





## CORE BELIEFS

1. "It is not Christmas."
  - Meaning – No gifts for our opponent
    - Examples
      - Layups
      - Free Throws
      - Bad Fouls
      - Open "3"s for good shooter
      - Turnovers for touchdowns
2. Everything must be done with toughness.
  - Meaning:
    - It's hard to win
    - Really hard to win on the road
    - Really really hard to win your league
    - Unbelievably hard to go to Final 4
  - Everyone is tough. The question is how tough are we?
3. We must realize we need each other to become who we want to become
  - Examples:
    - Practice partner – he makes you better
    - The passer
    - The screener
    - The rotating defense
    - The teammate with positive things to say
  - Key = The coach & the player
    - One without the other cannot survive
4. Mental State is Everything
  - Meaning – To be our best, we must be in the right state of mind
    - Example:
      - Coach/player communication
        - No assumptions = No excuses
      - Focus must be on the task at hand or strategy is irrelevant



2015-2016

OCTOBER 10, 2015  
OFFENSIVE PRACTICE - CLINIC

- 3 TEAM PASSING - 2 LINE - STEP ACROSS PASSING  
1 MIN RT. 1 MIN LT.
- 5 SQUARE-UPS  - COACH IN LANE w/ FAD  
- PIVOT & SCORE
- 5 V-CUT PASSING  - PIVOT, QUICK JAB & SCORE  
- PIVOT, SHOT FAKE & SCORE  
- PIVOT, JAB, RONDO
- 10 OFFENSIVE BREAKDOWN SKILL WORK
- 10 PRESS OFFENSE
- 10 PRESS OFFENSE
- 10 PRESS OFFENSE
- 8 3 - 0
- 15 MOTION BREAKDOWN DRILLS
- 15 MOTION LIVE
- 10 5 - 0 TRANSITION "O"
- 15 5 - 5 TRANSITION "O"

## University of Cincinnati Basketball Coaches' Clinic

You can lose games in practice.

- #1 way – Getting guys hurt. Be careful trying to go 2 times a day.

You have to learn how to not lose games before you can learn how to win games.

Biggest keys to UC's TURNAROUND

- Turnovers and Fouls
- Translation means they stopped giving up layups and free throws.
- Also, it means UC got more shots.

Pitino Officiates practice to stop fouling. NEW RULE CHANGES THIS YEAR!

### **COMMUNICATION**

Communication is vital because your players have a ton people in their ears with all the answers! Meanwhile they have NEVER coached a game. Maybe a handler, wanna be handler, social media, blogger, message board, etc.

### **Bob Huggins**

Coach your team and ignore everyone else!

### **Coach & Player**

If your mind is on the wrong thing you have no chance of performing properly. Zero chance! Coach and Player – Mental State is VITAL

**YOU ARE ONLY AS GOOD AS YOU PLAY THAT DAY. PERIOD. IF YOUR MENTAL STATE SUCKS YOU WILL SUCK!**

### **SIMPLE AND SOLID!**

Players must stop trying to do 2 things:

- Trying to major in girl friends
- Be the social media director of campus

Don't tell them everything. Teach them how to make the right decisions.

- How to treat women, teachers, custodians, etc.
- How to make decisions for the right reason.

Guys have to believe in what you do not just be told to do it.

EXAMPLE: Temple Story about when John Chaney was there. Cronin and his assistant Davis walked up to a Temple player and asked about their zone. Player locked and said "We don't talk about that to nobody." It is because Chaney had them so bought in they felt like it was their advantage.

2 Goals in Transition

- Get ball in the paint

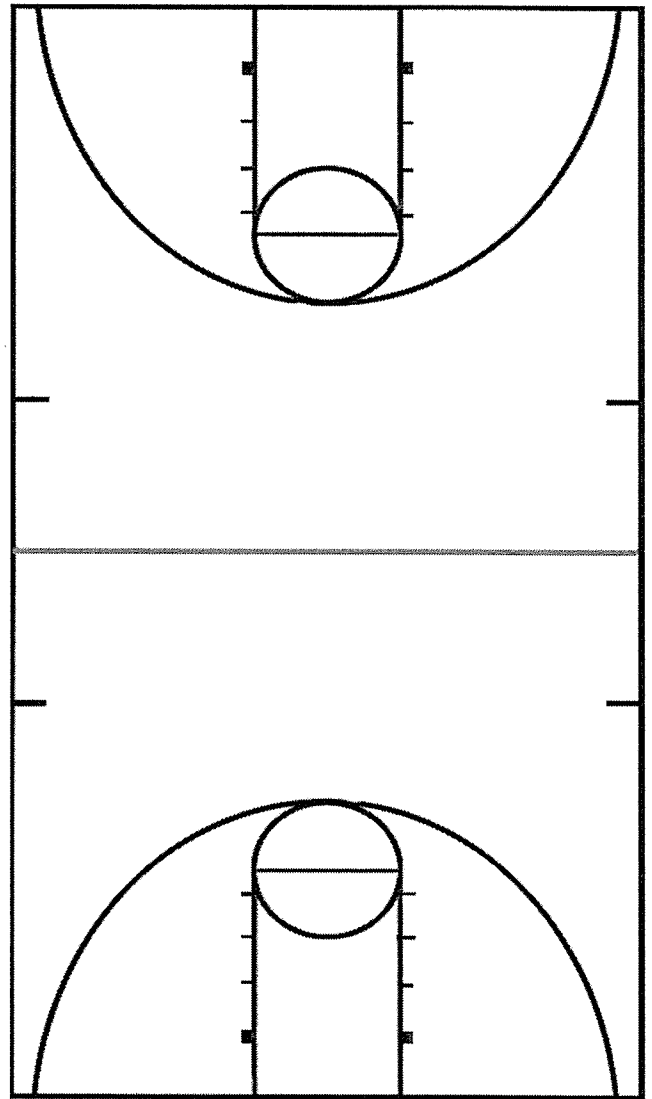
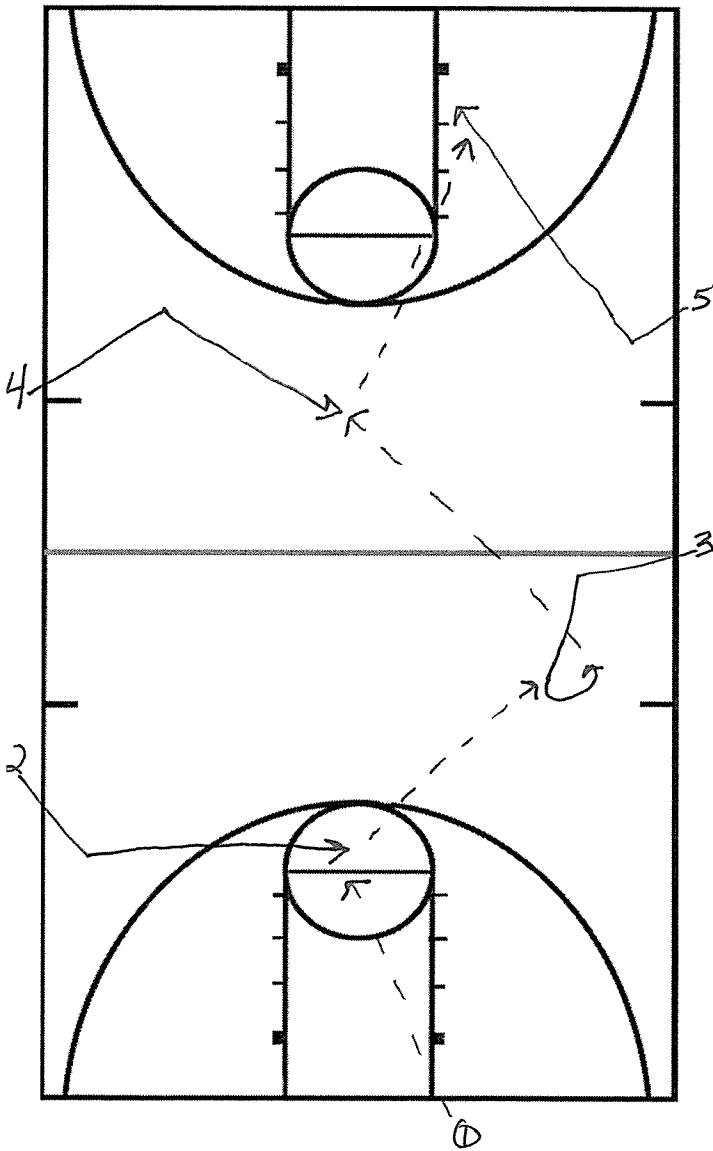
Scrimmage Rules:

- Point for Offensive Rebound or Layup

UNIVERSITY OF CINCINNATI → OFFENSE SEGMENT

## NEW ALBANY BULLDOGS BASKETBALL

V-CUT PASSING



BIG ON:

"SHORT JAB, LONG STEP"

WHEN MAKING V-CUT

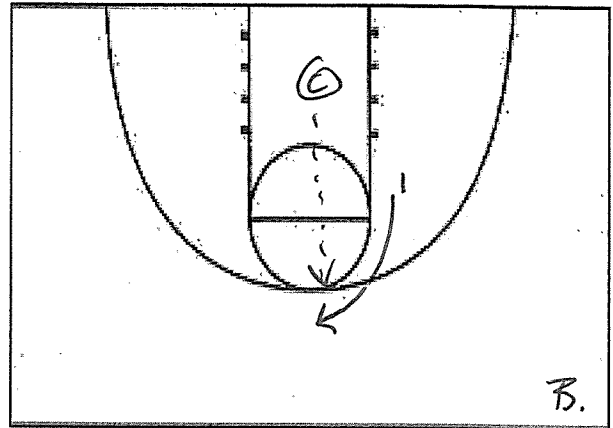
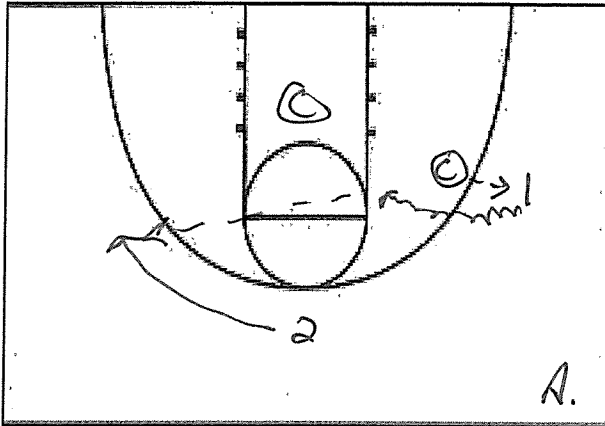
# NEW ALBANY BULLDOGS

## BASKETBALL GUARDS

OFFENSIVE BREAKDOWN  
SKILL WORK

Option: DRIVE + KICK MIDDLE

Option: \_\_\_\_\_

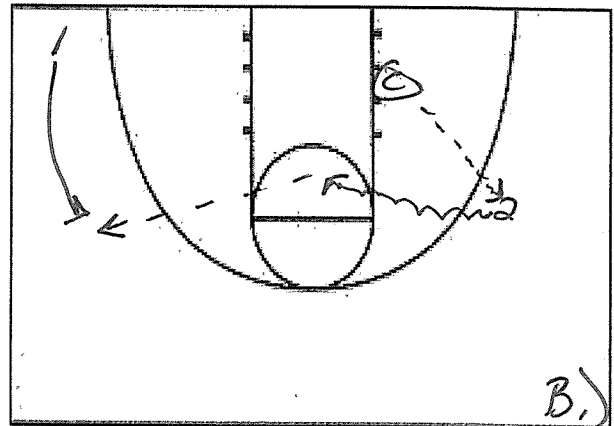
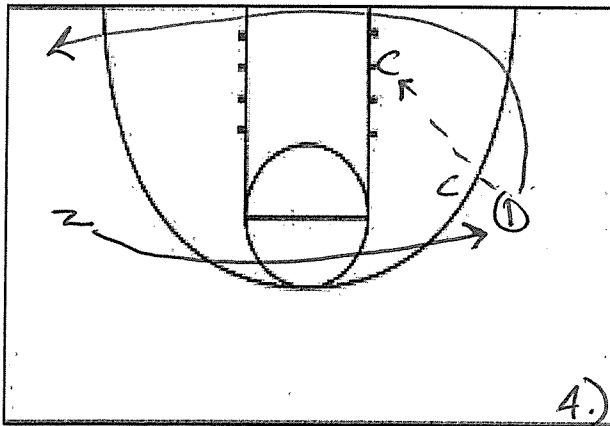


◦ COACH CHECKS UP BALL  
W/ 1, 1 DRIVES MIDDLE  
& KICKS FOR 3PT.

◦ 1 REPLACES TO TOP  
FOR A SHOT AFTER  
HE KICKS TO 2 IN  
PREVIOUS DIAGRAM.

Option: DRILL #2. POST FEED + MOVE

Option: \_\_\_\_\_



◦ 1 MAKES POST FEED  
TO COACH, AS OTHER  
COACH PLAYS DEFENSE.

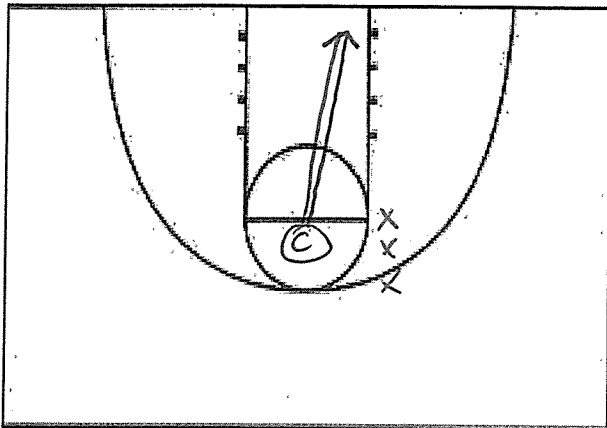
◦ COACH KICKS OUT  
TO 2, 2 DRIVES  
MIDDLE & KICKS.

# NEW ALBANY BULLDOGS

## BASKETBALL POSTS

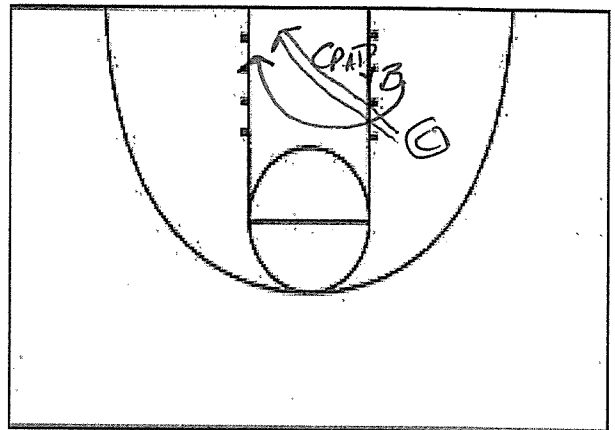
POST SKILL DEVELOPMENT

Option: ELBOW / REB + SCORE



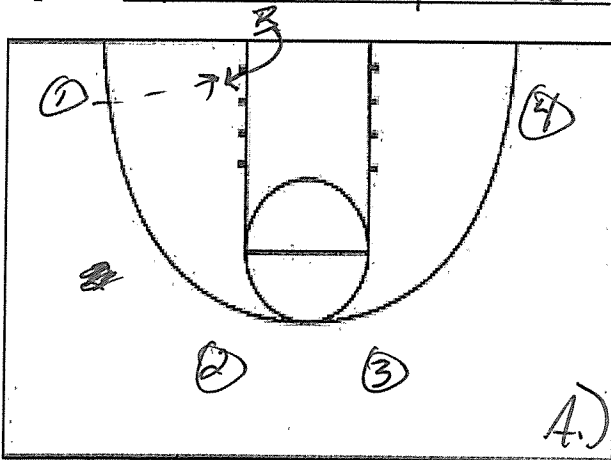
- o 3 FINISHES
- CATCH + SCORE
- CATCH, SHOT FAKE + SCORE
- CATCH + STEP THRU W/ OUTSIDE FT. FOR SCORE (I LIKE)

Option: WEAR SIDE REBOUNDING



- o "BIG" POST
- o COACH HITS WITH PAD, WHILE OTHER COACH SHOWS WEAR SIDE REBOUND
- o BIG, SPINS TO WEAR SIDE, REBOUNDS, = FINISHES W/ CONTACT.

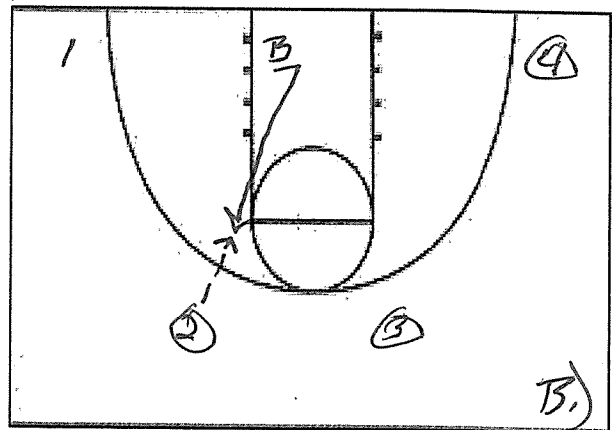
Option: 4 PASSERS, 4 MOVES



COACH "POST ASS DOWN, HEAD UP."

1 + 4 PASSERS MAKE POST FEEDS TO THE BLOCK.

Option: \_\_\_\_\_

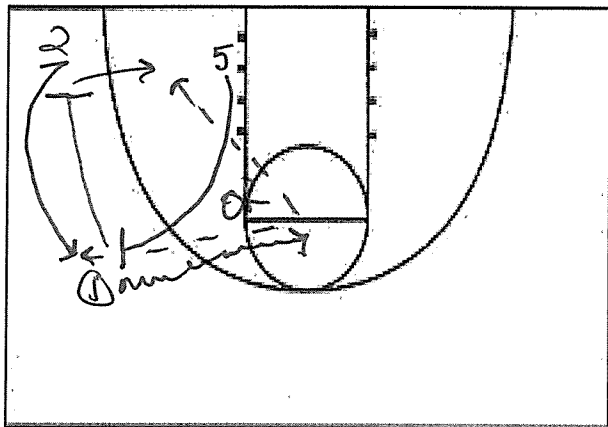


o 2 + 3 MUST PASS TO ELBOW.

# NEW ALBANY BULLDOGS BASKETBALL

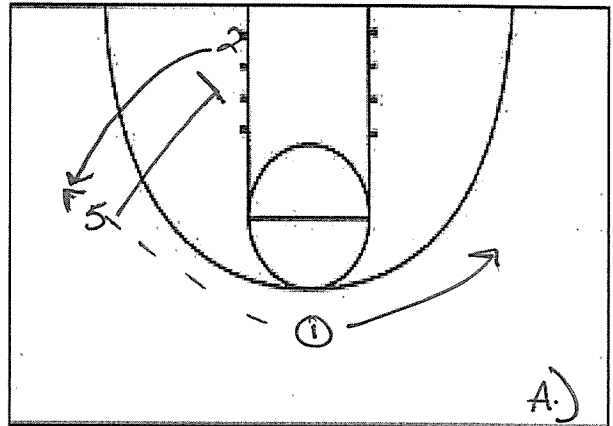
OFFENSE BREAKDOWN  
2 GUARD, 1 BIG

Option: 2 GUARDS 1 BIG



- o BALL SCREEN, DOWNSCREEN,
- 5 FLASH BLOCK.
- o HIT 2 OR 5
- o KEEP PLAYING 3 AND
- MOTION FOR # OF PASSES

Option: ALSO 2 GUARDS, 1 BIG




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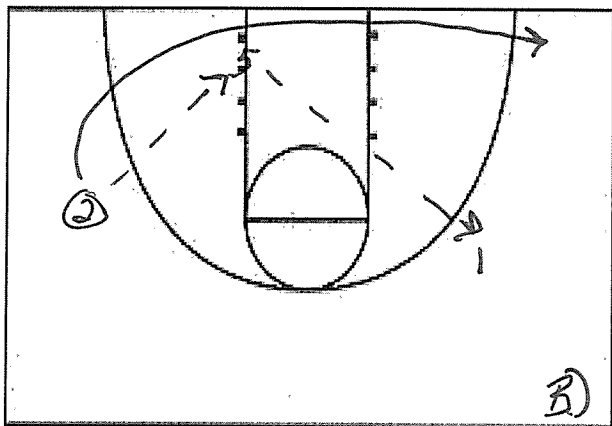
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Option: \_\_\_\_\_




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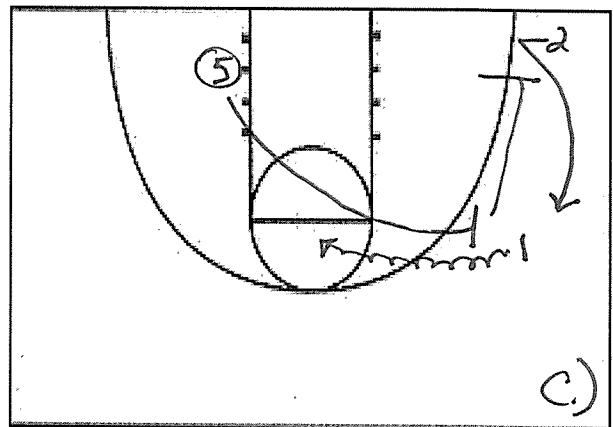
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Option: \_\_\_\_\_




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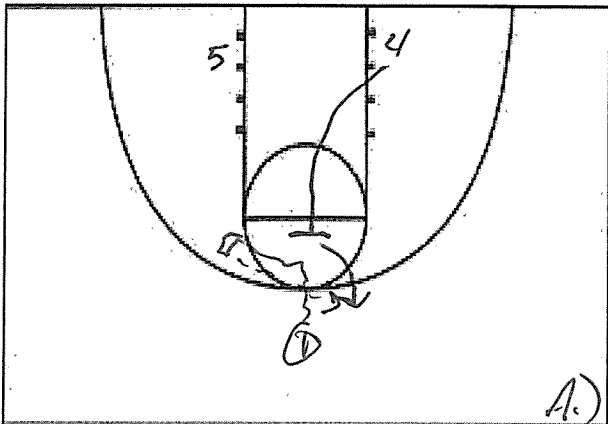
PLAY HARD ~ PLAY SMART ~ PLAY TOGETHER



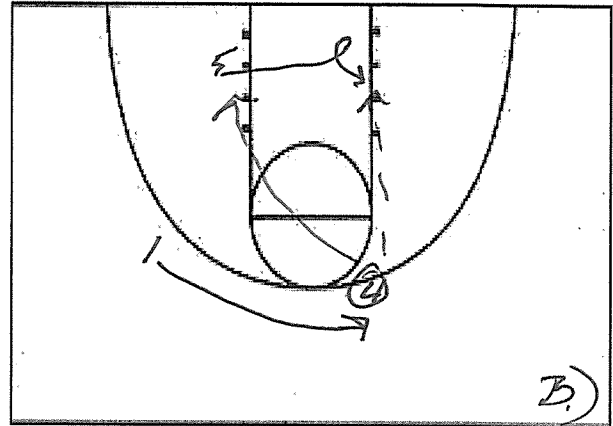
# NEW ALBANY BULLDOGS BASKETBALL

OFFENSIVE BREAKDOWN

Option: 2 BIGS, 1 GUARD (HI/LOW) Option: \_\_\_\_\_

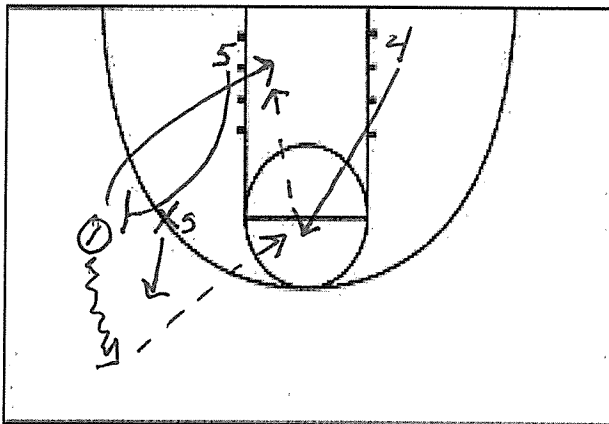


A.)  
 • FLAT BALLSCREEN TO HI/LOW

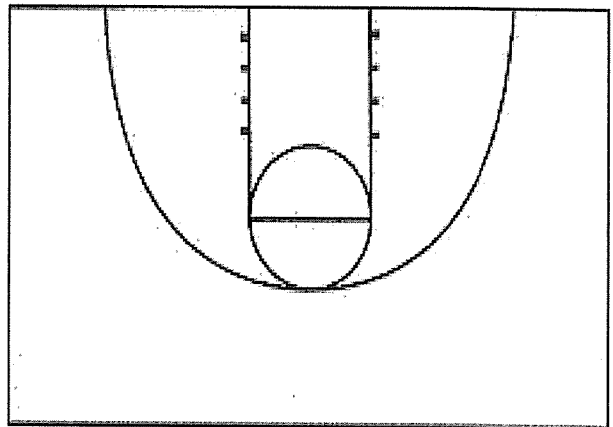


B.)  
 • 4 HI/LOWS TO 5  
 • DIVES  
 • 1 REPLACES

Option: VERSUS BLITZING BALLSCREENS Option: \_\_\_\_\_



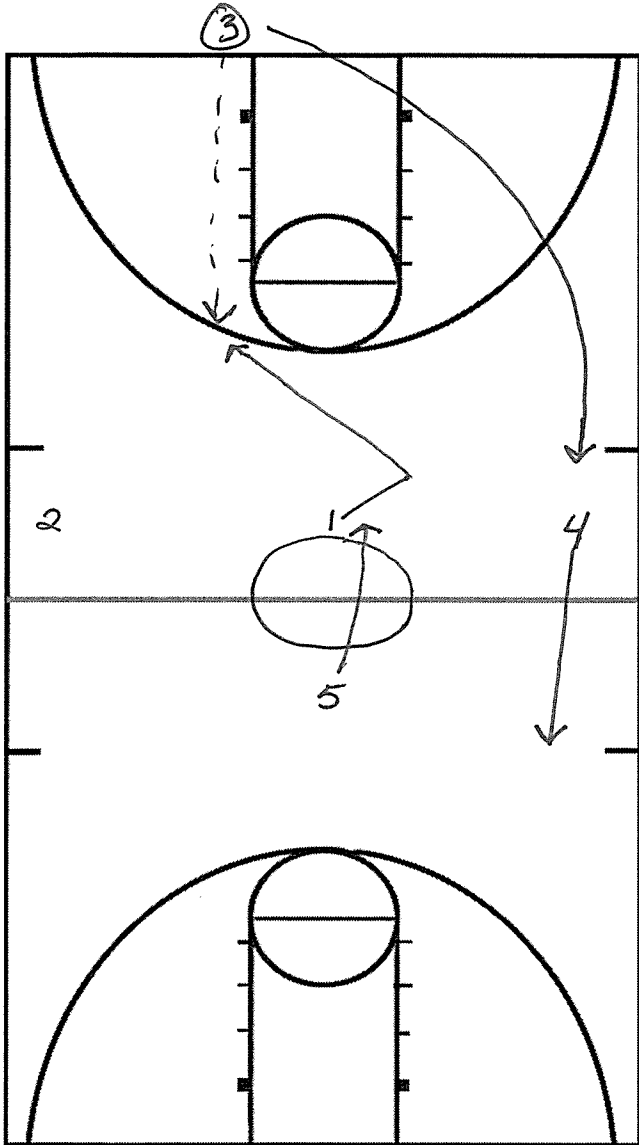
• 1 STRETCHES THE TRAP  
 • 4 (OPP BLOCK) FLASHES  
 • 1 HITS 4  
 • 4 HITS 5 ROLLING



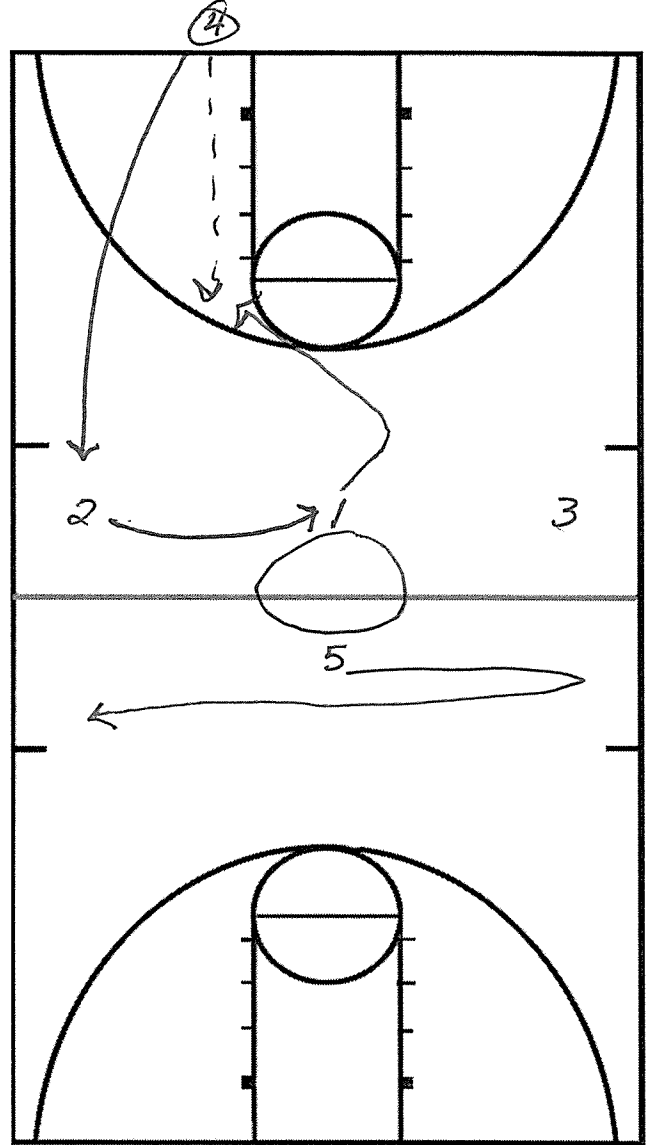
PLAY HARD ~ PLAY SMART ~ PLAY TOGETHER

# NEW ALBANY BULLDOGS

PRESS O v. SOFT PRESS BASKETBALL PRESS O v. HARD PRESS



• 4 WILL RUN SIDELINE TO SIDELINE BALLSIDE



• 5 IS RUNNING SIDELINE BALL SIDE

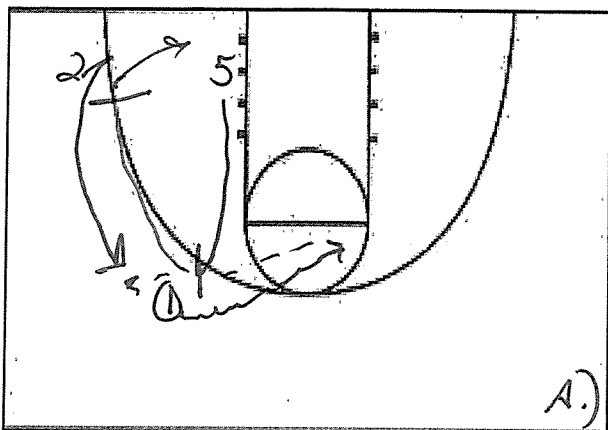
## Press O Rules

- OPTION 1 → THROW AHEAD & ATTACK
- OPTION 2 → MIDDLE
- OPTION 3 → REVERSE

# NEW ALBANY BULLDOGS BASKETBALL

## BALLSCREEN MOTION RULES

Option: 3 ON A SIDE



3 ON A SIDE MEANS:  
BALLSCREEN, DOWNSCREEN

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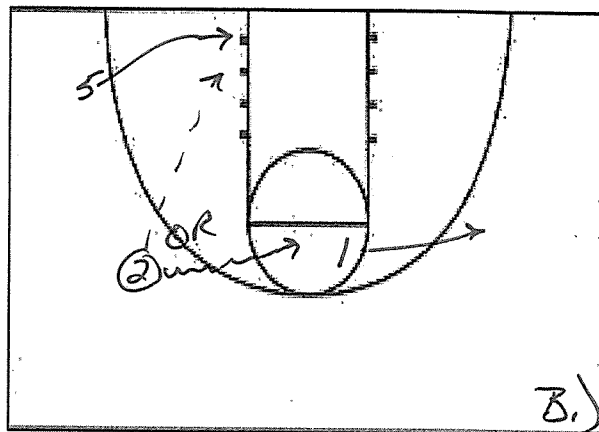
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Option: \_\_\_\_\_




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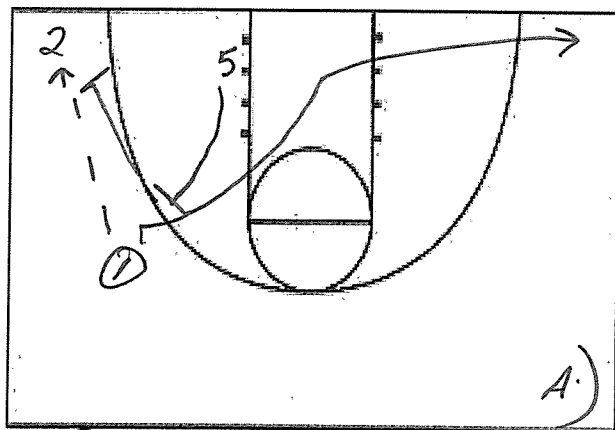
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Option: BALL GOES CORNER → TRIANGLE

Option: \_\_\_\_\_



CORNER RULE:  
RUN TRIANGLE ACTION

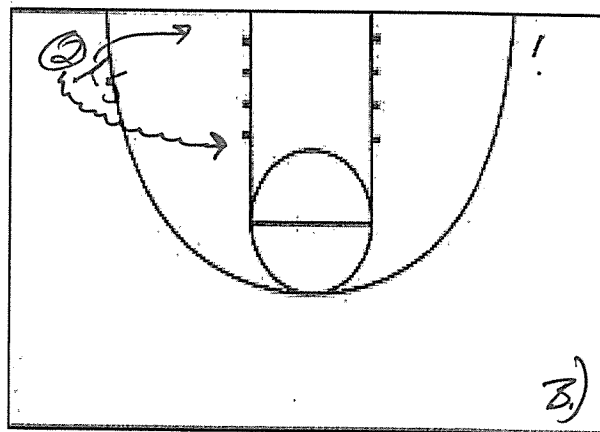
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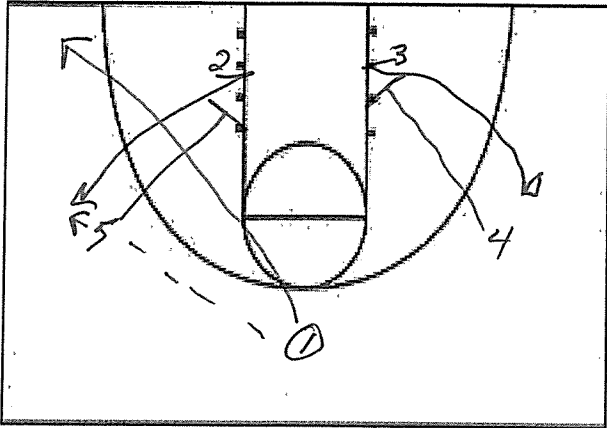
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# NEW ALBANY BULLDOGS BASKETBALL

## BALLSCREEN OFFENSE

Option: D/S ENTRY



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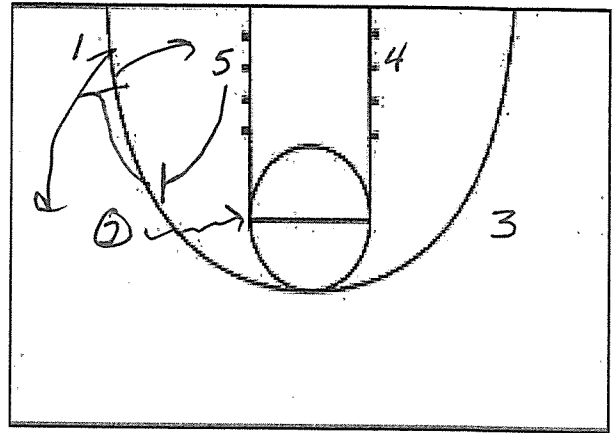
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Option: EITHER WING OPTION



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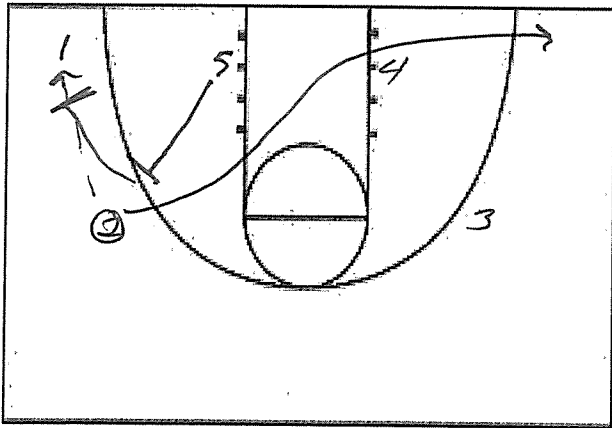
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Option: OR CORNER OPTION



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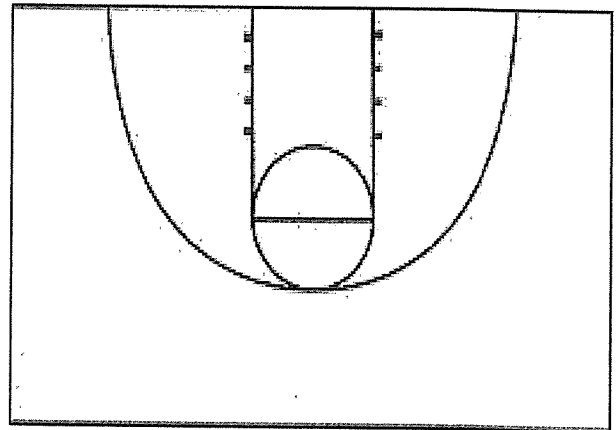
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Option: \_\_\_\_\_



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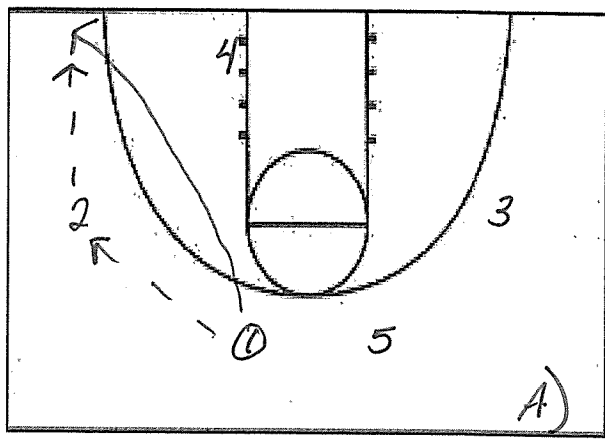
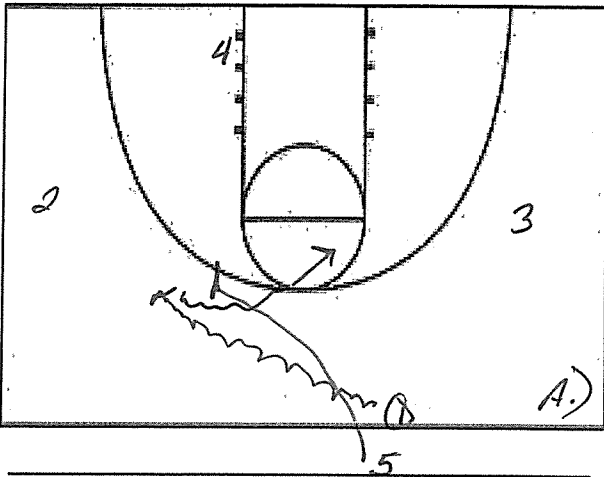
PLAY HARD ~ PLAY SMART ~ PLAY TOGETHER

# NEW ALBANY BULLDOGS BASKETBALL

## TRANSITION OFFENSE SETS

Option: #1 DRAG

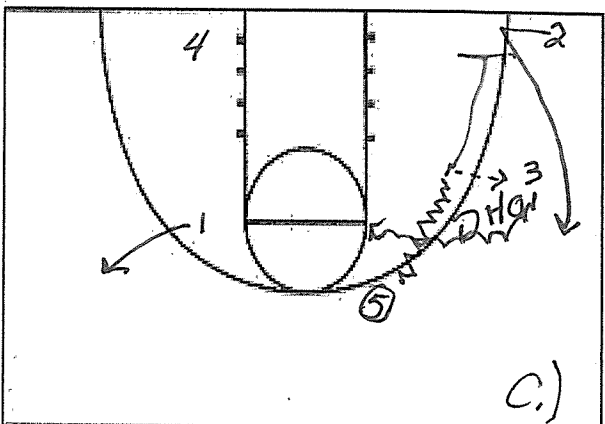
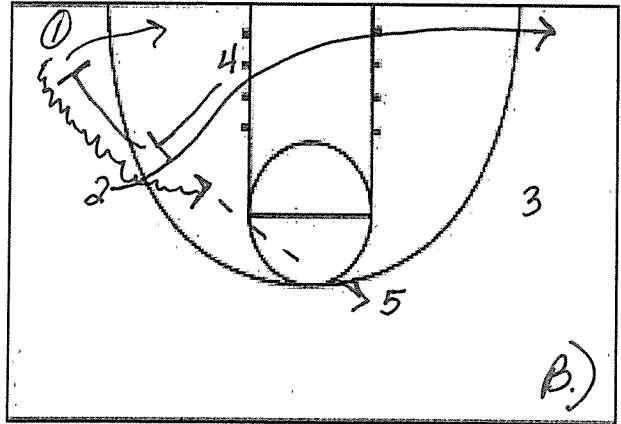
Option: #2 CORNER



o TRAILER SETS BALLSCREEN ON PG.

Option: \_\_\_\_\_

Option: \_\_\_\_\_



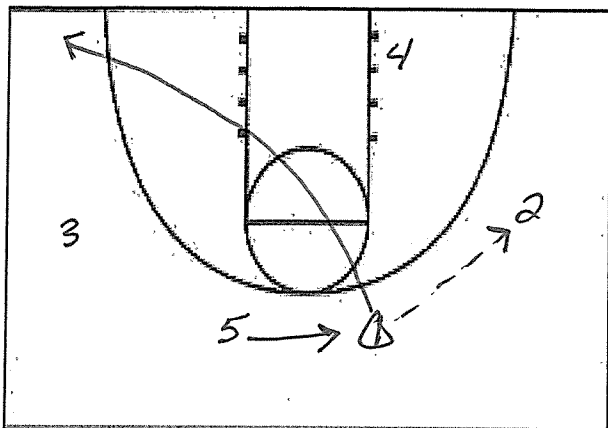
o TRIANGLE ACTION

o 5 "DRIBBLE HANDOFFS" W/ 3, THEN 5 DOWNSCREENS FOR 2.

# NEW ALBANY BULLDOGS BASKETBALL

TRANSITION SET #3

Option: THRU




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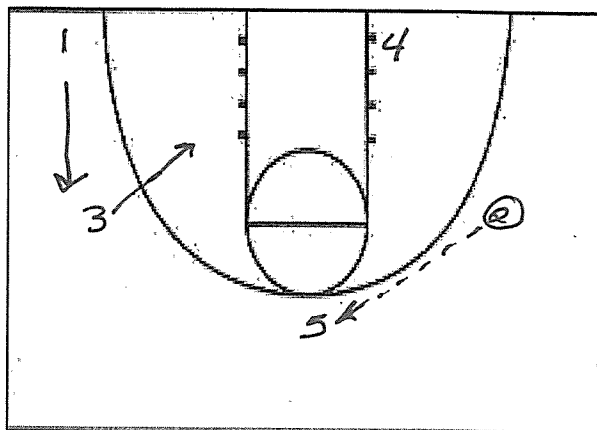
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Option: \_\_\_\_\_



o On 5's catch  
3 starts going

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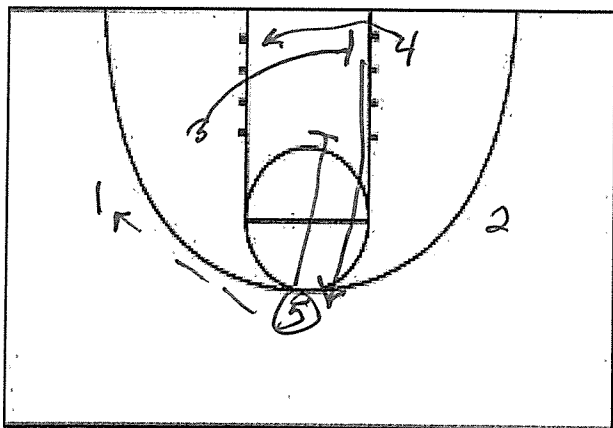
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Option: \_\_\_\_\_



o DENVER ACTION

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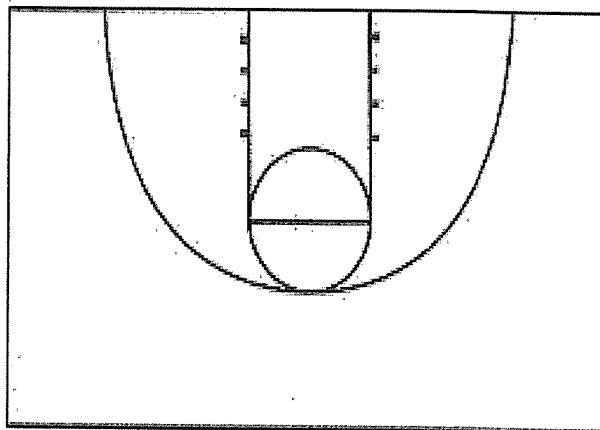
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Option: \_\_\_\_\_




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# Scotty Davenport –Bellarmine University

Davenport worked for Denny Crum and Rick Pitino two of the best pressing coaches ever. However, personnel at Bellarmine was nowhere near capable of pressing.....DEFENSIVELY.

Bellarmino: Presses on Offense to speed up your Defense with ball movement!

## **Ball Reversals:**

- No ball reversals in the NBA .33 points per possession
- 1 ball reversal in the NBA .62 points per possession
- 2 or more ball reversals in the NBA 1.2 points per possession

KEY: Shot Selection and Passing

BALL WILL TELL YOU WHAT TO DO

Work on Free Throw block outs for 2 minutes every day. EVERY ASPECT IS IMPORTANT

As an Assistant at Louisville he scouted Pitino's Kentucky teams. Reason Louisville could not beat Kentucky was because of spacing. They could stop the play, but when the play broke down.....they could not.

Watch on youtube: Spurs A Beautiful Game

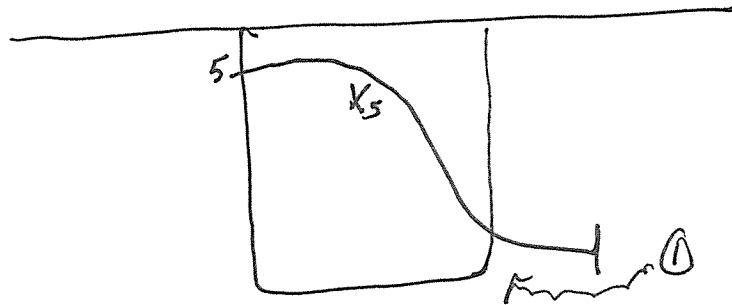
Was your kid ever told he talks too much in class by his teacher? Of course he was! Then why do players not talk on the court? Pros talk on the court! Why? Because they want to get paid!

## **Spurs Rule:**

.8 of a second to: Dribble attack, Pass, or Shoot. GET THE BALL MOVING!

Switch 1-5 late game.

Teach post player to always go behind his man's head to shrink the court. Even on an elbow flash. or ballscreen



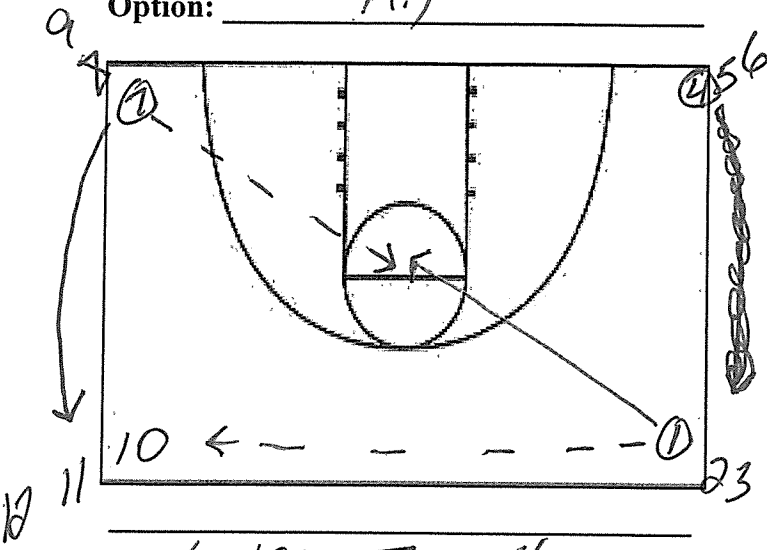
Teach Ballscreen Reads everyday!!!!!! Why? Because that is what kids do all the time when they are playing pickup, at the Y, AAU, etc. So why not use ballscreens in your own offense to meet them in the middle.



# NEW ALBANY BULLDOGS BASKETBALL

## BELLARMINI DRILLS 3 BALL

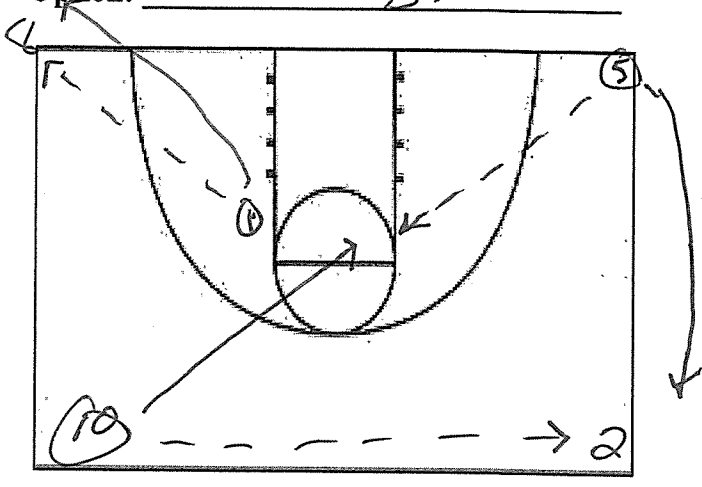
Option: A.)



LINES 7 & 4 WILL ALWAYS ROTATE UP

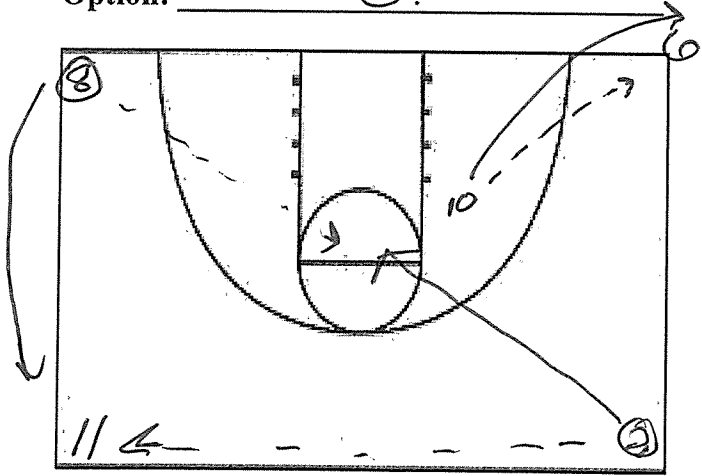
LINES 10 & 1 WILL CROSS

Option: B.



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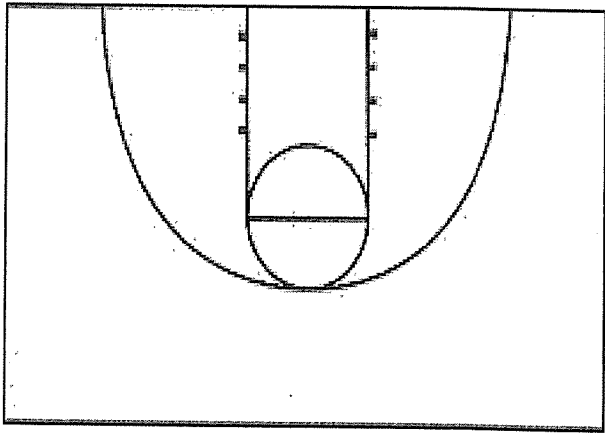
Option: C.



~~at 10~~

- 10 hits 6
- 2 hits 11, & goes to get

Option: \_\_\_\_\_

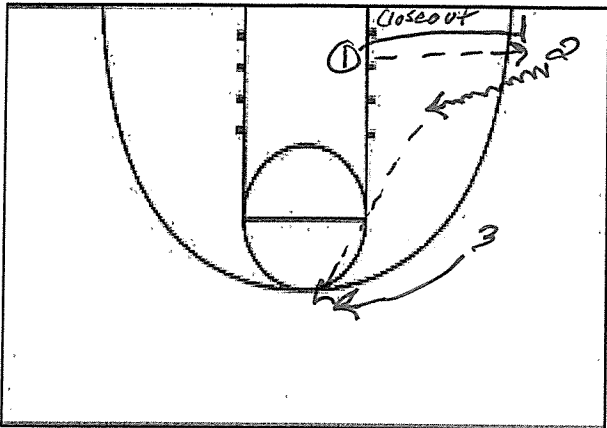


Blank lines for notes.

# NEW ALBANY BULLDOGS BASKETBALL

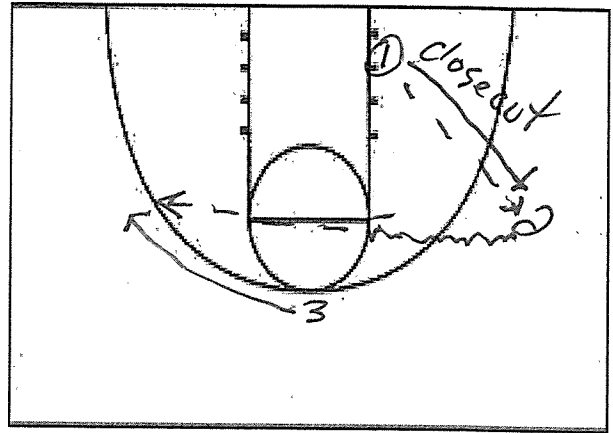
BELLARMINI SPACING  
SHOOTING DRILL

Option: SPOT 1



- 1 passes & closes out on 2
- 2 jabs & drives middle & kicks to 3
- 3 has spaced to top
- ROTATE SPOTS

Option: SPOT 2



SAME RULES

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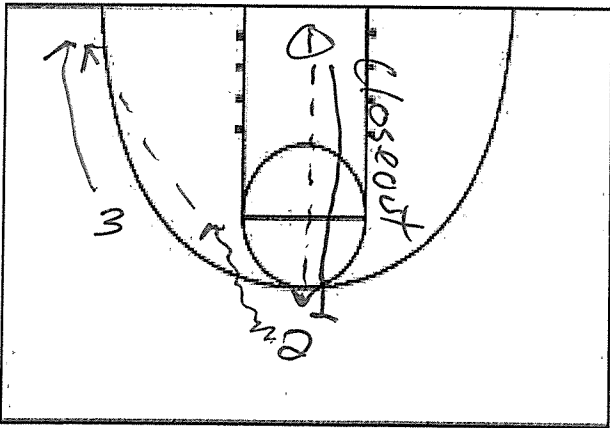


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Option: SPOT 3



SAME RULES

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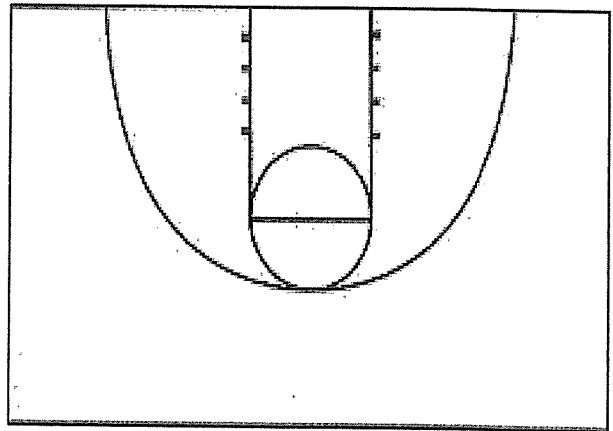


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Option: SWITCH SIDES




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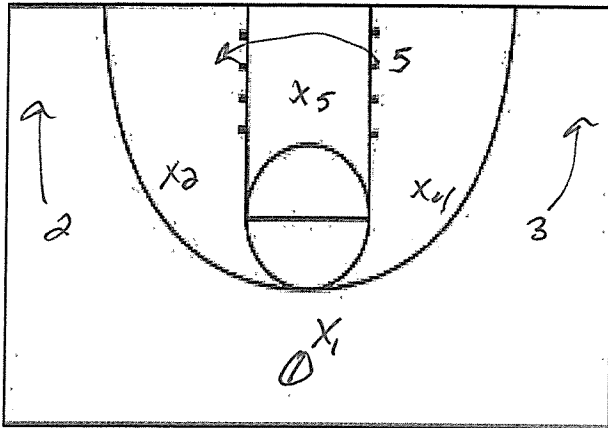


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# NEW ALBANY BULLDOGS BASKETBALL

BELLARMINE  
4 ON 4 SPACING

Option: 4/4 w/ 5 MAN IN ALLEY Option: \_\_\_\_\_




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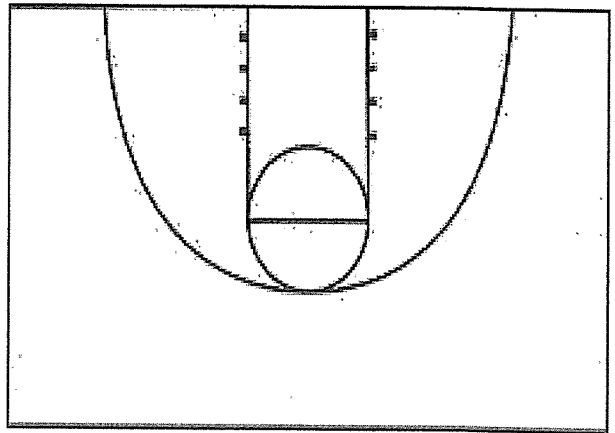
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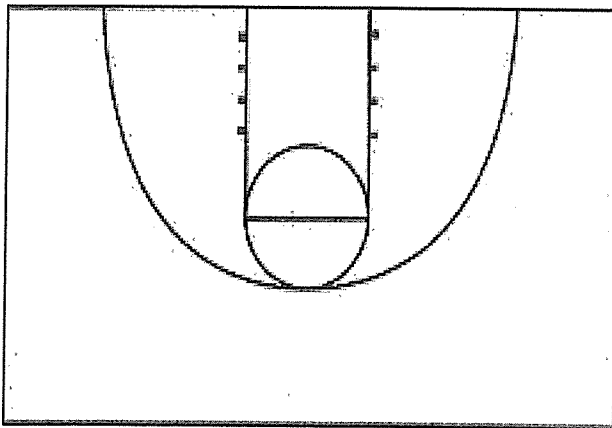
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Option: \_\_\_\_\_

Option: \_\_\_\_\_




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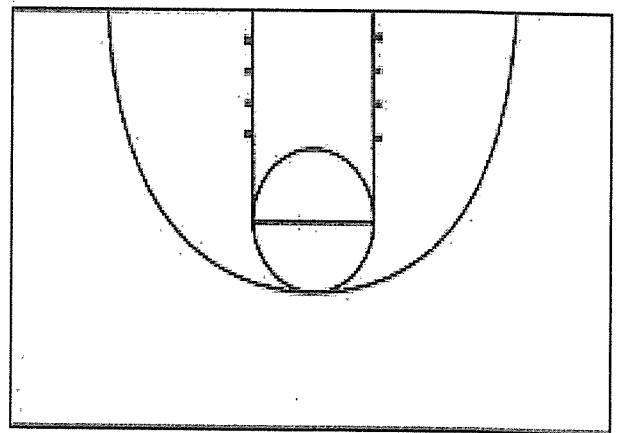
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PLAY HARD ~ PLAY SMART ~ PLAY TOGETHER