

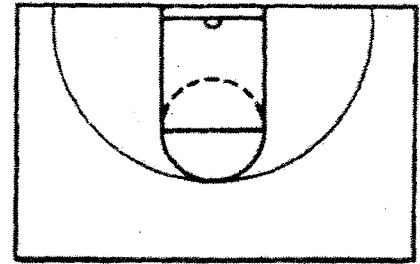
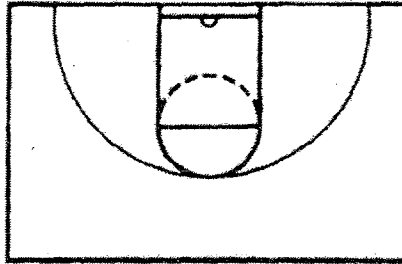
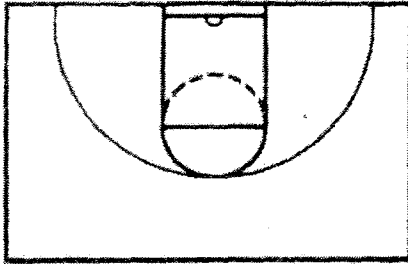
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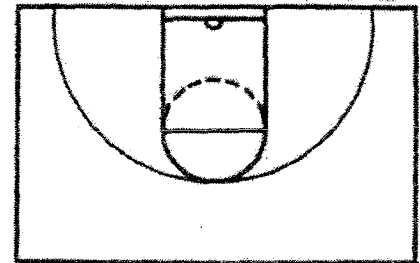
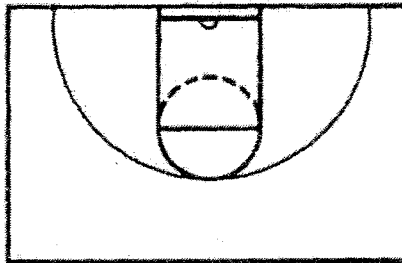
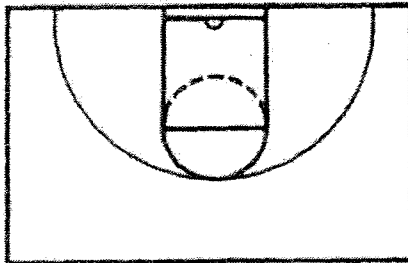
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DATE 05-14-06 @ LAS VEGAS  
8-9:15AM

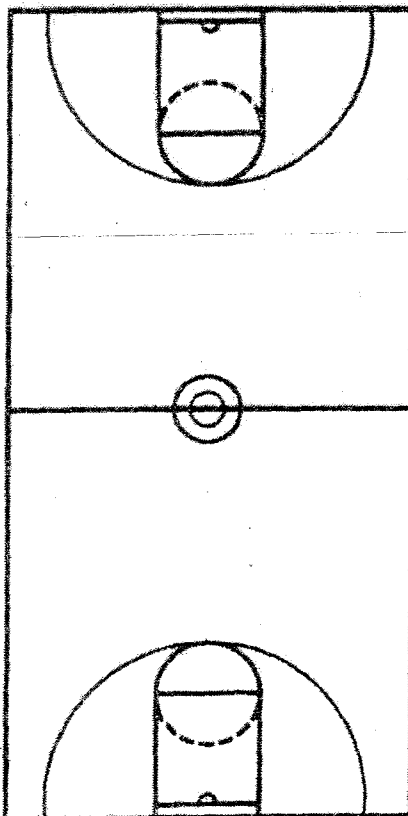


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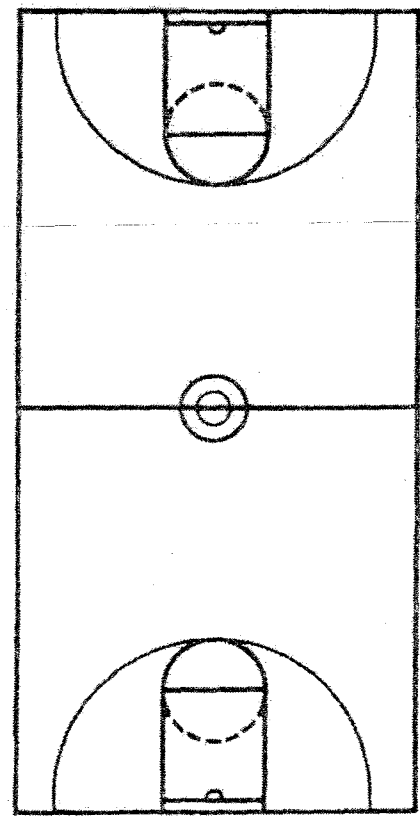


NOTES

# JUST DO IT



- NOTES *OFFENSIVE/ Defensive Drills*
- > privilege to coach and teach, dev. a relationship build their trust in you.
  - > Have high expectations.
  - > consistent w/ your delivery (message)
  - > Communicate w/ your people
  - > Best player needs to be your hardest worker
  - > What do you as a coach need to do to get your team to play at it's optimum.



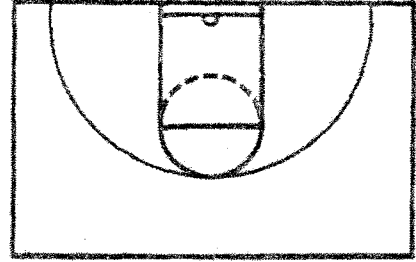
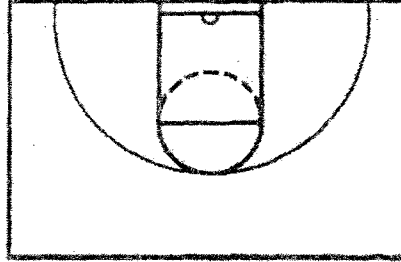
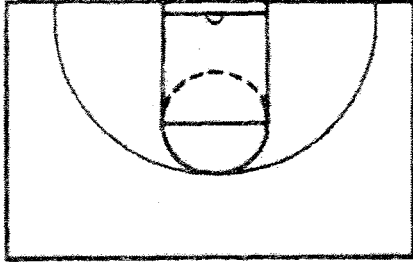
2/6/17



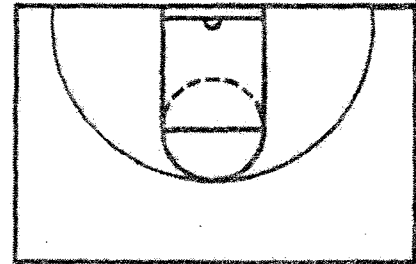
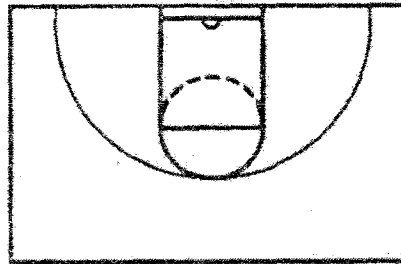
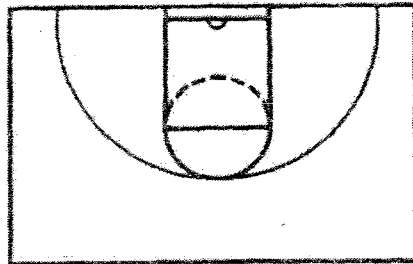
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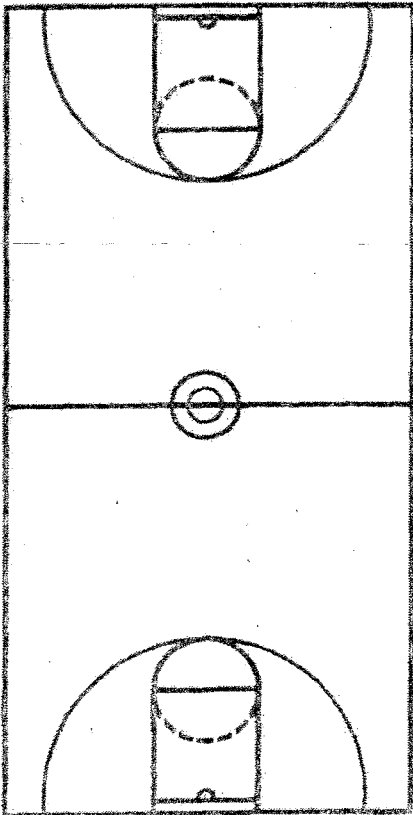


NOTES



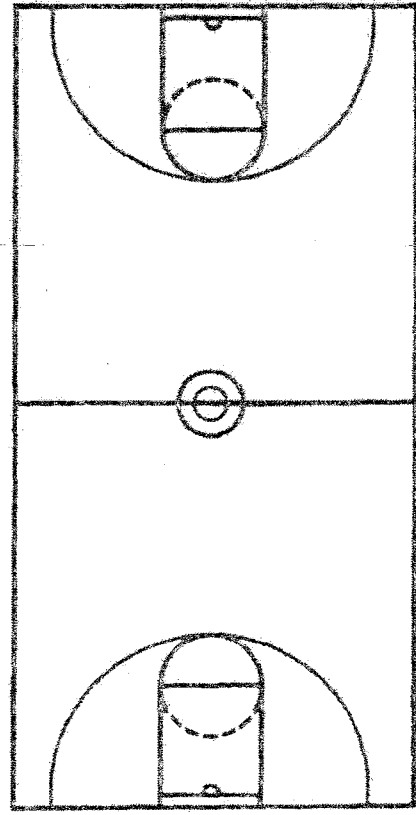
NOTES

# JUST DO IT



NOTES

- > Put players on the floor where they can be successful - not an equal opportunity thing
- > develop an identity for your team by 1st assessments then sell it to them.
- > Don't focus so much on winning but focus more on details each possession.
- > Develop a practice plan that is fun for them, they must enjoy practice!
- > Treat each player on our squad as we would treat your own son / daughter.



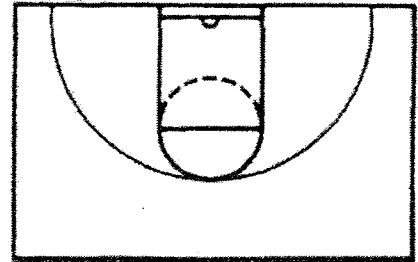
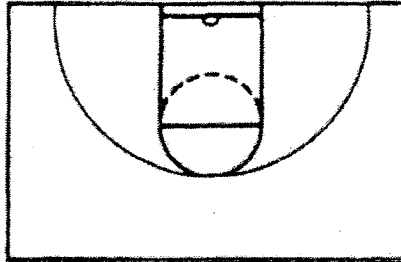
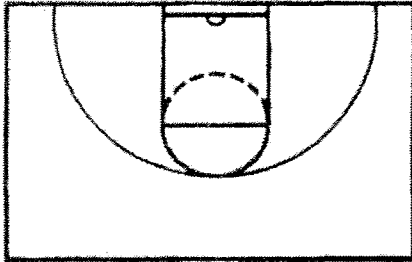
3/17



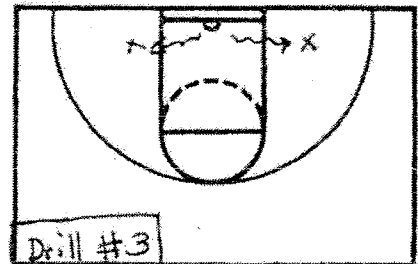
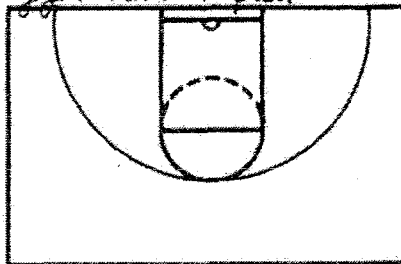
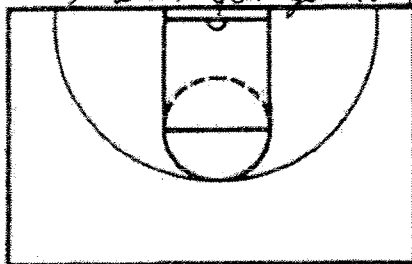
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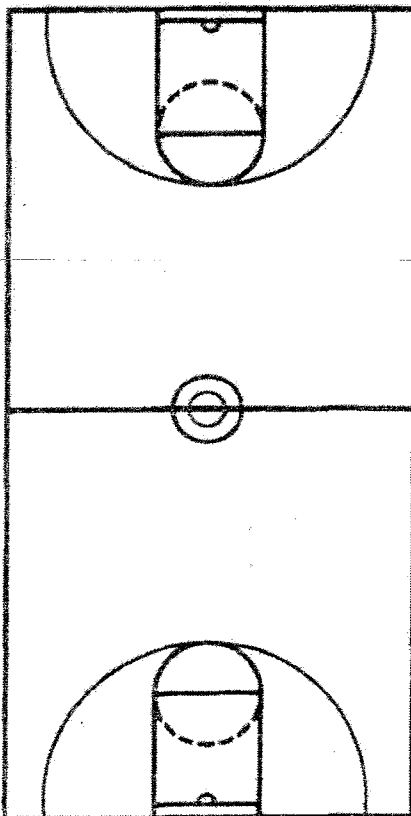
NOTES Drills: \* Keep Drills Simple \*  
> Doesn't matter what they look like, but does it teach an objective.  
> Make sure the players know why we are doing the drill.  
> Drills are normally a piece of our offense and a piece of our defense.  
> When you go to the gym have a plan



NOTES

# JUST DO IT

Progressive Bank Shot  
Rebound own shot  
take 2 dribbles shoot  
off of GLASS



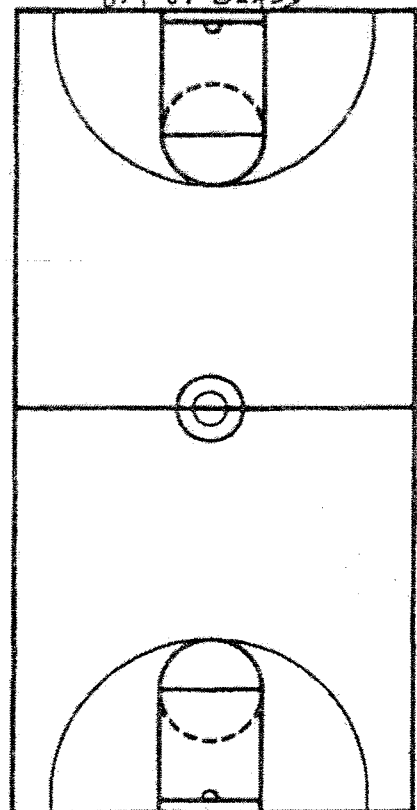
NOTES  
> Quality over Quantity  
> work on the things you don't do well.

Drill #1

MIKAN Drill

Drill #2

Reverse MIKAN Drill



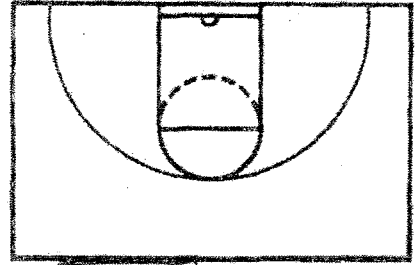
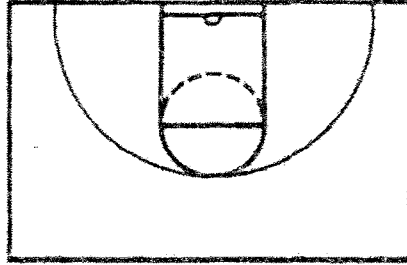
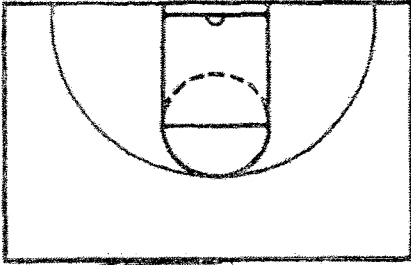
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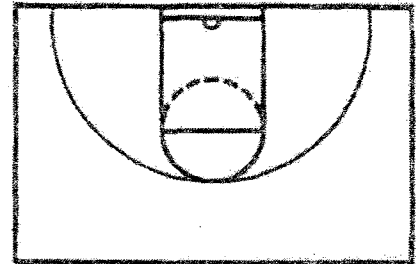
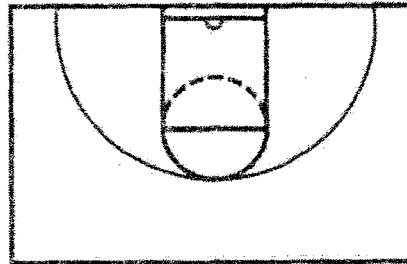
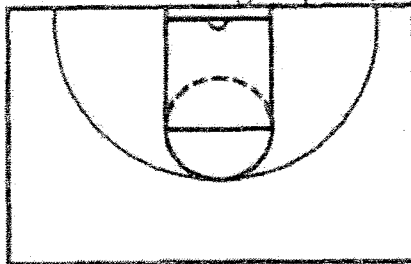


NOTES **Drill #4**

Spin outs 12-15 ft  
jumpshots  
200 jumpers / 100 FT'S

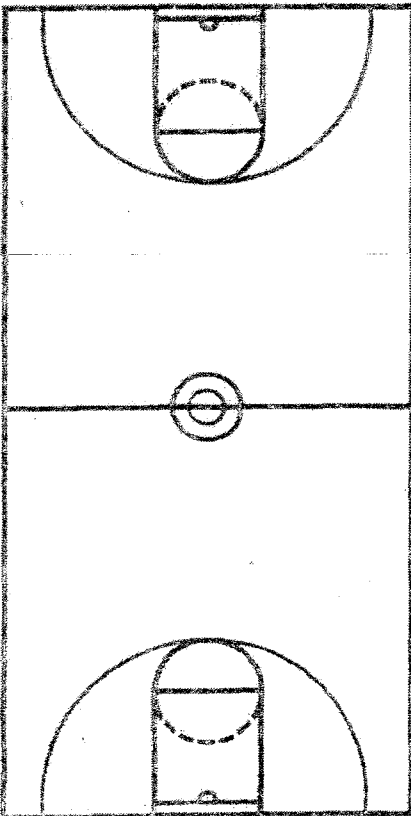
**Drill #5**

Spin outs 12-15 ft jumpshots  
rip ball through / bounce  
to shot



NOTES

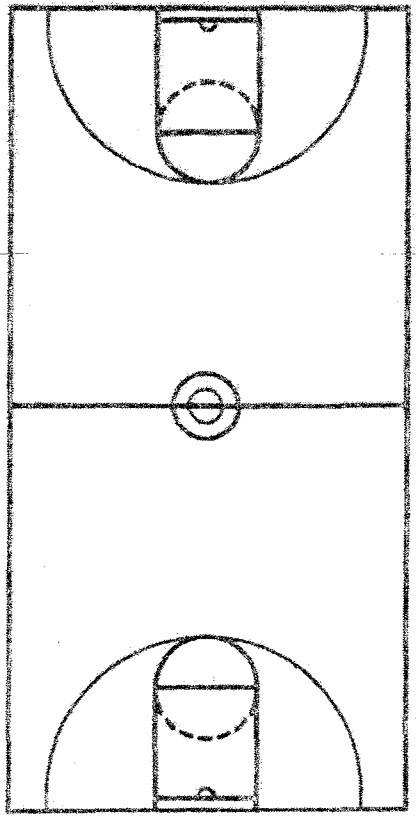
# JUST DO IT



NOTES

**Drill #6**

F.T.'s



3/6/17



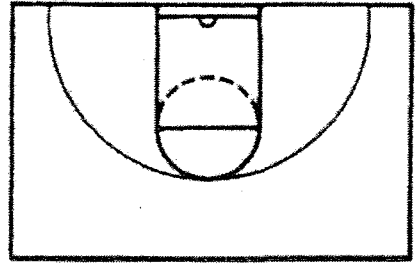
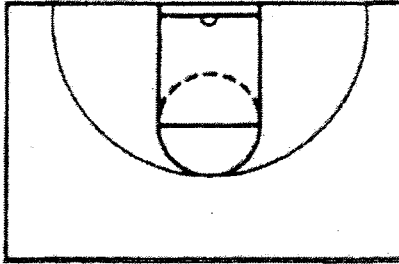
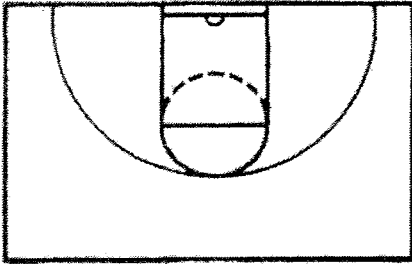
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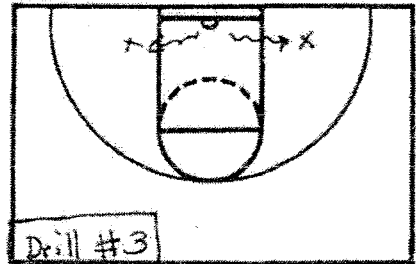
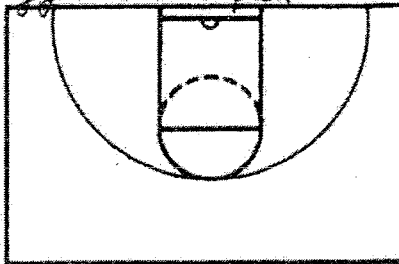
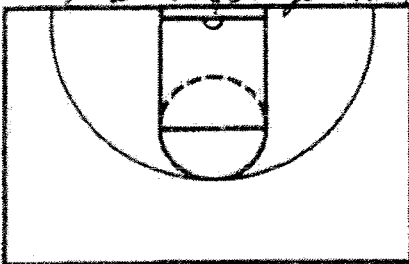
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- NOTES Drills: \*Keep Drills Simple\*
- > Doesn't matter what they look like, but does it teach an objective.
  - > Make sure the players know why we are doing the drill.
  - > Drills are normally a piece of our offense and a piece of our defense.
  - > When you go to the gym have a plan

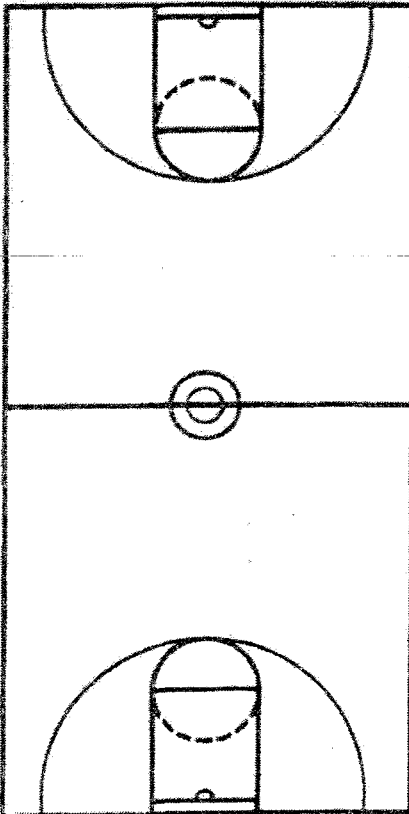


NOTES

# JUST DO IT

Progressive Bank Shot

Rebound own shot  
take 2 Dribbles shoot  
off of GLASS



NOTES

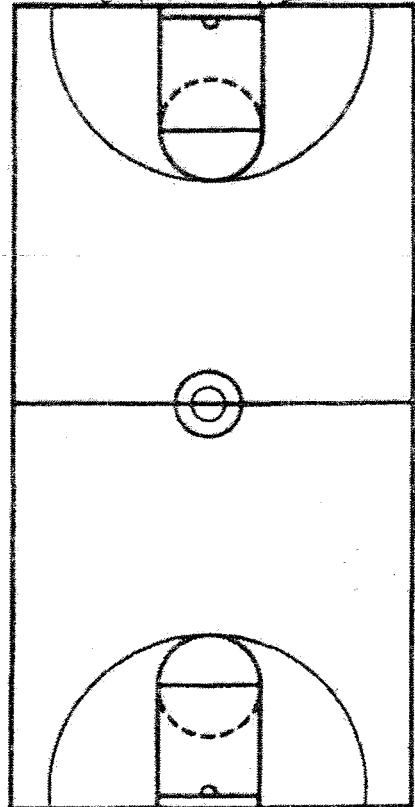
- > QUALITY over Quantity
- > work on the things you don't do well.

Drill #1

MIKAN Drill

Drill #2

Reverse MIKAN Drill





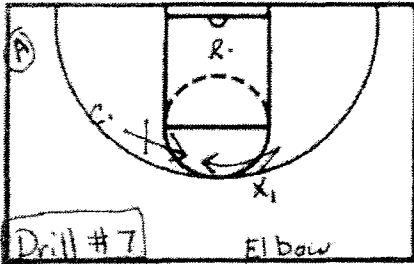
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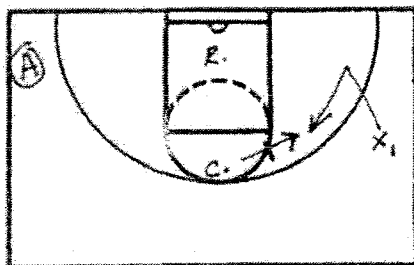
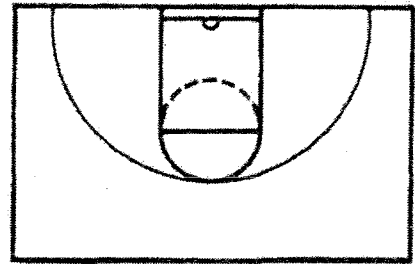
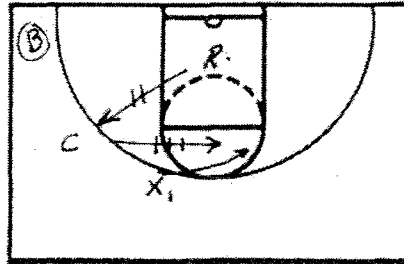
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Drill #7

Elbow

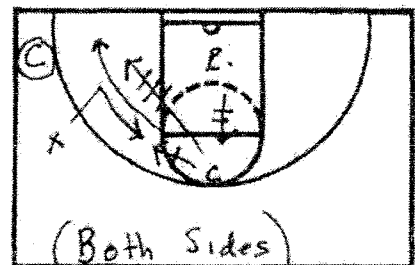
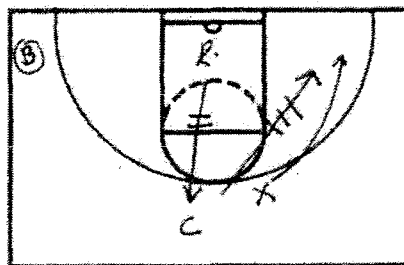
NOTES Elbow / ~~Short Corner~~  
Shooting



NOTES

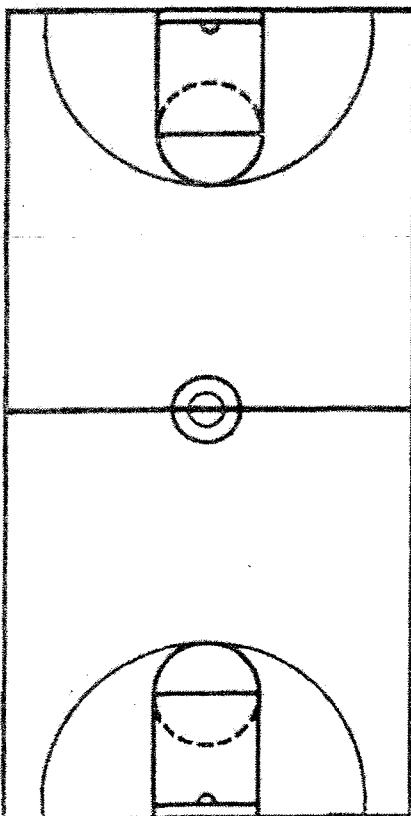
Drill #8

Elbow / Short  
Corner  
Shooting

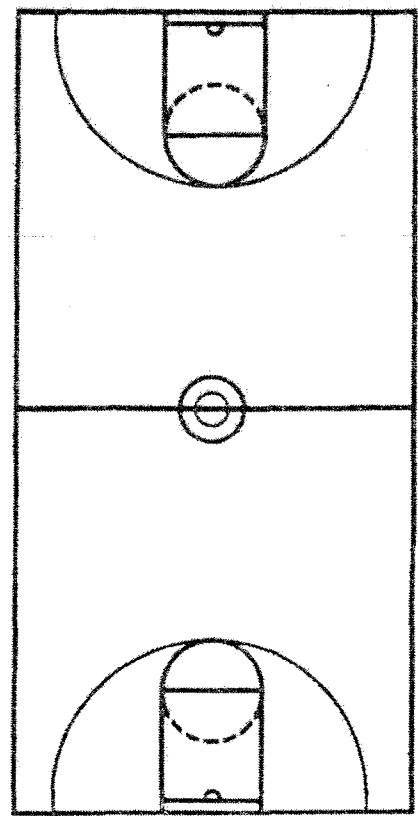


(Both Sides)

# JUST DO IT



NOTES

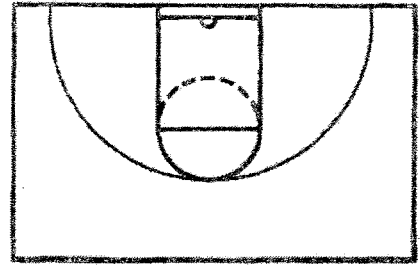
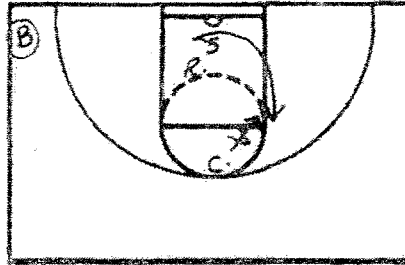
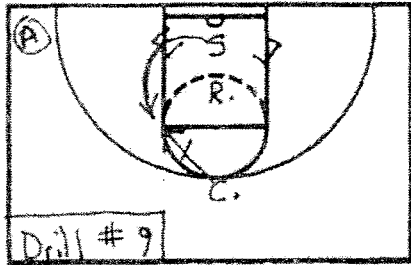




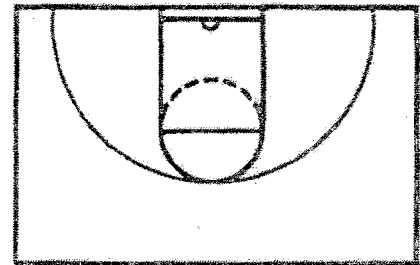
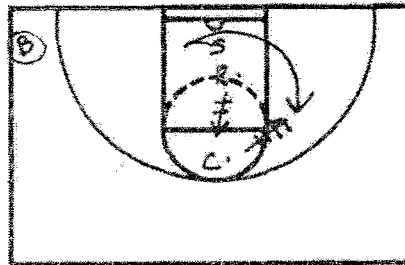
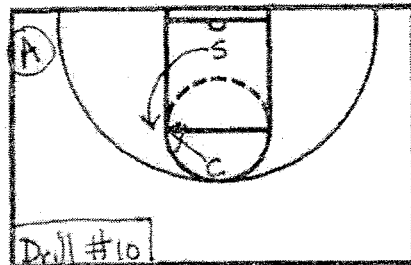
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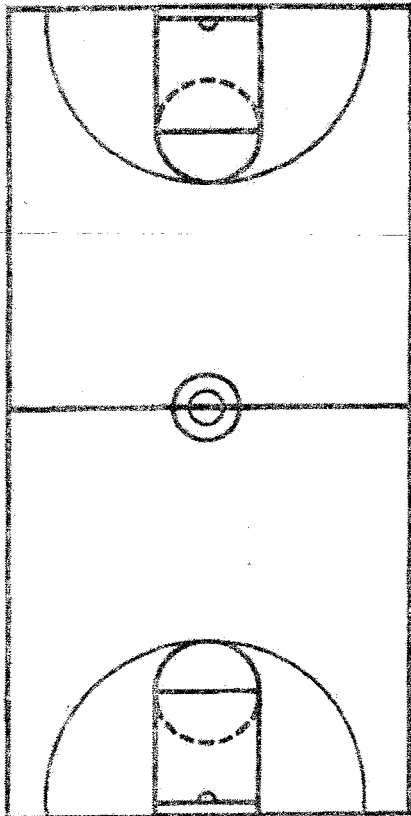


NOTES Pin down Jumpers  
Shooter comes off imaginary  
pin down screen

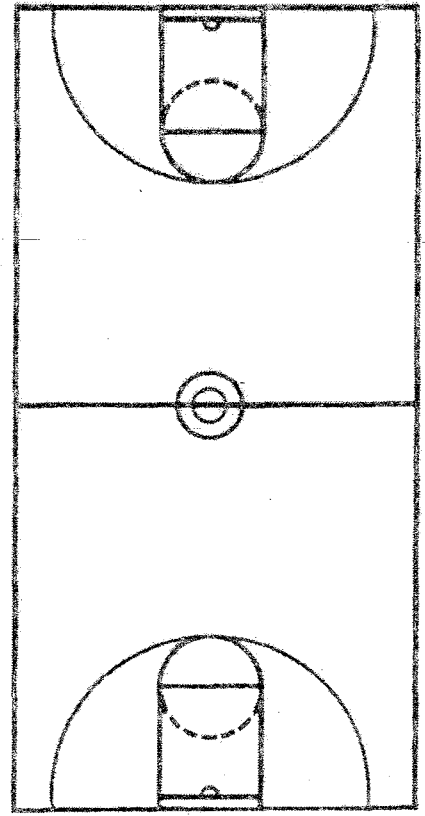


NOTES Pin down Jumpers  
w/ shot fake

# JUST DO IT



NOTES



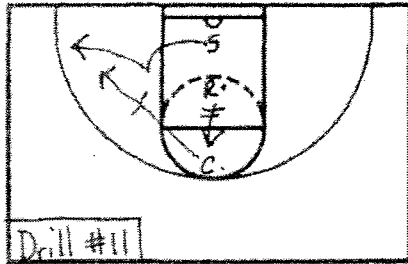


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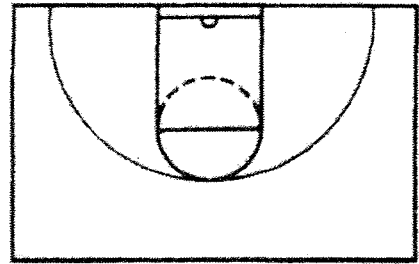
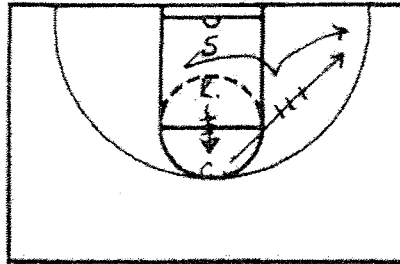
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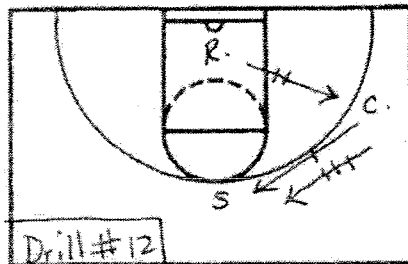
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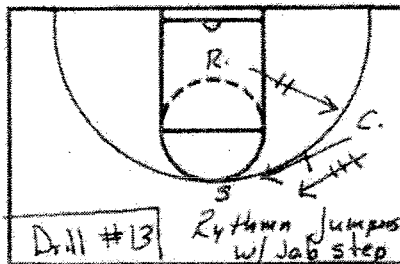
Drill #11



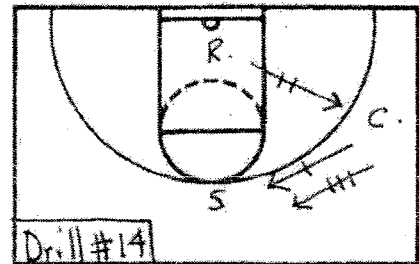
NOTES Pindown Jumpers  
w/ FADE  
Shooter works both sides  
fakes curl to fade along baseline



Drill #12



Drill #13 Rhythm Jumpers  
w/ Jab step

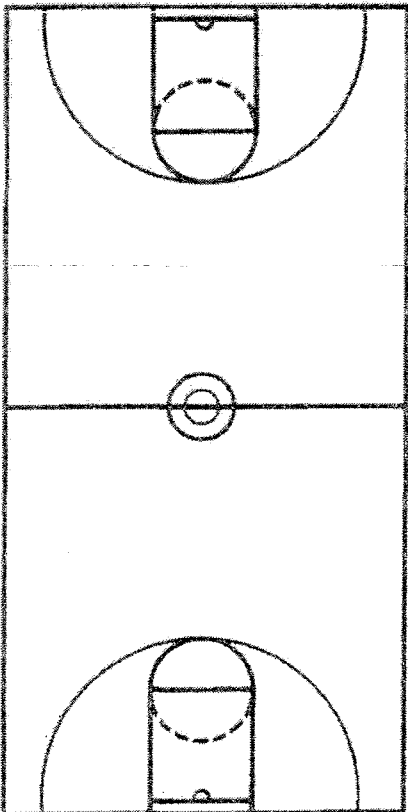


Drill #14

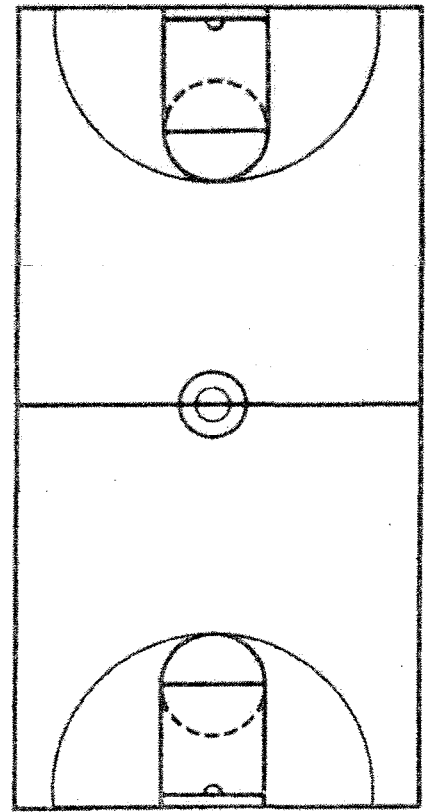
NOTES Rhythm jumpers  
catch / shoot

Rhythm Jumpers  
w/ shot fake

# JUST DO IT



NOTES





8/17



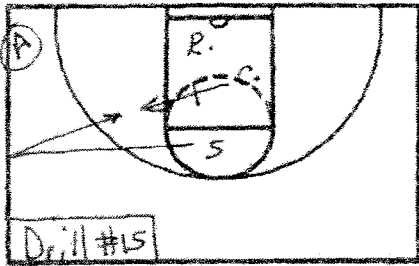
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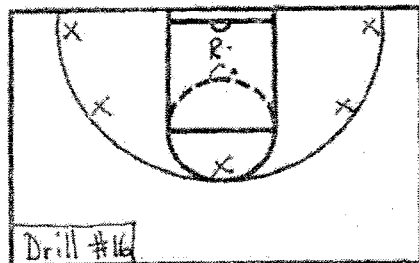
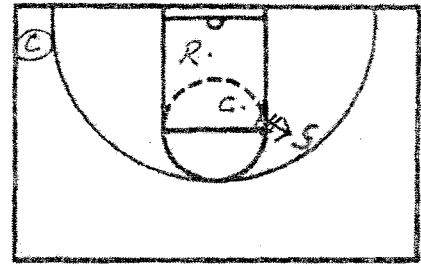
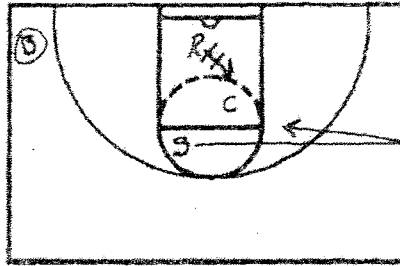
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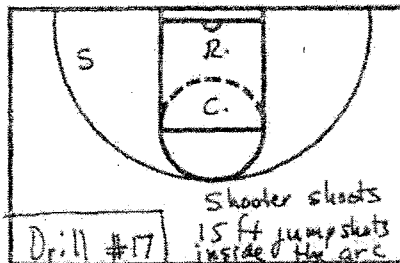
Drill #15

NOTES *SIDELINE JUMPERS*



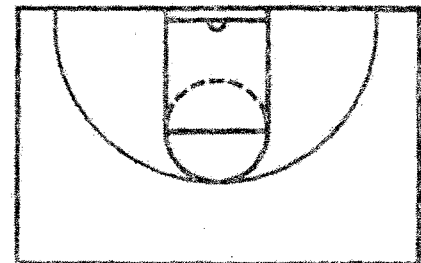
Drill #16

NOTES 15 ft jumpshots  
must make 3/5 shots  
to go to next spot



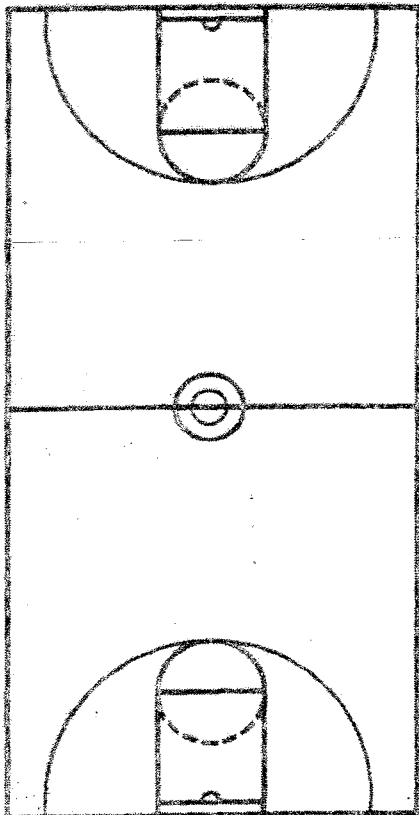
Drill #17

Shooter shoots  
15 ft jumpshots  
inside the arc  
on the move +1/-1

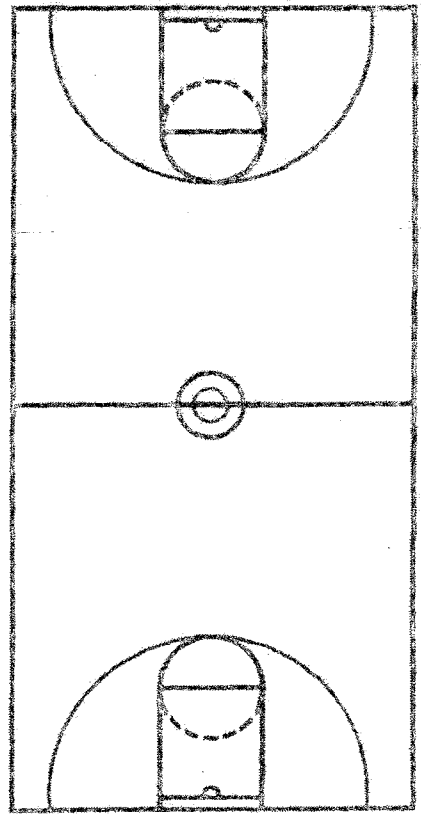


+1 - make  
-1 - miss

# JUST DO IT



NOTES



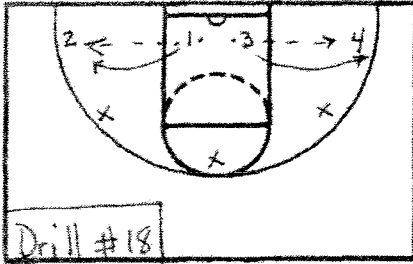
9 of 17



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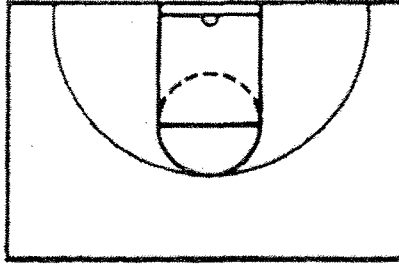
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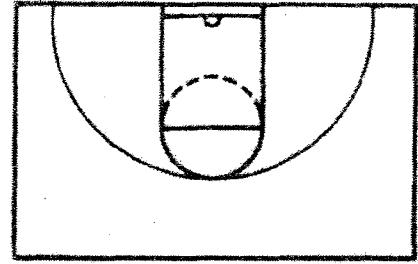


Drill #18

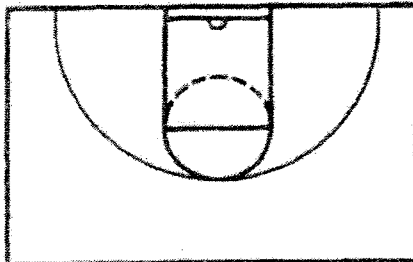
NOTES  
2/2 Competitive Shooting  
2 GROUPS GOING



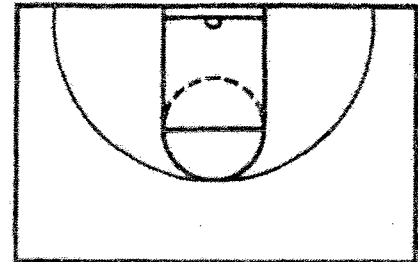
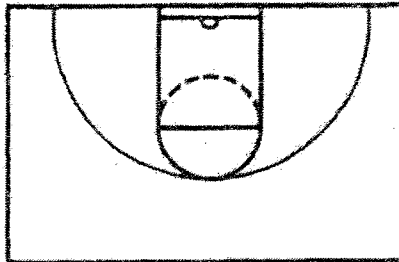
Team must make 2 at each of the 5 spots



Rebound own shot pass to partner

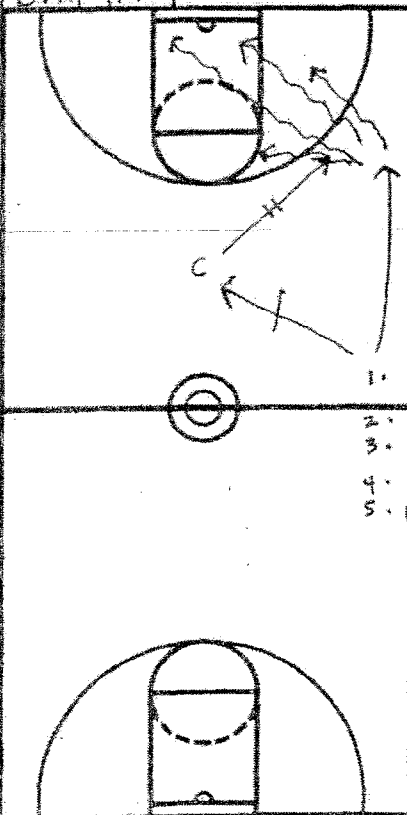


NOTES



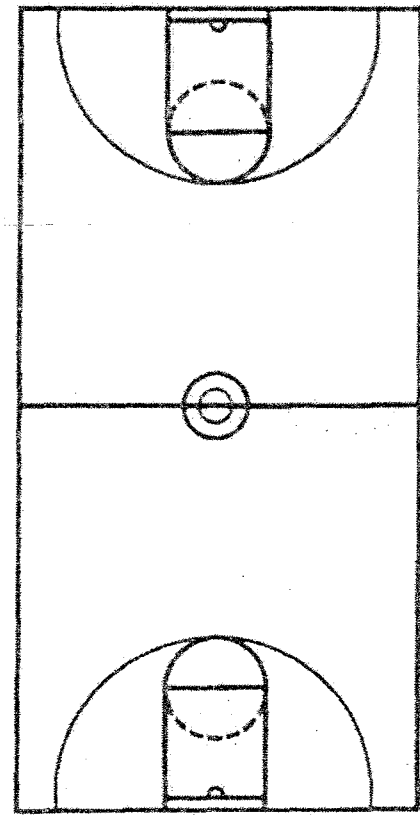
# JUST DO IT

Drill #19



NOTES

- ① Catch rip-through to the outside Layup
- ② Sweep / Go middle to the other side of rim
- ③ 1-Dribble BANK SHOT
- ④ Crossover Dribble / ELBOW Jumpers
- ⑤ Catch / shoot



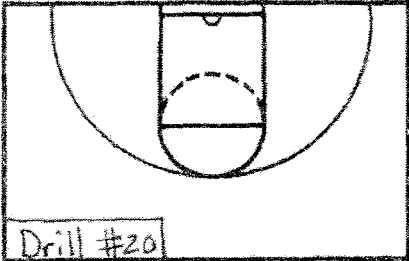
10/9/17



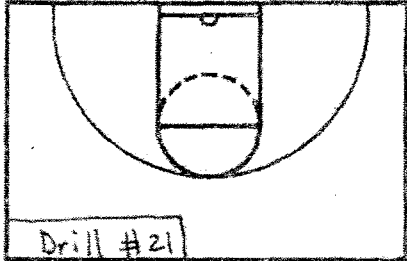
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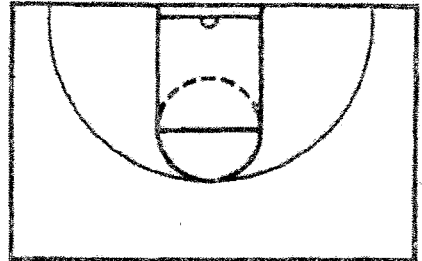
CLINIC Lon Kruger - UNLV  
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Drill #20

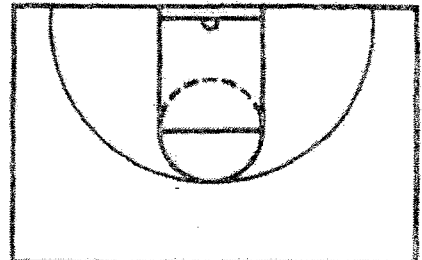
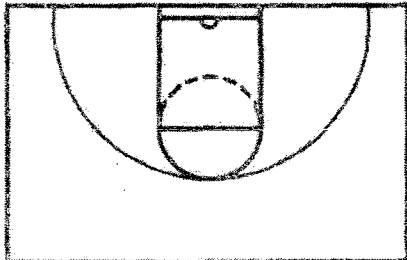
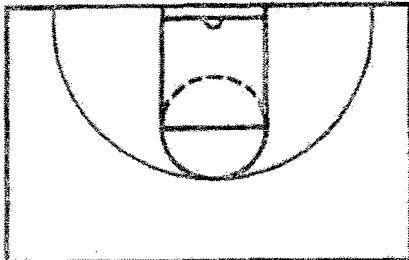


Drill #21



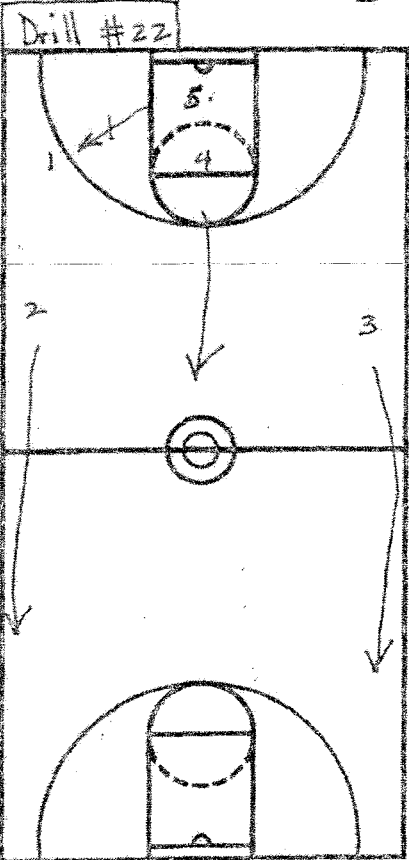
NOTES  
3-man weave 5/4/3  
passes  
• Call out names  
• down and back

5-man weave  
down and back



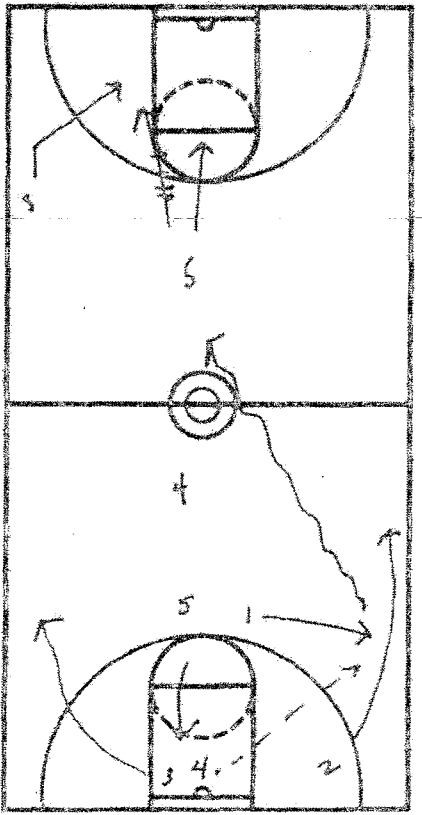
NOTES

# JUST DO IT



Drill #22

NOTES  
Full-Court 2 1/2  
WORKING ON SECURITY  
FC offense  
• 1st trip wing Layup to 2-man  
• 2nd trip down wing Layup to 3-man  
• 3rd trip pt. Guard Layup from wing man  
• 4th trip over top to 1st post down  
• 5th trip trail-post for Layup



1877



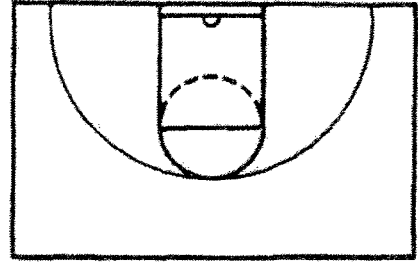
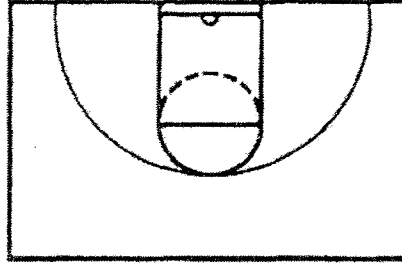
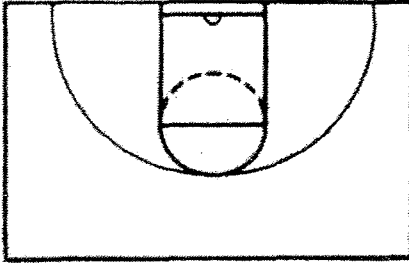
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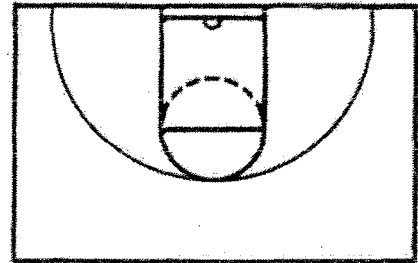
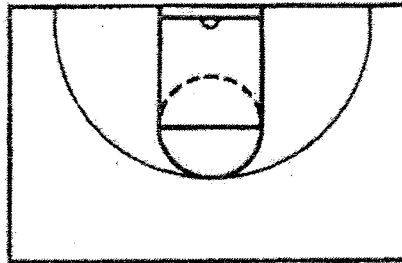
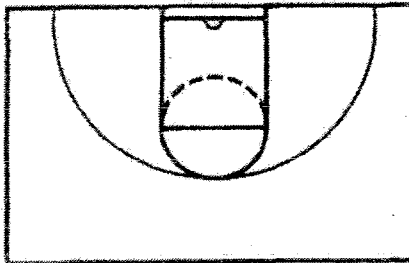
CLINIC Low KEGEL- UNLV

DATE 05-14-06

Q LAS VEGAS



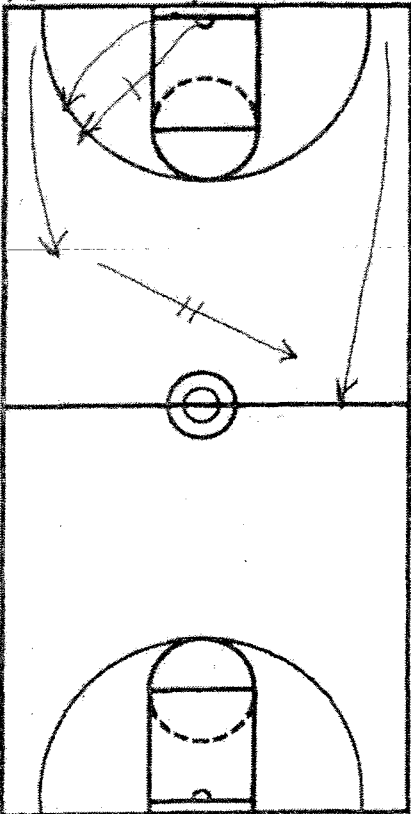
NOTES



NOTES

# JUST DO IT

X X X  
X X X  
X X X



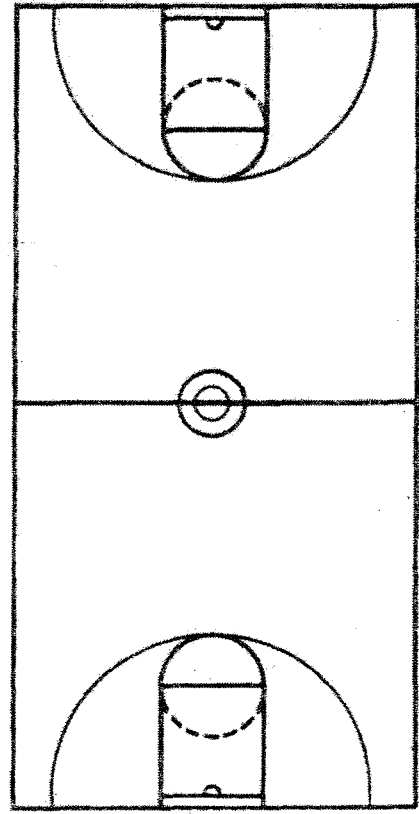
NOTES

DRILL #23

3-man weave 4 passes  
20 LAYUPS in 2mins.  
down/back

1-Ball

Communicate who  
has rebound/outlet



12 8/17



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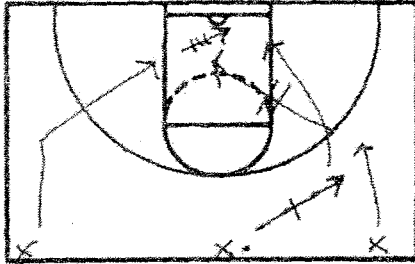
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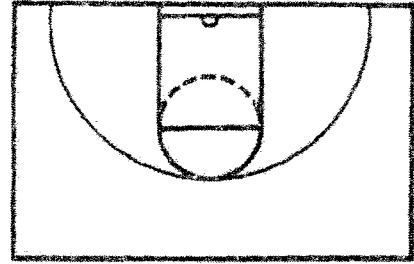
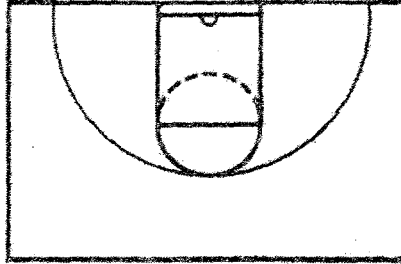
Drill # 24



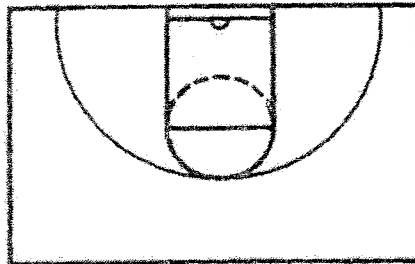
NOTES

X X X

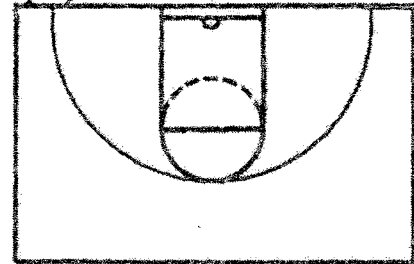
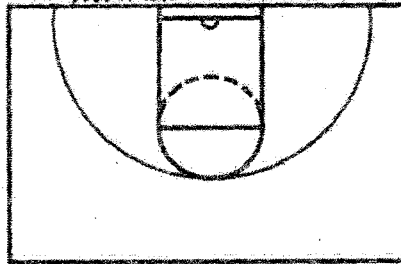
X X X



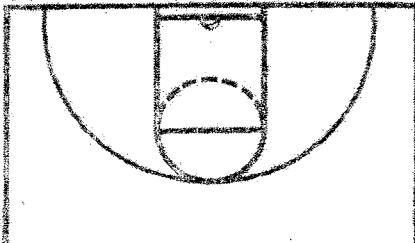
3 LINES 90 SECOND LAYUPS 32 LAYUPS made.  
3 passes pass and go behind  
pass-pass-Layup  
middle man shoots Layup



NOTES



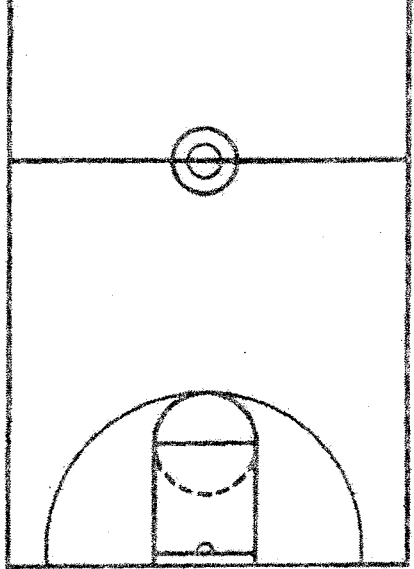
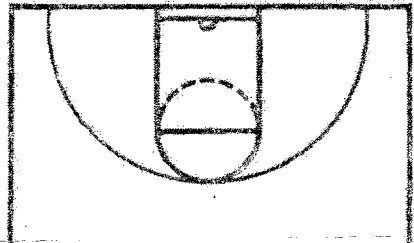
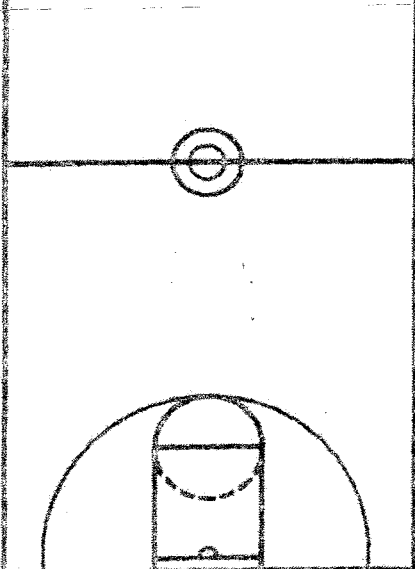
# JUST DO IT



NOTES

\*Layup person will be outlet then pass to middle man to START NEXT GROUP \*

1 or 2 Balls?



13 9/11



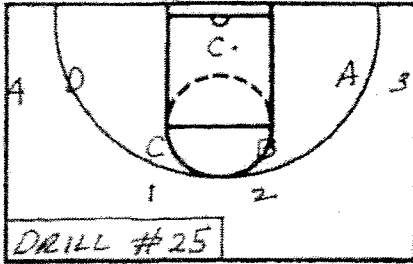
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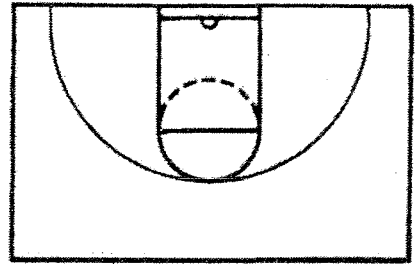
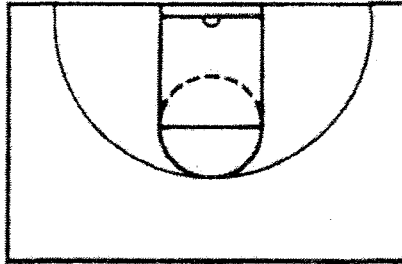
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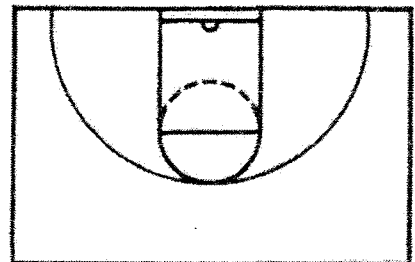
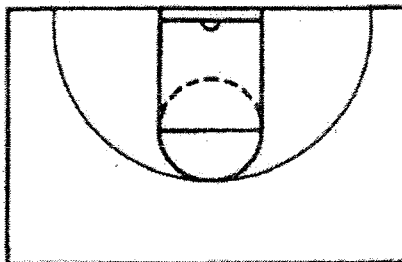
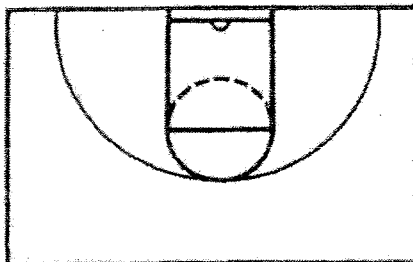
CLAS VEGAS



DRILL #25

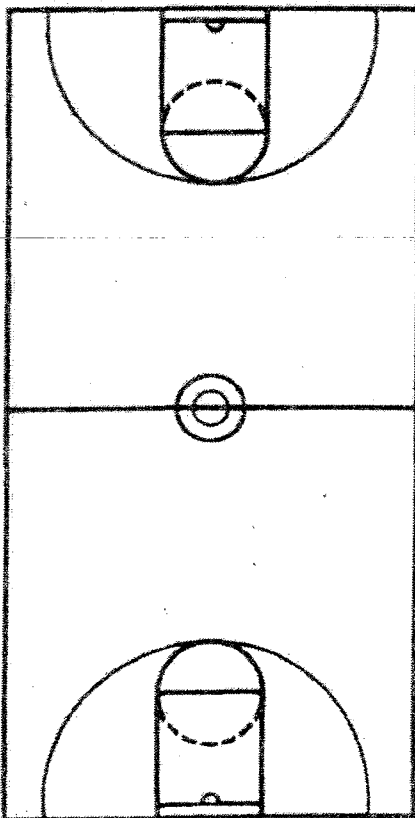


NOTES CAN ALSO SCREEN OUT w/ 5 ground arc if need be.  
COACH will pt to tell offense what direction to go then COACH will yell "shot".



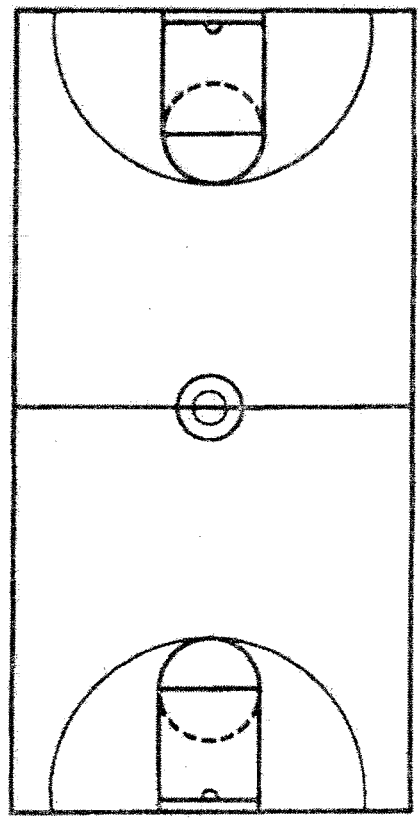
NOTES

# JUST DO IT



NOTES

- COACHING pts:
- > step-through put hip into mid-section
  - > call out shot read your man.
  - > GOOD - AGGRESSIVE CONTACT
  - \* Less than 20% of the time players screenout
  - \* elbows out hip right into their mid section



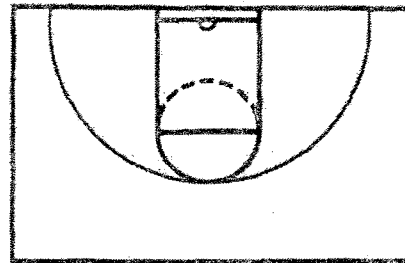
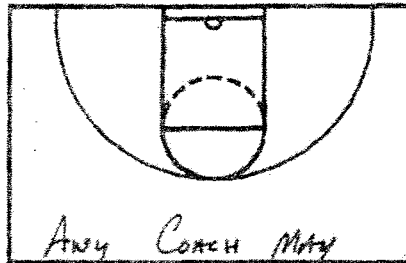
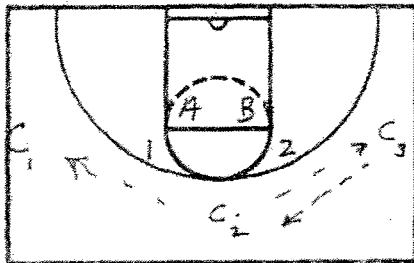
IA 8/11



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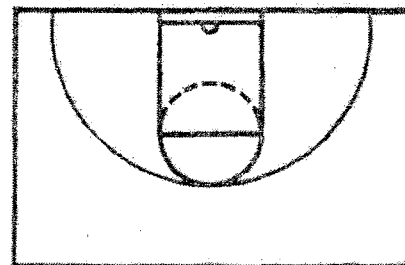
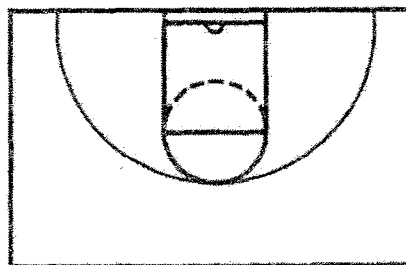
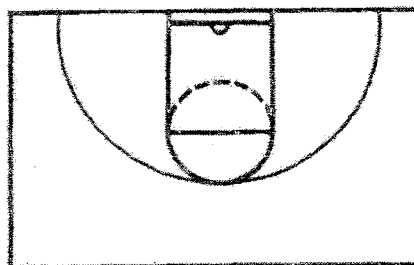
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NOTES Drill #26

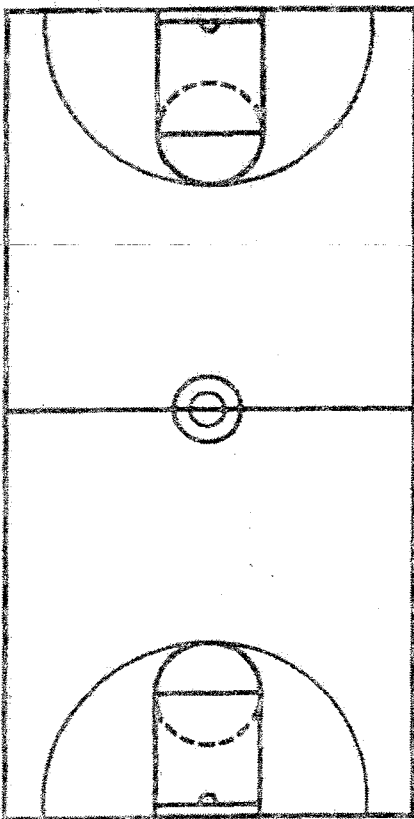
Away Coach Move  
Shoot!!

pass the ball to each  
COACH then COACH shoots. Defensive players yell "shot" and screen their  
men out.

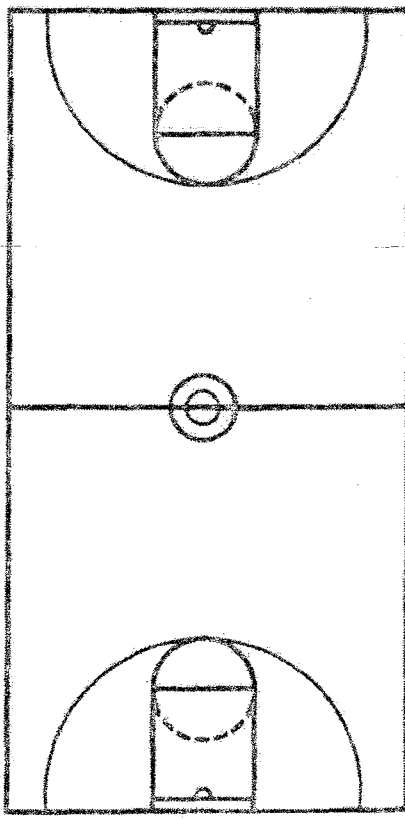


NOTES

# JUST DO IT



NOTES



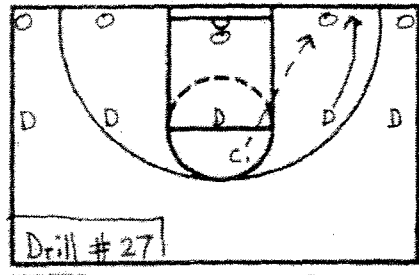
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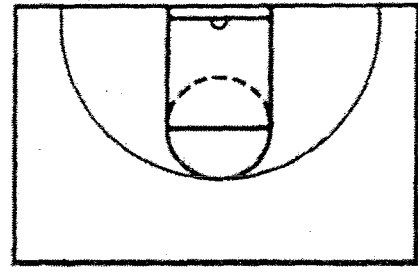
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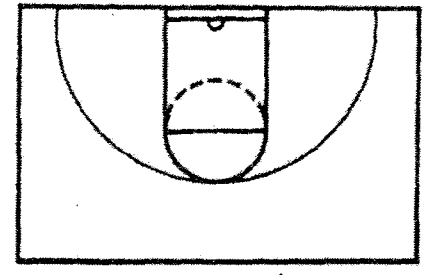


Drill #27

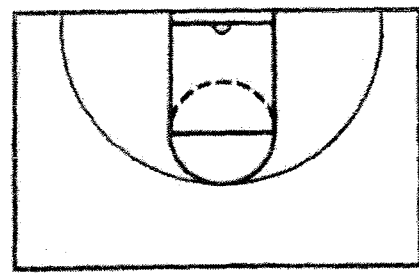
NOTES  
Transition Defense Drill



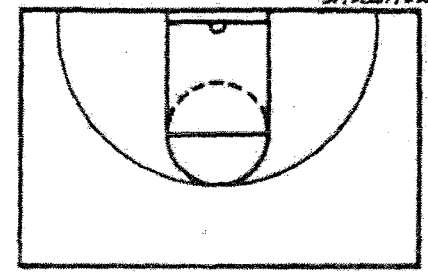
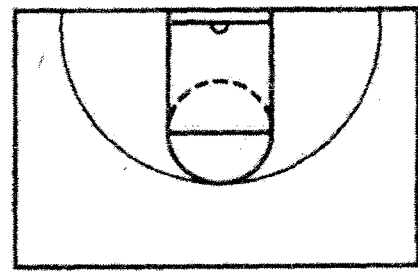
TALK-RUN-TALK



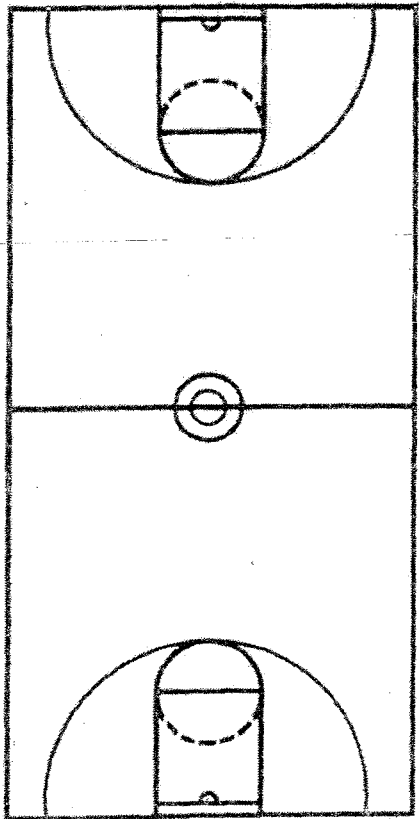
> pt. guard is always back  
> call out 1, 2, 3, 4, 5 to have the transition defender to touch Baseline creating 5 on 4 situation



NOTES



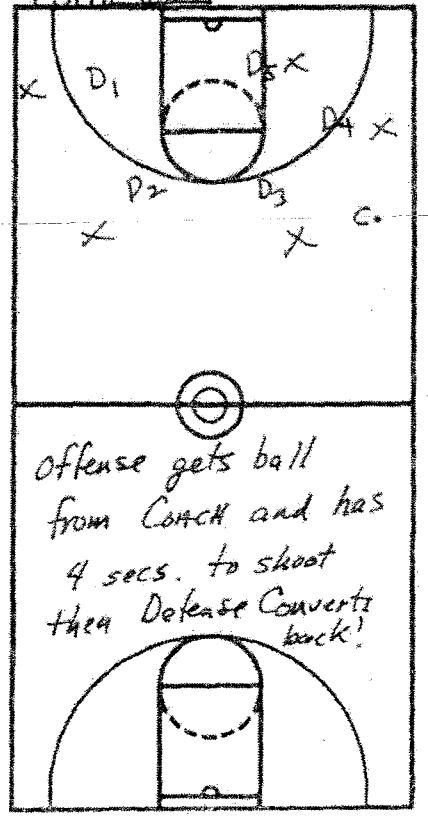
# JUST DO IT



NOTES

> If 2/1 the pt. guard should take at the defender w/ the ball and not give up a Layup.

Drill #28 4-second shot clock



offense gets ball from Coach and has 4 secs. to shoot then Defense Converts back!



15 of 17

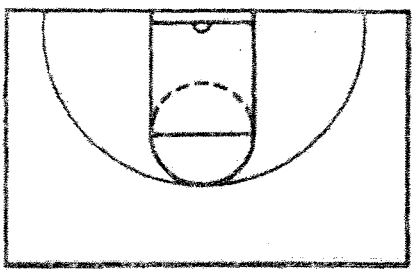
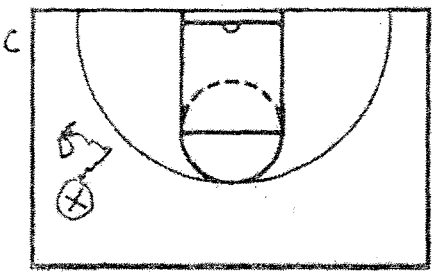
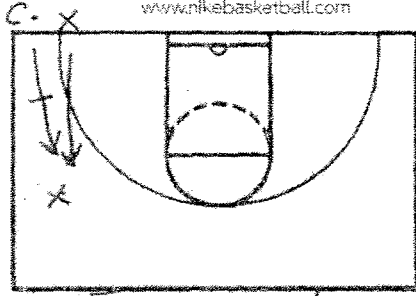


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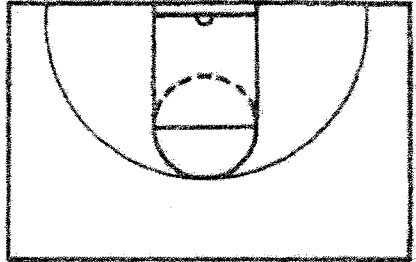
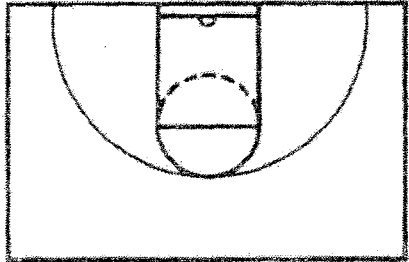
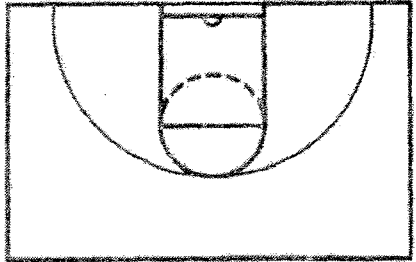
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8-9:15AM

(A)



NOTES **DRILL #29**  
CLOSEOUT  
DRILL

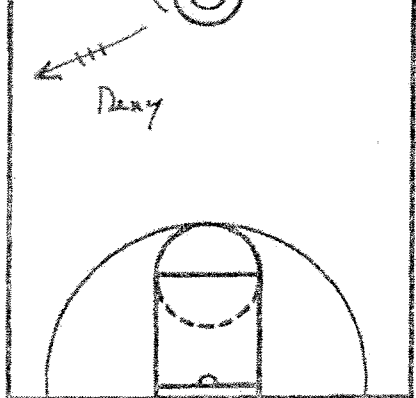
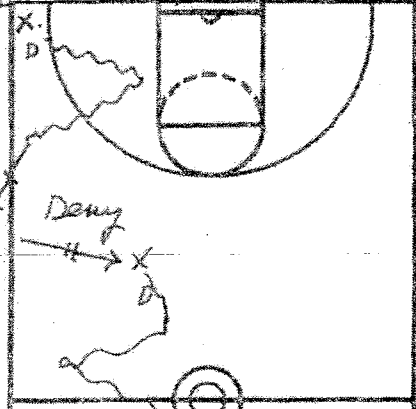
Defense traces the ball  
then defense guard  
the dribble (2 change of direction)



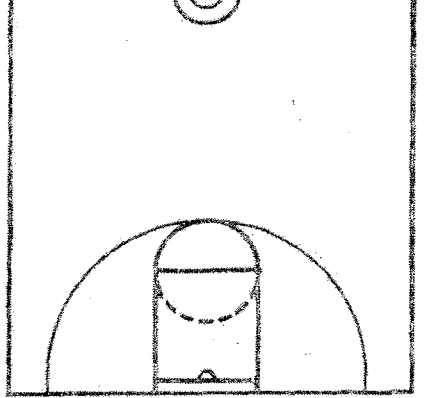
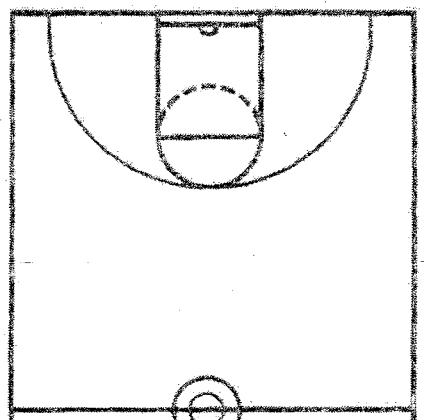
NOTES

# JUST DO IT

**Drill #30** V-Drill



NOTES  
Defense guards  
offense from  
sideline  
to middle  
of floor in a  
zig zag fashion.  
Then, passes ball  
to comb C<sub>1</sub>  
and defense  
denies. Repeat.  
Then passes  
to C<sub>2</sub> for  
Deny



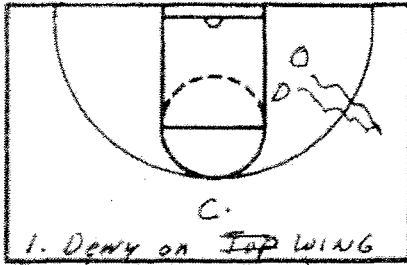
17 of 17



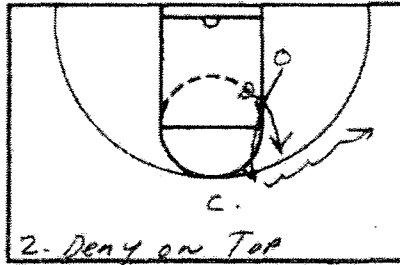
Nike Inc.  
World Headquarters  
One Bowerman Drive  
Beaverton, OR 97005  
(503) 671-6453  
www.nikebasketball.com

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

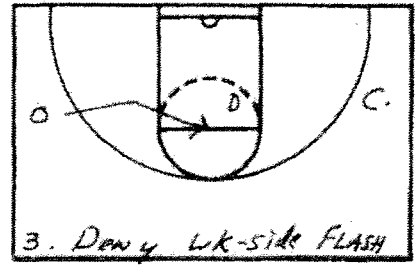
CLINIC LOW KRUGER - UNLV  
DATE 05-14-06 @ LAS VEGAS  
8-9:15AM



1. Demy on Top Wing



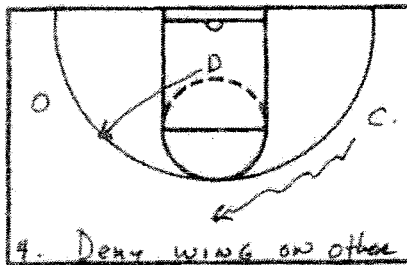
2. Demy on Top



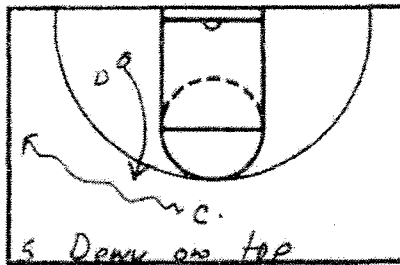
3. Demy LK-side FLASH

NOTES **DRILL #31**

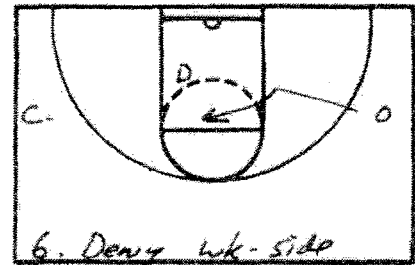
7-SLIDE DRILL



4. Demy wing on other side.



5. Demy on top

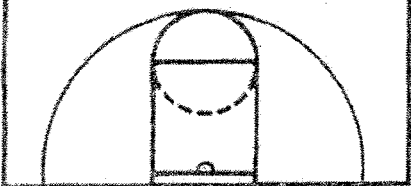
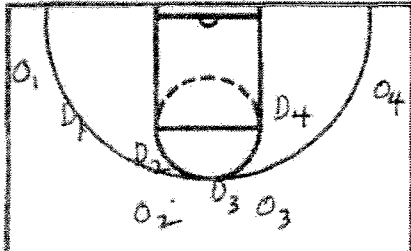


6. Demy LK-side

FLASH

**DRILL #32**

SHELL DRILL



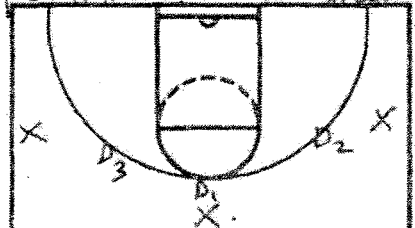
NOTES

- > Ball-side defender hand up
- > when denying look at a spot on the floor to be able to see ball and man

- ① Just pass the ball hole for 3 secs. Defor pass
- ② 1 Dribble for Help and Recover
- ③ Rotation to Help and Recover
- ④ Rotation w/ a charge

**Drill #33**

3/3 Guards



- > working on defending Dribble weave
- > working on GUARDING Ball-screens

