

Recreational Program Coaching Clinic Oct. 1 2023

See [Recreational Coaches Clinic 28-09-2022](#).

- How to Run a House-League Practice
 - [Basketball Practices - Resources](#)
 - Challenges for house-league coaches include sharing a gym (halfcourt practices), and improving good players without overwhelming weaker players. Loading a drill for good players can help (e.g., adding reverse or power layups).
 - [Go-To Drills](#)
 - Individual skill development, e.g.,
 - [Shooting, Post Play](#)
 - Team development
 - [Defending, Pressing, Fast Break](#)
 - 1 on 1 to 5 on 5
 - [1 on 1, Attack/Defend](#) (small-sided games), [Transition](#), [Scrimmage](#)
- Halfcourt Drills (or modified for halfcourt)
 - See [Coaches Handbook](#) > [Pre-Game Warm-up](#)
 - [Auriemma warm-up](#)
 - Layups
 - [Two-line layups](#)
 - Added box out, outlet, pass from outlet, give and go.
 - [Auriemma 3-line](#)
 - Halfcourt 3-line passing to a point-guard push.
 - See [3-line 3-shots](#).
 - [4-corner layups](#) (did not do this)
 - Can be a progression from [4-corner passing](#).
 - Shooting
 - [4-corner](#) (four balls)
 - [Partner relocation](#)
 - Then shooters with rebounders.
 - [Alternates](#)
 - Halfcourt 3-ball (see [Choice is Yours](#))
 - 3 lines on the baseline, touch halfcourt, come back for passes, shoot, passers are the next shooters.
 - [3-man weave to halfcourt](#), 2 on 1 coming back
 - [Halfcourt 5-man weave to 3 on 2](#)
 - [Partner zig-zag halfcourt](#)

- Form Shooting
 - “Shadow” shooting
 - BEEF shooting without a ball, players spaced around the 3-point line facing the basket (see [5star shadow shooting](#)).
 - Partner form shooting
 - “Shoot” to a partner, e.g., waiter position, set point, thigh taps, Nash drop shooting, floor pickups.
 - See [Tauer form shooting](#), [Keys to Shooting](#) > [Form Shooting Progression](#).
- Fast Break Progressions
 - Blog posts – [Fast Break](#), [Building the Fast Break](#), [Fast-Break Cycles](#).
 - What are your player roles when the other team scores, or your team defensive rebounds? Starting point is a numbered break.
 - [Transition finishing](#) (1 on 0)
 - Added escape dribble, breakout dribble.
 - [Kelbick 2 on 0](#)
 - Simulates rebound-outlet by a 2 and 3.
 - 3 on 0
 - [Nash cutting](#)
 - [Tennessee point-guard push](#)
 - [Tennessee 3-man passing](#)
 - 5 on 0 Cycles
 - Start with two trips, upcourt and back, score on each trip, options include a layup for 1, headman to 2 for a layup or dump it inside, headman to 5.
 - Progression – fast break on misses.
 - See [Schuring Cycles](#), [Haefner two trips](#).
- Offensive Spacing
 - 5-out spacing is good for cuts to the basket, not as good for dribble penetration or getting open for a pass (all single gaps). A basket cut creates a gap for penetration (or to get open for a pass), a delayed fill cut (late fill) maintains the gap.
 - [Creating space](#)
 - Single, double, triple gaps.
 - [5-out youth motion](#) > [Dribble penetration](#)
 - [5-out creating gaps](#)
 - [3-spot pass-cut-fill](#)
 - A good drill, did not do.
- Zone Offence Concepts
 - Blog post – [Zone offence](#)
 - Including line up in the gaps, pass fake, high post, short corner.
 - [1-3-1 zone offence](#)

- Can also be used against an odd-front zone.
- Breaking a Press
 - Blog posts – [Press Break Options](#)
 - Press breaks
 - [Regular \(2-up\)](#)
 - Two guards break or screen for each other.
 - [Line](#)
 - The first player goes long.
- Setting Screens
 - [Setting a Screen](#) (Jr. NBA YouTube)

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