

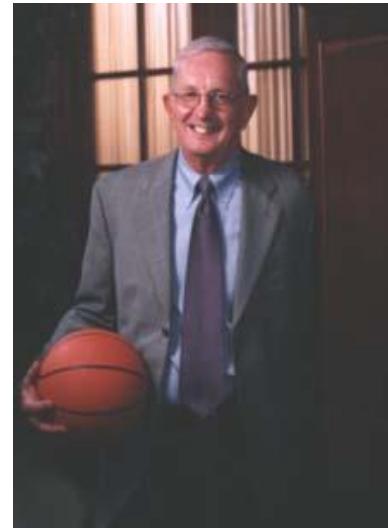
# **The 16<sup>th</sup> Annual Don Meyer Coaching Academy**

## **June 8-10, 2006 – Aberdeen, South Dakota**

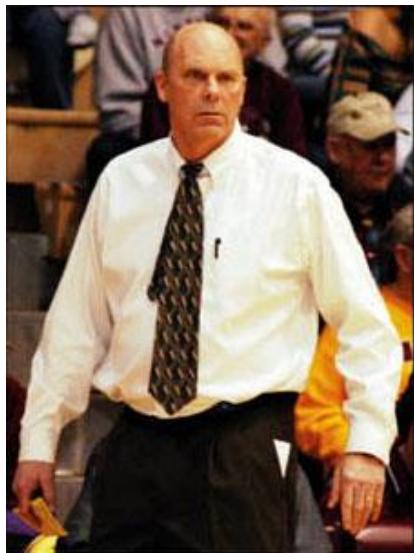
**Featuring:**



**Tubby Smith, University of Kentucky**



**Jerry Krause, Gonzaga University**



**Don Meyer, Northern State University**



**Randy Baruth, Northern State University**



**Derek Budig, Northern State University**



**Steve Smiley, Northern State University**

## **Day One: June 8, 2006**

### ***Introduction to the Don Meyer Academy***

#### ***Session 1: Coaching Philosophy with Coach Meyer***

\* In coaching, you need time to get back your sanity.

#### **Jerry Krause's 3 Rules:**

1. Find yourself (find who you are)
2. Find your unique talent or gift and develop it (what drives you)
3. Give your gift away everyday

“It’s amazing how many people truly don’t know who they are”

“People don’t pay for average”

“Be a total package coach”

#### **3 Keys to Coaching:**

1. **Preparation:** You must prepare → Failing to prepare is preparing to fail (Process over Product)
2. **Teaching:** Great programs win with average players every year because they teach
  - \*\*Must have informal with your players during the day to build relationships
  - \*\*Know when to turn it and when to loosen up
  - \*\*No coach stands taller than when he admits he makes a mistake
  - \*\*Anal Coaches: Will always have good teams but never great teams because can’t let the kids go. Sometimes you have to let the horse go if it has a heart.
3. **Closing:** Must have kids “Buy In” to the program. After losing in the national tournament, Northern’s leading scorer (and senior) couldn’t be found because he was in the locker room picking up trash. He bought in.
  - \*\*Treat everything / everybody first class. Put your signature on everything.

#### **Camp Rules:**

1. Everybody Takes Notes
2. Everybody Says “Yes Sir,” “No Sir,” “Yes Ma’am,” “No Ma’am,” etc. Be courteous because: Courtesy pays, and when you are discourteous, you pay.
  - \*\*If cursing would win games, we’d practice it.”
3. Everybody Picks Up Trash

\*\*Find the Teachable Moment → Best time is after a big win or a big loss. Kids will pay attention at those times.

## Meyer Cont.

### **The 5 Laws of Learning:**

1. When the pupil is ready, the teacher will appear (Shaquille O'Neal will never be able to shoot free throws because he isn't willing to learn the proper way).
2. Proper Demonstration: The key to this Academy (You must see the skill)  
\*\*There is not a surplus of quality in America
3. Imitate the Demonstration
4. Correct the Imitation: See the need, fill the need  
\*\*There aren't many people that can really teach.
5. Repetition:  
Hank Iba: "Practice the game in the manner in which you play"  
"Make the practices like games and the games like practices"

**Practice Concept:** Balls in Rack → Put 3 balls in the ball rack during any live ball / scrimmage situation, and take a ball away for each turnover. Once the rack is empty, that team runs sprints.

\*\*Must be demanding when you teach\*\*

### **4 Things Needed to Build a Team:**

1. **Shared Ownership:** Concept of Renting vs. Owning. Your kids must feel like they own part of the team, but they don't drive the bus (the inmates don't run the prison). \*\*It's not My team, it's Our Team\*\*  
What can I do today to make our team its best in March?
2. **Shared Suffering:** There's not much thinking at a wedding, but at a funeral, you think a lot about life. "There is nothing like suffering to evaluate your life."  
→ For every 100 that can handle failure, there is but 1 that can handle success
3. **Individual Responsibility:** Be your own captain.  
\*\*If your best player is your hardest worker, you will have a great year. If your best player is a loser, you will have a terrible year, or at the very least, you won't reach your full potential as a team.
4. **Collective Pride:** Everybody must be accountable. Everybody should feel good when somebody else gets the credit. Are your kids upset if their teammate is featured in the newspaper? Are your kids mad when they play bad but the team wins?

\*\*You never cut a player, make him quit (cut himself) first.

\*\*Always talk to leaders about problems on the team

### 2 Good Websites:

- [www.hooptactics.com](http://www.hooptactics.com)
- [www.scout.com](http://www.scout.com)

## **Meyer Cont.**

At halftime of each game, our plays list what they did well and what they could do better, both offensively and defensively on the whiteboard (2X2 matrix). Helps with Shared Ownership concept.

“Need-Assessments” = 1-Minute Assessment: 1 thing you did well and why, and 1 thing we could do better and how.

Don’t complain about your job. You can always find another job. If you’re not happy, leave.

→ Make your job the best in the country (Book: Make the Big Time Where You Are by Frosty Westering)

### **Rick Pitino’s Rules for Finding a Job:**

1. Can your family enjoy living there?
2. Can you win your league every year?

Don’t ever retire: John Wooden has more influence now than when he coached

A Good Book: The Jesus Style by Gale Irwin.

### **Dealing with Cancer on your team:** If...

1. Malignant: Cut it out. Wooden said to go too long with a player (more chances) but also, “Fool me once, shame on you; fool me twice, shame on me.” There has to be a balance.
2. Benign: Wait until the end of the season to make a decision.
3. Don’t Know: It’s considered malignant, so cut it out.

Jerry Meyer, all-time assist leader in college basketball says: “Position, Anticipation, & Technique yield quickness; therefore, you can always be quicker.”

### **3 Levels of Players:**

1. Good Player: Knows where he is on the floor
2. Great Player: Knows where he is and where his teammates are
3. Best / Unique Player: Knows where everybody is and what they’re going to do.

In the fall, meet with your rookies (new players in the program) immediately. Rookies will experience “Program Shock.”

Buddy System: Veteran players are assigned to rookies and they work out together. The old teach the young the values of the program.

## Meyer Cont.

### **Mary Kay's Rules:**

1. Get up at 5:00 a.m. six days per week = 90 hour work week????
2. Write down the six most important things to get done today, and do the most important first, then second... At the end of the day, carry over unfinished items to the next day.

Plan your day the night before, plan your week on Sunday. We live in weekly segments. [www.Plannerpads.com](http://www.Plannerpads.com) = Monthly and weekly planning. Plan for each of the “roles” in your life:

### Coach Meyer's Roles:

- |                |   |
|----------------|---|
| 1. Spiritual   | Always “Sharpen the Saw” for each role                |
| 2. Servant     |   |
| 3. Spouse      | Coaches: Create a “To-Do” section for each asst coach |
| 4. Family      |   |
| 5. Fitness     |   |
| 6. Program     |   |
| 7. Recruiting  |   |
| 8. Camps       |   |
| 9. Corporation |   |

Good Book: First Things First by Covey & Merrill

Our websites: [www.coachmeyer.com](http://www.coachmeyer.com) (Free handouts, recently updated)  
[www.northern.edu](http://www.northern.edu)

Camp T-Shirts Concept: Put an oval on front of t-shirt for camper name, coaches name, dorm room #, phone #, etc.

### **On Our Camp T-Shirts:**

- |   |  |
|---|--|
| T = Toughness: The best thing you can give a camper                 |  |
| E = Effort  | <u>**Attitude &amp; Effort are only two things you can</u> |
| A = Attitude  | <u>control in life**</u>                                   |
| M = Motives: Why are you here? Why do you do what you do?           |  |
| S = Servant Leaders: You can't be a leader if you aren't a servant. |  |

Quote: The price of greatness is responsibility.

\*\*Talk with your returning players 10 minutes after losing last game and begin to prepare them for next season. Get them to think about next year's team IMMEDIATELY\*\*

Quote: “I've decided to let my life be my argument” – Albert Schweitzer

Good book: Human Options by Norman Cousins (Emphasis on time for thought)

## Meyer Cont.

- You don't have to practice what you preach if you preach what you practice.

Larry Lutjens, head coach at Custer High School and the winningest coach in the history of South Dakota boy's basketball says that his former players will call him about these things:

1. Player's Problems
2. Parent Problems
3. Administrative Problems

Parents: Every parent would rather their kid be All-State than to have their kid be average on a State Championship team.

\*\*Don't blame children (or give them credit) for their choice of parent\*\*

Best Fundraiser of All-Time: Buy players for what they are worth and then sell them for what their parents think they are worth.

Toughness = If you aren't tough, your kids won't be.

## 5 Stages of Coaching:

1. **Surviving:** Don't know anything, scared to death.
2. **Striving for Success:** Want to win league, state, etc.
3. **Satisfaction:** Go on cruise control. Don't pay attention to details. Similar to dating a girl / boyfriend (Stages = Passion, Duty, Burden)
4. **Significance:** Most dangerous time. When people think of you when talking about your school (Coach K at Duke) → The tail wags the dog. Only 20% reach this stage. People always need something from you when you are successful – can be emotionally draining.
5. **Spent:** Don't have it anymore. No more juice, passion. Must get out / retire.

\*\* A 1<sup>st</sup>-Year Head Coach will learn more than all of his / her previous years combined\*\*

## **Session 2: Post Play with Randy Baruth**

Post play must fit your personnel (one size doesn't fit all). Next year, NSU will have a different style of post player, must change philosophy. Will play less-traditional, more face the basket.

Every post player must have a **Go-To & a Counter Move:**

Go-To = Everyone knows your going to do it, but they still can't stop it.

Counter = When everyone is so scared of your go-to (overplaying) you use your counter move to score.

## **Baruth Cont.**

\*\*Post players, like all players, don't need 15 moves. Post players need a Go-To & Counter Move with their back to the basket, and a Go-To & Counter when they face the basket\*\*

In our league, it's extremely physical and difficult to get on the block, so we must use quickness to our advantage.

### **Drills:**

#### **1. Mikans**

- Keys = (a) Going up strong, (b) Grabbing rebound out of net with 2 hands, (c) Chin the ball
- Sequence = (1) 1 Foot, (2) 1 Foot Reverse, (3) 2 Foot Power, (4) Reverse 2 Foot Power, (5) 2 Foot Shot Fake into Power

#### **2. Consecutive Putbacks**

- Post man starts on block with a ball, tosses pass to himself, and scores
- As soon as ball goes through hoop, another player at top of the key throws a new ball off the backboard for a rebound and put-back.
- Have a total of two players tossing new balls off the backboard, and have one rebounder under the hoop so that the post doesn't roll an ankle.
- Post man will shoot a total of 3 shots before rotating. After shooting the 3<sup>rd</sup> shot, post man waits 1 second for any misses, and then sprints back to defense (3-step transition).

#### **3. Bad Pass Reaction (can use basketball or tennis ball)**

- Passer = throw underhand passes and ZIP the ball. Make the receiver move, get out of stance, react.
- Receiver:
  - Catch ball with Feet, Eyes, and then Hands
  - CHIN IT!!
  - Catch with both feet in air (ball in the air, feet in the air), so able to use either foot as pivot foot in post.
  - On catch, sit into "Doleac Stance" → Sit parallel to floor (knees bent at 90 degree angles), with arms also bent at 90 degree angles and thumbs in ears. Post should be able to barely see his hands (not too far back, not too far in front) → Can use 5 lb. weight plates for post to build shoulder strength.

#### **4. Groove the Hook Shot**

- We want a jump hook with our strong shoulder as a Go-To move.
- The ball must be chinned on the shoulder you shoot from.
- Key Point = Don't open your body to the defense (Be perpendicular to defense, not parallel).
  1. Stationary
  2. Back to Basket; Spin Pass to Yourself towards middle of floor (Stay near hoop).
  3. Extend the Range: Face basket, spin pass to middle. Gradually move back, go no further than Free Throw Line

## Baruth Cont.

- 4. Step-Dribble-Hop (Go-To Move)
  - 5. Use a partner on wing, air pass to middle for hook shot (every pass leads to a shot and every shot leads to a pass)
  - When doing drills, have the players figure out the rotations. They must find ways to win.
  - Players must learn to use the proper terminology.
- 5. Feed Post to Baseline from Wing for 2-footed finish**

\*\*Feeding the Post is the only time our guards are allowed to use either pivot foot on the wing\*\*

## NEW MATERIAL for next year's team

1. We will change our posting angle at times to have our butt to the baseline, opened up to the middle.
2. Our posts will be allowed to step out and face.
  - a. Posts must try to catch with two feet in the air, so they have either pivot foot when making the move.
  - b. On the catch, posts must have eyes on target and be a threat to shoot the short – to midrange jump shot.
  - c. On the pass, post can't pull off of the seal (Hold the seal).
  - d. On moves, land with two feet as much as possible → more options.
  - e. LBBBOS = Low Body Balance Base Of Support.
3. **Go-To Move** = Crossover Step to Middle, one dribble, finish with jump hook.
4. **Counter Move** = Same footwork, land with two feet, step through with top foot to finish at the rim (Must transfer the ball CHIN to CHIN).

Feeding the Dive Man: In our system, whenever the ball hits the post, we space three shooters around the perimeter (Corner, Top, Opposite) and we send one DIVER to the glass.

- When feeding the diver, post must use bounce pass.
- With new spacing and post position, post can use 1 back dribble for spacing and hit diver with overhead pass.

Mike Dunlap – Head Coach, Metro State University, says “Praise, Prompt, Leave”

- Say something positive
- Prompt the instruction
- Then leave

“Good players can take instruction; great players can take instruction and learn from it.”

Larry Brown – “Today’s players can’t tell the difference between instruction & criticism.”

## **Baruth Cont.**

Russian players = 1,000 Go-To Moves per day (You don't need 15 moves).

Tim Grguvich says "When you feel contact, leg whip."

"FIGURE IT OUT" → Players have to learn, figure out what's going on.

\*\*In drills, the coach never passes (Use players, student assistants, etc.) → You must COACH your players.

A 1-sound stop = Quick Stop = You can only hear 1 low, quick, squeaky stop.

"It's better to do one drill 15 times than 15 drills one time."

\*\*Be a skill coach, not a drill coach.\*\*

## **Session 3: Perimeter Play with Steve Smiley**

\*\*Your players must learn to develop a consistent workout and have a plan when they go to the gym. Too many players don't know what they are doing or what to work on when they are at the gym. \*\*

When working out, you must...

1. Start Slow.
2. Get a Rhythm.
3. Go Fast Enough to Make a Mistake (if not making mistakes, will not improve).

Echo Calls – When your team changes from one drill to the next, every player must echo the command of the coach (Players must learn to talk)

→ A quiet team / gym is a scared team / gym.

\*\*Sit into an athletic stance, have your eyes on the opposite net. \*\*

**Ballhandling Drills** (Should work on ballhandling before doing shooting drills)

1. 2-Ball Sequence
  - a. Low Rhythm
  - b. Low Non-rhythm
  - c. High Rhythm
  - d. High Non-rhythm
  - e. One High, One Low
  - f. Switch (One High, One Low)

## **Smiley Cont.**

\*\*Do the entire package stationary, then dribble (walk) out to half court, getting through the entire sequence by half court. When reaching half court, turn around and make 3-4 different exchanges on the way back (both balls switch in front, change right to left with the other ball between legs, etc.).

### **2. Shelton Sequence (Stationary Only)**

- a. **Wipers** (Both balls side to side in front of the body) a.k.a. Push-Pull front.
- b. **Cross Them:** Cross the 2 balls in front, one in front of the other, then switch. For example, right in front of left, left in front of right, etc.
- c. **Touch Them:** Bring the 2 balls as close together as possible without actually touching them.
- d. **Push-Pull Side:** Bring feet closer together, then use a push-pull dribble on sides of the body in rhythm.
- e. **Alternate:** Still use push-pull dribbles, but have them now alternate (one ball is in front while the other is in back).

### **3. Back Dribble (Pull back Dribble)**

- a. Most important dribble in the game (gets you out of trouble) → General Rule: Use the dribble to get out of trouble, not into trouble
- b. Back dribble away from baseline / sideline and get back to the middle (The ball is king in the middle of the floor)
- c. Key Point = Point the back toe
- d. Key Point = Transfer the ball from the middle of the body (power dribble) to the back of the body (near the back leg)
- e. Must cover ground to get out of the trap

### **4. Pull-back Dribble Progression**

- a. Stationary Push-Pull right hand
- b. Stationary Push-Pull left hand
- c. Stationary Push-Pull Crossover (Continuous crossovers)
- d. Push-Pull Cross with Baby Step (opposite foot)
- e. Push-Pull Cross with Lunge Step
- f. Full Speed, 2 Speed Dribbles Up, Turn Body and 2 Back Dribbles, Crossover, then repeat
- g. Break the dribble back down, step by step (Lunge, Baby, etc.)

### **5. 3 Up, 2 Back**

- a. Using the entire court, start in triple threat, take 3 speed dribbles (cover as much ground as possible), turn body and take 2 back dribbles, crossover and repeat all the way to the other end of the floor.
- b. Key point = Cover as much ground as possible with back dribbles (try to cover as much ground with 2 back dribbles as you did with 3 speed dribbles).

“Rim, Post, Action” = Command on every catch. On every catch, we look first at the rim for an open shot (You are always the most open when you first catch the ball – Chuck Daly), then we look at the post (go inside), and finally, we look at the action (cutters, driving opportunities, etc.)

## Smiley Cont.

### Shooting Drills

#### 1. Shooting Progression

- When you come into the gym, spend time (at least 5-10 minutes, warming your shot up).
- You must have a consistent routine when you go to the gym (a game plan).

#### Shooting Progression Steps:

##### 1. **Wrist Extensions:** Sit on knees, with hands on floor next to knees, stretching forearms.

- Loosens wrist for better wrist snap.
- Stretches out forearm to increase shooting range.

##### 2. **Lay on back without a ball**

- Work on wrist snap and holding a high one-second follow through.
- Key teaching point = Elbow next to body, must start on the ground.
- Key touching point = Figures in the cookie jar on the wrist snap.
- After shooting the “ball,” retrace your form back to the starting position.

##### 3. **Lay on back with a ball**

- Same drill as before, but now use ball. The perfect shot will come back down into the hand.

##### 4. **Purse Drill**

- Sitting into a stance, player swings shooting arm back and forth and snaps the arm into the shooting pocket. Repeat.
- Key point = Find your shooting pocket. “Waiter’s Tray” = Wrist should be cocked and locked as if the player is a waiter carrying a tray.

##### 5. **Push the button**

- An extension of Purse Drill. After finding the shooting pocket, the player uses the opposite hand to guide the shooting elbow into a jump shot (push the button), raising up on the toes.

##### 6. **4-spot shooting**

- Emphasis on working on a player’s arc of the shot.
- 4 spots are the two sides of the backboard, and two spots directly in front of the hoop. Player is trying to have the ball hit near the top of the backboard, with the ball hitting on the way down.
- Key point = Top of the shot, top of the board.
- Player wants to have the top of their shot (the apex) be at the level of the top of the backboard.

##### 7. **Groove your shot from 3 spots**

- Shooting from close range (using 1 or 2 hands), the player shoots and rotates from 3 spots.
- The 3 spots are two bank shot angles and straight on.
- Key point = Aim for the back half of the rim (straight on).

## **Smiley Cont.**

- Key point = Want to make our bank shots clean (hits backboard but NO RIM). Ball must hit on the way down – don't skip the rock, plop the rock.

### **8. Extend the range**

- Using one hand from straight on, player starts near hoop and shoots.
- After every SWISH, player may take one step back. See how far back you can get.
- Can use legs (jump into shot) as you get deeper and deeper

#### **Drills:**

##### **1. 3 shooters, 2 balls.**

- First player shoots and gets own rebound, followed by next player with ball shooting. After first player shoots, he / she passes to the open player for the next shot and immediately spots up for a shot. Second shooter passes to the next open person, etc.
- All passes must be with weak hand
- Players make 10 of each different shot
  - Midrange shots
  - Pull-ups (Catch at 3-point line, shot fake, and go somewhere 1 dribble).
  - 3's
  - Mix = Midrange, pull-ups, 3's, get to the rim (make 15-20)

Quote = “You don’t shoot fast, you get ready to shoot fast” → Shot Preparation

Quote = “When the ball is in the air (the pass), your feet are in the air.”

##### **2. Baseline Drift & Crackback**

- a. When a player drives the baseline, he or she has 3 options for passes around the perimeter:
  - i. **“Drift”** Pass to the opposite corner – any player standing on the wing opposite of the drive should “drift” to the baseline. MUST BE A BOUNCE PASS → Passer must get chest over thigh, turn the wrist over, and have the pass bounce hit the floor no less than 2/3 of the way across the floor. Any air pass will be intercepted by players dropping down to cover the baseline.
  - ii. **“Crackback”** Pass – when player drives baseline, nearest guard, “cracks back” to the corner in which the player is driving from. Driver must quick stop, reverse pivot, and flick pass to the open shooter.
  - iii. **“Opposite”** Pass – On the baseline driver, any guard near the top of the circle can move to the opposite wing. Driver must use an overhead pass to get through the defense.
- b. Key point = On the drive, players must move. DON’T STAND. It is easy to guard a player that stands.

##### **3. Moves from the wing (LIVE BALL MOVES)**

- a. The middle drive is our drive of preference (We want to control the middle 1/3 of the floor).

- b. On all drives, we want to touch the floor with our non-shooting hand on the initial move (emphasize getting low to the floor).
- c. All lay-ups should be made clean (hit no rim) → In warm-ups, our players do 3 push ups if they hit the rim on all lay-ups, and five push ups if they miss their lay-ups → IT'S NOT WHAT YOU TEACH, IT'S WHAT YOU EMPHASIZE
- d. Start all moves by spinning a pass and catching in triple threat.
- e. Shot fake into all moves
  - i. 3-pointer
  - ii. Middle drive to the rim
  - iii. Baseline drive to the rim
  - iv. Middle pull-up
  - v. Baseline pull-up
  - vi. Middle quick shot (get deeper than the pull-up, it's a 1-handed quick shot to get over the defense).
  - vii. Middle drive, quick stop, and step through to the rim.
  - viii. Middle hop back
  - ix. Baseline hop back
  - x. Middle hesitation to the rim
  - xi. Baseline hesitation to the rim
  - xii. Jab step to a 3
- f. \*\* See Perimeter handout for complete wing scoring progression\*\*

### **Session 4: Defense Clinic with Tubby Smith**

Coach Smith has coached...

- As a high school coach
- 12 years as an assistant at the collegiate level
- Head collegiate coach

\*\*You must associate yourself with good people and you will acquire good things\*\*

\*\*If you are around bad people you will acquire bad things\*\*

#### **Coach Smith's Defensive Rules:**

1. No lay-ups
2. No 2<sup>nd</sup> shots
3. Contest all shots
4. Make the offensive man make a play off the move (No standing shots)

“DOC” = Dead On Catch → Must pressure the ball; Your defense will learn to develop trust.

Ball-Line Principle = Wherever the ball is, drop to the line of the pass

- If man is one pass away, defender is opened to the ball (See ball and man) in a defensive back stance, ready to intercept the pass

### **Smith Cont.**

- Defender should steal the ball stepping through lane with foot closest to man they are guarding (outside foot), and trying to deflect with the outside hand.
- Key point = Any pass that gets the offense closer to the basket is a PENTRATING PASS.
- Key point = See the man, see the ball.
- Helpside Position → Butt to baseline, thumbs to ears
- On-ball position → 1 arm length away but must make offensive man do something (Dead On Catch)

### **Kentucky Man-to-Man Principles**

1. Apply constant ball pressure
2. Contest every shot
3. Retreat quickly to the line of the ball with butt to baseline
4. Do not allow penetrating passes or dribbles (any pass or dribble that gets the ball closer to the hoop)
5. Always see ball & man, but at all costs, see the ball (the ball is the only thing that scores)
6. Defend up the court as close to ball as possible
7. Jump to ball on every pass
8. Communicate & Talk → Use verbals

### **2/2 Defensive Drill (Good lead-up drill for 5/5)**

- Coach with ball above top of the circle, playing 2/2 with guards on wings.
- Weak side defender must constantly be in position to stop the drive → completely commit if needed

### **3/3 Defensive Drill**

- Add one more offensive and defensive player at the top of the key. Play 3/3 with offensive players allowed to screen, make shallow cuts, etc.

### **Defensive Concepts:**

- Any time the ball is passed or dribbled into the lane, nearest “top” defender (from top guard spot), dives to the front of the rim.
- Post must force the man TO THE MIDDLE into the diving defender for the steal.
- When the man dives and traps the post, the defenders must force the offensive post to throw either a bounce pass or a lob pass.
- On the pass out, defenders “X-Out” to open man. If the pass goes to a top guard spot, the weakside guard X’s-Out and the remaining defenders scramble.

Key point = The defense steals the ball, not one man. It is the system of play.

Key point = Mismatches don’t beat you, open shots beat you.

## **Smith Cont.**

UK Shot pressure = On the shot, no matter how far away the defender guarding the shooter is, he / she must leave their feet for shot pressure → The slightest distraction could mean the difference between a make and a miss.

The toughest thing in basketball is to guard a good post man 1 v 1.

Good defenders / teams must have peripheral vision to see both man and ball.

4/4 Drill: Emphasis on overplay on the wings, sag & trap on the post → Use open coach.

\*\*UK does this drill every day\*\*

- Focus is on getting the ball into the post → want to work on the post trap and X-Out.
- Must pressure the wings (DOC).
- Rotate all players to all positions (put guards in the post) so everybody gets the feeling of guarding post, trapping, etc.

## **Full Court Pressure**

- Same principles as half court.
- Places to trap the ball
  1. Ball is inbounded and caught below the block (width of the court extended)
  2. Any time the man turns his back, trap from the inbounder's defender.
  3. "Isolation" → If guarding a player 1v1 full court, the defender guarding the last man to cross half court leaves to trap and players rotate up one man.
  4. Any time ball gets to half court, trap.

\*\* Don't allow penetrating passes. \*\*

Late game trapping situation = Don't guard inbounder, have all players deny, and have the "free" man help with traps and rotating.

Key Point = On any defensive steal, the player stealing the ball should immediately pass the ball. If the player dribbles, defense can recover on the break and the offense will lose out on a scoring situation.

On-ball defense = PRESSURE! Don't worry about getting beat off the dribble, you will have help.

UK gets the majority of their steals after the ball goes into the post (must rotate and X-Out).

## **Verbals:**

"X-Man" = Top guard that will leave for the trap on any post feed.

"Home-man" = Weakside wing defender on a post catch. Must be opened up to the baseline, must stay at home on the trap and pick up any offensive divers.

## **Smith Cont.**

Key point = On the dive, the defender must go to the basket, not to the post man. If you go to the post, the defensive trap will be split.

At halftime of every game, chart contested shots → If you contest 85% of the shots taken, you will win 85% of the time.

If the shot is taken, the defender better be jumping, no excuses, no matter the defense. Open shots will beat you.

## ***Session 5: Offensive Clinic with Tubby Smith***

For any offense, defense, etc. to work, YOU MUST BELIEVE IN IT.

### **1-4 High Passing Game**

- Keep good spacing & movement at all times (space 15' – 18' apart).
- Always moving
- Stay high & wide
- Keep the floor spread
- Want quick reversals
- UK wants the wing man a little lower than the post men in 1-4 high alignment.

### **Principles:**

- After pass to wing, PG either screens away or cuts through
- On wing catch, strong side post dives in while weak post might flash into a high-low setting.
- Goal is to hit the high post one (1) out of every three (3) passes / swings.
- On any reversals, weak side post can look to screen in.
- If top guard cuts through, get all the way underneath the hoop, open to the ball, and read the defense.
- If post sets a ball screen for the wing, opposite post and point guard can set a double stagger screen for the other wing.

### **Plays out of 1-4 High:**

“1” = Single Screen – Double Screen Option for PG

- Point Guard passes to one of the wings and basket cuts directly to the rim.
- The wing man that makes the catch, dribbles to the top of the key, replacing the point guard.

### **Smith Cont.**

- The side with one post and the remaining wing set up a double stagger screen, as the other post sets up a single screen.
- Point guard chooses one side to come off the screen (single or double).

\*\*Teach your players how to play the game, not run plays.\*\*

\*\*To use ball screens with guards, you must have a guard that can shoot → Couldn't run ball screens with Rajon Rondo, everybody would sag off because he couldn't shoot. Could run ball screens with Patrick Sparks because he could shoot.

\*\* Know your personnel. \*\*

### **If the post man wants the ball, he must put a body on the defense.**

Passing Game “1,” “2,” or “3” = Single-double for that guard (Point Guard, Shooting Guard, or Small Forward)

Predetermine (script) different plays out of your secondary early in the game, and also out of the passing game (Coach Smith took from football coach at UK).

Phone #, University of Kentucky Athletics: 1-800-852-2875

Coach Meyer Closing, Day One:

- Run a champagne program on a beer budget
- There are a lot of ways to do things, but your system has to fit & compliment itself.
  - Don't just take ideas to take ideas

## **Day Two: June 9, 2006**

### ***Session 6: Philosophy with Coach Meyer***

- Trapping ball screens: Plan A = we trap all ball screens and rotate.
  - Key rule → Go to where your help came from.
- You drive two things:
  1. Momentum
  2. Mismatches
- Get the ball in the middle of the zone (The “Eye of the storm”) → Similar to a building imploding.
- If you are guarding a ball screen being set by a good shooter, squeeze the screen and have man guarding ball go underneath (Squeeze & Under).
- Very difficult screen to guard = Flat Screen (Shoulders parallel to baseline). The defense doesn’t know where to show (which side).

→ Have a sheet during games with matchups, key ideas (How to get a 3, foul preferences), late game situations, etc.

- Great conditioning drill = 4v4 Fullcourt, No dribble. First team to 2 points wins, then repeat.
- Lawrence Frank was the office assistant at the University of Tennessee: He was the best recruiter, never left the office.
- We want to control the center 1/3 of the floor
  - Tell somebody that you will give them 2/3’s of a pie, and then cut the middle 1/3 out (all the fruit and filling) and give them the rest (the crust).
  - In the middle of the floor, the ball is king. Nothing good happens on the outside 1/3’s.
  - On defense, we want only a hand in the lane in the outside 1/3 (ball on top, defender guarding wing), and we want a head in the lane in the middle 1/3 → better denial and tougher to back cut the top.
- “Pack” Defense → Similar to what Tubby Smith runs at Kentucky. The problem with a Pack D could be a lot of middle drives. Also, it’s very difficult to play against good shooting teams that can pass the ball. It’s a good defense against athletic teams.
- Tom Izzo, Michigan State University, plays a Pack Defense → His goal is to cover the elbows and have defenders open to the ball.
- Tubby Smith \*\* Any defense would look good with his players. The key is that he gets them to WANT to play D. \*\*
- BEST FUNDRAISER OF ALL TIME → Buy players for what they are worth and then sell them for what their parents think they are worth.

## Meyer Cont.

- Guarding a Top / Down feed when the ball is on the wing, defense is fronting the post, and wing passes to a guard on top → Technique = take a small step to middle, pivot, and go BELOW the offensive man to the middle (BEAT HIM TO THE SPOT) – “Leg Whip”.
  - Defense can’t go over the top because too slow – It’s like a horse trying to win a race running on the outside track the entire time. It won’t happen.
- #1 Rule for Post Defense: Give No Angles. You can give up catches, but you can not give up angles. \*DON’T SELL OUT THE FARM\*
- High I – Low I concept. When the ball is on the wing, the perimeter defender two passes removed is on the weakside elbow (High I). The perimeter defender three passes removed (opposite wing) has both feet inside the lane (Low I). Tubby Smith calls it: Home (High I) and X (Low I).
  - Must sprint into and out of the I → On any drive to the baseline from the wing, the Low I rotates to help, and the High I turns to the inside and sprints to the Low I to protect the hoop.
  - Rotations = go where your help came from.

Problems with the Big to Big Trap:

- The trapper’s man could dive to the hoop for an easy lay-up.

“Dual Purpose Drills” – Bobby Knight says, “If I have 200 minutes of practice, I want to spend 200 minutes on offense and 200 minutes on defense.”

Ecclesiastics 5:19-20 – “And it is a good thing to receive wealth from God and the good health to enjoy it. To enjoy your work and accept your lot in life – that is indeed a gift from God.”

## **Session 7: Strength & Conditioning with Derek Budig**

New idea at NSU: Have players lift right after the game. This can give the NCAA athlete another day of rest during the season.

### **Coach B's Rules:**

1. No bending over
  2. No sitting down
  3. Constant Encouragement
- Weight training broken down into 6 week sessions, 4 days per week. Test on hang clean, back squat, bench, and RDL (Romanian Dead Lifts).
  - Never go over 75% of your max because technique will fall apart and chance of injury greatly increased.

## Budig Cont.

- Before recommending a lift to your team, the coach should try the lift and see how it feels and how it works (be educated about the lifts that your players are doing).
- The faster the muscle contracts, the less the force reduction, but, also want your players to perform quick movements to train the brain (fast twitch)
- If athlete is 6'6" or taller, do no lifts that pull weight off of the floor → great risk of injury.

## Warming Up:

- There are a lot of different ways to warm up, our guys do a dynamic warm up.
- Don't stretch before the workout, stretch after the workout.

## Back Squats:

- Sit back on heels. If the athlete is on his / her toes, they have no balance and the pressure on the knees is greatly increased.
- A partner can get in front of the lifter, put hands on knees and apply a small amount of resistance so that the lifter doesn't lean forward on the toes.
- Look straight ahead
- To keep the back tight, breathe out and contract abs
- Stress on the knee is greatest at 45degree angles, so don't go all the way to parallel??

## RDL's (use straight bar):

- Slight knee bend, hips up, back straight, bar tight, eyes up.
- Start in hanging position, then slowly move the weight down the body, directly in front of the body.
- Slowly work down the shins.
- If player has tight hamstrings, only bring weight down to the knees.
- If player feels it in lower back and not hamstrings, coach must watch form and correct.
- \* Ask player where they feel the lift working.\*

\*\*During each lift session, our guys do 3 lower body and 3 upper body lifts\*\*

→ You want muscle balance

## Bench:

- Grip = More than shoulder width apart → On our bars, we say "Thumbs to the edge of the smooth, then grip."
- A wider grip = more stress on the shoulders
- Bring the weight downward slowly, and on the way up, push up in a slight backward motion

## Budig Cont.

- Do Need Assessments with the player throughout the work (Always teach form)
- The great thing about working with kids at smaller institutions is that they are teachable

\*\*You want your veteran players to be assistant coaches in the weight room. They must have shared ownership of the program → The old teach the young. The vets must be the hardest workers.\*\*

If you (the coach) believe that lifting is important, you have to be in the room with the players (“Sweat with the players”). Don’t just give them the program and leave.

### **Dumbbell Rows:**

- Squeeze the shoulder blade, flex the bicep
- Slight knee bend with a straight & tight back
- Maxing = 3-5 rep maxes. 1 rep is too dangerous.
- The first thing a player must have is technique, before adding any weight to the bar.
- Don’t be in a hurry – Teach - There is enough time.
- Use variety in the workouts, keep it fresh.
- Lift at least 3 days / week. 2 days is not enough.

### **Conditioning:**

- Our program can’t get away with not being in shape.
- Summertime = Play two days / week for conditioning.

### **Shoulder Dumbbell Combo:**

1. Front Raises
2. Lateral Raises
3. Posterior Raises

\*\* You control the weight, the weight doesn’t control you. \*\*

### **Vertimax Machine** → go to [www.vertimax.com](http://www.vertimax.com) and talk to Dwayne.

- NSU uses 4 days / week
- 2 days Plyometrics, 2 days Sprints
- Incorporate machine during group workout – grab one athlete at a time to get on the machine
- Machine uses resistance cords to work on explosiveness
  1. Ankle Flips: Immediate, quick explosions when feet touch floor. Works on quickness.
  2. Quarter Squats: Land in a quarter squat and explode into a rebound (arms up).
  3. Full Squats: On the land, pause & gather, then explode (Get feet underneath hips)

### Budig Cont.

- Can increase resistance with a second cord.
- Progress in Strength & Conditioning Training = Crawl, Walk, Jog, Run.
- Have to factor in diet, recovery time, and sleep into all workouts (the full package).

Coach Meyer → Playbook for life. Go to [www.playbook.thehartford.com](http://www.playbook.thehartford.com) and The Hartford Financial Group will send you a free guide for planning your financial future.

## **Session 8: Rebounding with Jerry Krause**

### **Coach Krause's Rules:**

1. Know yourself as a coach and as a person – Lifelong quest
2. Develop your unique talent / gift – “Be what you is” → Coach Krause’s unique talent is a passion for the fundamentals of the game
  - In basketball, must have a fundamental foundation. Can’t ever leave that.
  - Focus on skills, not drills.
  - Not many things last in life, but there is a reason that some things last – “Test of Time”
3. Give your talent / gift away everyday → Live your gift

Great Book for Feeder Programs = Basketball Skills Progression

Coach Krause → Has spent entire life thinking, “How do we get the best ideas from the best coaches?”

→ *Lessons From the Legends Series*

\*\* Ideas from 83 coaches in the Naismith Hall of Fame

\*\* Why are they successful?

Krause – all his success has come due to a focus on fundamentals

## **REBOUNDING**

Why are we working on this skill? Must sell to both your coaches and players.

### **3 Determinants of Winning & Losing:**

1. The #1 factor in determining wins & losses is FT & FG%.
  - a. Can’t work on shooting too much
  - b. Players have to spend more time on shooting on their own, not enough time during practice

## Krause Cont.

2. Turnover Margin.
  - a. You can't play against better athletes if you don't take care of the ball
3. Rebounding Margin.

Gonzaga's Success =

1. You can beat better athletes if you can shoot the ball
2. Strong emphasis on passing & catching

In the 2001 NCAA Tournament, Michigan State U outrebounded Gonzaga by 22. At that point, GU focused on rebounding and is now consistently one of the top rebounding programs in the country.

### **General Ideas on Rebounding:**

- Must establish own traditions in your program and SELL THEM
- Rebounding is a blue-collar skill. Must get in the trenches.
- Drill in practice = points game for rebounds.
  - o Every defensive rebound = 1 point.
  - o Every offensive rebound > 1 point (1.5, 2, etc.).
- If you want to fast break, you must be great at rebounding.

Have a goal of being the best in the conference, state, country, etc.

### **Focus on WHY you teach the skill.**

- o You must believe in whatever you emphasize.
- o You must know the skill.
- o Players must understand the skill → \*\* It's not what you teach but what they learn. \*\*
- o You must sell the skill to the players
- o You must demand it from the players

### **How to be a good rebounding team:**

1. Team Goals & Measurements
  - a. Set goals, then must assess
  - b. If you out-rebound your opponent, you will win 80% of the time.
  - c. You want to get at least 30% of all available offensive rebounds.
  - d. Want at least 70% of all available defensive rebounds in H.S. and 80% of all available in college
  - e. Rebound Margin → +5
2. Individual Goals
  - a. Separate perimeter and post players
  - b. Chart minutes per rebound
    - i. Perimeters = 5 min / rebound
    - ii. Post = 3 min / rebound
3. Rebound Efficiency % (REP) in practice

### Krause Cont.

- a. # of times you do your job compared to the # of possessions
- b. If 10 possessions, 7 rebounds = 70% effort
- c. Goal = 80%
- d. Pick out two players in practice and have manager chart the REP (Don't tell the players which are selected ahead of time)
- e. Players don't need to get the rebound, but they have to make the effort (did they go to a gap, did they hit the glass, etc.)
- f. With PG, rate if they get to the center circle before ball hits rim → PG's don't offensive rebound
- g. After practice / game, talk to player individually, give feedback on %. Then, put #'s on board for everybody to see.

\*\* Never call a "manager" a manager. Call him / her a program assistant. Managers are looked down upon by the players.

→ It takes two hours to chart game film and chart every player on every rebound.

### Rebounding Principles – "The Big Bullets of Boards"

- \* Assume a miss, every shot is a miss, and then, do your job
- \* 2 and 2 = Rebound with 2 hands from 2 feet
- \* Hands are always up around the boards (Upper arms, between shoulder and elbow, are horizontal)
- \* Chin the ball

### Offensive Rebounding:

1. See the ball
2. Assume a miss → GO TO A GAP, NOT A BACK. Find the best piece of the pie (e.g. if shot from wing, go to weakside). – GU sends 4 to O-glass
  - a. Go to gap =
    - i. V-cut & go around
    - ii. Swim move = tap arm with outside hand, swim through with hands up
    - iii. Rear-turn roll = make contact (butt 'em) then roll to correct piece of pie
  - b. On O-board, get at least even with defender
  - c. If you get inside, block him out
  - d. If defender is blocking you out IN THE PAINT, get hands up and nudge him under hoop
3. 2 and 2 → Always use, except if need to use 1-hand tip near basket to tip ball out.

### Defensive Rebounding:

\*\* Harder to teach than offensive \*\*

1. When shot goes up, first thing is to break a bad habit. Habit = Don't watch the ball. Isaac Newton's Law of Gravity states that the ball will come down, so don't watch.

## Krause Cont.

2. See & Hear “SHOT” → man guarding shooter must yell “SHOT” so teammates are aware
3. Assume Miss
4. Visual Contact Until Physical Contact
  - a. “Blast, Box, Ball”
    - i. If O-rebounder inside arc, must blast him immediately
    - ii. Exception = Red Zone: 6’ radius under hoop, must blast & hold block out, don’t go to ball.
    - iii. Blast into Box out → Which way doesn’t matter, can go either front turn or rear turn (Use front turn to take away one side, then rear turn to take away the other)
  - b. \*\* Momentary Contact & Pursuit of Ball
5. Capture & Chin Ball with Two Hands
6. Outlet

2 & 2 rebounding = “Go up tall & small, come down big & wide”

If rebound is out of your area, angle jump to the ball

Don’t let the ball come to you, you go to the ball

Chin the ball → Either directly under chin or under right or left ear, that is your Power Zone (Elbows Out & Up)

## Focus on Skills & Drills

Must have basic fundamentals

Have quick hitters (2-minute drills)

Have Off & Def drills (5-minutes)

Have daily combo rebounding drills (compete)

## Drills:

1. Line Drills
  - a. Use 4 lines, starting on baseline, 15’ to 18’ apart
  - b. Use no ball, work on 2 & 2 rebounding
  - c. Get 4 rebounds, jogging to FT Line, Half Court, FT Line, Baseline
  - d. Always start with quick stop, then go up
2. Swim Technique (no ball)
  - a. Have one player standing at FT Line in block out position, with remaining players in a line on baseline. Rebounder comes from baseline, uses swim move on player at FT Line.
  - b. Rotate from swim move to block out man.
3. Rear-Turn & Roll (no ball)
  - a. Same drill as #2, but now, instead of using swim technique, working on rear-turn & roll

## Krause Cont.

4. Defensive Rebounding (no ball)
  - a. Same setup as #2 & #3, but now have defensive rebounder at FT line, and have offensive rebounder meet at FT line → “Blast, Box, Ball”
  - b. Key point = Don’t wrap (foul), get your hands up
5. Defensive Rebounding with Ball
  - a. Start with player on baseline with ball throwing a weak hand pass to player at FT line.
  - b. Offense = Shot fake to shot
  - c. Defense = Blast, Box, Go → get rebound off of 1 bounce
6. 2 v 2 Closeouts (LIVE)
  - a. Defense starts on baseline, offensive players are at both wings. Coach throws the ball to either side, for a shot fake into a shot.
  - b. Play rebound live all the way to a chin.
7. 3 v 3 Closeouts
  - a. Put another offensive player on top of key and coach passes to any of three offensive players.
  - b. Shot fake to a shot → Defense can’t box out the guy in front of them, they must rotate
8. 5 v 5 WAR (8-10 minutes)
  - a. WAR = no out of bounds, no boundaries, etc.
  - b. Start the offense out of a secondary, set play, etc.
  - c. Have 2 or 3 passes to work on motion before shot.
  - d. Defense can be in a man-to-man or matchup zone.
    - i. In matchup zone, players must know who they are responsible for blocking out. → They must communicate

Key point = Always rely on a fundamental foundation in practice

## **Session 9: Shooting Clinic with Coach Meyer**

**Noah Machine** – first used by the Dallas Mavericks. Originally cost \$35,000, now costs \$5,000. Gary Boren, who works with the Mavericks on shooting technique, teaches to aim for the BACK HALF OF THE BASKET.

Key point = On a missed shot, say “Back Half,” not “Don’t Miss Short.” → Reinforce the positive action, not the negative.

Chris Mullin: “I never took a shot that I hadn’t practiced at least 1,000 times.”

- You must practice “to ad nauseam” = until you puke

## Meyer Cont.

### **Tools NSU uses to improve shooting accuracy:**

- Reduced Rims – 2" higher and 2" narrower.
  - Call 1-800-888-2193 and ask for Greg or Percy → \$25-\$30
- Toss Backs
  - Emphasize good passing & receiving, good footwork, etc.
  - If you throw a bad pass, you will receive a bad pass...
- Noah Machine
  - Charts consistency of your shot
  - Shoot 25 free throws, machine charts the consistency of your arc and the consistency of your distance (where the ball hits rim, goes through net, etc.)
  - Player must remember # of misses, and then record into machine at end of session
  - Noah gives feedback in form of rating system
  - Example = 10" difference on rim, 5degree change of arc
  - \*\*KEY\*\* - It doesn't matter where your arc is, but it has to be consistent.  
Also must have control of your shot.
- The Gun
  - Great for individual workouts when you don't have a partner
  - Can get up a lot of shots in a short period of time

Our guys partner up a lot when they workout → you want to partner the old with the young

### **Warming Up before a game:**

- Lay-ups: If it hits the rim, our guys do 3 push-ups.
- If they miss the lay-up, they do 5 push-ups.
- Must focus on concentration.
- No high school lay-ups, don't "rock" the lay-up.

Pre-Game Warm-up = Extra Practice Time

→ College Team gets at least 20 minutes for warm up, and plays around 30 games per season

**→ 20 minutes / game X 30 games = 600 Extra Minutes = 10 Hours of Practice Time**

Players Must Tighten Up Their Game

- A. Physically
- B. Mentally

Whenever your players are doing competitive shooting drills, if they SWISH a 2-pointer, it's worth 3 points, and if they SWISH a 3-pointer, it's worth 4 points.

## Meyer Cont.

### Free Throw Swish Game = +2 / -2

- Swish = +1
- Make, hits rim = 0
- Miss = -1
- Try to get to +2 before hitting -2, start at 0, If make +2, keep going. If -2, punish yourself (push-ups, sprints, etc.).

### Drill: Make 25 3's, don't miss 2 in a row:

- Use one shooter with one rebounder, and shooter continues shooting, attempting to make 25 3's before missing 2 in a row.
- If player misses 2 in a row can shoot again, and if swish, keep going.

### Richard Hamilton Drill:

- Make 3 shots from 5 spots (Baseline, Wing, Top, Other Wing, Other Baseline)
- After each shot (make or miss), sprint to the other end of the floor, touch the baseline, and run back, ready to shoot.
- If make all shots (15/15) will still run 15 sprints, and if make 50% of shots (15/30) will run 30 sprints, etc.

### Hamilton Drill Modify (Craig Nelson Drill):

- Still make 3 shots from the 5 spots
- Only run to half court and back
- If the conditioning is too much, players will soon lose shooting technique. With modify, the drill is still very difficult, but players can keep their technique.

Key point = Whenever doing a drill, you don't want your players to lose technique and practice bad habits, but at the same time, they must go fast enough to make a mistake and overload their body. Must find the balance point.

Key quote = "Every pass is a shot and every shot is a pass."

### Slices of the Pie:

- Whenever a shot goes up from the wing, you want to have 2/1 weak-side rebounding.
- If ball is shot from the top, have your wings go the elbow.

"Knowledge is knowing a lot, wisdom is knowing when to say it."

Key quote = "I try to recruit the kid first, and the ability second." – Randy Baruth

Chuck Daly – "The first shot doesn't beat you."

- First shot goes in 30% of the time
- Second shot goes in 60% of the time
- Third shot goes in 80% of the time

## Meyer Cont.

- Study in California: Players that held a high 1-second follow through were 20% better FG% shooters than those that didn't.
- The best place to correct a player's shot is at the FT Line.
- "You don't shoot fast, you get ready to shoot fast." → Shot preparation
- Shot Preparation =
  1. Mental: Guts, confidence. Bill Parcells said "Confidence comes from demonstrated ability."
  2. Physical: Feet ready, hand targets, eyes on back half of rim, etc.

Coaches = "Promise less, deliver more" when taking a job.

### Free Throw Shooting:

- Our players shoot 500 free throws per week.
- Prefer 5 days of 100 free throws, but they can do more / all at once.
- We want everybody to shoot at least 85%.

Go to [www.coachmeyer.com](http://www.coachmeyer.com) for free handouts on post & perimeter workouts, etc.

Guarding Good Shooters = Strip & Pressure Technique:

- Defender's hands are up and ready.
- When offensive player drives the baseline, defender tries to strip with outside hand (hand nearest baseline) on the outside of the ball.
- Then, defender tries to pressure shot with inside hand.

Program Idea → Sign-in Sheet at your office so kids have to see you everyday.

- Good informal time with players.
- Can put reminders on sheet for each player.

Dick Bennett: "When you take over a program, you must..."

1. See the picture (you have to believe in it).
2. Sell the picture (to players, coaches, administration, etc.).
3. Paint the picture.

At any academy, speech, etc. do the following:

1. Introduce the president / principal.
2. Do a 1-minute need assessment from all participants to improve in the future.

1-Minute Assessments = One thing you did well and why, and one thing we can improve on and how.

\*\* Make everybody feel like they are a part of your program \*\* → The entire community

If you don't love the game, go to a Special Olympics Event to learn the love of the game.

## **Session #10: Coach Meyer Reflections**

The 9 Stages of the Rise & Fall of the Roman Empire:

1. BONDAGE
2. SPIRITUAL FAITH
3. COURAGE
4. LIBERTY
5. ABUNDANCE
6. COMPLACENCY
7. APATHY
8. DEPENDENCE (Entitlement)
9. BONDAGE

\*\* We (America) are in the Entitlement stage right now. \*\*

- ❖ Parents: If parents complain to the coach about their kid not starting, tell them to call the parents of the starter and solve it with them → End of problem.
- ❖ When a kid says that a new / different skill doesn't feel comfortable, tell them it didn't feel comfortable switching from diapers to underwear.
- ❖ Most parents would rather their kid be All-State on a marginal team than to be a good player on a State Championship team.
- ❖ When talking with parents, tell them you will talk to them about anything they want, except playing time.

### **4 Games for a Winning Offense:**

1. **Inside Game:** See a lot less of today. Officials don't call as many fouls and kids want to shoot 3's.
  2. **Outside Game:** The ability to make open shots.
  3. **Driving Game:** Ability to put the ball on the floor and get to the rim.
  4. **Pull-up Game:** The ability to pull-up and hit a midrange shot.
- “You get what you Expect, Inspect, and Accept.”
  - Bobby Knight: “Somewhere in your life you have to meet someone who expects greatness of you.”
  - People don't pay for average → Some pressure is good.
  - “Points of Contact” = When talking to people, talk to them about themselves, what they do, where they go to school, etc.

Different points of view (TNT NBA color commentators)

Steve Kerr: Sees the game as a player

Hubie Brown: Sees the game as a coach

Scouting Reports = Know your opponents # and his game. That's all.

## **Meyer Cont.**

“If you can’t intimidate them, antagonize them.”

### **Mind Games:**

Don’t let people get in your mind → “Flush it out”  
 Nobody can get in your mind unless you let them

### **5 Ways to Get the Ball Inside;**

1. Fast break
2. Feed the Post
3. Cutter Catches in Lane (i.e. curl cut to the rim)
4. Drive into Lane (Middle drive is drive of preference)
5. Offensive Rebound

Why get into the lane? You will get to the FT Line more. Goal is to make more FT’s than the opponent attempts.

“Necessity is the mother of invention” – Losing helps you learn.  
 “Be your own best expert and your own worst critic.”

### **Breaking Racial Stereotypes:**

1. Oscar Robertson: The greatest FUNDAMENTAL defender of all time
2. Jerry West: The greatest INSTINCTIVE defender of all time

### **3 Things that Stop Coaches:**

1. Fear
2. Doubt (self doubt)
3. Worry

“When you win, you know everything. And when you lose, you know nothing. Reality is probably somewhere in between.”

Tony LaRussa = “Have a meeting without having a meeting. Touch 1/3 of your players everyday (informal time).”

Key quote = \*\* The saddest day of your life is when you are no longer productive. \*\*  
 Key Quote =\*\* Don’t say hello when it’s time to say goodbye. \*\*

### **7 Ways to Lose a Game:**

1. Don’t play hard.
2. Don’t play smart: Ignorance is when you don’t know; Stupid is when you know but don’t do.
3. Don’t play together.
4. Don’t have a delay game.
5. Don’t know how to defend a delay game.

## Meyer Cont.

6. Have no idea how to comeback: ex. Substitute during ft's = don't call timeout.
7. Don't simplify the game.

## 3 Stages of Coaching:

1. Blind Enthusiasm
2. Sophisticated Complexity
3. Matured Simplicity

## 4 Kinds of Players / Coaches:

1. Unconscious & Incompetent: They don't know that they don't know.
2. Conscious & Incompetent: They know that they don't know.
3. Conscious & Competent: You know and you can do some things, but you have to think about everything that you are doing → robot.
4. Unconscious & Competent: It just flows.

## Tools to Evaluate Practices & Games:

1. **Turnover Margin:**
  - a. Defensive Goal: to create turnovers without creating offense
  - b. Offensive Goal: Sureness, pass away from the defense  
→ Sureness = "Possession over Position"
2. **Rebounding Margin**
3. **Field Goal Attempts** – If all else is equal, team that gets the most shots will win
4. **Field Goal %:** Your best shooters taking the best shots  
\*\* Your worst shooter should have your highest FG% (only takes lay-ups)
5. **Free Throw Attempts:** Find ways to get your best FT shooters to get FT's  
\*\* "Shot Fake, Go Somewhere, Shot Fake to Shot" \*\*

"180 Guy" = Add their FT, FG, and 3FG %'s, see what they equal. Want to have 180 guys (ex. John Hornacek was 90 FT%, 50 FG%, 40 3FG% = 180)

6. **Nobody scores over 15 points**
7. **3-point Game** – Must be defended
  - Must make your open 3's
  - Rebound the 3 – Know the slice of the pie
  - Never give an open 3 to a 3-point shooter, must dribble to a shot
8. **Floor Game** = Loose balls, taking charges, etc.  
Key quote: "On a good team, one or two players do the dirty jobs, but on a great team, everybody does the dirty jobs"  
→ Late season practices: Coaches can become scared that players are going to get hurt in practice, so they change their practices and the team becomes worse
9. **Assist Game**
  - \*\* The majority of your baskets should come off of the pass
  - \*\* Two types of assists = Pass assist and screen assist

## Meyer Cont.

### **2 Types of Practice:**

1. Mass Practice – Work on 1 move continually (Russians working on Go-To moves)
2. Distributive Practice – Work on different parts of the game continually

### **Secondary Progression Drill:** “Break Package”

1. **Point to Post** (Pitch ahead pass – 2 players)  
Key quote: “It’s not what you teach, it’s what you emphasize”
2. **Pitch ahead 3’s** (Point pitches ball up sideline to 3-point shooter in stride – 2 players)  
Key quote: “The great guard makes the pass in the backcourt”
3. **Pitch-ahead to Feed the Post** (Use 3 players): Point guard pitches ball up sideline to wing, and wing feeds the post running down the middle of the lane, posting on near side

### **NSU Rebounding Spots:**

- **Fullback:** Usually Point Guard, gets to half court on the shot
  - **Halfback:** Shooter (if wing) or guard, must get to 3-point line on shot
  - **3 Tailbacks:** 2 Posts and 1 Wing, crash the glass, and if defense does get rebound, get their “tail back.”
4. **Top-Down** (Use 4 players): Point pitch to wing, can’t hit the post in the lane, hits the “trailer” post (usually the 4-man) for a top-down feed.
  5. **Diagonal** (Use 5 players): Point hits opposite wing (other side of the floor) with the diagonal pass: Key coaching point = Aim pass to the corner, lead the receiver, hit him in stride.
  6. **Wing to Wing Skip** (Use 5 Players): Point pitches to near side wing. Wing can’t hit post or trailer, skips to opposite wing, who then feeds post men inside.
  7. **Reverse through the trailer** (Use 5 Players): Point pitches to near side wing, who reverses through the trailer post to the other side of the floor. After hitting the trailer, the near-side wing receives a double-stagger screen (PG sets 1<sup>st</sup> screen, trailer sets 2<sup>nd</sup> screen).

\*\*We want to get reversals: Key phrase = “3<sup>rd</sup> Side, Inside” → Reverse ball 3 times in your motion, will get a good shot. \*\*

Rules for post = Hold your seal, don’t chase the ball. Let the ball come to you.

## Meyer Cont.

### **Riley Drill** (Tape 27):

- Ball never hits the floor.
- Use 3 players (PG, Wing, Post).
- Post throws outlet to PG, and PG hits wing for a diagonal for a lay-up.
- Post must get down floor and get ball out of net before it hits the floor.
- PG must touch baseline before next outlet and pitching to wing again.
- Repeat.

Rick Majerus Rule: Only movement in the post is to get more of the defense.

### **Motion Offense Principles:**

- Can play 4 out, 3 out, or 2 out.
- Players must know roles → “Your role is to screen and get Johnny open.”
  - Roles = “Define, Learn, Accept, Fulfill.”
- Want ball reversals: We want to go 3<sup>rd</sup> side, inside.
- Know the favorite side of your post man (post = don’t chase the ball).
- It’s tough to take transfers and run motion offense.
- Motion offense lends itself to good rebounding teams (Dean Smith).
- Out of your secondary: Go into motion when you have reversed the ball or when you can’t reverse the ball.
- Motion vs. Structured Offense (Flex, Swing, Continuity, etc.): “Be what you is, because if you be what you ain’t, you ain’t what you is.”
- Motion offense must be suited to your personnel.
- You can’t run plays in March, you must make plays in March.
- Out of Bounds Plays: Our players make the calls on OB plays, they have a better feel than the coaches at that point in time.

### **2 on 1 Fast-break Concepts:**

- ❖ Ball handler must have ball in inside hand: Improves the passing angle.
- ❖ Finisher must be one step behind the ball: Improves the passing angle and can accelerate after pass to finish at the rim.
- ❖ Split the floor into 1/3’s: Each player (ball handler and finisher) should be 1’ outside of the lane.
- ❖ Ball handler must pass the ball with inside hand (1 hand preferred, 2 hands also okay).
- ❖ The pull-up 3 is a great shot in transition (extremely hard to guard and have a rebounder (finisher) crashing the glass).

### **3 on 2 Fast-break Concepts:**

- ❖ Engage the top man, read the bottom man.
- ❖ Make every 3v2 into a 2v1.
- ❖ Go at the best shooter and away from the best finisher (know your personnel).
- ❖ Best shooter can drift or crack-back (come towards handler) as handler picks his side.

## Meyer Cont.

Key quote = “There is a time in a game where we’re not looking for a shot we can make, we’re looking for a shot we can’t miss.” Paul Patterson

40% from 3 = 60% from 2, but late in a game, you probably should prefer shooting the 2-pointer (60% is better odds).

### **Give your kids a list of expectations, i.e. “You can expect”...**

1. To lose on Friday to a poor team and have to play a tougher team on Saturday night
2. To take a test on a Monday morning after a road trip gets you home at 6:00 a.m.
3. To get yelled at.
4. To have bad referees.
5. To work hard.

### **Zone Offense Principles (Bobby Knight):**

1. Know who’s guarding you and where he came from; take him away from where he came from.
2. Throw back into 2, 3, or 4 players
3. Always have a ball handler between two shooters – if the ball handler is on the outside, screen your way back in between
4. Get into the “pocket” of the zone → between the 1<sup>st</sup> and 2<sup>nd</sup> line of defense
5. When driving the ball, drive at the defense, not up the lane (zone secondary)
6. Screen Out / Seal Out: Screen outside zone man for wing flash to middle, then screener seals out for feed on wing catch.
7. Seal In: When zone is sagging, post can screen in for a skip 3 to the wing

Air Shields (air dummies with arm straps): Contact Perry or Greg (800) 888 2193

## **Session #11: Jerry Krause – Life Lessons, etc.**

### **Offensive Rebounding: Garbage Drill**

- 6 players begin at FT line (3 at each elbow).
1. Underhand Toss → Tip: Player throws ball in the air underhand and continues to tip the ball until made; then, next player does the same.
  2. Overhand Toss → Overhand: On catch, keep ball overhead (don’t chin), land, and straight up for finish.
  3. Overhand Toss → Chin: On catch, chin the ball and explode back up for finish.
  4. Overhand Toss → Chin & Shot Fake: On catch, chin the ball, give a 1” shot fake, and explode back up.

## Krause Cont.

- It must be only a 1" shot fake.
- Lock your legs (legs don't move on shot fake).
- 5. Move one player to each wing, rebounder has ball at elbow, tosses off backboard for rebound, chins the rebound and kicks out for a 3-pointer. Rebounder finishes all missed 3-point shots.
- 6. Live 1v1 with ball: Coach tosses ball off backboard or rolls ball on ground, player who gets ball is on offense, and players compete 1v1 until a made basket.

## Coach Krause Life Lessons:

- Coach Krause believes your job as a coach is to develop young people on the court, but more importantly, off of it.
- "You don't coach basketball, you coach PEOPLE that play basketball."
- The most important that any coach can come away with from the experiences are the relationships built.
- \*\* Take Care of the Golden Goose"
  - Must have balance in your life
  - Eat & Sleep, Be Active.
- Carry a pedometer: Minimum of 5,000 steps / day, goal of 10,000 steps / day.
- We all have SETBACKS.
  - Always forgive, never forget.
  - Become better, not bitter, after a setback.
- There are two types of coaches: Those who have been fired, and those who will be fired.

## Shooting – Mental Approach:

### "Focus, Feel, Feedback"

1. **Focus** = Pick up the target immediately. Must have a full focus on the back half of the rim for 1 full count. Very difficult to do off of the dribble.
2. **Feel** = Know how your shot feels. If you can feel your shot, your body will self-correct itself.
3. **Feedback** = Very important for coach to give feedback, but also important for teammates and self to give feedback (Short, Right, Good, etc.).
- "Remember the makes and forget the mistakes."
- Confidence will be developed by careful preparation and proper skill demonstration.
- Analyze your mistakes.

## "Focus, Feel, Feedback" Demo

- 1-handed shooting.
- Right near basket at five spots (baseline, wing, straight, wing, baseline).
- Use verbals through the progression of the shot.
  - While sitting into stance, say "Focus".
  - While shooting, say "Feel".
  - After shot, give "Feedback".

### Krause Cont.

- Can then start beneath the rim with ball, spin a pass, catch, and rear turn into shot, still using verbal's.
- "Good shooters know what a good shot feels like when it comes out of their hands." Jerry Krause

### Teaching Free Throw Shooting:

- Need to take 500 FT's / week.
- Must shoot every day.
- Use FT Swish rules:
  - Add 1 point for every swish
  - Take 1 point away for every miss
  - Make that hits rim = 0
  - Add additional point for "Roll-Back" → Has to roll back to shooter somewhere between the FT Line

### Free Throw Steps:

1. Stand on the dot the same way every time
2. Get a ritual, stay with it
  - a. Ritual must include a deep breath. Breathe in through the nose, out through the mouth.
  - b. Grip the ball the same way every time
3. Find bottom of your shot, and make it all positive from there (no negative motion)
4. Full follow-through
5. \*\* Simplify the free throw and make it the same way every time. \*\*

FT Practice Rule = 5 Minutes of FT's for every 1 hour of practice

\*\* 25% of scoring is from FT line, so must emphasize its importance. Free throw shooting is a team skill; anybody can make FT's. \*\*

\*\* Raise expectations → Why can't a post player make a free throw? Why can't your team compete for a title? You have to BELIEVE

### Human Options by Norman Cousins:

1. When it gets dark enough, you can see the stars.
2. The bird that fertilizes the flower also robs from it.
3. The gods grind slowly, but they grind exceedingly well → "Test of Time"
4. Those who the gods destroy, they first made with power → "Absolute power corrupts absolutely"

### 3 Traits of an Addict:

1. Perfectionist
2. High Control Needs
3. You get your self respect by pleasing other people

## Krause Cont.

Warren Buffet – “All else is meaningless (talent, ability, etc.) if you don’t have character.”

“We as Americans have everything we want except for time and time for thought.”

## ***Session #12: Post Play with Randy Baruth – Part II***

Defensive pick-up points for post → Most defenders will meet the offense at the elbow.

### **Getting Open on Offense**

#### **1. Pick-up point #1 = ELBOW**

- a. If met at FT line, Post (Off) should use quick swim stroke. “Knock it down” (knock down def. arm) with inside hand, and “Take out the Face” with outside hand; go to the rim.
- b. Back-door Cut: If don’t get catch off of back door, look for baseline feed or go top-down (leg-whip).
- c. Setting up a leg-whip: Get shoulders parallel to baseline. Put your left elbow on defender’s shoulder (if def. on left block) then leg-whip for top-down feed. The pass on top must be “Fake a Pass to Make a Pass” → Fake a pass low to get defender’s hands down, then throw high (past def. ear). For top-down, must have a guard filling the top guard spot.
- d. In the post, you are setting up the defender no matter where they are: constant battle for position.
- e. Post must make contact before the seal. Don’t turn and try to find defense, put a body on first (feel).

#### **2. Pick-up point #2 = LOW BLOCK**

- a. Go straight at defense, split defense in half: “Knock them down, take out the face.”
- b. Spin (rear-turn) with left pivot (on left block).
- c. \*\* We want to keep our posts on their strong side at least 70% of the time and on their weak side no more than 30% of the time. \*\*
- d. “LBBBOS” = Low Body Balance Base of Support.
- e. Your butt is your radar – it does all of the feeling.

Key quote = “There is no better experience than game experience.”

## **Baruth Cont.**

### **European Post Play Concepts:**

- In motion offense, must designate who is going to be the diver on a post feed (your worst shooter) and who the 3 remaining shooters will be → Know roles.
- With the European concept of post play (post can step off the block, turn and face), we improve the spacing and unclog the lane for diver opportunities.
- When feeding the post with a baseline angle feed, the feed can't be too low. It must be a little higher (in European concept) than with historical posting angles.
- The post wants to have his shoulders parallel to the baseline in European motion.
- On the catch & face, post man must be patient to let the diver clear out of the lane before making a move.
- Diver concept → Diver can get to the rim for lay-up opportunities, and also has a good rebounding angle on post shot or kick out.
- If defense traps the post, it is good for the post to face up because he can hit the diver and see the perimeters better → Increased vision

### **Post Conditioning Drill (30 Seconds Timed)**

- Have 3 players spaced around perimeter (wing, top, wing).
- Have a D & O Post in the lane.
- Def. Post has ball, passes out to one of the guards, and the drill becomes live.
- Play continuous 1v1 in the lane for 30 seconds (same O & D the entire time), keeping track of score.
- After 30 seconds, rotate in new players.
- Can have restrictions: i.e. Must use go-to move every time.

### **Rebound Capture Drill**

- Line of posts starting at near-side block with ball.
- Line of guards at near-side wing.
- Post man throws ball off glass, turns in the air to rebound to the outside, chins the ball on the outside ear, lands with wide base, and hits the outlet man.
  - Key point = On pass, don't put ball behind head, SNAP IT from the side of the head.
- After hitting outlet man, post sprints out and guard can feed him (full-court) like a point to post pass.

## **Session #13: Coach Meyer**

- “A weaker coach has to exert more control, a stronger coach exerts less force. John Wayne doesn’t say much, Barney Fife does.”
- The strong can be kind, the weak must be cruel.
- You should always wish / hope that good people make a lot of money, because they’ll do something good with it.
- Part of the fun of coaching is complaining about things.
  - We enjoy the misery.
  - You can enjoy a loss because you know you’ll have a great practice the next day.

### **Defensive Ideas:**

- **Defensive Coverage** = How do you guard what they have with what you have?
- **Transition Game** = How many are going to send to the offensive rebounds?
- Key point: When you shoot a 3, take one step in then get back. The shooter is always the half back, but NEVER the full back.
- We want to keep the ball in the outside 1/3 – The ball is king in the middle of the floor.
- Have no sympathy for offensive-minded coaches.
- If Lipscomb gave up a few points off of the 111 that they averaged, they would have won more national titles.
- We want ball pressure, but...
- “Sometimes not to guard is to guard” Chuck Daly
- Know the opponent’s personnel – Their # and their game.
- A big part of defense is rotating. Be decisive on your rotations, no hesitation.
- Be an actor, not a reactor.
- It’s a beautiful thing to watch a poor defensive team try to stop a good delay game. The D will invariably break down.
- “Help the helper” = On rotations, we must go where our help came from.
- Keep the ball out of the lane at all costs: Stop it 1 yard outside of lane.
- Keep the ball off the top: The floor is tilted in the defense’s favor on the wing.
- Sherri Coale: “Center the ball on offense.”
- Your defense must compliment itself – you can’t teach conflicting ideas.
- Your technique for your primary (ex. = man) and secondary (ex. = zone) defenses must be same (same footwork, close-out techniques, etc.)

### **3 Keys for Successful Defenses:**

1. Go where your help came from
2. Ball pressure
3. Anticipate the rotation

## Meyer Cont.

- There is a correlation between knowing how to pitch and being a good coach. A pitcher shouldn't complain when somebody makes an error.
- You have to get assistant's that are good guys and you can trust.

### The Cycle of the Game:

1. **Defensive Coverage:** Ball pressure, helpside, rotations, etc.
2. **Shot Pressure**
3. **BOPCRO** = Block Out, Pursue, Chin Rebound, Outlet
4. **Sureness** → Balls In Rack during practice. Each team has 3 balls, for every turnover, take away one ball, and run them when the balls are gone. You can't reward turnovers.
5. **Shot Discipline:**
  - a. NSU Shot Chart:
    - 4 = Open lay-up
    - 3 = Open jump shot by a good shooter
    - 2 = Contested shot by a good shooter
    - 1 = Bad shot (principal's son, etc.)
    - 0 = Turnover
    - Great shooters must be able to shoot under pressure
    - Bad shooters are always open
6. **Offensive Board Coverage:** Send 3 Tailbacks to the glass, Shooter is Halfback, Point Guard / Other Guard = Fullback.
  - a. Must have flexible system: Do you send 2, 3, or 4 to the glass is a very tough question.
7. **Cycle Starts Again**

- Be able to make small adjustments that will still fit into your system.
- A great team is a team that can coach themselves.
- Respect All, Fear None: Don't respect them too much, or your team will go mental.
- "An army of lions led by an ass will be defeated by an army of asses led by a lion.
  - Leadership Counts: Your players that are leaders better understand how important their role is.
- "A man bent on revenge must first dig two graves."
- "It's not who you play or where you play but how you play."
- We (your team) determine the outcome of the game; not the other team or the referees.
- "We have met the enemy and he is us."

Rehearsal: When you rehearse, you don't go full speed but you have to have perfect technique.

4/4 Drill: Have players put towel / jersey behind neck, holding on both ends of towel, so they don't reach.

## Meyer Cont.

Key quote: "Your feet put your hands in a position to be used as weapons."

### **Great Drill: 4v5**

- Overload the same team on both sides of the ball.
- When team of 4 is on offense, trap with free man.
- When team of 4 is on defense, must anticipate and rotate.

"**False Hustle**" = Example is running through the passing lane. It only hurts your team.

When facing a pressing defense, don't run patterns, they are too easy to scout and guard. Instead, put your best player in the middle of the floor and let him work.

"Keep it out of the lane, keep it off of the top, ball pressure, rotation, shot pressure, BOPCRO."

### **Vs. Staggered Double:**

- Man guarding first screen = Zone to the level of the ball.
- Man guarding second screen = Extend.
- Man guarding cutter = Chase.
- "Chase, Zone, & Extend."
- Vs. great shooters, may have to extend as much as 3' beyond line.

### **Mike Dunlap Conditioning Drill:**

- 3v3 Full Court
- Play to 2 points
- No dribble

### **Game Planning (In Season) → Weekly Preparation:**

- Monday: Off
- Tuesday: Light practice
- Wednesday: Hard practice. Begin to prepare for Friday night's opponent.
- Thursday: More preparation for weekend games.
- Friday: Light Practice & Game
- Saturday: Light Practice & Game
- Game day practice =
  1. Fundamentals Focus → Dribble & Juggle, 2-ball dribbling, shooting progression, etc.
  2. Individual work for posts and guards
  3. Short scout
- Focus on fundamentals every day; we prepare for us, not for them.
  - If working on scout actions early in the week during practice, don't tell the players, you don't want them to overanalyze, etc.
  - We don't play a scouting report defense; we stick with our fundamentals.

## Meyer Cont.

- Next Game Mentality: After Friday night game, put down 3 key ideas in locker room for next game.
- We use a 1-page scout sheet and the players fill in all information other than name, #, and key shooting stats. Players fill in all tendencies, etc.

## Game Routine:

- Prior to game, everybody leaves the girl's game and reports to locker room (dressed, taped, individual time) by half time.
- Game time – 8:00. At 7:15, guards & posts meet with their respective coaches.
- At 7:30, players run through final scout.
- Coach's last words: Have to feel it, not prepped out.
- \*\* You only get to coach so many times, so you better be ready to go. If you aren't ready, your players won't be either.
- **Pre-game, on the floor routine:** → 20 minutes of Warm-up, 30 games / year = 600 minutes of practice time = 10 hours of practice time.
  1. 4-4-4
  2. Partner quick cuts to the rim
  3. Mass closeouts in line to half-court
  4. Passing & Feeding the post
    - Baseline angle
    - Top-Down
    - Backpins
  5. Shoot & Stretch (Half & Half)
  6. 4/4 Shell
  7. 4/4 Live
  8. Stack it up, go to locker room for final prep
  9. 5/5 Live: Starters wear game jerseys, reserves wear warm-ups.
  - After getting introduced, starters run back to huddle.
  - Red-shirts: Always carry notebooks and take notes during game
  - Buddy-coaching: Players on bench help to coach their position
  - During timeouts, players bring chairs on to floor in shape of "V" → PG sits in middle, guards on one side, posts on one side.
  - Half-time: Players write on the wall what they did well and what they could do better (2X2 Matrix) for both offense and defense, before coaches arrive.
  - 2<sup>nd</sup> Half Warm-up: Players come to floor with about 6 minutes remaining.
    - Shooting & Stretching (Quick)
    - 4 v 4 Shell
    - \*\* 2<sup>nd</sup> Half warm-up is more important than the first. \*\*
  - After the Game
    - Big Loss → Easy
    - Big Win → Difficult. Have to find something to be mad about.

### Meyer Cont.

- Get players on the radio.
- If lose, head coach talks.
- If win, assistant coach talks.
- Post-game prep: Bananas, Fluids, Stretch. NSU Player's sometimes lift afterwards.

→ You will have to deal with parent's distractions during the season; be prepared.

Substitutions: Be prepared for different situations

- Best trapping group, best rebounding group, etc.
- Some of your players may not get in on Friday night, but they have to be ready for Saturday night.
- Key question: Can we win with them on the floor? Can we win with them on the bench?

Always teach. Find the TEACHABLE MOMENT.

- \* Today's players can shoot and dribble, but they can't pass.
- \* If you have better players, make the game longer. If you have worse players, make the game shorter.
- \* You can't dictate tempo with offense, you can only dictate tempo with defense.

It's very difficult to only play man-to-man defense because there are so many possessions in a game. Must have a secondary defense.

1. You can't buy a team and you can't buy loyalty
2. Can't rip a kid that leaves the team. Let them cut themselves, let them quit.
3. You will get fired anyways; you might as well run your program how you want to.

## **Day Three: June 10, 2006**

### **Session #14: Questions & Answer with Coach Meyer**

- The bad thing about coaching high school is dealing with bad parents.
- There's a difference between pain and injury.
- Coaches and players must always be looking for ways to win.
- When running any drill, make it competitive.
- Winning isn't the only thing, but trying to win is.

#### **Drill: 1-minute shooting with 3 players:**

- Shooter at FT line, 2 rebounders, one at each block.
- After shooting, shooter moves to left block, left block rebounder moves to right block, and right block rebounder moves to shooting position quickly.
- Rebounders must have hands up → Goal: Ball never touches the floor.
- Swish rules in effect: every 2-pointer that is swished is worth 3 points .
- Keep track of score, go for 1 minute.
- At completion of drill, repeat, and try to beat previous score.

- When doing individual workouts, shoot FT swish in between drills.
- When doing drills, keep track of score, time, etc. and then repeat the drill and try to beat previous attempt.
- Shooting drills: to win the drill, it's not how you shoot the ball, it's how you pass the ball; quickness, accuracy, etc. "Every pass is a shot and every shot is a pass."
- Shooters must put constant pressure on themselves → "You don't shoot fast, you get ready to shoot fast."
- Doing drills = more skill, less conditioning. Don't want to lose your technique when doing a drill, but still has to be at game speed (balance point).

#### **50 Point Drill vs. Time**

- One player with ball, no rebounder
- Player makes different moves, shooting all types of shots (lay-ups, 3's, etc.) until he makes it to 50 points.
- Use swish rules: Swish a 3 = 4 points, swish a 2 = 3 points, etc.

\*\* Don't say I, say we. \*\*

- \* Workouts = Can't have a rigid program, have to have some feel.
- \* You must compete in workouts
- \* "See the need, fill the need."
- \* Everybody on the team must talk; it must be intelligent talk. → "A quiet gym is a scared gym."

## Meyer Cont.

Key question = Who's helping you when you aren't there? Deals with recruiting, public relations, support, etc. You must have outside support for your program.

Always get your hair cut from the local barber before a job interview because they know everything about everybody.

### **Cut & Space Principles** → Feed the post and he doesn't make initial move

- \* We use a diver for better spacing
- \* Three spots are Corner, Pro (ball-side), and Opposite (weak-side)
- \* Technique for Diver = Must cut at least 6' away from post and dive to the rim.  
Post must use bounce pass.
- \* Post checks middle on every catch, because that is where the double is coming from.
- \* If post kicks out, he must get more of the defense immediately

### **Offensive Ideas:**

- \* Offense = Spacing, Angles, & Momentum (SAM)
- \* Spacing must be used to stretch defense.
- \* Screening destroys spacing, unless the screener is a 2<sup>nd</sup> cutter.
- \* A curl screen set by post on the baseline acts as a screen for post → cutter rubs post defender.
- \* Tape 20 – Motion Offense: Stresses basket cut & 2<sup>nd</sup> cut.

### **Big Spacing (Mike Dunlap):**

- 4 Perimeters are spread high & wide across the floor.
- Can't throw flick pass on perimeter, must use chest pass and must pass wth the legs → "Rip, Pivot"
- Pass Away from Defense
- V-Cut to get open
- Don't throw to a standing receiver – receiver must shorten the pass
- Step across on baseline feed, improves the angle for post feed
- Feeding the post = Back-Pins
  1. Ball with top guard, hits wing.
  2. Wing pivots and passes back to top guard.
  3. Post sets back-pin on wing (back screen into pin screen).
  4. On wing catch, feed the post.

Red Team Concept → Have all redshirts on the Red Team for scouts, etc.

### **Keys vs. Press:**

1. Pass Fakes
2. Shorten the Pass

## Meyer Cont.

- \*\* In March, you will have to reverse the ball 2 or 3 times to get a good shot, because the defense is better. \*\*
- If you are the only coach on staff and you are trying to run two drills, stand at half court and back up to see everything.
- You must have great assistant coaches and you must have players that will help coach, but.... HEAD COACH DRIVES THE BUS.
- Leaders must be servants.
- “Be tight with your game.”
- “Greatest Strength is also your Greatest Weakness.”
- **Personal disassociation (Bear Bryant):**
  1. Don’t take problems from home onto the floor.
  2. Always sharpen the saw
- You must learn your players, their strengths and their weaknesses.
- The most dangerous man on the floor is the man who just passed the ball, because the defense relaxes.
- **Pin screens** =
  - a. If cutter is curler, set screen near rim
  - b. If cutter is a 3-point shooter, set screen wider.
- On any flick pass, step across your body → you can move into a quick cut faster and put defender in jail.
- On any drive (direct or crossover) look at and drive the front hand.
- On all drives, we want to touch the floor with the non-handling hand on the initial move (aka Kobe Bryant).
- **Driving**
  - a. Baseline Drive = Drift (must get low enough to baseline) and Crackback (get behind passer’s back.)
  - b. Middle Drive = Space & Read
  - c. You will get middle drives vs. a packing defense

## Meyer Cont.

### Teaching / Coaching:

- The really good teachers are spontaneous → It flows
- Great teachers have enthusiasm.
- If you aren't an experienced teacher, must have a script.
- Always get your ducks in a row.
- Never go into practice...
  - a. Not prepared
  - b. Not willing to be flexible
- Must know your weaknesses.
- Sometimes the coach has to grab the reins.

### Practice:

- Have a plan, but be flexible. Don't be predictable; you must cover the fundamentals every day but you must have repetition with variety.
- John Wooden – end practice on a good note.
- Practice Plan → Think of major ideas the night before, but plan on the day of the practice.
- At the start of practice, single out players and work with them individually.
- Bobby Knight – Drill Time:
  - a. 5 minutes individual drills
  - b. 10 minutes group drills
- Knight: "If I have 200 minutes of practice, I want to spend 200 minutes on defense and 200 minutes on offense." → Dual-purpose drills
- "Teach the whole, then go to the part."
- Never say "One More Possession." → Somebody will get hurt

### General Ideas:

- "You don't have to have the best players, you have to have the best team." Bobby Knight vs. Kentucky
- Is teaching an art or a science? Answer: BOTH
- Free Throw Shooting → Your best FT shooter might not be your best at the end of the game. Hitting FT's at the end of the game requires TOUGHNESS.
- If you run 3 around 2 offense, need to use a Hi / Lo set with your posts so they don't guard each other.
- "Hogs to the Trough" → Only give posts ball if they are at the trough (on the block).
- Playing with post / non-shooter on perimeter = dribble handoffs & ball screens.

## Meyer Cont.

### Recruiting Players – What does NSU look for?

- Recruit the type of kid first.
- We want quickness and athleticism.
- All coaches think they can teach, but the player must have a certain level of skill.
- Toughness – the kid must be tough.
- The needs of our team → Does the recruit fit our system, how well does he blend with the team?

### **Defensive Number System:**

- “1” = Man to Man
- “2” = Matchup / Point and Talk

### **Levels of Pick-up:**

- “40” = Full denial, force pass overhead. Man guarding inbound passer takes care of anything over the top.
- “30” = Allow weak-hand catches
- “20” = Pick-up at half court

### **Trapping Schemes:**

- One fist above head = Trap first pass
- Two fists head above = Trap point guard on initial pass, then deny PG
- Side Fist = When ball crosses half-line (preferably on sideline), defender squares up the ball handler and trap comes from the middle of the floor by next available defender → Players rotate and shoot gaps.
- Must know which side the team likes to enter on.

### **Entire Scheme examples:**

- “140” = Full court denial → Man to Man
- “230” = Matchup defense, allow weak-hand catches
- Dick Motta – “I like to make my scouting report the first five minutes of the game.”
- We want to steer the ball to the baseline in an arc.
- “Zipper” = Complete force to baseline (Open the gate).
- “Wooden Work” = fundamental work early in practice
- The most frustrating press to go against is a  $\frac{3}{4}$  court soft zone press (take away the middle).

### **Make decisions based on:**

1. Your Personality & Philosophy
2. Your Opponent's Philosophy
3. Your Personnel
4. Your Opponent's Personnel

## Meyer Cont.

### **Special Trapping Situations:**

1. Keep out of quarterback's hands → Deny the point guard. Deny with the inbounder's defender and put PG behind, in case of catch. If point guard does catch, immediate trap and on the pass out, deny again. Get the ball out of his hands.

### **1-4 Low → Late Seconds (“X” = Dork Trap)**

- Man guarding ball on top must force dribbler either way, preferably to his weak hand.
- After the man is forced in one direction, the defender guarding near-side corner offensive player (Dork) leaves to trap – full commit.
- Each defender shifts over 1 player to the near-side, leaving only the weak-side corner offensive player open.
- Once player picks up dribble, trapper retreats to his man and everyone rotates back one spot to the weak-side.
- If Dork can't shoot, don't need to rotate.

### **1-4 Low → Late Seconds vs. Great Player**

- Dork trap won't work because a great player won't commit to either side but will attack the middle.
- When offense goes into 1-4 Low, defense should shift into immediate 1-1-3 zone alignment. Now there are two defenders guarding the great player (1-1) and 3 defenders to guard the bottom 4 players.

### **Fox-Hole Test**

- Test to determine who your leaders / toughest players are.
- Draw a circle with 4 spots (top, right side, back, left side).
- Put your name in the top spot.
- Put a #3 next to back spot, #2 next to left spot, and #1 next to right spot.
- #3 is most important because they have your back in a fox-hole and you have no vision – the person that you trust the most.
- #2 is 2<sup>nd</sup> most important because they cover your left side (harder for right-handed people to see from their left side).
- #1 is 3<sup>rd</sup> most important.
- Have players rank their teammates, putting the 3 players that they trust the most if they were caught in a fox hole in the middle of a war.
- People in your fox hole aren't the people that you would go duck hunting with, but the people that you would trust your life with.

Coach Krause – “Coach now the way you want to coach 10 years from now.”

## Meyer Cont.

### **Guidelines for dealing with parents:**

- You will talk to them about anything but playing time
- Coach can explain that you (the parent) are his “favorite” and that’s why the coach can’t talk to you. Tell all parents they’re your favorite.
- Avoid confrontation
- Speak softly – don’t raise your voice

Great book = Bleachers, by John Grisham

Great coaching movie = “What about Bob” → Baby steps, baby steps, baby steps.

- “The players on the floor have a better feeling about what’s going on than the coach” → Don Nelson, when he coached Sidney Moncrief
- It’s good to have players have some ideas and ownership.
- In March, sometimes you need to just let them play.
- “Over-adjustment Syndrome” = making your players think too much.
- You need to know that you will get fired at some point in time.
- “Paying Dues” – Players don’t have to pay dues, you play the best players.

### **The Positive & the Negative...**

1. Make a file of “Positive” things (letters, thank you notes, etc.) so you can look back and reflect at a later date (when you retire).
2. Make a file of “Negative” things (articles, negative press, etc.) to remind you when you think you’re pretty good.

Shooting = Release before the peak of the shot (don’t hang in the air).

### **5 Reasons to Play Zone:**

1. You can’t guard them man-to-man
2. They can’t attack zone
3. Use zone to control great guards
4. They have great post players
5. Al McGuire → “If PG is in foul trouble but you need him on the floor, put him at the top of a 1-2-2 zone, he won’t foul.”

### **Motivation Tips for Players:**

- Be accountable during your workouts – for example, recording #'s (ft's made, etc.) → “There comes a time when winter asks what you have done all summer.”
- Be the best player you can be → not as good / better than the best player on the team, because you can’t control that. Just be the best that you can be.
- Hard work from some will rub off on others. As a player, your hard work will help your teammates and improve your team. → Hard work is looked down upon in today’s society. “America is addicted to comfort”
- Survival of the fittest – The best players will play
- If you run a program where the weak survive, you are running a poor program.

## Meyer Cont.

### **General Ideas:**

- The reason we run a motion offense and not continuity is because we play a lot of players. Players don't have to think as much with a motion offense.
- "Run, but don't gun!" → Always look to run and push the ball, but only take easy shots in the open court.
  - Easy shots = Fast break baskets, FT's, 2<sup>nd</sup> Shots, etc.
- Don't play not to lose.
- In March & April, during prime recruiting season, every coach likes to run & press. In reality, it doesn't happen often. The coach's team isn't as good as planned, can't play at that tempo.

### **50 Point Drill (3v3, 4v4, or 5v5)**

- Do at end of practice.
- Pass = 1 point.
- Lay-up = 5 points.
- No shot clock.
- Defense plays until they get a steal (Steal = 5 points).
- Offense gets only 1 dribble to improve spacing and passing angles.
- If offense scores lay-up, they continue on offense.

### **Cut-Throat:**

- Great camp game.
- Can occupy 25 kids at one hoop.
- Make it, take it.
- After score / rebound / steal: Pass to coach at top of key to reset.
- Next team has to get on floor immediately.
- If defense gets stop, they move to offense and next team steps on to defend.
  
- ❖ Bobby Knight is great at getting players into and out of drills quickly, aka "Teaching on the Run."
- ❖ Delay Game = Spread it out, put post man in high post, and have him be a release valve. Any time ball hits high post, look to back cut.
- ❖ Fundamental Work During Practice = NSU spends 40 minutes each practice strictly on fundamentals.

### **What separates good from great programs?**

1. Better Players
  2. Fundamentally Sound
- 
- ❖ You can't win with all great players. You need role players. There is only one ball.
  - ❖ Dick Motta = Always thinking about his team.
  - ❖ "Play Hard, Play Smart, Play Together."
  - ❖ When recruiting a player, ask "Who can he guard?"

## Meyer Cont.

- ❖ If you are playing without a post man, you can play with 4 perimeters outside and constantly send smaller players into the post, and have them back-pick their way out of the post.
- ❖ Shot contest = Don't short arm by reaching across body. The hand that guards the ball is always above the ball and is the hand that contests the shot.
- ❖ "Slow growth is the best growth."

## **Session #15: Afternoon Q&A with Coach Meyer**

### **3 v 2 Conditioner Drill:**

- Have two teams, playing continuous 3v2. The 2 defenders can't come onto the court until the shot is taken at the other end and they must touch center line.
- Once ball is passed half court, add a 3<sup>rd</sup> defender ("Chaser"), who must also touch half court.
- Can also play 2v1 conditioner drill.

### **"5" & "5-High" Delay Game:**

- 5 = Put post in the high post with double spacing on the perimeter.
- 5 High = Put post at the top of the circle on the 3-point line.
- Keep all 4 guards above the circle.
- On any guard pass & cut, cut to the rim and then get out. Don't stay on the baseline.
- Don't want cross-court guard to guard passes. Pass through the high post.
- **Options**
  1. Princeton: Backdoor cut from wing spot through feed to high post (must be bounce pass).
  2. Monticello: With ball in top guard position, flash the opposite wing near the top of the key. At same time, have opposite top guard spot back door for a lob (going through the now open wing spot).
  3. Hit high post from top guard spot and quick cut to rim (must be bounce pass).
- With two good FT shooters, play 5 high, put them on the same side of the floor and continually loop the two with each other. Make exchanges on the backside to occupy the defense.
- With 3 good FT shooters, place them in top guard spots and in middle (move post to wing) and have continual down screens between man in middle and top guard spot.

## Meyer Cont.

### **Guarding Delay Game (5 High):**

1. Regular Defense: depends on time remaining, etc. Not as easy to do in high school with no shot clock. When ball is in the middle, form a 3-man wall, and when passed to wing, deny it back to the middle and pressure the wing.
2. Zipper: if ball is at top guard spot, zipper it to the basket and trap with the wing defender. Once passed to the corner, zipper the ball handler to the baseline and trap with opposite wing defender → rotate.
3. Trap: If ball goes to the corner, trap from the middle of the floor & rotate.
4. Foul: put them on the free throw line (must know personnel, good FT shooters, etc.)

### **General Ideas:**

- If you can't intimidate, antagonize.
- Coaching brings out the competitiveness in a person, but after the game is over, let it go (Wooden vs. Newell).
- Some of today's coaches don't have love for the game.
- Run set plays after time outs, not in the open court.
- Switching ball screens – Dick Bennett switches all ball screens late in shot clock
- There is a lot of time left in a game with 1 minute remaining if you are a good coach.
- "Smart Trap" = Trap the ball handler and recovery when he picks the ball up.
- The only time we pressure full court is on a dead ball or very rare late game situations.
- If you have two great defenders on your team, you have something special.

### **Under 10 seconds in shot clock → Rick Majerus:**

- a) On defense, yell "Balls" = switch everything
- b) On offense, yells "Butter"
- c) Verbal cues important

### **Transition Defense:**

- Full back, Half back, 3 Tail backs
- Shooter is always the half back when he shoots from 3 → Take 1 step in for long rebounds and then get out.
- If PG penetrates, other two guards get back to full & half positions.
- Offensive Board Coverage (OBC) determines defensive transition.

Roles on Team = When Don Haskins played at Oklahoma A&M for Hank Iba, he was the MVP of the league as a junior. As a senior, Iba didn't play him for the first 18 games because, as he told Haskins, "Your headsize was too big."

## Meyer Cont.

- Who's running the prison? Is it the guards or the inmates?
- Beneficial Dictatorship = Best form of government. Too many cooks spoil the soup.
- About Bear Bryant: "They knew he'd be great long before they called him Bear."
- Today could be your last day to coach.

## **4 Levels of Defense (borrowed from Dick Helm):**

1. **Level 1** = The defender has the ability to defend the ball at the appropriate pick-up points.
2. **Level 2** = The defender has the ability to defend the ball and his man off the ball.
3. **Level 3** = The defender can defend the ball, his man off the ball, and also the situation; i.e. guarding a pick and roll.
4. **Level 4** = The defender can guard the ball, guard his man off the ball, defend situations, and then defend his man with the ball again; (i.e., he defends the ball, jumps to the pass and helps on a drive, then traps the post and on the pass out of the post he effectively closes out on his man and again controls the ball.)

## **Special Situations:**

1. **Jump Ball:** Form a sandwich and take away their sandwich (sneak in for steal).
  - a. You don't need to get the tip, you need to get the ball.
  - b. When you get the ball, immediate fast break.
2. **Guarding Baseline Out of Bounds**
  - a. Belly up on post man to take away lob.
  - b. Guard the inbounder, facing sideways, not full front, to take away dump pass.
  - c. Can trap corners out of man or zone.
3. **Guarding Zone Baseline Out of Bounds (2-3 D)**
  - a. Middle man guards ball area near baseline
  - b. Near-side low man guards the corner
  - c. Far-side low man guards paint area
  - d. Near-side top guard has anything over the top
  - e. Far-side top guard has anything in weak corner
4. **Sideline Out of Bounds Formation (offense)**
  - a. Point Guard lined up directly on ball, 6" from sideline
  - b. Shooting Guard on other side of half court, preferably about 10-20' from passer, 6" from sideline.
  - c. Wing is near the corner 3-point spot (strong side), 6" from sideline.
  - d. 4-man is the inbounder.
  - e. Post is on the block looking for any lobs, if fronted, and release valve, if played behind.

## Meyer Cont.

### 5. Sideline Out of Bounds Option: "Line"

- a. 4-man throws the ball in.
- b. Remaining 4 players line up directly in front of the ball, tight to each other, approximately 10' from inbounder.
- c. First two in line break off towards the ball to the hoop side and get out.
- d. Third player in line (2<sup>nd</sup> best FT shooter) breaks toward the ball and retreats to the defensive side.
- e. Fourth player (best FT shooter) sprints directly towards the ball for a catch.
- f. Can also run this formation in a full-court, baseline out of bounds setting.

### 6. Guarding Sideline Out of Bounds

- a. Deny all guards with their respective defenders.
- b. Man guarding the inbounder = "Free Man" → responsible for anything over the top.
- c. Only passes allowed are lob passes over the top.

### 7. Full Court Baseline Out of Bounds: "Spread" Alignment

- a. Point Guard is directly in front of ball, 6" from baseline
- b. 2<sup>nd</sup> best handler is on weakside FT lane line, 6" from baseline.
- c. Best finisher is at weakside corner.
- d. Post is at half court, serving as a safety valve.
- e. Iowa State = Post runs to open (strong side) corner, and on catch, point guard breaks for a reception from post. As PG breaks, so does far side wing for a 2v1.
- f. Iowa State Pull = PG shifts to open (strong side) corner, post flashes to open PG spot for catch. On catch, PG turns and looks for reception from post. Opposite wing also breaks for a 2v1.

### Press Breaker Concepts:

Best passer takes the ball out

Always have 3 available receivers (Dean Smith)

Place best player in the middle

Post commits ballside

Always have a deep diagonal pass available

Passer (inbounder) is safety valve

Always look opposite for open passes

On any full court trap, whoever's man is trapping must crack-back for open pass

### If team has to foul you:

Have your best FT shooter take the ball out of bounds

Have your worst FT shooter run out of bounds, and receive pass from best

Step the best FT shooter in bounds for a reception

**Meyer Cont.**

- \* **Free-Throw X** = Put your best rebounder of the right side, and have the player on the left slot run directly to the right slot. At same time, best rebounder goes around (X) and rubs his man.
- \* You are up 2 with 2 seconds left and they are shooting free throw, have a player stick a foot in the FT lane to violate until they eventually have to make the free throw.

**Comeback Game:**

Platoon shooters & foulers

Keep best rebounders in on FT's

Know who to foul

Coach can call timeouts (doesn't have to be a player)

Vs. Box & 1 or Triangle & 2 → Run, run, run. It's very hard to set up the defense.

Last shot of the game = take 1 more dribble

Don't leave bench and celebrate after last shot = Technical Foul

**ACADEMY CLOSING → “YOU CAN GET ALL OF THE GOOD IDEAS, BUT YU CAN'T USE ALL OF THE GOOD IDEAS.”**