

# THE CLINIC TO END ALL CLINICS

September 19, 2008

Manhattan College · Draddy Gymnasium



**JOE STOLZER**

[www.mensbasketballhoopscoop.blogspot.com](http://www.mensbasketballhoopscoop.blogspot.com)

## “THE TEN COMMANDMENTS OF PHYSICAL DEVELOPMENT”

- I. Warming Up
  - Goal: raise body temperature by 2 degrees (skipping, jogging forward/backwards, jumping rope, jumping jacks)
  - Running backwards: prepares your front muscles, creating a balance of the muscle
  - Side shuffles- 31% of all movement in basketball is lateral, yet no one trains that way
  - Lunges- angling right or left at 45° angles
  - Squat thrust
- II. Foot and Ankle
  - Foot & Ankle strength affects knee stability and hip strength
  - Often times a bad knee is a result of a weakness in foot/ankle area
  - Walking on toes
  - Walking on heels
  - Jogging barefoot in place- 5-15 minutes

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- Side Ankle Lifts- 2 people, one lies down on one side and pushes ankle upwards against the resistance of partner standing above them and pushing down on their foot
- III. Lower Body
  - Basketball is played from one leg to the other (major key of basketball strength is the ability to transfer weight from one leg to the other).
  - 1 leg get-up: with back to bench, raise one foot barely off the ground and lower your body to sit on bench. 10 reps, switch legs
  - IsoExplosion: squat on one leg, holding for 4 seconds before jumping as high as you can
  - 1 Leg Squat Hold- Standing on bench, squat on one leg- Hold for 30 seconds- 5 minutes
  - Side to Side 1 Leg Jump- jumping side to side off of one leg as far as you can, holding for 4 seconds on each leg before jump
- IV. Pillar Strength- Emphasis should be on inner abs rather than outer abs. No matter how big a guy is, on the court he is only as strong as his inner abs are.
  - Planks: Top ab exercise for everyone from soccer moms to Kobe Bryant
  - Bridge: Shoulders and feet on the ground, body raised for :30-5:00 (strengthens the body in a synergistic way)
  - Figure 8- butt on the ground, legs raised, wrap the ball around and through your legs in a figure 8 motion while moving your legs up and down. Works hand-eye, basketball specific muscles, shoulders, core, and hips, go for 30 seconds to 1 minute.
  - Bicycle Lateral Raises- Sitting on your, move your legs in a bicycle motion while performing lateral raises with 10 pound weights
- V. Basketball Torso- The forgotten muscles
  - Hands:
    - Ball Push-ups: rolling ball from hand-to-hand
  - Elbows (must pump elbows efficiently):
    - The Set-up: standing with one leg on the bench and the other resting on the ground, lift leg up to level of bench (forces one to pump elbows).
  - Gluteus Medius
    - Coach Hang: Lie down sideways on bench, rest bottom leg on bench on your ankle
  - Upper back (true measure of upper body strength):
    - Kneeling Outlet Pass: kneeling on the floor, throw outlet passes to teammate. Teammate moves back on each set of 10 passes.
  - Basketball Back- the taller the player is, the longer is spine and, thus, the greater the need for muscle development to protect it.
- VI. Lateral Movement- Defensive speed
  - Line touches 30 in 30 seconds, 40 in 40 seconds, 50 in 50 seconds
  - Basketball Volley- Player slides across lane while partner tosses him a tennis ball. Player catches it with one hand and tosses it back.

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- Lateral Hurdles- Place three hurdles on ground, player must move across them in a line by jumping side-to-side
- Boxing- Player jumps on and off the board, scissoring feet, and throwing punches.
- VII. First Step (The most important step in basketball)
  - Ball Drop (Dwyane Wade Drill): Player stands in a ready position on the baseline, Coach stands at volleyball line and tosses ball out. Player must accelerate and catch the ball before it bounces twice. This can be varied by having the player start lying on his stomach or back.
  - Timed Sprints:
    - Baseline to top of key: 1.8 seconds
    - Baseline to halfcourt: 3 seconds
    - Baseline to opposite foul line: 3.5 seconds
  - Resistive Sprints:
    - Jump rope to halfcourt, drop the jump rope, receive a pass, layup.
    - Player runs against resistance of teammate pushing him. At halfcourt teammate lets go, player finishes his sprint.
- VIII. Multi-Directional Quickness (Ability to change speed & direction with the ball)
  - L-Sprint: With the ball, player begins at the corner of baseline to halfcourt, across the court to opposite sideline, back across and then finish at beginning corner- 10 seconds.
  - X-Sprint: With the ball, player begins at corner of baseline and sprints to halfcourt on the opposite side of floor. Player turns and runs across halfcourt and then moves diagonally back to baseline before dribbling across baseline.
  - Jog-Run-Sprint: Walk dribble to foul line, jog dribble to half court, sprint to baseline.
- IX. Vertical (A measure of one's true explosive power)
  - Pogo Jumps: 20 short, 20 high
  - Broad jump: Off two feet, jump forward as far as you can.
  - Overspeed: Sprint from halfcourt to baseline coming to a jumpstop before jumping as high as one can, trying to touch backboard with 2 hands.
  - Jump Squats: Bend down to touch the floor then jump to touch the ceiling.
  - Knees-to-Chest: Jump with the goal of bringing your knees to the level of your chest. 25 jumps, rest, 25 jumps, rest.
- X. Recovery
  - The Golden Hour: In the 60 minutes after a workout, body is peaking: you must replenish the nutrients.

Notes:

- I can't make the people that come to me be Olympians, I can only inspire them and try to make them a better athlete than when they came to me.
- In today's game, defensively it's all about getting to a spot (QUICKNESS)
- 31% of all movement in basketball is lateral, why don't we train that way?
- A player is only as fast as how short of the time period in which his feet are resting on the floor
- Brain doesn't know the difference between a dumbbell and a basketball- Bring the weight room to the court

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**BILLY DONOVAN**

## “COACHING THE MINDSET”

- What do you do to get your guys mentally ready to play?
  - A team can't play well if it is not in the right frame of mind
- Bill Parcells: “Players haven't changed (from the 80's until now), it's the people around them that have.”
- Basketball is an unselfish game that is too often played by selfish people
- Where are our guys mentally?
  - Examine body language as they come into practice
  - Have a beat on everything going on in the Athletic Center (trainers, managers, etc)
- How do your guys learn? Film? Walk-through? Be CREATIVE!!!
- After 2006, wrote down all the things that could get in the way of the team being the best they could be- players being selfish, over-confident, not handling roles
- 2006 & 2007 National Champs had an enormous level of sacrifice
- .-Live in the present: forget the past, play the next play to the best of your abilities
- Encountering over-confidence: yesterday is over, we need to compete NOW
- COMPETITORS (!!!)- great competitors bring it every game, every practice

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## -Role Players

- Never underestimate how important role players are.
- Stars will get the pub, it's the role players whom you need to make sure feel appreciated
- Stars must endear themselves to those role players (think KG offering anyone on the team a free meal every road trip)
- Building chemistry isn't all on the coach, your best players have the best chance to improve chemistry

-Leaders on the floor/ Leaders in the locker room- often can be two different sets of people

## -Approach/Avoidance goals

- Approach Goals: things the team wants to see accomplished
- Avoidance Goals: things the team is hoping to avoid.
- Focus on approach goals. Avoidance goals are too negative, makes teams play to not lose rather than to win

-Live in the present: forget the past, play the next play to the best of your abilities

-Encountering over-confidence: yesterday is over, we need to compete NOW

-COMPETITORS (!!!)- great competitors bring it every game, every practice

-How do you make sure your message is being carried?

- Choose 3-4 players who are responsible that the message isn't diffused by negativity in the locker room

-Watching film after a loss shouldn't be punishment. Be objective. You can be harder after a win, go easier after a loss.

-Halftime motivational strategy: Really not much time, only 15 minutes, but if they're too high emotionally, bring them down. If they're down, bring them up.

-Create epiphanies- talking can only do so much, at times a coach needs to come up with a creative way of getting his message across. Sometimes players get too caught up in themselves and seeing those who are less fortunate, they realize they don't have it as bad as they think.

## -Ideas:

- Bring role models to practice
- Visit a local children's hospital
- Ask for the team's input.

-Bill Belichick met with the team shortly before the SEC tournament. Showed them a video of the Breeders' Cup (horse race) and paused the tape halfway through the race with the outcome still up in the air. He asked the team "Who will win? The horse with the most experienced jockey? The horse who has won the most money? The horse with the best odds prior to the race?" The team was puzzled, "No, it's the horse that runs the best race from here on out." You can't focus on prior accomplishments/failures, you must only focus on the present and doing your best the next play.

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**RICK PITINO**

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## “PLAYER DEVELOPMENT FROM A TO Z”

- The NCAA established the 20 hour a week rule because of me. If you don't like to work at your game, I'm the worst coach for you.
- Favorite 3 players of all-time: Mark Jackson, Jamal Mashburn and Billy Donovan because all three players were overachievers who got to levels that he didn't think they would ever get to.
- Sits down with all his seniors after the season is over and asks them to tell him what they enjoyed and what they hated. Constantly seeks feedback.
- New book- Rebound: Art of Success. Deals with rebounding from adversity in life.
- Skill development philosophy: We're not leaving until you master that move
- 3 or 4 man workouts lasting either 42 minutes or 1 hour
- Offensive player should go body-to-body with defender not just to beat the individual defender, but also to stay away from off-ball defenders (“slapdown guys”)
- Players shoot 22% when challenged. (He really emphasizes this fact to the point that during one-on-one competition, Louisville players are told to pass it back to a coach rather than take a challenged shot)

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-42 Point Game: Group of 3 players stand at 3 point line, managers rebound. Players shoot a corner 3 running to opposite corner after their shot to take a 3 from opposite corner. Players will then run back to original corner for a one dribble pull-up before heading to opposite corner to do the same. Players will then return to original corner for a catch-rip- 1 dribble-layup. Players will do this from seven spots (corners, wings, elbows extended, top of key) with the three-pointer counting as 3, pull-up counting as 2, and the layup as 1. Maximum point total:42, losers run.

-Four rules in terms of team defense::

- no 3 point attempts
- every 2 is challenged
- no shots at the rim
- no second shots

-Footwork drill: players line up on baseline under basket, toss the ball to a coach at the three-point line in the corner. Player sprints out to catch the ball on a jump stop facing the coach. Turns his body ripping the ball through (2 important notes: first thing the defender should see is the offensive player's elbow coming through before the body. Player should exaggerate how low he is on pivot) Run from seven spots on the floor) pivoting both ways- 14 actions.

-Post footwork: Drill begins same as above, but guards now go to block. Before coach passes it into the post, he will hold and make the player move laterally to fight for position against manager. First rep: player turns to the middle, one dribble, point the shoulder into jump hook. Second rep: baseline jumper (DON'T FADE!!!)

-Box Drill: 1 player on each block, one with a ball. The player with the ball (X1) tosses the ball out to a coach standing outside the 3 point line before x-cutting to elbow. As he's doing this, the player on opposite block (X2) cuts to the opposite elbow. X1 passes to X2 (who is bothered by manager playing dummy defense to force a difficult pass), X1 takes one step away before cutting across the lane to catch a pass back from X2, X1 absorbs contact (coach holding pad underneath hoop) with his inside shoulder and finishing with his outside hand. Switch players and sides.

-1-on-1 Keepout: 1 player on each block. Player with the ball (Offense) throws the ball out to coach and sprints out to receive handoff. As the defensive player steps up, his goal is to keep the offensive player out of the paint. If offensive player can get into the paint= point for the offense. If the defensive player is able to drive him out= defensive wins.

-The mark of a great on-the-ball defender: ability to keep his shoulders squared on offensive player. Once you open up your shoulders, you're beat

-Box Tap Drill: One player on each block. The player with the ball (offense) throws the ball out to the coach and sprints to elbow, defensive player trails. Offensive player catches with his back to the basket at the elbow and waits for the defensive player to touch his back (his cue to play) Winner stays on offense.

-3 man shooting: 1 player at the top of the key and each wing (3 total). Player at the top of the key receives first pass from coach underneath the hoop for a catch and shoot three. On the next pass, player dribbles twice to the right into the paint and kicks to right wing who spaces out on point's penetration (Player shoots and then runs through to opposite wing). Player on the left wing replaces at the top of the key and receives his first pass for a catch and shoot and his 2<sup>nd</sup> for a drive and kick to the right wing (now held by the person who began at the top of the key)

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- Doesn't allow full court 5-on-5 in the off-season: "All it does is allow your team to repeat bad habits."
- Put competition in every drill—players play harder when there's a winner/loser. Put something on the line.
- Goals: 6-8 steals, +8 differential in FGA, 35 deflections (30 in HS) and 10 2<sup>nd</sup> shots.
- Don't personalize criticism- "We" not "You"
- Uses treadmill resting on side of practice court for punishment. 1 minute on 9.0, 2 minutes if they don't sprint to treadmill
- Working hard is an acquired skill
- The more you build self-esteem when it's deserved the more likely guys will work to overachieve.
- 1on1: Coach on each wing with ball, one player at top of key (offense) and one player just below FT line (defense). Player can step to either side (elbow extended) to receive pass from coach. Defensive player closes out, offensive player is allowed 2 dribbles. On a miss, defensive player passes ball out to coach only to receive it right back (mid-range area on wing). Players stay on until a score. On a make, offensive player heads out to the top of the key and the drill starts again. ON A FOUL: offensive player ducks in immediately to post up next player in line (players must be ready to jump on and try to get in front). A couple of points: no staredowns (players must work quickly) and do not allow your players to take contested shots (rather than take a contested shot, they can pass the ball out to one of the coaches and play again).

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**JOHN CALIPARI**

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## “THE MEMPHIS OFFENSE”

- Points per possession: Free Throws: 1.4, Threes: 1.2, layups: 1.2, midrange: 0.7.
- SPRINT to the rim on cuts
- Big rim-runs HARD for a layup. If big doesn't get it, weakside just below block.
- Dribbler must continue to come on drive, can't be knocked off course of drive and CANNOT spin back across basket line. He must play through bumps, can't move back.
- All passes in this offense are high or lobs (no direct-line passes)
- Big moving to opposite block on ball movement can't slide across lane, it's a cross step and sprint
- Make sure trailer (4 man) is properly spaced. He should be at the midpoint (halfway between the lane line and sideline).
- On wing drive, once dribbler breaks the 3 point line, player in the corner must take 1 step out of corner in order to occupy defender (all you need is 1 step, just make sure defender sees you move)
- In this offense if you have the ball, it's your game: beat your man, try to score. Hardest thing to guard is the dribble drive.
- Weakside wing is 1<sup>st</sup> defensive guy back

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-“Bailout” cuts: cuts made to give dribble-driver options if drive is cut off and can’t get all the way to the rim. Bailout cut must stop if driver stops. In the case of a jump stop, cut must hold up

-Bob Knight (Motion, Motion, Motion) upon seeing the DDM for the first time: “This is the stupidest shit I’ve ever seen, but I like it.” Bob Knight’s critiques: too many teams play the team too fast, don’t be afraid to look to see if you have the open shot on the catch rather than putting the ball on the floor right away

-He’s coaching less, winning more

-With DDM, practice is teaching how to play rather than teaching them plays

-Players love gametape of themselves

-Charts shot % during practice- EVERY shot

-You CAN run this with a post presence. Quick post-up: send 2 man through, 1 dribbles right to elbow while 5 man ducks in from opposite block. The great spacing in this offense is what allows this to happen. Teams can’t double.

-DDM is NOT “drive and kick.” In fact, he loves when he hears that or “it’s just AAU ball” because that means the other team doesn’t understand what we’re running

-Breakdown drill for Bigs: Coach stands at FT line, line of bigs on the block. Coach throws it in the air, big jumps up (no step, just jump) and gets it, putting it off the backboard.

-Offense is great for offensive rebounding because you can send 3-4 to the glass because teams are so afraid to even try to run with this offense.

-Important stat: rebound percentage—how many times did a player ATTEMPT to rebound?

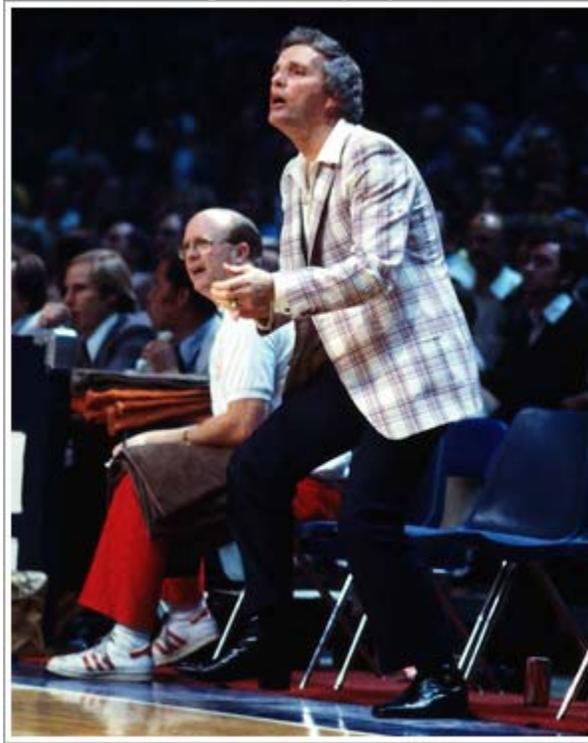
-Offense is easy to recruit to—kids want to play this way

-It’s not the first drive of the possession that will get to the rim, it’s the 3<sup>rd</sup> or 4<sup>th</sup> that will provide the layups.

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**HUBIE BROWN**

[www.mensbasketballhoopscoop.blogspot.com](http://www.mensbasketballhoopscoop.blogspot.com)

## “THE X’S AND O’S YOU FORGOT TO ASK”

- At clinics, take only what you can teach; be sure to stay within your personality and personnel. You **MUST** believe in what you teach
- Great coaches aren’t afraid to be innovators
- PLAYERS make the system, not the coach. You **NEED** players—During the Chicago Bulls’ run during the ‘90’s, eight newly-hired coaches installed the triangle offense in their new job, none, zero, lasted more than 2 years. What happens when you don’t have the players?
- How do you ram home your emphasis?
- You don’t lose your job just because of your win-loss record. Often times it is players complaining about style of play
- What kills a player’s potential? 1. Low pain threshold 2. Low IQ (basketball) for what we’re running 3. Selfishness 4. Can the person do the intangibles (charges, loose balls, pass aheads, rotations 5. Drugs and Alcohol
- Accountability is greatly missing in today’s game

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-Shooting makes up for a multitude of sins. I have a shooter on each unit no matter how bad of a defender he is. We can hide a bad defender, we just need him to make the necessary rotations.

-Key halftime stats: offensive rebounds (& points off), fast break % (& points off) and deflections (Why do I love deflections so much? Because it shows that we're working and it tells me we're bothering them from making the pass to the spot they want)

-Reward your guys: tell them how much you appreciate them

-Give your players a chance to talk

-Never end a drill without a basket. It does 3 things: 1. improves their confidence 2. conditioning, forces them to chase the ball down 3. enforces good habits, conditions them into making scoring a reflexive action

-A coach must pay extreme attention to the last 6 minutes of a game. Ask yourself:

1. Did we get high percentage shots for our shooters?
2. Did we get to the free throw line?
3. Turnovers

-The day after a loss, a coach must break those key plays in the last 6 minutes to explain to his players why we won/ why we lost

-Zone attack: 1. What kinds of shots are you getting? 2. Can you score in the paint? 3. Can you get to the line? 4. Can we get to the glass for offensive rebounding?

-Anytime a team is running a sideline break, we're going to take it away. On a make/miss, defender jams the rebounder. Drill: 2 players on each block, closest to baseline will be on offense. Coach scores the basket, offensive forward grabs the ball out of the net and steps out of bounds to inbound the ball to guard streaking to near sideline (volleyball line). Defensive forward angles himself to cut off pass to sideline, defensive guard must force the guard to come back towards the inbounder for the outlet. On the catch, defensive player must turn ball-handler twice before halfcourt (forward sprints to half out of drill).

-I need more shots—how do I get them? Offensive rebounds, force TOs, and block shots.

-Hubie's 3 toughest offensive actions to guard: 1. Staggered screen for a shooter 2. Dribble handoff 3. Backscreen

-Do you shoot enough in practice? How many shots do your kids get up in a practice?

-To beat pressure: 1. If a player cuts out of an area, a player must be sprinting in to replace 2. Have the ability to reverse the ball 3. Do I have a backdoor/change of direction in our continuity?

-Make a zone press pay: attack, layups. If you don't, they will stay trapping

-Against physical defensive play, don't be afraid as an offensive player to use your hands when coming off a screen (against the screener, your teammate). Why? Because it slows the offensive player down and allows him to see how the defender is playing him.

-When your door is opened, will you be ready? Will you thank the person who helped to open that door?

-Great moment—Hubie: "Is he soft? Can't set a screen? Shit, he could start for Cal"

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**PETE GILLEN**

## “HOW TO BEAT THE ‘ZIGGY’... SURVIVE, ADVANCE, & CONQUER”

-Any coach in America can get fired. You can be fired for a variety of reasons: not winning enough, can't recruit your city or state, style of play (you have to play “fun”), attendance, players (discipline or academics), new administration, new building, lack of postseason success, etc.

-Be sure to keep in touch with people; drop them a simple note

-The right length of time to be in a job is around 7 years for a college job, 10-12 for a high school

-Even though being fired is THE most personal thing in the world, you can't take it that way. You have to see that it's the system

-What happens when you get fired? To get back you have to put your name out there and you can't do it by yourself.

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- Coaching allows you to help kids, affect young lives, “The Ripple Effect”
- What do I miss now that I’m out of coaching? Practice (the teaching), the camaraderie between the coaches, the thrill of games
- Why did I leave Providence for Virginia? Honestly, money. I had an opportunity to secure the financial future of my family—I had to take it.
- Wouldn’t trade his 36 years in the business for anything because of the relationships that he built with other coaches

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**BOB HURLEY**

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## **“BUILDING A PROGRAM W/O \$\$\$”**

- Building a high school program:
- Decide what type of kids you're going to have
- Keep a separation from your players (“I'm Coach or Mr. Hurley, I am not your buddy”) I never want a player to come back and say I was too nice to them and I should have pushed them harder.
- Have your former players come back and tell you're guys 2 things: that everything they're going through is worthwhile and how great college is.
- Give yourself time to develop your style, stick with it (In his first year at Duke, Coach K lost to Wagner)
- Very important to build feeder programs to your program (Jersey City Rec/ B&G Club)
- With city kids, you have to keep them involved—it's okay for them to play other sports, it's better than them being on the corner
- Make freshmen and junior varsity programs mirror the varsity. Get the coaches to view themselves not in terms of win-loss, but rather as varsity assistants.
- Keep maximum number of kids
- Make sure you keep size (even with no experience). Pay attention to how you handle these kids—keep telling him how good he's doing until he's there “in the web” and then treat him like shit like everyone else.

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- Cultivate an identity in your community. If a cop sees a St. Anthony's kid on the corner, he will call me.
- Allow kids' play to dictate their playing time. Don't get too high on a kid as a freshman.
- Curfew: kids have to call from their home number between 9:30 and 10.
- Teach your kids how to act: short haircuts, no tattoos, good handshake and eye contact
- Pickup rules: Games to 8, 2's and 3's. Team that wins must "validate" the win with a free throw. If player misses, teams play again. If his team wins again, another free throw. On a miss, his team loses and is off.
- Drills: 2 teams go against each other for 4/8 minutes. Team that wins must validate the win with a free throw. If he makes it, losing team does the conditioning, but if he misses, his team is now the loser and must run.
- Validation idea came from Vance Walberg (UMASS and Pepperdine)
- Good assistants, ambitious coaches who want to be there are so important. If you are told that you have to hire assistants from within the school, try to mediate that
- Everyone in the program has gear, but the varsity has more (something the JV and freshmen can aspire to)
- If you have the opportunity, try to take an overnight trip
- Try to play as many as you can get away with
- Tries to get playing time for at least 1 sophomore each season
- Favorite players: ordinary players with an extraordinary desire to get better
- In today's game you must push fitness and strength training
- They must play hard. If they can't, they can't play for me.
- Get your guys to relish the opportunity to try, to challenge (when forced into the lineup due to injuries, 1 year varsity senior shutting Kobe Bryant down)
- Your best player must buy into playing defense
- Motivates his best defensive player by telling him in the scouting report that he's worried about his match-up and switches him off opposing team's best player. "He's too quick/ too big." If your guy is tough, he will come to you and demand that he gets the assignment.
- If you make them play hard and guard like crazy, you must give them freedom on offense
- FREE SHOT! When a player records a steal, it is his shot to take and may push until he's stopped. If it's a big, he gives it to a guard, but it's mandatory that he gets it back.
- Most important individual statistic for a guard: Assist/turnover. Good= 2:1, but a guy that wants to play in college should be above 3:1.
- Be sure to chart individual statistics/growth/achievement
- WIN STAT! Deflections + steals + contested shots + blocks + charges + defensive rebounds + loose balls + throw-aheads + offensive rebounds + 50% FG + 70% FT. Player who collects the most in each game gets to sit out all conditioning in the next practice.
- When practice starts, get the players together.
- Make sure that in the first 15 minutes of practice you say something to every player.
- After a bad loss, teach rather than blame
- Get your players to pay attention to detail, don't allow slippage
- Doesn't change defensive philosophy other than, depending on personnel, he will change his pickup point
- Keep a senior who doesn't play much IF he helps you in the class room or locker room
- You can pick your captains, but you can't pick your leaders.
- Talk constantly about their role, cultivate the back of your team

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- 3 times a week they practice hustle plays. Drill: Player slides to block to take charge of incoming offensive player. Defensive player jumps up and must dive on the floor to retrieve ball thrown on floor by coach. Player throws it back to coach, gets up and sprints in to get ball back from coach for a layup
- Killer conditioner: In the locker room, have a box of old shirts left at open gym. Have players bend and slide around the perimeter of the court, wiping the floor with the shirts.
- Late to a practice? Player stands on the sideline and watches everyone else do sprints (physically breaks them down in these sessions)
- Once you get defensive philosophy in, you don't need to push defense too much in practice. 3 drills is enough, just to work defensive leg muscles. In terms of practice time, offense over defense, emphasis on transition.
- Syracuse Lane Slides: Defensive slide across the lane coming to a jump stop (both feet outside of lane). Goal: 20 in a minute
- Work within your position only 10 minutes a day. Everyone practices every position everyday.
- A thousand times he has decided to try something else, but each time a kid (not even necessarily a player) has stopped him and kept St. Anthony's as being the only place he has ever worked. (Interesting to note that the closest he got to leaving was to Xavier with coach Gillen who preceded him at the lecture).
- You're crafted by who you played for/ worked with/ worked for
- You can dream

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