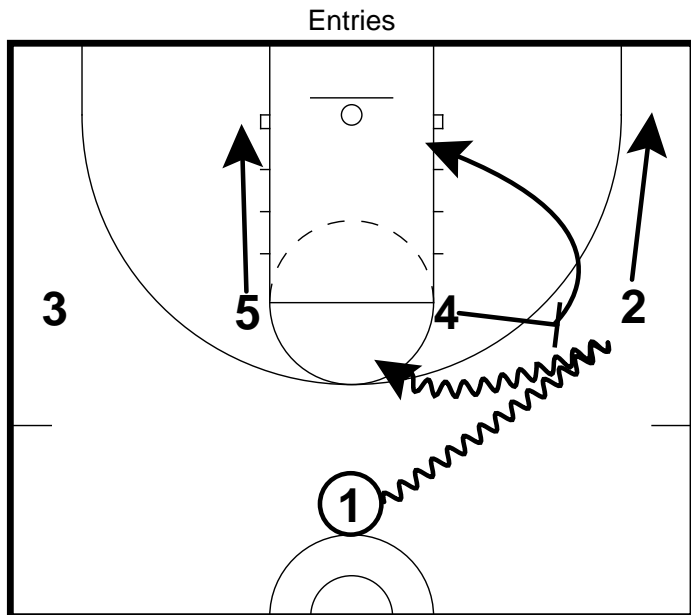
Entries



- 5 sprints to set a ball screen while 4 is cutting UP to the key
- 2 attacks the screen and kicks to 4
- 4 looks to 5 rolling to the rim

Greg Lansing: Ball Screen Offense

1 Push

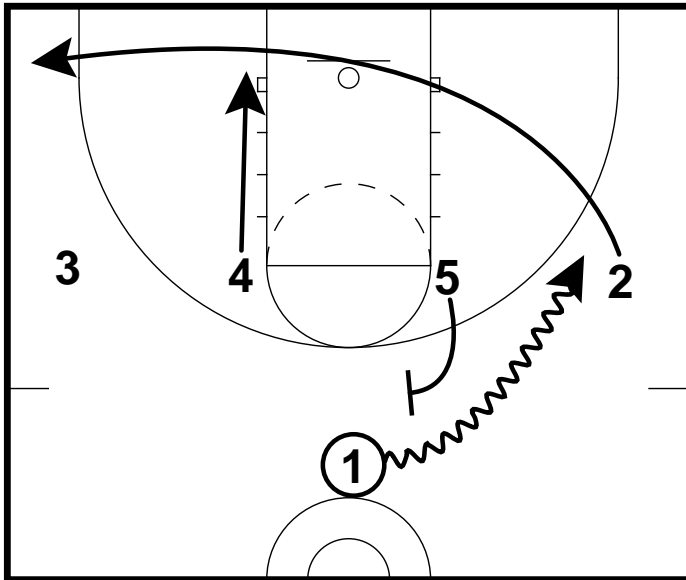


- 1 dribble entires to push 2 to the corner
- 5 dives to the block
- 4 sets a ball screen for 1 to attack the lane
- 4 rolls to the rim

Greg Lansing: Ball Screen Offense

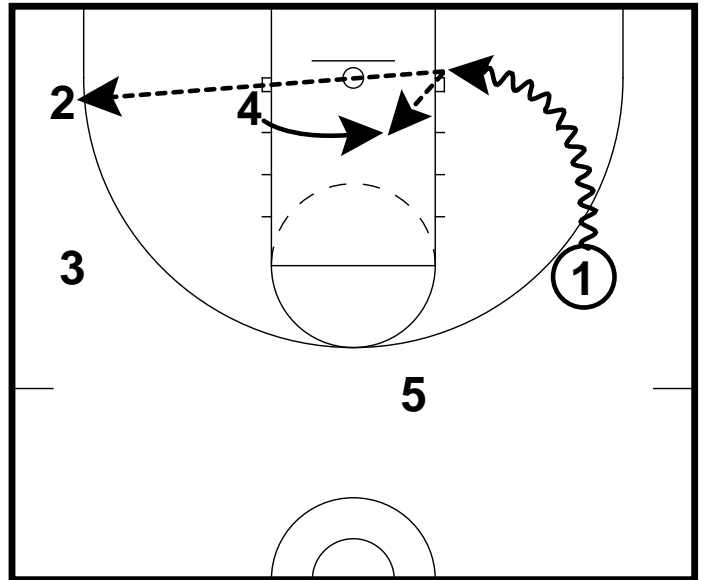
UP

Entries



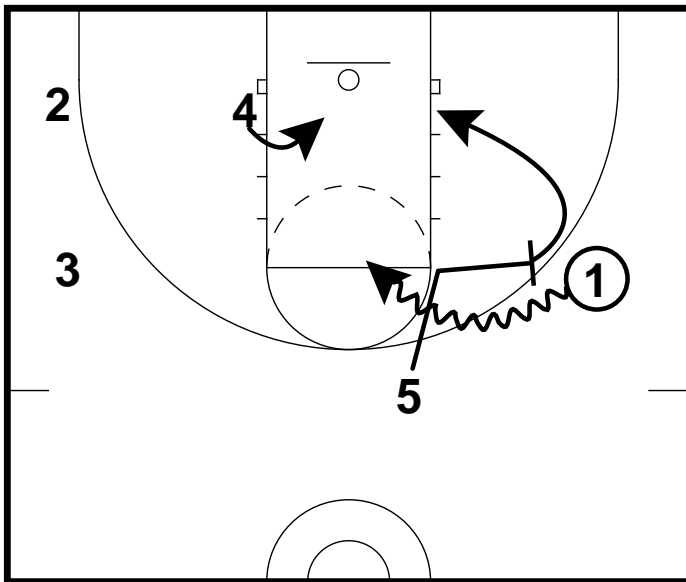
- With an UP call, 5 can set a high ball screen for 1
- 2 clears to the corner

Entries



- On a baseline drive, 2 needs to be low enough to receive the kick from 1
- 4 ducks across the lane

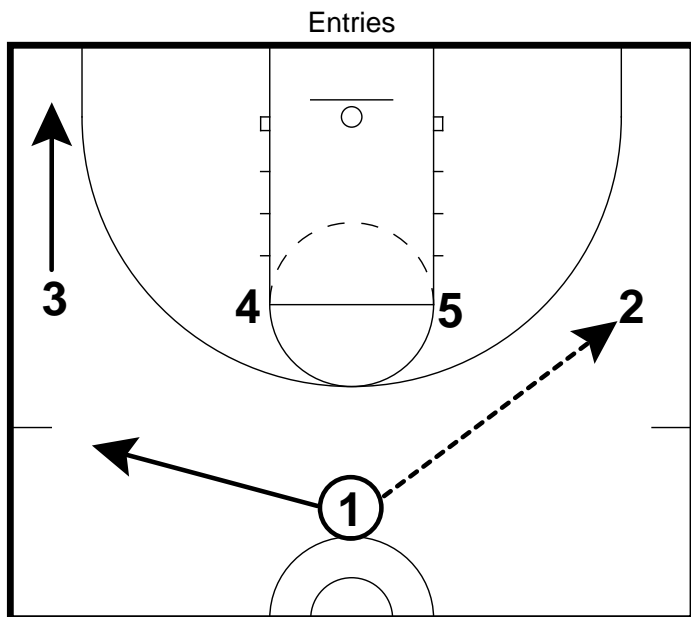
Entries



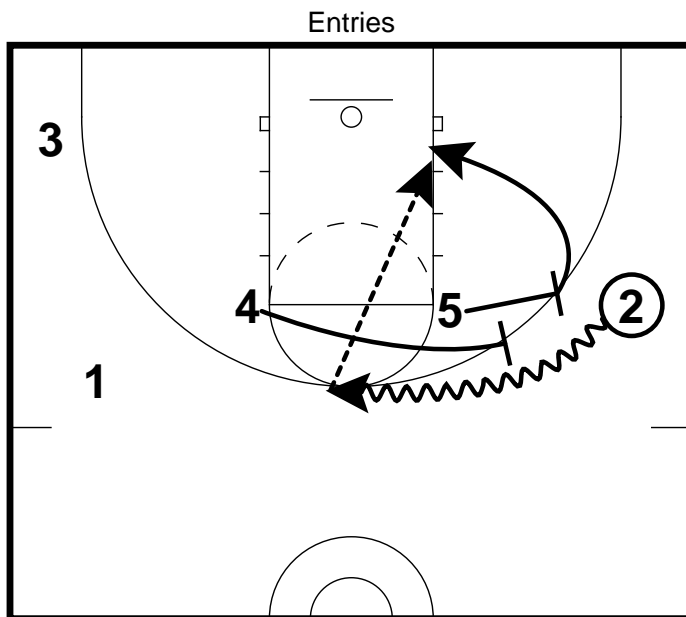
- If 2 does not attack the rim, you are now in PUNCH continuity

Greg Lansing: Ball Screen Offense

Double



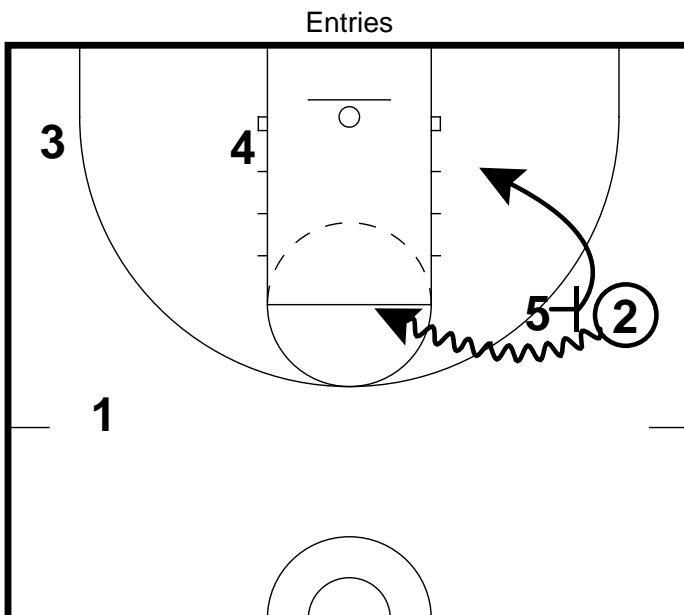
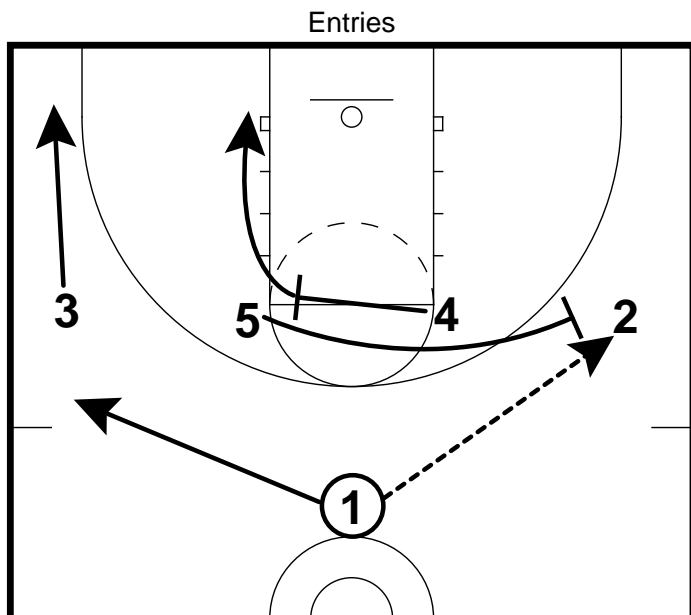
- On the wing entry pass, 1 spaces out and 3 fills opposite corner



- 4 and 5 set a double ball screen
- The first screener slips to the rim

Greg Lansing: Ball Screen Offense

Exchange



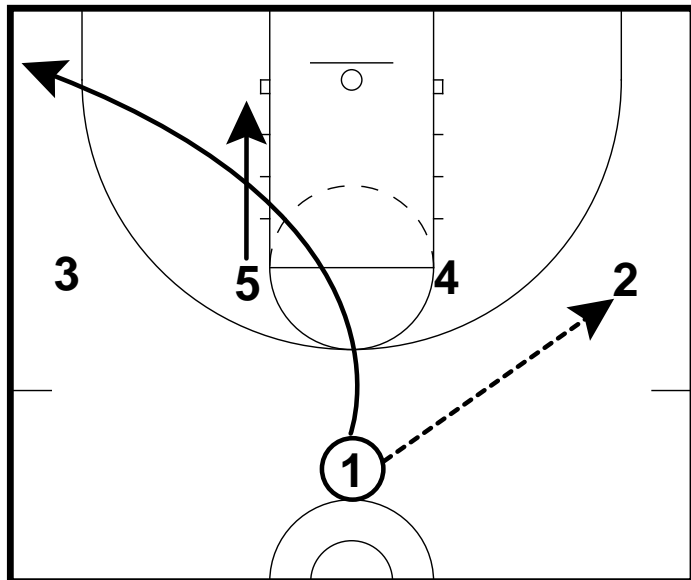
- Out of the 1-4 high set, 4 screens for 5 who sprints to set a ball screen
- 1 spaces out and 3 drops to the corner
- 4 dives to opposite block

- You are now in PUNCH continuity

Greg Lansing: Ball Screen Offense

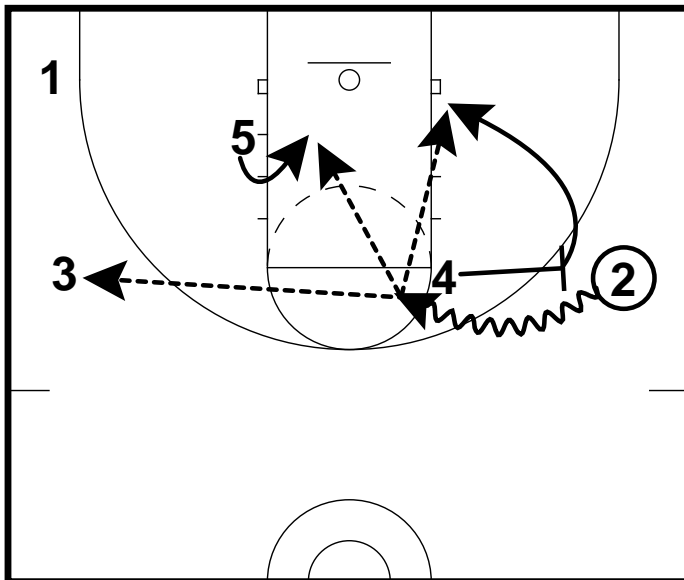
1-4 High Entry

Entries



- Out of a 1-4 high set, 1 passes to the wing and cuts to the corner or spaces out
- If 1 spaces, 3 drops to the corner
- 5 drops to the block

Entries

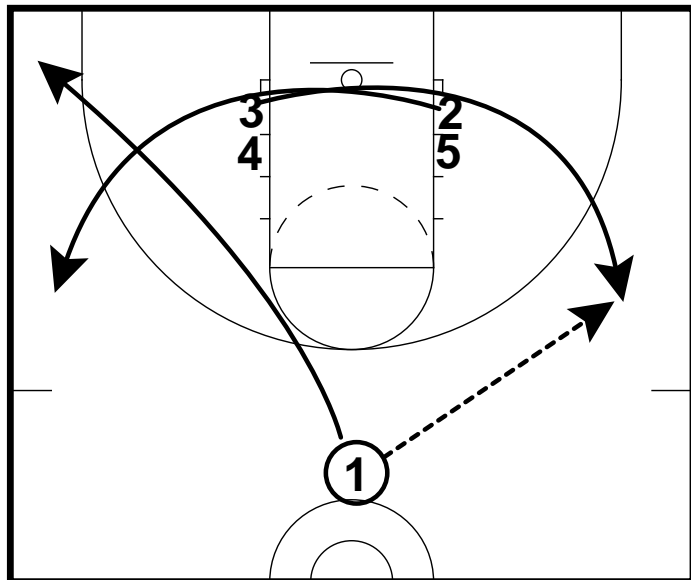


- 4 sets a ball screen and rolls to the block
- 1 attacks the lane and can kick to 2, hit 4 rolling or 5 on the duck-in

Greg Lansing: Ball Screen Offense

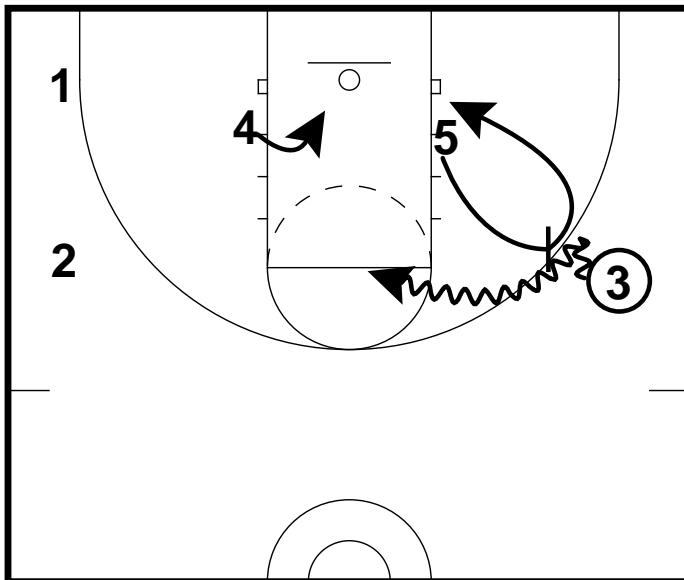
Stack Entry

Entries



- Can also start out of a box set
- 2 and 3 can cut directly to the wing or they can cross to the wings

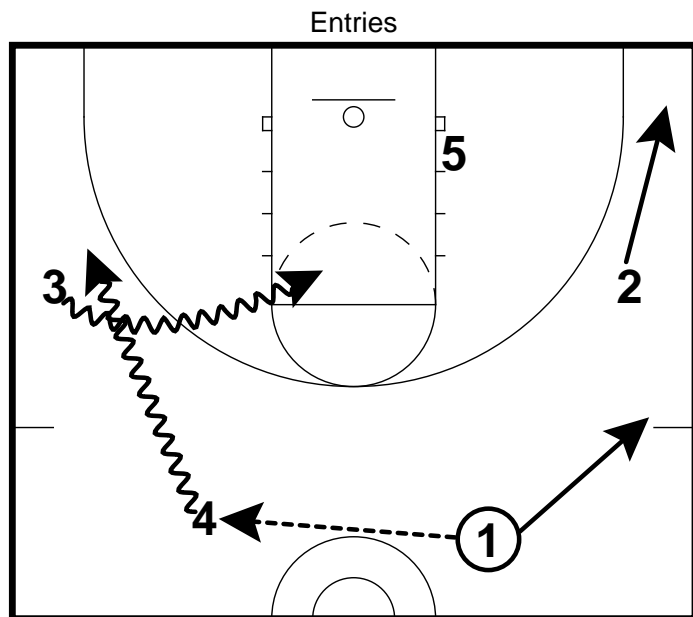
Entries



- When the ball is entered to the wing, you are now in your regular ball screen continuity

Greg Lansing: Ball Screen Offense

Transition Dribble Hand-Off



- In transition offense, 4 can run a dribble hand-off with 3
- 2 and 1 space out for driving lanes

Ball Screen Situations

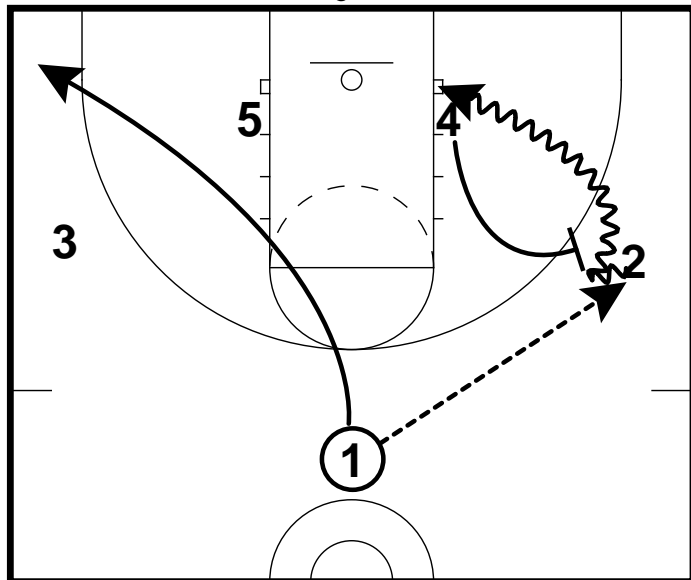
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Greg Lansing: Ball Screen Offense

Deny Screen

Screening Situations

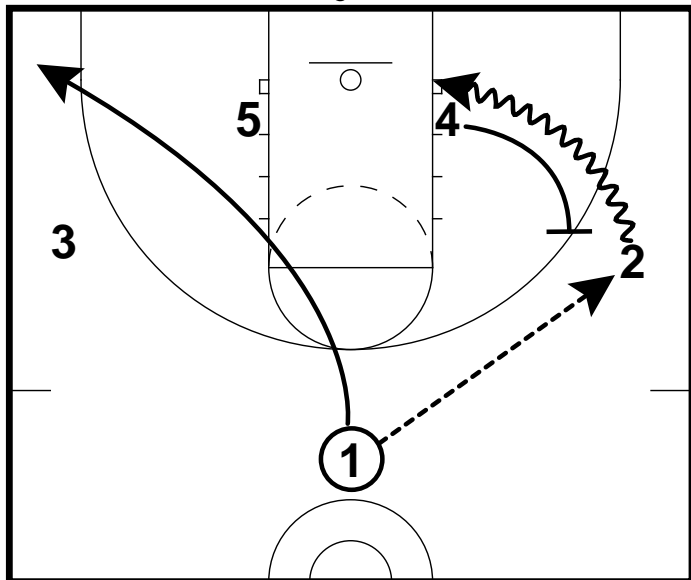


- If X2 starts to anticipate the middle ball screen, 2 can deny the screen and attack baseline

Greg Lansing: Ball Screen Offense

Up Screen

Screening Situations

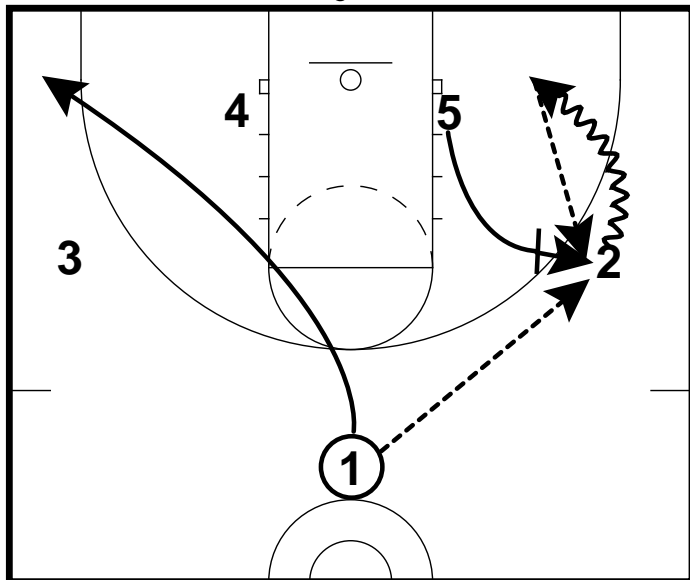


- Rather than setting a middle ball screen, 4 can set an up screen to allow baseline attack from 2

Greg Lansing: Ball Screen Offense

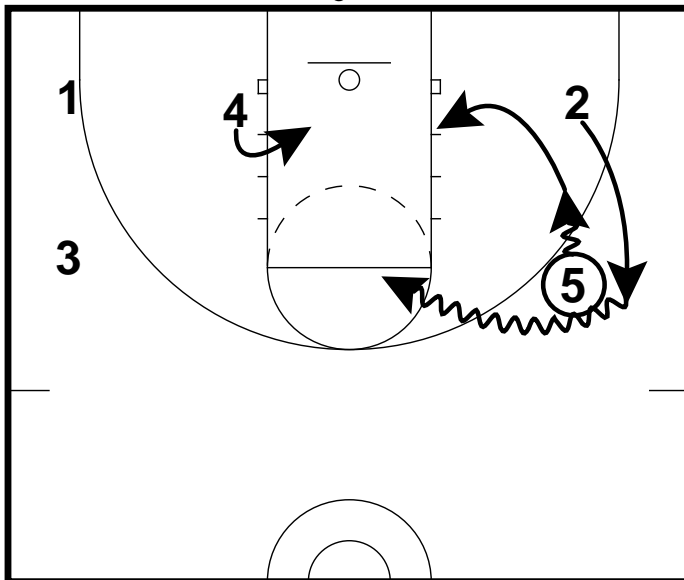
Dribble Hand-Off

Screening Situations



- On the wing entry, pass, 2 denies the screen from 5
- 5 shapes up and receives the pass back from 2

Screening Situations



- 2 cuts off of 5 for a dribble hand-off to get back into PUNCH continuity

Transition Sets

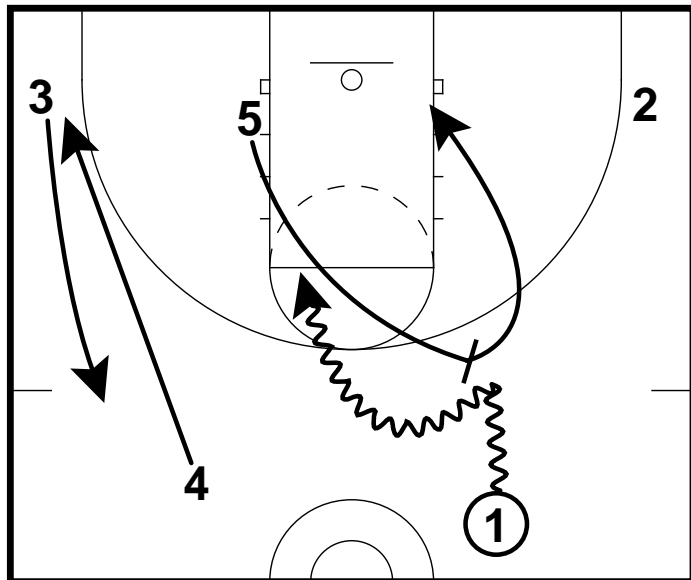
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Greg Lansing: Ball Screen Offense

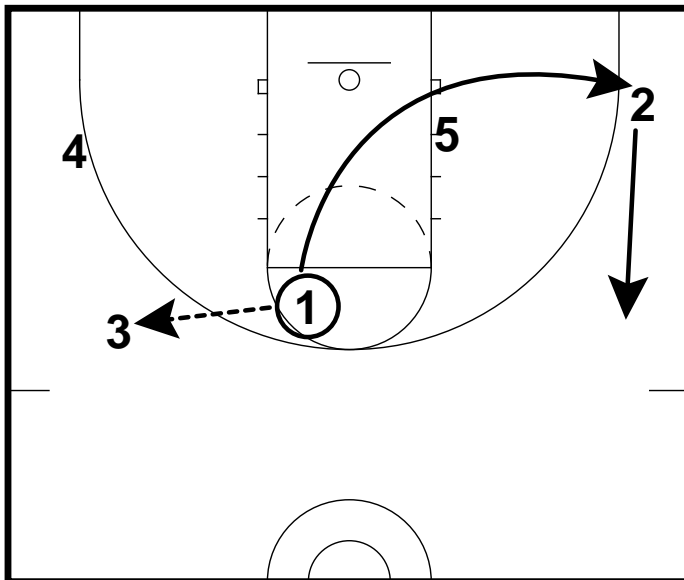
1

Transition sets



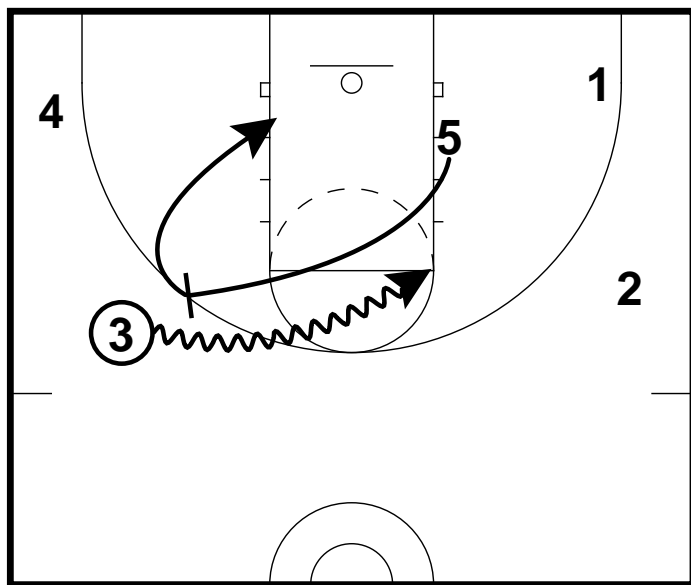
- 3 and 4 interchange
- 5 sprints to set a high ball screen for 1
- 5 rolls to the rim

Transition sets



- If 1 kicks out to 3, 2 fills the wing, 1 cuts to the corner

Transition sets

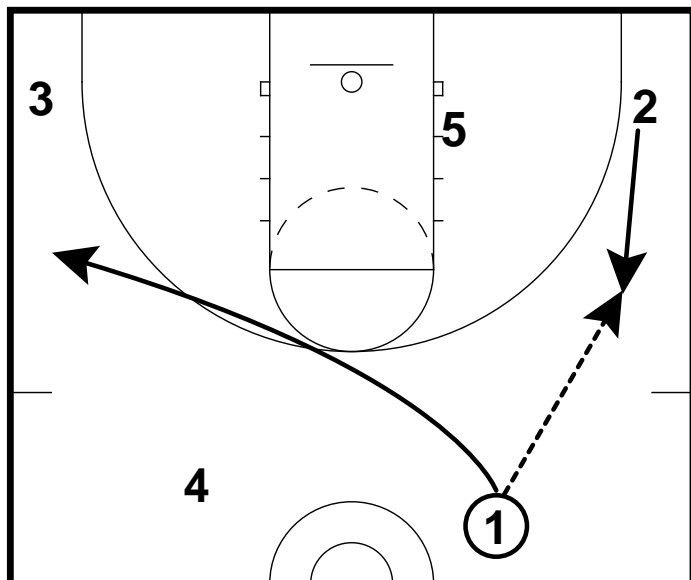


- 5 sprints to set another ball screen for 3

Greg Lansing: Ball Screen Offense

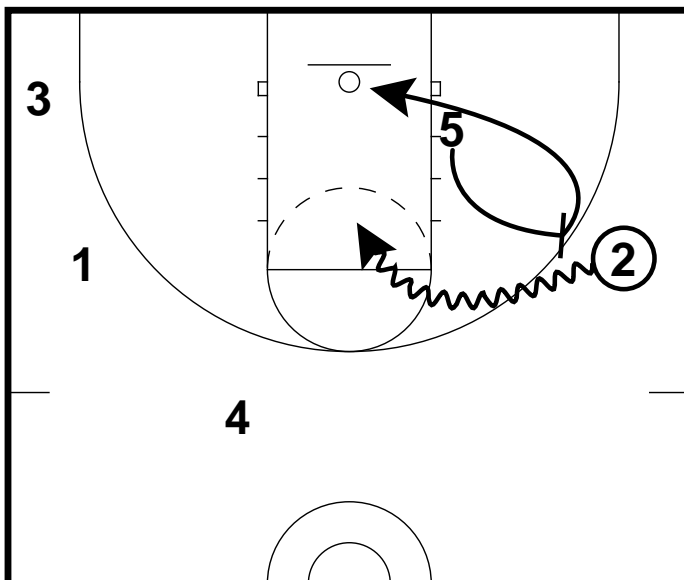
Advance Drag

Transition sets



- Ball is advanced ahead with a pass
- 1 spaces out

Transition sets

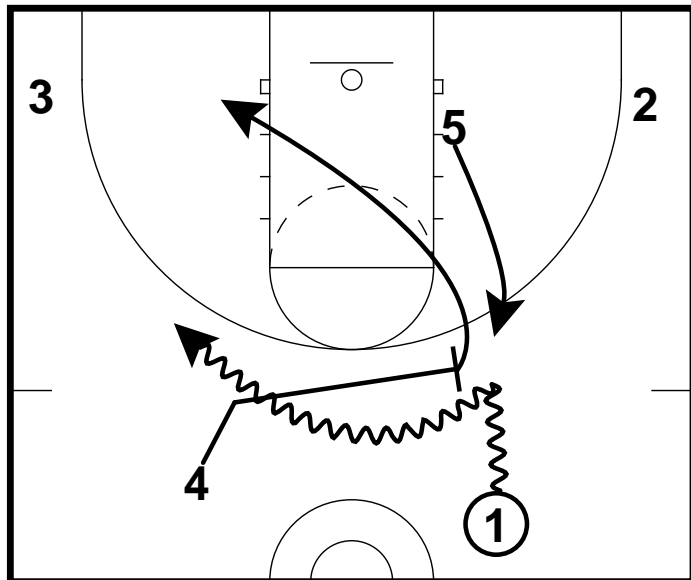


- 5 sets a drag ball screen for 2 to attack the lane
- 5 rolls to the rim

Greg Lansing: Ball Screen Offense

Drag

Transition sets

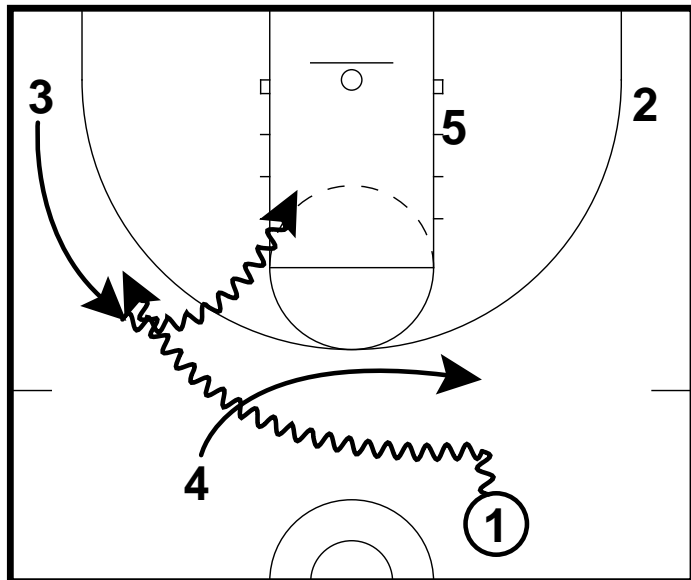


- In transition, 4 sets a drag ball screen
- Shooters get into corners
- 5 pops high on the screen

Greg Lansing: Ball Screen Offense

Dribble

Transition sets

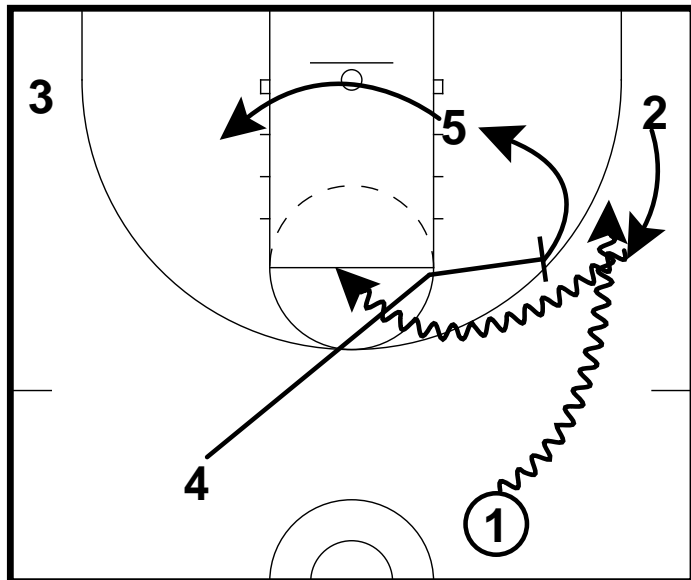


- 1 dribbles through while 4 shallow cuts to replace
- 1 continues dribble entry while 3 cuts up to receive a dribble hand-off

Greg Lansing: Ball Screen Offense

Dribble Drag

Transition sets

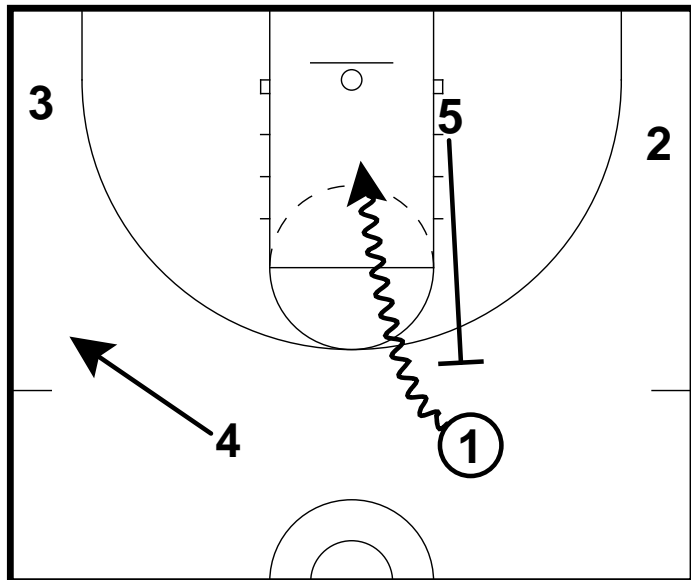


- 1 and run a dribble hand-off
- Immediately on the hand-off, 4 sets a drag ball screen for 2
- 5 clears to opposite block so 4 can roll to the rim

Greg Lansing: Ball Screen Offense

FLAT

Transition sets

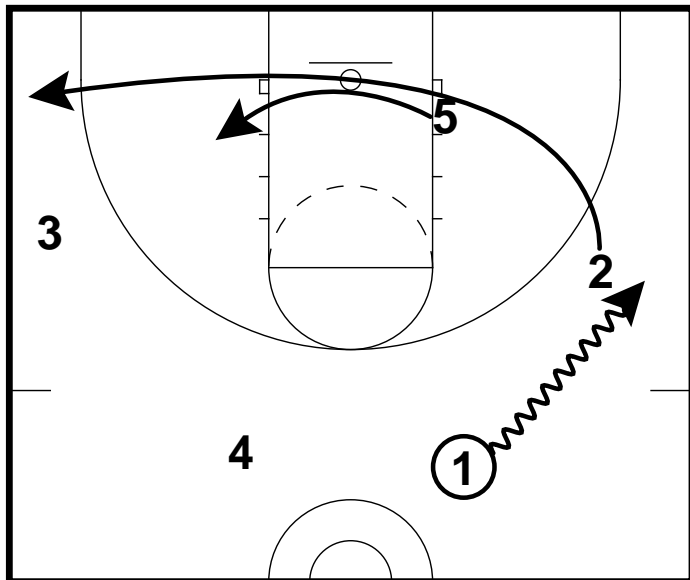


- 5 sprints to set a FLAT ball screen
- 1 can go either side of the screen

Greg Lansing: Ball Screen Offense

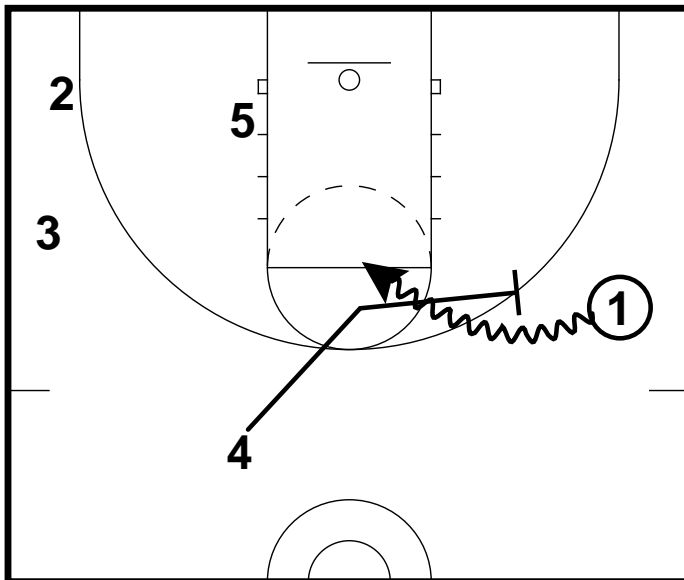
Push Drag

Transition sets



- 1 dribbles towards 2 to push to the opposite corner
- 5 loops to the opposite block

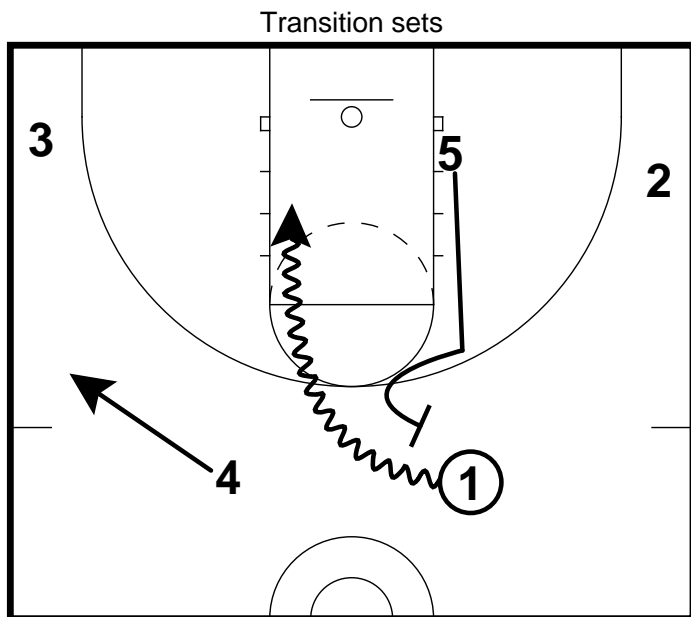
Transition sets



- 4 sets a drag ball screen for 1 to attack the lane

Greg Lansing: Ball Screen Offense

Shake

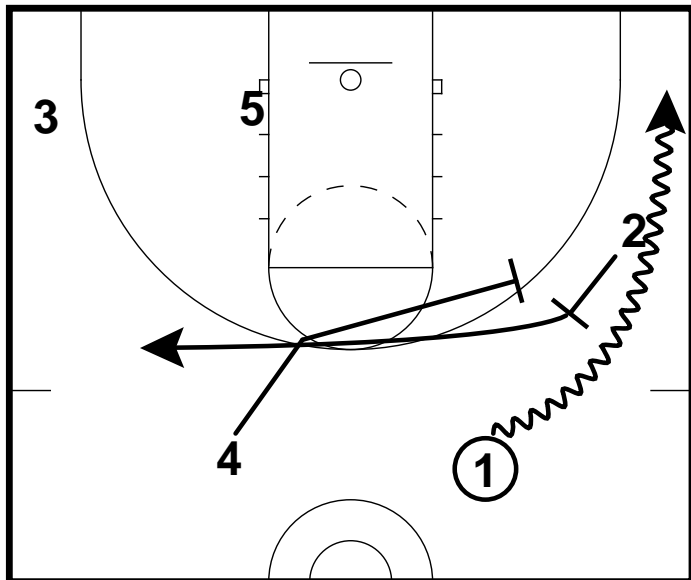


- 5 sprints to sell a ball screen for right dribble penetration, but quickly switches for a middle ball screen

Greg Lansing: Ball Screen Offense

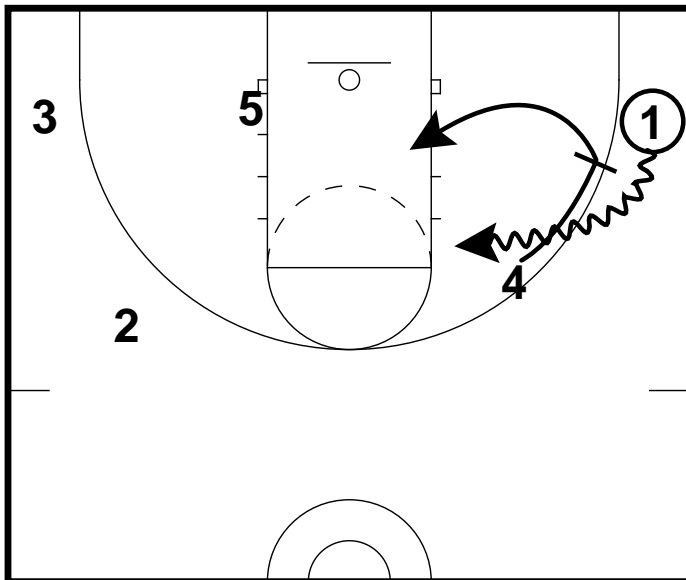
UP Fade

Transition sets



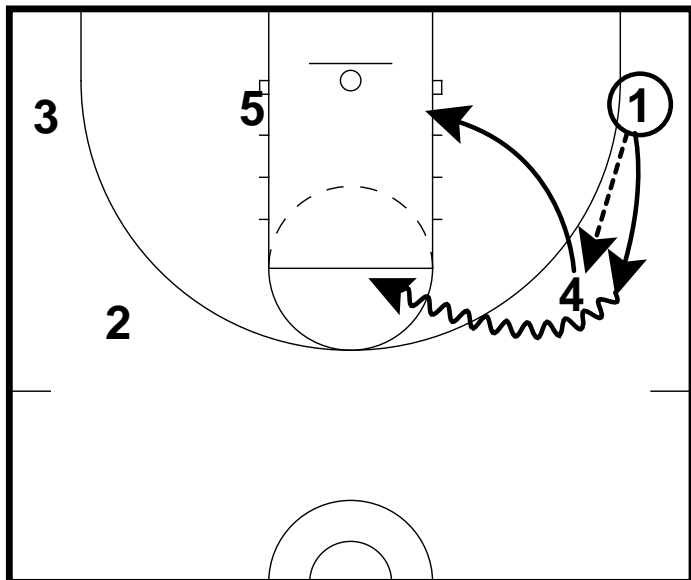
- 2 sets a ball screen for 1
- 4 sets a fade screen for 2

Transition sets



- 4 sets a corner ball screen for 1 to attack the lane
- 4 rolls to the rim

Transition sets



- If 1 passes back out to 4, 1 runs off of 4 for a dribble hand-off

Ball Screen Defense

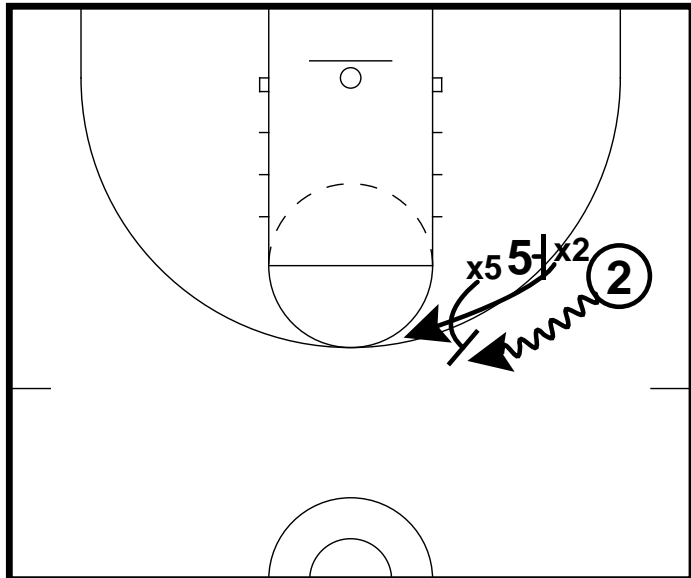
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Greg Lansing: Ball Screen Offense

Hedge

Ball Screen Defense

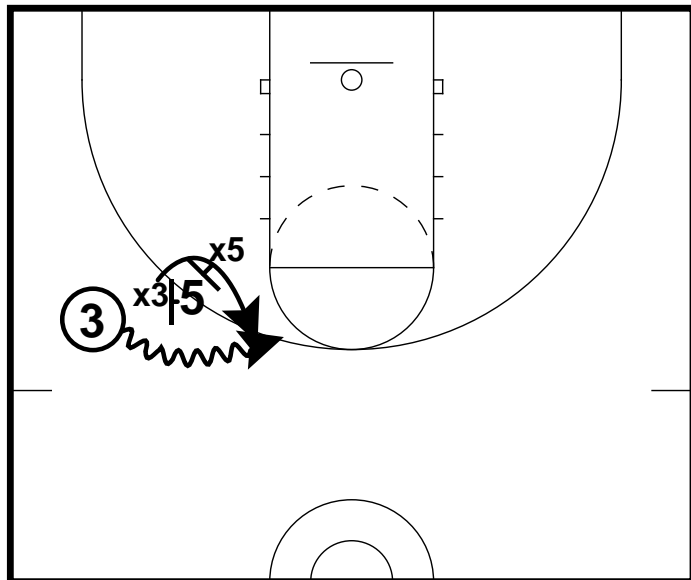


- Lock on ball handlers hip
- X2 goes over ball screen and under hedger

Greg Lansing: Ball Screen Offense

Jam

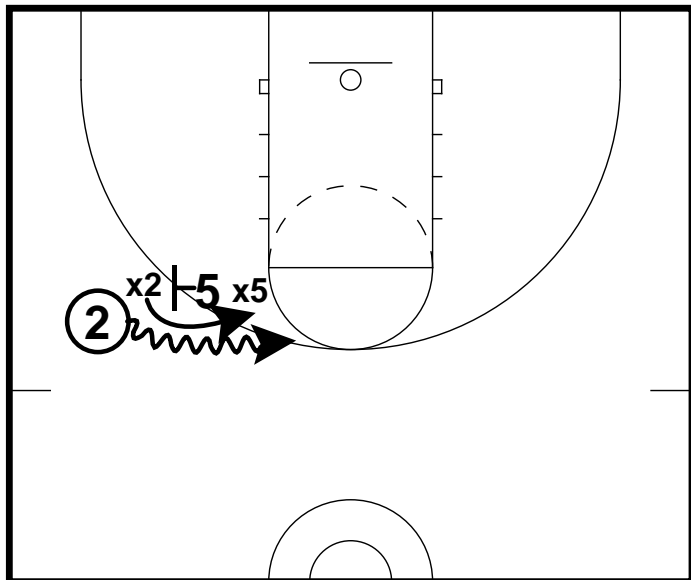
Ball Screen Defense



- X5 jams into the ball screener to take away the roll
- Person being screened goes under and then up

Greg Lansing: Ball Screen Offense Over (Flat Hedge)

Ball Screen Defense

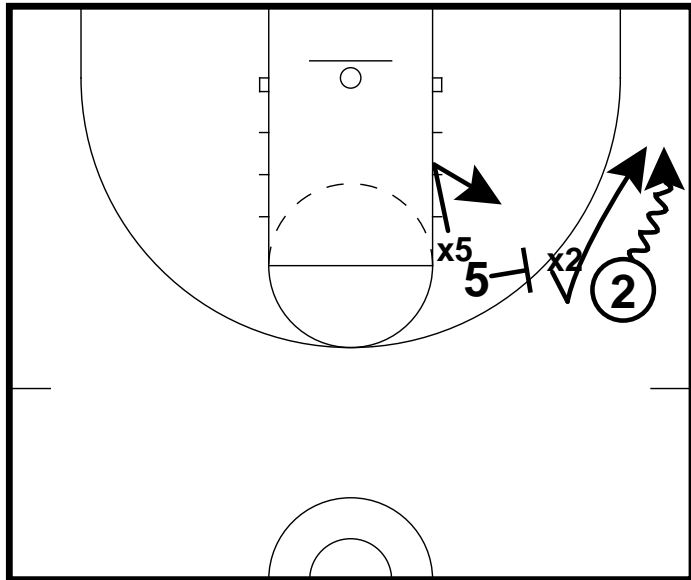


- X2 needs to make 2 use the ball screen
- X2 fights over the screen
- X5 flat extends (flat hedge)

Greg Lansing: Ball Screen Offense

Side

Ball Screen Defense



- Ball defender jumps above the ball screen to force the ball handler to deny the screen
- X5 needs to drop and help

Clinic Speaker: Rob Jeter

Topic: Post Defense and Practice Drills

Bio: Rob Jeter has made his mark on the basketball program at the University of Wisconsin-Milwaukee during his six seasons in charge.



That mark has now led the Panthers back to the top of the Horizon League, as this season Jeter led Milwaukee to the league's regular season crown. He directed his team to wins in their final nine league regular season games, earning the top seed and hosting rights for the league tournament. He also collected his 100th career win in the regular season finale.

Jeter was then recognized widely for his efforts, earning 2011 Horizon League Coach of the Year honors as well as being named the Wisconsin Basketball Coaches Association Division I Coach of the Year. He was also a finalist for the Hugh Durham Coach of the Year Award, the Ben Jobe Award and the Skip Prosser Man of the Year Award.

General Notes

- Most teams will allow you to enter the ball to the post, and will defend the ball once it is in the post

Post Positions

1. Short Corner
2. Low Post
3. Mid Post – ideal place to post up
4. High Post – catch and face

Positioning

- Catch in an athletic stance
- Wide (arm bars and elbows out)
- Hands are in closed fist in order to prevent grabbing and holding
- Be in line with passer

Hand Targets

- Give clear hand target
- Primarily will use bounce pass
- Catch with 2 hands
- Chin the ball on the catch

Post Moves

- Drop step
- Jump hook
- Up/Under
- Front Pivot

Rob Jeter: Post Play and Drills

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Post Fundamentals

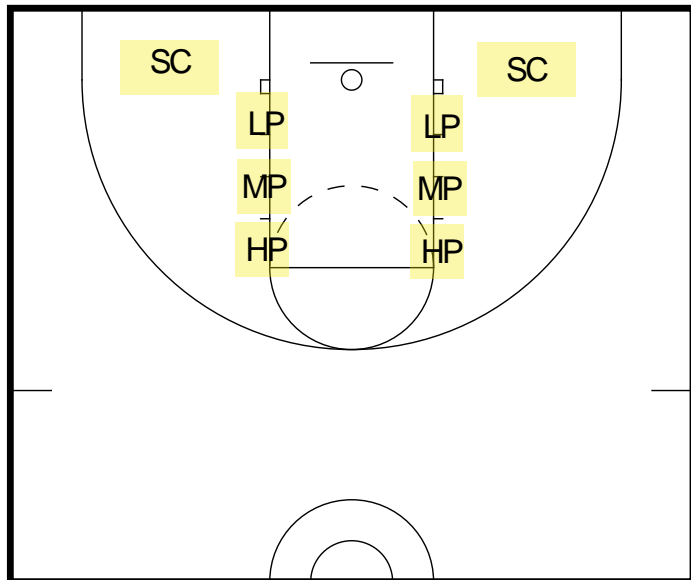
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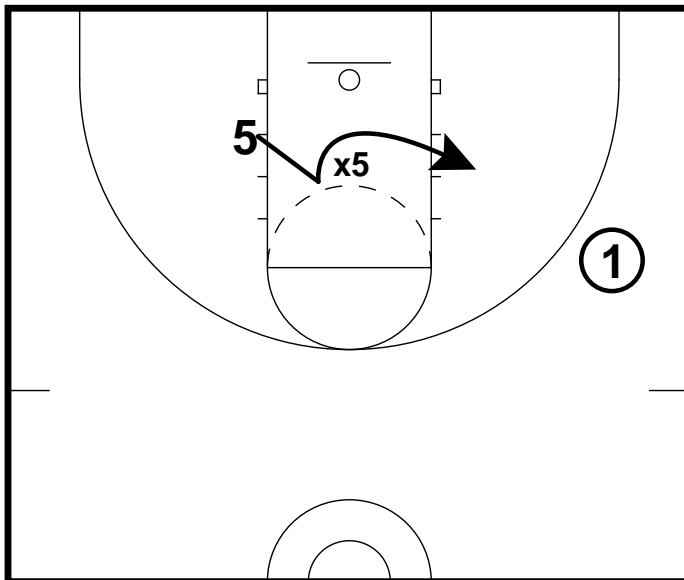
Rob Jeter: Post Play and Drills

Post Up Positioning

Fundamentals



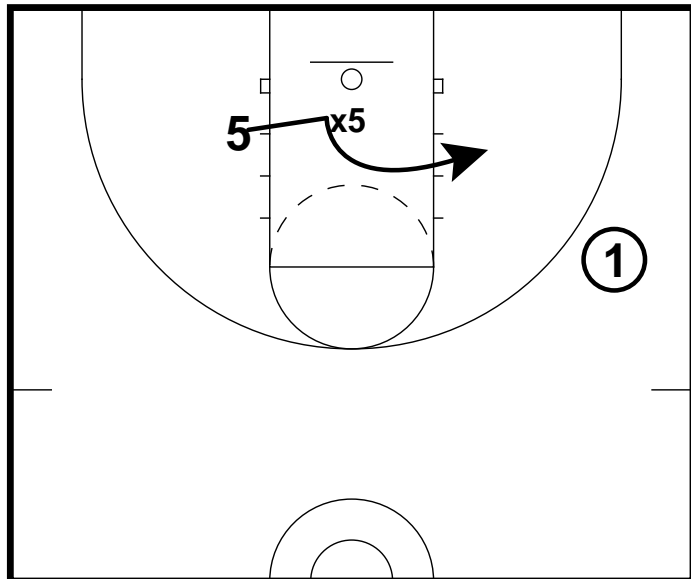
Fundamentals



1. Short Corner
2. Low Post
3. Mid Post – ideal place to post up
4. High Post – catch and face

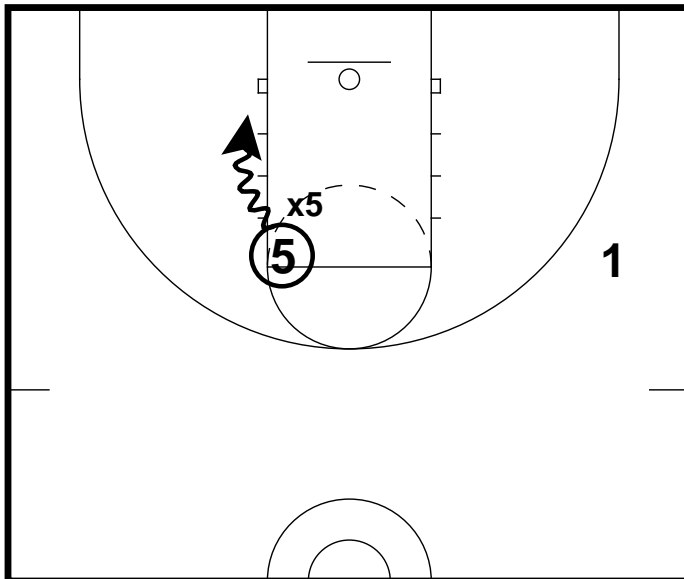
- If the defender is high, go higher and then bust low

Fundamentals



- If the defender is low, go lower and then bust high

Fundamentals

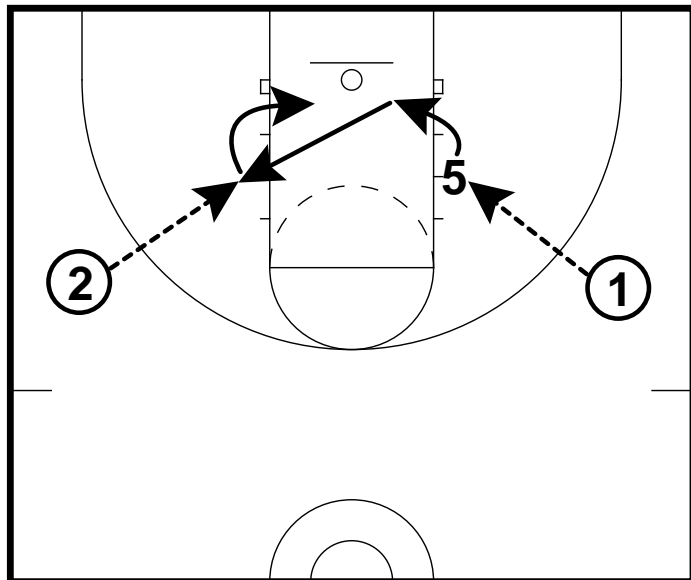


- Use a dribble shield to protect the ball (keep body between ball and defender)

Rob Jeter: Post Play and Drills

Post Moves

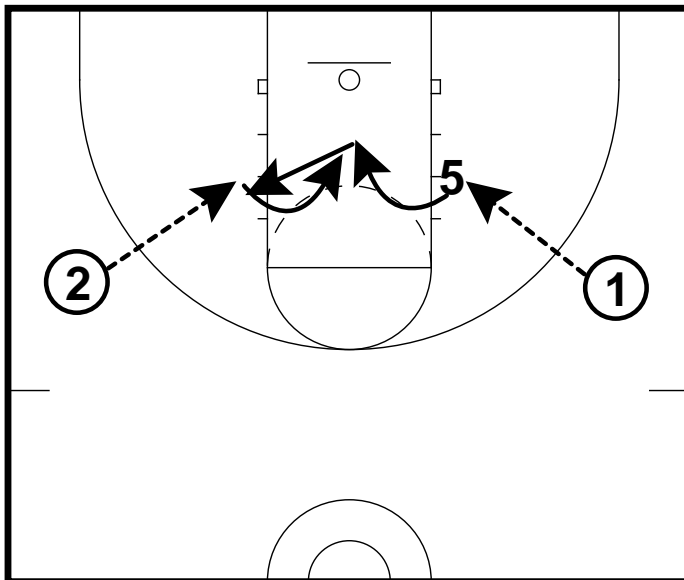
Fundamentals



Drop Step

- Start the move on the catch
- Get shoulders square to the glass
- 2 moves from each side

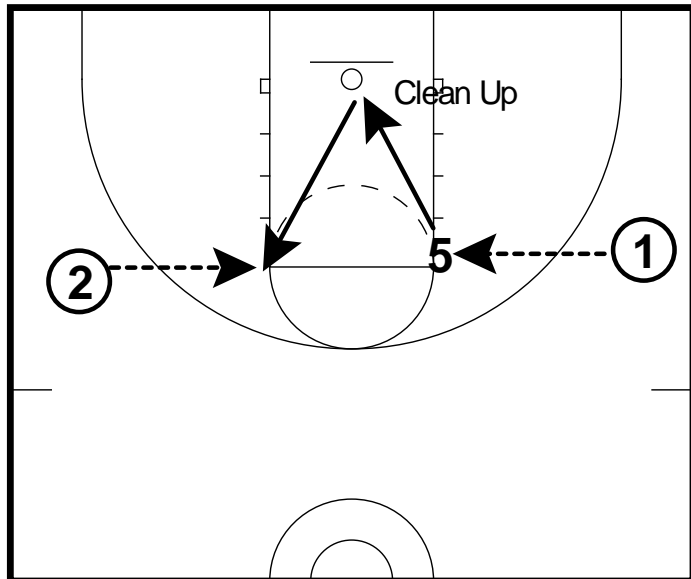
Fundamentals



Jump Hooks

- Step towards the middle on the catch
- Get shoulders square to the sideline
- Shoot 2 from each spot

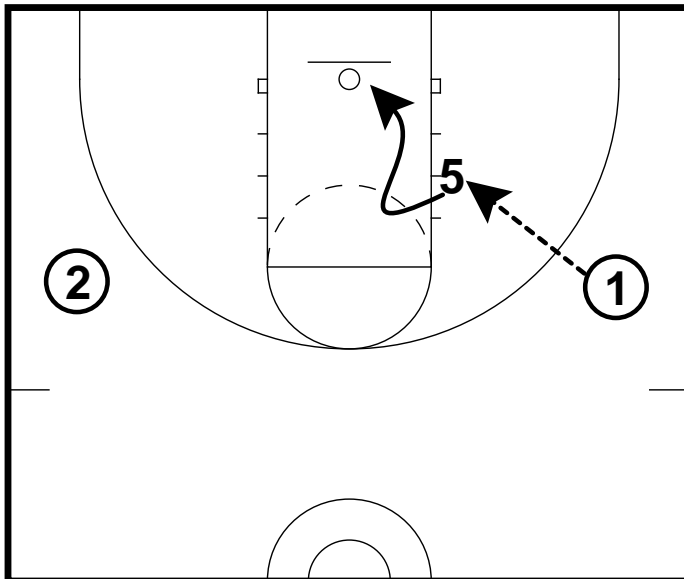
Fundamentals



Front Pivot / Reverse Pivot

- Catch at the high post and front pivot/reverse pivot and shoot
- Follow shot and clean up any miss
- 2 front pivots from each spot
- 2 reverse pivots from each spot

Fundamentals



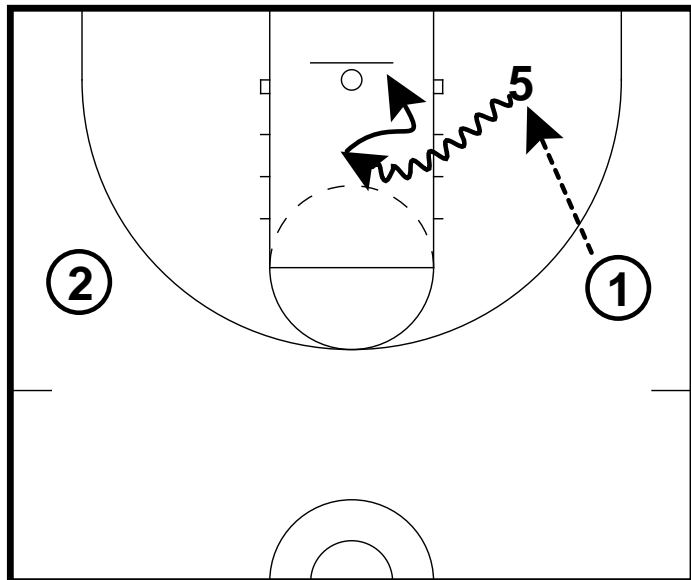
Up and Unders

- Make move towards the middle on the catch
- Shot fake and step through to finish
- 2 moves from each side

Rob Jeter: Post Play and Drills

Post Moves

Fundamentals



Multiple Moves

- Progress into multiple moves
- Reverse pivot, attack middle, up and under, finish with a jump hook

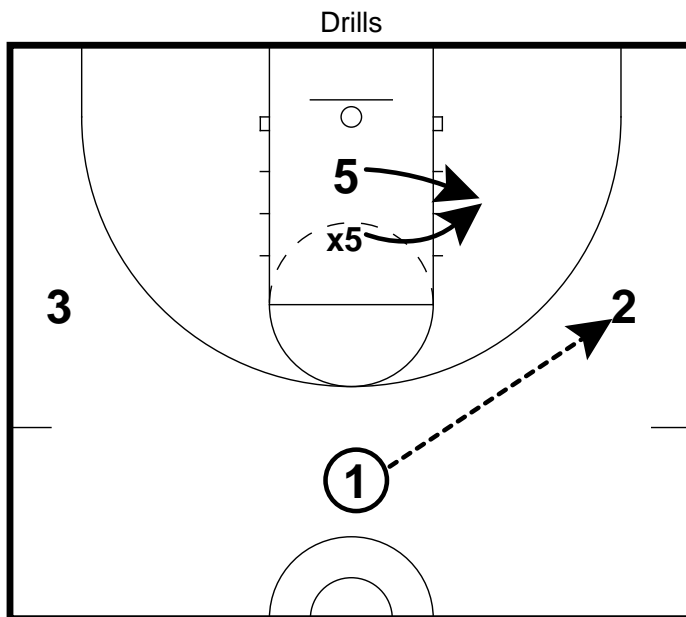
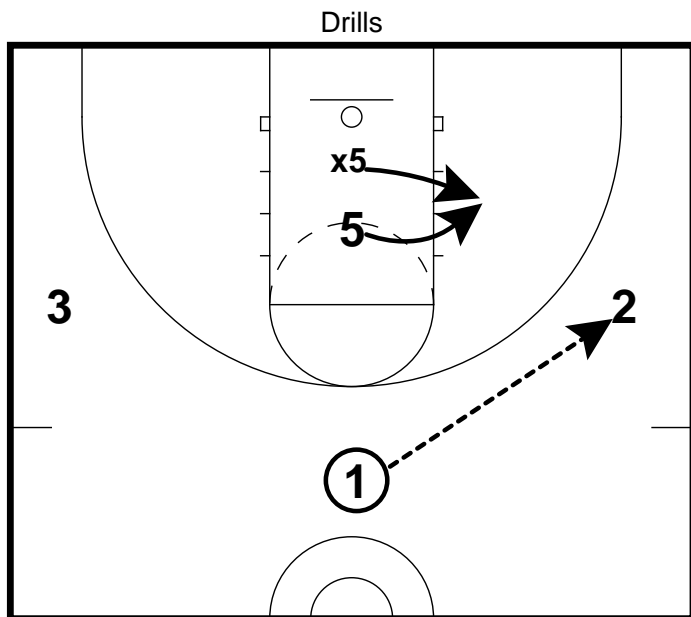
Post Drills

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Finishing School	14
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Taps Drill	16
Triangle Post	17

Rob Jeter: Post Play and Drills

1-on-1 Post



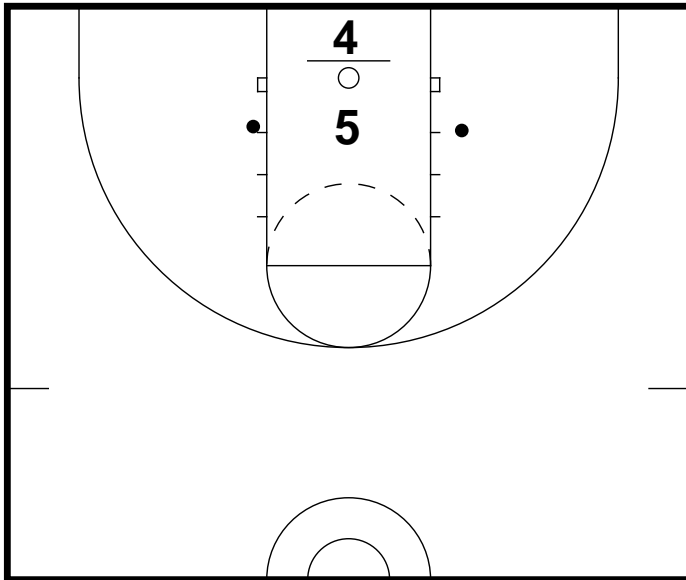
- Defense is on bottom, offense is on top
- On the wing pass, offense tries to establish position
- Perimeter players can pass the ball around the perimeter to get a better passing angle

- You can also move the defense to the top

Rob Jeter: Post Play and Drills

2 Balls Down

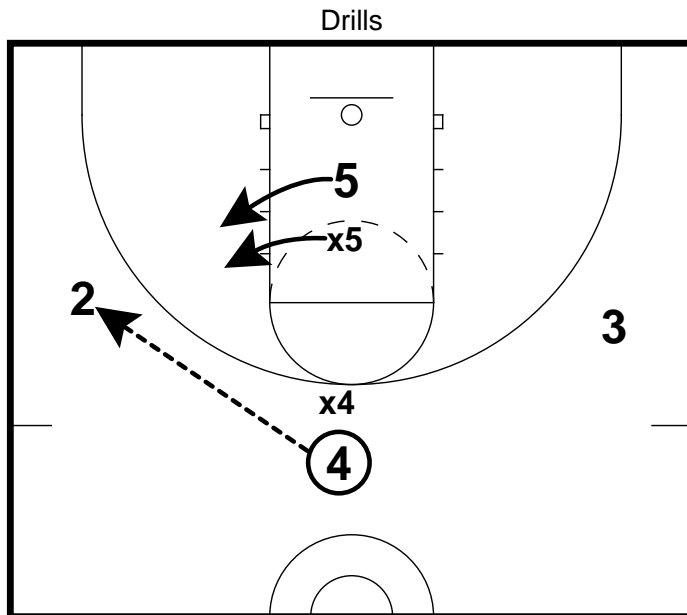
Drills



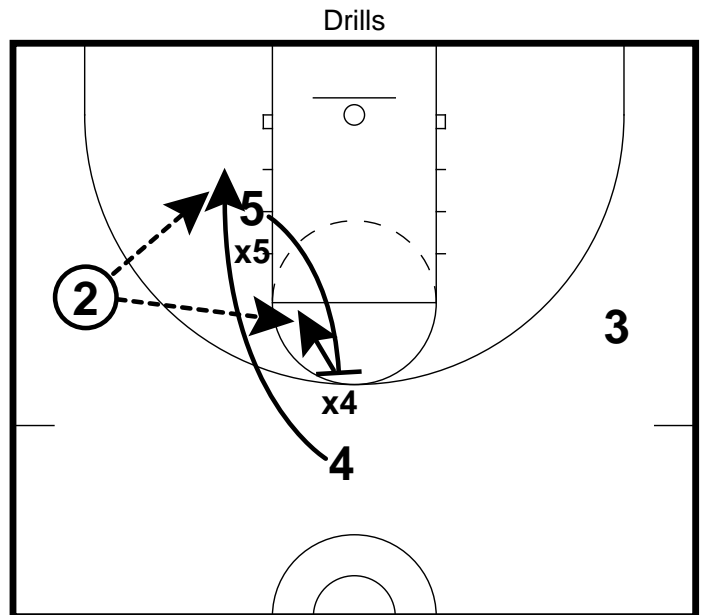
- Put 2 balls on the ground
- 5 grabs a ball, makes a move to score
- 4 clears the ball after it is made and places the ball in a new location
- 5 sprints to grab the other ball and make another move
- 4 clears the ball and places it in a different spot
- 35 second drill

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2-on-2 Post



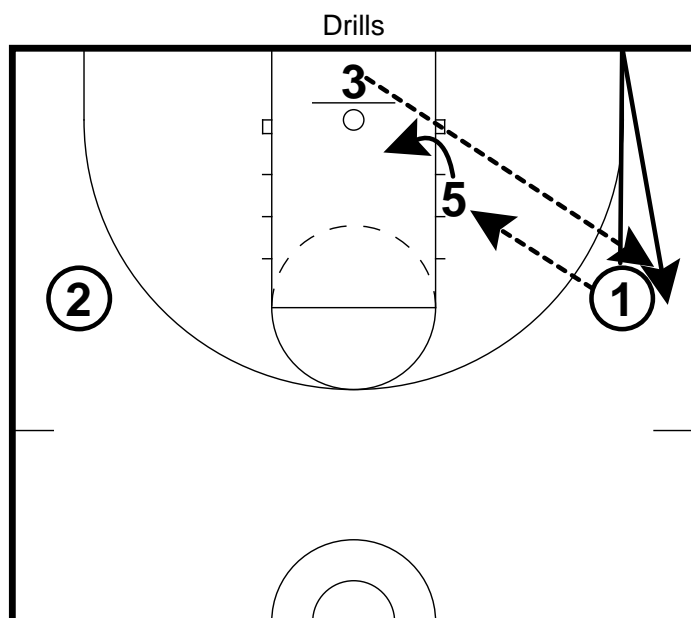
- Drill has 2 defenders guarding 2 post players
- 1 post starts low and the other post starts at the key
- On the wing entry, the low post battles for low post position



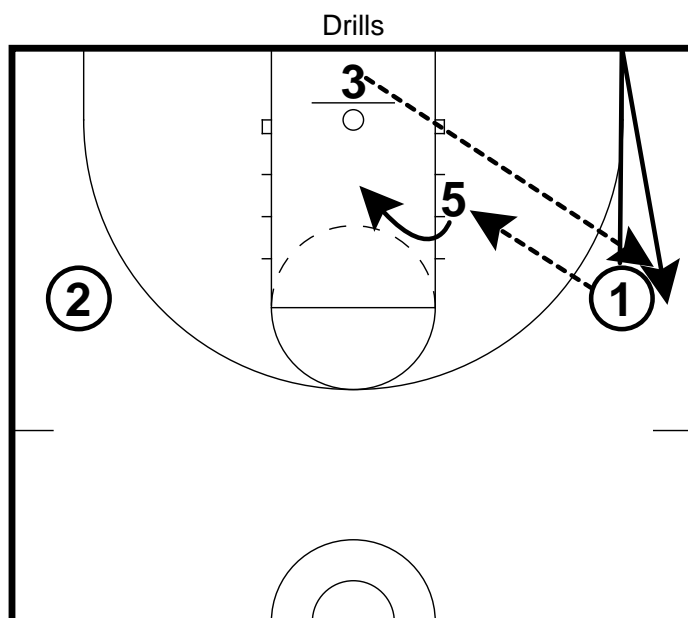
- If the low post cannot get post position, he back screens for the high post down to the low post
- If the defense switches, 5 should look to seal for a high post entry
- The ball can be skipped or reversed around the perimeter to get a low post touch

Rob Jeter: Post Play and Drills

5x4



- Post player does drop steps
- Alternate sides
- 2 on each side
- Use a dribble to the middle and then drop step



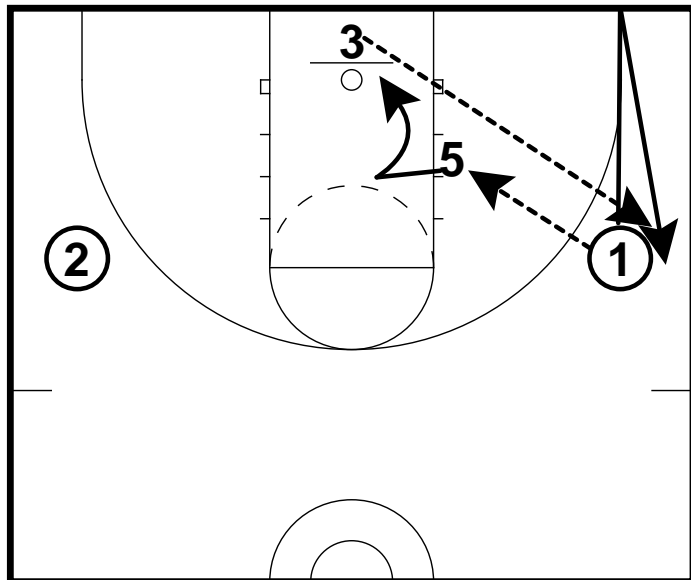
- Post player does middle jump hooks
- Alternate sides
- 2 on each side

- The man under the basket clears the balls so the shooter does land on a rolling ball
- After each pass from the wing, they need to run to the baseline and back to the wing position
- Goal is to complete the drill with 20 shots

Rob Jeter: Post Play and Drills

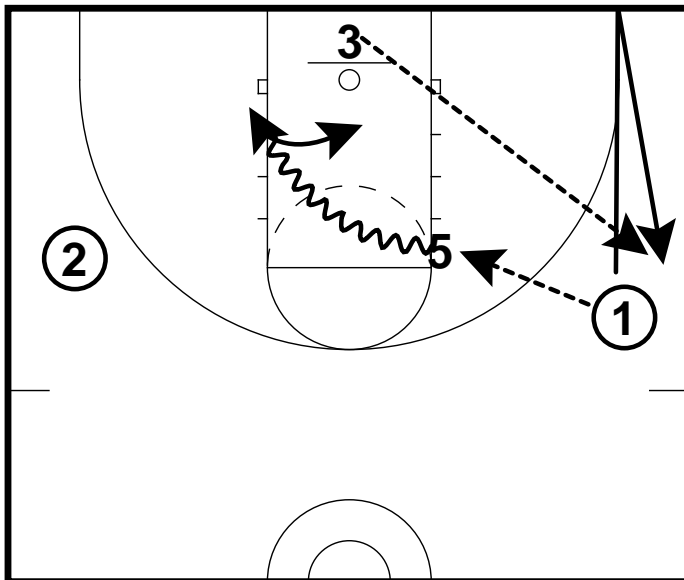
5x4

Drills



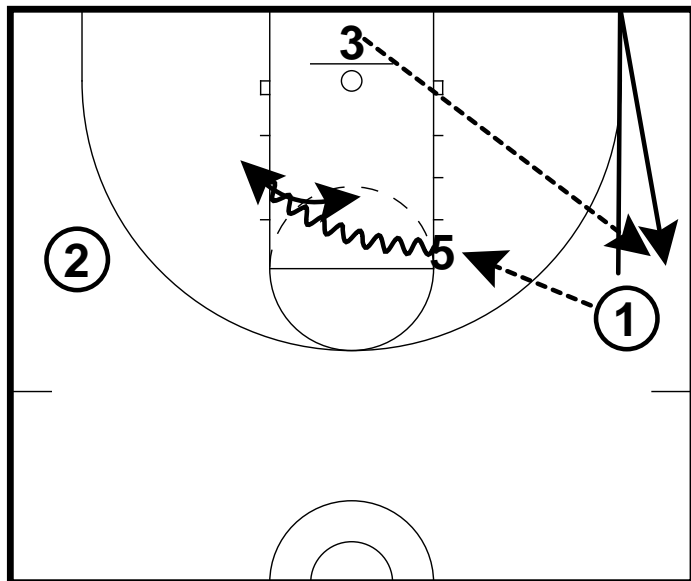
- Post player does middle up and unders
- Alternate sides
- 2 on each side

Drills



- Post player flashes to the high post
- Catches and front pivots
- Alternate sides
- 2 shots on each side
- Use a dribble shield to protect the ball, reverse pivot and jump hook

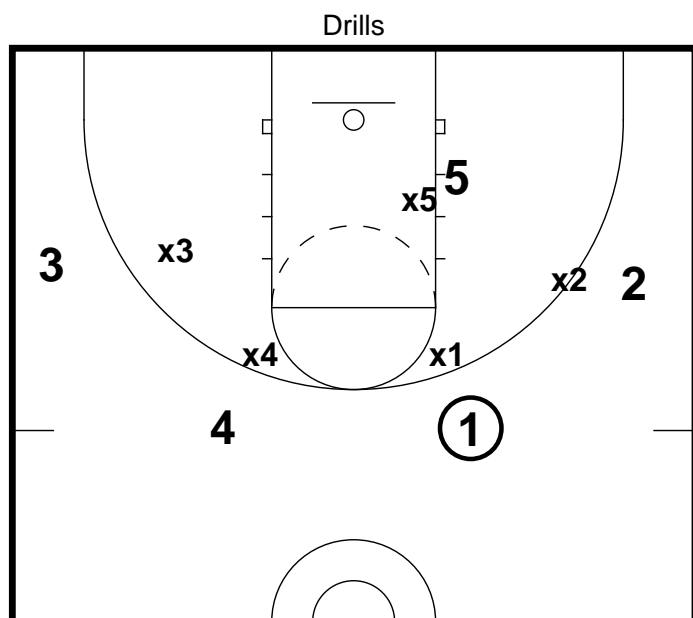
Drills



- Post player flashes to the high post
- Catches and front pivots
- Alternate sides
- 2 shots on each side
- Use a dribble shield to protect the ball, reverse pivot and middle jump shot

Rob Jeter: Post Play and Drills

8 Second Drill

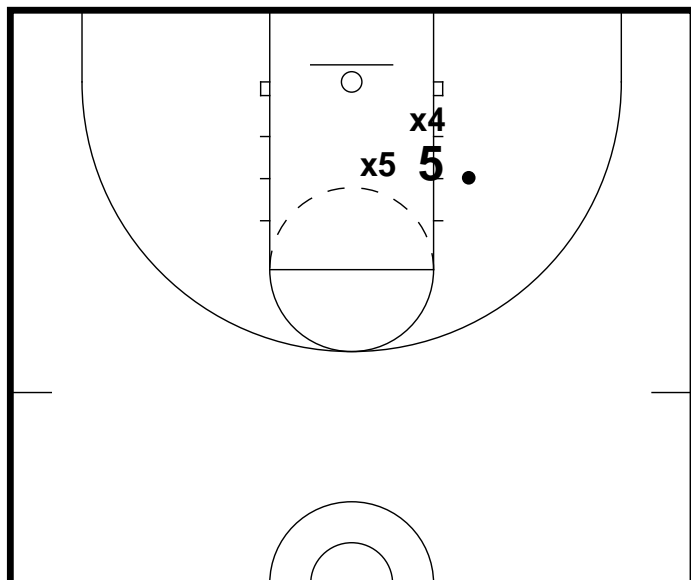


- Live 5 on 5 drill
- 8 seconds on the clock, but the clock does not start until the low post touches the ball
- Offense then has 8 seconds to score

Rob Jeter: Post Play and Drills

Bridge Drill

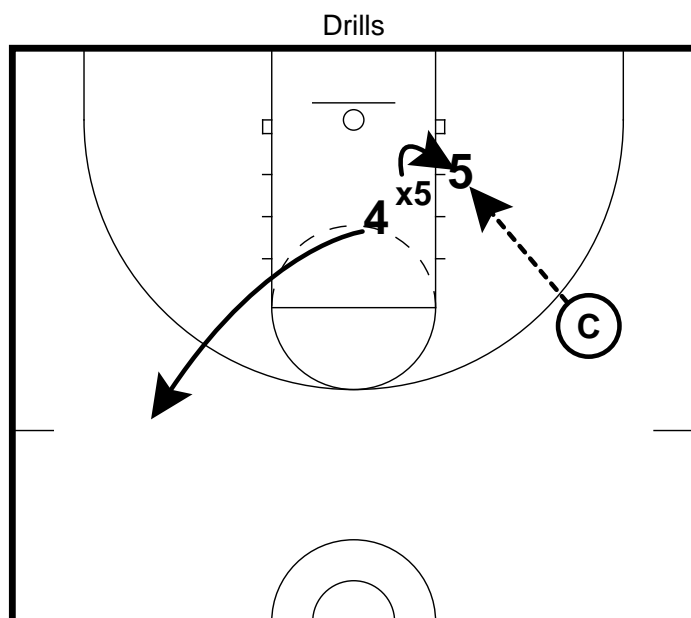
Drills



- X5 and X4 face each other and extend their arms out in front of them
- 5 picks up the ball off of the floor and finishes through the bridge (extended arms)
- Drill emphasizes finishing with contact on the arms of the post player

Rob Jeter: Post Play and Drills

Finishing School

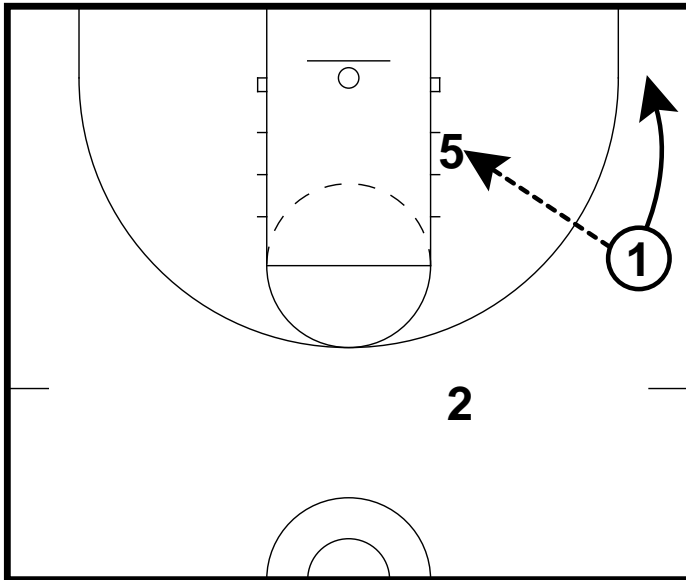


- Drill starts with 2 post players and a defensive player standing in between them
- Coach throws the ball to one of the offensive players
- The defensive player tries to contest the post move of the offensive player
- The player who does not receive the pass clears out

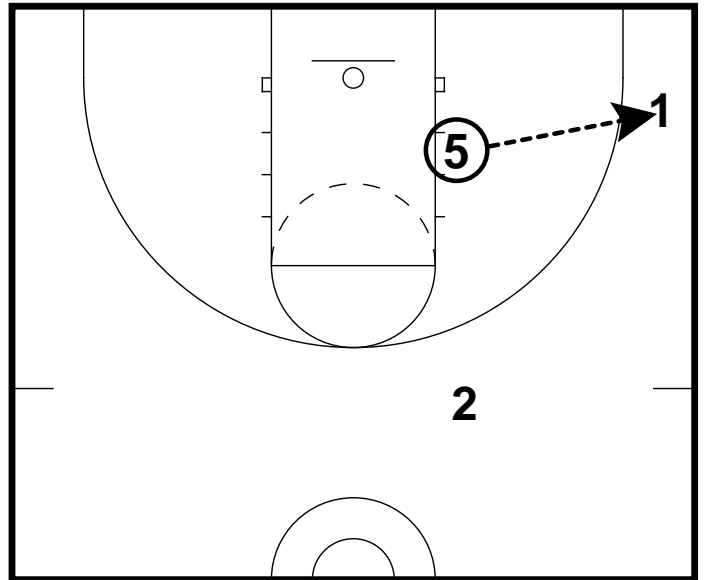
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Post Feeds / Kickouts

Drills



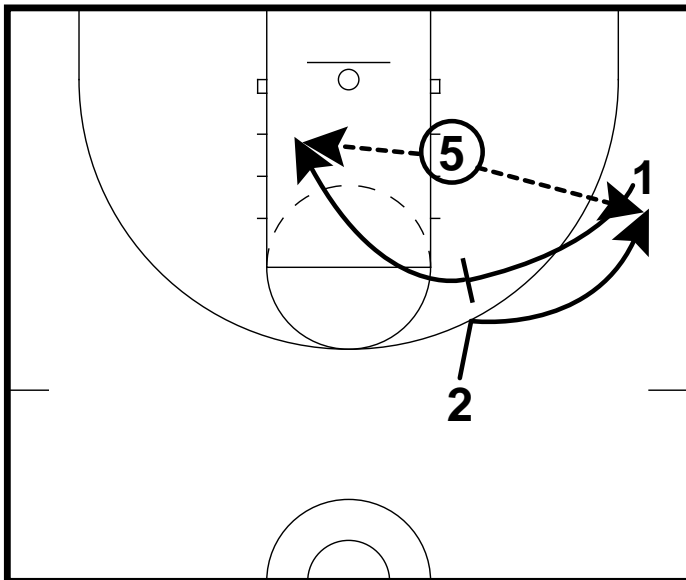
Drills



- On the post entry, the post makes a post move while using a dribble shield or they can kick out to the perimeter for a jump shot or another post feed
- Post should use a shot fake before kicking out
- Drill lasts for 35 seconds

- On the post feed the wings can flatten out for a kick out

Drills

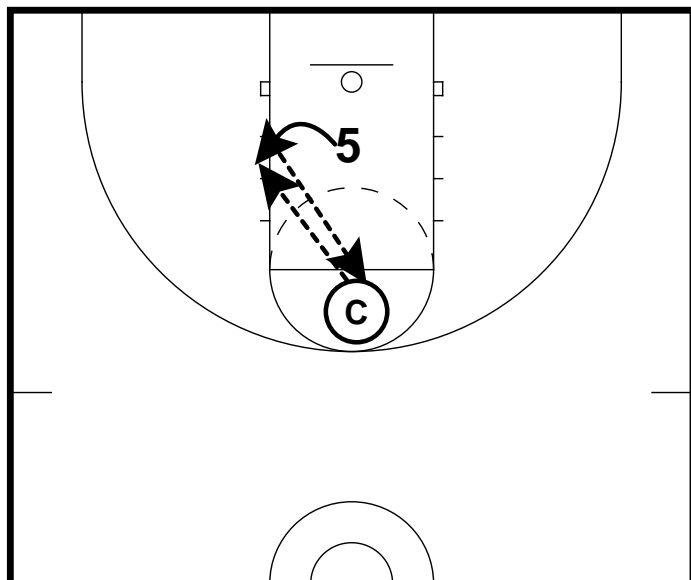


- The wing can also screen for the other guard
- After the screen, the screener can look to slip/dive the lane

Rob Jeter: Post Play and Drills

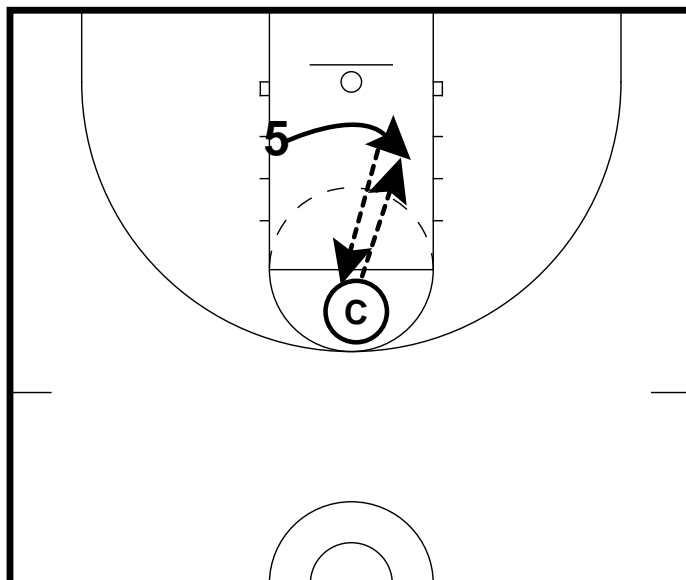
Taps Drill

Drills



- Coach taps (rolls) the ball to a spot and the post player gets to the ball and taps it back to the coach
- Need to be quick and stay in an athletic stance
- Post player should always return to the middle

Drills



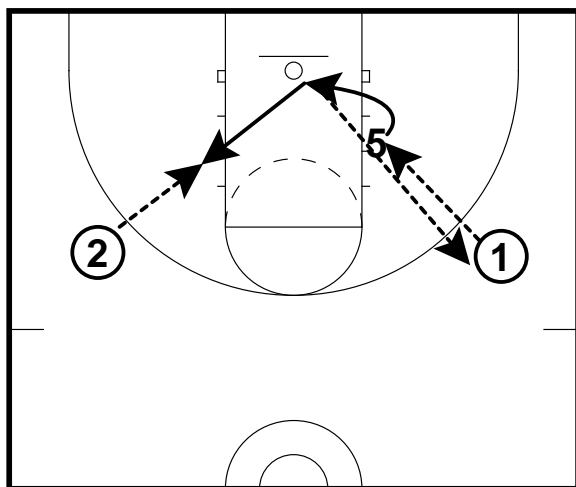
- Coach taps the ball to a new location
- Post player taps the ball back
- When the coach tosses the ball in the air, the post player catches the ball and makes a post move

Rob Jeter: Post Play and Drills

Triangle Post

Drills

55



- Use any post move
- Rebound shot and pass back to wing and flash to the other side
- Each player completes 2 post moves, and then new post player rotates in

- Reverse Pivot

Post Cuts

- If defender is high, go higher and then cut low
- If defender is low, go lower and then cut high

Clinic Speaker: Carl Pierson

Topic: When Parents Attack: How to Keep Your Job

Bio: Carl Pierson is a High School Basketball Coach and the author of the book *The Politics of Coaching*. Politics have always been a part of youth and high school sports. However, in recent years several new dynamics have developed that have increased the pressure on coaches in every sport. As a result, all across America good people are leaving the coaching profession at an enormously high rate. Carl Pierson uses his two decades of coaching and his political science background to offer real world examples and practical advice on eternally troubling topics like picking teams, playing time, powerful parents, booster clubs, and so many other issues that today's youth and high school coaches have to contend with. *The Politics of Coaching* is nothing short of a playbook to help coaches navigate their way through the perilous, stressful world that has become coaching



1. Cumbustible Coaching Climate

- "If you don't turn on to politics, politics will turn on you" --- Ralph Nader
- How many of you have been the head coach at your school for 5 years or less?
 - * Coaches either get burned out or pushed out

2. 3 Things That Kill Coaches

- Poor communication / Dangerous communication policies
- Failure to manage expectations
- Crazy parents

3. Communication

- What is your communication policy? Is it in writing for parents to see?
 - * Call and click coaches = won't discuss playing time (simply hang up the phone)
 - Usually creates more problems down the road
 - Those parents will go complain to someone else if you won't listen (AD, board member)
 - * Open Door coaches
 - Remove the parents from the perceived advantage
 - Can actually lead to fewer complaints
 - Less complaints will go directly to the top
 - Prevents the spread of gossip and speculation
 - **The Catch:** you can't fear confrontation

4. Quick Tips for Better Communication

- Mandatory pre-season meeting: keeps everyone on the same page
- Read every email 2 times before you click send (read it from a parents perspective)

- Always use BCC when sending mass emails to parents
- Bounce big issues off your assistants before making decisions
- Control the content of your website (never delegate website control to a parent)
- Old fashioned snail mail builds up coaching capital

5. Managing Expectations

- When a coach fails to establish expectations, players, parents, and fans will fill the void
- 3 common scenarios

1. Your team is terrible or just graduated a talented group of seniors (Low Expectations)

Coaches Move: Sell hope

2. Your team is average but returns most of it's players (High Expectations)

Coaches Move: Deliver a dose of reality (other teams might be returning most of their players as well) (age does not mean better)

3. Your team jjs loaded: Ranked top 10 and should be (Expectations are State or bust)

Coaches Move: Diminish expectations as much as possible without trashing your team

6. Keeping Crazy Parents in Check

- Maintain consistent flow of communication with your AD
- Label the crazy parents before they label you. Let the AD know ahead of time that these parents are going to be making wild claims about you and the staff. That way, when the crazy parents do complain and make wild accusations, the AD already had a heads up that this would happen.

7. Quick Tips for Parent Confrontation

- Don't engage them, but don't ignore them either
- Confront on your terms
- Confront with a game plan
- Confront in private when possible
- Convey respect for parent's role

Clinic Speaker: Mike Neighbors

Topic: Competitive Practice Drills

Bio: Mike Neighbors begins his second year as an assistant coach with the University of Washington women's basketball program. He coordinates the scheduling and will be responsible for the player development of the team's posts. The 42-year-old coach is regarded as one of the country's best defensive specialists.



Neighbors came to Seattle after four seasons at Xavier, where he worked with current Huskies coach Kevin McGuff. During Neighbors' tenure in Cincinnati, he helped mold a Muskettters program that established itself as one of the best in the nation.

Neighbors was named one of basketballscoop.com's "Rising Stars" in 2009, an award that recognizes assistant coaches who are some of the best in the business.

General Notes

What Makes a Team Drill Competitive:

1. Need a coach who is passionate about the drill and the coach needs to be involved
2. Where you put the drill in the practice plan
 - a. Probably not at the beginning or end of practice
 - b. Plan a water drink after a good drill to allow the teams to bond as one team
3. Must be relevant to what you do

Mike Neighbors: Competitive Team Drills

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Competitive Team Drills

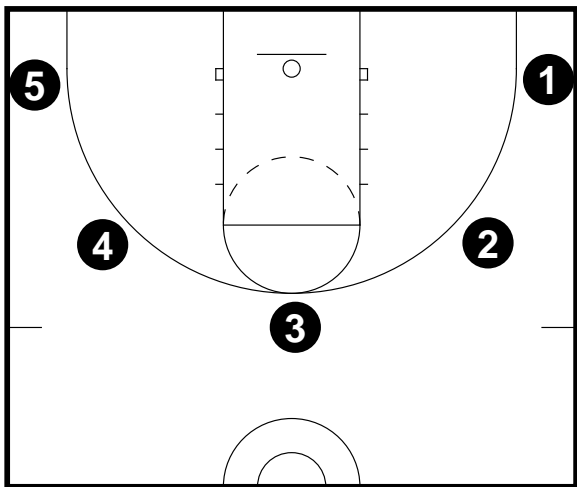
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Mike Neighbors: Competitive Team Drills

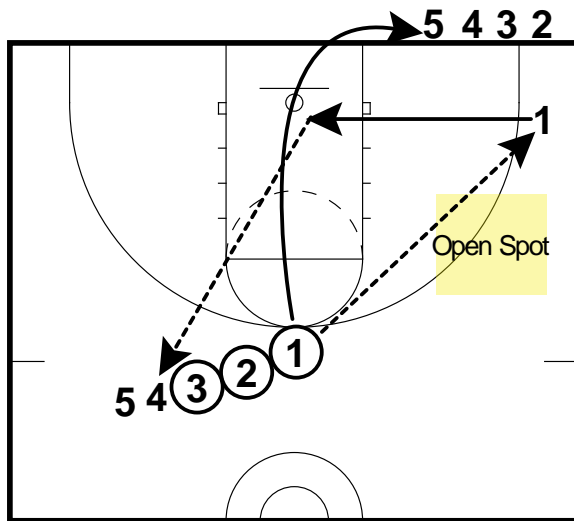
Move Shooting

Drills



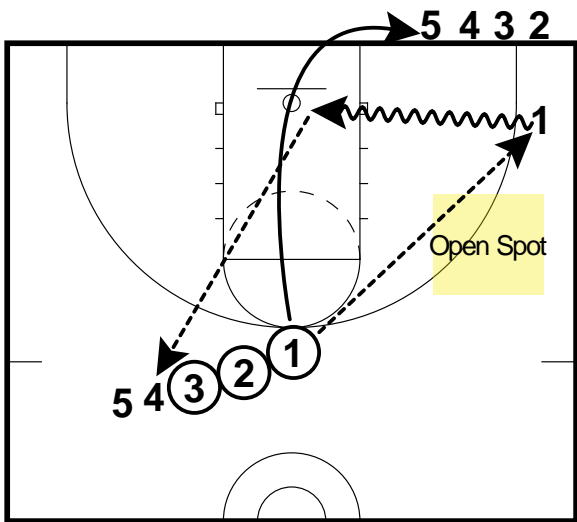
- Must get 10 points from each spot before you can move to the next spot
- 3 pointer = 3 points
- 2 pointer = 2 points
- The 10th point can be a dunk or a lay-up
- First team to get all the way around wins

Drills



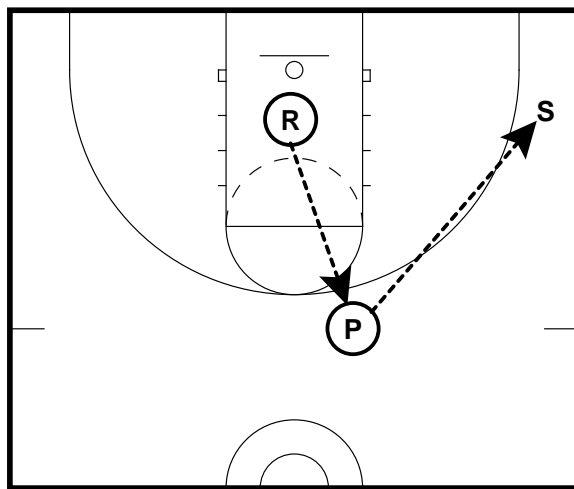
- Must always make a pass through an empty spot
- All players start behind the 3 point line
- Shooter rebounds shot and passes to the next man in the passing line

Drills



- Variation**
- Need to make 2 lay-ups before you can start accumulating points

Drills

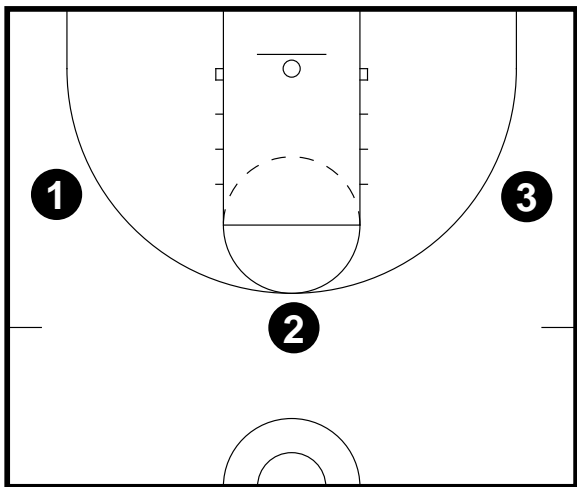


- Variation**
- Can also be done as an individual drill
 - Need 1 shooter, 1 rebounder, 1 passer

Mike Neighbors: Competitive Team Drills

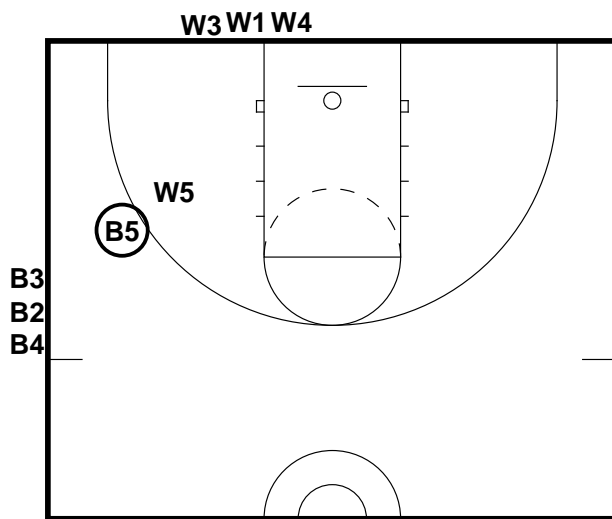
Baseball

Drills



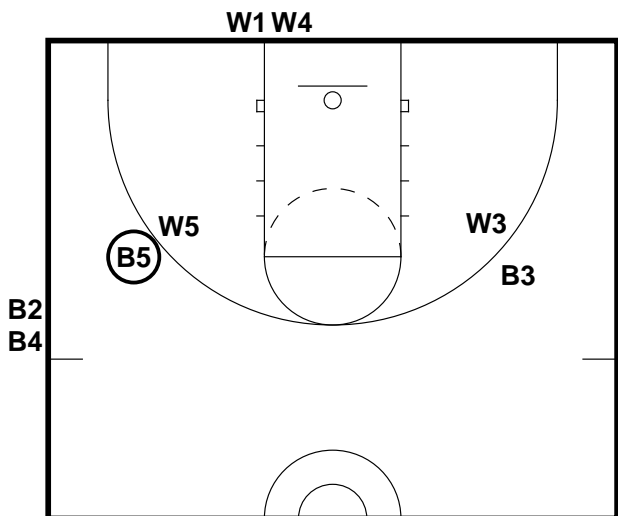
- Play 1-on-1 from the 3 marked spots
- 2 pointers = +2
- 3 pointers = +3

Drills



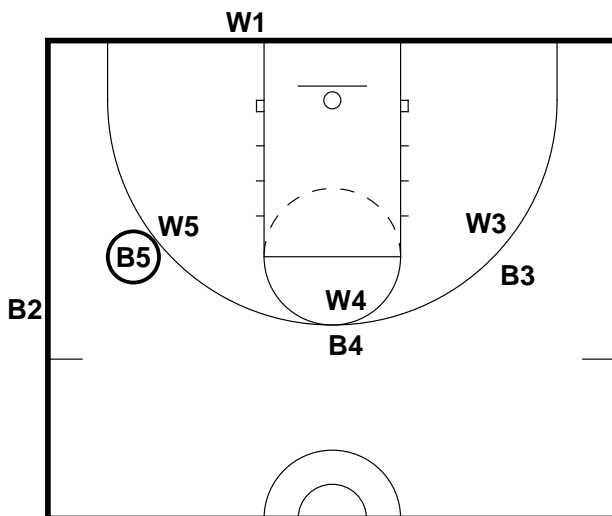
- Blue stays on offense until they get 3 outs (defensive stops)
- After 3 outs, White becomes offense and Blue is on defense
- After both teams have made 3 outs, move to the next spot to start the next inning

Drills



- Can modify the drill to play 2-on-2
- Each player gets 2 dribbles after each pass
- Only 2 passes can be made per possession
- Defensive stop = 1 out

Drills

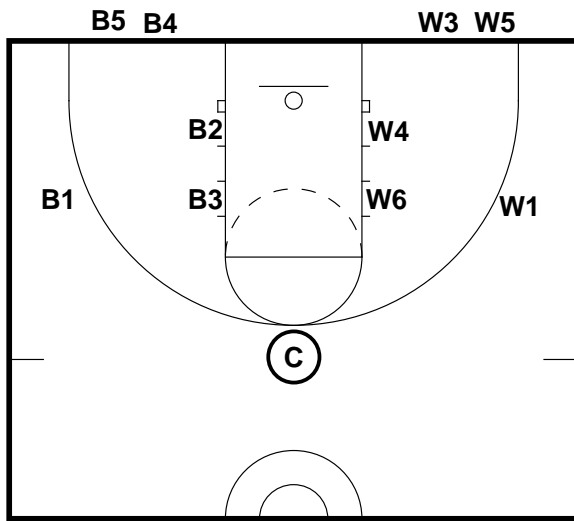


- Can then progress to 3-on-3

Mike Neighbors: Competitive Team Drills

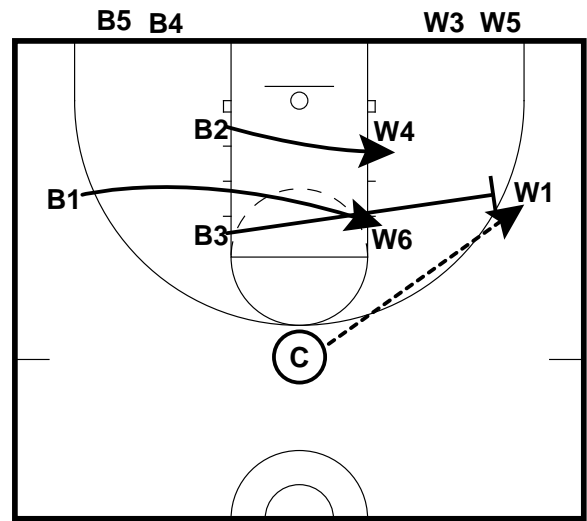
High/Low Rebounding

Drills



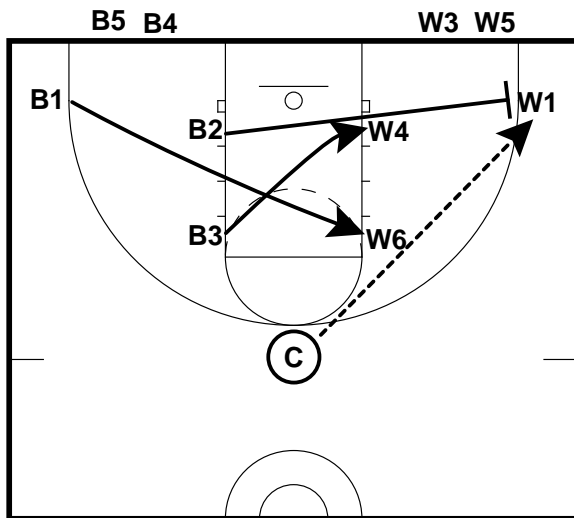
- 3 minutes on the clock
- 2 pointers = +2
- 3 pointers = +3
- Offensive rebounds = +1

Drills



- Coach passes to the wing who looks to score
- B3 closes out on the shooter
- B1 blocks out W6
- B2 blocks out W4
- Use hit and git rebounding, not a traditional box out
- Call fouls like they are going to be called against your best opponent

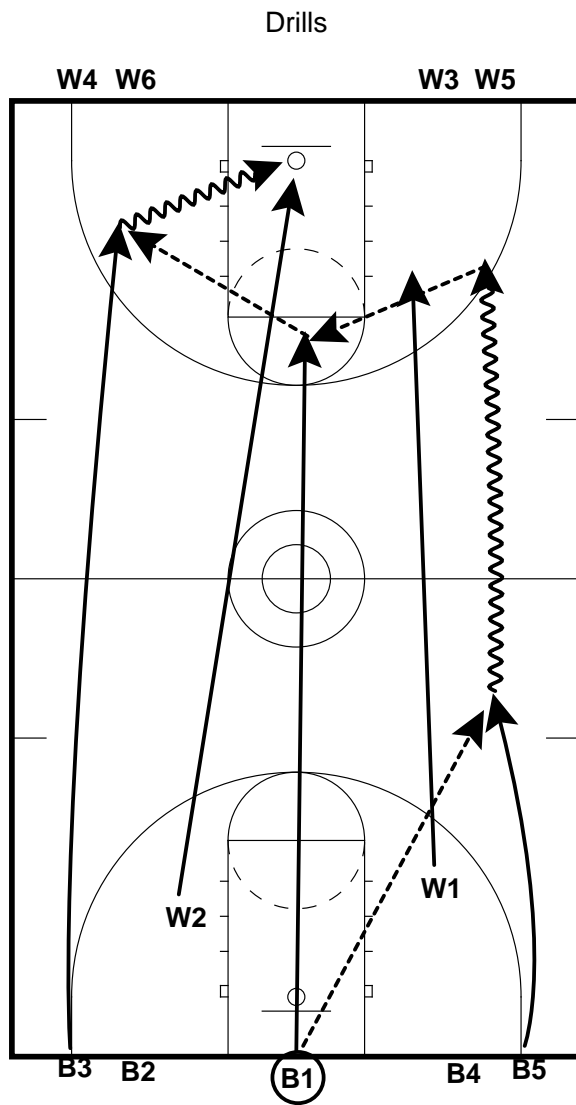
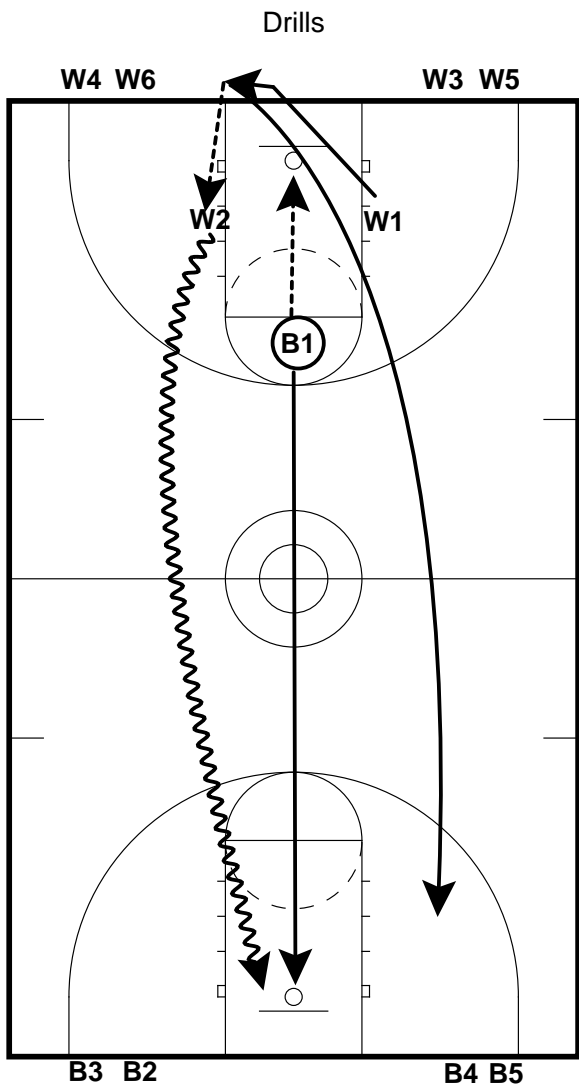
Drills



- Coach passes to the corner who looks to score
- B2 closes out on the shooter
- B1 blocks out W6
- B3 blocks out W4
- Use hit and git rebounding, not a traditional box out
- Call fouls like they are going to be called against your best opponent

Mike Neighbors: Competitive Team Drills

Progressive Fast Break



- B = Blue Team
- W = White Team
- Drill starts with White shooting a FT
- Progresses to a 2-on-1 fast break

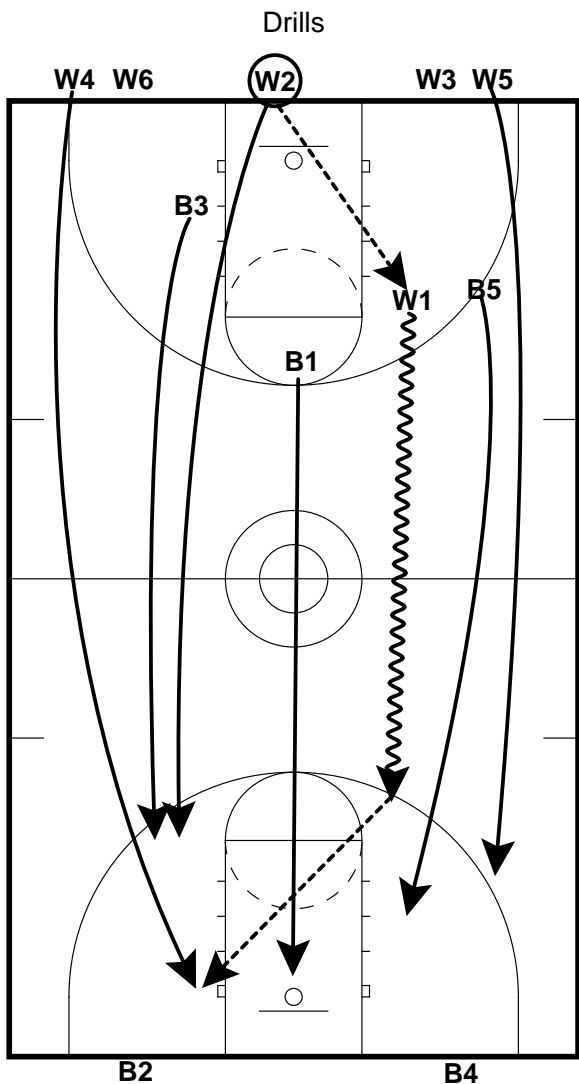
- On a score, must take the ball out
- 2 new players for the blue team enter and blue now has a 3-on-2 fast break against white

Scoring

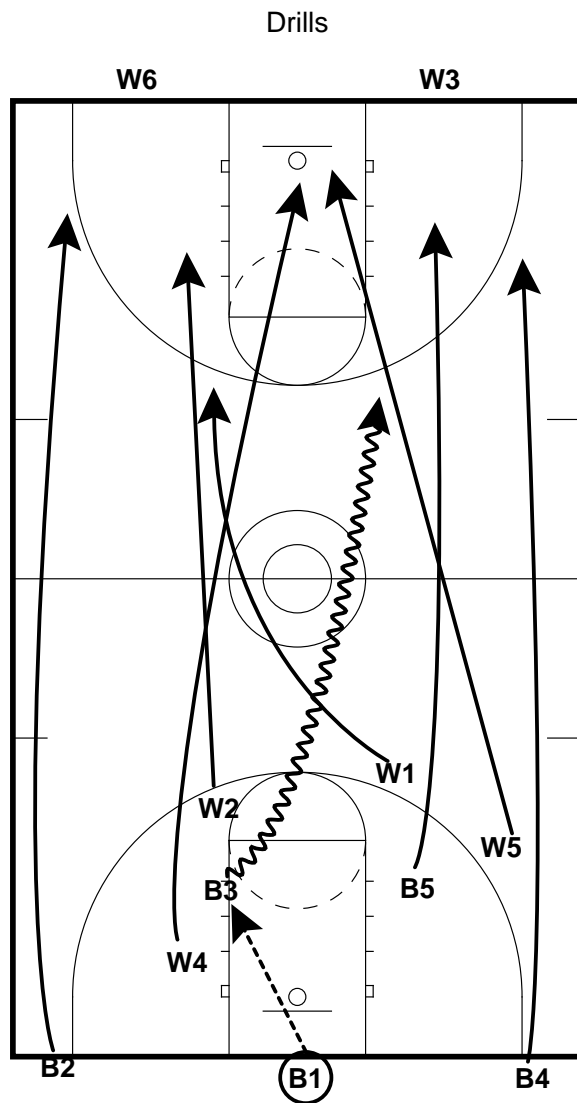
- FT = 1
- 2 pointer = 2
- 3 pointer = 3

Mike Neighbors: Competitive Team Drills

Progressive Fast Break



- White takes the ball out of bounds on a make and progress into a 4-on-3 fast break against blue

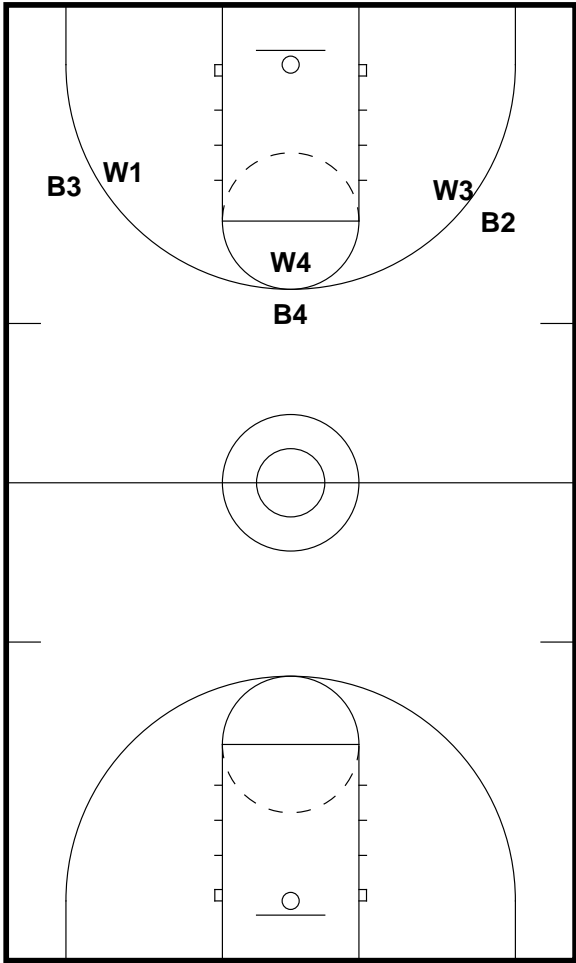


- Blue takes the ball out on a make and progress into a 5-on-4 fast break
 - Keep track of point throughout the duration of the drill
 - The other team starts the drill over by shooting a free throw to start off a new cycle
 - Each player shoots 1 FT

Mike Neighbors: Competitive Team Drills

Stop and Score

Drills



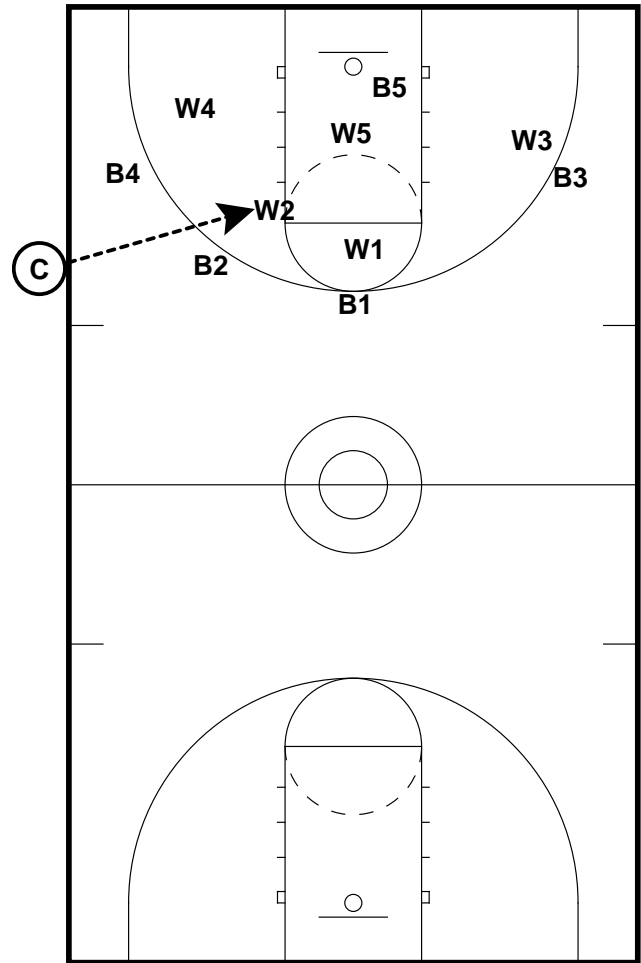
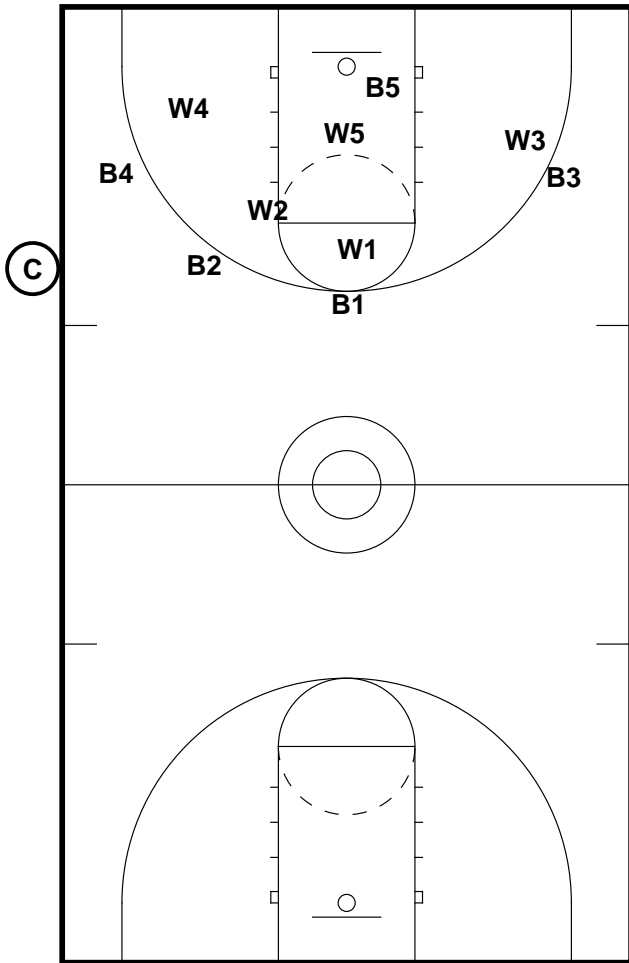
- 35 seconds on the shot clock per possession
- 1 point = 1 score followed by a stop followed by a score
- 1 point = 1 stop followed by a score followed by a stop
- Make 3 full court trips

Mike Neighbors: Competitive Team Drills

Quick Strike

Drills

Drills



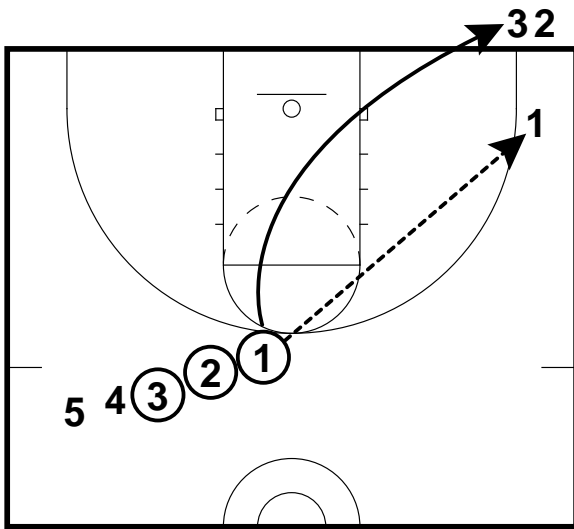
- Need someone who is good at running a shot clock
- Always reset the shot clock at a change of possession
- The goal is to score as quickly as you can. When you score you get what ever time that is left on the shot clock as your point value for that possession
- If you score with 29 seconds on the shot clock, you get 29 points for that possession
- Emphasize shooting only shots you shoot in practice

- Coach throws the ball to a team, they go on offense and try to score
- Whether Blue gets a stop or if White scores, Blue will come back in transition

Mike Neighbors: Competitive Team Drills

10 Up

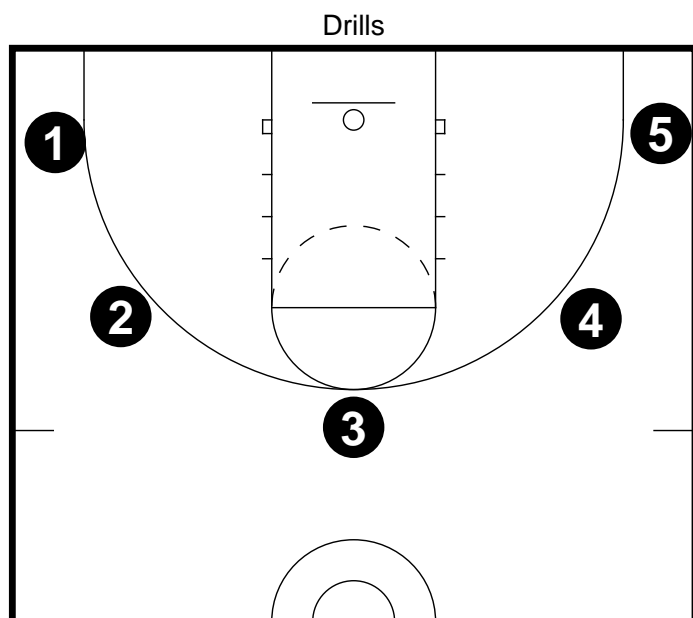
Drills



- Do NOT want to accumulate points
- For each consecutive basket made, builds up the point value of bank
- The person who misses the next shot acquires all of the consecutive makes
- Example: 8 consecutive shots have been made, the next person misses, he has just acquired 8 points
- Once you have 10 points, you are out

Mike Neighbors: Competitive Team Drills

Celtic Shooting



- The spots on the floor are the spots the player is going to shoot from
- Shooter has to make 2 in a row in order to advance to the next spot
- Have a rebounder and passer
- 2 minutes on the clock