

Nevada  
Maryland  
Los Angeles  
Michigan  
Arkansas  
Missouri

Leadership- voice

Get outside comfort zone and fail.  
Have a vision of the future- write it down  
Vision- dream big,

## Class 1

In the toughest conditions, athletes always revert back to their most dominate habits.  
deeply held

Hear it - See it - Do it.

### Vision Statement

What do you want achieve:

TI-PI- temporary

inconvenience- permanent

improvement

- Positive influence on athletes  
- Improve athletes ability to succeed

Vision- to help athletes develop in ways that help my athletes succeed in life after basketball.

6 ways to make the most

1) Drop your comparisons

2) " " expectations - evaluate the experience

@ the end of the week

3) Stretch your self.

Disciplined to the very end, huddles, classroom, video

How do you

compare to YOU,

yesterday- dont

compare to others

- Too shy to step beyond yourself - CHANGE

shyness- enemy of leaders

- Too coolness

More concerned about how you look, your image- prohibits growth. Shy and cool are selfish

Special players step beyond themselves and embrace the new situations

"Special players make other players feel special"

4) Determine your commitment

If No experience- can improve more dramatically, with experience, you must seek to gain 1% improvement

What are you going to bring to

Good players do not base their game on HOPE.

Who are you going to bring to the situation (experience)

- dialogue w/ other coaches

- positive attitude

- focus

Commitment statement  
What is yours

What can we expect from each teammate.

5) Pick up 1% every session - get better every opportunity.

6) Be a wild animal - self assess, Finds ways to get their own work in

Zoo animal - is feed, zookeeper does everything for them

Must share information

## Instructors

Sam-managers @ H.S. level.

Adam Jimmy Sam, dewayne,  
Katie Tim Brett, Ashley,  
Brandon Jenny kentrail, Noah,  
teek, Ryan

Wooden on pt. guards

1.) Quickness

2.) Composure

A. Control

Calm and in control. In a fast manner

2

## 3 Things to Control

Who am I comfortable with the ball in their hands?

Seperate powers

- dribble, 1.) Your eyes  
contact, see  
defense,

- Peek immediately - SCAN - Seperate

attack w/ your

eyes - always looking for most dangerous person themselves or

body - A.P.

ball

Improve decision making. Most make poor decisions due to time.

Bounce passes- bk door, paint to paint, lead pass on the break.

★ Special Players are observing. Make it a habit to SCAN even b/t plays.

- must be able to still see + do

Avg hs athlete tapping into only 70% of athletic potential, 80% college, pro 92%

## 2) Your body

- use momentum stops

Catch on a shuffle step into your peek

- use your back brakes - sink your butt

- utilize jump stops

- buys time to make a decision

- Use violence (whisk)

Focus on feet on the catch- catch on a hop.

- mooove -

- float

Go- go- get open or get out

- burst

FINISH OFF 2 feet- 1 only when shot cannot be blocked or bothered.

Gauntlet- stop on a dime creates time.

Live low

2 clap- after instructions

Use core

B-Roy - violent sound, explosive breath.

Change height- meat and greet.

## 3) Your defender

- POWER POSITION

legs loaded.

ball locked - hand- hand - body

- avoid statue of liberty / pregnancy positions

- POOP

pivot out of pressure - do not straighten leg

## 4) Your emotions

2 feet- more power, ability to fake, allows pivot, change direction, buys time.



- \* If your shot has the chance of being blocked or bothered take off on 2 Feet.

## KRUCIAL KONCEPTS

- 1) Nostril Time
- 2) What's up Fake
  - drop your butt
  - lift ball 6"
  - cock your chin up
- 3) WHISK
  - using abdominal muscles
- 4) S.C.O.T
  - Scoring Spot
    - get in a habit of catching in your spot
    - do not catch out of the field of play
  - 1.) Catch where you are dangerous
  - 2) Penetrate to where you are most dangerous
- 5) PWAP
  - pass without a purpose
  - you want to pass to someone more dangerous than yourself.
- 6) KUP
  - Keep up palms

1 whistle - stop  
2 whistles - run in.

Reminders.

## Court 1

Stretch

Spiderman

90 Knees

747 (airplanes)

Kangaroo

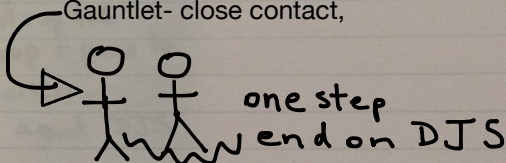
1st 50

Upslaps

Rainbow

Dribble Twist

Gauntlet - close contact,



### ① Power Position.

whisk through

3 points of contact.

loaded legs

look @ the rim. (peek)

be dangerous

②

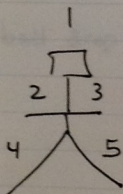
Twist Passina  
~~whisk~~ passes

- feet in cement

- twist + extend.

A

OR the 10 L



windows

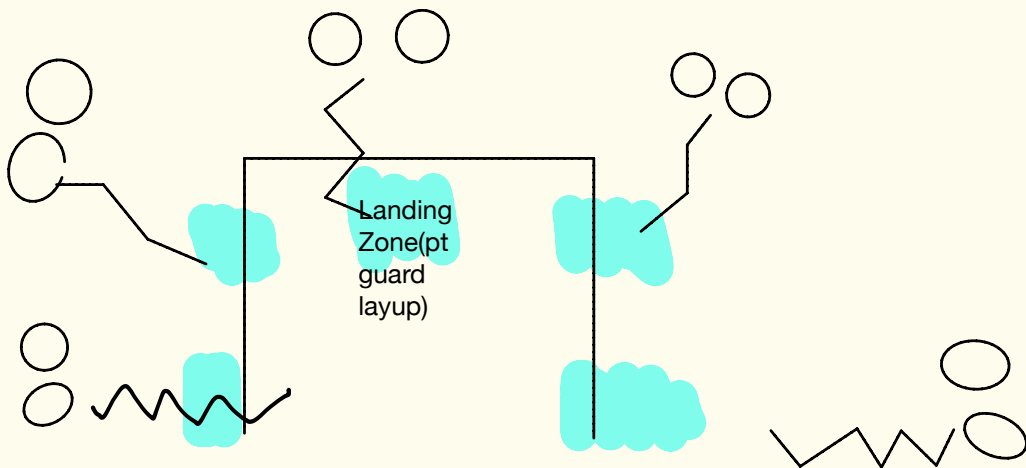
B w/ bounce, whisk, + pass.  
(2 hand  
power  
dribble)

③ Back brakes w/ partner

④ Back brakes w/ partner + ball - get "powerful" } Battlefield



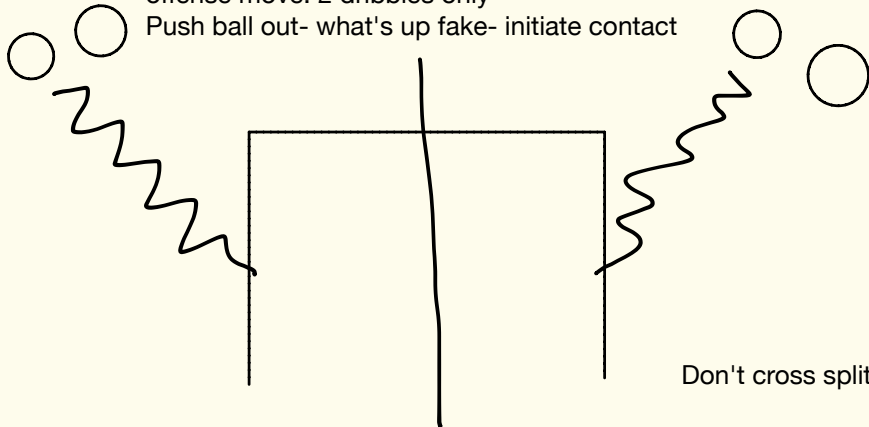
## Sever the Angle



Lean into defender and sever the angle, end with defender on back.

Defense keep contact

Sever one on one- start out with R hand. Defense moves on offense move. 2 dribbles only  
Push ball out- what's up fake- initiate contact



Don't cross split line

Twist passing Progression(Twist 50)-- sets of 10

Live low, pass to a target, show a target(greedy receiver)

Dribble twist- 1 hand, show hand, one partner will use RH and other LH

BF&G- ball fake and grimace

Power position

First 10- resistance(tension) to twist

Second 10- change heights

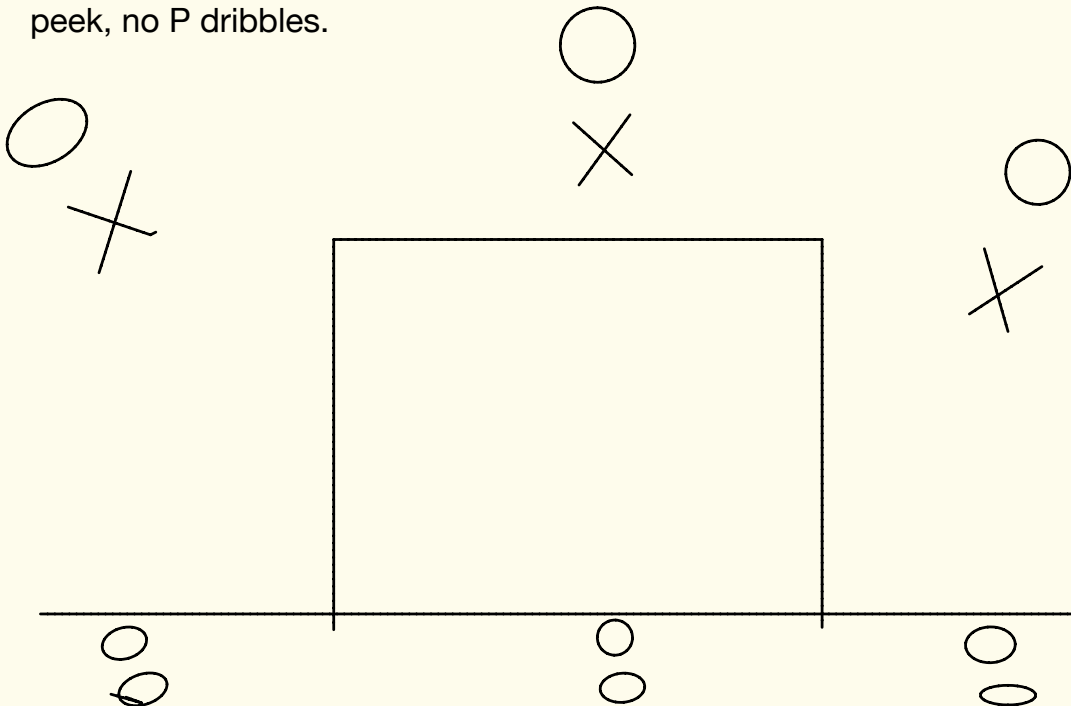
Last 10- forearm pressure, poop from 3-10 o'clock, low- ball to necklace, pivot and step thru.

Eyes up, SCAN, pivot as a unit.

Finish drive thru gauntlet- chest shoulder reads, give a driver space, ball is a disease.

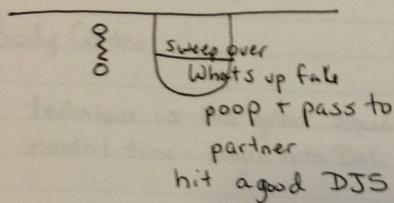
3 on 3 attack

3 passes, 2 shots- no dribbles after offensive rebound, must peek, no P dribbles.

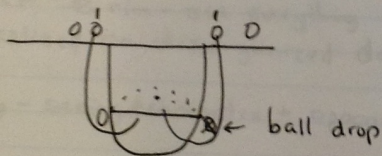




## ⑤ Leap Frog (sweepover)



## Swoop 1 on 1



Switch after every  
4th toss

must go out 2 ft.  
can't foul only if  
What's up fake + they  
use most time

# Video 1

Student of the game mentality not Fan

## Body Control

technique is the great equalizer  
nostril time - angle into Def.

Gauntlet

Spank baby/ sweep over- cover ground. Work to improve explosion, be violent,

On left hand drive- jump off right foot to land on djs.\*\* inside foot plant

Vision ★ Pre-Peek

Peek - @ rim - see everything  
- Capitalized on disorganized defense

Scanning - seeing teammates + opponents

Shot blockers love to time one foot jumpers.

Power position- bent angles are strong.

Peek and SCAN- create the habit  
always

On rebound, on inbound, butt  
sideline- sneak a peek

Chart- BF&G , peeks, power position, touches (high fives, encouragement, celebrations)



# SCH Class 2

SCHAPE - TTG - teammates  
- ESS - yourself + Your training

Aug. NBA  
player 2 yrs.

4 ways of <sup>training</sup> an individual sport athlete that is a good leader

- 1) Specific technique or movement
- 2) Develop muscle memory- repetitive
- 3) Combine w/ another tech.
- 4) Train for explosion

Focused  
Detailed  
Mental toughness  
Repetition  
Dedicated  
Persistent  
Committed  
Communicator  
Intensity  
Efficient

**Follower**  
**Listen**  
**Cooperation**  
**Understand role**  
**Sacrifice**  
**- many same as leader**  
**Open minded**  
**Loyal**

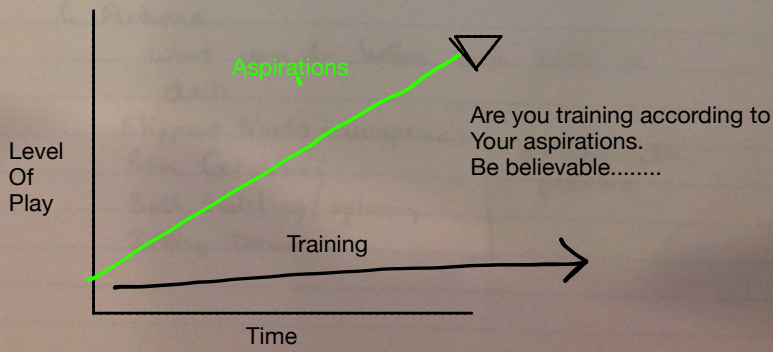
How most team athletes train

1. Just play games and attend practices
2. If they do train they work on entire
3. Do little repetition.
4. No explosion w/ technique

Was you the most dominant in your group.  
Was you shy.  
There are times that you will lead and times you will follow.

Olympic swimmer- cannon balls, belly flops  
or are you training like an individual sport athlete

1. Base game on HOPF.
2. Look for quick fix. - fast food mentality  
Few people train.



# SCHAPE

Spirit = bring up lift your practice training

thermostat = do you set the temp.

thermometer = or do you adjust

Excitement, energy, passion....

Spirit creates consistency

## Ways to bring

- touch
- claps
- encouragement
- competition

Rhythm claps - to bring energy.

## Communication =

- builds trust w/ coaches - I buy in, I here + attentive

- confidence w/ teammates - you can trust me

What do you want your comm. to be.

Keep score, winner, losers

## A. Body language =

93% of communication is nonverbal

You are constantly giving off messages

### Negative

- sloppy stance, slumped over

### Positive

Positive - wide; shoulder rolled bk. - show a posture

Calm, assertive, shows trust, engaged.

- shifty eyes

## B. Active listening

- don't have to be told twice

Locked in -  
chest up -  
wide stance

## C. Actions

What you do before and after a drill

Flippant Shots - unspecial

Rim Grabbing

Ball twirling/spinning

Sitting Down

contaminate practice.



Hustle - must be an all the time thing.  
must make it a habit

Is a skill. Just like shooting, you must work at it.

Hair on Fire- Urgency

Approach- Do you prioritize training?

Do you have a focused warm-up?

Do you get enough sleep?

How do you go about things?

Do you put the right things in your body?

High level players  
have a aim, intent,  
and a measure.

I.e.- a specific  
aspect

How you go about things!

Precision - Attention to details

Do you hate when a coach repeats himself? Reason because players do not  
listen the first time

Enhance - to boost or increase - to make better, never satisfied

Special players don't myob.

They do more than your share.

Thinks about environment / others

**Leave it better than you found it**

Players revert back to their most deeply  
held habits.

Ex. Canadian mounted police

**Thermometer or  
Thermostat-**

Players- 2 things that you will bring to practice

- Theater position

## Gym 2

Power position- resistance, lower escape, attacking pivot (low escape and aggressive pivot).

### Power Position

reminders-eyes, rip thru, pivot

Twist Passing - 10R, 10L, 10 Bounce R, 10 Bounce L

- with sis - sis

- 1 thing they did well, 1 reminder



### Attack Training

what

level 1 fly by

level 2- individual float then burst

level 3- whole line float burst also fake.

- pass w/ off hand. twist pass
- what's up fake - pass fake
- leap frog
- stick landing
- use back brakes
- legs loaded.

level 4- no shot

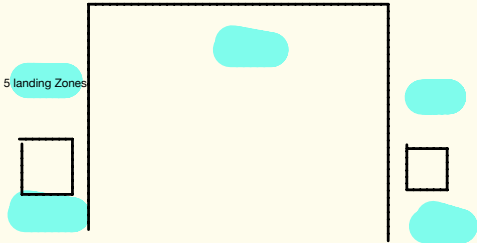
POOP- reverse pivot out of pressure

What hand you drive w/ is the leg you pull bk.

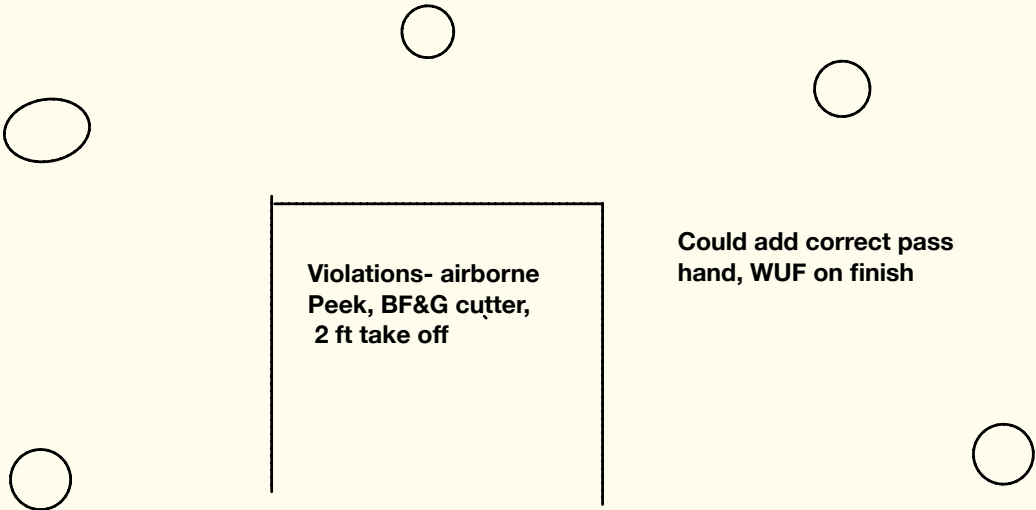


Attack training-  
When setting up a drill- tell everyone what you are doing  
On catch- airborne catch, peek, sever angle, WUF

**Airborne catch drill- coach simulates pass, players catch on hop.**



**Pass and cut**



# **Ultimate basketball**

**Score TD- below FT line extended**

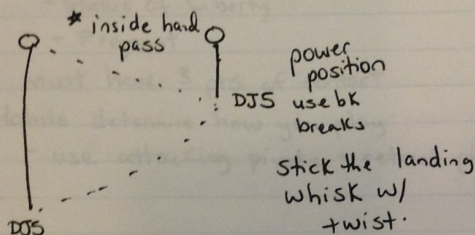
**No dribble.**

**Ball hit floor- turnover, drop ball**

**Violations- peek, power, control, maybe pass, failure to move, wild basketball.**

name + useful info.

momentum stops  
(all 3 lanes)

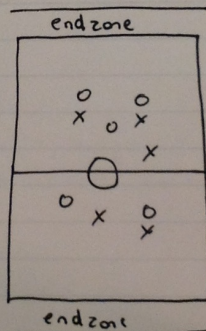


Ultimate B-ball

Ball cannot hit ground.  
no state or pregnant

- must peek
- attack position
- ball turned over
- legs loaded
- maybe passes

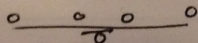
1pt - must break baseline  
w/ ball.



If team scores,  
defense goes off.

- If two groups are "crazy" - Wild Man of Borneo  
Borneo teams

Ultimate B-ball w/ goals



O's wait as  
soon as ball goes  
into thru the net  
O's go. Don't have  
to take the ball out



## Video 2

### Controlling your defender

- Statue of Liberty
- Pregnant

must have 3 pts of contact

Habits determine how you play

- use attacking pivots + retreat pivots

### Peek + Fake

- butt low - what's up fake (legs loaded)

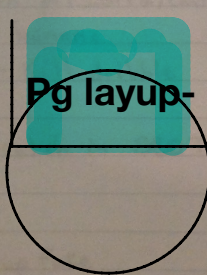
### What's Up Fakes

use nostril time

### Footwork drills

#### Pivots-

weightlifting, practice



Sever angle-put def on your back

POOP-pivot out of pressure

WUF- eyes to rim, ball to chin, legs coil- wait until you can say SUP before shot.

## Classroom 3

## 1 on 1 Offensive Attack

Playmaker creates plays for themselves + teammates

↳ create + keep 1 sec. advantage

1.) Beat 1 man

Can always beat one man

attack space

attack rim - ← North/South

2.) Force helpside

One on one- reading machine. Not a guessing machine, don't predetermine move.

Chest/Shoulder Read - 1 on 1

When chested - pull bk, pass

\* change direction - special player do this

Shoulder - when pressured/contacted do not

- banana

- Kill dribble

Go, attack thru contact- Gauntlet

Pro step- used to catch in SCOT - SCORING SPOT- where you shoot a high percentage, can make plays.

Move 'em

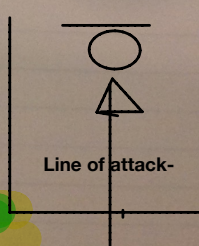
1. Peek / What's up fake

2. Use J's + C's

J- jabs when you have an advantage

C- shot fake - across - rip + go.

Shoulder physically on hip-open door- create first contact- forearm the thigh



## Shoulder to Hip

Live Low - lower player wins

Explosive Step - head over your feet., shoulders to the ground, toe first. Beat people on second step, medium first step onto toe. Don't cross step instead sail step

Create Contact - to open the door of the defender - must be comfortable w/ contact.

- sever the angle - cut defender out of the play



# Peek and Fake

Hands down w/ space--- shoot( under close out)-  
must be shooter on catch

Stand up- hands up-

C rip with strength

Chest

GO

Shoulder

Whisk  
across\

Whisking- rapid circular movement

Crip- use core, explosive  
first step, automatically  
takes you lower.

5 keys to c rip - core twist, power box, ball between elbows, skate blades, stay wide with feet

## DOUBLE MOVE

Skrizzle- c rip right, twist 45 degrees back, ft  
planted- go right and travel  
Skittle- j rip left, twist 45 right, twist back 45  
degrees, whisk left cross step

## SECSY

Space w/ dribbles      **P** away from your shoes  
 opposite is P-dribble (go no where dribbles)  
 don't dribble in your P.  
 reach out w/ your dribble.

Y- Why? To beat your def. to create a  
 1 sec. advantage. for you or teammate

Finishing Moves

If def. is on HIP - stretch

Shoulder - nostril time - POWERFUL

Chest - Sweep or Spin



## ***Building your 20 min workout***

20 min workout- always have a number  
Dynamic warm up  
First 50  
Twist 50  
Sever angle  
WUF  
Power position

Use space effectively  
Partners  
Write it down- Always

### **Court 3**

**Crips in weights** with med ball

Peek, 3" step is a part of the coil  
and explosion.

Crip- with partner- get into partners hip and open the door.  
Partner puts hand on shooting shoulder- 3 crips on third you will put  
shoulder on hip and stay till partner says go.

### **Whisk and Sail**

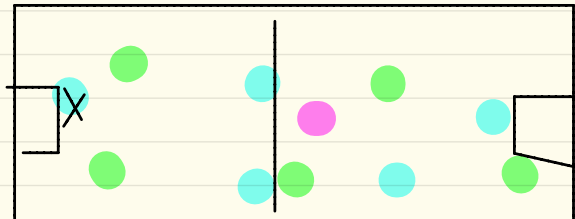
Crip(across) whisk- use core and connect with your skates. You  
will use sail step to improve angle(straight line of attack). On sail  
step need feel of falling to get explosions

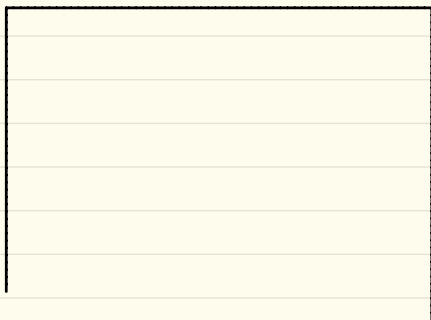
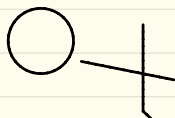
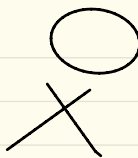
### **Jrip for lefties-**

Fall forward- partner holds you back then releases you from  
shoulder hip position.

**Designated trapper**

Use in ultimate  
basketball





## **CONTACT**

**Everyone in line is working c rips with guided defense. Each line takes turns going offense must crip sever angle, keep defense on back and finish off two.**



## Two reads-

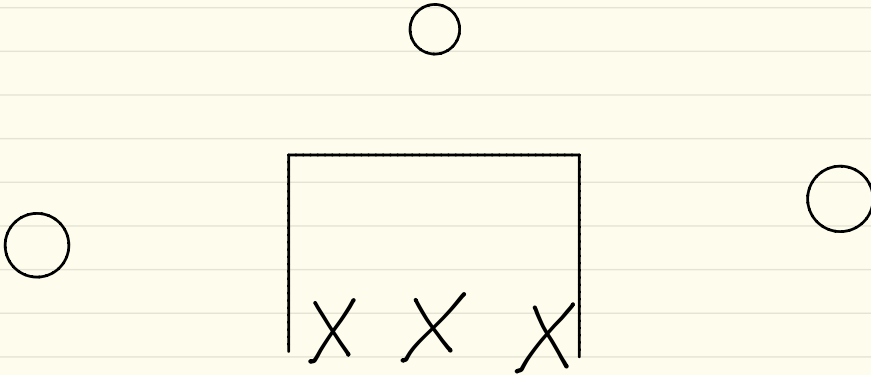
Under close out - hands down, space

Over close out- hands up, no space

4 in a row- reading the defense

### Progression

1. Crip partner
2. Two reads
3. Chest shoulder drive
- 4 Sag or Stay

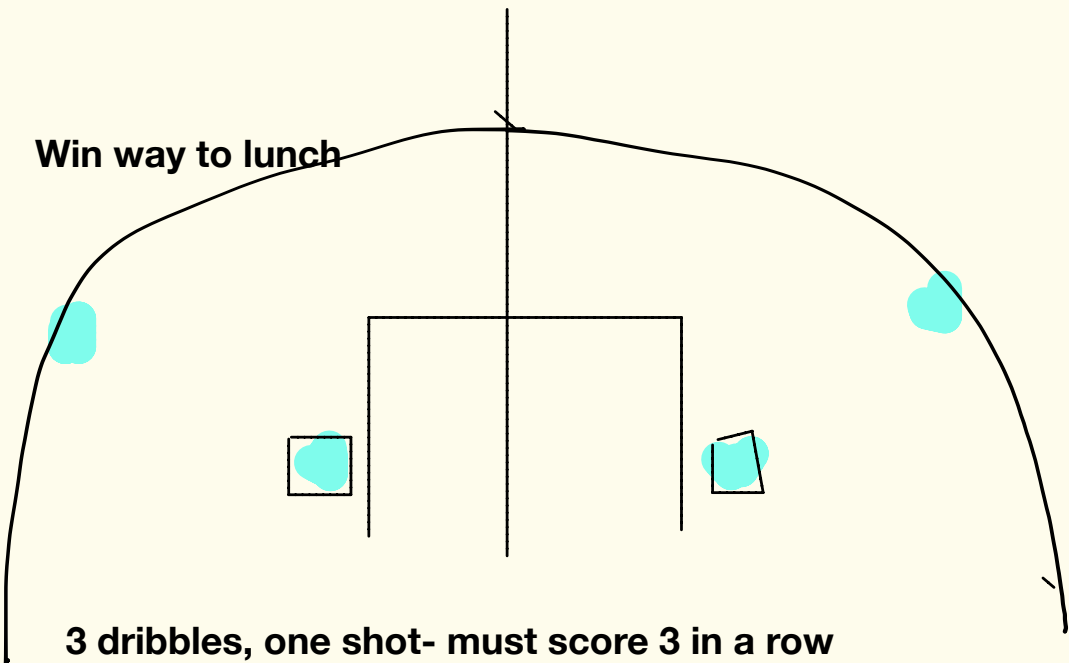


Pass underhand and close out one of two ways.

**Chest shoulder drive-** on crip defender gives chest on crip or shoulder, if shoulder drive right, chest crip whisk sail step. Defender will give a verbal que as to the read. You will crip multiple times.

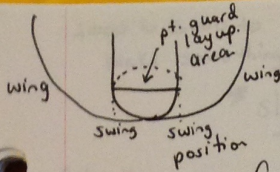
**Crip- sag or stay-** sag(shot) stay crip and go

**Win way to lunch**



**3 dribbles, one shot- must score 3 in a row**  
**Working on crips and reads**

**Offensive player feet inside arc**



Court 3

Fig 8 passing  
 - catch Fig 8 then pass  
 - adv. to catch w/ 1 hand.

Initiation

Acquisition - skills

→ technical side - how to doConsolidation - use of skills in game situations → reading and understanding what to do

Refinement

Power Position

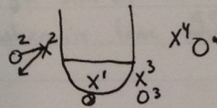
Level 2

\* give reminders

- 3 pts of contact

- peek

• do not brother-in-law → work your partner the way you would as if they will have the ball in the biggest game of your life.



X-guided def.  
 Simulating def.

02 - walk def down then burst

- What's up fake - drop butt down

C - rip - what's up fake - take to oppside + make the  
Coaching pr. letter C. - C should be tight

No - too big of a C

WOF

must twist body -

ball @ 90°.

RH - step w/ Right Foot

By recognizing in others, they learn to recognize in themselves.  
Switch Partners



2,000 to 5,000 to  
make something a habit.

\* slow down for  
technique

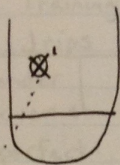
\* your training is your  
choice.

### Attack Training

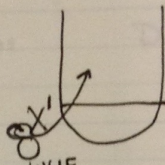
4 lines.

swing attack. track  
swing to  
pg layup

bury  
drift



=>



on attack hit  
DJS w/ WUF

- 3 Crips
- shoulder to hip
- open the door - throw 12° punch
- get ball out front.

maximize time/ reps by when in line <sup>get</sup> work reps. reminders or mirror

- Add Open door - sever angle w/ leap frog to close the door

### C-rip Across

- get ball down early and out front.
- 80% of weight on back leg.
- make sure they whisk.

Decision Training - 2 options. (part of consolidation phase)

- w/ def read - def will lean to a side
- explode after the read.
- if they read wrong don't let them by. def. should chest them.

\* Guided Def. is very important. must be game like.

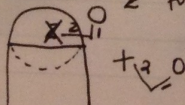
Jrips - part of decision training

J+ J across - when you have an advantage

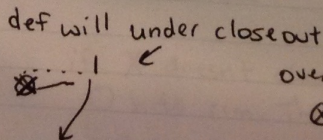
legs loaded

spread out  
w/ 4 lines

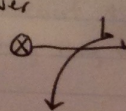
1 dribble  
to pg layup



avoid banana cuts



over



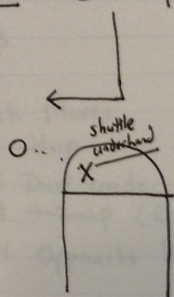
12:45  
1:00

2:15  
2:30

# Decision Training (cont.)

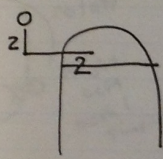
Off. - J, Drips - C - Crips

Def. - under  
over  
perfect.



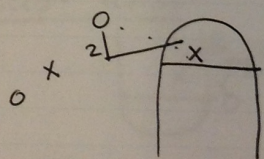
Def. must be game like.

Continued w/  
be in range



under - Jrip  
over - Jrip across  
perfect - Crip  
Crip across  
slow - shoot.

## Compete.



X - tries to make O wrong.

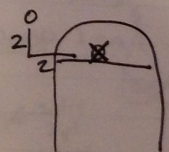
- 3 dribble max

↑  
after one group goes on a side  
the other goes.

Win your way to Lunch

score 3 in a row

1 shot  
2 feet



if X doesn't closeout +  
O hits rim. They stay on  
but no point.



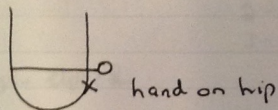
## Gym - Court 4

### Finishing Moves

Def. on hip

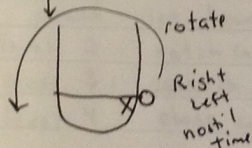
Stretch Moves

- 1 Hop
- 2 Duck under - outside/inside
- 3 ~~1/2~~ up (Open) - 1, 2 up
- 4 Opposite hand



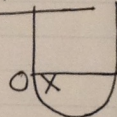
Def. even

Guided D on Finishing Moves



"\* Power Finish" → not a stretch finish

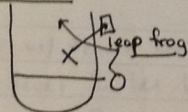
=>



X-hand on hip

Def. ready to chest

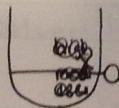
Sweep + Twist



can finish w/

- fake
- mini hook
- opposite hand
- finger roll

### Decision Training



O tells D what they want.

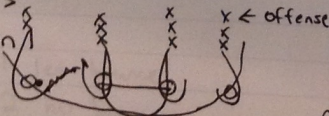
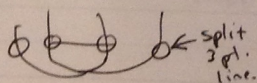
low-guided D.

medium - sets up in one place but could chase

high - game like - don't tell him.

offense:

Competing Swoop 1 on



no jump shots  
2 dribbles

After O's loss 4 times rotate

Count - losers  
push-ups.



***Passing progression***

***- bt legs, one hand pass***

***Behind back one hand passing***

***Alternate on twist passing***

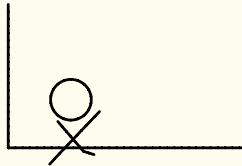
## Court 4- Finishing moves

Technique and read

**Stretch move-** body to side- 1- sever angle 2 body to side. Extend

Use when defender is on hip or back

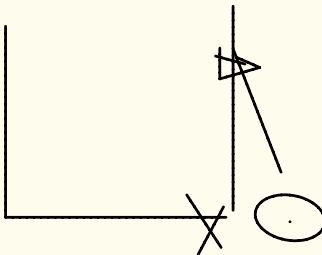
Right, left, right- stretch on right side and left side finish with right hand.



Use when  
Def on back

**Power Finish( duck under)-** outside,inside- stay parallel with body, arm outside.

Use when def is on side/  
shoulder . Elbow nostril time. Ft  
work is outside foot to inside ft.  
Finish with hand on outside

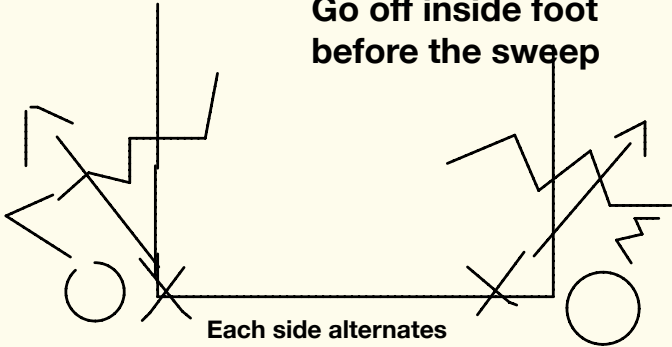


Def in position  
like race from  
elbow

# Sweep over

Whenever def shows you chest with space.

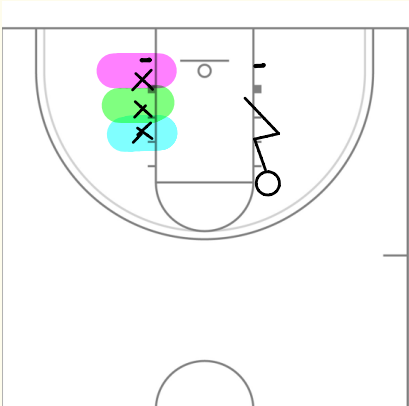
Go off inside foot before the sweep



Def gives the read-light contest

X- runs ahead, offense dribbles direction then changes.

## 3 reads



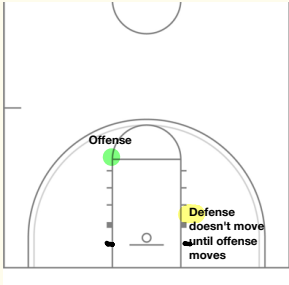
Offense is at elbow- defense will be at 1 of spots. The spots determine the move

3 reads  
Stretch

Power- Def meets chest to shoulder. Offense finishes thru the nostrils

Sweep

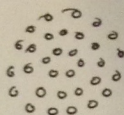
3 read 1 on 1



Spin when chested with contact



Concentric circles  
circles made of  
circles.



push ups

19

- feet/knees on ball
- hand on basketball  
alternate
- both balls.

level 1 - Knees  
2 - legs  
3 - 1 leg

Court 4 cont..

Tennis balls - concentrate

Pound dribble R/L } eyes closed  
dribble hard crossover  
pound the dribble

b/t legs

Tennis balls - take ball + hug hip

Tennis ball

To separate powers

level 1

(Underhand)

level 1 pound - let bounce + catch  
level 2 catch in air  
level 3 snatch in air  
level 4 close eyes

Bounce push up

Ball switch- push-ups

Ft on ball push-ups

1 ft ball push-ups

Plank on ball- w/ forearms

2 ball push-ups

In/out pound dribble - whisk

catch, snatch, close

Crossovers - w/ tennis ball

level 1 let bounce

2 no bounce

3 reduce # of dribbles

Between legs

level 1 let bounce

2 no bounce

Behind Back.

level 1 let bounce

2 no bounce.

3 - no bounce of basketball

RH-V side dribble- 30 sec  
Practice hustle when you lose it.

10 push ups on ball- reg and Bo Jackson

LH V side dribble

RH- V front

LH- V front

RH In-out

LH in- out

Crossover- toss cross catch

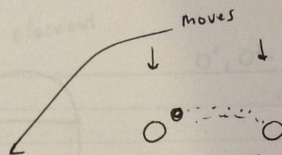
Between legs- squared stance left leg then right leg

Double cross- crossover with two dribbles, toss and catch with same hand then switch.

400 fails before you succeed.

### w/ Partner: pound

- In/outs
- cross overs
- b/t legs
- behind bks
- free style.



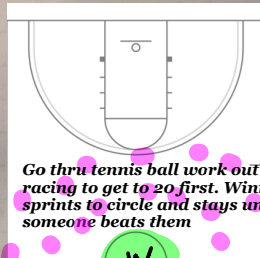
toss tennis ball bk.

\* dribble on side.

### Tennis ball Day 2

#### Pushups on b/ball

- Knee on ball
- 2 ft on ball
- 1 ft on ball - 1 on ground
- 1 on ball - 1 in air
- 2 hand + bounce the ball as you come up.



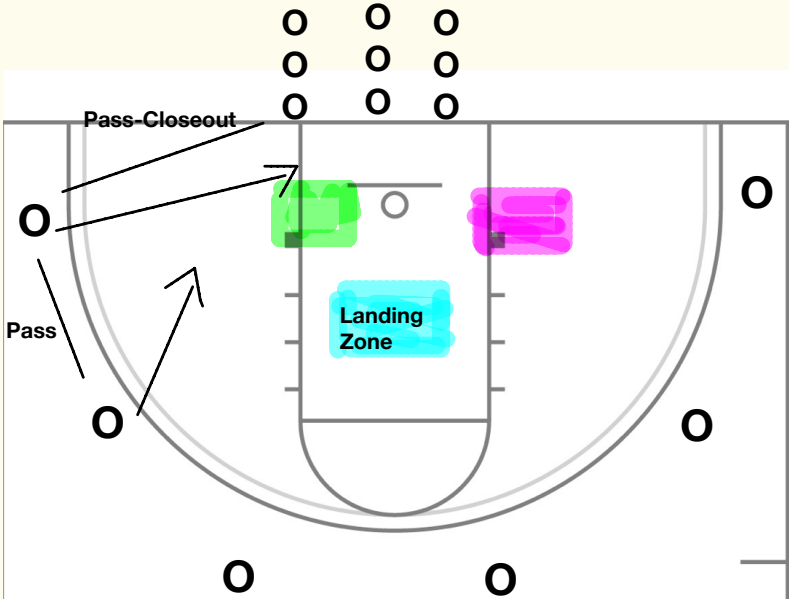
Go thru tennis ball work out racing to get to 20 first. Winner sprints to circle and stays until someone beats them

- Shoulder pointed toward each other  
dribble in and back tossing ball

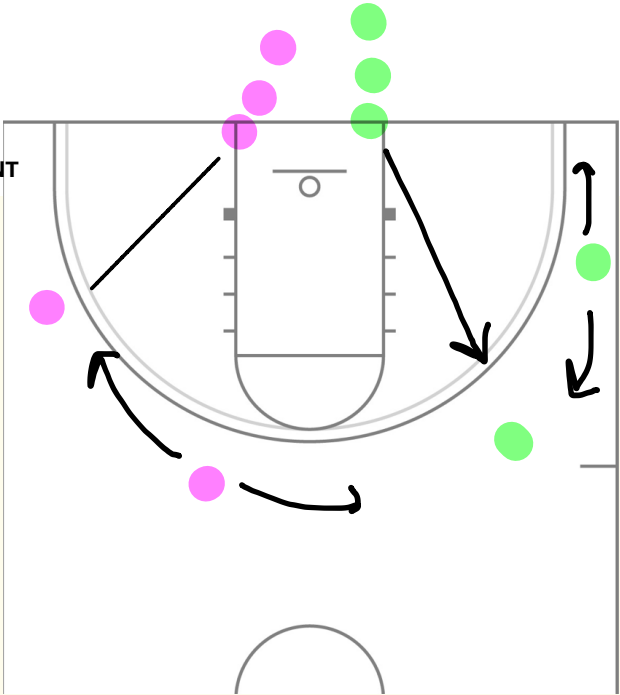
- now forward + bk except ball is thrown - high + low or short. ball handler has to adjust
  - a. use an attack dribble to retrieve the ball

Add- b/t legs then cross. Remember 3 levels- bounce, underhand, snatch.

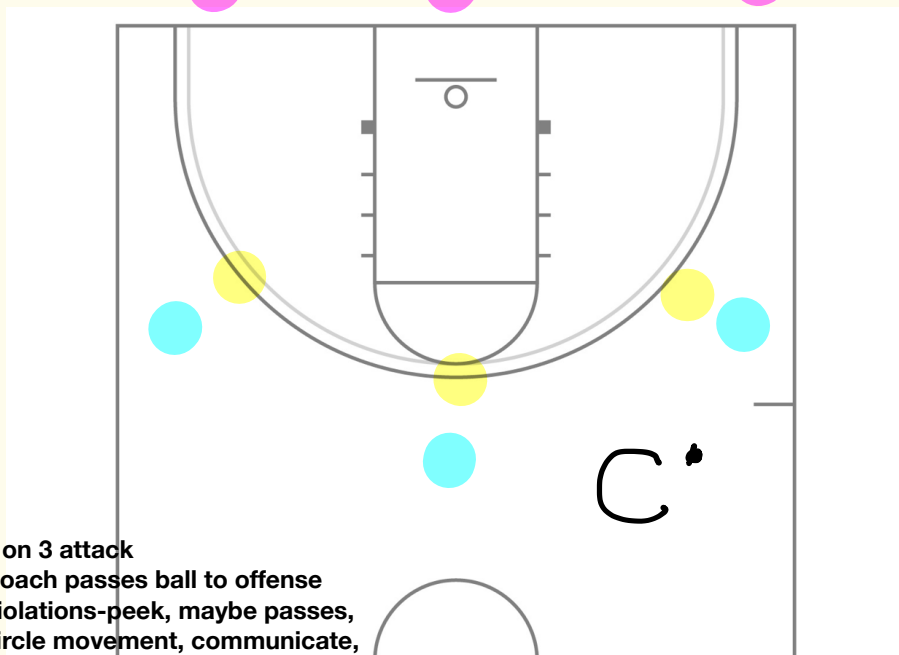
COURT



CIRCLE MOVEMENT  
W/ Closeout







**3 on 3 attack**

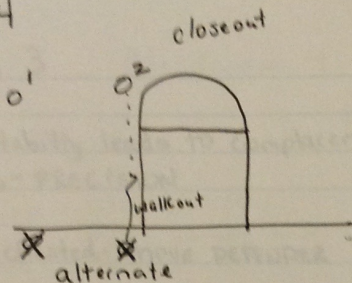
**Coach passes ball to offense**

**Violations-peek, maybe passes,  
circle movement, communicate,  
powerful, cut.**

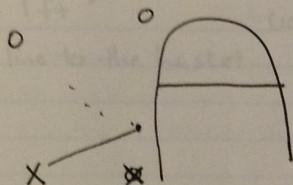
## Decision Training

Court 4

Gym



must have 2 ft. take off.

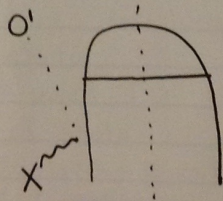


O', O<sup>2</sup>. will decide  
if close out is  
slow (shot)  
over (go by)  
perfect - C-clip  
3 dribble max

X is playing Guided  
defense.

X's play as if they were  
doubling down in the paint.

Compete. - working on Reads  
@ top + bottom.



O' - must drift float + burst  
win - stay on.  
Live Def.

A. 3 in a row to win way  
to dinner. "consecutively"  
3 dribble max

if O' hits rim on original  
jumper, O' stays  
on.

B. Score 3 but they don't  
have to be consecutive.

no jumpers one ball hits the floor - must finish in the  
paint.

## Video 3

Comfortability leads to complacency.

Focus - PRECISION

When chested - move DEFENDER

Limit dribbles

Initiate contact

90% - 2ft > take offs. no absolutes but 2 ft. you will  
10% 1ft use more

Straight line to the basket.

## Video

**Drive on straight lines**

**Concentrate on being low on drive**



## Unruffleability-

Sparrow- easily upset

Lion- bigger

When you get in difficult situations, which do you resemble?

A sparrow has a victim mindset where as the lion is noble minded.(rise above the situation) not a victim of circumstance. Noble minded look at obstacles as opportunities.

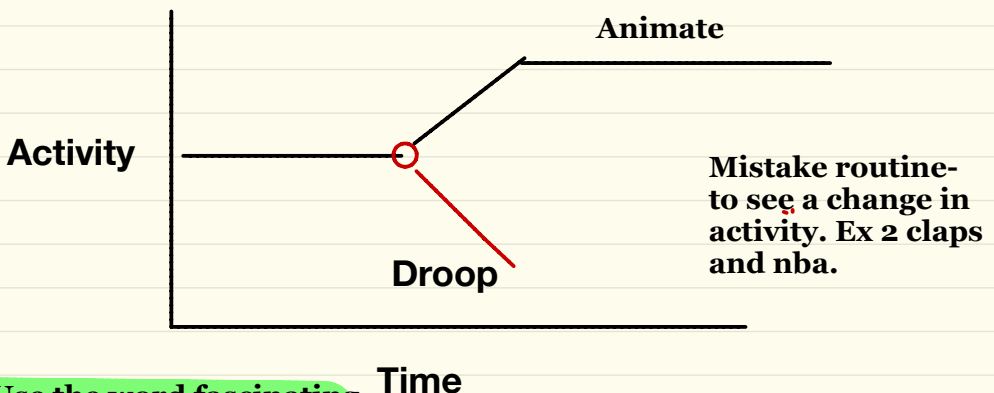
All the great sport movies deal with teams/players overcoming obstacles.

Sparrow  
Focused on others

Lion  
Focuses on self

Mistake response

Basketball is a game of mistakes, it's about your ability to make up for them.



Use the word fascinating

**Bounce Back Ability- BBA- ability to recover from a failure, mistake, setback.**

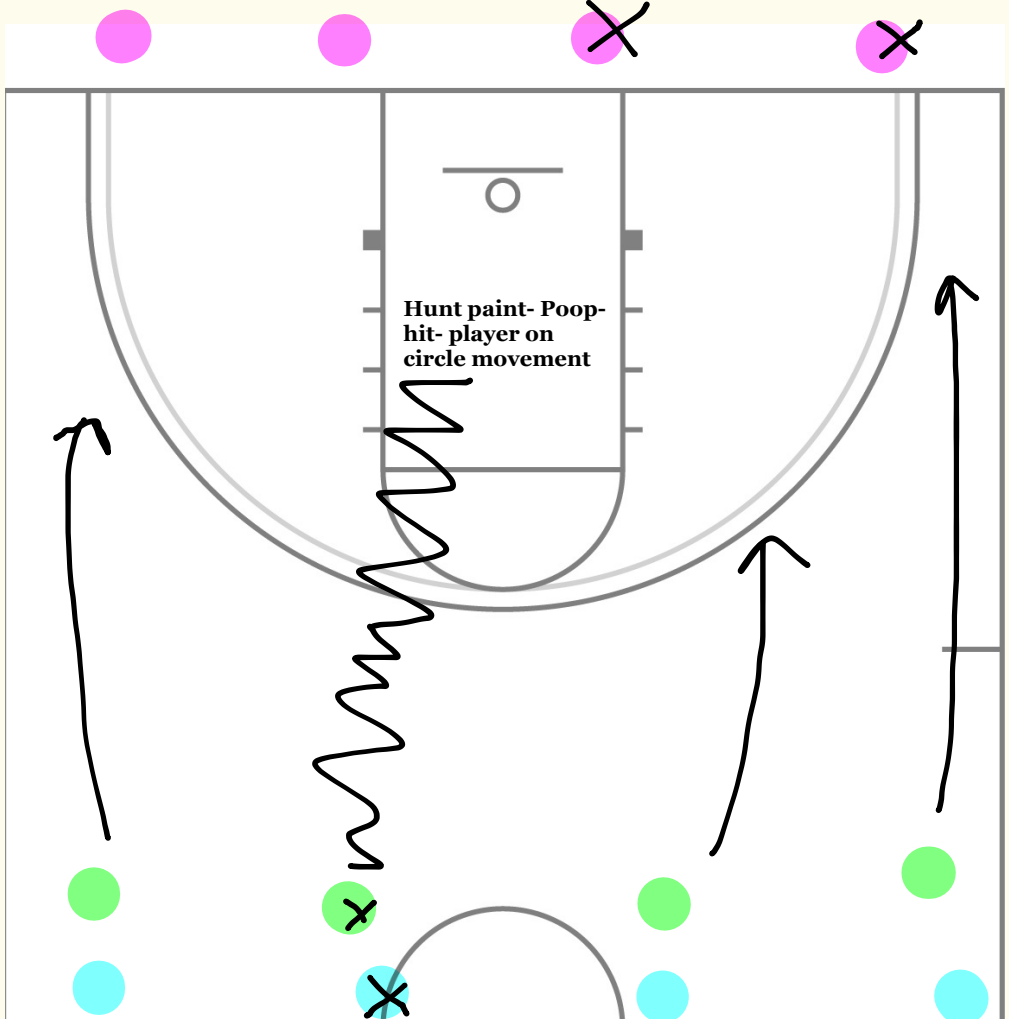
**The ability to turn frustration in to determination.**

**20 min workout options**  
**Tennis ball workout stuff**  
**Crips**  
**Finishing moves**

# Court

**Mo stop- mo change**

**Baseline players call name and pass to shooter**



**Could have enter in transition and coach pass to a player to crip and attack, poop, then hit natural pitch or safety.**

**CIRCLE ATTACK**

,



## Classroom 4

### Deadly Shooting

Steve Nash - Start in close.  
 20 min sides working back  
 Shooting banks  
 elbow  
 10 shots a min.

### Nash shots

close range

angle shots (bank)

elbow j's

runners

hesi to pull up

post moves

hook shots

pull up j

spin move pull up

19'9" / 20'9"

step bk

PK → roll

NBA 3's

Things  
about  
Nash  
video

- Game shots

- Fatigued shots

- Timed

- Self motivated; self talk. positive.

- Good pace

- Did not stop - worked on stamina.

- hardest  
shots last

- enjoyed.

Talk - on balance; visualization; Nice

use legs; eyes up.

repeated a coaches advice

### Building a Shooting Workout

How much are you going to commit to it.

Frequency - How often, what is your aspiration,

Duration - How long

# of shots

Location

Types of Shots

① Catch + Shoot (Decide on Location)

② Pull up (PG layups + other layups)

③ FT's

④ Groove Shots

⑤ Finishing moves

⑥ Post moves

⑦ Quick Finish - loose ball shots;

ⓐ rapid fire  
when you loose  
it. Work on  
getting a shot  
up.



# Video

**Peek fakes, develop in practice, make a habit. Legs loaded**

**Airborne receiver- check the feet continuously**

**Intangibles- hustle, accepting criticism(accept coaching),  
body language and eye contact**

**Work more to make sure I make eye contact.**

**Mistake response- 2 claps, next play.**

**More excitement from the bench.**

**Feel is not real  
You chose how you feel**

**What do coaches want from their players**

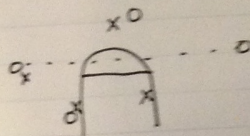
**Consistency- want you to be consistent in hustle, coach ability, effort etc. because consistency yields trust.  
Consistency- always and every**

**Game point defense- desire increases because of the winning.  
To build consistency you cannot pick your spots to competes.  
Players are good at what they take pride in.**

Court 5

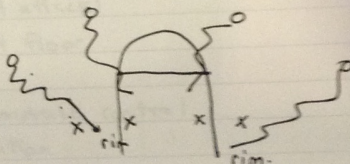
Overhead - using whisk

game



Attack Training

Focus SPIRIT



rotate.

Level 1 - organize yourself

Level 2 - organize others

Four step stutter

Jumper

Go

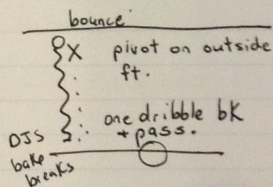
Cross

Roll cross over to left, step wide right, wide left, narrow left, narrow right then shot.

Gather ball with left hand after the four steps. You will move slightly to the left. All reversed for lefties.

Breakout dribbles

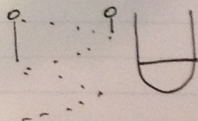
controlled dribbles - to the side  
→ cross it over



3 on 3 Attack

Violations - failure to attack, peek, powerful, read line, failure to move,

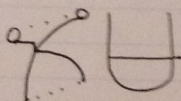
momentum stops - whisk.



momentum change

pass + go behind

1 big explosive dribble - no fakes  
you're in the open court





## Ultimate Basketball

next level-2 dribbles max

### Violations

- Wild Basketball
- P-dribbles (must attack)
- Ball Cannot hit floor
- Maybe pass
- Failure to demonstrate control
- Pregnant Position

## Video 4

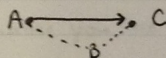
Break out dribbles

push ball ahead

can be difficult to stop on a dime

## Passing

Bounce pass syndrome - players throw unnecessary bounce passes.



A, B, C-bounce

Bounce - 2 on 1, 3 on 2, feed post, penetrate dish  
can be useful.

Your game package is small, you work on things in practice so your package in practice is big. Shrinks before game.

Limit overhead passes



## Classroom 5

## Dominate Defensive Tactics (DDT)

One thing you want from your players? hustle, intensity, competitiveness  
willingness to improve

"consistency"

→ The things you take PRIDE in, you do well in.

DDT

- The smaller you are, the more of a presence you must be.

## On ball strategies

Lean in direction of  
the drive, weight is  
back to move quickly

**Closeout top  
shoulder, keep  
ball out of  
center**

1. Get in the bubble (in their space)

enter the conscience, you want them to be thinking  
about you.

5 keys to def

## 1. Closeout

A. Take away 2 battle for the

B. lean in direction of drive

C. Beat the ball

D. Stay fleet

work on this in pickup gms.

2. Blind them in the bubble

a. Slap up (KUP)

Don't play for a steal, you want to force a turnover

b. Press + Raise

**C ball and man-**

**31:52 time you  
should see the ball.**

**C ball with eyes and  
defender with touch**

3. Take away two + Battle for <sup>the</sup> third

- in practice work on guarding everyone as if  
they are a good shooter.

Take away shot by  
body, but mind is  
taking away drive

- take away their strength  
• Force left.

**Talk to  
ball**

## Off ball strategies

Never get face cut, instead  
razor blade them (chunk  
cutter with elbows)

1. Phase out.

• make them do things they don't usually do  
• reduce touches (deny ball)

• Force them to retreat - catch in a defensive manner

2. Skirmish

→ Active hands, feet, voice



- Goal is to make the offense.

SCRAMBLE Letters so Off can't read.

On+ Off Ball

1. Take a 4 inch fall. Charge

- closer the O, the lower you get.
- arm bar must be up (like a bumper)
- let out breathe - C's.

Defensive Stoppers - Foul (13) Called (1)

13 to 1 Ratio.

Avoid gambles.

**Communicate to intimidate- "bring him to me, throw it to me, bring it to the paint"**

**positive reinforcement,  
information**

**Bring it to another level.**

**Skirmish- lightly armed unit that was used as a deceptive force to hinder, disrupt, and aggravate the enemy. In basketball it is used to make the offense wrong. ie. attack get back**

**Tactics-1. be in the bubble( space invader, to force mistakes not to steal the ball)**

**2. Charge- usually take on other teams most aggressive player.**

**FLABBY charges**

**Feet moving**

**Lower- 4 " fall**

**Absorb contact with forearm**

**Butt square- both checks at the same time**

**Backwards in the direction**

**Yell**

Look @ lin  
drills sequence  
could divide + do  
O+D separate or  
together.

Court 6

Truth vs. Harmony  
↓                      ↓  
How it                Everyone  
is

### 4" Fall Drill

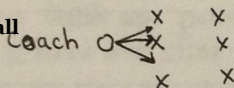
- Don't fall like an old lady
- Need sound effect
- \* Fall in direction of the penetration.

**Individual workouts- need intensity of effort.**

**Be conscience of energy level.**

**Boys&girls PGC drills together.**

4" fall- fall backwards, stance, lower, lower..... Fall direction of fall



when coach hits one player- he hits all.

1. Technique with coach calling the contact and progress to using a partner to provide contact. Incorporate direction change

- How sneaky are you as a defender

Defensive stance- elbows over thighs

When beat-----!!!!!!!!!!!!

Hip turns instead of drop steps. 45 degrees and exploded on top foot. Going right, left foot hits at 12 o'clock and you drive in the direction.

Hip turn, drive, cross, hip turn

### Slap Ups -

- ball and partner
- toss-up + swoop in to pop up
- defender should be

### Slap Ups w/ Power Position

- same as Power Position
- Def will hold then slap then ~~hold~~ hold.
- As off player pivots, Def must pivot

\* If you need a coach to bring you to your best, you will never be your best self. You must SHAPE yourself.

Hip Turns - got to hip turn, can't end on ground

players bk to bk , must turn left

winners- fist in air

=0=

hip turn

losers - L on forehead.

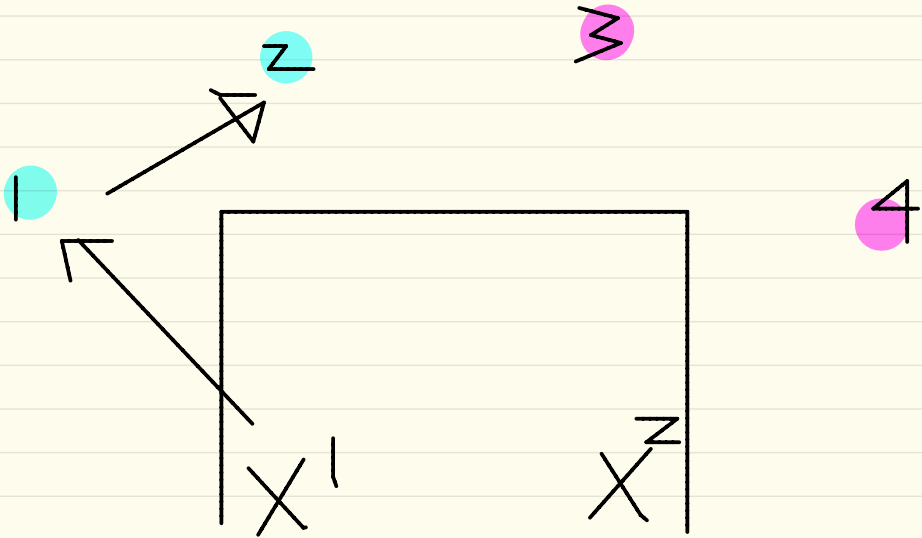
get in Power Position.

2 time winners 2 fist

X in air 3 time winners

raise roof - 4 time winners

## 5 Keys



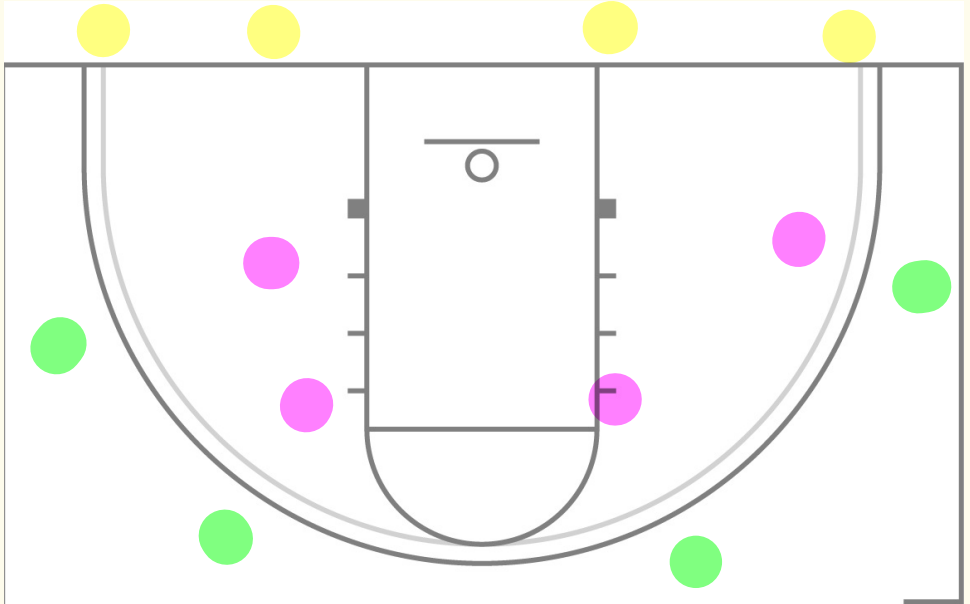
*X1 passes then closes out, takes away 2 battle for 3, can touch shoulder, ball, 1 passes to 2, X1 jumps to ball, says bring it to me, then skirmish. Offense will then simulate drive.*

**We will Closeout Left to take away right.**

**When you jump to ball, make sure your eyes still CBM.**



# ***Defensive Perfect Possession***



***Violations- CBall, man with body, talk to ball, face cut, razor blade cutters***

***Offense will pass and cut for 7 passes, defense cannot have any violations during that time to gain a point. Defense cannot touch the ball***

***Am I in position to stop a dribbled in layup.***

***Offense don't pass until I put  
a fist in the air***

***Put in when training defense.***

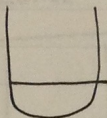
***Players waiting hold up number of passes.***

★

Lock Left

Guided offense

Don't reach for steal

X<sup>0</sup>

O - dribbles w/ left hand  
because X is forcing left hand.

X - is channeling

- ① O - will change gears + use bk up dribbles so X can work on ~~back up~~ palm up and slide + hip turn to get a head and slide again.
- ② O - needs to go slow enough so def can work on technique.  
Will progress to use 4" Fall on the Xover or spin move.  
Off must go slow.  
Off help deff. up

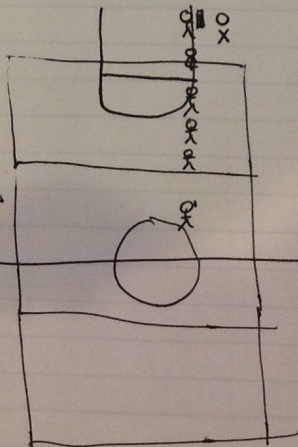
## ③ Live.

Off will work on opening the door - 2 times before half court.  
Off can cross over or break out dribble -  
Off can back up dribble to give more reps/time

Compte

⊗ in-line call  
block or  
charge

⊗ don't let players  
out of their  
lane.



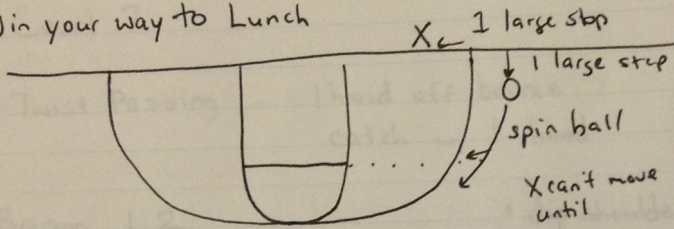
Def. - pts. - Stop 1  
2 - Charge.

Off. must open door twice

Trip is over when they get  
past v-ball loft. line.

At end of trip off  
passes ball to ⊗  
and ball is shuttled  
+ off goes Def.

Win your way to Lunch



players in line  
call block or  
charge.

Can

Only score on def. - for stops - only 1ft in paint (2ft.)

Off must hit DJS + Peek in paint to go on def.

Only 3 dribble.

air ball

cannot  
cross  
midline

must be in control.

3 stops in a row

O's should use Peek, Crip

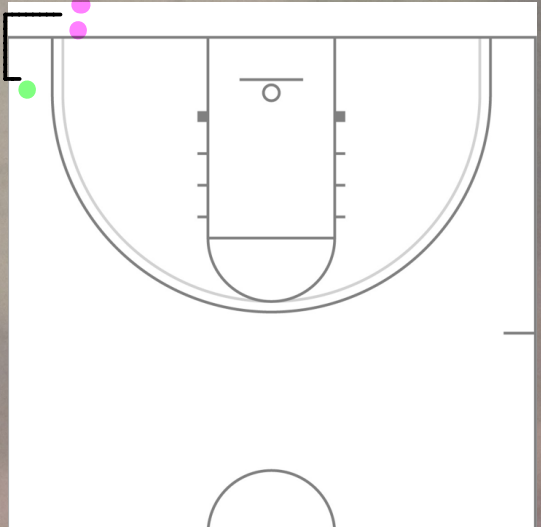
1st Day booklets.

2ftX2ft

to evaluate

**Battle to the paint**

**Offense- spins ball out. Defense cannot move until offense moves. Get right to play defense by stopping offense. Offense can shoot 3 if under Closeout. Offense scores with djs in paint w/peek Players waiting are officials. Goal is 3 in a row.**





Court 7

- Twist Passing - 1 hand off bounce catch w/ 1 hand

Boom 1,2

really pound the ball

work on getting quick

• dip shoulder  
Dip inside shoulder

Outside foot  
hits last

Boom the ball  
Short choppy steps

Butt ball

- On Right Hand
- ① start no goal
  - ② then 4ft. +
  - ③ off dribble

2 Balls in a line

3 dribbles  
last is the BOOM  
- pull up area.

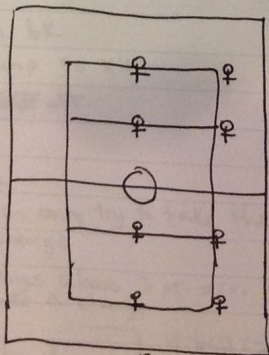
Left Hand

R/L is recommended, but could L/R

Technique Training

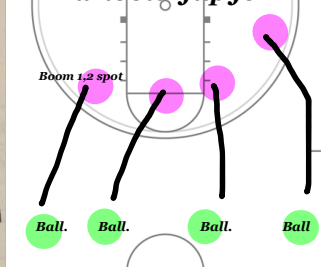
Technique  
Training

Lines- once  
the go down  
+ bK  
tap someone  
out.



- ① ♀ - left hand down, RH bak.  
⊗ - use in/out move.  
open the door  
w/ fore arm.  
♀ - right hand after line goes down + starts bK.
- ② In/out crossover.  
before ↑ do - do ice skates

Transition Boom 1,2 w/  
RH dribble-flip for LH



Pink offense, green defense  
w/ back to ball. Offense  
pushes away with ball for  
seperation. On the BOOM, def  
tries to turn and block shot.



When attacking in open court, attack head on  
Your move should happen @ 1<sup>st</sup> conversation = space.

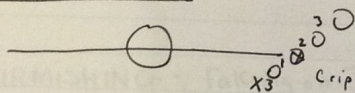
Moves off the dribble

3. Now, def. will choose a side to jump too.

Off adjusts

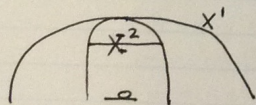
a. def can take a charge if Off. makes  
a wrong read.

### Continued after tennisball Decision Training



X's on def  
whole time  
Crip. Crip across

O<sup>2</sup> has ball + starts  
when O<sup>1</sup> + has shot



O' after finish will dribble  
to corner pass to next person

X<sup>3</sup> - can't come

X<sup>3</sup> + X<sup>1</sup> will pick a side

X<sup>2</sup> guided def.

either sag (pull up) or  
Boom 1,2) or

After O' gets bk  
players bump so X's  
can play ~~off~~ off.

### Compete

X<sup>3</sup> - can only try to take the  
charge

X<sup>1</sup> - stays above 3 pt. arc. can  
take a charge

3 pts. to go to dinner if ball is  
lost

o 1 pt. charge (3 opportunities)  
per trip

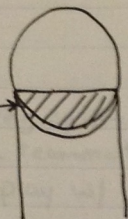
o bucket (1 pt.)

o WUF + they come down  
on top of you

- Lock Left
- Hand on Knee

## Video 5 Classroom 6

PG lay up

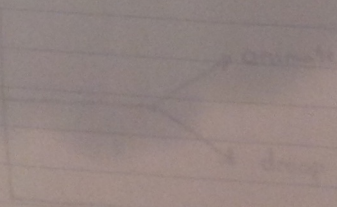


## Bubble Defense.

- Force player away from where they are dangerous
- No one can screen me.  
hand to the knee

KUP - Keeping up palms

SKIRMISHING - Fakeing on Def.





★ Must get out of your comfort zone !! ★

Right now you are either in the past, future, or present.

Classroom 6

Cheerfulness -

Do you bring up lift?

Are you a teammate others players  
want to play w/.

Approach

3 Principles of Great Approach

A. UNRUFFEE-ABILITY  $\Rightarrow$  the ability to handle difficult situations, challenges + people w/ poise + control

Sparrow - Always uncertain of surroundings, victim

vs. Lion - Knows, he's King of Jungle, ownership

Sparrow - excuses, complaints, blame

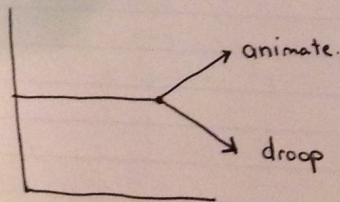
Lion - ownership, responsibility

The ability to handle difficult circumstances, challenges,  
+ people w/ poise + control.

You may not have control of your circumstance, but  
you have 100% control of your response.

Victim of - poor coaching, officiating, other players.  
Must retrain how you think.

B. Mistake Response



external (physical)  
drops shoulders.

internal  
what you say  
to yourself.  
live in past  
mentality



Next Best Action - what's next, after  
good or bad

### C. Protect Your Joy

- i. - remind yourself what you love
- ii - remember what you appreciate
- iii. - revisit your dreams and aspirations.

It's about the Journey,  
NOT The Destination.

I did as much as I could w/ what I knew  
@ the time.

→ Next



## Court 8

## Attack Training

- don't guard same way everytime.

Guided D over, under, perfect.

- drift + burst

shoot  
J/cross

C/Skip across

### \* Serbian Passing

mini hook pass

inside hand

inside hand w/ look away

no stops

no changes

### 3 on 3 Attack

Score stay on offense

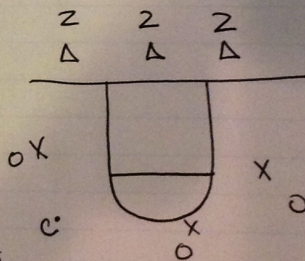
Scored on come off

only 1 off. rebound + 1 dribble/pass  
or  
NO SCREENS.

3 in a row gym stops + watches to see if

Violations. <sup>must</sup> Peek, <sup>must</sup> Attack, PUP failure to get  
if 4. sub must rotate. maybe passes in bubble

Got 2 have @ least 3 teams / could go 2 on 2



Video 5

Chapter 7

Ult. B-ball

TO if not in bubble

Pt. for gnaw pocket

3 dribbles

If not in bubble, def. must touch end line.

Attack

Break out

Roll BK

Attacking a Def

- 1) Drive in hard with power - straight on to the basket
- 2) First conversation point - where you make your move
- 3) Show into the move - fast and
- 4) Move def. w/ your eyes

Attacking a team by attacking the weak side of their defense.

Speed and Timing - key to it



## Video 5

### Classroom 7

Must have a attitude of excellence. Act + feelings will follow  
Always A-B-C players

Controlled  
Attack  
Breakout  
Pull BK

Attacking a Def.

- 1.) Deer in headlights- Attack straight on to freeze them
- 2.) First conversation Space - where you make your move from.
- 3.) Slow into the move fast out.
- 4.) Move def. w/ your eyes

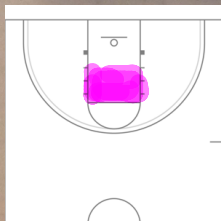
Attacking - When to - by scanning to see if there is a lane.

Sweep and Twist - <sup>Leap Frog +</sup> Land on 2

## Video

**Breakout dribbles- your first one to three dribbles off a rebound outlet or steal. Push ball out front and run behind it. Best as crossovers.**

**PG layup- floater or jumper that a pg makes as often as a layup.**



## ***Dribble moves***

### ***4Keys-***

***Make defender deer in headlights***

***Attack with speed***

***Grab their eyes with yours and you can move them with your next look***

***Control Position- feet wide, ball on the side***

***1st conversation space- best distance to start dribble move***

***2 changes- stop just before the move, misdirect the defense***

***Ankle grab- gets you low, can throw def off balance,***



## ***Building a shooting workout***

### ***5 things to becoming a better shooter***

***How quick can you catch and get the ball in shooting pocket.***

- 1. Less is more- work on one aspect at a time.***
- 2. Everyday- if something matters you, you will do it everyday. Planned and measured***
- 3. Write it down( dated. Makes and misses)***
- 4. Pick your shot( know where you shoot it best)***
- 5. Finish no matter what.***

***Need to know where you are, so you know where your you're going.***

***50% from 2, 40% 3 and 90% from ft line is a 180 guy in nba.***

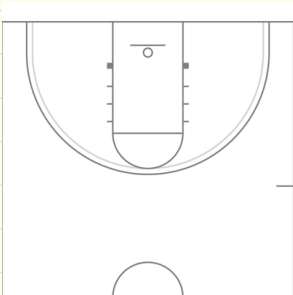
### ***Shooting Workout***

***Early bus mentality- nba has 2 buses***

***4 types of shots***

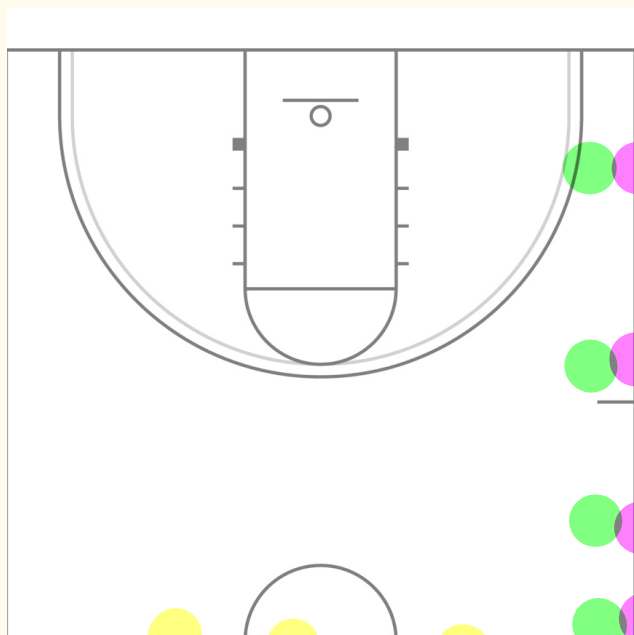
- off the catch***
- off the move***
- off the dribble***
- contested***

***Set a goal for  
makes not takes.***

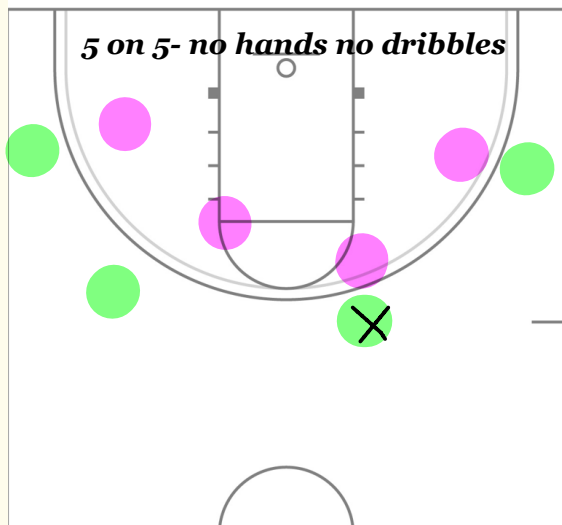


***Who do we want taking  
shots and from where.***

## ***Breakout dribbles***



***Toss in air  
Def pick a side  
Hand closes to  
direction you  
throw out  
front. End on  
djs***



***5 on 5- no hands no dribbles***

***5 on 5 p&c  
Offense cannot dribble  
Defense cannot use hands  
Only violation in failure to  
peek  
Offense gets one shot. In the  
paint.***

***Could put post players in  
post area or as screeners.  
Post defense could use  
hands.***

***- another stipulation-  
while on baseline  
designate one person as  
dribbler, if dribbler  
passes off penetration  
you can shoot the trey.  
Defense can use only one  
hand that they designate.***

## Video

*In bubble defense- force mistakes, not steals, high activity level, game pt activity*

*If you have to jump to contest a jumper on perimeter, means you were not in the bubble.*

*Great defenders touch leather.*

*Hip turn and sprint, incorporate into weights.*

*Gnaw pocket when beat.*

*Skirmish- stab and get back. Each player has a rhythm to their dribble you can pick your time to attack. Make the defense wrong.*

*Skirmish in triangle tuff position*

*Change of speed into dribble move, from control position. Body control and speed change*

*In-out move- about eyes And body, must master this move.*

*Shoulder/ chest-*

*Spin move- a move in response to a chest and contact. You get shoulder, you go.*

*Second line of defense- chest -pass, if shoulder fight thru contact.*

*Specialist should work on their specialty. I.e. defensive*

*stoppers, spot up shooters, post players- become more specialized with older girls.*

*Scorers need training to score others do not. Everyone needs certain skills(ball handling, passing, no stops, peeks, block outs, others need dribble moves to score, step backs, etc.)*

playmaking defender takes off. player out of their SCOT



## Classroom 7

If you are going to be a good player, you must be clever.

### Pressure - How to beat

1) Don't believe the hype

Pressure is a facade

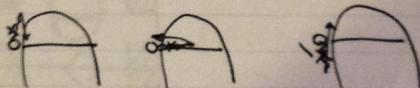
Great pt. guard see pressure as opportunities

Attack North-South - don't let them funnel you sideline.

Inbounding v.s.

1) Walk it out

a. walk away from where you want to receive the ball  
i. Step b/t their legs



ii - hands up + scan other defenders

### Pressure checklist

1. Walk it out- talk to inbinder (stay calm, eyes on me ill get open). Walk at their chest, Butt-bar, burst

2. Power peek

3. Clear out

4. Crip and fake

5. No bubble- get defense out of your bubble to get space

and vision. Your goal in to go North

and south. Pull back. When beat

get them on your butt then burst.

6 mix it up- master the pull back,

hurkey jerk, inside hand, dangle

dribble

7. Middle third- stay here.

2) Powerful + Peek (pre-peek then breakout dribble)

3) Clear out teammates

4) Use Crips + Fakes

i. Take back your space

ii - Use pass fakes

iii - if another player is wide open pass ahead.

5) Keep them out of your bubble

a. YoYo - starts - stops - pull bks.

roll crossover after pull bk.

b. North-South w/ your dribble

c. Mix it up.

- don't do the same thing everytime

d. Inside hand dribble





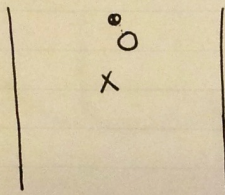
20 min shooting workout-game shots, at game speed- inside out approach-form, confidence, habits. Your partner- great hustle, good passes, communicators,- rebounder works on rebounding- work on reading the flight of the ball. Work on passing, talk to your shooter- nite

d. inside hand-

Def has to choose body or ball

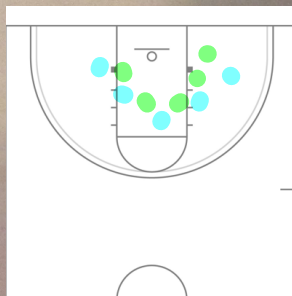
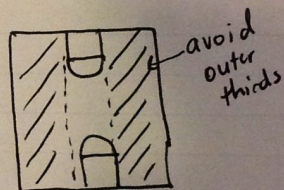
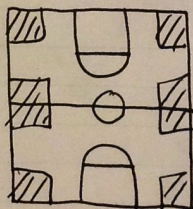
go by

roll X over



6. Use the middle third.

7. Avoid the squares or pockets



IF double teamed

- attack bigger Player
- Use fakes
- After breaking a double team - look to pass for an advantage.

-0 min shooting workout- 1 hand form shooting- make 5 at the 5 spots, line shooting.

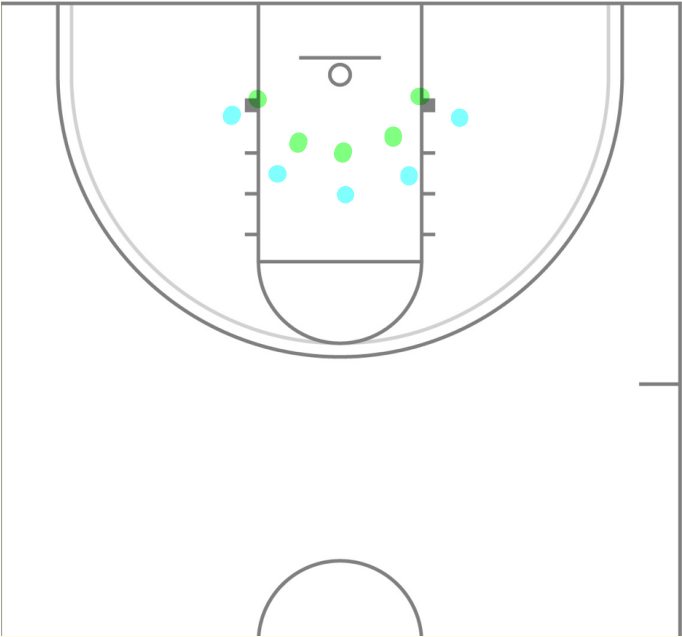
Off the catch- airborne receiver 8-10 ft \_\_\_\_/10, 12-15 \_\_\_\_/10.

Move shooting- work in a triangle \_\_\_\_/10

Boom 1,2 2 different spot \_\_\_\_/10, \_\_\_\_/10

Contested- partner closes out- 3pt \_\_\_\_/10, mid range \_\_\_\_/10, crip 1 dribble pull-up

*I hand shooting*

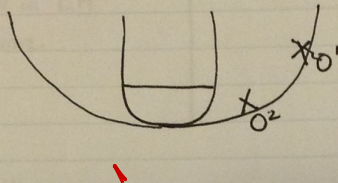


1 day PGc = 1 week practice

42

## Court 9

- Power Position w/ walk down



groups of 4

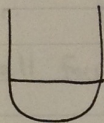
X' - grab elbows

O<sup>2</sup> - attacking pivot

O' - will walk down  
w/ arm bar +  
burst bK to receive  
the ball

- Dribble in from  
Half Court

Dribble in  
Inside Hand  
Outside Hand.



Inside Hand

X O<sup>2</sup> <sup>then</sup> Outside Hand. Perfect timing

Good spacing

O' - ball on hip walk down.

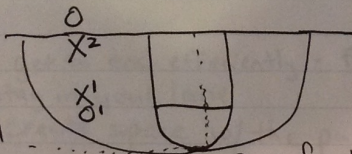
can - pick up + whisk thru

90% Guided Def -

O's walk down + pop with timing.

## Walk it out

- Windows



X' - use all  
4 def positions

X<sup>2</sup> - gives windows

O' - walk down + use

bumper - hands up  
show 1 hand target

Peek + get Powerful

- must move X' ; X'  
is aggressive

a. front  
b. behind  
c. Right  
d. Left

BF+G

never extend fake

2 reminders -

power position + fakes

= Live X<sup>2</sup>

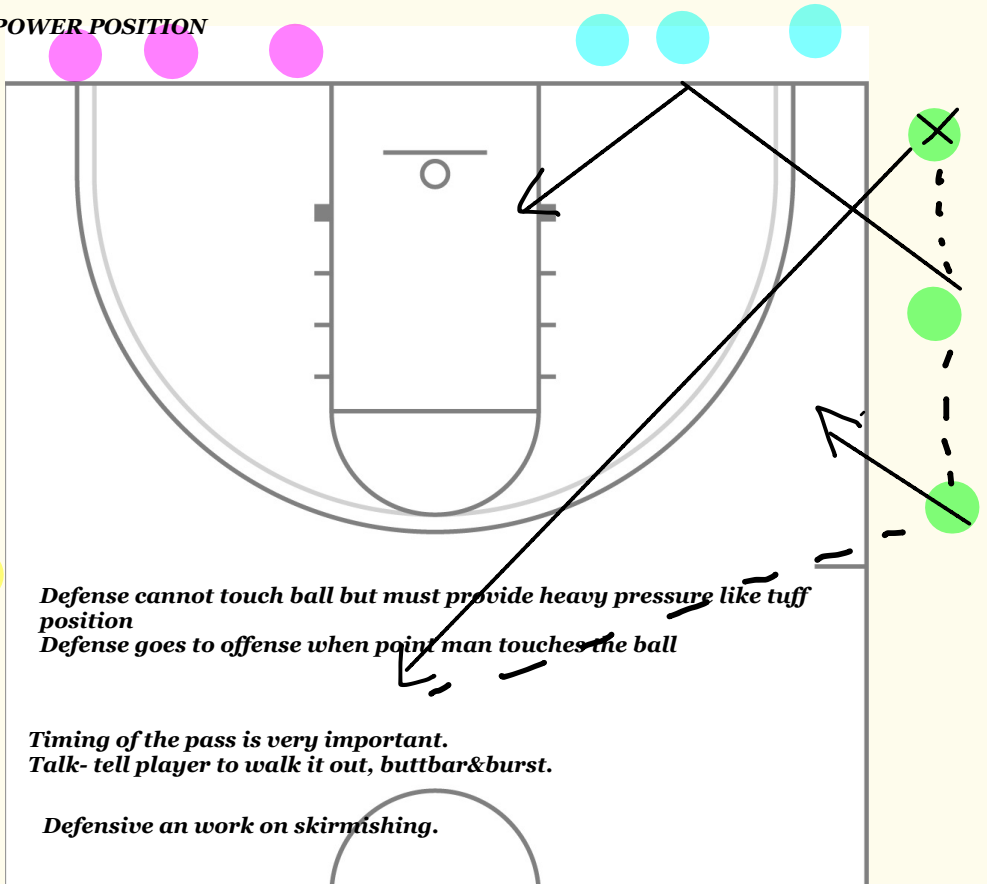
score - off - ball  
in get 1 pt.

def. steal - 1 pt.



*Defense ive players*

**POWER POSITION**

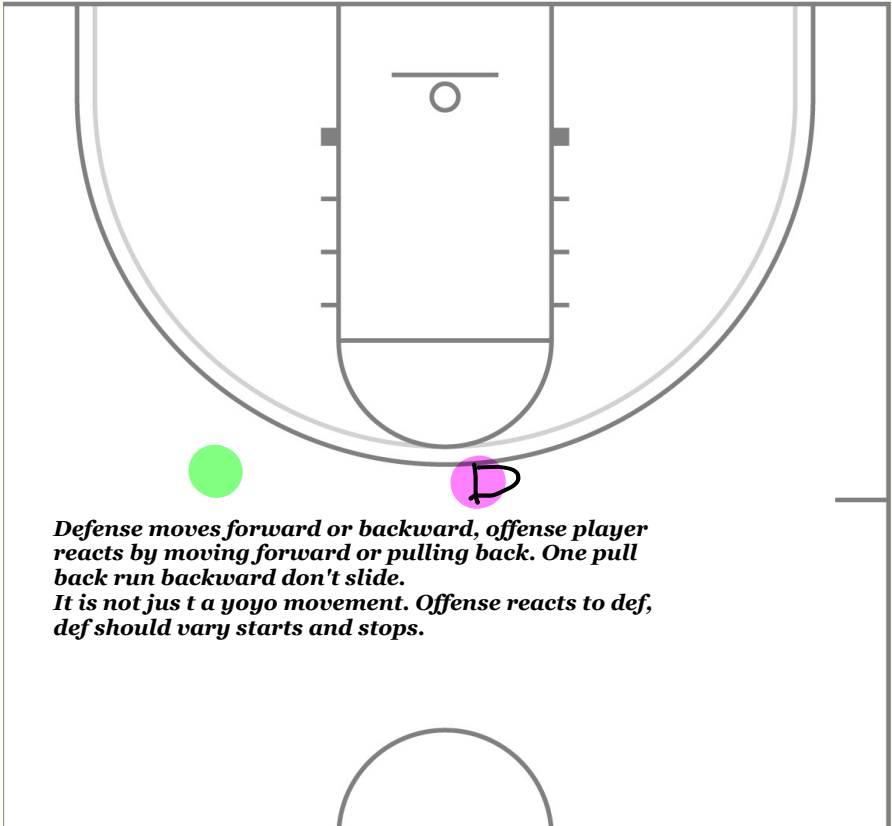


*Defense cannot touch ball but must provide heavy pressure like tuff position  
Defense goes to offense when point man touches the ball*

*Timing of the pass is very important.  
Talk- tell player to walk it out, buttbar&burst.*

*Defensive an work on skirmishing.*

***Pull back- crosser on on pull back  
30 sec then switch***



***Defense moves forward or backward, offense player reacts by moving forward or pulling back. One pull back run backward don't slide.***

***It is not just a yoyo movement. Offense reacts to def, def should vary starts and stops.***

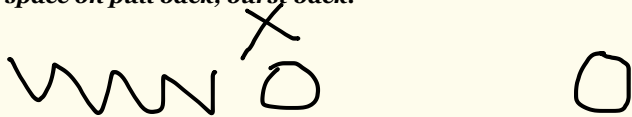
### ***PULL BACK ATTACK***

***Defences stay hip side, attack, dribble move to same side as dribble, pull back, then defense attacks the hip, offense attack with same hand.***

***Attack right hand, move right***



***Pull back, and def attacks hip. Must get space on pull back, burst back.***



***Go by and sever the angle, get them on your butt and pass to next player.***

***Pull back attack w/ xover***

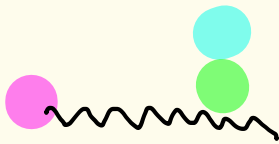
***Same as above except the def now attacks the ball. Offense will use a change of direction dribble.***

***Pull back attack 2on 1- Next page***

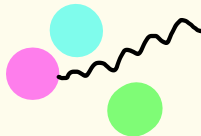
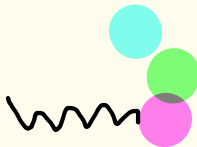
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***Habits are exhibited most when you are tired. When you are tired is the best time to work on improving your habits***



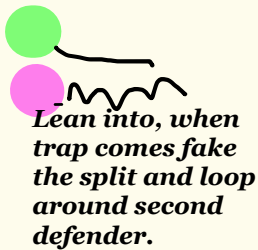


***Attack less athletic players hip, pull back, then attack the space bt defenders.***

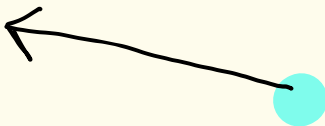



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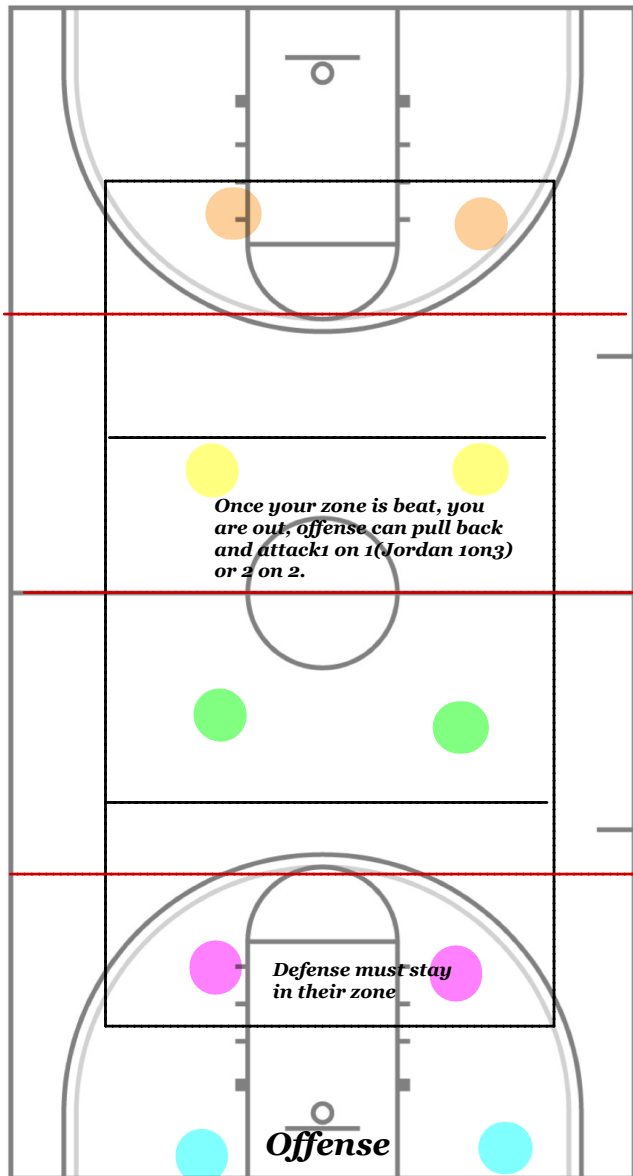
### ***Lean and loop***



***Probably not time to work on.***



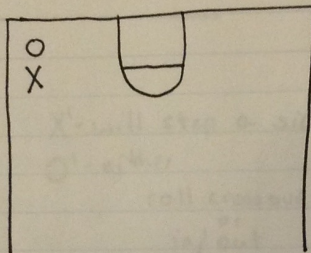
## ***Jordan 2 on 8(1 on 4(3) or 3 on 9)***



\* On def. occupy the eyes of your off. player.

Yo-Yo

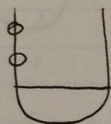
Keep ball in LH whole time.



### Fencing Drills

on the line

turn shoulder to shoulder.



2pt. shoulder  
1pt. Knee

w/coach call forward + back- bk - is pull bk dribble  
w/ ball for. ward - get shoulders turned straight ahead.

yo-yo w/ ball - like Fencing Drill  
X' trys to touch Knee

- next use rolling crossovers

Guided Def.

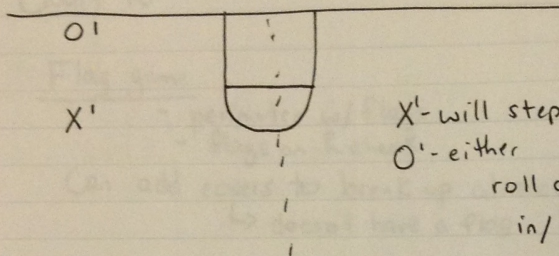
SCAN - get #s from coaches

- LIVE

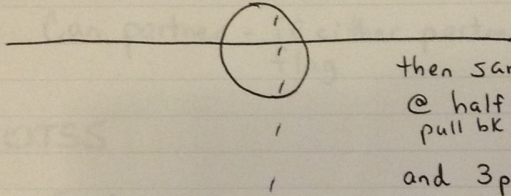
- o get to end effeciently - few dribbles + less energy
- o stay in your lane
- o create space w/ the pull back



O' - dribbles - RH touch  
+ pull bk to baseline (right before)  
then attack w/ inside  
hand

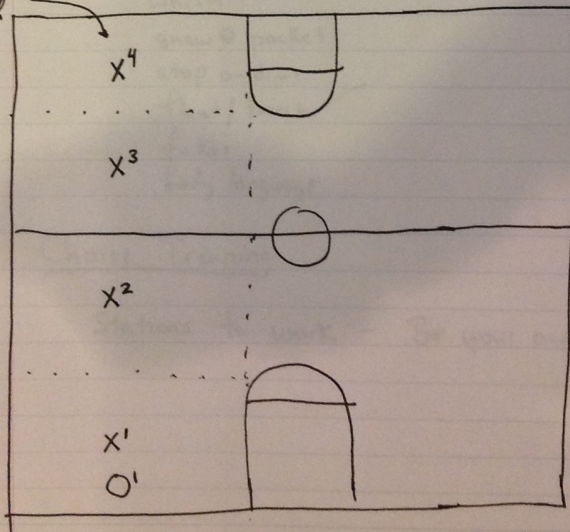


X' - will step a side  
O' - either  
roll crossover  
in/out



then same thing  
@ half court  
pull bk to 3pt arc  
and 3pt <sup>arc</sup> line  
+ finish w/  
a 2 foot finish  
pull bk to HC.

Win Your Way to Lunch  
X' - enter from bk



X' - have zones + cannot  
X' - goes to

Score = lunch  
charge -

## Court 10

### Flag game

- perimeter w/ flags
- flags on R cheek

Can add rovers to break up alliances  
↳ doesn't have a flag

Can partner - if either partner loses flag

## OTSS

### Flag Gm. - Concepts covered in flag game-

skirmish

whisk

Lion mentality - attack mentality

leg loaded

hip turns

twist

nooooo

communication

which

attack to space

snaw @ pocket

stop on dime

float/burst

fakes

body language

### Choice Training

Stations to work - Be your own person



"CHANGE"

Mass Talk

Attack Training

# of jumpers (15) → no layups  
 if you shoot in the paint- you go bk to ①.  
 add # to increase to if they  
 don't - peek  
 drift / burst  
 whisk w/ off hand

working on  
precision

# "CHANGE"

Mano Talk.

85

0

13 14 15 16 17 18 19 20 21 22

do a time line to emphasize short period

28-29 yrs. old avg. married  
11 relationships

socially-

emotionally  
✓ spiritually physically

risk turns into thrill

Love- committed to someone's best interest.  
not a feeling (LUST)

↳ Predictably Irrational

2 best reasons to do it → fun exciting

10 " " not to

↳

Do you have to try on every pair of shoes in the store?

Do you know what you are looking for?

3 things to look for.

1.) Kindness

- how they treat ~~you~~ <sup>their</sup> family
- how they treat those they don't know
- how they treat those they don't like

2.) loyalty -

- what's their track record

3.) Shared values.



Could use bands as rewards.

## Video 6

4" fall -

- fall in direction of the penetration
- get low and wide

Make it a habit of eye contact, Body Language.

What is my BL on the bench?

Do you get excited when a teammate scores or does something good.

Reading your def.

Chest - direction  $\Delta$

Shoulder - Keep going

Stretch Yourself in practice/training/pick-up; shrink in the game.

Look to do a  
30 day challenge in weightlifting

49

## Classroom 8

### 30-Day Challenge

Bike riding - 2-3 times a month may take a long time to learn.

Muscle memory

New Years resolutions on avg. lasts 11 days.

### 30-Day Challenge

Take 1 skill and ~~improve~~<sup>work</sup> on it for 30 days.

Could relate to anything.

Type of Player A - follow thru

B - thinks great idea, but never does it.

C - thinks I don't need it

Why people don't follow thru w/ things they intend to do.

1.) procrastinate

2.) too much else to do.

Map out your plan

Take a side bet (bet w/ someone else) one that involves

Take 1 small action today

→ deprive yourself  
consequences +  
rewards



# Tournament of Champions

3 on 3 attack

Teams win way out

Q for Boys	Ch. Court	Q for Girls.
---------------	--------------	-----------------

10 baskets total

Charge - 1 pt.

2's, 3's - 1 pt.

Score stay on

If you don't score go to end on your side  
Get scored on go to other end.

Teams call out team # when they score.

If you go subs out of order or line jumping

## Technical

notwhisting ~~tech~~ passes  
PBL

1<sup>st</sup> = -1  
2<sup>nd</sup> = -2  
3<sup>rd</sup> = -3  
etc.

cannot go in  
negative

Final teams to qualify  
must

- Unlimited dribbles (no p-dribbles)
- only 3 passes.

## Champ Round

Fouls can count baskets.

To Win - Score 3 in a row.

Technical foul demotes team bk to Q court.

(

Final Team - must



## 3on3 Attack

No unnecessary bounce passes

~~1~~ pass

2 shot max, 1 forward pass

must peek

must open door, no banana cuts.

if Coach Fakes go bK door.

No P-dribbles

## Your Journey Forward (Unknown)

Storming

Forming

Norming

Performing - Unconscience

→ STAR

CUT

SOLID

Injury

10<sup>th</sup> man

Coach

Gives you the tools to be successful.

Control your (coaches)

preparation

approach

(players)

training

approach

mano@pointguardcollege.com