

## Substitute Coaches Clinic – 30/09/18

Here is what we covered. See [Favourite drills](#), and [Favourite drills for kids](#), also a summary of practices that I attended or covered last season.

### Defence

- Closeout
  - [Vegas closeouts](#) (alternating sides) then [UConn 1 on 1](#).
  - [Pack-line Vegas closeouts](#), then [Beat the closeout shooting](#), then 1 on 1.
- Jump to the ball
  - [Face cuts](#), [1 on 1 with passers](#), [Jump to the ball layups](#)
- Shell drill progressions
  - [2 on 2](#) (add dribble penetration, help and recover), [2 on 2 plus coach](#), [3 on 3 with coach](#) [would then do 3 on 3, 4 on 4]
- Defending the dribble - [DeMatha zig-zag to 1 on 1](#)

### Rebounding

- [Butt wars](#) (with passers), [Circle block-out](#) (3 on 3), [Nash 3 on 3](#), [Calipari pads](#), [Partner](#), [Hanlen](#) (War 1 on 1 on 1)
- 2 on 2 - [Michigan State](#), [Low-post](#)
- [Florida circle the wagons](#)

### Ballscreens

- 1 on 0 wing ballscreens - dribble to the wing, reject, split, go around a hedge and recover, see [Hanlen ballscreens](#).
- 2 on 0 wing ballscreens - the ballhandler passes to the screener, who rolls, dives, pops, or slips (see [MacKay ballscreens](#)).
- 2 on 0 ballscreens - both players shoot, see [Jenkins pick and roll](#).
- 2 on 2 ballscreens - gap or switch to defend (see [Messina ballscreens](#) on this).

### Motion - see [Teaching 4-out 1-in motion](#)

- Give and go layups on a guard-wing pass - read the defender (coach), face cut or backcut.

- 4 on 0 cut on a guard-wing pass, fill to the weakside wing, reverse the ball, continue.
- Problem - may need to get open from the wing, e.g. v-cut, which kills spacing; instead, exit cut to weakside corner, blast cut on reversal.
- [Blast cut layups](#) (2 balls, passer and rebounder) - blast cut, misdirect, backcut, Steve Nash circle cut; then 1 on 1.
- 4 on 0 pass-cut-fill, exit to weakside corners.
- Guard-to-guard pass - cut to opposite corner, opening a triple gap, see [Dribble-drive Quick-Swing](#).
- [3-spot pass-cut-replace](#) - continuous (good Jr. NBA drill).

### Shooting

- [Partner](#) (alternate shooters, then shooter with rebounder), [Alternates](#).
- [7-up](#), [UBC](#), [Sevens](#).
- [Bump](#) (including dribble bump).

### Fast break

- [1 on 0 transition](#) - add escape and breakout dribble (also see [DeMatha transition shooting](#)).
- 2 on 0 - [Outlet and go](#) (around the world), can then do [Chaser layups](#).
- 3 on 0 - [Nash cutting](#) (then [O'Neill 3-man](#))
- 5 on 0 - numbered fast break, a different player scores each trip (see [Six cycles](#)).

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