



2013 LUMBERJACKS COACHES CLINIC

August 2 & 3, 2013

Northern Arizona University

Flagstaff, AZ



Josh Pastner
Head Coach
Memphis



Sean Miller
Head Coach
Arizona



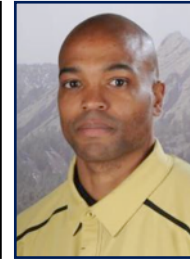
Tim Grgurich
NBA Legend



Steve Spencer
Head Coach
Orange Coast College



Jack Murphy
Head Coach
Northern Arizona



Derrick Clark
Head Coach
Metro State



Jeff Rutter
Head Coach
Arizona Christian



Sue Darling
Head Coach
Northern Arizona



Jim Saia
Head Coach
CS-San Marcos



Chad Iske
Assistant Coach
Denver Nuggets



Dave Rice
Head Coach
UNLV

FRIDAY, AUGUST 2ND

5:00-5:30p	Registration	
5:30-6:20p	Josh Pastner, University of Memphis	Memphis Tiger Offense
6:30-7:20p	Sean Miller, Arizona	Motion Offensive System
7:30-8:20p	Tim Grgurich, NBA Legend	Building Your Defense / Q & A
8:30p	Coaches Social @ Collins Irish Pub	Join us for free appetizers and drink specials at Collins Irish Pub in Downtown Flagstaff. Directions on back.

SATURDAY, AUGUST 3RD

8:00-8:50a	Steve Spencer, Orange Coast College (CA)	Player Development
9:00-9:50a	Jack Murphy, Northern Arizona	Zone Defense
10:00-10:50a	Derrick Clark, Metro State	Full Court Pressure Defense
11:00a-11:50a	Jeff Rutter, Arizona Christian	Instilling Toughness Into Your Program
11:50a-12:50p	Pizza Lunch	
(12:10-12:35)	NAU Men's Staff, Positional Work	Matt Dunn (Big) Wes Pifer (Point Guards) Vic Sfera (Wings)
(12:35-12:50)	Wade Salem, Character Matters	1 Thing Really Matters
1:00-1:50p	Jim Saia, Cal State - San Marcos	Becoming a Better Passing Team
2:00-2:50p	Sue Darling, Northern Arizona	The Best Defense is a Good Offense
3:00-3:50p	Chad Iske, Denver Nuggets	Game Planning for Your Opponent
4:00-4:50p	Dave Rice, UNLV	UNLV's Up-Tempo Offense

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SAVE THE DATES:

2014 TEAM CAMP

6/2014 (TBA)

2014 LUMBERJACKS COACHES CLINIC 8/1-2/2014



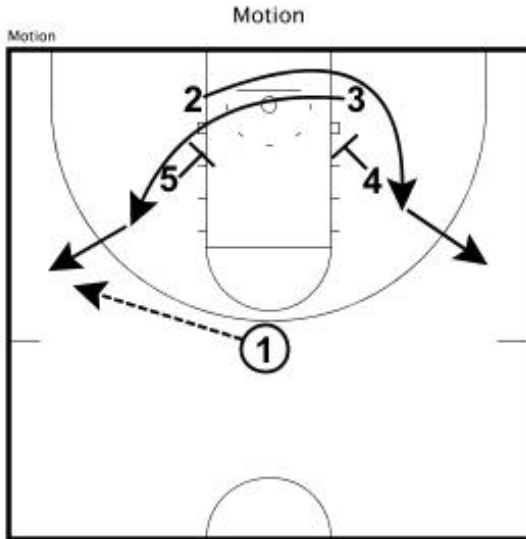
Josh Pastner, Memphis - “Memphis Tiger Offense”	3
Sean Miller, Arizona – “Arizona Motion Offense”	6
Tim Grgurich, NBA Legend - “Building Your Defense”	8
Steve Spencer, Orange Coast College – “Player Development”	11
Jack Murphy, Northern Arizona - “NAU Zone Defense”	14
Derrick Clark, Metro State - “Full Court Pressure Defense”	18
Jeff Rutter, Arizona Christian - “Instilling Toughness Into Your Program” ...	20
Jim Saia, CS – San Marcos - “Becoming a Better Passing Team”	23
Sue Darling, Northern Arizona - “Best Defense is a Good Offense”	26
Dave Rice, UNLV - “Transition Offense”	29
Chad Iske, Denver Nuggets - “Game Planning for Your Opponent”	33
NAU Men’s Basketball Assistant Coaching Staff, Positional Work	44



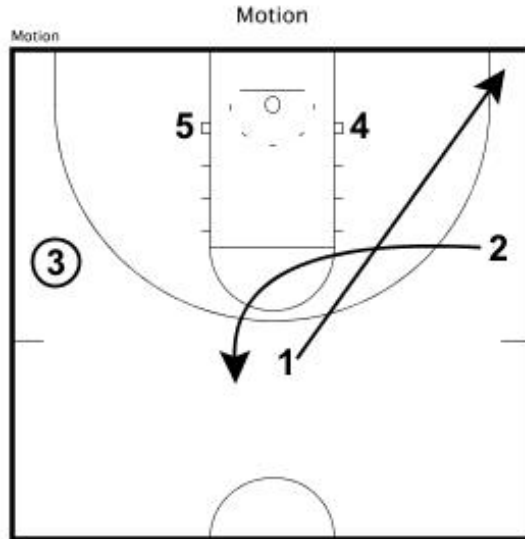
Josh Pastner, Head Coach University of Memphis –
“Memphis Tiger Offense”



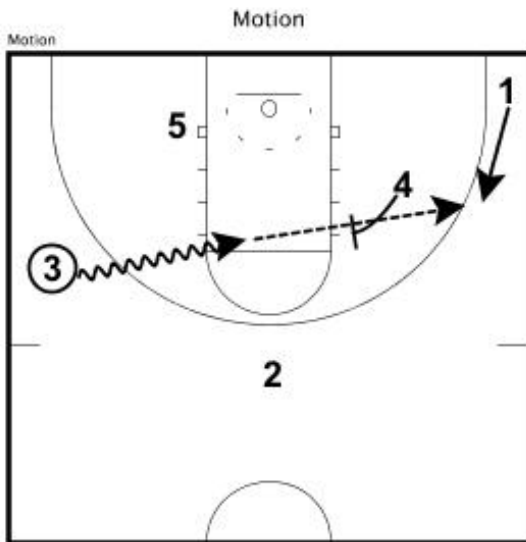
- Reasons for motion offense:
 - Simplicity – keep the game simple (no grey area).
 - Freedom within structure – “players make plays” (allow for “breakdown offense”—hard to guard)
 - Must be able to let go as a coach a little (don’t have to stand for bad shots or selfishness but must let players go)
- Keep offensive side of the floor simple, don’t suffocate players with too many complex plays. “I will be more controlling on the defensive side, but I’ll let you play on offense.”
- Track hockey assists – promote passing and unselfishness
- Defensive Emphasis on 50-50 balls. Direct correlation to wins and losses
- Your identity/how you play is what you’re going to be come game time. It’s tough to change that 2 days before a game.
- Not a fan of *dribbling* rather *DRIVING*—2 feet in the lane attacking defenses
- Dribble Drive Offense: Coach Calipari never did defensive drills in practice but they were one of the better defensive teams in the country.
 - They worked on defending the dribble drive so much and if the defenders allowed the offense to get in the paint they stayed on defense (sometimes lasted 40-50 minutes)
 - You have to be able to contain and guard the ball
- Offensive Rules:
 - Don’t take bad shots
 - Every cut is a scoring cut
 - Everything goes toward the basket
 - Aim to get in the paint – pass or dribble
 - Every drive is a north—south drive
 - Constant movement
 - On post feed= opposite post dives to rim



Man Offense
Swing the wings to get open



Man Offense
1 sprint cuts to corner
2 nail cuts to the top of the key (right through the nail)
5 can hold for post up or set ballsc.
4 becomes a flare screener/re-screener



Man Offense
Tough action to guard (or skip without the drive)

- Can start with a stack entry. (Figure 1)
- Guards will swing the wings to get open. Prevents teams from bumping us off our cuts and taking us away from where we want to go. (Figure 1)
- We're trying to curl every pin-down screen (wing-cut if we can't get it— Figure 1)
- Tight curls, flares, and re-screens are hard to guard

- Drive & Kick Game (Option out of Motion)



- 3 catches a curl off a re-screen from 5 (Figure 1)
 - 3 can pass back to 1 if shot or basket cut to 4 aren't open (Figure 2)
 - Wing to corner pass=cut through (Figure 3)
 - 2 & 4 can dribble handoff, ballscreen, etc. (Playing basketball—Fig.3)
- *Different entries to motion:*
 - 1) Back screens
 - 2) Motion Wide
 - 3) Staggers
 - 4) Be creative—all ends in the same thing
 - "I never use the word run, we encourage our players to sprint"
 - If you're going to play fast - you have to sprint - be committed (not run or jog).
 - The play after the play - When things are broken down, what are you going into?
 - Less talented teams can, for the most part, only beat you with 3 point shots. Make teams beat you with contested 2 point shots. The 3pt shot changes things
 - Post Feeds: Lute Olson thought it was best to enter it from the top not wing—takes help out of equation
 - Drive the ball with shoulder squared to score—cant get knocked off your line. Same with cutting. You must get lower than your defender and cut your cut without getting bumped off.



Sean Miller, Head Coach University of Arizona –
“Arizona Motion Offense”



Passing game offense – quick push in transition

Break down the court for players: lines and areas

Have a specific terminology for your program

Motion line –

- Runs a foot above the block
- Use spacing
- “Pocket” = top of the key
- No drives from the pocket

Use away screens –

- 1) Look to curl
- 2) Communicate in the post – set an away screen – post now can change angles.

Back screens –

- 1) Fist up = I’m coming at you
- 2) Always back screen for passer
- 3) Screener sets back screen then looks to pop for jumper if defender doesn’t jump to ball

Flare screen –

- 1) Only set for good shooters
- 2) Only bigs set screens
- 3) Guard must read the screen and curl around flare
- 4) Sitting duck – guard sitting in help – away from man



- 5) Screener setting flare can pop back for three
- 6) Bigs roll to hoop after setting flare

Ball screen -

- 1) Posts passing to guards then follow
- 2) Bigs can set screen and then rim run

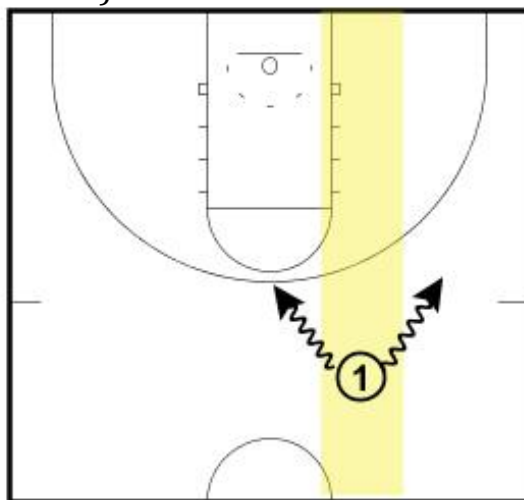
“When in doubt, move the ball or move yourself”



Tim Grgurich, NBA Legend –
“Building Your Defense”



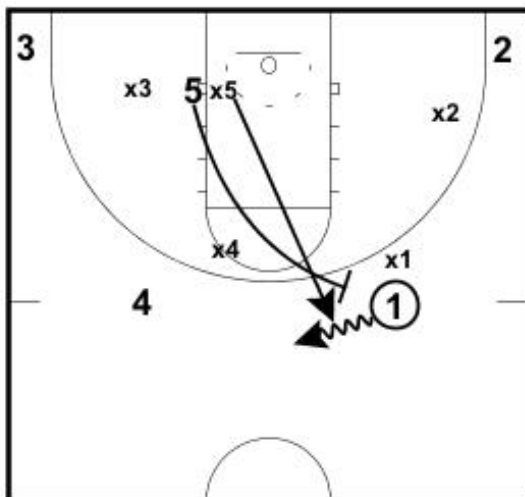
- When he went from UNLV to the Sonics both George Karl & Tark told him to coach like he was the head coach of the team
- Learned from the players of the NBA
- Learn from everywhere you are at, high school, college or NBA.
 - “If you can’t teach, you won’t be a good coach”
- Everything you do has to be to score – cut to score, pass to score, screen to score.
- Value the pass– Dallas Mavericks won the NBA Championship by passing. Spurs did the same.
 - Winning teams know how to pass
- The Pocket: PG’s should bring it up in the pocket (inside lane line to NBA lane line up the floor). Can go either way. Takes into consideration the sideline (extra defender).



- On post players: Rim Run!



- “If he doesn’t sprint his man guards two players and you can’t be a successful running team.”
- Post players put pressure on the defense when they commit and run
- The Nail: “It’s how you build houses.” Use the nail at the free throw line as a guide for help defenders
 - “High Nail” if helping off a great shooter
- Transition Defense: The hardest thing to do, and the first thing you do. First line of defense.
 - If you can’t defend in transition, you can’t do anything.
 - Pointing and talking are very important aspects of transition defense
 - Very hard to score against a set defense - makes teams score against your set defense.
- Don’t stand on offense – hardest thing to teach at any level, including the NBA level.
 - Every time you move, you are helping your team.
- “Good defensive coaches bring energy everyday”
- “Expect the unexpected”
- Ball screens:
 - Hardest ballscreen to guard=early ball screens (drags)
 - Get your guys back and set (goes back to transition D)
 - Screeners’ defender must make contact with ball handler



X1 must make PG use ballscreen. X5 must stay attached

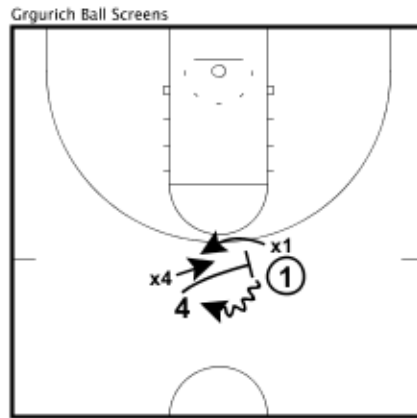


Earlier we can tag the roller (until x5 can recover), the earlier we can get back to shooters (X2 & X3)

- Defending the early drag



- X4 “pushes up” – X1 goes under screen
- Majority of teams defend drags this way – easiest, quickest way.



- Staggered drag screens are hard to guard as well
 - Ex. First screener rolls, second screener picks and pops.



Steve Spencer, Head Coach Orange Coast College –
“Player Development”



ORANGE COAST COLLEGE

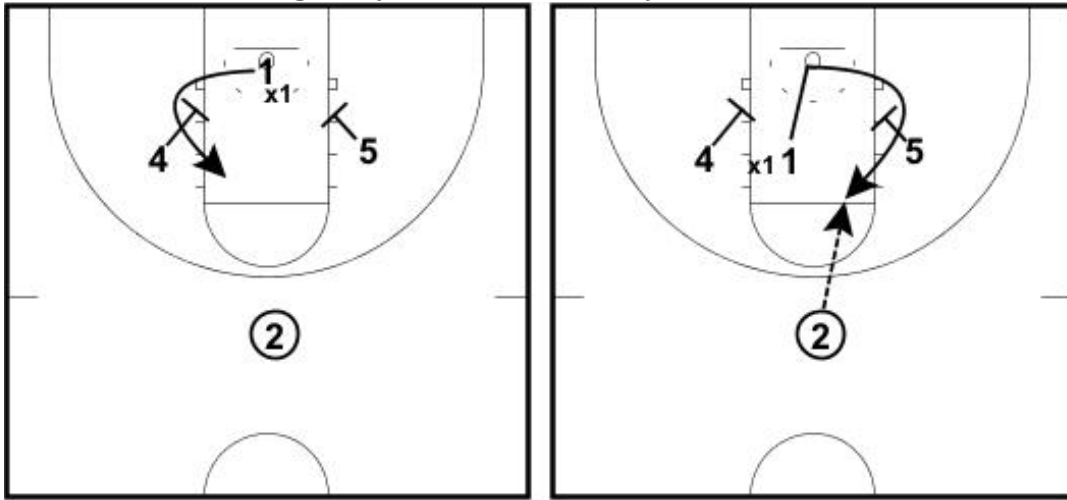
Post player development – “Post work is a lost art”

- Get in there and work with your post players. Be physical with them as a defender (part of building trust with your players is being in the trenches with them)
- Post position
 - Elbows out, down in stance
 - Base is wider than shoulder width apart
 - Chin to the inside
 - Butt into defenders’ kneecaps
- Small post players
 - Use your quickness by front pivoting and going by the defenders’ hip with your shoulder
 - Don’t try to out muscle larger posts inside—no “butt battles”
- Have a favorite “go to” move
 - Coach Spencer’s is a 1 or 2 foot jump hook shot
 - *Hook shots*: Every player on the floor should be able to use a hook shot (guards included—finishing outside the lane vs bigger teams)
- “Plays don’t matter, players matter. Players make plays”
- “Allow your players to make mistakes, they are not going to get better by always playing safe”
- Post Defense: if they show you the ball; rip it. Active hands.
- Weight room (Heavy ball lunges, basketball specific movements)
- Cross-position skill work = guards practice post work and bigs practice perimeter development. Make them basketball players.

Perimeter work:

- Work on using screens, setting up cuts (screen gauntlet to live 1 on 1—teach both offensive and defensive)

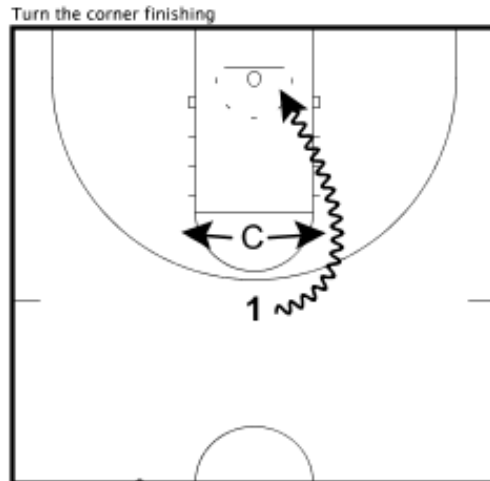
- Probably won't get open off of first screen-get back under the rim and use it again (read the defense)

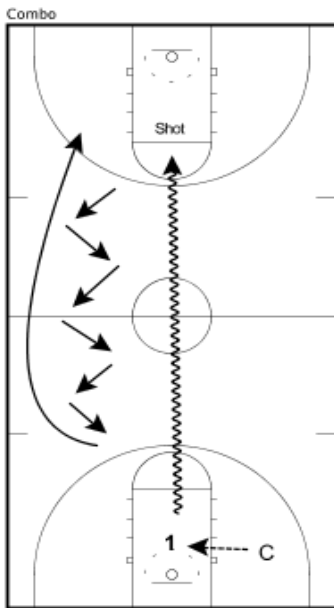


Screen Gauntlet

Screen Gauntlet--Live 1 on 1

- Drill: Turn the corner finishing
 - Shoulder by defenders' hip (if the defenders' hands are up)
 - Coach can keep arms out to get driver to attack low
 - If coach's hands are down, don't bring the ball down (shoulder to shoulder attack rather than shoulder to hip)

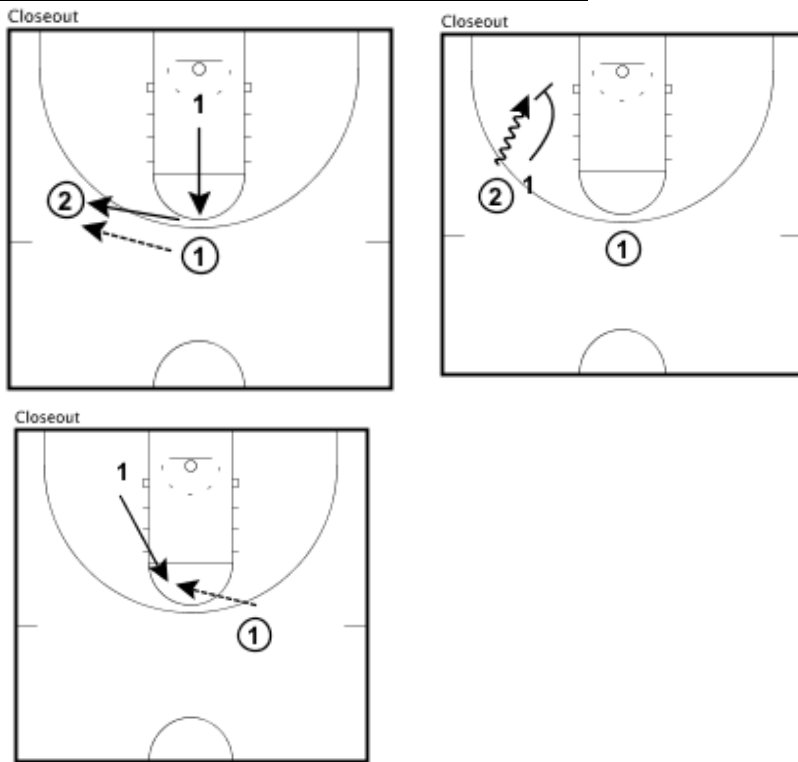




Combination Drill: Full Court Shooting & Defensive Slide

- Coach passes to player who then speed dribbles to other side of court
- Player shoots a jump shot and then defensive slides back down court (zig-zag)
- On “Go” player will sprint back down and grab the ball they shot on the other side of the floor and speed dribble back for another shot
- Player will do this until 3 shots are attempted
- Finish with a free throw

Combination Drill: Double Closeout & Shot



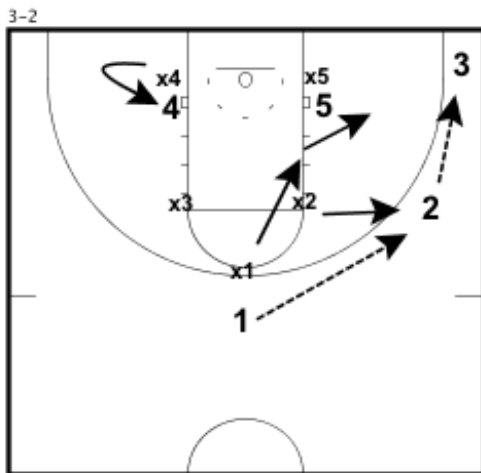
- Closeout to coach at the top of the key (Figure 1)
- Coach passes the ball to the wing and a second closeout (to the wing) occurs (Figure 1)
- Ball is dribbled from wing to baseline and defender must slide & cut the man off (Figure 2)
- Lastly, the defender finishes the drill by setting up a cut for a jump shot from the coach at the top of the key (Figure 3)



Jack Murphy, Head Coach Northern Arizona –
“NAU Zone Defense”

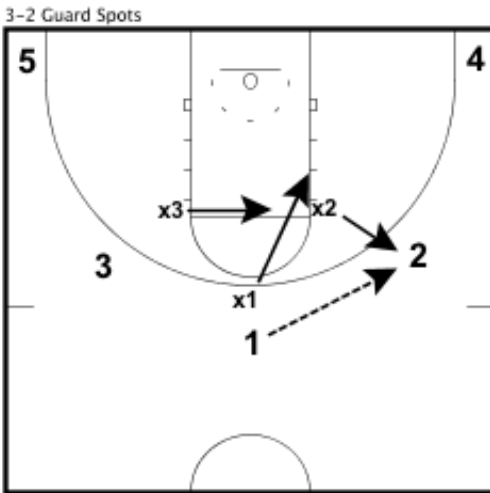


- Manufacture ways to get stops with smaller lineups
- 1-3-1 and 3-2 are more unconventional looks – something different than 2-3 (Most zone offenses are tailored for 2-3's)
- Problems with 1-3-1 = disadvantage is rebounding
- 3-2 “yo-yo man” = starts as the top defender (x1 in diagram below) and always stays between ball and basket (should be long and active defender who is willing and able to move)

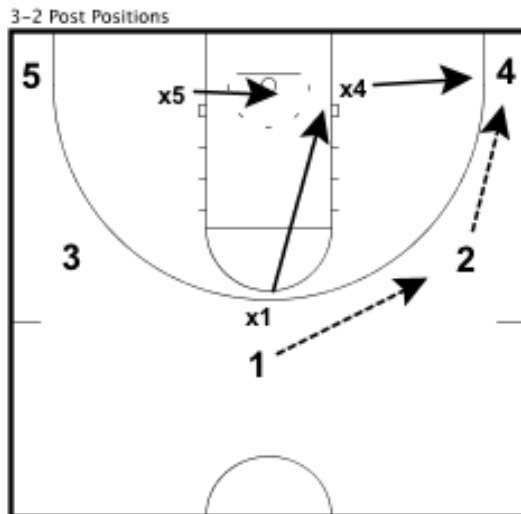


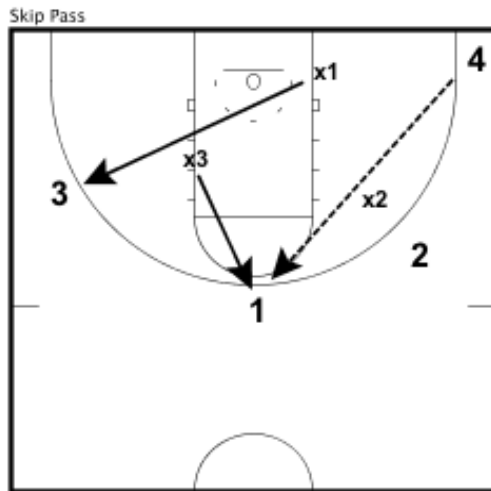
- Yo-yo man (x1) must sit on the posts high hip when fronting the post (Ball in corner)
- The only person guarding 1 man is the person pressuring the basketball
- Importance of high hands in zone
- If the ball gets in the paint it's on the yo-yo man (between ball & basket)

- Breaking down guards spots:
 - Work on defensive coverages with just the 3 perimeter defenders on the floor

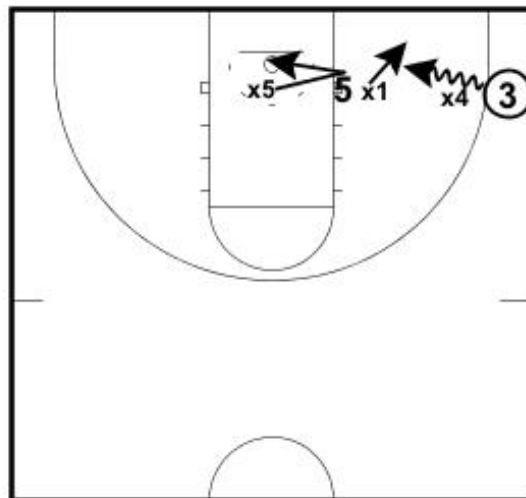


- Breaking down post player positions:
 - Work on defensive assignments with the 2 post defenders & yo-yo man





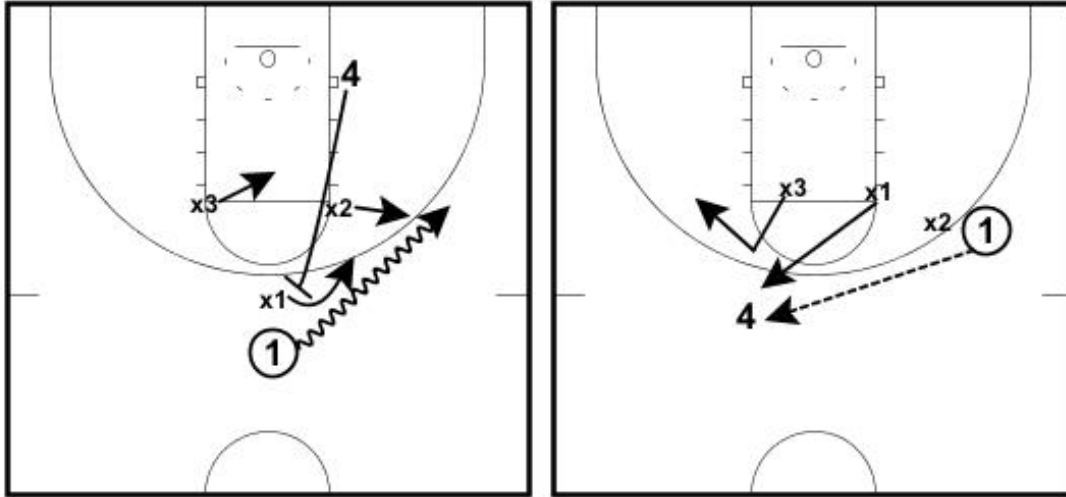
- On skip pass from the corner to the top: X-out the yo-yo man (too long of a closeout for X1 to get back – weak side guard (x3) must call it out
- Weak side is the side you want to build back to; you must flood to the strong side
- Work on attacking the drive from the corner:
 - Yo-yo must be in front denial position so he can take away drive if it comes



if x1 has to leave offensive post to help on drive x5 may have to help until recovery

- Don't X-out the yo-yo unless the ball skips a pass – you should be able to recover if it's a 1-2 pass
- **Defending Side P&R**: We force ball handler to the yo-yo man if we can't contain 1 on 1. "Down" the screen to the yo-yo man

- Defending High P&R:



High Ball Screen= x1 fights over the top and contains. If ball is dribbled past lane line it becomes x2's coverage.

If ball gets passed back to POP x3 may have to stunt and recover until yo-yo (x1 can get back)

- No direct line drives! Fan the ball out back to the perimeter
- Be able to defend the flash + ball screens
- All 3 perimeter defenders must understand the yo-yo spot (They could get switched into it)
- Patient offensive teams that can get the yo-yo man switched can sometimes take advantage of it if other 2 guards are not as active and long
- Everyone has to rebound. Weak side post and weak side guard should get a ton of rebounds and this defense always has someone in the weak-side post.



Derrick Clark, Head Coach Metro State –
“Full Court Pressure Defense”



Pressure defense:

- Press affects the physical and mental parts of your opponent (used Mike Anderson @ Missouri as example)
- “You’re either married to it or you’re not” – must be committed for it to work.
 - EVERY SINGLE PRACTICE
- Made shots = an opportunity to set up your press (KEY: get to your spots quick on conversion)
- PG-PF (1-4) must be mobile (don’t have to worry about cross-matchups)

Why we press (on makes):

- 1) To take away primary ball handler
 - 2) 5,200 feet elevation (home court advantage/conditioning)
 - 3) To control tempo
 - 4) Force turnovers (16.7 TO/G) and bad shots (bad shots=turnover)
 - 5) Press is based on effort! (not totally athleticism)
- Force your opponent to be conditioned & prepared for you – press forces a lot of work.
 - Are you conditioned?
 - Late game fatigue
 - Missed free throws
 - Many games are decided by easy baskets
 - **Make conditioning a factor! Press wears on you (not necessarily going to see rewards in turnovers but you may see it in missed layups or free throws)**



- 55 press: man press (mobile 4 man on ball)
 - When trapping – everyone is involved – you don’t have one man to guard.
 - Trap on “short runs”
 - Run & Jump vs Traps (Know when you would do one or the other)
 - When opponent’s 5 man catches the ball – “STICK”= deny all passes – force 5 to handle the ball
 - Always trap primary ball handler – want it out of their hands
 - Don’t flip flop when it doesn’t work. Be confident. Earn trust.
 - Terminology: “Shade” > “Force” or “Give”
 - **Be Disruptive!**
- 22 Blue:
 - 2-2-1- zone press (“soft” press)
 - No trapping
 - Point is to be a pest and take time
 - **No sideline!**



- 22 Sideline or 22 Red:
 - 5 man must be the “great communicator”
 - Looking for trapping opportunities
 - Do not give up sideline, but influence opponent to the sideline (different than 22 Blue)
 - When you push the ball back (back flow situation)= trap
 - “Clamp the basketball” = 1 through 4 is allowed to trap (closest 1-4 can clamp)

More regarding pressure defense:

- “Not about athleticism, but effort – must have energy”
- “Have post players practice at the top of the press to show them how hard guards work”
- Use many forms of press – don’t always trap the ball, just force time off the shot clock.



Jeff Rutter, Head Coach Arizona Christian –
“Instilling Toughness Into Your Program”



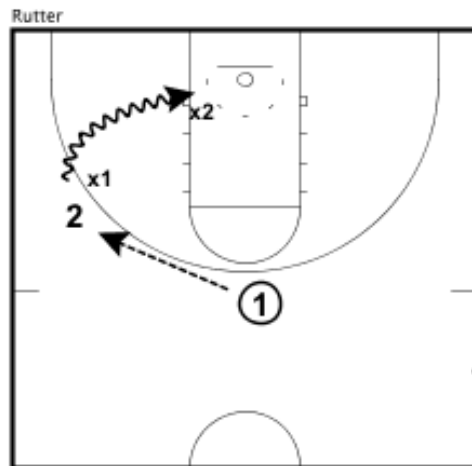
- *As a new head coach, ask yourself:* What are my values going to be?
- The way your team plays down the stretch of the season is the way you *allow* them to play or the way you *taught* them to play.
- **Toughness:** Ability to handle failure, success, etc. Biggest attribute you can teach a player to have and it will stay with them beyond their days playing basketball.
- Instilling a Tough Culture:
 - Recruit tough kids (if possible & you have that luxury)
 - Changes culture instantly
 - *Must define toughness:*
 - Tough-smart-unselfish
 - Embrace contact – fight for loose balls
 - Mental toughness/character
 - “Doing the right thing when it’s difficult to do the right thing” – Jimmy Dykes
 - Authentic manhood: Being a leader, taking responsibility for actions, rejecting passivity, working toward the greater good
- Define toughness both with your team as a whole and individually with each player (individual meetings include constructive evaluations of how they rank in terms of toughness)
- Don’t get too high or too low: handling success the right way is a big part of toughness
- Monitor emotional responses (get used to bad officiating in practice)
- Recommended Reading on Toughness: Spencer Wood & Jon Gordon
- Creative conditioning can help establish toughness



- Every drill you do...you must emphasize toughness
 - Head coach cannot have a bad day (or best player)
 - Hold players accountable
- Chart toughness traits:
 - Screen Assists
 - Deflections
 - Loose balls
 - Dan Miles, Oregon Tech & Shaka Smart, VCU have good formats for this
 - Award at the end of the year

Toughness Drills

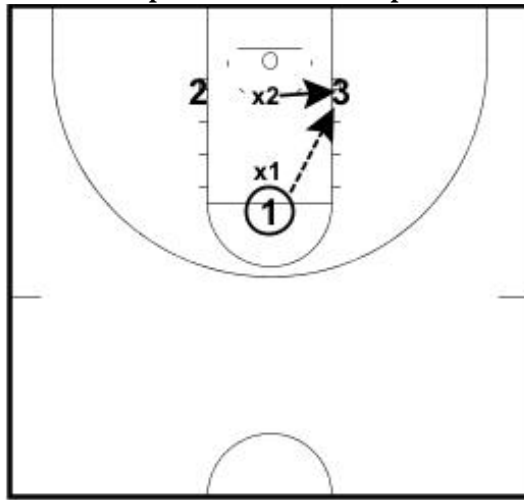
- *2 Line Drives:*
 - Set up cut to get open on the wing
 - Catch knees bent down in stance
 - Rip by first defender (shoulder to hip)
 - Attack and finish through second defender



- *Triangle Trap:* 1 ½ min. everyday once players get hang of it
 - Defensive goal is to make offense stand up or turn their back
 - Defense had some freedom. Guard chest to chest and “hack them up a bit”
 - O1 has a foot on the nail hole; O2 & O3 have 1 foot on the block (can not move that foot)
 - If offense allows defense to deflect the ball, push them off their spot or make them turn = turnover



- Purpose of the drill is to be able to handle pressure, not lose balance, and fake a pass to make a pass



Triangle Trap Drill

- *Baseball*: 3 innings with 3 outs.
 - Perfect (talk, stance, etc.) defensive stop = 1 out
 - Start drill with situation (Ball screen, out of bounds play, etc)
- *4 on 4 shell 3 stops*: Must get 3 stops in a row
 - Defense starts with 3 points – subtract 1 for each stop
 - Score goes up 1 if:
 - Offense paint touches
 - Offense scores a basket
 - No talking on D
 - Uncontested shot
- *50 Point Pass Game: Don Meyer Drill*
 - Offense has no dribble
 - Point for every pass and 5 points for a scored basket
 - Defense pressure the ball... “dead”
 - Offense run your actions-don’t let the defense take you out of your stuff
- If you struggle with something as a team, stack the odds against you in drills. Make it tougher than the game will be.



Jim Saia, Head Coach CS-San Marcos –
“Becoming a Better Passing Team”



“You must be committed to a system”

Pressure drills –

- 3 on 3 full court
- 4 on 4 full then half court
- 5 on 5 full then half court

Ask yourself – Can we pass and catch at full speed?

* If you can't do those things at full speed, you can't run an offense. It doesn't matter what offense you run, you have to be able to do those things at full speed.

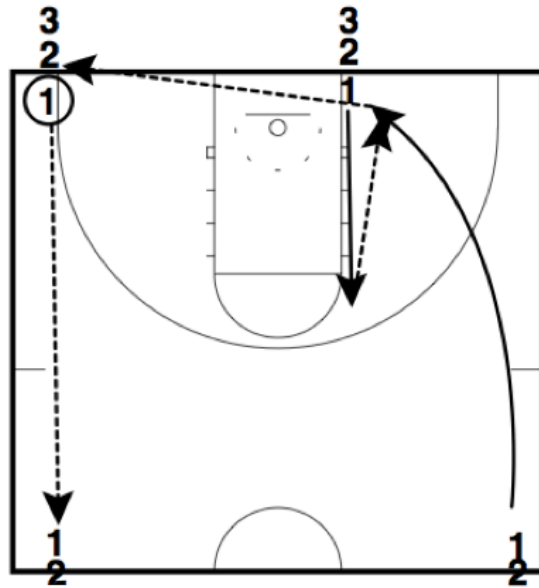
Peer Pressure Drills – Drills for a certain amount of time to a specific score

- Creates leaders
- Puts pressure to make good passes, easy lay-ups
- Everyone is accountable
- Drill restarts with mistakes or misses = responsibility
- No dead time between catches, catch and move the ball
- Team must fight through adversity (Missed shots, restarts)

Hummer – one minute on the clock

- Call each others' names
- Hard, sharp passes
- Focus on next pass

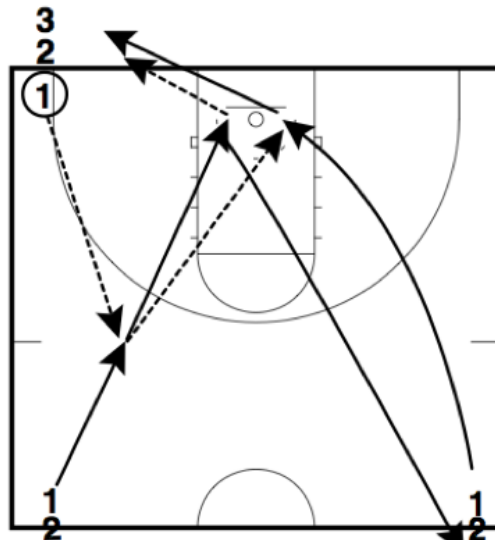
Jim Saia: Hummer



Lay-ups – Right after Hummer – Score to 20 made lay-ups.

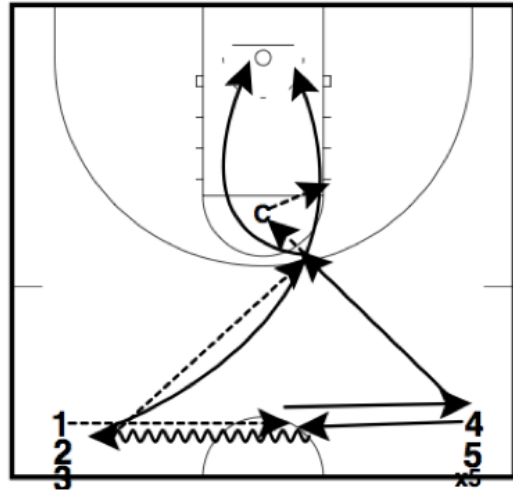
- Sprint to every line
- Hard passes
- Missed lay-up, dropped pass puts score back at zero
- After 20 are made, switch to left hand

Jim Saia: Lay Ups Right/Left



Splits – Left and right - score to 20 makes

- Focus on speed, passing and balance
- Restart with any miss or bobbled pass
- Ball movement
- Ball cannot hit the floor
- No bounce passes



“Demand what you teach”

“The pass is faster than the bounce”



Sue Darling, Head Coach Northern Arizona –
“Best Defense is a Good Offense”



Philosophy – Athletics are important for our youth, they can learn hard work, determination, character. Coaches have the opportunity to instill these traits in players. Players learn basketball and life lessons.

On offense: “Sometimes your offense is your best defense, sometimes defense is your best offense”

“I recruit kids that can pass, because passers know the game better than anyone else”

- Simplicity and execution
- Precision and teamwork
- Passing and cutting

Six staples of the NAU Women’s Basketball offense:

- 1) Lay-ups, lay-ups and more lay-ups
- 2) Passing
- 3) Cutting
- 4) Hands, must be able to catch the ball
- 5) Accurate shooting
- 6) Offensive rebounding = desire

Goals of offense –

- A) Offense from our defense
- B) Offense from transition
- C) Offense from half court

- Set plays



- Princeton
- Triangle

Lay-ups are the main goal of the NAU offense

We emphasize lay-ups in practice –

- With a move
- Left hand, right hand
- Reverse
- Right hand right side, left hand left side
- Spin move
- Lay-ups from the wing

- Top of the key
- From the corner over the front of the rim
- 1x1, 2x1, 3x2 lay-up drills
- Back door
- Passes from the post to cutter

Practice drills emphasize:

- Drive and pitch
- Ball to the middle
- Game situations
- Spacing
- Play after the play – secondary offense.

Three shots we want –

- 1) Lay-ups
- 2) Free throws
- 3) Three-pointers

After lay-ups and free throws our next favorite shot is an open three-point attempt

Rules for offense:

- 1) If your teammate is open, pass them the ball
- 2) If your teammate is not open, dribble at them
 - A) When you are dribbled at - cut backdoor



Princeton/triangle –

- 2 guard front, off each wing.
- Cut hard off of every pass.
- Feed the post and pass out of the post.
- Goal is lay-ups off of hard cuts from the wing.
- After hard cuts defense will often follow cutter, leaving a guard open for a three.

“It takes a great offense, and a great defense to win”



Dave Rice, Head Coach UNLV –
“Transition Offense”



“Coach and manage your personalities – be who you are”

“What you emphasize with your team, you’ll be good at”

Thought on defense: “The most important thing in the game of basketball today is transition defense.”

Basketball is not about egos--adapt and try new things.

“Have a reason for everything you do” – players need to know what you are doing and why you are doing it.

Offensive Transition:

“Running game comes from a consistent defensive effort. Defensive rebounding is key.”

“Make the extra pass, if you are open shoot the ball”

- Push the ball after a rebound, but the point guard is always first back on defense.
- Only time to be selfish – on a 2 on 1 fast break keep the ball until the defender stops you.
- Always look for two man games
- Don’t react, play the game. Fast.



- Early the ball up the court, pass and cut through to open area.

Transition options:

- 1) Push the ball to the rim
- 2) Look for a post in position
- 3) Rip screen between guards
- 4) Swing the ball around the perimeter and slice cut into the paint
 - A) All players have the opportunity to break the secondary offense to attack the basket.
- 5) Down screen and curl
- 6) *If teams front the post* – bring one post to the elbow for a high/low attack

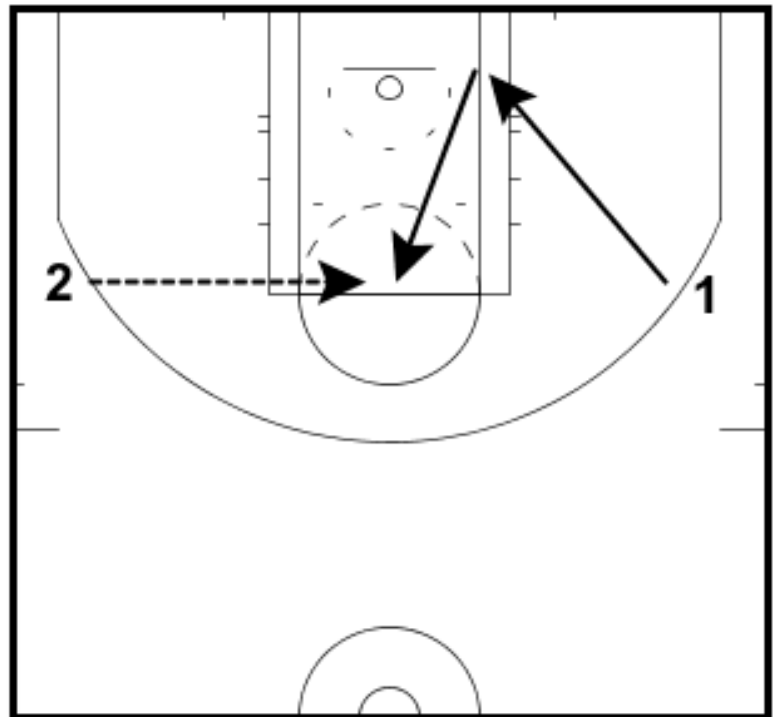
“Most important thing we can do for our players is give them confidence”

“V-Cut Drill” -

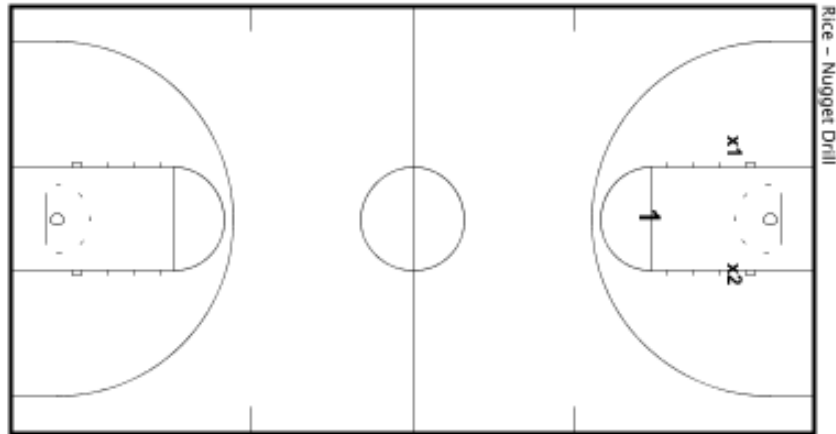
- 1) Players in line 1 v-cut to get open at the elbow/free throw line area.
- 2) Line 2 passes to the cutting player who then shoots a jump shot.
- 3) Players in line 2 then make their own v-cut and receive a pass from line 1.

Add difficulty – 3 pointers, one dribble pull up, step back jumper, etc.

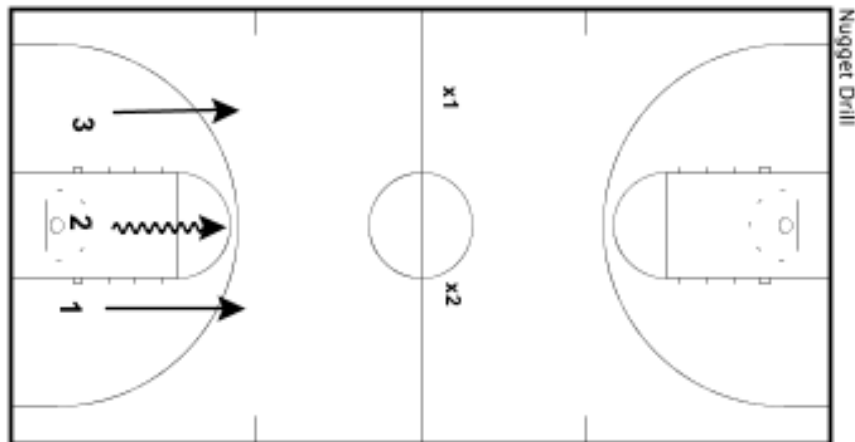
Rice - V-Cut Drill



Nugget Drill - 9 seconds on the shot clock (or whatever you think works for you team)



- 1) Drill begins with two teams. Each team has players under opposite baskets waiting to join the drill.
- 2) Team "A" has one player at the free throw line and team "B" has two players in rebound position.
- 3) Make or miss - team "B" pushes the ball up court in a 2 on 1 situation against the free throw shooter from team "A".



- 4) Two players from team "A" jump into the drill after team "B" either scores or misses. The drill then becomes a 3 on 2 in favor of team "A"
- 5) This continues until the drill is 5 on 5.



Teaching points:

- 1) Force jump shots – not lay-ups
- 2) Don't sacrifice shot selection
- 3) No turnovers
- 4) Play as fast as possible

Drill Scoring –

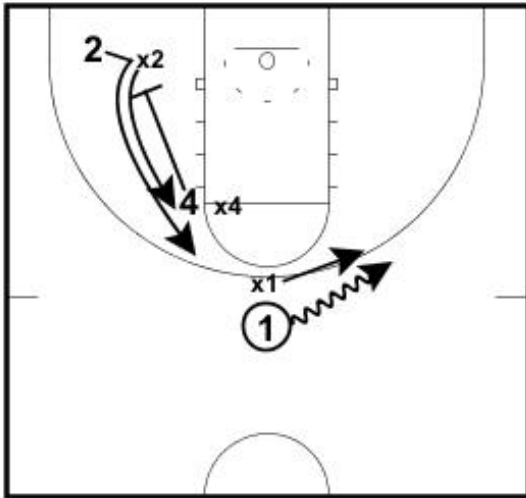
- 2 points for 2 point shots
- 3 points for 3 point shots
- 1 point for a free throw (coach can call fouls)
- Offensive rebound is a point
- lose a point if shot clock goes off



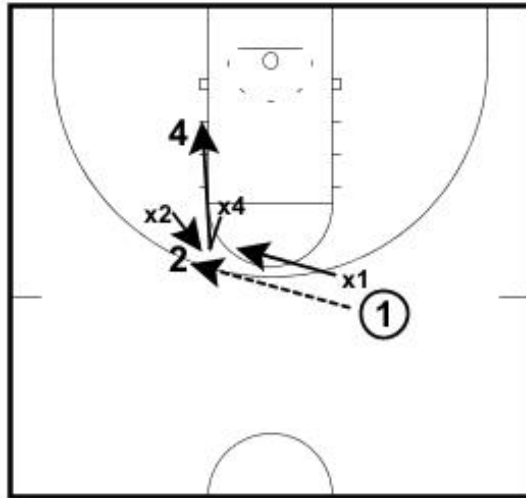
Chad Iske, Assistant Coach Denver Nuggets –
“Game Planning for Your Opponent”



- George Karl wanted everyone to be a HC; from the video guy on up – didn't pigeon hole anyone.
- Regarding Scouting Reports:
 - 1) Knows you audience
 - 2) Know your schemes
- Pre-game film (40 mins before game) with individuals or small groups (had to be 3½ minutes or less)
- 60-65% of scout in the NBA is on opponents' pick and roll
- Defending pin downs: *Starts with pressure on the ball
 - Lock and trail
 - You're only giving one way-push your way through—in offensive players' footsteps
 - Bigs show for half second on time of passAs the ball is in the air – the initial on ball defender must stunt to buy time/plug driving lane (builds 3 man wall)



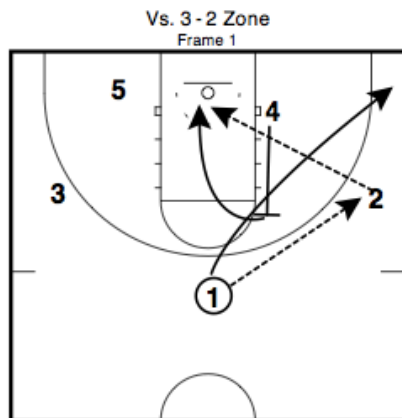
Defending Pindowns: Starts with heavy ball pressure from X1. X2 locks & trails on O2.



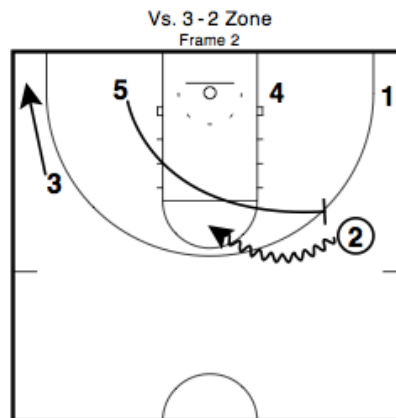
Defending Pindowns: x4 shows on top of pass for 1/2 second. X1 stunts on flight of pass building a 3 man wall

- Lock and gap
 - Lock and then shoot the gap
 - Gap at the level of the screen
 - Top Lock (not letting him use the pindown)
 - Force man away from the pin-down
 - Big & small must be on the same string
 - Switch → Full Denial
- *Drill: 3 Times to Live*
 - Everyone goes through defending screens “dummy” and then play live on the 3rd time through

Nuggets Quick Zone Lob



- 1 hits wing and runs off 4s backscreen to corner
- 4 turns and runs to the rim
- 3 in corner or lob to rim is usually open
- * 2 can hit 1 in corner & that quick lob will be open sometimes as well



- If neither option is open, 5 comes out to ball screen
- 3 spaces to corner



DEPTH CHART



1	2	3	4	5
STEVE NASH	JARED DUDLEY	GRANT HILL	CHANNING FRYE	MARCIN GORTAT
SEBASTION TELFAIR	MICHAEL REDD	JOSH CHILDRESS	MARKIEFF MORRIS	ROBIN LOPEZ
RONNIE PRICE	SHANNON BROWN		HAKIM WARRICK	

Inactives:

OFFENSE:

1 MOJO BACK:

A IT WAS A GREAT FEELING TO GET OUR JUICE BACK AGAINST INDIANA AND RUN AGAIN. WE SHOULD BE ABLE TO GET A TON OF RUN OUTS ON THE SUNS IF WE FOCUS ON IT. THE KINGS WERE ABLE TO GET A BUNCH OF EASY ONES ON BAD RUN BACKS FROM PHOENIX. ALSO EVEN WHEN NASH IS BACK IT IS ALMOST LIKE NO ONE IS THERE AND WE CAN GO STRAIGHT TO THE RIM.

2 ATTACK THEIR BUILDOUTS:

A THIS IS ANOTHER TEAM THAT PUTS SOME GUYS ON THE FLOOR WHO CANNOT DEFEND STRAIGHT LINE ATTACKS. THE BIGGEST THING IS IT DOESN'T HAVE TO BE THE FIRST DRIVE. SKIPPING THE BALL AND OUR CUTTING REALLY OPENED UP PENETRATION. FRYE, NASH, DUDLEY, AND EVEN HILL FROM A RUNNING START CAN ALL BE DRIVEN. WHEN REDD COMES IN IT IS A MUST!

3 MOVE:

A OUR CUTTING AND MOVEMENT AGAINST INDIANA WAS HUGE. IF WE CAN CONTINUE THAT ACTIVITY IT WILL OPEN EVERYTHING UP FOR US AND OUR POST UP PLAYERS (NENE) CAN BECOME MORE EFFICIENT. SACRAMENTO GOT A TON OF CUTS FOR LAYUPS ON PHOENIX AND THEY DO NOT HAVE A SHOT BLOCKER BACK THERE WAITING FOR YOU AT THE RIM. WHEN LOPEZ IS IN THE GAME HE IS SUPER AGGRESSIVE AT MEETING PENETRATION AND UNDERNEATH THE DEFENSE WILL BE THERE FOR DUNKS.

4 POUND THE PENETRATION:

A POUNDING PENETRATION WAS SUPPOSED TO BE A BIG PART OF OUR PERSONALITY THIS SEASON AND IT HASN'T MATERIALIZED. WE ARE ONE OF THE WORST OFFENSIVE REBOUNDING TEAMS IN THE LEAGUE BUT LEAD IN ALMOST EVERY OTHER CATEGORY. IT'S SCARY TO THINK WHAT OUR NUMBERS WOULD BE LIKE WITH MORE 2ND CHANCES. KOSTA WAS ABLE TO GET TWO BIG TIP INS AGAINST INDIANA AND WE SHOULD BE ABLE TO POUND FRYE & MORRIS ALL NIGHT.

DEFENSE:

1 LOAD UP & GET OUT TIME OF PASS:

A PHOENIX'S BEST ATTRIBUTE IS THEIR SPACING IN TRANSITION. NASH WILL COME DOWN THE SIDELINE AND GORTAT WILL CHANGE THE ANGLE OFF HIS DRAG BACK & FORTH. IT CAN BE A DRAG, AND ANGLE SCREEN, OR A STEP UP. THE WINGS HOLD DEEP CORNERS AND THE TRAIL BIG (FRYE) SPOTS UP ON THE OPPOSITE SIDELINE. OPENING UP NOT JUST THE PAINT BUT THE ENTIRE MIDDLE OF THE COURT. WE STILL CAN FORCE MIDDLE ON THIS TRANSITION DRAG/STEP UP BUT ITS A LONGER BUILDOUT THAN NORMAL FOR THE 3RD DEFENDER WHICH WILL BE WHOEVER WE PUT ON FRYE. IF NASH COMES OFF TOWARDS THE LIFTED SIDE, DUDLEY WILL SHAKE UP OUT OF THE CORNER AND HE HAS BEEN CONSISTENTLY HITTING THAT SHOT.

2 GORTAT IN THE WINDOW:

A WE HAVE TO FIND A WAY TO TAKE AWAY THE DROP PASS THROUGH THE WINDOW. EVEN IF NASH STILL FINDS THE ROLL OVER THE TOP OF OUR HANDS IT MAKES IT A TOUGHER FINISH FOR GORTAT. THE BOTTOM OF THE EYE MEETING GORTAT HIGH ON THE COURT AND EARLY, SO WHEN HE TURNS HE IS RUNNING OVER SOMEONE OR FAR ENOUGH FROM THE RIM THAT HE HAS TO PASS IT. WE CANNOT LET GORTAT CATCH IN THE WINDOW AND BE DEEP ENOUGH TO EXLPODE UP TO THE RIM. TY HAS TO KEEP PURSUING THE BALL AND KEEP A BODY ON NASH THE ENTIRE GAME.

3 3 BALL:

A SWITCHING TO TAKE THE THREE BALL OUT OF THE GAME IS AN OPTION. RIGHT NOW IT SEEMS LIKE THEY HAVE TO GET FRYE & DUDLEY TO MAKE SHOTS TO SCORE ENOUGH TO WIN. IF WE SWITCH NASH, KEEP HIM IN FRONT AND MAKE HIM SHOOT OVER THEIR HIGH HANDS CONTESTING EVERY SHOT. WE CANT GET SUCKED IN AND UNNECESSARILY HELP OFF SHOOTERS OR LET GUYS CUT US WITH OUT VISION GIVING NASH A LAST SECOND OUTLET.



5 QUICK HITS:

- A THEY WILL TAKE CHARGES, ESPECIALLY HILL
- B THEY HAVE WON 4 OF 5 INCLUDING 3 ROAD WINS

4 BEAT HIM UP:

A NASH CAN GET STUCK IN THE LANE AND WILL TURN IT OVER IF YOU PLAY PHYSICAL WITH HIM. BEAT HIM UP EVERY CHANCE WE GET; WHEN WE CUT, GO TO BOARDS, SET SCREENS ON HIM, AND TAG HIS CUTS IT SHOULD BE AN OPPORTUNITY TO HIT HIM. IN THE PAST WE HAVE THOUGHT THAT IT WAS BETTER FOR NASH TO HAVE 20 POINTS THAN HAVE 20 ASSIST IN CASE YOU GUYS WANT TO SWITCH HIM.

5 QUICK HITS:

- A HILL IS STILL RUNNING FOR LAYUPS, HAVE TO GET BACK OUT OF CORNERS NASH WILL THROW AHEAD TO HIM AT EVERY OPPORTUNITY. CANT GIVE THEM EASY ONES.
- B GORTAT IS REALLY RUNNING THE COURT AND IS GETTING THE PAY OFF FROM NASH. HE HAS GOTTEN LOBS OVER THE TOP IN THE PAST FEW GAMES OR FOULED JUST RUNNING STRAIGHT DOWN THE MIDDLE FULL SPEED FROM THE TRAIL POSITION.
- C DUDLEY IS A BIG PUMP FAKE GUY, STAY DOWN!
- D NASH IS GETTING TEAMS CHEAP FOULS STOPPING IN FRONT OF OPPONENT BIGS RUNNING BACK ON DEFENSE IN TRANSITION.
- E WHEN CHILDRESS IS IN CORNER HE IS CUTTING ON TIME OF PASS. GORTAT ROLLS/CATCHES AND IT'S AN EASY FIND FOR HIM BASELINE FOR THE DUNK.
- F WE NEED TO TALK ABOUT GRANT POST UPS. THEY WILL GET A TON OF EARLY'S AND FLEX CUT (2/3 DOWN) POST UPS. ESPECIALLY WHEN WE GO WITH BOTH TY AND DRE AT THE GUARD SPOTS. I STILL THINK WE ARE OKAY STRAIGHT UP AND WOULD NOT DOUBLE NO MATTER HOW MANY TIMES THEY SCORE ON IT.



OFFENSIVE GAME PLAN

OFFENSIVE STATS

Record: Phoenix	12-15	LEAGUE RANK
PPG	93.7	19
FG%	44.5%	15
3PT%	34.5%	14
FT%	75.9%	10
APG	21.6	11
TO PG	14.1	7
FAST BRKPTS	11.3	22

PICK & ROLL

- MID P&R:
- "BLACK" – SHOW & OVER
- "BLUE" – FORCE TO WEAK HAND
- "WHITE" - SWITCH
- "BLITZ" - BLITZ
- SIDE P&R:
- "BLUE" – FORCE BASELINE
- "BLACK" – SHOW & OVER
- "WHITE" - SWITCH
- "BLITZ" – BLITZ

DEFENSIVE STATS

Road Record: Phoenix	7-8	LEAGUE RANK
DEF PPG	97.6	19
DEF FG%	44.8%	16
3PT%	36.0%	23
BPG	4.1	11
SPG	8.2	25
FORCED TO'S PG	13.7	21
PAINT PTS ALLOWED	38.8	10
OFF REB ALLOWED	12.2	26

CATCH & SHOOT

- LOCK & TRAIL
- SWITCH (WHEN THEY ARE SMALL)

POST

- BEHIND
- "RED" = FRONT
- GO'S FROM NAIL
- GO'S FROM NASH

SOB/BOB

- SAGGING M-T-M
- "23" = 2/3 ZONE

TOP 3PT SHOOTERS

PLAYER	3PT%	3PM-A
Nash	44.8%	30-67
Morris	42.9%	24-56
Dudley	40.7%	33-81
Price	33.3%	11-33
Telfair	33.3%	11-33
Frye	32.7%	35-107

ZONE/TRAPS

- "23" = 2/3 ZONE
- FULL CT. SHADOWS (WARRICK)
- LAKER RED RUN & JUMPS (WARRICK)



PLAYER	3PT%	3PM-A
Brown	32.7%	17-52
Redd	28.6%	12-42

POOR FT SHOOTERS

PLAYER	FT%	FTM-A
Gortat	66.3%	61-92
Morris	67.6%	23-34
Redd	69.6%	16-23
Warrick	73.6%	39-53
Lopez	77.5%	31-40
Brown	78.4%	29-37

TEAM STATS



	SEASON	NBARANK	vs. DENVER	DIFF. vs. DENVER
PTS	93.4	19	--	--
FGM-FGA	36.1-80.8	17	-	-
FG%	44.8%	13	--	--
2PM-2PA	29.3-61.1	19	-	-
2P%	47.8%	14	--	--
%A-2P	75.7%	20	--	--
3PM-3PA	6.9-19.6	13	-	-
3P%	35.1%	13	--	--
%A-3P	24.3%	11	--	--
FTM-FTA	14.2-18.4	30	-	-
FT%	77.1%	10	--	--
OFF.REB	9.9	25	--	--
DEF.REB	31.0	16	--	--
TOTALREB	41.0	25	--	--
AST	21.6	11	--	--
STL	6.8	26	--	--
BLK	5.2	12	--	--
TO	13.9	7	--	--
PF	18.6	6	--	--
PTSINPAINT	37.9	24	--	--
FASTBREAKPTS	11.3	22	--	--

PHOENIX PERSONNEL



GAME #29

vs. PHOENIX SUNS

at: DEN

DATE: 2-14-12



QUOTE OF THE DAY

begin to be now what you will be hereafter." -William James

G



#13	Steve Nash					6-3				178	
PPG	RPG	APG	SPG	ORPG	FGM-A	FG%	FTM-A	FT%	3PM-A	3PT%	
14.6	2.6	10.3	0.6	0.3	5.9-10.4	56.3%	1.6-1.9	87.2%	1.2-2.7	44.8%	
vs. DENVER	--	--	--	--	--	--	--	--	--	--	

Still one of the top point guards in the game, he makes everyone around him better and his mental game is top notch. He advances the ball with the dribble or the pass as quickly as anyone in the league. He will attack through any seam and is looking to draw the defense in and then find the open man. He will shoot floaters or step back jumpers as a last resort. He can drive both ways, but favors his left. Currently leading the league in assist (10.3). Excellent at reversing & splitting blitzes. You must pick him up before the 3pt line, because he will pull up on the break and shoot the 3. Expect him to make every open jump shot! Please stay down and stay home on his pump fakes when he gets in the lane. He is looking for cutters or the foul. We want him finishing over us. Big transition p&r player, drags and step ups now make up the bulk of his offense. Gambles & reaches for steals. He will roam off his man at all times. He doesn't like physical play on either end. ATTACK HIS FEET!

G-F



#3	Jared Dudley					6-7				225	
PPG	RPG	APG	SPG	ORPG	FGM-A	FG%	FTM-A	FT%	3PM-A	3PT%	
11.6	4.1	1.8	1.1	1.2	4.2-8.9	46.6%	2.0-2.4	82.5%	1.3-3.1	40.7%	
vs. DENVER	--	--	--	--	--	--	--	--	--	--	

Tough hardnosed player, that does a little bit of everything. Gets most of his offense from spot-ups and the offensive glass. Will look to get his nose dirty and is a better rebounder than his athleticism would seem to allow. A savvy player, you have to match his energy. He looks to go to the offensive glass and around half of his rebounds are offensive. High FG%, and is shooting 40% from three this season. MAKE HIM PUT IT ON THE FLOOR! A capable mid range jump shooter, when open, and a garbage basket player. Likes to drive RIGHT... Get a body on him!!!

#33	Grant Hill					6-8				225	
PPG	RPG	APG	SPG	ORPG	FGM-A	FG%	FTM-A	FT%	3PM-A	3PT%	
8.9	3.4	1.8	0.7	0.5	3.5-8.7	40.5%	1.5-1.8	84.8%	0.3-1.4	24.3%	
vs. DENVER	--	--	--	--	--	--	--	--	--	--	

WING RUNNER! A good ball handler that is capable of coast-to-coast drives. Likes to put the ball on the floor for 2 dribbles going left & pull up. He is a good mid-range shooter, both set and off the dribble. He loves shooting the corner 3. He will drive both left and right, preferring to pull up. Posts up from either block where he turns to the baseline. A good defensive rebounder & an excellent ball handler and play maker. Has great length to play passing lanes and is a big steal threat. Wants to play physical defense on you and harasses you all of your touches. Do not let him goad you into offensive fouls. You can blow by him with quick catch & go's.

F-C



#8	Channing Frye					6-11				245	
PPG	RPG	APG	SPG	ORPG	FGM-A	FG%	FTM-A	FT%	3PM-A	3PT%	
8.6	5.4	1.0	0.6	0.9	3.2-8.4	38.3%	0.9-0.9	92.0%	1.3-4.0	32.7%	
vs. DENVER	--	--	--	--	--	--	--	--	--	--	

A long, athletic post player that is more comfortable facing up and shooting jump shots. A great pick & pop guy with 3 pt range. Only shooting 32% from 3 this season but last season was among the league leaders. FORCE HIM TO PUT THE BALL ON THE FLOOR. He is lifted on mid p&r's and spotted in the corner on certain sets. He is a capable post threat if you allow him deep position. Looks to turn over left shoulder for hook shot. An active player that moves well without the ball and rebounds on both ends. Be physical with him on both ends of the floor and you will have success. He uses his length to contest shots but can be blown by if you face him up and attack. Create the contact, he wants to block the shot up high with his length. You can offensive rebound on him!

**#4 Marcin Gortat****6-11 240**

	<u>PPG</u>	<u>RPG</u>	<u>APG</u>	<u>SPG</u>	<u>ORPG</u>	<u>FGM-A</u>	<u>FG%</u>	<u>FTM-A</u>	<u>FT%</u>	<u>3PM-A</u>	<u>3PT%</u>
	15.1	10.0	0.9	0.6	2.5	6.4-11.5	56.1%	2.3-3.4	66.3%	0.0-0.0	--
vs. DENVER	--	--	--	--	--	--	--	--	--	--	--

A big and strong center that is having a terrific year for the Suns. Leading the team in scoring, rebounding and blocks. Once again he is another player who has flourished with Steve Nash. He is learned to stay in the window and Nash is spoon feeding him layups. We must keep a body on him and meet him early if picking him up on the roll. He only looks to shoot from outside the paint as a last resort. If he puts the ball on the floor he likes to go LEFT. He wants to turn over his RIGHT shoulder on occasional post ups. A physical player that must be boxed out aggressively. Getting 2.5 offensive rebounds per game. He likes to set screens on the ball and roll to the tip of the rim. Don't allow him easy baskets. Has improved his free throw shooting but we still want to force him to earn his points from the line. An excellent post defender with good shot blocking skills, take it to his chest and create the contact.

**#15 Robin Lopez****7-0 255**

	<u>PPG</u>	<u>RPG</u>	<u>APG</u>	<u>SPG</u>	<u>ORPG</u>	<u>FGM-A</u>	<u>FG%</u>	<u>FTM-A</u>	<u>FT%</u>	<u>3PM-A</u>	<u>3PT%</u>
	4.5	3.2	0.3	0.1	1.2	1.6-3.8	43.6%	1.2-1.6	77.5%	0.0-0.0	--
vs. DENVER	--	--	--	--	--	--	--	--	--	--	--

A mobile big with excellent length and size. He is very big and can be a factor around the rim offensively. He isn't comfortable outside the paint, especially as a scorer. A good screen setter that looks to roll to the rim. 53% of his total offense came from rolling to the rim and cuts around the basket. He loves to set surprise step ups and will rescreen as well. Don't let him have easy finishes. Make him earn them from the FT line. Has made 15 footers but it's still the shot we want him taking. An aggressive defender, he tries to block everything that comes his way. His feet are a bit slow defensively and he can get tricked in the post. Go at him and he will foul you, very foul prone if you attack aggressively.

**#11 Markieff Morris****6-10 245**

	<u>PPG</u>	<u>RPG</u>	<u>APG</u>	<u>SPG</u>	<u>ORPG</u>	<u>FGM-A</u>	<u>FG%</u>	<u>FTM-A</u>	<u>FT%</u>	<u>3PM-A</u>	<u>3PT%</u>
	7.4	4.9	1.0	0.7	1.1	2.8-7.0	40.4%	0.9-1.3	67.6%	0.9-2.1	42.9%
vs. DENVER	--	--	--	--	--	--	--	--	--	--	--

Physical 4 man, blue collar approach and doesn't mind doing the dirty work on both ends in the post. Has a solid but basic post game and will look to finish to his right hand off deep seals, drop-steps and quick pivot moves. Also a strong midrange shooter and can hit the 3 (43%). Above average post defender who battles inside and rebounds at a high rate on both ends. Average athlete but deceptively strong and will battle physically with bigger opponents.

**#31 Sebastian Telfair****6-0 175**

	<u>PPG</u>	<u>RPG</u>	<u>APG</u>	<u>SPG</u>	<u>ORPG</u>	<u>FGM-A</u>	<u>FG%</u>	<u>FTM-A</u>	<u>FT%</u>	<u>3PM-A</u>	<u>3PT%</u>
	4.4	1.0	1.7	0.8	0.2	1.5-5.0	30.2%	0.8-1.0	81.0%	0.5-1.6	33.3%
vs. DENVER	--	--	--	--	--	--	--	--	--	--	--

An extremely quick point guard that loves to handle the ball. A majority of his offense comes from p&r's and transition attacks. Pushes the ball very well on both makes & misses. EXCELLENT COURT VISION & SPEED. Likes using drags where he can get to the paint & create. He has a very good right to left crossover, but he is an inconsistent finisher. He can attack with either hand, but is more comfortable going LEFT. Likes to turn down screens and attack away from crowd. A improved 3PT shooter (33%) He still prefers to shoot off the dribble and we need to gap him and keep him out of the paint. Will reach & gamble for steals. With his small size, he struggles defending in low post & in p&r situations.

**#22 Michael Redd****6-6 215**

	<u>PPG</u>	<u>RPG</u>	<u>APG</u>	<u>SPG</u>	<u>ORPG</u>	<u>FGM-A</u>	<u>FG%</u>	<u>FTM-A</u>	<u>FT%</u>	<u>3PM-A</u>	<u>3PT%</u>
	6.7	1.0	0.4	0.3	0.1	2.4-6.4	36.7%	1.1-1.6	69.6%	0.9-3.0	28.6%
vs. DENVER	--	--	--	--	--	--	--	--	--	--	--

Has not played in a very long time and still getting back in the flow. Historically a tough 2 guy. We must find him immediately in transition. Excellent 3pt shooter in the past but only shooting it 20% so far this year. Stay up and into him, and be ready to chase him through pin downs. He is good at reading the defense and if you cheat he will make you pay. Do not let him get his feet set. Capable driver that wants to go right to set up his jump shot. He prefers to attack the rim when going left. He will get frustrated and force bad shots if you don't give him any open looks. Attack his defense. He will cut corners and gamble for steals.



#1	Josh Childress						6-8	210			
	PPG	RPG	APG	SPG	ORPG	FGM-A	FG%	FTM-A	FT%	3PM-A	3PT%
	3.0	2.9	0.9	0.3	1.1	1.4-2.9	47.7%	0.0-0.1	0.0%	0.2-1.0	20.0%
vs. DENVER	--	--	--	--	--	--	--	--	--	--	--

A versatile wing player that can fill in at any of the 3 perimeter spots. A solid spot up shooter when left open, but his %'s drop big when forced to shoot off the dribble. Has been capable 3pt threat in past but did not shooting well this season. We want to take away his layups and hustle plays and make him shoot contested threes. A solid ball handler that will look to attack the rim with either hand. He really runs the wing well in transition, GET BACK! He is very active away from the ball and finds ways to get easy shots with back cuts, slips, and lob looks. Watch him sneaking along the baseline. He is an excellent offensive rebounder that must be located, BECAUSE HE CRASHES THE GLASS EVERYTIME FROM A RUNNING START! He will post up off their 3 Down set where he flex cuts off for a post up typically on smaller players. A solid defender that uses his length to be a steal threat.



#2	Ronnie Price						6-2	184			
	PPG	RPG	APG	SPG	ORPG	FGM-A	FG%	FTM-A	FT%	3PM-A	3PT%
	3.9	1.6	2.2	0.9	0.6	1.5-3.7	40.2%	0.5-0.6	85.7%	0.4-1.3	33.3%
vs. DENVER	--	--	--	--	--	--	--	--	--	--	--

A quick & aggressive guard that was playing w/ great confidence last season off the bench. RESPECT HIS GAME! He is a scorer by nature and is looking to attack early and often. Looking to get to the rim. When he puts ball on the floor, he drives left. He loves to push the ball in transition & is at home in the open floor. Only has one gear and can be turnover prone when pressured. Get into him full court and he will break the offense. He is a capable mid-range jump shooter, but more of a streaky three point threat who is shooting 33% from behind the arc. Watch him sneaking in on the offensive glass, he is an explosive athlete and looks to crash. Defensively he will pressure you and is smart off the ball looking to cause havoc. Match his aggressiveness and energy!



#26	Shannon Brown						6-4	210			
	PPG	RPG	APG	SPG	ORPG	FGM-A	FG%	FTM-A	FT%	3PM-A	3PT%
	8.6	1.9	0.8	0.9	0.4	3.3-8.4	39.4%	1.3-1.6	78.4%	0.7-2.3	32.7%
vs. DENVER	--	--	--	--	--	--	--	--	--	--	--

An extremely explosive athlete that plays bigger than he is. Watch for pull up jumpers in transition, knocking them down effectively this season. He is an excellent finisher in transition and can jump out of the gym. Loves to cut to the basket and use his athleticism to finish over bigger players. He is an average ball handler. Loves to drive left and will settle for jumpers. He doesn't create well for others but is he a much improved 3pt threat. When he puts the ball on the floor he is looking to get to the rim. Watch out for him on offensive glass, sneaks in to get a tip a game. If he rebounds it or gets a long outlet he is looking to push full steam ahead for the highlight dunk. He will run over you if you take a charge! A turnover player if we bring the crowd to him on his penetration. WANTS TO GAMBLE FOR STEALS SO HE CAN HIGHLIGHT DUNK, WATCH HIM IN THE PASSING LANES AND LEAKING OUT!

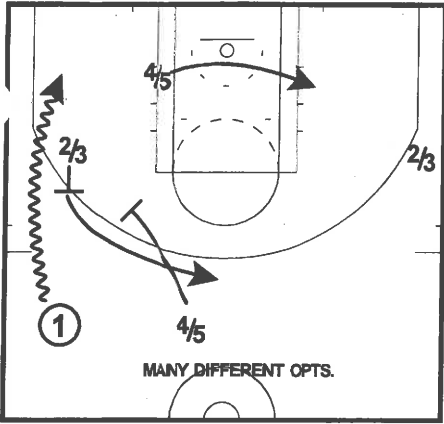


#21	Hakim Warrick						6-9	219			
	PPG	RPG	APG	SPG	ORPG	FGM-A	FG%	FTM-A	FT%	3PM-A	3PT%
	7.2	2.7	0.9	0.2	1.0	2.6-5.9	44.4%	2.0-2.7	73.6%	0.1-0.4	14.3%
vs. DENVER	--	--	--	--	--	--	--	--	--	--	--

A long & lean athlete that uses his length to be a factor in the post and on the offensive glass. Has had some of his best games of the season on us. His offense came from rolls when setting ball screens and cuts around the rim. Likes to post up on left block and turn over left shoulder for hook or face up for jumper. He moves well without the ball and will look to attack the basket. Keep him in front of you, he has an excellent first step and loves to drive left when attacking the rim. He is an improved shooter, capable out to 18ft, but is more effective attacking the rim. He will mix rolls to the rim with pops when setting drags. An effective finisher that you cannot give space for a running start. Runs the floor very well and is a good finisher, using his exceptional length. He is a good shot blocker, but will go for head fakes. You can overpower him, don't let his energy be a factor.

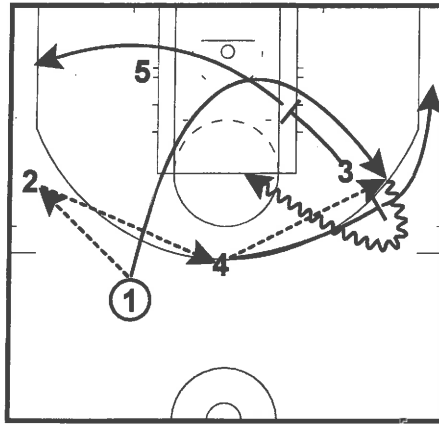


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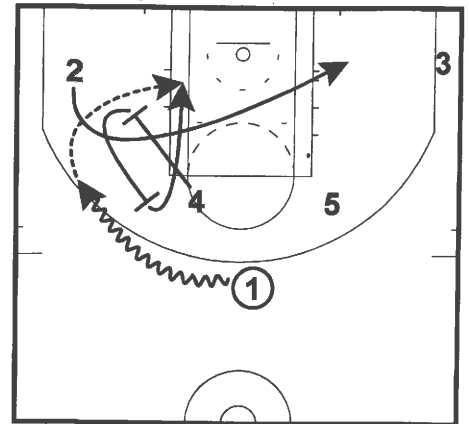
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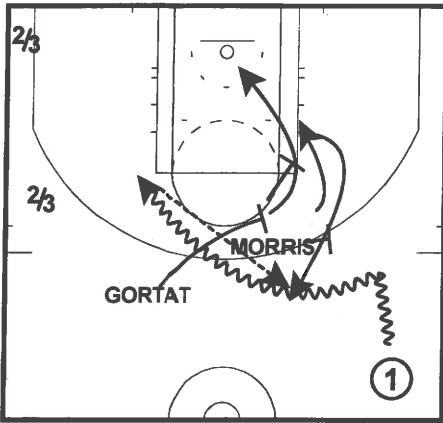


4 POP

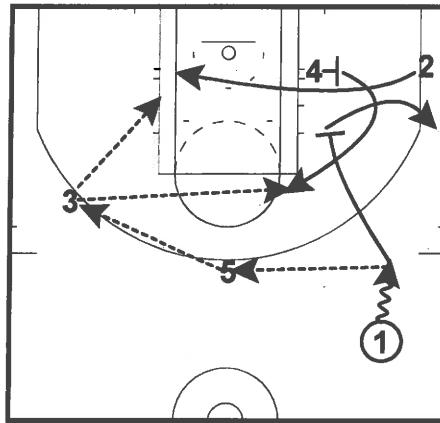
QUICKSTEPUP



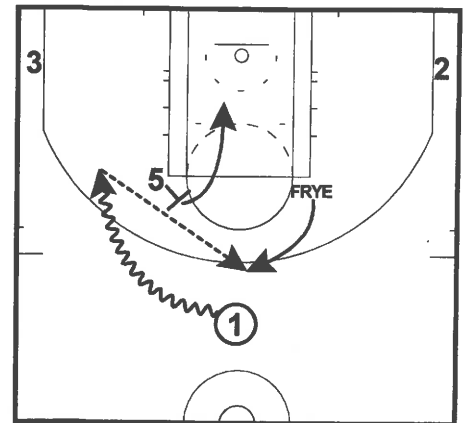
HORNSUP



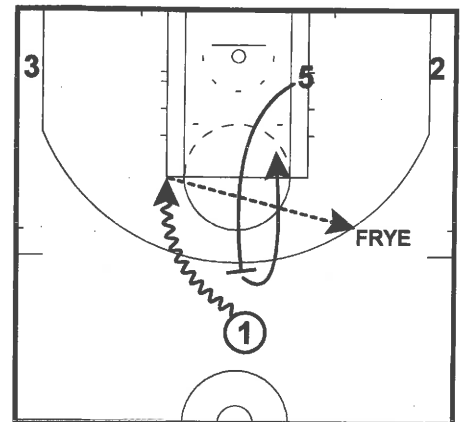
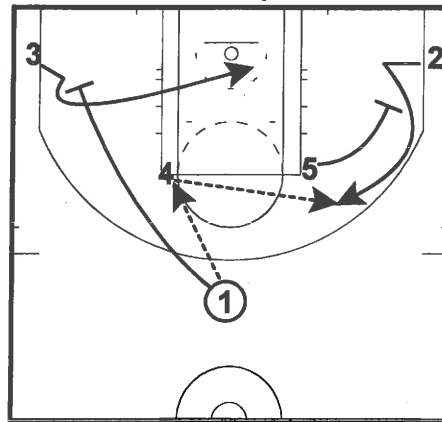
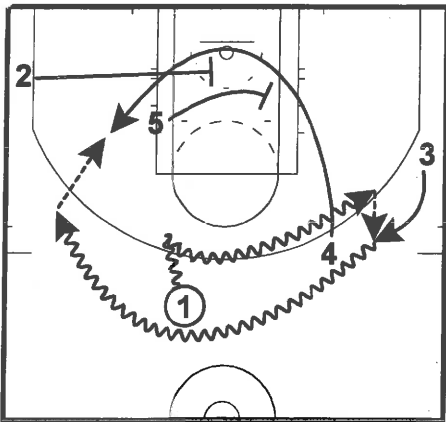
DIVETWIST



ELBOW QUICK



FISTUPHOUSTON





NAU Men's Basketball Coaching Staff **Positional Work**

Biggs (Coach: Matt Dunn)

- Ball Handling—on the side Backboard tips & Backboard Pounds
Toss Back Tips
- Slice Drill
- Toss Back – Facing Catch/Finish Back to Catch/Finish-
Go Get and Finish
Toss Back – Rapid Fire
Toss Back – Rapid Fire Deep Seal 1 on 1
Toss Back – Side to Side 1 on 1
- P&R – Duck in / Pop to mid range

Point Guards (Coach: Wes Pifer)

- 2 Ball Dribbling Stationary and Moving (20 Secs Each)
 - Pounds, Typewriter and Kills
- 2 Ball Dribbling on the move
 - 5 Chair Drill
 - Angles w/Jabs
- Full Court PG Pull-up (6 Makes Each Individual)
 - Pull-ups w/ Defense
 - 2 Pad Finishes
- 2 Man Sprint and Shape Shots(10 Makes or 4 Rotations)
- 5 Series
 - 5 Mid Range
 - 5 3's
 - 5 Pull-ups against Mitts
 - (Switch Sides)
- Sprint Shot Series(20 Makes as a Group)
 - C+S Mid Range
 - C+S 3
 - Corner Kick 3
 - Corner Kick Drive
 - (Switch Sides)
- 15 Shooting (Winner is first to 15 Makes)
 - Fake and Fade 3 (Both Corners)
 - Fake and Tight Curl (Both Elbows)
 - Flare

Wings (Coach: Vic Sfera)

- 2 Ball Dribbling Stationary
 - Progression: Shoulders-Waist-Knees-Ankles
 - Together Dribble
 - Alternating Dribble
 - Side to Side
 - Front to Back
- Turn the Corner Finishing (*2 Makes from Each Spot*)
 - Layups
 - Floater (or 2 Foot Finish in the Lane)
 - *Pull-up Jumpers*
 - (Switch Sides)
- Rip Series (*2 Made Layups/2 Made Pull-up Jumpers from Each Spot*)
 - Rip Baseline
 - Rip Baseline-2nd Defender
 - Double Rip (Attacking the Elbow)
 - Double Rip-2nd Defender
 - (Switch Sides)
- Transition Spot Shooting (5 3PT Spots-7 Makes from Each as a Group)
 - Touch Half Court on Miss

Email mbasketball@nau.edu for more information on any of these drills/workouts or if you ever want to come observe a practice.