

FLORIDA

MEN'S BASKETBALL

9-3-2013

Dear Coach:

Enclosed you'll find the notes and the DVDs from our clinic this past August. Due to the personal and intimate nature of the topics, the evening session was not taped. On behalf of our staff, at the University of Florida, I want to thank you for your attendance and participation. The event was a great success. Attached you'll find the clinic schedule along with the contact information of the attendees. These notes were compiled by Florida Graduate Assistant David Moats-dmoats@ufl.edu.

We wish you the best of luck this upcoming season, and if there's ever anything we can be of assistance with, please do not hesitate to reach out. Thanks again for making this a successful event, and we look forward to seeing you next year.

Sincerely,



Oliver Winterbone
Video Coordinator

SIX-TIME SEC CHAMPIONS ★ 2006 & 2007 NATIONAL CHAMPIONS ★ 4 FINAL FOUR APPEARANCES

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2013 Annual Fall Clinic Line-up
August 20-21

(Women's Club – Next to Practice Facility)

Tuesday, August 20th, 2013

(You are on your own for breakfast)

PRACTICE FACILITY (ON COURT)

9:00 Introduction-Larry Shyatt-Wyoming

9:30 New trends, ideas and sets in the NBA-Brendan Suhr-UCF

10:45 Basketball Experiences-Darrin Horn-Coach/Analyst

WOMENS' CLUB

12:00 Lunch Served – John Adams – Head of NCAA Officials- Open Discussion

PRACTICE FACILITY (ON COURT)

1:15 New and Unique Drills- Open Discussion

2:15 Playing Small-Jeff Bzdelik-Wake Forest

3:00 Playing against a Small Line up-Dave Paulsen-Bucknell

3:45 From superstars to basketball constants-Stan Van Gundy-NBA

WOMENS' CLUB

5:00 Dinner Served

5:30 Getting your players to genuinely care for each other-Billy Donovan-Florida Open Discussion

6:30 College to NBA Discussion-Panel-Dennis Felton (Spurs), Wes Wilcox (Hawks) Open Discussion

7:30 Thoughts on practices, workouts, extra hours, individuals, etc- Kevin Baggett(Rider), Sherri Coale (Oklahoma) Jim Les(UC Davis) Open Discussion

Social

Wednesday, August 21st, 2013

(You are on your own for breakfast)

PRACTICE FACILITY (ON COURT)

9:00 Basketball Observations-Fran Fraschilla-ESPN

10:00 Never being satisfied with the status quo while maintaining discipline and integrity. Jeremy Foley-Director of Athletics-Florida

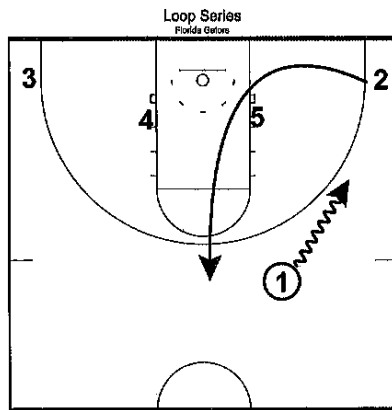
10:45 Dribble Drive Offense-Vance Walberg-NBA

11:45 Larry Shyatt-Close

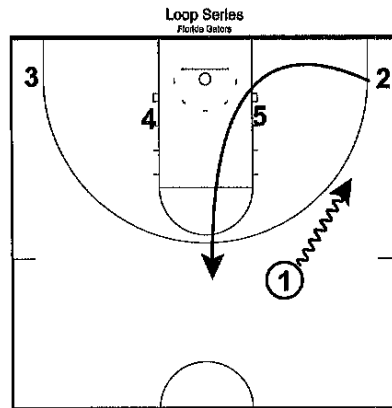
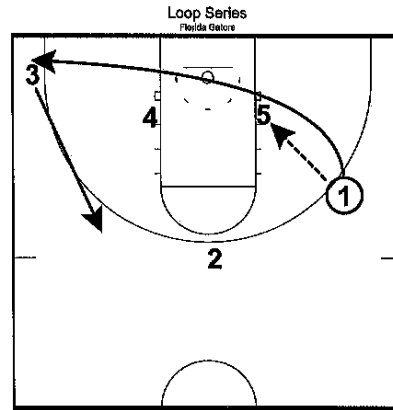
****Reminder: For the open discussion topics, please attend with thoughts to share.
We encourage Q & A with all speakers throughout the event.**

Brendan Suhr- *New trends, ideas, and sets in the NBA*

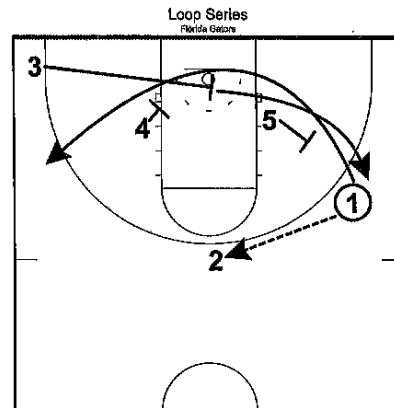
- Talent and Execution
- Staff must speak the same language (same terminology throughout the entire program)
- Become an expert
 - Josh McDaniels spent years in the defensive room before becoming an offensive coordinator.
- 3 Keys in Pick and Roll
 - Who has the ball? Can they shoot, drive, score?
 - Who is the screener? Pick and Pop? Pick and Roll?
 - What angle are you setting the pick?
 - What about small on small pick and rolls?
- Can you run your offense vs. pressure?
 - Design your offense/defense to beat the best team in your league.
- The players I've coached have taught me way more about the game than I've taught them.

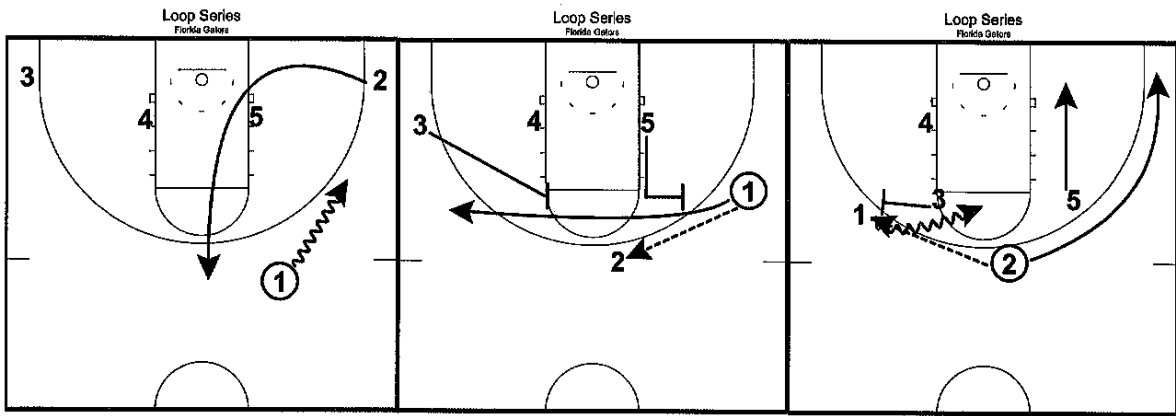


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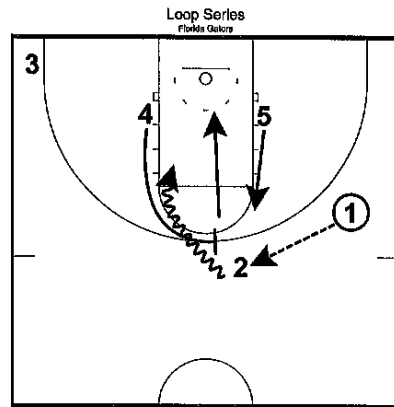
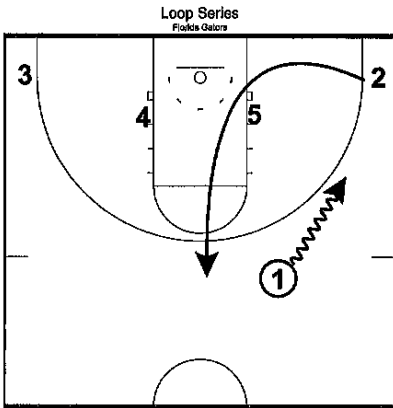


- Loop cut- Loop swing

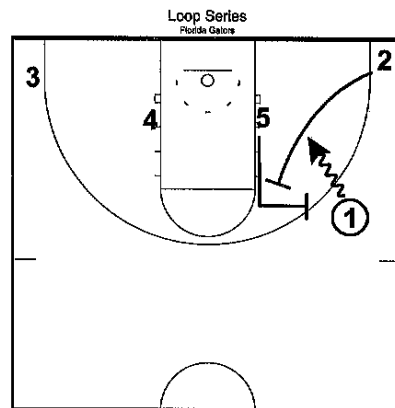
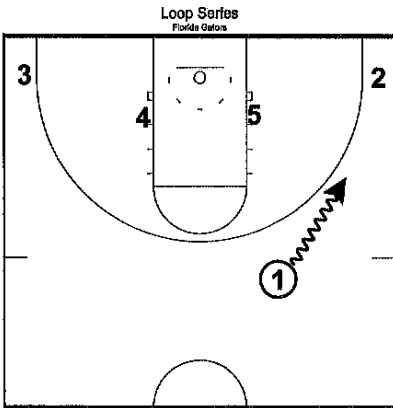




- Iverson Pick and Roll (Guard on Guard)
- Always use pick and roll to score

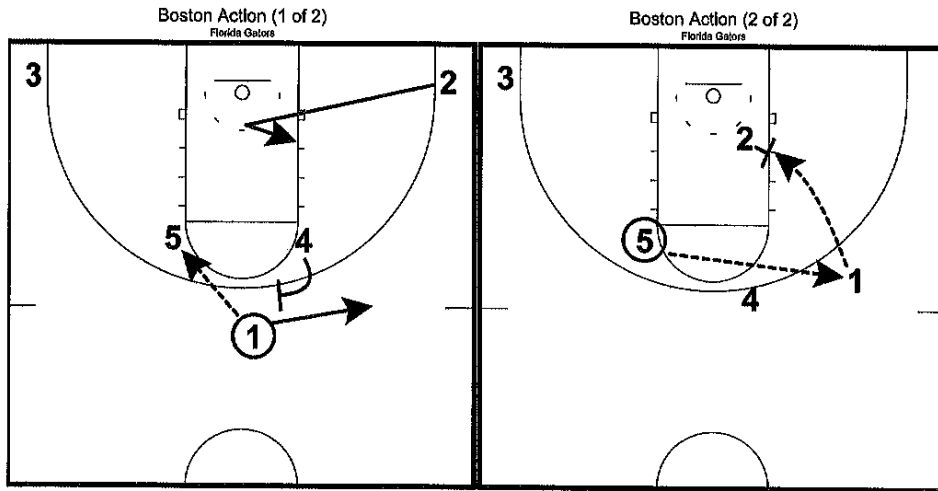
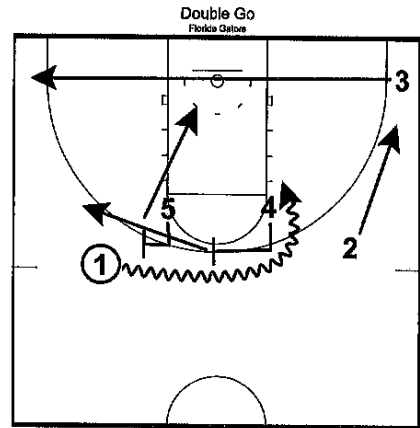


- Loop- Roll and Replace

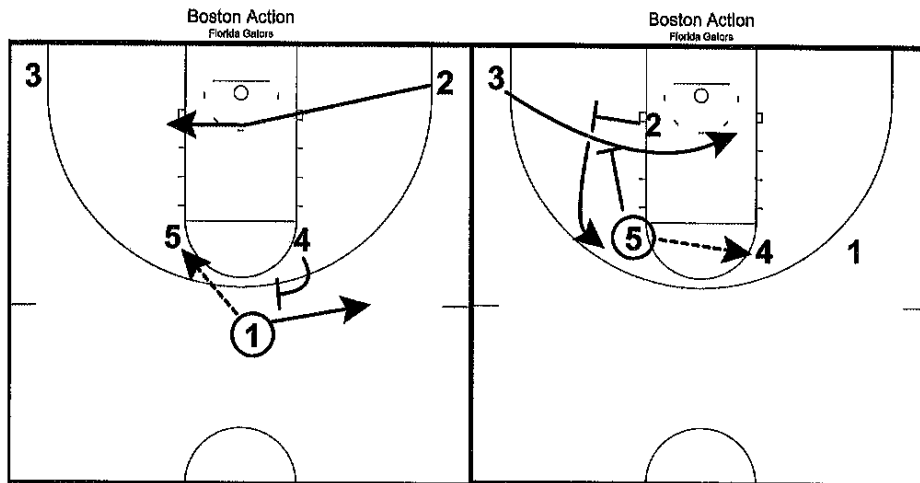


- Vs. a team downing- Wedge Play

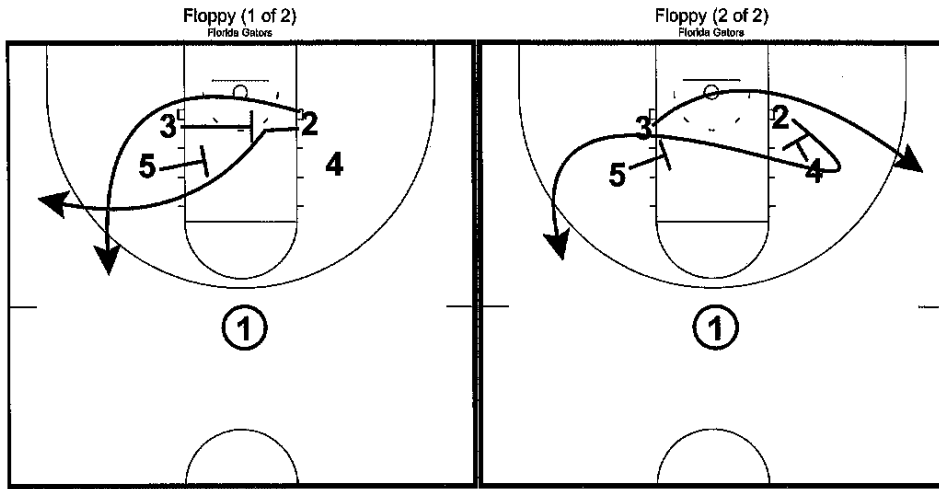
- Double go
 - The 5 man rolls while the 4 man pops
 - The 3 man reads his player and can stay
 - Or relocate to the opposite side
 - Movement is done during the Pick & Roll



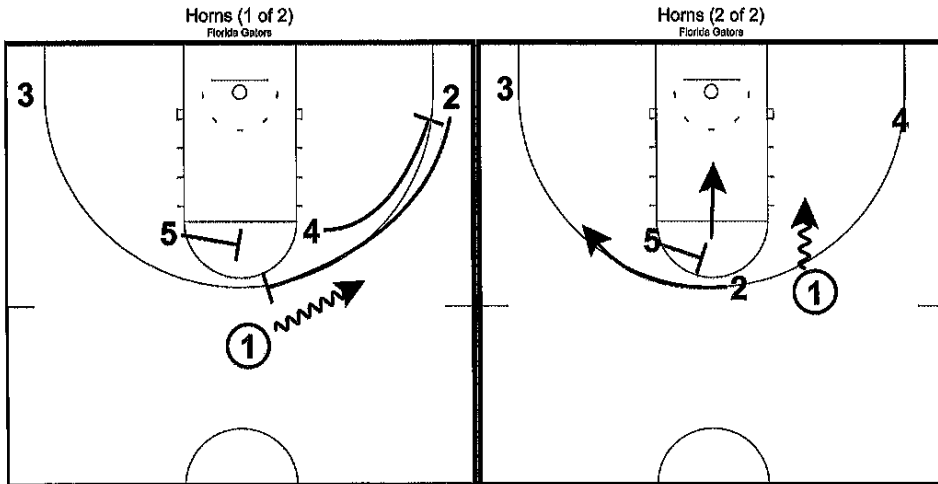
- Boston Action
 - Post up for a bigger guard



- The play can go right into a flex action after initial flare screen.
- You also have the option of setting a double pin down for the three man to come to the top of the key with the 2 man followed by the 5 man.



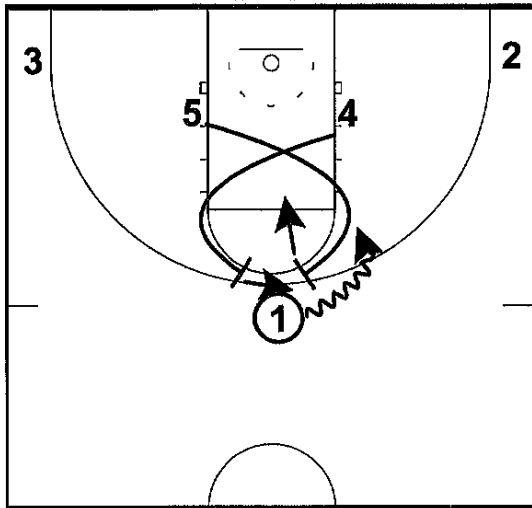
- Left Play: Floppy read- Need a primary receiver
 - If a wing catches opportunities to have spread pick and roll opportunities on the wing with 5/4 man coming out and rolling/popping.
- Right Play: Floppy read if team is switching against you
- You need a minimum of 5 plays to get your best player shots
- You can't run out of ways to get your best player shots



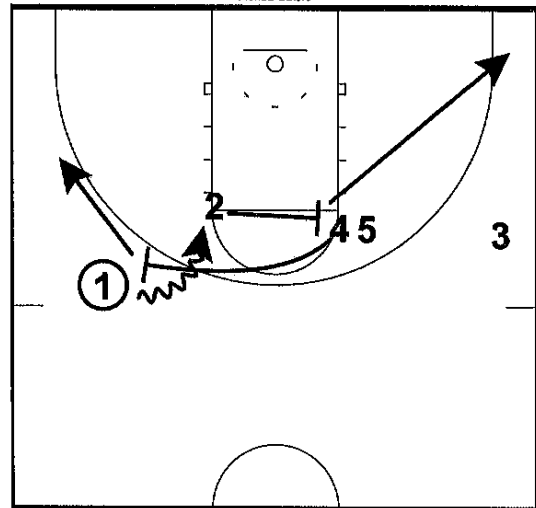
- This is an option to put your two best players together in a set. In this case the 1 and the 2 man.
 - Creates large dilemma.
- Your players will try to buy in when something is their idea.

Here are some quick hitters:

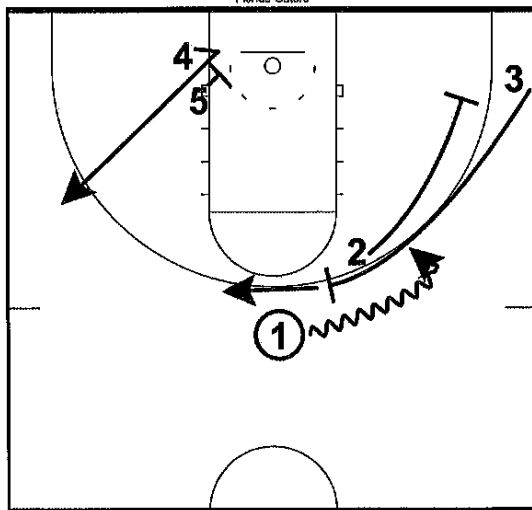
Quick Hitters
Florida Gators



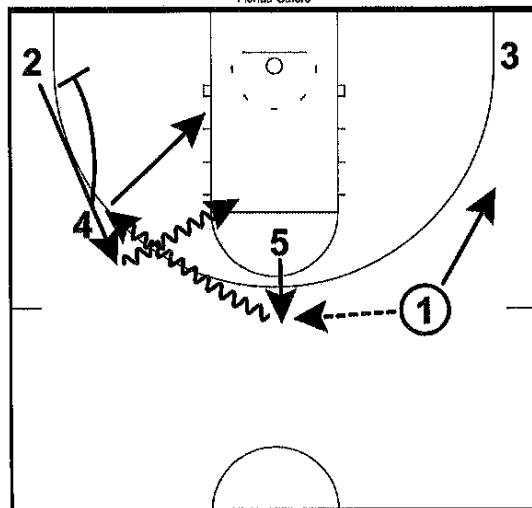
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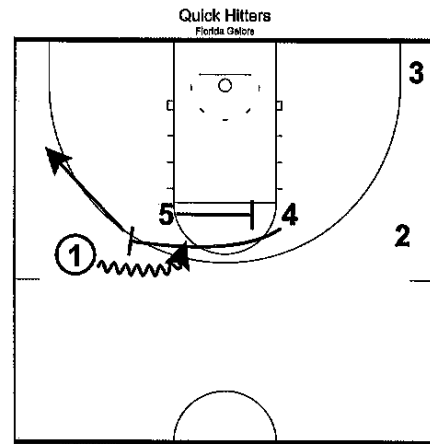
Quick Hitters
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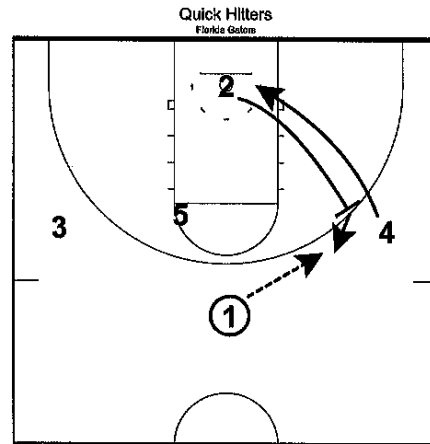
- We want the switch on the 1/3 pick and roll
- And have the point on the 3 man.

- After hitting the 5 man who flashed he goes into a dribble pick and roll with the 2 man who came off of a down screen from the 4.

- An Oklahoma City play with Durant at the 4
- Great option if 4 man is your best shooter



- Put your 2 best players together on the same side. In this case the 2 and the 4.
- Look for the lob, then the pop and then you can have the 4 turn back and post.



- “Get” action is ball screen action (1/4 or 1/5) at the top of the key
- Back screen inside of the arc
- Run “get” action a counter to hooks to get the ball back in the pg’s hands
- Jerry Sloan ran only ran 8 plays
 - They had a culture of execution
- Flip Saunders always says, “All great offensive plays have to have a counter.”
- Take time on this and understand:
 - Who is your favorite coach that you’ve played for?
 - Who made the greatest influence?
 - What characteristics did you admire?
- Going to the office everyday won’t get you any better
- You have an incredible opportunity to change people’s lives
- Some questions for coaches:
 - What is coaching?
 - Players know if you can or can’t teach
 - Players know if you do or don’t care
 - Why do I want to coach?
 - Why do I coach?
 - Why do I coach the way I coach?

- How does it feel to be coached by me?
- Would I like to play for myself?
- Ask yourselves these questions and answer honestly. You might be amazed about some of the answers.
- In a Rollins basketball study it found:
 - 17% of the day head college basketball coaches spend actually coaching basketball
 - 10% of the day assistant college basketball coaches spend actually coaching basketball
 - 100% of the day NBA coaches spend coaching basketball

Darrin Horn- *Basketball Experiences*

- Being asked to take a year off-had the chance to learn and observe
- Very guilty of next day, next game
- Got away from learning and growing
- Every time I go to a place/talk to a coach = Culture
 - Culture shouldn't change, style of play, and players will
 - Teach, Build, Sustain –Culture
- Stress:
 - Same message from top to bottom/mental toughness/positive peer pressure/what sparks you/great work ethic/good teammate/everybody matters/why we win
- Permanents for whole program
 - Next play/Appreciation vs. Entitlement/Sacrifice
- “There is no great victory without sacrifice”
 - Winners ask what can I give? Champion says what can I give up?
 - Teams always played the way they prepared
 - Teams with the best preparation played the best
 - Great focus, great engagement, great energy
- Switching defenses/switch coverage's
 - -Major impact on the game
- Do you have multiple ways of getting your best players their shots?
- Emphasis on position defensively
 - -Major impact on the game defensively
 - You have to be willing to make adjustments throughout the course of a game or season
 - Are you willing to adapt?
- NCAA tournament- Find a way to get there

- Adversity's a good thing-I don't think that we teach it enough
 - How you handle distractions- Major Impact
 - Don't create a distraction by how you handle it
- Things you learn when you're really bad:
 - You can't out tough your way to good offense
 - A player's identity is formed by his offense. Especially if he is good
 - Really hard to not score, demoralizing-blown wide open lay up
- Kids game and personality DO NOT CHANGE
 - Can get better
 - Has anyone changes a high volume shooter? A high turnover guy?
 - Tough to change a kids motor.
- How can I get this team easy baskets?
 - Hope is not a strategy
 - Be different or be better
- Schedule a team like the best teams in your conference
- Make sure you have someone you can talk to that is not in your staff or in your program.
 - Have someone that you can talk basketball with and someone who has nothing to do with basketball
- Don't make a permanent decision over a temporary circumstance
- Study different programs and the NBA
- Be good to the media
 - You don't game anything from being bad with media
- Everything is relative to who you are and where you are
- "We worry about way too much stuff in college"
 - Control what we can do between the lines
- Loyalty is doing your job

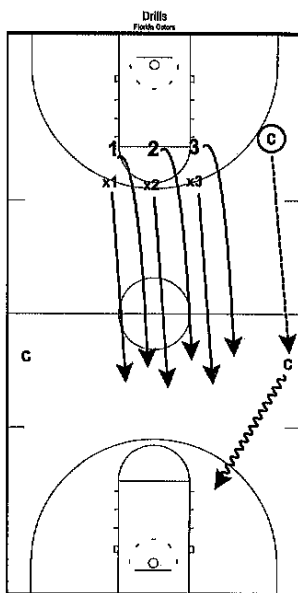
John Adam Head of NCAA Officials- *Open Discussion*

- Block Charge
 - A defensive player is not permitted to move into the path of an airborne offensive player once he has started his upward motion with the ball to attempt a pass or a try.
- Swinging Elbow
 - If an official calls an "elbow" foul his options are: F2, F1, Player Control foul, or if upon review he sees the player did not make any contact, he can rescind the foul. In the absence of a call on the floor, official upon review can only call F2, F1 or nothing.
- Monitor Review (We go to the monitor to see if you are wrong not to see if you're right)

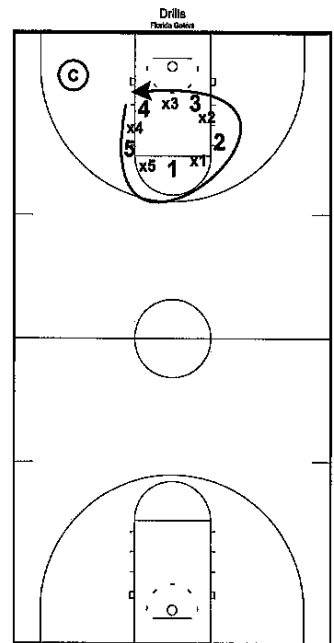
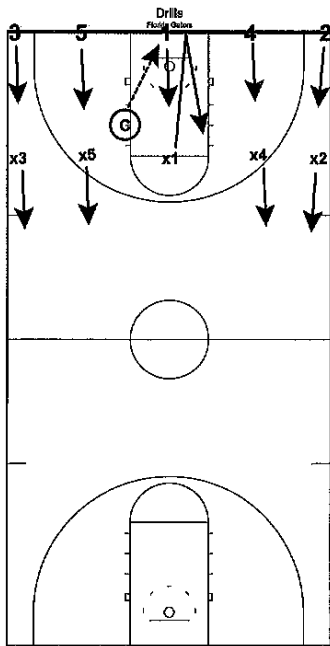
- May review possible shot clock violations AND out of bounds calls involving at least 1 player from each team during the last 2 minutes of game and any OT period.
- To overturn a call made on the floor, there must be “indisputable video evidence.” (Until now, there was no standard)
- 10 Second Rule
 - Shot clock will start on any touch on throw in, not possession. Officials will use shot clock to “count” backcourt violation which occurs at “25” on the clock.
- Goal Tending
 - Goal tending now will occur if defensive player touches a try after it hits backboard with any part of ball above the rim (not entire ball).
- Freedom of Movement
 - FOM defined in Rule 10. Automatic fouls are:
 - Keep hand or forearm on an opponent
 - 2 hands on opponent
 - Jabs or places a hand or forearm on opponent
 - Arm bar to impede progress

New and Unique Drills- *Open Discussion*

- **Larry Shyatt Drills-**
 - Are you a have or a have not?
 - If you are have not, you better be as good as you can be in November because every game that you can win matters
 - Don't necessarily buy you have to prepare for the best 2 teams on your schedule
 - The games that you are supposed to win can be just as important
 - Great teams on defense: Have great feet, hands, and mouth



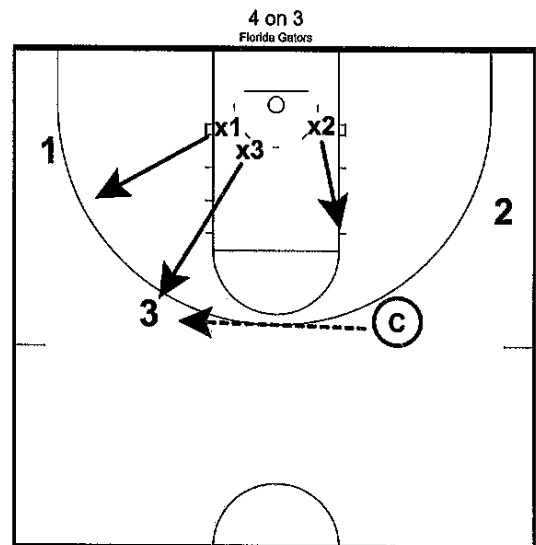
- The coach throws the ball to another coach/manager and he attacks the rim
- The defensive players load to the ball and stop the driver.
- The coach will then pass to an offensive player and from then on its live



- The left picture is a 5 on 4 drill that is good for scrambling and transition defense.
- The right picture the players will circle and the coach will throw it to any of the players or shoot it. There they will fast break working on transition offense and defense.
- These drills can be used with a shot clock so the offense is encouraged to try and score quickly.

▪ **James Whitford drills-**

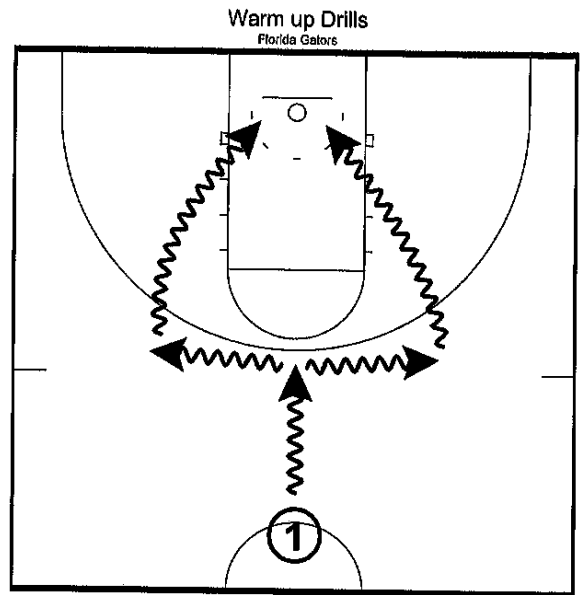
- The offense will pass and cut through to work on position and movement.
- The coach can attack the nail off the bounce simulating a guy getting beat off the bounce.
- Defense needs to “build walls” and once the ball goes back to the player it creates a closeout.
- Fundamental toughness drill that we do every day.



▪ **Phil Beckner drills-**

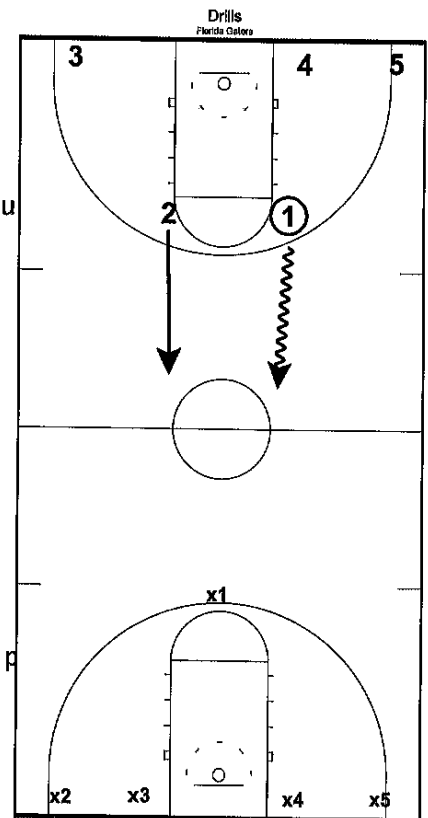
- Tired of head coaches complaining about guys not being good enough or warm enough for the start of a workout.
- Before practice with Damian Lillard worked on footwork, passing, and pick and roll.
- Ideas came from Roger Federer YouTube, study model.
- Pick and Roll- Head up, shoulders are ready to attack
 - Work on 4 different passes out of the pick and roll
 - 1 hand fire bounce pass
 - Attack, hook pass back
 - Behind the back pass
 - Push pass with left hand on right side and vice versa

- The ball handler makes a skill move approaching the top of the key.
- He then moves laterally working on the Federer footwork.
- Once he hits the wing he makes a move to the rim finishing 4 different ways.
 - Reach out with right hand
 - Right hand side finish with left hand
 - 2 foot jump hook on the block
 - Reverse finish

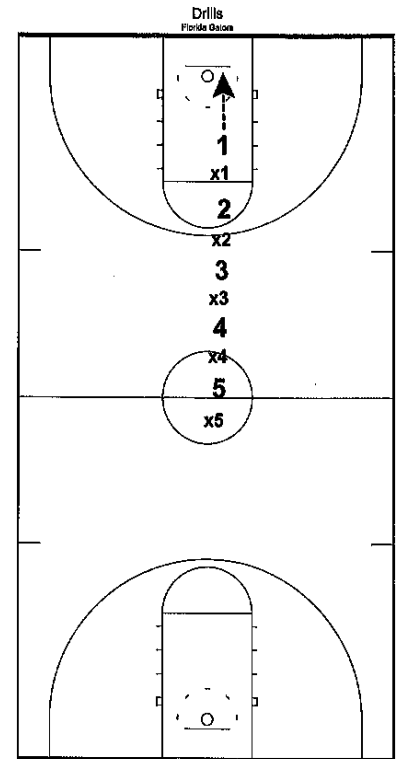


Amanda Bulter Drills-

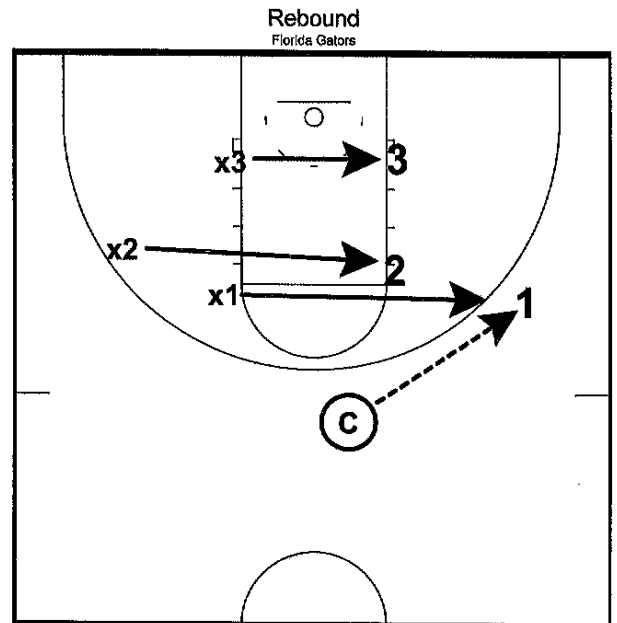
- Advantage/Disadvantage drill
 - Transition Drill
 - Emphasis Tips
 - 25 Sec shot clock and starts as soon as the 2 vs. 1 starts
 - Too many passes= Whistle blown by coach and counts as turnover
- Start:
 - 2 vs. 1 Full Court
 - Offense should score
 - Goal for defense is to get a tip
 - 3 vs. 2
 - Goal for defense tip or forced long jump shot
 - 4 vs. 3
 - Offense should try to score in as few passes as possible
 - 5 vs. 4



- Another way to start a transition drill
 - Offense and defense alternate tips until the coach blows his whistle. The defensive player closest to the ball picks it up full court while the furthest from the ball is the safety.



- High-Lo Rebounding
 - Works on rebounding/communication/toughness
 - 3 on 3 block out drill
 - After the coach passes to the offensive player he shoots
 - The defensive player contests the shot.
 - When the shot goes up sprint to rebound
 - Offensive rebound=extra point

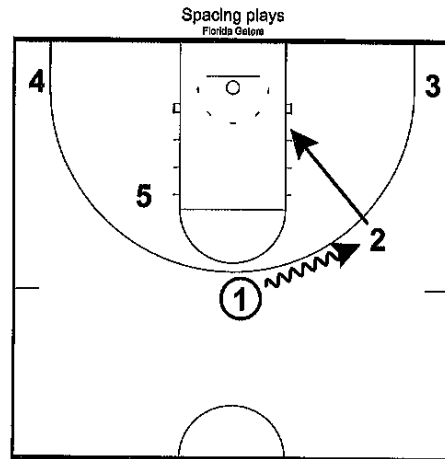


Jeff Bzdelik- *Playing Small*

- 1 certainty- You must be committed to what you are doing.
 - Whole program must believe in it
 - Wounded animal is the most dangerous animal in the woods
 - Must have that mentality
- Jeff Van Gundy & Pat Riley- Terminology of organization
 - They have stations to teach technology
- “Impose your will in what you believe in”
- Advantage to playing small- You can play your best 5 guys
 - Red Auerbach - 95% of the time in practice smalls beat the bigs
 - Don Nelson - Unconventional
 - Ability to apply extreme ball pressure
 - Forces Teams into unconventional matchups
 - Better with the turnover game
 - Not turning it over
 - Forcing turnovers
 - “We’re dealing the cards”
 - Bad shots are also turnovers
- We have more things defensively then the O will have to cope them.
- $\frac{3}{4}$ court press to slow the game against big studs
- 5 Alleys in the press (2 outsides, 2 inners, middle)
 - Never allow pass in same alley or in the middle alley
 - Speed up the game vs. slow down game
 - Blitzed horns
- Embrace being small – wounded animal
 - Switch to be aggressive
 - Guards on bigs- Sit into his knees and force into the paint.
 - They only have 3 seconds
 - On picks- blitz floppys

- Defensive transition should be rock solid
- Play faster- quicker attacks lead to more shots
 - Fouls, open shots, play a lot of players
 - Everybody is invested if they play
- Playing small you have the ability to catch up from behind
 - Creates an aggressive mindset
 - Steals opponents practice time
- It takes more discipline to run then to slow down games
- Nuggets – were great on back to back games
 - Intensity
 - Spacing
 - Attacks
 - Drawing fouls
- Keys
 - Playing small means to attack- not just jacking shots
 - Rebounding the ball is a major key to playing small
 - Good foul vs. Bad foul
 - Face block out
 - Guards must be best rebounders
 - We can attack and go
 - Challenge best players to rebound
 - Rebound and Defend
 - Play 94 feet
 - You can wear down bigger teams
 - Teach and coach quick decision making and shot selection more then set plays
 - Not always the best decision but have to let them learn and grow the hard way
 - You have to be really fast to half court
 - Once there you can get people on your hip and really scan the court.

- Gas pedal to ½ court and then put it in cruise control
- Teach spacing more then set plays
 - Spin move at the top to a backdoor and a post-up
 - Ex:



Dave Paulsen- *Playing against a small line up*

- Biggest thing = 4 man
- 5 absolutes
 - Nothing in transition
 - No shots in the paint
 - No rhythm 3's for 3 point shooters
 - No 2nd shots
 - No foul shots
- Don't over teach early in the year
- Worried about blow byes and fouls in the lane
- Guarding the ball
 - Emphasize
- 3 offensive absolutes
 - No turnovers
 - No bad shots –best player takes ok shots
 - No emotional baggage

Stan Van Gundy- *From Superstars to basketball constants*

- Coaching is not about what you know or can put on paper it is what you can get your players to do on the floor
- Did less and less every year as a coach
 - Be good at a few things
- Dick Bennett- one of the great coaches
 - Wanted to be good at things that happen a lot
 - Early- taught a lot of things
 - Fewer and fewer things as time went on
- We would work on:
 - 2 on 2 pick and rolls- both ends
 - 4 on 4 defense
 - 5 on 5 blitz situations
 - Understanding spacing and flow
- Dealing with superstars
 - It's a good idea to have them
 - The guys that can't play and who don't win are coach killers
 - How people evaluate coach/player relationships
 - Bill Musselman- Judge communication and relations with players by watching his team play.
 - This is not a marriage- Business Relationship
- Both hired to get a result
- Don't buy relationships over technical
- Respect for competence at a coaching level
 - #1 thing- players want to know that a coach can help them
 - (.091) don't want encouragement- want someone who can team him how to play
- I want to be judged on how my team performs
- What players want vs. what team needs

- Not sitting him
- Not giving in
- Wants to have “fun” – winning is fun
- Play calling – keep someone happy vs. best for team
 - Wouldn't compromise for the best of the team
- Talk to your players everyday- life and team goals
- Standards- Ready to go to battle every day
 - 90% buy in
 - Hard to be a good coach if conflict bothers you
- Making players better- Player Development
 - When has that not been an emphasis?
 - Every one of us in here is in player development
 - There's a hell of a lot more to player development then expanding skills
 - Sitting down, studying plays, and watching film is player development
- Player development – get players to play better in games to help you win
 - Some people = expand game
 - Other people = limit their games
 - Biggest part of player development- your practice
- Basketball is a game of decision making
 - Not athleticism or skill
 - The best players are the best decision makers
- 93% of players shoot a lower % in NBA then in college
 - FG% not a gauge of shooting but of decision making
 - Player development helps make those decisions
- Starting at a new place
 - 4 Priorities
 - Hire a staff (Very important)
 - I want 4 guys better than I am
 - Who you lead is a lot more important than how you lead

- Hard workers, guys with ideas, strong, opinionated people
 - Everyone pulls weight
 - Mike Rice needed just 1 guy to tell him he was nuts
 - Going out to meet with players on their own turf
 - Start to develop your culture with staff and players
 - Be around and be able to coach everyday
 - Start getting your system together
- Philosophy- Stays constant regardless of personnel
 - Best offensive unit on the floor
 - “Energy guys” - you don’t need to guard them
 - Teach/Emphasize – walk into coach’s practice for an hour and you will know what is really important.
 - System vs. opponents system
 - Every adjustment we made was in our system
 - Teaching something and emphasizing something are 2 completely different things
 - You can teach everything/cannot emphasize everything
- Offensive musts
 - Take care of the ball
 - Play with energy
 - Attack from the inside/out
 - Move ball unselfishly
 - Help your teammates
- Most coaches rely on certain players to create shots for the team
 - Have to live with some turnovers because they have it so much
- Complimentary guys cannot be turnover guys
 - Smart, tough, shooters, low mistake guys
- You can’t do everything. Have to pick what your team is good at
 - Want to attack inside and get to paint 1st

- Perimeter – catch and see the eyes on the rim
- Space the floor
 - Help teammates
 - Detailed assistants (1-2 steps could change everything)
- Shot selection
 - Very few times I got after a player for a shot that he took
 - Pissed off for guys not shooting when they are open
 - Impossible to play worrying about shot selection
- Transition defense
 - 1 and 2 back
 - 4 and 5 to glass
 - 3 – you can go but you have to get the rebound if you do
- Asking players what is most important for their coach and it will tell you what gets across in practice.
 - On the glass or back
 - Run hard
 - Point, talk, match-up
 - You do not have a man in transition
 - Can't set into no-mans land
 - Biggest thing in every drill-had to get back into defense
- Any adjustment that you make in a game must be in your system.
 - 20 minutes a day just on 2 vs. 2 pick and roll defense
- Closeouts are hardest part of the game
 - Biggest thing in scouting is finding out who we close out too and who we don't

Billy Donovan- *Getting your players to genuinely care for each other*

- In the national championship runs our teams genuinely loved and cared for each other. They had a special chemistry, bond, and oneness to them.
- 3 ways that you can rate your team
 - Rate your teams physical toughness

- Rate your teams mental toughness
- How would you rate the emotional toughness?
 - Bad calls, distractions, missed shots, prosperity, failure, personal expectations, coach ability, body language, shame, embarrassment, getting rid of outward emotions
- Everyone has addictions and some society allows and condemns and some society doesn't. All can be detrimental to what you want to or need to do.
 - Need for people to feel connected and together
 - Addictive tendency
 - "loss of myself", "loss of inner peace", "loss of family"
- 3 Areas that destroy a team
- Selfishness- Action or motive lacking consideration for others. Concerned chiefly with one's own personal profit and pleasure.
- Attitude- A settled way of thinking or feeling, influenced in a person's behavior
 - Bad attitude- Always assuming there is something wrong w other people and not with yourself. Unwilling to behave in a way that might help solve or improve a bad or unhappy situation. Inconsiderate about the feelings of others in the effect on one's behaviors on others.
- Judgmental- The process of making a decision or drawing conclusions
 - Action- A value judgment is a judgment of the rightness or wrongness of something. Something based on a personal view.
- These are all symptoms of a bigger problem.
 - We have to find out: What is the problem?
- We're all called to love. Love is an intense feeling of deep affection. Strong affection for another arising out of kinship or personal ties.
- We need to truly love one another as a teammate to get to know them and to start to understand them and their problems.
- Reflect on a faith based standpoint
 - Bible called to love each other.
- There are underlying issues from early in life that stops us from doing that.
 - Lot of problems: guilt, shame, defense mechanism
- Are we a group that just shares a uniform and a locker room? Or are we a group that doesn't want to let each other down.
- Being the best teammate is all about thoughtful behavior. In a sense, it's about treating a teammate as if her were your best friend. It does not include socializing outside of work and sharing personal feelings. What it does include is every kind of behavior that you can think of that displays respect.
- How do we break down barriers that get in the way?

- If you aren't in the right place mentally/emotionally when you perform- you can't win championships.
- That sometimes is the difference between top guys and other guys.
- Fear, worry, trauma get in the way of a championship.
- We want to be understood and accepted for who we are
- This is where other things impact how we play
- Best teammates
 - Thoughtful behavior
 - Best friend
 - Behavior that displays respect
- As a leader showed my insecurities and my struggles to let your players know that they aren't the only ones. Shared personal stories with players as they shared personal ones with me.
- We all have things in our closet which we are not proud of and we have some type of deep hurt. We develop bad habits and addictions that are affecting our lives and the lives of the people around us.
- Vulnerability empowers people
- What we are all pursuing we think to bring relief, accomplishments, rewards
 - We think it will complete us as a person. Ego.
- We deal with the symptoms of our players and not the actual problem.

Dennis Felton and Wes Wilcox- *College to NBA Discussion Panel*

- Non-negotiables
 - Have to be a good player- fits organization criteria
 - Organize
 - Eliminate- culture, coach, core, system
 - Study
 - Background
- Questions to ask
 - Can that player fit in our culture?
 - Can that player fit with our coach?
 - Can that player fit in our system?
 - Can that player play well/function well in our system?
 - Can that player add to the core? Compliment the core?
- Must maximize your potential-Teams provide opportunity
 - To maximize this potential you have to do it when it's not fun

- Embrace a role in your team-Love it enough to not want more
 - Culture can help define a role. So can a system.
- Talent can be an asset despite off-court problems. Perhaps as a trade.
 - Puts risk/reward into context. Are they better than their problems are?
- Culture is set by the owner/general manager
 - Culture- Made up of your coach/core/system
 - Culture in ATL- character, competition, skilled, hard worker, sacrifice
- Gregg Popovich looks for guys who are humble, coachable, smart, and embrace the values of the game.
- You have to find out if the player is overrated or underrated
 - Two different categories: Potential---Achieve
- Position desirables/undesirables
 - -Know who you are
 - -Embrace coach
 - -Work hard
 - -Opportunity
- An underrated trait is a player embracing their role
 - You can play your way into the league or play yourself out of the league
- The last 15 NBA teams have had one thing in common
 - Talent (2 Hall of Famers on each of the teams)
- Draft and Analytics
 - It's only a component of the whole picture
 - Can help articulate the game, and put people into the same plane.
 - Analytics confirm what you see with your eyes or bring up questions that you may want to ask.
 - Bias leads to mistakes in evaluating players....go through the process; it has done its job.
 - Medical, psychology, analytics, game evaluations
 - Data can bring up questions that did not exist. This exercise opens up self-reflection.
- Basketball IQ
 - The other guys are coaching too so it comes down to:
 - Decision Making and Awareness
- Defensively-
 - Physically, athletically capable?
 - Mentally, emotionally willing?
 - Makeup and intelligence to defend?
 - Talented position can you defend?

- Defense is black and white in really good systems
 - Defensive position can determine if he is capable to defend
- Evaluating Talent
 - Mistakes in evaluating
 - Judgments can often be clouded by comparison
 - Creating assumptions based on too little time watching the player can be
 - Fatigue, Technology, Conversation, Writing while play is happening
 - Every time your head is down writing something you are missing the game
 - Never write more than you watch

Kevin Baggett, Sherri Coale, and Jim Les- *Thoughts on practices, workouts, extra workouts, individuals, etc.*

- First meeting is about culture that you either want to carry on or to change.
 - Seeing your own kids grow up every day you don't realize how big they are getting, but if a friend sees them only once in a while they notice the growth. Sometimes if you take a break from your team you will be able to see the growth in them.
 - Define roles in summer before individuals start so that they know what they need to do and to work on. Reinforce with stats and video of them and what they can bring to the table to help win. Then work on these through drills and skills, but only what the coaches believe that the particular players need to develop and work on.
-
- Discuss with your staff how to make the players continue to love the game and come to practice ready to go every day.
 - Teams and coaches usually ramp down as it comes time for a game, but might want to try taking Monday and Tuesday easy and turn up the volume from there until game time on Saturday.
 - Used the 2 hours a week to really break down the offense and the defense individually to the players. Got the terminology right and really coach their effort in the summer. They were able to take more time on certain little things.
 - Psychologically be ready to get practice going and amped. Sometimes have 3-4 things that you want to get done and as soon as they get through those 3-4 things call practice. Sometimes after a great play or a big time charge call the practice. Keep them working hard and practice unpredictable.

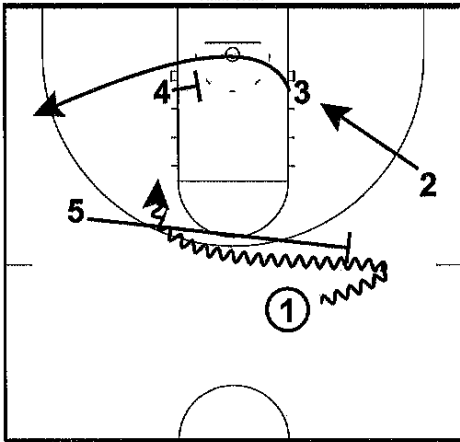
- Every person/coach has to “sacrifice the vice.” They have to give up whatever the need to for that season and for that team.

Fran Fraschilla- *Basketball Observations*

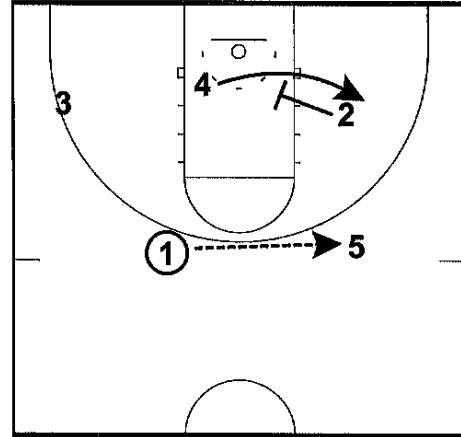
- Don't try to be great at everything, not enough practice time
 - Pick out 2 or 3 things you want to be great at
- If your team doesn't see the same vision as you, you're in trouble
- You have got to know what your vision looks like
 - Have to be able to pass that on to staff and players
- Are you teaching the why?
 - The staff and players have to know why you do what you do to fully see your vision
- If you want great plays (UOB, SOB, end of clock)
 - Watch NBA games
- 5 Characteristics of a good coach
 - Teaching skills
 - Communication skills
 - Organizational skills
 - Motivation skills
 - Under pressure skills
- You should be making as many pressure decisions in the offseason (non-pressure environment) as you can
- Do you have a comeback team? A hurry-up team?
 - You have to be ready for every scenario
 - 2 for 1
 - End of game
 - 4 seconds = 4 dribbles
 - 4 seconds = 3 dribbles and 1 pass
- Undisciplined players are coaches by undisciplined coaches
- Time Out rules
 - Be clear
 - Be concise
 - Be consistent
- Things that I'd do differently
 - Change to a defense guy
 - Wouldn't drill as much or drill into live plays more
 - Spend 65% of my time on my best players

- Use analytics
- Have a couple of people who I can talk to straight up
 - Personal board of director
 - They can tell you the truth
- “Be different, Be better”
 - 92 hour fast ball will only get you so far
 - Get a change up or a curve ball
- We started virtual assists
 - A pass to a great shot, or a shot with a foul
- 5 recommended books
 - The Education of a Coach- David Halberstam
 - Earn the Right to Win- Tom Coughlin
 - High Hopes- Gary Barnett
 - Rumsfeld Rules- Donald Rumsfeld
 - Won For All- Pepper Johnson
- Who in their right mind wouldn't want to hire 4 people smarter than them?
- We ran 70% sets, 30% motion

Fran Fraschilla
Florida Gators

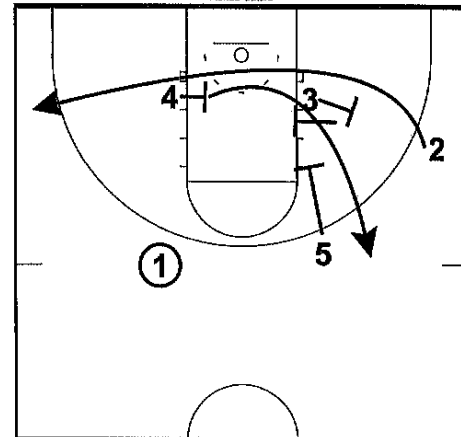


Fran Fraschilla
Florida Gators

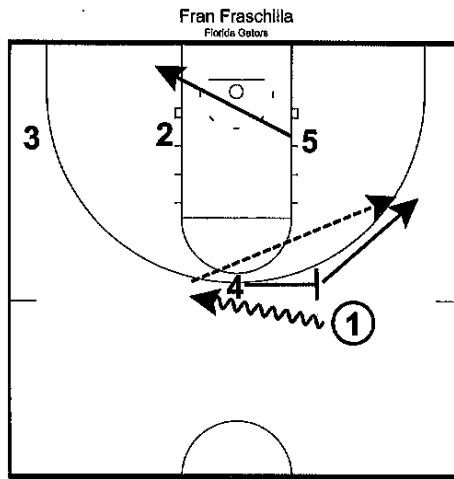


- If they deny the pass back to the 5 man

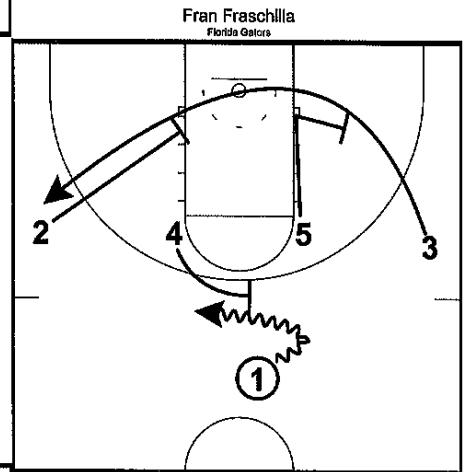
Fran Fraschilla
Florida Gators



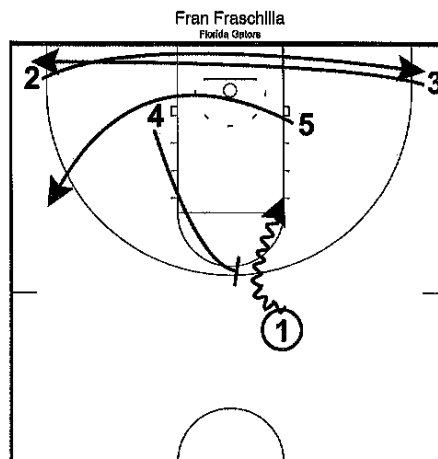
- Isolation Play



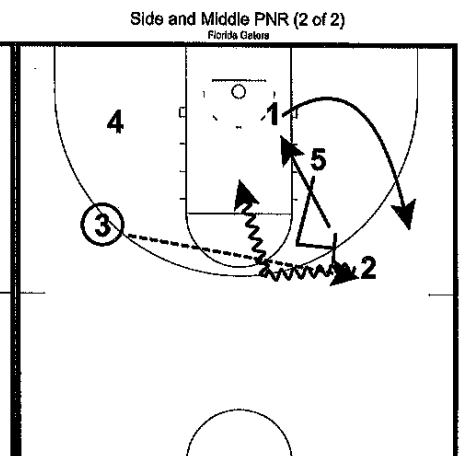
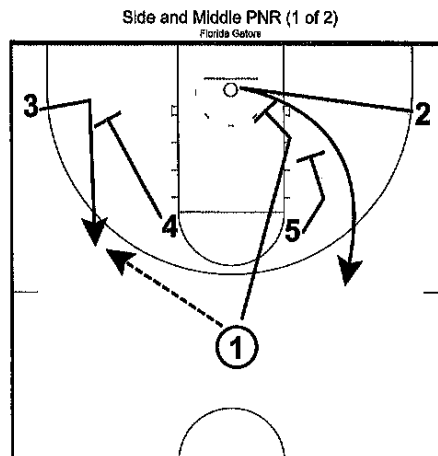
- 1-4 High Set



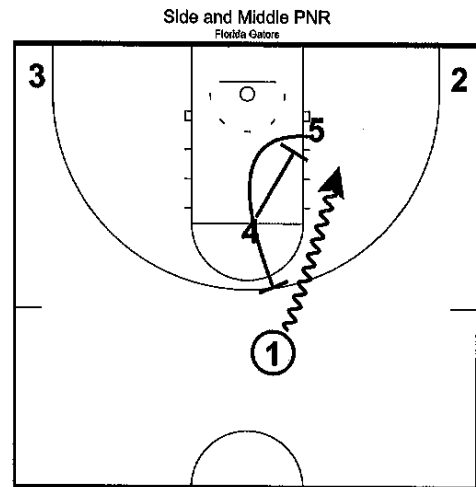
- End of Game
- Run with :08 left



- Side PNR



- Middle PNR
- Keys to Middle or Side PNR
 - Late angle screens
 - Flipping the screen
 - Organized Randomness
 - Slow at the point of the screen
 - Have to drill 2-0
 - PG's reading the 2nd level and 3rd level
 - Playing with a pace
 - Bigs- Hands, Feet, Pace, Feel



Jeremy Foley- *Never being satisfied with the status quo while maintaining discipline and integrity*

- Billy Donovan on Jeremy Foley
 - He totally understands what we need to be successful
 - Genuinely cares for me as a person
 - Most important- I trust him
- Jeremy Foley
- Don't have this thing figured out
- "We cannot stand where we are" – too competitive
- Toxin of complacency
 - Don't know it's happening and then it bites you in the ass
- Billy said to me:
 - "I didn't come here to just be okay"
 - "Tough decisions to be made" "not good enough"
- Best coaches I've had
 - Challenge themselves
 - Evaluate themselves
- I get people here to get the job done
- I watch successful coaches so that I can find the next successful coach
- To get better at his job
 - Self-Evaluation
 - Listened to people
 - Reinvent
 - Don't fall in love with your team
 - Be able to reinvent it

- People walk into the office and challenge me
- “Yes person” is the easy way to live
 - Be able to go into an office and discuss stuff with your boss
- I kept hiring the wrong people
 - I then got my staff involved
- You’ve got to be aggressive about that
 - Challenge the status quo
- Your world is changing
- You’re not accepting mediocrity
 - World of sports...They keep score
 - Okay is never okay
- Lack of integrity just blows me away
 - Do you want to take shortcuts?
 - Not enough people live it
- Integrity-Discipline issues-handle the right way
 - What is right?
 - Travesty in all of sports
- To win big you cannot be afraid to lose big
- 2 Relationships with everyone
 - Personal one and professional one
 - When one breaks down you still have the other one
- Treat people the right way
 - Conducive to success
 - Search firms
 - I don’t use them
 - Relationship between me and the coach

Vance Walberg- Dribble Drive Offense

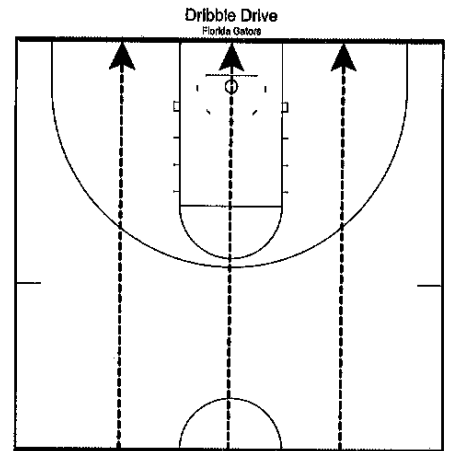
- 3 Concepts to the dribble drive
 - Open up gaps
 - If you want to make non athletic players look good open the gaps
 - Single gap
 - Double gap
 - Triple gap
 - Attack mentality
 - AASAA (attack, attack, skip, attack, attack)
 - How do you space once you start already

- George Karl, "No hold basketball"
- Shoot, pass, or drive. Never get caught holding the ball

- Attacking motion offense
- The more I attack, The more I get to the free throw line
- Guards inbound the ball
- Difference between running and sprinting?

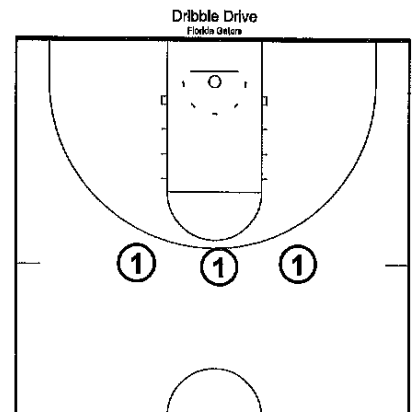
- 1st three steps

- The court is broken up into 4 sections
 - The 2 outside sections we call the outside quarters
 - The 2 inside sections are called the inside quarters
 - A bad guard will bring the ball up in the outside quarter
 - A good guard will bring the ball up in the inside quarter
 - A great guard will bring the ball up the center line



- General rules for the offense
 - Flat passes cause turnovers
 - Want players to know why they do certain things
 - Once one person starts to dribble, the 4 other people are in motion
 - Anytime the ball goes to the wing, the opposite wing goes diagonal
 - On every baseline drive there must be a dive, an opposite out corner, a player behind, and a big at the rim
 - On every middle drive there must be a corner, a kickback, the big moves opposite, and the opposite guard can stand and space or back cut
 - We need to do more cutting on drives
 - The bigs can stretch the baseline but get to a spot where they can score from
 - Their shoulders are facing the ball handler
 - A good drill for bigs and finishing
 - You rapid fire passes at them as they continually catch and finish a shot near the rim
 - Bigs post up on skip passes
 - Want you thinking "shot".
 - I like 3's, I love layups"
 - You can't get your shot blocked in this offense
 - Just as bad as a turnover
- Out of these three positions the player on the left hand side is in the best position to score with a defender on him.

- *Only drives going right



- The guy on the left has the most room right to drive
- The defender will bump him but won't get pushed out of shooting range, the other two will get pushed too far to the right

FRAN FRASHILLA NOTES

UF Clinic

College Basketball From Both Sides Of The Court

From Coaching Perspective

1. Coaching Philosophy: Young Coaches

A. Young coach-keep it simple-don't try to be great at everything-Calipari

B. Don't run all of your good stuff in November.

C. What is your vision for your team?

Do you know what end result looks like? "Begin with the end in mind"

(Manhattan after Nee, Barnes, Williams and 1660 wins but my philosophy was my own) If not, reevaluate.

D. Do you teach "the Why?" Take nothing for granted—X's and O's at 1st meeting.

E. Gordy Chiesa: Five Characteristics of Great Coaches

1. Teaching Skills
2. Communication Skills
3. Organizational Skills
4. Motivational Skills—Lou Holtz
5. Under Pressure Skills

E. "Make as many pressure decisions as possible in the non-pressure time of the off-season."

Playing the Clock

1. First three minutes of each half.
2. Playing with a lead—"47"
3. Playing the "comeback" game.
4. 2-for-1 situations.
5. Hurry Up Offense—trailing in last four minutes
6. End-of-game—less than a minute.
7. The evolution of "One dribble per second."

Time-out Organization

1. Be Clear, Concise and Consistent
2. Seating assignments
3. Managers' role

Season Plan for Special Situations

1. Offense and defense-last possession with lead and trailing
2. Offense and defense-last minute with lead and trailing
3. Offense and defense-last two minutes with lead and trailing
4. Inbounds Under
5. Inbounds Side
6. Foul line situations
7. Last second offense and defense
8. Late game pressure

F. Things I'd Do Differently or Better:

1. Would have changed defenses more—98 MPH f fastball at Manhattan
2. Wouldn't drill as much
3. 65% of time with best players
4. Analytics: Know Why You Win and Lose Games
 - *NFL teams that won TO battle in a game won 79% of games
 - *Team that had a RB rush for 100 Yards won 74% of time
 - Teams that scored TD on fumble or interception won 72%

Win Stats:

Contested shots allowed, Offensive rebounds attempted, deflections
Off-Court relationships with players

5. Board of Directors

G. Four favorite books:

The Education of a Coach by David Halberstam
Earn The Right To Win by Tom Coughlin
High Hopes by Gary Barnett
Rumsfeld's Rules: "A's hire A's and B's hire C's"

2. Practice Organization

**A. Prepare Practice like Lombardi and Hubie Brown are coming—
any 10 min.**

**B. Hubie—"Practice organization is the most important thing
you can do to earn the respect of your team." (Clip
Charts)**

**C. Vermeil: "Players respect organization, regimentation and
attention to detail."—"Undisciplined players are coached by
undisciplined coaches"**

D. Any Ten Minutes of Practice

F. Organization:

**1. Do your drills fit together? Do you evaluate your
drills after every season? Football coaches**

**2. Do you have your players prepared for every
situation that will happen during season?**

**3. Do you emphasize the little things? Touching lines
on sprints--catching with 2 hands.**

**4. Do they compliment how your team plays? DO
YOU TEACH "THE WHY?" UCLA Drill and Chop
play—"don't get bored if you are getting better"**

**5. Do you make practice tougher than the game?
Switch and Change**

3. Offensive Philosophy

A. Set Play Offense

70% sets-30% simple motion

Same play out of different sets

Lot of plays out of same set

Do you design offense with the missed shot in mind?

Winner, "Loop "in Kansas Break

B. The Art of the Wrinkle

Throwback out of 1-2-2 set/Calipari

Throwback

Throwback Down

Throwback Iso

Throwback first side

Throwback Go

Throwback Blitz—every trap need a Press O.

14 Throwback

"Don't run all of your good stuff in November."

C. Euro Spread Pick and Roll

1. Spacing: JVG and 90's PNR in NBA; Roll-N-Replace to Side PR

*Euros see it differently-

Mobile PF needs space and you don't want to pin him in corner—Euros develop the mobile big

80% of ball screens in middle of the court—stresses the defense by forcing long closeouts

All 5 players involved in PNR

Steve Nash—"solutions"

2. Automatics in PR to create indecision at point of screen

"Flip screen" on all unders

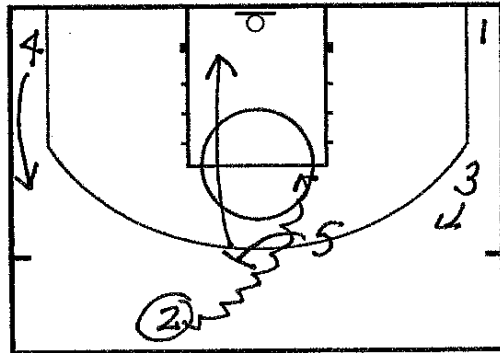
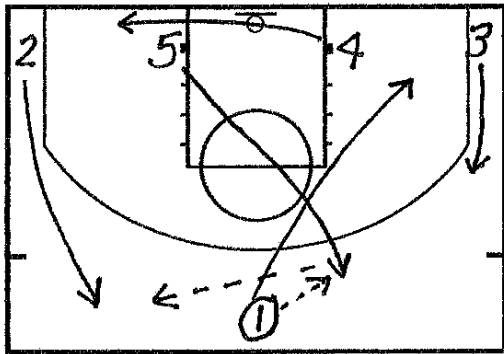
"Twist screen" vs. Ice

"Late Banana" screen or late angle screen

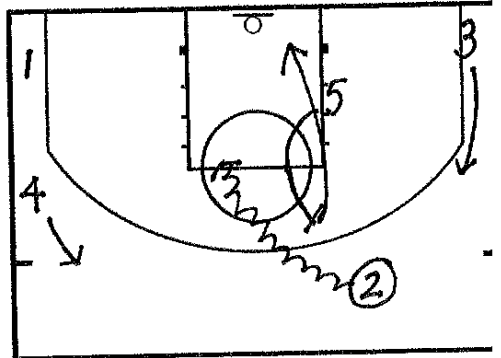
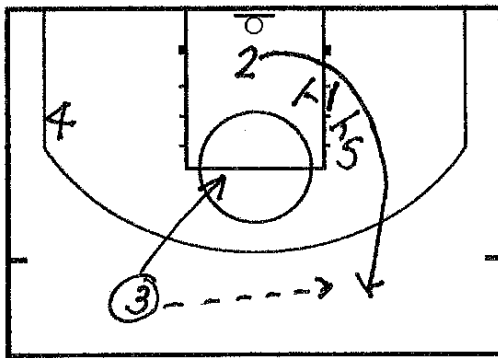
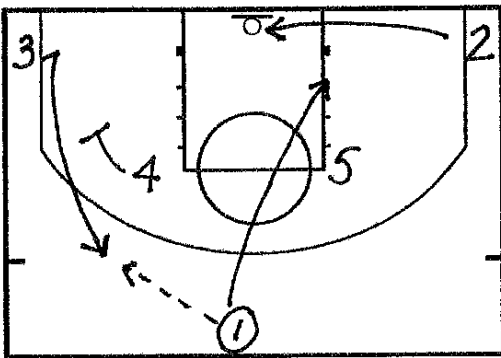
"Random Drill"—8 seconds on clock

3. Deception and "false motion" to create indecision

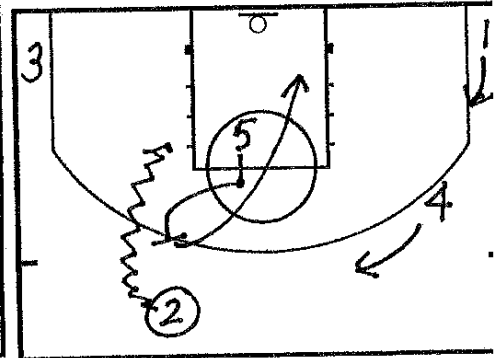
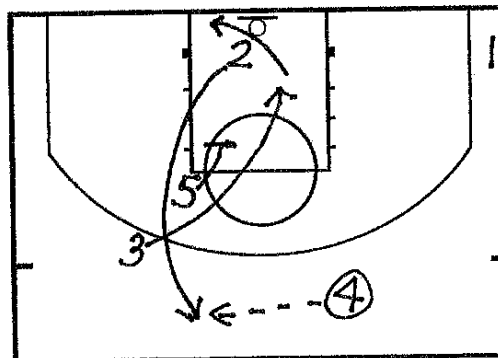
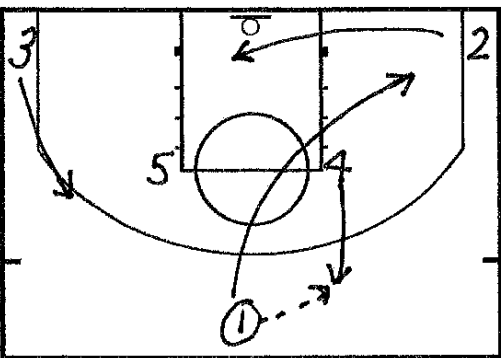
Russia 1-4 Low: 25



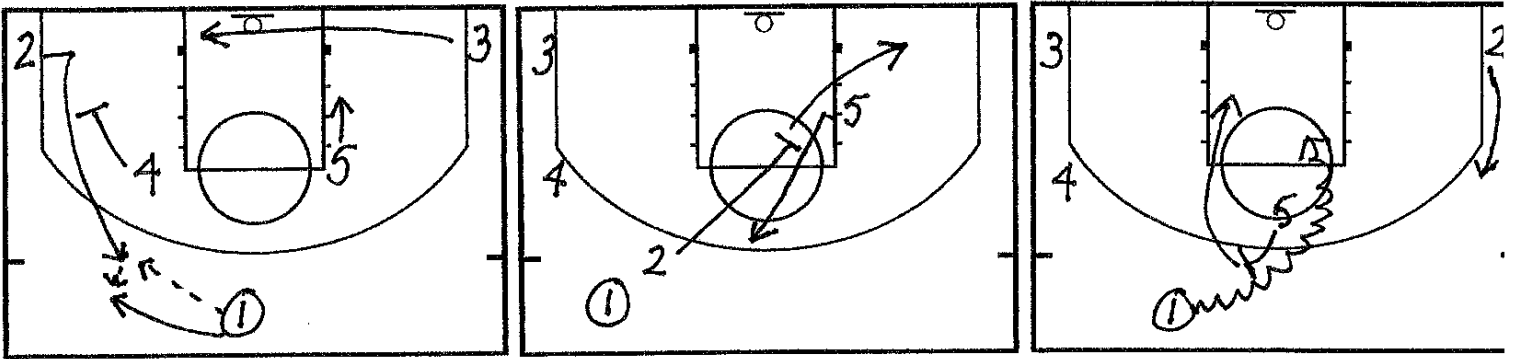
"A set"/Argentina Double



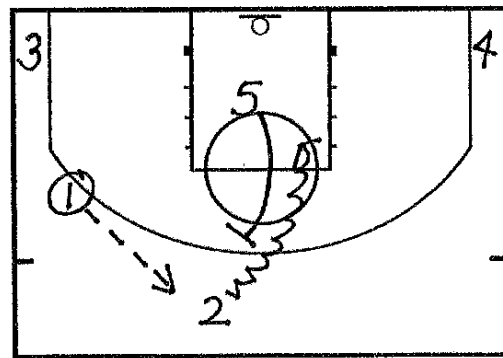
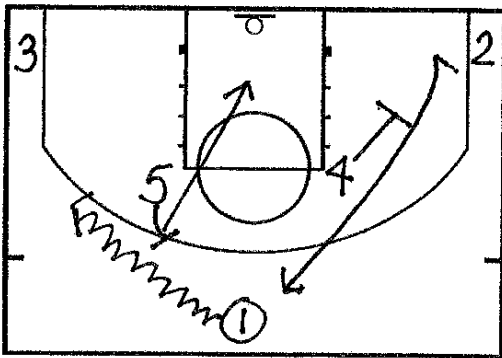
"A set"/Barcelona



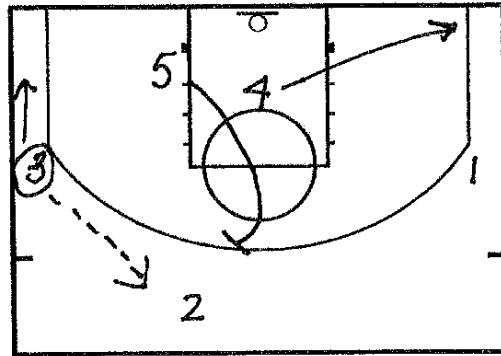
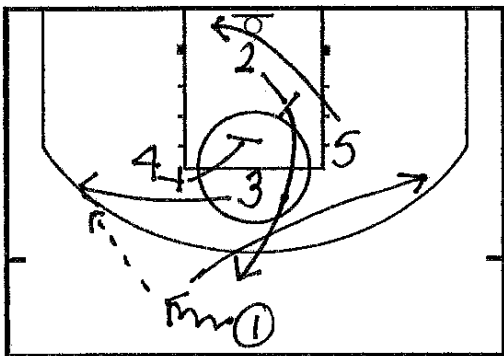
"A set"/Serbia Under-19 Team



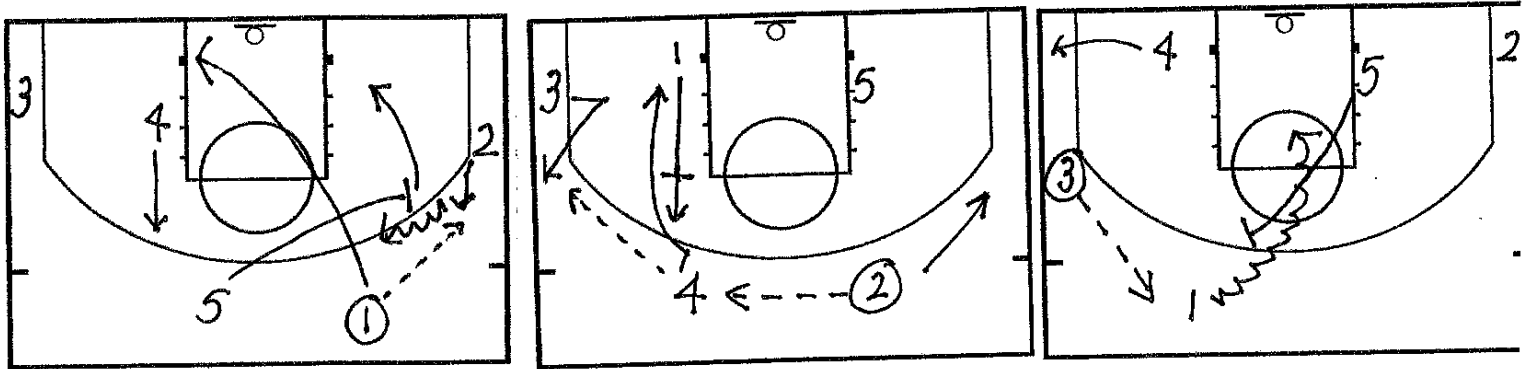
"A set"/France



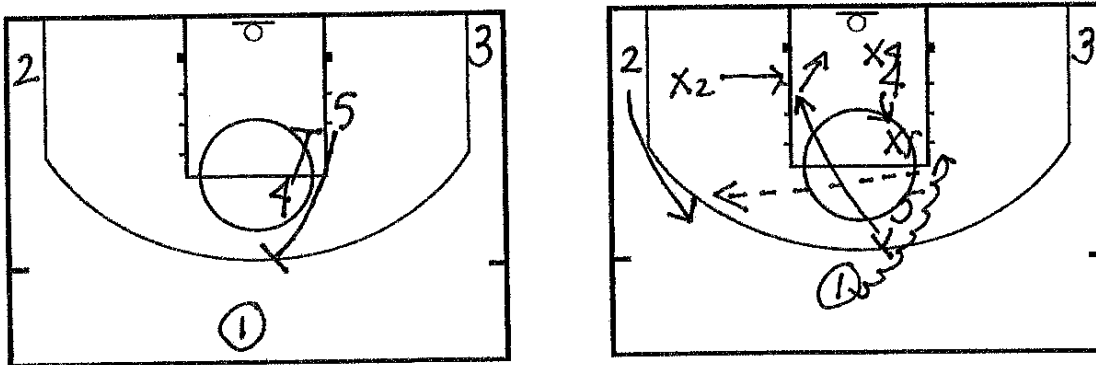
Spain out of Pacer set



Brazil Transition



4. Playing two bigs—Serbia PG sees at "2nd and 3rd Level"



5. Dribble Penetration Offense

4. Closing Thought: Preparation Determines Success

What is Preparation?

1. Love of analysis.
2. Work ethic.
3. Attention to massive detail.
4. Ability to adjust on the run.
5. Communicate it simply to your players.



Defensive Drills Progression Chart

A. Stance and Footwork (no ball) Drill:

1. Mass Stance Drill
2. Zig-Zag Full Court
3. Run-Glide-Run Full Court
4. Deny and Exchange
5. No Ball Closeout
6. Wall Drill
7. Mirror Drill

B. Guarding the Ball:

1. 1-on-1, 2-on-2, 4-on-4
2. 2-on-2 Energizers (UWGB)
3. 1-on-1 Foul Lane Alley
4. Driving Live
5. 1-on-1 Dribble Pull-Backs

C. Closeout to Ball:

1. No Ball Closeout
2. Ultimate Closeout From the Wing
3. 1-on-1 Stationary Closeout (with no hands)

D. Contesting Drills:

1. 1-on-1 Contest
2. 4-on-3 Contest

E. Helpside Defense:

1. Deny & Exchange
2. Help-Side Exchange
3. Charge Drill
4. 4-on-4 Screen Down
5. 4-on-4 Screen Down/Screen Across
6. 4-on-4 Back Screens
7. 3-on-3 With Open Post (Ewing Drill)
8. 1-on-1 Maintain Vision Drill
9. Curls from Stack

F. Rebounding:

1. Circle the Wagons
2. 3 and Out
3. War Drill (2-on-1)
4. Box Drill

G. Screening on the Ball:

1. 2-on-2
2. 3-on-3 Replace and Roll drill
3. *Blitz Drill*

H. Post Defense:

1. Triangle Drill
2. Circle the Post-Hip-to-Hip
3. 2-2 Cross Screens
4. Blue and Big Blue

I. Transition:

1. 3-on-3 Full
2. 4-on-4 Full
3. Secondary Game from Circle Wagons
4. 5-on-4 Plus 1 and 4-on-9 plus
5. Knicks (4-on-4-on-4)
6. 4-On-3 plus 1

J. Shell Series:

1. 4-on-4 No Hands-No Live
2. 4-on-4 Pass and Hold
3. 4-on-4 Cutter Through
4. 4-on-4 Fill and Sink
5. 4-on-4 Sink and Post
6. 4-on-4 Blockout
7. 4-on-4 Flash from Weak-side
8. 4-on-4 Pull and Kick-No Paint
9. 4-on-4 Baseline Closeout
10. 4-on-4 Red
11. 4-on-4 With Open Post
12. 4-on-4 No Hands-No Lay-Ups
13. 4-on-4 Shell Diamond (drop & dig)
14. 6-on-4 Rotation
15. 5-on-4 Open Perimeter Live (Wis-G.B.)
16. 4-on-4 Switch (Half Court)
17. 4-on-4 Change (Full Court)
18. 4-on-4 No Hands (Live)
19. 4-on-4 No Paint
20. 4-on-4 Diamond Blue/ Big Blue

K. 3 Man Series:

1. UCLA Cut
2. Flex Cut
3. Lock and Trail
4. Staggered Double
5. Staggered Double (From Wings)
6. America's Play
7. Triangle "Screen the Screener"
8. Screen and Roll Series: "Show", "Blitz", etc.
9. Dribble Weave
10. Dead-ball Set
11. Scissor Cut
12. Curl from Stack
13. Shuffle Cut
14. Post Feed and Blue Rotations: "Big Blue", etc.
15. Pull and Kick
16. Pass and go Behind
17. Scissor from the Side
18. Up-Screen the Screener
19. Flare Screens
20. In-Bounds Under Plays
21. Black-Cut from Top

L. Hustle Drills:

1. Loose Ball and Save Drill

M. Press Defense:

1. 54-44 Drill

2004-2005 Offense Clips Chart

Clip I. October 16 (2), 17, 18, 19, 20

1. Transition Offense and options
2. Motion Offense
3. Power Series
 - a. Up
 - b. Down
 - c. Reverse
4. Press Offense
5. Inbounds Under – “P” Set
6. Side Out of Bounds
 - a. 421
 - b. 2451

Clip II. October 22, 23, 24, 25, 26

4. 1. Transition Offense
5. 2. Motion Offense
6. 3. 1-4 High Series
4. Zone Offense – Basic & options
5. Power Series – Throwback & options
6. Inbounds Under – “Box” Set

Clip III. October 28, 29, 30, 31, November 1, 2

1. Transition Offense
2. Motion Offense
3. Power Series – new plays
4. 1-4 Series – new plays
5. Zone Offense
 - a. Basic
 - b. 31, 32, 33, 34
6. Press Offense
 - a. Inbounds vs. man at half-court
 - b. Inbounds vs. man at full-court

Clip IV. November 4, 5, 6 (Exhibition Game), 7, 8

1. Transition Offense
2. Motion Offense
3. Power Series
4. 1-4 High Series
5. Zone Offense
6. Inbounds Under – “P” & “Box” Sets
7. Inbounds Under – Zone Plays
8. Side Out of Bounds Plays
9. Press Offense
10. Last second plays – under 5 seconds

Clip V. November 10, 11, 12, 13 (Exhibition Game), 14

1. Transition Offense
2. Motion Offense
3. Man Offenses – “Power” & “1-4 High”
4. Zone Offense – “Basic”
5. Inbounds Under and Side plays
6. Press Offense
7. Last second plays – under 2 seconds
8. Foul line plays
9. Time and score plays

Clip VI. November 16, 17, 18, 19

Review all offenses and prepare for First game

2004-2005 Special Situations Clips Chart

Clip I. October 16, 17, 18, 19, 20

1. Inbounds Under – "P" Set
2. Side Out of Bounds
 - a. 421
 - b. 2451
3. Free Throw Offense and Defense
4. New Rules
5. Press Offense

Clip II. October 22, 23, 24, 25, 26

1. Inbounds Under- "Box" Set
2. Last 10 seconds plays
 - a. tied
 - b. up 1
 - c. up 2
 - d. up 3
 - e. down 1
 - f. down 2
 - g. down 3
3. "Down 8, 3:00 to go" scrimmages
4. Inbounds Under defense
 - a. Tracking
 - b. Pre-switching

Clip III. October 28, 29, 30, 31, November 1, 2

1. "Comeback" Games
 - a. How to foul
 - b. Stopping the clock
 - c. Substitutions
 - d. Pressing
 - e. 3-point shots
2. Getting ball inbounds with lead
 - a. Half-court
 - b. Full-court
 - c. Best foul shooters

Clip IV. November 4, 5, 6 (Exhibition Game), 7, 8

1. Half-court press & "scramble" defenses
2. Foul line plays
 - a. Offensive rebound plays
 - b. Intentional miss for 2
 - c. Intentional miss for 3
3. Last 5 seconds plays
 - a. Under
 - b. Side
 - c. Half-court
 - d. Full-court

Clip V. November 10, 11, 12, 13 (Exhibition Game), 14

1. Last 2 seconds plays
 - a. Under
 - b. Side
 - c. Half-court
 - d. Full-court
2. Time and score situations:
 - a. Ahead
 - b. Behind

Clip VI. November 16, 17, 18, 19

Review all Special Situations and prepare for First game

SPECIAL SITUATION PHILOSOPHY

Our Special Situations philosophy is something that we want to think out in advance of the start of the season. We want to be prepared for all of the situations that will arise throughout the course of the season.

We want to be CLEAR, be CONSISTENT in what we do, and be CONFIDENT. It is crucial to be able to score on a set play or execute a defense late in a game that will give us the best opportunity to win. If we have clearly thought out what we want to do, and have clearly communicated these concepts to our team, then practice them, we will make big plays when we need them most.

Consistency is also important. Our players will build confidence in themselves because when we practice special situations all the time in a consistent manor, we eliminate the doubt that can creep into a situation they are not prepared for.

Confidence, in turn, comes from knowing what to do when the pressure is on. We know what situations to anticipate because we have refined our preparation for them.

PLAYING THE CLOCK

We want to always control the tempo of the game and control the clock, regardless of the speed we play at. Playing the clock requires different strategies for different situations.

THE FIRST THREE MINUTES

- 1. The first three minutes of each half are important. We want to take the ball inside and establish an "aggressive" mind set.**
- 2. We want to make as many aggressive hustle plays as possible in the first three minutes of each half. This would include aggressive block outs, drawing charges, hard legal screens, and getting to loose balls.**

PLAYING WITH THE LEAD

- 1. When we are ahead late in the game, we want to run our regular offense and use time off the clock but not let our opponents know that. For example, if we run "Motion 7", we are making at least 7 passes before shoot the ball.**
- 2. We want our players to know that with four minutes left in the game, there are about eight 35 second possessions left in the game.**
- 3. When we are ahead, we want to play tough defense without fouling and stopping the clock. We don't want to play "prevent defense" where we give up easy baskets. There is an art form to playing tough defense without fouling in these situations.**
- 4. We must think about playing the best free throw team we have when we are ahead, the best defensive team, the best free throw rebounding team, etc. Each situation with the lead may call for different "teams".**
- 5. Stay aggressive with the lead. Sometimes the easiest times to get lay ups are when our opponent is gambling in their press and exposing the basket.**
- 6. Be conscious of getting the ball to our best free throw shooters. Don't allow them to give the ball up too early.**
- 7. Spread out and be prepared to pass out of double teams.**

COMEBACK GAMES

It is important to know exactly what we want to do in games that we are behind. Here are some ideas for us:

- 1. We have to stop the clock. It is always helpful to score with the clock stopped. The only way to do this is to get to the foul line. And, the only way to accomplish that is to aggressively attack the basket.**
- 2. The object of running our offense is to take the ball to the basket for the chance at an "old fashioned" three point play or a wide open three point shot.**
- 3. We want to attack the offensive boards with chance for a "put back" or a tip out for a three point shot. At worst, we will aggressively foul to stop the clock.**

4. **We must know how to foul, who to foul and have a "foul" signal.**
5. **Our goals in fouling are:**
 1. **A steal**
 2. **A jump ball**
 3. **A foul**
6. **We must know how to use time outs and practice time out situations.**
7. **We must work on "running time outs" when there is a stoppage in play.**
8. **We want to substitute on free throw situations to set up our pressure defenses.**
9. **We want to aware of platooning on offense and defense.**
10. **We never lose, we just run out of time.**

PLAYING FOR ONE SHOT

Our thinking will differ in playing for one shot at the end of the half as opposed to the end of the game. We are much more likely to go "2 for 1" at the end of the half.

Here are some ideas:

1. **In a "2 for 1" situation at the end of the half or the end of the game, we want to shot with no less than 45 seconds on the clock. This insures, if we get the defensive rebound, that we will have 10 seconds left to get a second shot.**
2. **We do not want to take a bad shot in order to get a "2 for 1", especially at the end of the game.**
3. **We, usually, want to get a shot up with 6 seconds if we want a chance at an offensive rebound. However, in a tie game late, we may settle for a shot later so that the opponent has no chance to rebound and call time out.**
4. **We must know what plays we want to run late in game and how long it will take to run the play through.**
5. **If we get the ball back late in a game tied or down 1 or 2, we have prepared not to call time out and just run the play we want. Our thinking is to not give the defense a chance to set up or change their defense.**
6. **Always prepared to run a "three point shot" play when needed late in games.**

END OF GAME DEFENSE-LESS THAN A MINUTE TO GO

We want to use most of the same defensive principles at the end of the game but with heightened intensity. Since we are most concerned about situations than fall into the "Down3/Up 3" range, there are some things that we want to be conscious of:

- 1. We want to switch all "equals", especially on handoffs and screens. We will practice switching all "1 through 4" plays, as well as, switching at all five positions late in the game. Our defensive substitutions will reflect this, as well.**
- 2. Generally, we will not foul to prevent the three point shot but, when we do, it should be with 6 seconds or under. Ideally, we should do this when our opponent has no time outs left.**
- 3. No "old fashioned" three point plays. If we foul, it must be one which is not intentional and where we don't allow the shot at the basket.**
- 4. All perimeter defenders must stay with their block outs and must not get sucked in to defensive rebound near the basket. We are keenly aware of an offensive rebound being kicked back as an easy way to get an open three point shot.**
- 5. If we are behind 2 points or less, and the game clock to shot clock difference is more then 7 seconds, we will not foul. If the game clock shows 44 seconds left, for example, we will not foul.**
- 6. If we are behind 3 points or more, we will foul if there are more than 35 seconds left. In this case, we don't necessarily need a three point shot unless it is a WIDE OPEN look. Otherwise, we want to score, press, trap, and, then, foul.**

TIME OUT ORGANIZATION

- 1. Head coach is the only person to call time out unless a player is in an emergency situation on the court. In certain situations, it is appropriate to call time out to "save the possession".**

- 2. All players and coaches should always be aware of how many time outs left.**
- 3. All the players not in the game immediately get to greet the players in the game as they come to the bench.**
- 4. Managers should pull out five chairs onto the court and away from the fans. When they are done with their responsibilities they stand behind the five chairs to shield the coach and players from the fans.**
- 5. In the time out huddle and pre-game huddle, the players in the game have assigned seats:**
 - a. The 1 is in the middle.**
 - b. The 2 and 3 are on the one side of him, with assistant coach responsible for them in front of them.**
 - c. The 4 and 5 are on the other side, with coach responsible for them, in front of them.**
 - d. The substitute post men stand behind coach on their side as do the substitute perimeter players.**
- 5. The coaches meet for the first 15 seconds of the time out to condense our ideas into a couple of key points on offense and defense.**
- 6. After the time out, the assistant coaches remind the players about the score, foul and time out situations and what offense and defense we are in.**
- 7. One assistant coach or manager will be responsible for new substitutions during the time out. We have a magnetic board that has the new match ups. We show them this board as they leave the huddle.**

LATE GAME TIME OUTS

- 1. As we have talked about, having a CLEAR and CONSISTANT "late game" plan that has had plenty of rehearsals in practice breeds CONFIDENCE.**
- 2. We have a "late game" playbook ready for the players that has easy-to-see diagrams and written reminders for the coaches.**
- 3. Each page of the play book is plastic covered because water and perspiration are a part of any time out.**

OFFICIALS

- 1. No player or assistant coach should ever question an official's call. In fact, we want to "kill the officials with kindness." Be polite, etc.**
- 2. We assign a manager to the officials' locker room and make sure it is a "first class" atmosphere:**
 - a. Refreshments and box lunches**
 - b. Towels**
 - c. Trainers**

SEASON PLAN FOR SPECIAL SITUATIONS

OFFENSE

- 1. Last second Possession Situations-10 seconds or less.**
 - a. Score tied**
 - b. Ahead by 1**
 - c. Ahead by 2**
 - d. Ahead by 3**
 - e. Behind by 1**
 - f. Behind by 2**
 - g. Behind by 3**
 - h. Behind by two baskets or more**

- 2. Time and Possession Situations-with one minute to play.**
 - a. Score tied**
 - b. Ahead by 1**
 - c. Ahead by 2**
 - d. Ahead by 3**
 - e. Behind by 1**
 - f. Behind by 2**
 - g. Behind by 3**
 - h. Behind by two baskets or more**

- 3. Time and Possession Situations-with two minutes to play.**
 - a. Score tied**
 - b. Ahead by 1, 2, or 3**
 - c. Behind by 1, 2, or 3**

- 4. Time and Possession Situations-with three minutes to play.**
 - a. Score tied**
 - b. Ahead by 1, 2, or 3**
 - c. Behind by 1, 2, or 3**

- 5. Inbounds Under**
 - a. versus man to man**
 - b. versus zone**
 - c. versus traps**
 - d. versus pre-switching**

6. Sideline Out of Bounds

- a. versus man to man
- b. versus zone

7. Jump Ball Situations

8. Foul line Situations

- a. Offensive rebound plays
- b. Intention miss for 2 point shot
- c. Intentional miss for 3 point shot
- d. Tip out to mid-court plays

9. Last second Shots- 5 seconds or less

- a. From under our basket
- b. From half court
- c. From 3/4 court
- d. From full court

10. Offense versus late game pressure.

- a. versus man pressure
- b. versus zone pressure
- c. getting the ball to best free throw shooters

DEFENSIVE SITUATIONS

1. Last second Possessions

- a. Score tied
- b. Ahead by 1
- c. Ahead by 2
- d. Ahead by 3
- e. Behind by 1
- f. Behind by 2
- g. Behind by 3

2. Time and Possession Situations-with one minute to play.

- a. Score tied
- b. Ahead by 1
- c. Ahead by 2

- d. Ahead by 3**
- e. Behind by 1**
- f. Behind by 2**
- g. Behind by 3**

3. Time and Possession Situations-with two minutes to play.

- a. Score tied**
- b. Ahead by 1**
- c. Ahead by 2**
- d. Ahead by 3**
- e. Behind by 1**
- f. Behind by 2**
- g. Behind by 3**

4. Time and Possession Situations-with three minutes to play.

- a. Score tied**
- b. Ahead by 1, 2, or 3**
- c. Behind by 1, 2, or 3**

5. Sideline out of bounds

- a. On the ball**
- b. Off the ball-"free man" concept**

6. Inbounds under

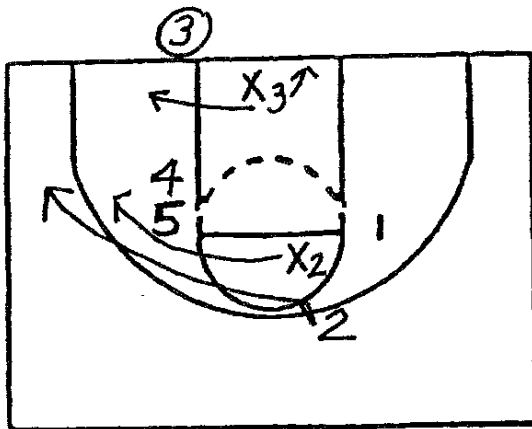
- a. Tracking**
- b. Pre-switching**

7. Foul line situations

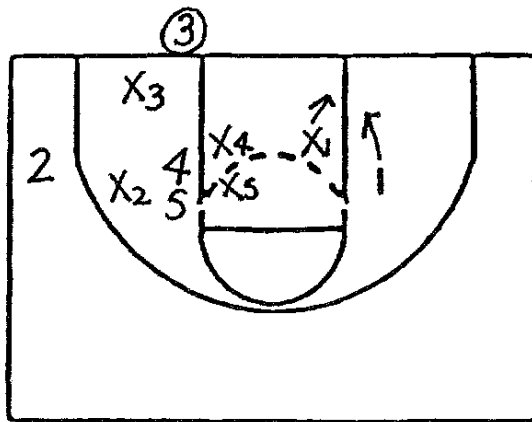
- a. Defensive block out-best rebounding team.**
- b. Defense versus intentional miss.**
- c. Getting the ball in quickly versus pressure.**

**SPECIAL SITUATIONS/INBOUNDS
UNDER DEFENSE**

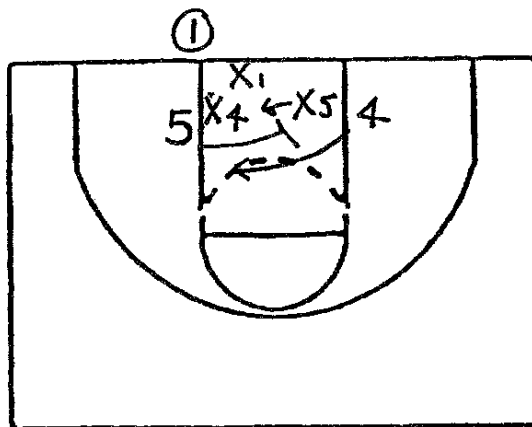
"Tracking the Ball"



- a. The man guarding the inbounder will track the path of the cutter to the corner. His first responsibility is to guard the basket for a ONE COUNT. Then, while maintaining vision on the ball, adjusts to help cover the cutter to the corner.

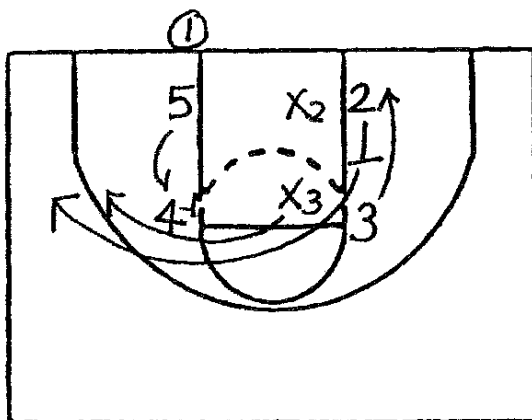


- b. If we are "tracking", it is important for the other players to maintain contact and not allow the "slip" to the basket.



"Pre-switching"

- a. Here we do our switching BEFORE the ball is put in play. If we want X4 to guard his man on the inbounds play, we will switch with X5 before ball is in play.



"Switching out from the top"

- a. Many inbounds plays like "Box 23" are set up for guard to the corner. Here X3 takes 2 cutting to the corner because he is harder for the offense to screen.

WHAT IS THE “AVENUE TO OPPORTUNITY”?

A proposed five-year competition model to replace the current 4- year NCAA competition model for two-year college transfers offering three specific options for academic success:

1. Academic Incentives
2. A Realistic Academic Time Table
3. An Academic Safety Net

NOTE: This model has been presented to the NCAA committee for further review

To Read The Detailed “Avenue to Opportunity” Proposal:



Visit The “AVENUE TO OPPORTUNITY” Collection:
[Scribd.com/collections/4204837/Avenue-to-Opportunity](https://www.scribd.com/collections/4204837/Avenue-to-Opportunity)



Like The “AVENUE TO OPPORTUNITY” Page:
[Facebook.com/AvenueToOpportunity](https://www.facebook.com/AvenueToOpportunity)

	Option #1	Option #2	Option #3
ELIGIBILITY	<ul style="list-style-type: none"> • 1 YEARS OF ELIGIBILITY AT TWO-YEAR COLLEGE OR UNIVERSITY • 4 YEARS OF ELIGIBILITY AT FOUR-YEAR COLLEGE OR UNIVERSITY 	<ul style="list-style-type: none"> • 2 YEARS OF ELIGIBILITY AT TWO-YEAR COLLEGE OR UNIVERSITY • 3 YEARS OF ELIGIBILITY AT FOUR-YEAR COLLEGE OR UNIVERSITY 	<ul style="list-style-type: none"> • 3 YEARS OF ELEGIBILITY AT TWO-YEAR COLLEGE OR UNIVERSITY • 2 YEARS OF ELEGIBILITY AT FOUR-YEAR COLLEGE OR UNIVERSITY
TRANSFERRING HOURS	TRANSFERRING 18 SEMESTER CORE/TRANSFERABLE HRS.	TRANSFERRING 48 SEMESTER CORE/TRANSFERABLE HRS.	TRANSFERRING 48 SEMESTER CORE/TRANSFERABLE HRS.
COMPETITION	<ul style="list-style-type: none"> • 1 YR. OF COMPETITION AT TWO-YEAR COLLEGE • 4 YRS. OF COMPETITION AT FOUR-YEAR COLLEGE 	<ul style="list-style-type: none"> • 2 YRS. OF COMPETITION AT TWO-YEAR COLLEGE • 4 YRS. OF COMPETITION AT FOUR-YEAR COLLEGE 	3 YRS. OF COMPETITION AT TWO-YEAR COLLEGE
REMEDICATION	UP TO 9 HRS – REMEDIATION BASED ON ACT/SAT SCORES	UP TO 9 HRS – REMEDIATION BASED ON ACT/SAT SCORES	UP TO 9 HRS – REMEDIATION BASED ON ACT/SAT SCORES PLUS GRADUATION & AA DEGREE
GPA	18 HRS. TRANSFERRABLE CORE HRS WITH 2.5 GPA	48 HRS. TRANSFERRABLE CORE HRS. WITH 2.5 GPA	48 HRS. TRANSFERRABLE CORE HRS. WITH 2.5 GPA
TESTING	RETAKE & PASS ACT/SAT		



Friend of the Florida Clinic, Jim Carr, organizes the Brayden Carr Clinic each year. He can be reached at 732-921-6801.

We are proud to announce details for the 2013 Brayden Carr Foundation Coaches Clinic!

Due to construction at the Rutgers Athletic Center, this year's Coaches Clinic will be held on Friday, September 20th at the Rothman Center on the campus of Fairleigh Dickenson University in Teaneck, NJ. We invite you to join some of the top coaches in basketball for a coaching clinic not to be missed. Confirmed speakers include:

Buzz Williams, Marquette University

Sean Miller, University of Arizona

John Lucas, NBA

Lawrence Frank, NBA

Jamie Dixon, University of Pittsburgh

Steve Clifford, NBA Charlotte Bobcats

Our clinic will feature:

- First 500 to register receive a portfolio and Nike polo shirt
- Continental breakfast, lunch, & snacks at the RAC
- On-court demonstration with players
- National exhibit & vendor tables
- Door Prizes & giveaways
- Purchase chance for raffles

Event Schedule

Registration	7:30-8:45am
Speakers begin	9:00 am
Lunch (provided)	12:20-1:10pm
Speakers resume	1:15-4:30 pm

Location: Rothman Center (FDU), Teaneck, NJ
Metropolitan Campus
1000 River Rd.
Teaneck, NJ 07666
Registration fees are \$150 per person.