

## SMU Clinic 9/7/14

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Books: Know yourself as a coach Kuiper (sp?)  
Mindset Carol Dweck

Coach to Study: Jack Clark Cal-Berkley Rugby (Team glossary define each word\*)

Recruit Players: 1) Need Basketball 2) Teamship 3) Treat Game as their Study

New England Locker room: We don't become you, you become us!

We want our guys to become the best version of themselves while at VCU

We want to provide constant feedback (or) answers to the test...this ensures their success.

Bootcamp (Seal Training): mission based...go somewhere and complete a task together as a unit/team

Everyday things: non-negotiable (we want to be the best at these)

- 1) Transitions: from one thing to the next (5on0 transition to defense)
- 2) Multiple efforts
- 3) Trapping
- 4) Sprinting the Floor
- 5) Deflections

5 Core Values

- 1) Appreciation:  
\*VCU definition- every opportunity is a gift (appreciation to entitlement ratio)
- 2) Enthusiasm:  
\*VCU definition- passionate about the process
- 3) Competitiveness:  
\*VCU definition- aggressively pursue excellence in every single thing
- 4) Teamship:  
\*VCU definition- we full commit to align ourselves with the team
- 5) Accountability:  
\*VCU definition- responsibility to our team and ourselves

Philosophy (Billy Donovan is the best)

Striking the balance between positive encouragement, praise, support and demand more, pushing to excel and challenging players. Players must understand that your habits must match your expectations.

Hypocritical Players: Coaches must expose the hypocrisy if players habits/decision/work ethic don't match their or the teams expectations.

## HAVOC Defense:

- Full court pressure defense (trap a lot more, keep offense guessing)
- Half court pressure defense (don't trap much, some to keep offense guessing)
- Transition offense (put pressure on their defense)
- Half court attacking offense
- Fly at offensive glass

If you worry that full court pressure will expose your basket and you cannot protect the rim... then don't trap. You can still apply pressure.

If you want to trap, you must find a way to measure good/bad traps

Trapping: 1) element of surprise 2) keeps pressure on 3) ?

If you are going to dedicate 2 people to the ball, be fundamentally sound-rotate out (VCU believes this benefits them and their program-you must feel like it benefits your philosophy)

When trapping, you will find yourself in a lot of 2on1 situations, find the best player on your team that is great in those situations

While practicing you must work every day on being outnumbered...4on5, 3on4, 1on2 (very important)

Your team must be good at "fixing it" sprinting back, matching up, taking away open shots

If the pressure is broken in the back court, the pressure should not break...

- Keep pressure on:
  - deny first pass into the offense
  - Trap again
  - Trap first pass to sideline/certain screening angles
  - VCU traps: Iverson cut, step up ballscreens, some ballscreens

DGP= don't get penetrated

Times to trap: ballhandler out-of-control, element of surprise, area of the court (sideline, half court)

You must pressure the dribbler (close enough to touch) and turn the ball to get good traps

Don't like up the sideline traps...ballhandler sees is coming (3 stride rule=you must be there in 3 strides)

Traps in the tunnel don't work very often against good teams

Know who to trap...biggs can be a one man trap (no need to make them uncomfortable)

- How to Trap:
- sprint, break down (closeout), have to be elastic (not rigid)
  - Active Hands (most important component-must be high hands)
  - No escape (take space away, offense tends to pivot away from pressure)
  - Force an obvious pass
  - No splits / no fouls

Terminology:

Interceptors: two players reading the pass out of the trap, must split the players closest to the trap

Stunt: hand and foot fake when not trapping

Madman: player that gets the ball out-of-bounds (ten toes on the line, 3 deflections a game)

Checked: getting beat over the top

One-third: players up the floor (distance off their guy)

Double fist: turn ball to sideline and trap with opposite wing

Protects (3): basket, ball, ballside

Reasons you come out: miss a forced pass, get checked

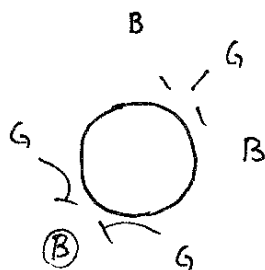
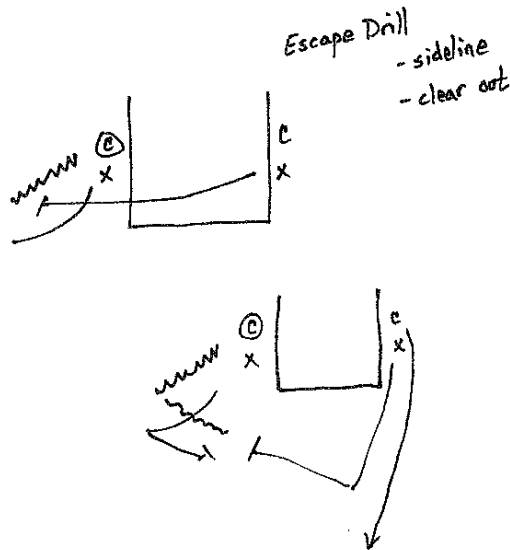
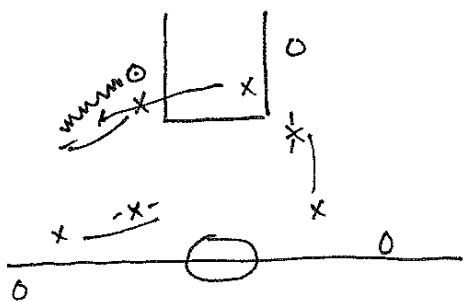
VCU takes a charge every day in practice from a different angle

We want to foul as much as possible without getting it called

95% of fouls in a trap are arms or hands-we use hips and legs

Style of play segment in practice: 3 minutes, no stoppage=fatigue

Verse clear out by point guard: trap top of the key extended...must turn the ball back to the middle



TRAP DRILL  
- Deflections  
- Steals  
- Trap work

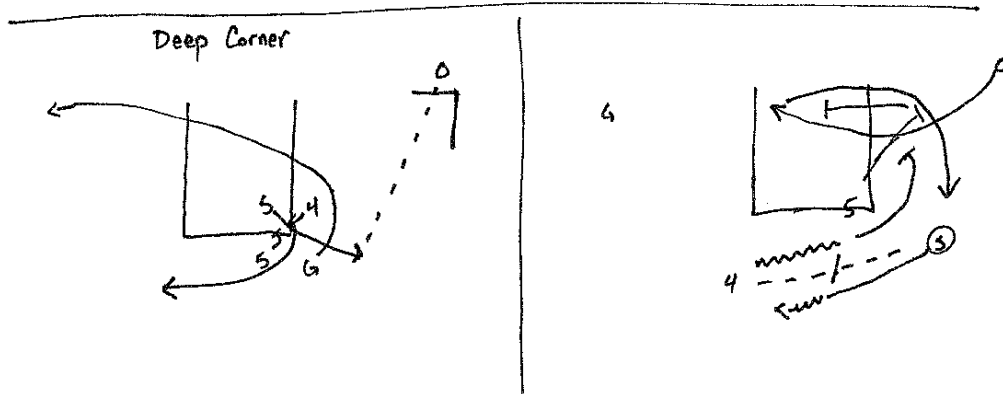
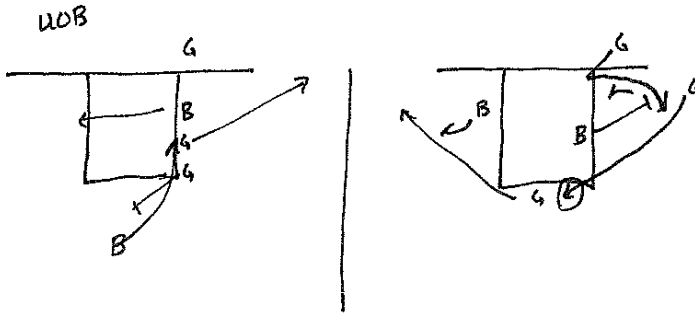
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Mike Woodson Asst Coach LA Clippers / Former NY Knicks Head Coach

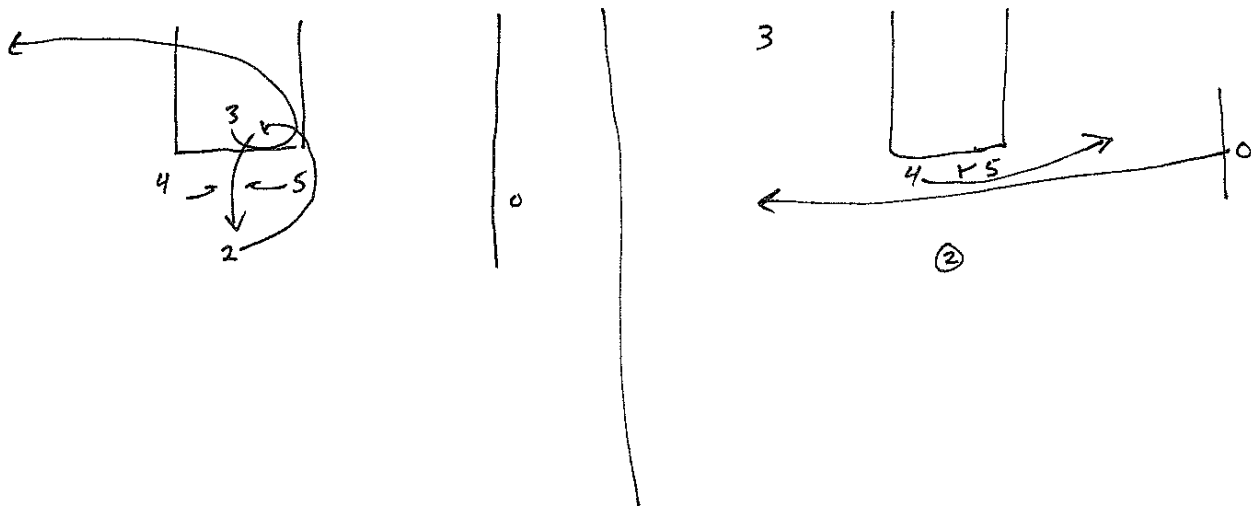
Hardest part of defense is the pick-roll

Started switching pick-roll...puts responsibility on player to do their job

Like guys who play multiple positions



SOB



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Wes Miller

UNC-G Head Coach

Establish an identity...support it with your culture

- 1) Half court man
- 2) Transition
- 3) Execution (secondary / play after play)
- 4) Rebound

We are what we emphasize, focus on, teach and practice daily

Transition: win the first 3 steps plus .10 of a second everyone watches ball in the net "moment of truth"

Bigs = rim run, float under basket then post to ball side (duck-in)

3's test: 36 made in 3 minutes (1 ball, 1 rebounder)

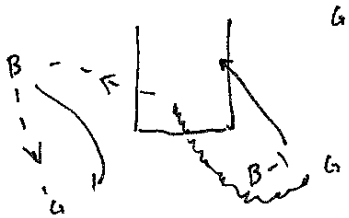
Playing fast does not mean shoot fast

To get great shots = be great at the "Do your job responsibilities" (share ball – open man)

Ball movement / player movement

2 Dribble reads on ball screens

Thought = open home base



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Bill Self Kansas Head Coach

Coach Brown's Advice:

Tulsa...great team making run in NCAA Tournament...Coach team no bad faces, negative body language have fun. Coach Brown thought Tulsa's kids cared enough about winning that Bill did not need to complicate it.

Kansas...young team, new fighting the system and culture. Bill told Larry he was going to meet them half-way...Larry, Do you believe in the way you play? Make them meet you all the way.

Simple philosophy at Kansas: Get 1 or more good shots each possession  
Give up 1 or less shots each possession

When screening put your butt to where you want the guy to go

Manning on posting up: let defense get where they want and hold them there

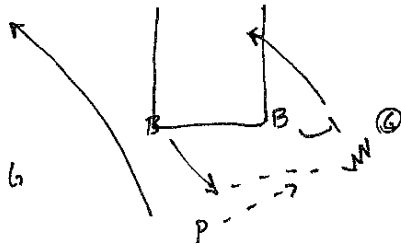
Top of key: run through the pass, cheat step, then shot-dump -reverse

We want the 3<sup>rd</sup> side pass to the post (position and defense is tired)

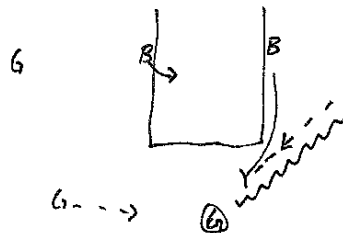
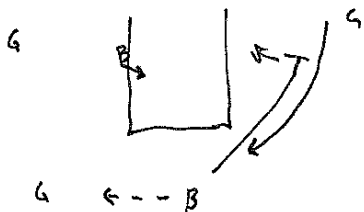
Punch pass (everyone) corner of the backboard - creates the angle

Ballscreens (what we do behind what we do)

Nose Action (weakside cut-defender still caught high side)



Long curls out of deep corner on single side



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Larry Brown

SMU Head Coach

Four thoughts:

Be in great shape  
Play unselfish  
Play Hard  
Make it fun

We coach execution, not effort

If you take a bad shot...what is the consequence?

Pop: we guard who guards us, regardless of match-up...worried about transition D

Great defensive teams don't take bad shots

High Ballscreen (run and switch)

