



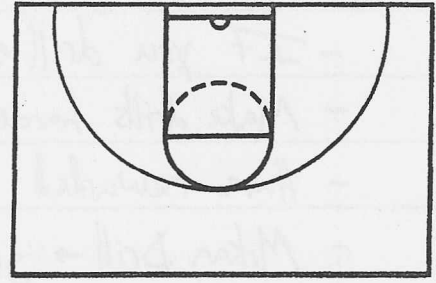
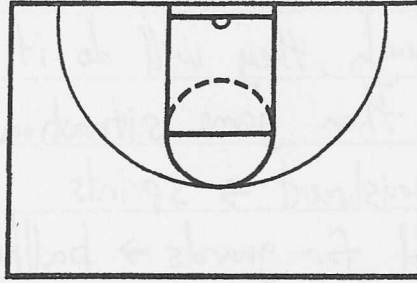
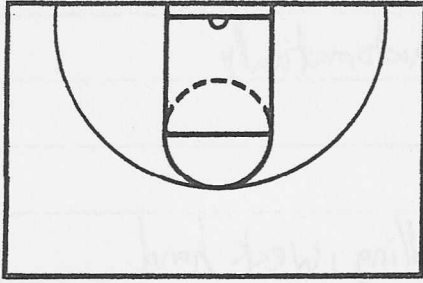
Nike, Inc.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453
Website: www.nikebasketball.com

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

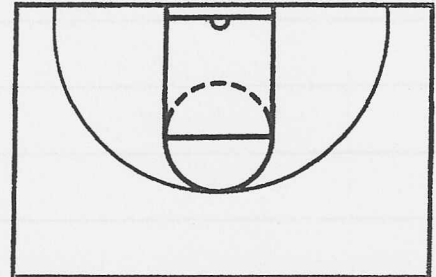
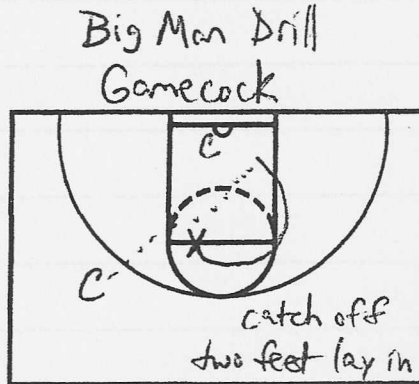
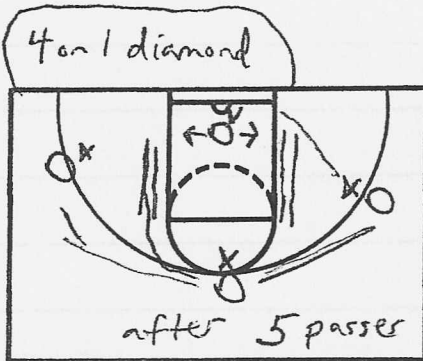
CLINIC Nike - Cleveland, OH

DATE 10-6-02

John Belein, WVU



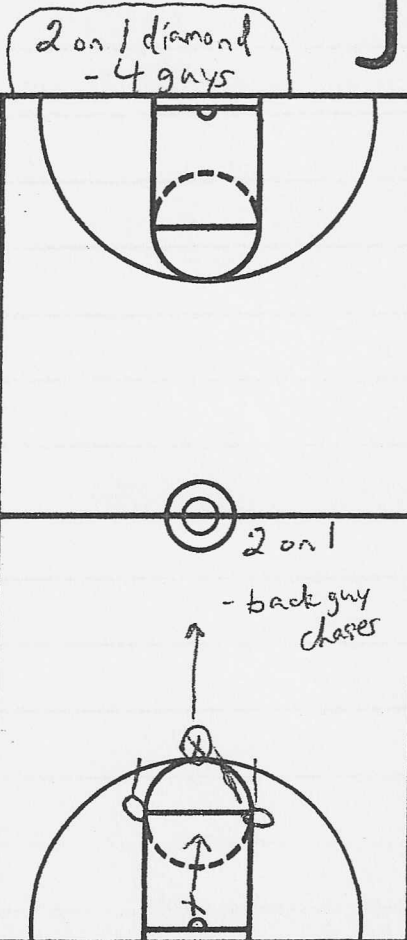
NOTES



NOTES

score-get a stop

JUST DO IT

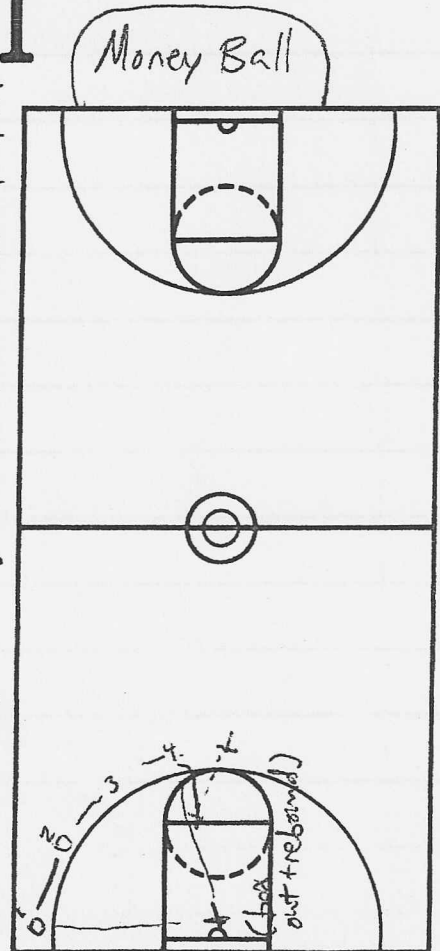


NOTES

- don't score - pushups (quick)
- everybody will play every position

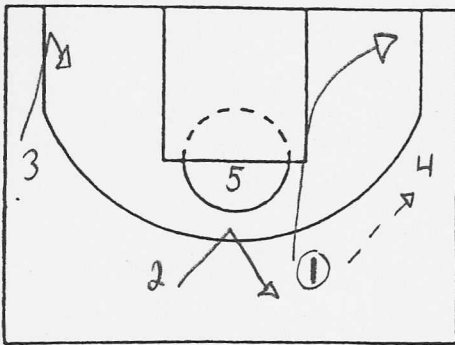
- On last shot, shot fake + kick back to rebounder for money ball

- Shoot 3 threes, but bring into 15 feet → different perception

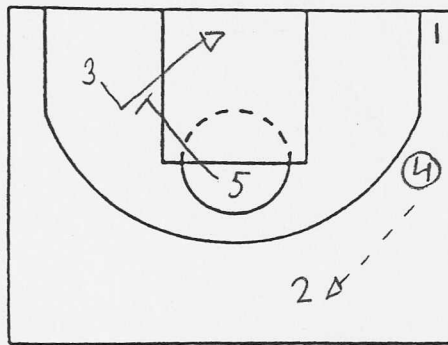




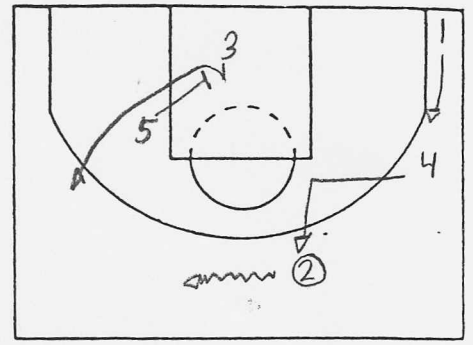
REGULAR CONTINUITY MAN SETS



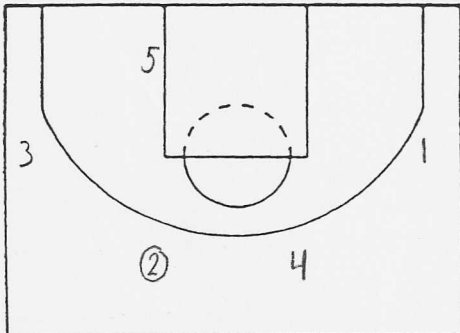
1
Call 1 passes to 4
Notes 1 makes INSIDE CUT
2 VCUTS



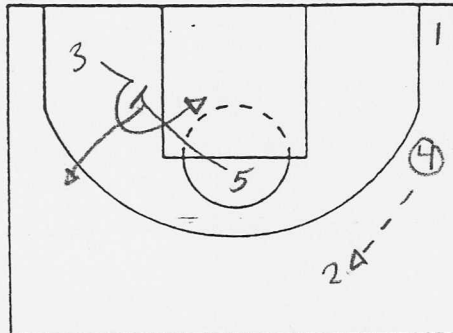
2
Call 4 passes to 2
Notes 5 Screens down
for 3



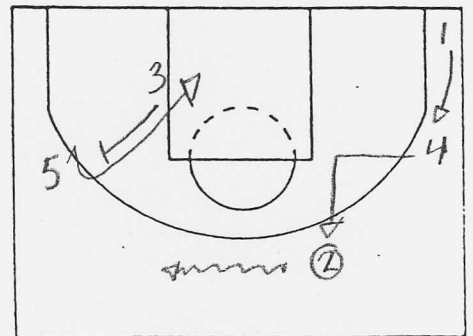
2A
Call 3 backcuts
Notes 5 re-screens
2 centers ball, 4 straight ^{live} cuts



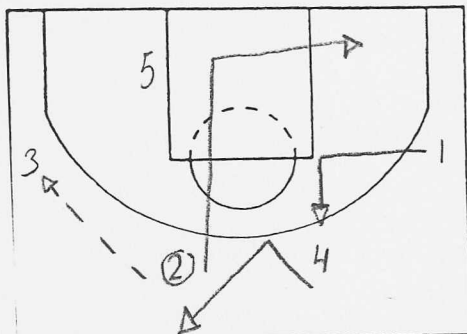
3
Call ALIGNMENT
Notes _____



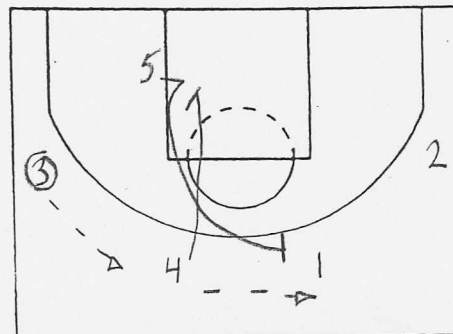
2B
Call 5 down screens for 3
Notes 3 curls to basket
5 pops



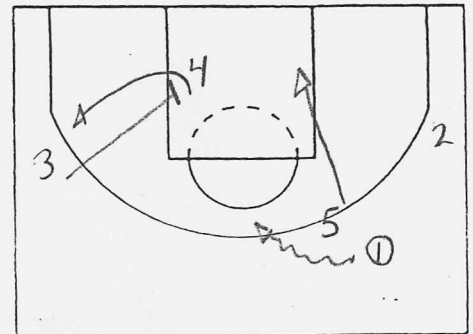
2B
Call 3 backscreens for 5, or
Notes 5 can re-screen
2 centers ball, 4 straight ^{live} cuts



4
Call 2 reverses ball, BACKCUT
Notes 4 VCUTS
1 straight live cuts



5
Call 3 ping ping pass to 1
Notes 4 down screens for 5
5 sets on the run ballscreen



6
Call 1 uses ball screen
Notes 5 rolls to basket
3 screens for the screener, 4

220

- 1) FORM SHOOTING - 15' off the backboard (4 min)
- 2) STRETCHING Special basketballs (4 min)

14) BANK SHOOTING BOTH SIDES (20)

(RAP music playing)

228

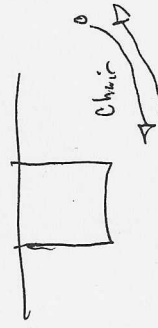
TEAM MEET "How do we practice? hand"

STATIONS

- 1) Perimeter Shooting
3 rebound
- 2) Shooter

45 sec

(3 man shooting)



④ PIVOTING PASSER

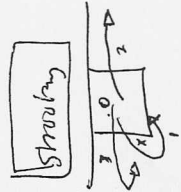
2) BALL HANDLING

- 1) TOSS BALL UP high catch on low bounce
- 2) DRIBBLE 1 hand juggle tennis ball other hand pass w/ other hand
- 3) middle game shots over hand
- 4) DUKE PASSING
- 5) 2 BALL DRIBBLE STAIRWAY

A) CURE
G) FLARE

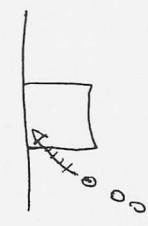
Behind Court

- 6) PAD) O (PAD)
 - A) SPIN + the Post
 - B) moving down court



curl - baseline

Popeyes

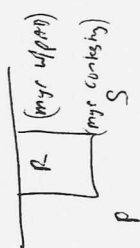


R side Step into shot
all BARKS touch the manager

Spin to self - Step into shot

Baseline - Need position energy

12 in 59



Shoulder go around the world
make 12 in 59 sec.

not just starting drill

passing rebounding

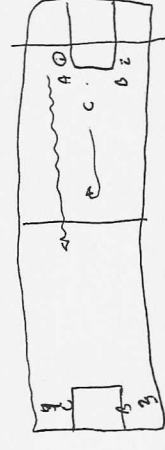
don't make it
DUN
box out
go get ball

Always go game speed

244 pm

2 PASSES VS PRESSURE

Key BALL IN COURT



4 on 5 - after ball is past 1/2 ct. 4 on 4

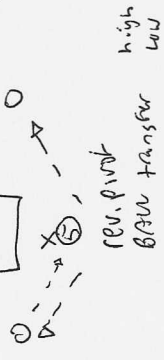
2 PASSES - drill ends vs. pressure overplay

BACK DOOR don't enter ball on same side vs pressure



PASSING rev. the BALL

POSTS



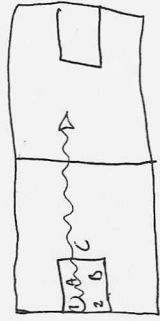
REV. PIVOT BALL transfer high low

Shallow cut - go under

Hard cut - go over

BALL REV. BALL

254 pm 11 sec on shot clock 2 vs 3 Fullcourt



Try to score

254 pm MIRROR BALL FOR 10 SEC → 3X



0 → D → OUT

mimors
DEFENSE



8 sec
(1 dribble
hand to
person behind)

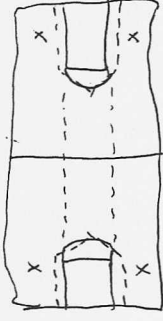
Defense - 5 tone

Make back on job
hands high

ROTATE SPOTS

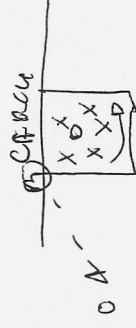
2 dribbles to right, 2 dribbles to left

MARKINGS ON COURT ORAGORA PAINT



304 pm 2 SCRAMBLES

CLOSEST 50%
SHOTS



Full Front the first
OFFENSE - Exchanges
every pass

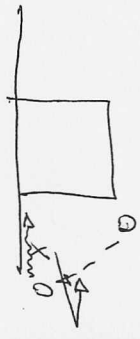
Shot - REG → get ball to 1/2 ct in under 5 sec

CHAOS

DONT let ball go inside

most important job - 1st closest

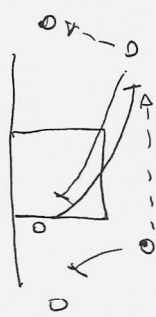
Closeout "TAG"



(2nd Scramble)

Closeout - MAKE him feel like you're there w/o fouling

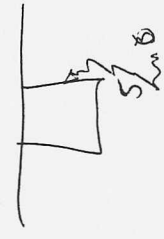
3/6 pm "A LOT OF COUNTERS here"
OFFENSE



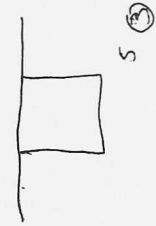
on the run ball screen



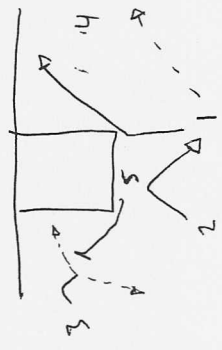
pass & cut
4 down screens for 5



or



0-Fence Dummy S-O



h put hand to rim

Ball Screen option
prev page

Ball transfer

on low cut

screen resumem



(5 player movement
pass + cut
like open post)



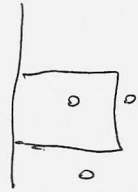
Straight line cuts
etc...
Fill spots

Ball Screen
Down Screen



rev. point of
Ball Screen

330 Free Throws



X
miss
back

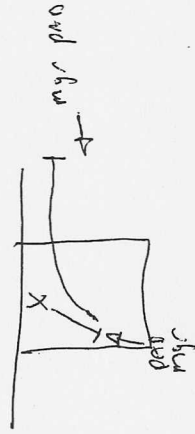
(Don't make any tennis ball)

- Disable 1 hand pass tennis ball back & forth

- Pivot BALL transfer high Chin BALL

throw to miss back catch on jump stop

Take Change Ball

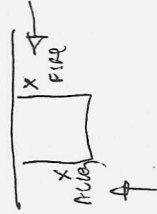


TAKE SLIDE

- 1) Alley change
- 2) FIRE change outside lane

Coach pushes player down
Absorb contact

331 Rotate



- As soon as you get hit bend your knees

SHOOTING

COACH hand on shoulder vs. dip back on shot

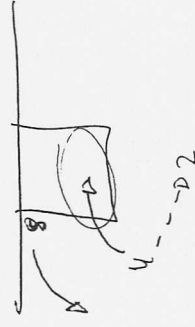
342 OFFENSE vs Zone



4

2 1 3

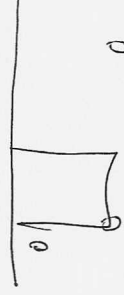
SOFT SPOT in zone



catch ball turn opposite

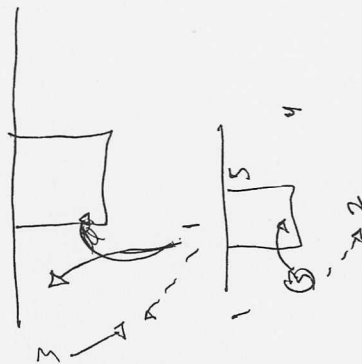
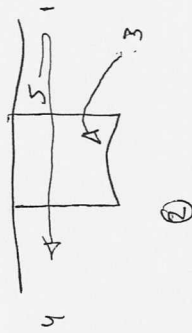
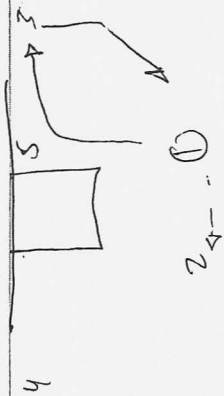
- 1) jump
- 2) pass away from when it came

Low post gets it high post curb (petri)



- Show #s
- make a presentation of yourself for the BALL

no money



5 runs baseline

FLOOD = overload

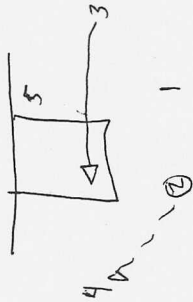
3 man - 4 mm
cut to soft spot

5 man runs baseline
PITTSBURGH

designated cutter

Regular - 30' 11' 00' 15'

"SPECIAL" - PLANT CUT



* Keep man offense looking like zone offense
want give out all calls
love to sit down w/ all of you but I want

356 ~~REFERENCE~~ ~~SEARCH~~

you're above the math ahead of time

Why Switch? - to deny the BALL
make them catch outside MPA 3

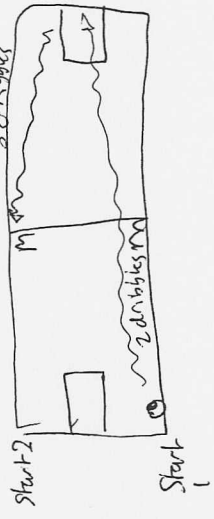
US BACKSCREEN DOWNSCREEN



PERFECTION

Complete 3 drills in 10 min.

404 FC LAYUPS

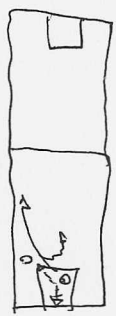


M hold up #

- Shield BALL AT HIP

- go thru

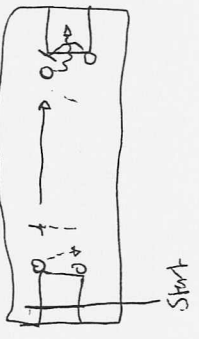
Duke LAYUPS



(BOTH SIDES 1X)

- bounce pass at 3pt line
- can't just turn & throw
- FIND open spot

2 MAN PASSING



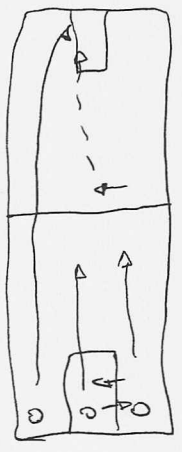
Ball screen
Four layup
hit roll

Call out names on PASS

2 FOOT LAYUP

throw hand pass

3 MAN PASSING



Partner +

3 MAN WEAVE - ends bounce pass

ENDS 4/5

BEILEW SOUNDS OFF

OFF/DEF

keys → lead to other situations

DRIBBLE

- try to get leverage
- OFF by Def. Shoulder
- North South

Stay in volleyball ct a score // SEC

SHRED - put def in jail

- make every drill - stretch
- passing
- feet

every thing → perm, pivot foot

make

DRILLS 10-12 min

FT make 20

RUN for every miss

1-3-1 put in today in starting!
tournament is better

Zone offense

- look like man
- choose who cutter is

STEAL OFFENSE w/ COUNTERS

- After Timewts dead ball
- makes still that much more effective

1130 AM FLEM SESSION champion center
Those who stay will be champions

ROBOUNTING

- Off - send 2 to boards

- Scoreboard more important

- 2 fewer TO → 5 TO

- will win possession game

Catch 2 hands 2 feet - cuts down Turnovers

End dribble w/ jumpshot 1-2

R - Left foot pivot DOM. FOOT

L - RIGHT FOOT

Form Habits

- that cut down turnovers

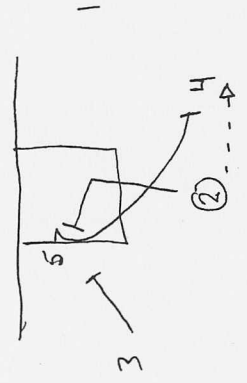
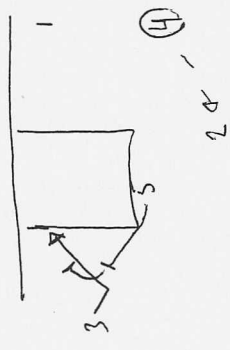
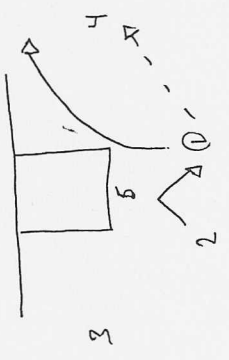
1 top - 2 feet perm. pivot foot

- won't share anything
- keep it in guarded

1130 Film 10 clips a day
12 - 2:30 pm practice SAT

Film - Learning curve will rise ↑
1500 - \$50 per game
Home 10 games
Film

BASIC OFFENSE



* have designated downscreener for 5



* ADD HILAND PIVOT read defense keys

SCREEN - rescreen
3 can cut high & cut read the defense
2 dribble over mistraction back to 4

downscreen on the low backscreen downscreener

FILL SPOTS
Straight Line cut

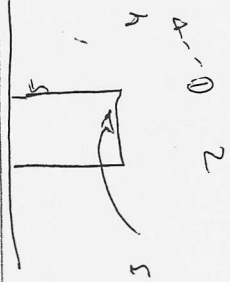
hands lower
BACKCUTS Vignee

Film Session

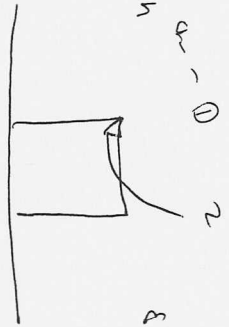
1130 - Noon

ZONE OFF

#1

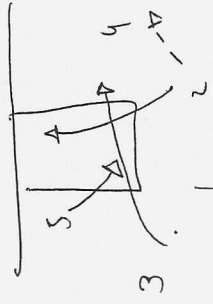


#2



#3
CA ↑
4 ← MISS

G to G PASS

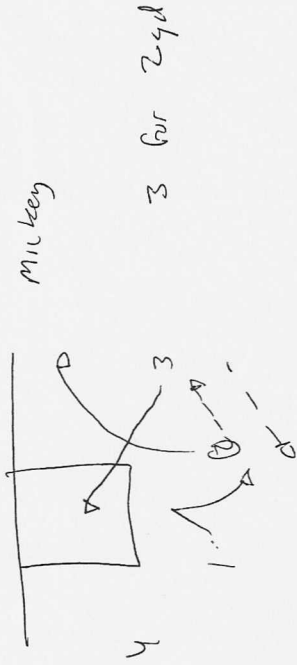


TEAM CONSTIT.

only good things happen when we have the # ball - belien

quotes - skip (on king)

Best place to have ball - Middle - H1 low

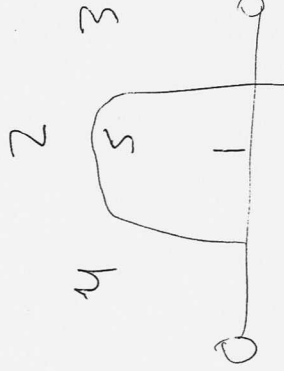


Milkey

3 for 2yd

Land on 2 feet = No charge

1-3-1



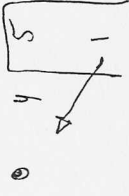
over to corner

1/2 drive NU Chinese
"one more"

10 CLIPS offense

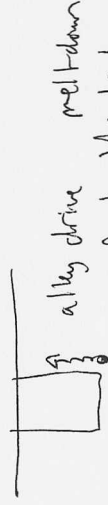
1-3-1 SLIPS 10 clips

Wing 2 wish past key



between ball & corner of floor straight in

keep ball from coming back



alley drive meltdown
feel the heat

attack the attacker

shake away direct passes

Direct

Key off

rescreen - double bury
get in paint
screener

FOOTBALL cut = curl



~ Rikky

80 games per
shooting drills

passing - hit pen in face
perfect passing

precision is important

Want 200 passes VS 1-3-1
2 min most important

READ defenses - @ Football problems

Shoelace

baseline



Rescreen

wildcat = kickback

defense - just get one pinky on ball

Chart where + who is getting most deflections

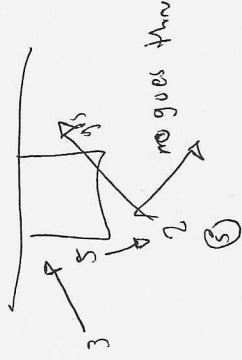
good clip #12

telestrator

WVA clips

BACK CUT

get thru



a lot of zones within the zone (1/4 the 2-3)

1-3-1 So unusual

- play 3 different ways
Change up 15-20% (once every 5 times)

MAN Base Defense

No correction SAT sure & Base EA

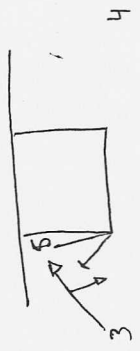
good program
understand game
some mistakes
an agenda to win
get the right mix

J.S. Summ 20min

1205

ON the FLOOR

2 groups
Dummy 4min Stretch 4min
4out 1 in look

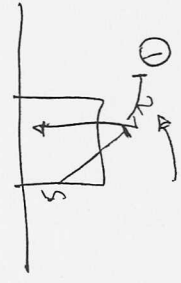


4

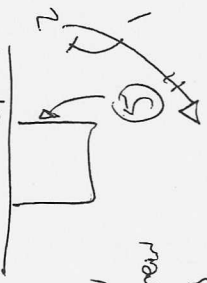
1 2

Dummy NO SHOTS

option - back screen instead of on the run into BALLSCREEN

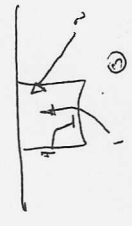


option HO FULL



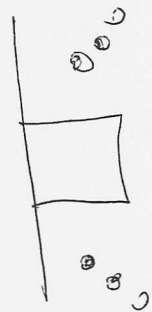
DOWN SCREEN
NO BALLSCREEN
S gets PASS

BACK CUT - BACKSCREEN



12/15

3 on side 2 balls



BASIC SHOOTING

get loose

All shooting drills - Be a sprint
(Be in mixed up)

SPLIT Goal - Forward - post

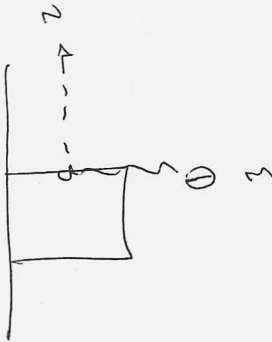
"Blocked"

- 1) catch + shoot
- 2) Shot take 1 dribble

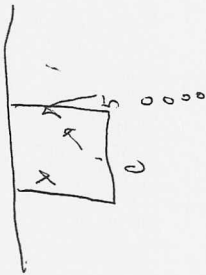


pen + kick

- jump stop
- pen + pitch
- rotation 1-2-3



post shield



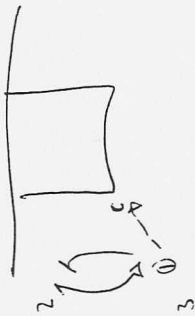
LOB CAREFUL + FINISH

O to D to OUT

Mgr - Be in someone's face

if you can't get to shoot off in 30 sec you aren't going fast enough

Split Shooting



- 1) pass to center
- 2) take + pass to screen

1223

moving ball drive + kick 22 pts 1 play



3-1 ratio

(2 3s + 1 2)



passer becomes rfb for 2 spot up shifts

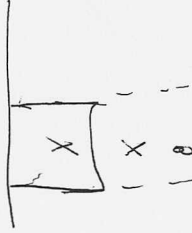
Run if not make it

1 on 1 2 on 2 drill 1227

2 vs 1 to score



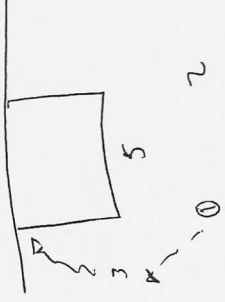
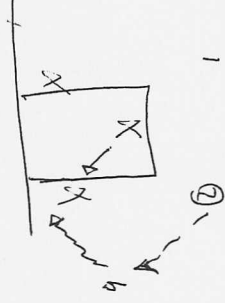
or



stay in alley

pressure on ball w/ other guy running to cone get leverage

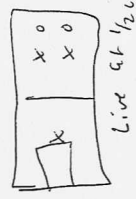
4 vs 3 Fwds.



1 2

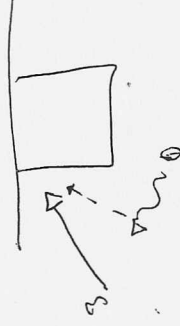
Summe
"Punt leave your feet + stay I hope is open"

(2 on 2 gets dont get split)



live at feet

Catch on 2 w/ a shield backdoor

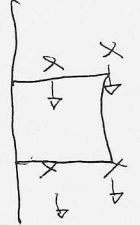


guards + forwards work in concepts during split

drive N-S offing w/ your head up

(4 min - Shuttle - 2 min Closeout)

6 min everyday do a shuttle drill



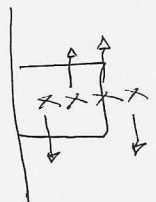
Mass slide

Shimmy
shuttle
Stuart 1/2 slide
lunge
100y slide

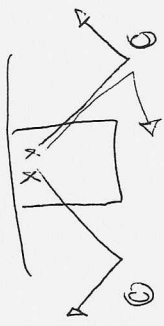
get elbows up hands up

keep your motor running - foot fire

Variety in 4 min

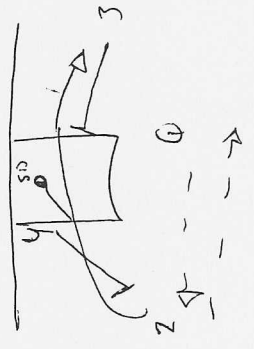


Heisenberg circuit



Sweep middle too

1244 Kern State Switching Def drill



backscreen
downscreen
play live

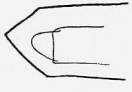
Step = 1 pt

how many possessions off sets

or maybe double

get to his pos - make him put it on the floor

3.5 sec to get it to 1/2 ct after reb.



don't let it in the house
Court markings

1256

Defense make off go E-W

Come back to Diamond

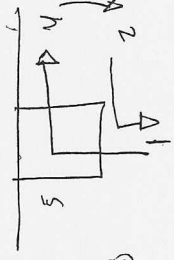
Front w gd.

trailer goes opposite of ball

106

FT + Dummy 2 groups

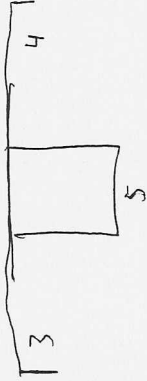
BASIC



High cut on screen
Basket cut by pass

Can start in dead corner

MIS DIRECTION = Bredshick

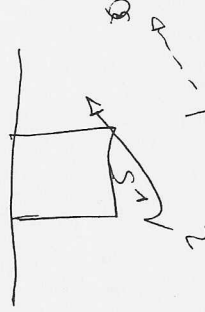


116 DEFENSE

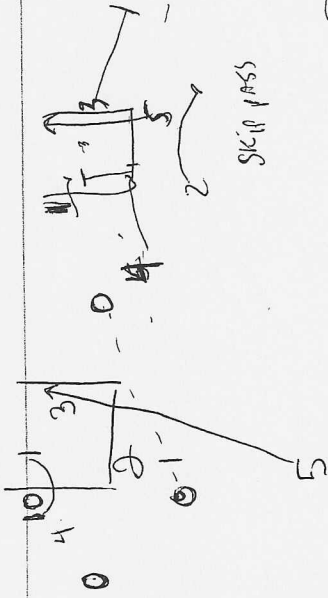
Make em catch at NBA

Make it tough - going away from basket

DEFEND CHIN CUT (Shuffle)

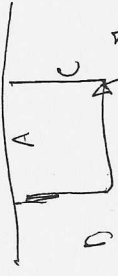


plus give + go



HS COACH "get BACK" what does that mean?

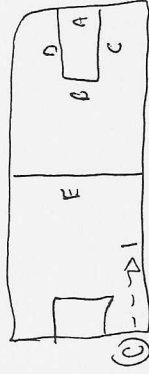
TRANS. DEF.



2

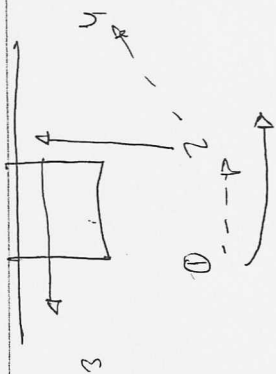
go to midline not to run

DRILL 5-0 during score

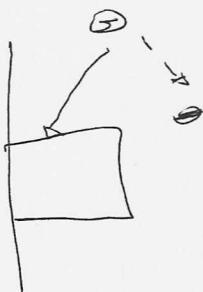


ALWAYS TRANS DEF into diamond + keep ON 1 side NO middle choice the ball out of the middle

Everyone cut thru then play live try to score off cut only



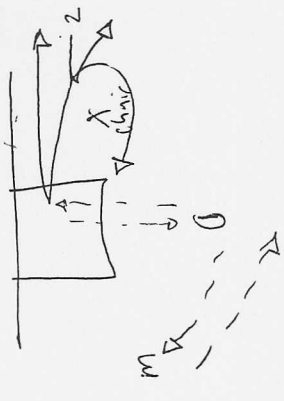
I does not cut until everyone has cut thru (last one then live)



do not let the ball go middle

Run 8 sideways in 30 sec. intention let middle will run

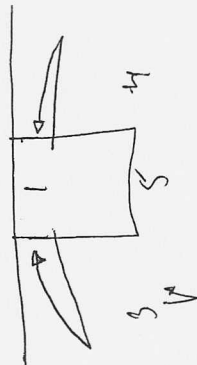
BUST OUT - not just head down - jump the find upon man



- 1) CURL
 - 2) BACK CUT - CORNER CURL
 - 3) FADE
- bounce pass to curl
 - air pass backdoor
 - get shot coming back on baseline

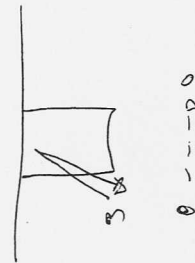
pass for timing on screen

138 1-3-1 work



Keep on 1 side Force Lob

DAVE CROM - concept take away direct passer



150 Swimming (running 25 min)

* plant & go

come out

DONT DANCE

2 min
resting out

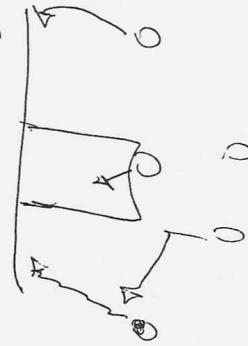
2 yd. cuts to block - shuffle

create your own energy

* yell "one more" on
drive & kick penetration

* when you turn & put it down
w/o looking you get into trouble

LAST SEC PLAY 6 SEC 3 options



- 1) KICK & U4
- 2) DRIF
- 3) DUMP

TEAM CONST.

- 1) BE ON TIME
- 2) Treat people w/ respect
- 3) PAT Right
- 4) NO DRUGS - alcohol
- 5) WE ARE A FAMILY
- 6) Basketball Expectations
- 7) NO TURNAROUNDS
- 8) play unselfish
- 9) play harder
- 10)
- 11) practice RULES
- 12)
- 13) VALUE OF Education
- 14)
- 15) Program priorities - basketball
- 16) take care of yourself
- 17)
- 18)
- 19) Be prepared - practice - game prep
- 20) Be a good teammate.

Rate/expectation followed
by quote
from famous person

hung up in locker room

Sign & date

Jalen Rose in attendance
" Jimmy King didn't show "
- but then arrived

230 Perfection

managers get your ass in the drill

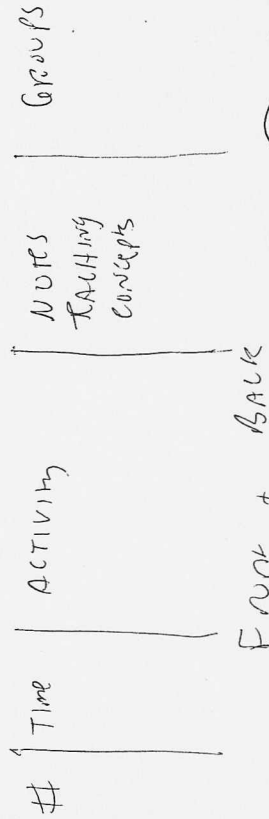
Walk ons - Scout team

- like a manager
- not in key drills / extra practice live stuff

240 End on Mike
 5 SEC RULE like UNC camp
 Keep 'em hustling

Practise PLAN

- written out in Big Blocks landscape



Wish- Attack on defense make them put ball on floor
 & not hold for 2 count - Ball possession you win