

NCCP Super Clinic 2018 – Some Session Highlights

Friday Night

Jay Triano – Keynote Speaker

- 5/95 – time in a game with and without the ball for each player.
- Corner spacing – almost out of bounds on the baseline.
- D’Antoni is going away from corners 3s, now shooting from wide slots.
- 5-out spacing – 5 at the top of the key, on a pass out top, screen away and weakside exchange. Screen options – slip, reject, curl and bump the screener’s man.
- Everyone is switching everything.
- Cutters – how fast can you relocate to the 3.
- If a big is denied at the elbow, go set a ballscreen, it’s hard to hedge.
- Big thing in the NBA – how do you get the defender off the nail.
- Horns – pass to one elbow, screen for the other (e.g. see Quick hitters – [Utah Jazz bulls small](#)).
- Three-man action – a wing passes to 5 out top, cuts looking for an outside handback then keeps going in a loop (to set a screen for 5), 5 fakes the handback, makes a dribble hand-off to the corner guy lifting, then gets a backscreen from the wing.

Lisa Thomaidis – Keynote speaker

- Shot quality – open 3s or at the rim, they track practices and games.
- Best 3s – transition (collapse the defence and kick), offensive rebounds.
- Picky on offence, e.g., not a lot of downscreens.
- Offensive-rebound putbacks are killers.
- Have a 14-second shot-clock plan, e.g., offensive rebounding triangle, deep safety, short safety behind the 3-point line.
- Her new favourite drill is 4 on 3 (4-out, or 3-out 1-in), attackers can do whatever they want (e.g. dribble) but must use a fake and try get a wide-open shot (pet peeve – don’t use fakes enough). See Scrimmage – [4 on 3](#).

Saturday

Jon Lee – Pre-hab and Re-hab

- The Raptors do pre-hab every day, 7 minutes, pain free, prevents injuries and helps with recovery.
- Start from the ground up, e.g., roll a golf ball under each foot for one minute.
- Progress to ankles, knees, hips etc.

Facundo Petracci – Motion Offence from Junior Hoops to Senior Team (Argentina)

- Argentina basically has only a club system, but Jr. NBA is coming in schools.
- Motion offence is position-less, hard to scout.
- Stage 1 - ages 9-10 - 3 on 3.
- First rule is give and go, after passing the cutter can 1) cut straight (for a bounce pass), 2) take his defender weakside, stop and swim (face cut), 3) *cut towards the ball, swim and go backdoor*.
- The cutter takes his defender *all the way to the baseline*, opens up, seeing the ball, clears weakside.
- 3 on 0 pass-cut-fill.
- No positions, they are based on the rebounder.
- Stage 2 - mini-basketball - 5 on 5 with 5-out spacing
- Normally someone gets lost, don't stop, look for the empty spot.
- Coaches have to help them love the game.
- U13 (stage 3) – 10-foot rims, size-6 ball, introduce vertical screens and decision-making.
- Pass and cut if your defender stays with you (tight), screen away if he gaps off.
- V-cut from corners to receive screens.
- Option – 5 down – backscreen for a passer.
- U15 – post up if you have an advantage (e.g., screen down or give and go, then stay).
- Don't cut in front of the post.
- On a post entry, perimeter exchange ballside and weakside. On a kick-out, the post keeps searching for the ball.
- With good shooters, spread the court (fill corners); if not, lift to the wings for backdoor cuts.
- U17 – players have positions, 4-out 1-in spacing (two guards, ballside wing and post, weakside corner).
- *Options on post entry* (from the wing) - the passer 1) cuts to the basket (baseline) if his defender stays tight, 2) screens away if his defender gaps off, and then optionally cuts to the basket (e.g., on a switch, or the post is not making a move), 3) relocates to the corner if his defender helps on the post, the ballside swing player cuts to the basket and is replaced.
 - See Offence – [Bauer 4-out 1-in motion](#).
- U18 – increase the playing area of the big – short corner, low-mid-high post, top of the key.
- 5 can backscreen for a wing (then re-screen).
- *5 can flash to the top of the key when the ball goes weakside*, can then pass and dive, or follow to ballscreen, or DHO then screen for the corner.

Shawnee Harle – Decision Training

- She does not repeat herself, listening is a skill.

- A zoo is safe, the jungle is not, get them exploring the jungle, get uncomfortable.
- Start all drills from the left side.
- Finishing – inside or outside hand, overhand or underhand, inside or outside foot or two feet, any combination.
- Shot blockers time rhythm, so shoot out of rhythm (e.g. front pivot, back pivot).
- Shooting inside the cylinder, outside the cylinder (underhand).
- The hoop has four doors – front door (baseline to the hoop), under-side door (baseline reverse), middle door (middle drive), far side door (middle to the other side).
- Explore the doors (attack from the wing).
- Read the door - coach is a defender, is a door open or closed (if closed, go around it or pivot), progression – coach closes two doors (see e.g. Dribbling – [Chair drill](#)).
- “Pause” – get players to stop.
- 2 on 1 vs coach - try to turn it into 2 on 0, coach can make you pass too easily, don't become a passer first (see Attack/defend – [2 on 1, 3 on 2 vs coach](#)).
- See the light – 2-on-1 with coach defending attacker 2, who gets a pass from 1, a) shoot if coach gaps off (“red light”), b) drive if coach runs out at the ball (“green light”), c) if coach plays good defence (“yellow light”), make the light turn red (e.g. jab step, shoot) or green (shot fake, drive). On a drive, the passer must “open a window” – push (drift, away from the ball), pull (lift), or backdoor cut. A window is a single-gap from the ball, two windows is a double-gap.
- **1 on 1 - Grab and go** (with progressions - 2 on 1, 2 on 2 continuous).

Facundo Patracci – Instilling Playing with Passion

- Playing with passion comes from love for the game, feeling part of something larger, internal desire to get better, culture and environment.
- Teaching passion – team and individual, create pressure situations, communication, competition, self awareness, toughness on offence and defence.
- Teach by example, lead with passion.
- Know the right button for each player, all are different.
- Create a great environment.
- Learn to see the positive in uncommon things, e.g. taking a charge, or a 5th foul for the team.
- Perfection – fullcourt layups from both ends, make 20-30 in a row (back to 0 on a miss), switch hands.
- Layups from halfcourt – two teams, each attacks a different basket, one player from each team is facing each other across the centre circle doing continuous crossover dribbling, be the first to score on “go” (see Layups – [NBA](#)).
- 1 on 1 – a) attacker (with ball) and defender face each other across the centre circle, on “go” the attacker can score at either basket, b) both players have their hands on a ball, one player on the sides, the other player top and bottom, fight for the ball on “go”, attack either basket, go the other way on a miss, play to a score (see 1 on 1 – [Reaction](#)).

- 3 on 3 in the FIBA lane – there are no fouls, either team can score on a rebound.
- 4 on 3, then 4 on 4, e.g., three stops in a row.
- Shooting drill to end practice – halfcourt shot to win, *or make a bounce shot from the foul line.*

Terry Layton – FIBA Drills Around the World

- Seeing a lot of two-basket fullcourt drills.
- Bill Self – don't stop practice, talk through it.
- “Knot screen” – cross-screen, the cutter curls the screen and exits back where he came from, the screener comes back where he came from (“tie the knot”).
- If the defence switches a little-big ballscreen, the ballhandler attacks the big defender, if there is help, the offensive big will be open.
- On a pick and roll, the screener has one foot behind the on-ball defender, make him go over the screen. Roll to the short corner, not to the basket.
- 1 on 1 - attack your defender, attack a shoulder, make contact, open him up.
- Steph Curry will penetrate, kick, exit for a return pass (see Shooting – [Pivot kick](#))
- On a dribble-at, use a two-hand scoop pass, not a dribble hand-off holding the ball.
- Layups - [Argentina warmup](#), fullcourt layups (also see [YouTube video](#)).
- [Layton 2 on 1](#) – three variations.
- Fullcourt shooting (his favourite drill), see Shooting – [Choice is yours](#).

Dave Smart – Ballscreens

- Try to combine development and winning.
- Have to be true to yourself, if you are going to get fired, do it your way.
- Build a program through culture, and that means trust.
- Ask players what their problem is, but pick up on body language, they tell you what they think you want to hear.
- Tell them the truth, make them earn it in games.
- There are 4 types of players, 1) smart, talented and know it – they get you fired; 2) smart, talented and do not know it – they make you look brilliant, 3) not that smart or talented and know it, but they want it – cannot disrespect them, 4) not that smart or talented but think they are – cut them. You want everybody to be in group 2 or 3.
- Never cut the two best players; they may quit.
- Offensively, don't allow a press to slow you down, attack pressure. Don't try to play offence with 14 seconds on the shot clock. You're screwed in a low-possession game against a better team, you never get a good shot.
- On ballscreens, cause an advantage and get downhill.
- *See where the screen defender is, and go opposite*, e.g., reject the screen on a hedge (“naked”), turn it in to a 4 on 3.

- If the defence “weaks” a middle ballscreen (doesn’t let the ballhandler come off with their strong hand), the screener will screen again (on the same angle, as the ballhandler starts to dribble away from the screen towards the screen defender).
- On a wing (side) ballscreen, three players are weakside (a triangle - corner, low post, on the 60 i.e. wide slot). The player on the 60 reads the play and spaces away or steps out, the low post floods middle.
- In practice, decide on the ballscreen coverage for each guy, e.g. switch, blitz, shock.

Sunday

Nelson Isley – 1 on 1 Skill Development

- See 1 on 1 – [Isley halfcourt](#), [Isley fullcourt](#) (also [Pasquali corner-wing cuts](#)), Defending – [Isley 1 on 1](#),

Greg Francis – Canadian Men Style of Play

- Play fast – *on a make or miss*, get the ball to the far 3-point line by 20 seconds on the shot clock.
- They want open shots at the basket, open 3s, free throws. Open 3s come from *offensive rebounds and kickouts from the post*.
- Allow the two best players to take pull-ups.
- *The goal is 4 double-digit scorers.*
- If one of your players has a triple-double, you will usually lose or it’s a close game.
- With iso ball, it’s hard to put a team away, and you will never catch up.
- Offensive actions used to be low post, now it’s multiple pick and rolls when the defence is set, and almost always end with ballscreens.
- Defensively, force weak hand on penetration, in the low post, on ballscreens, *and on off-ball screens*. Guarding a right-hander who gets a wide pin-down screen, top lock (deny access) on the offensive left (force a rejection); chase on other side, into a left-hand attack to the middle.
- Showed a Two-up continuity ballscreen offence, see Fast Breaks – [Triano early offence](#).

Dave Bollwinkel – Efficient and Effective Practice

- Go to other practices where there is a sense of accountability, standards.
- Check all the ways you score, you are probably spending too much time on offence.
- NBA coaches are not good at zone offence or player development (players need to play).
- What’s your identity, what’s important to you, you can’t teach everything.
- Get input from players, get players to take ownership.
- At halftime, ask them “What do you see out there?”

- If you are a team that plays fast, you can slow down, but you can't go from playing slow to playing fast.
- Use your assistants, legitimize them for your players.
- Before practice – jump rope, Mikans, form shooting etc.
- “Coach seeing” – can see everything going on in the gym.
- A playbook helps give your players confidence.
- Defensive ball pressure – no “window shopping”.
- Defensive breakdown drills (stations), e.g., 2 on 2 denial, smash a post flash, 3 on 3 baseline drive help rotation (trap & cover down).
 - See Defending – [Denial both sides](#), [Pasquali denial](#) (option d), [Fratello drive and trap](#)
- 4 on 4 defensive drills – front the low post, downcreens, backscreens, “switchy-switchy” (offence puts the ball down on a whistle, can't guard the guy who was guarding you).
 - See Defending – [Woodley 4 on 4](#), also [Green shell](#).

Mike MacKay – Basketball Lessons Learned this Past Year

- Rule of 3 – you can handle up to 3 things at a time.
- Rule of 10 – you've got 10 minutes with your players (then make a change)
- Rule of 30 (or 20) – you've got 30 seconds to get them into an activity.
- Shots should be within range, open, and on balance (alignment, rhythm). You need rhythm to shoot from distance. Don't coach it, the body knows what it has to do.
- *Form shooting* – 1) pick the ball up from the floor (into triple threat), 2) step back with the shooting foot and lower the ball at the same time (“backswing”), 3) step up with the shooting foot and shoot.
 - See Fundamentals – [Keys to shooting](#).
- Partner closeout shooting – shooting foot back before a catch. Progression – run her off the 3-point line, hockey stop, rear-view contest (there's no help on a 3-point shot, make her put it on the floor).
 - See Shooting – [Beat the closeout](#), Defending – [Raptors closeouts](#).
- 2 on 1 shooting – to start, the defender passes and closes out, the receiver can shoot or pass to partner for a shot. See Shooting – [2 on 1 MacKay](#) for progressions.
- Thinks the new FIBA 0-1-2 travel rule is good, layups and spin moves should not be a travel, and it's safer with an extra step to stop.
- 3 on 3 advantage/disadvantage drill (see 1 on 1 – [Pasquali corner-wing cuts](#)).
- On offence, backcut if you are a single gap away from the ball and the ballhandler looks at you.

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