

## NBBA Coaches Clinic 29-09-19

### Warmup

- [Dribble-shoot relay](#) (two teams, 3-2-1 scoring)
- [Figure-8 dribbling](#) (both versions)
- [3-man pass-follow-dribble](#)

### Dribbling (see [Dribbling series](#))

- Stationary
  - [Tauer stationary](#)
  - inside-out cross between behind
  - inside-out cross; inside-out between; inside-out behind
  - cross cross between between behind behind
  - between between behind
  - v-dribbles into double moves (see YouTube [Tighter handles in 30 seconds](#))
- Up and back – a) halfcourt – footwork crossover series (e.g. continuous crossovers), b) fullcourt – wrap, spin series
- Attack the rim – make a move on coach at the 3-point line, e.g. Iverson crossover

### Motor skills (without a ball, then dribbling)

- [Run rabbit run](#), [Team chase](#)
- (Also see [Agility cone game](#), [Pairs circle chase](#), [Three circles](#))

### Shooting

- Shadow shooting (BEEEF) without a ball along the 3-point line, see [5star shadow](#)
- Partner form shooting (to each other), see [Tauer form](#) and [Keys to shooting](#)
- [NBA bump](#), [Pirate](#), [63](#)

### Passing

- [Florida 4-line](#) (one then two balls), [Florida 3-man 2-ball](#), [Laker](#)

### Rebounding

- [Butt wars](#), [Circle blackout](#) (3 on 3), [Nash 3 on 3](#), [Calipari pads](#), [Partner](#), [Michigan State 2 on 2](#), [Florida circle the wagons](#) (3 on 3)
- (Also see [No-ball box-out](#), I use this for box-outs and tag and pursue)

### Spacing

- Single gaps, double gaps, triple gaps (see attachment)

## Teaching 4-out 1-in motion

- [Give and go layups](#)
- [4 on 0 floor spots](#) – a) find a new spot on “change”, b) pass, everyone without the ball finds a new spot
- [4 on 0 basket cuts](#) on a guard-wing pass
- [Blast cut layups](#) - lift to the wing, misdirect, backcut, Nash circle cut (can then do 1 on 1)
- [4 on 0 blast cuts](#) – pass and cut to the weakside corner, blast cut to the wing on ball reversal

## 5-out motion

- Basket cut on a downhill pass (top to wing, wing to corner)
- Backcut if denied
- Option – screen for the corner on a wing-to-top pass
- See Offence – [Youth, 5-out youth motion](#)

## Defending gaps

- Single gaps – can help and recover on dribble penetration
- Double and triple gaps – help and stay – helper calls “switch”, beaten defender rotates to the open player, **a two-man rotation**
- See attachment

## Press breaks (against fullcourt man or zone pressure)

- [Middle](#) – three short pass options and one long option opposite the ball; counters if 1 is denied (2, then 5)
- [1-up](#) – put 5 up-court, leave the middle open (did not demonstrate)

## Coaching resources

- See [Links](#)

Eric Johannsen

Technical Director