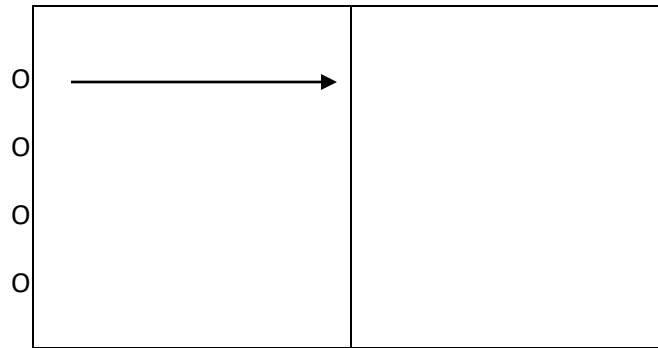


Bob Semling

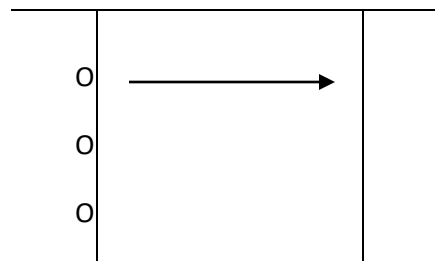
UW – Stevens Point
Appleton East Clinic – Oct. 2010

Drill #1 – Slow Slide Drill



- A. Slap the floor and yell DEFENSE
- B. Slow slide step to $\frac{1}{2}$ court then jog it out.
- C. 3 Quick
 - 1. Say defense and slap the floor every 3 slides
- D. Close –Out
 - 1. Facing the sideline. Close out then slide
 - 2. Active high hands
- E. Sprints
 - 1. Close Out and sprint to the FT line. Continue $\frac{1}{2}$, $\frac{3}{4}$, and full
- F. SWARM, DICTATE, MAKE THEM UNCOMFORTABLE

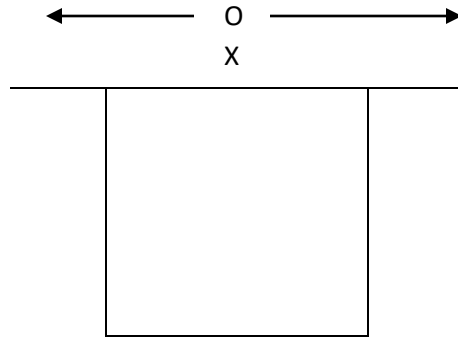
Drill #2 – Lane Slide Drill



- A. Use all the baskets
- B. Slap the floor, close out, retreat, slide to other side and slap floor.
- C. Slap the floor, close out, retreat, run to other side

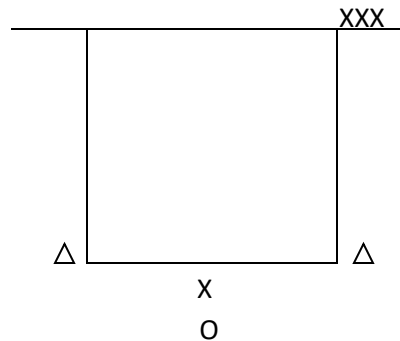
- D. Slide across, run back, slap the floor
- E. Slap the floor, slide, slide, take the charge.

Drill #3 – 1 on 1 Sideline



- A. 10 seconds
- B. Offense try to get away from the defense. Sideline to sideline.
- C. Defense stay with them

Drill #4 – Lane Head Off (Make it take it)

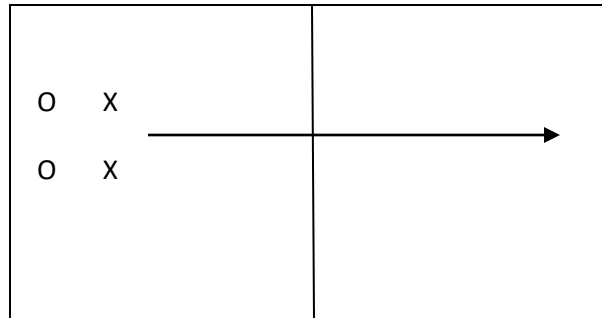


- A. 1 on 1 inside the cones
- B. Must get two stops to get out.

Drill #5 – 1 on 1 to ½ court

- A. Turn them
- B. If they get beat, stop and start at point you are beat.
- C. Pair bigs w/ bigs, littles w/ littles
- D. Dribbler has ½ the floor to work.

Drill #6 - 2 on 2 Full Court

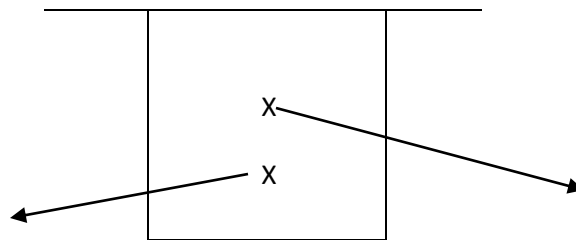


- A. No middle
- B. Dribble needs to attack the gap and pitch
- C. Help and Recover
- D. No splits

THERE IS NO WAY YOU CAN BE READY TO PLAY ON GAME NIGHT IF YOU ARE SOFT ON EACH OTHER DURING PRACTICE!!!

****Close outs – Do not put your hands up until you get there.

Drill #7 – 2 on 0 Close Outs



C

- A. Sprint to the 3 point line
- B. Stance, high hands, close(Cushion)
- C. Turn and sprint to the middle.
- D. Verbals – Close, Sink
- E. Help/Help/Ball/Ball/Help/Help

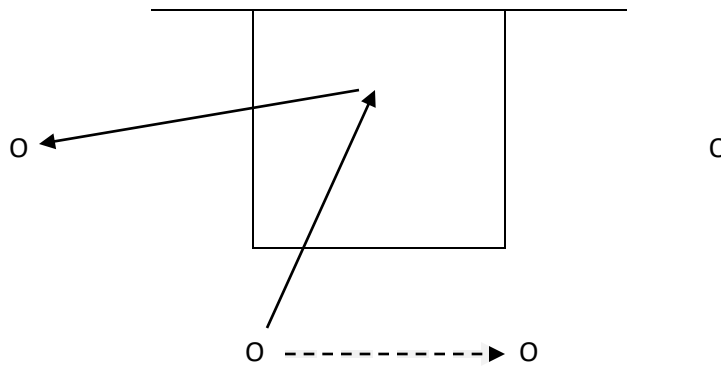
Drill #8 – 1 Person Shell

- A. 4 out formation on offense
- B. Point to your man and the ball
- C. Sprint to the gaps
- D. Get to the midline then help
- E. When you are guarding the ball, stay between the ball and the basket
- F. Do not steer the ball but do not give up the BL.
- G. Be in position on the catch

****Utilize the dribble enter and shallow cut into your 4 out shell drill.

Drill #9 – Shell Progression

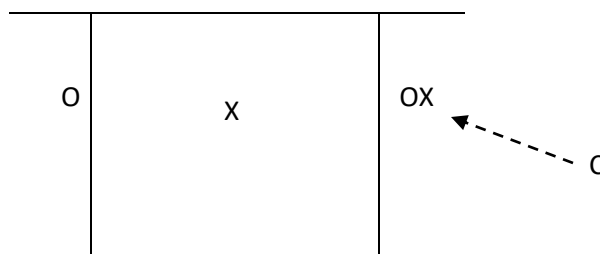
- A. Pass
- B. Dribble at and shallow cuts
- C. Dive and fill on the weak side – Pass and dive cut



****Every Night Defensive Work

- A. Post Defense
- B. On Ball Screens
- C. Off Ball Screens

Drill #10 – 2 on 2 Post



- A. $\frac{3}{4}$ high in the low post
- B. Post can step out to the top
- C. Opposite post dive on the post catch.
- D. Cross Screens
- E. Do not let them catch at the strong Elbow. No H/L

**** Guarding Cross Screens

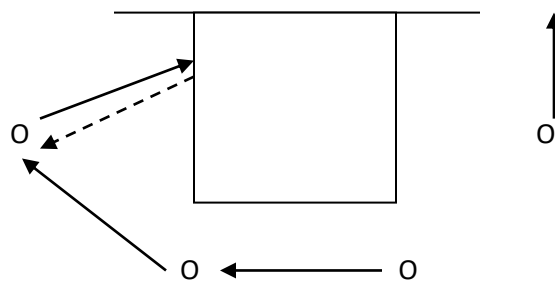
- A. No Switching
- B. Chase the cutter
- C. Person guarding the screener, has a hand on the screener and a hand up in passing lane.
- D. Force the cutter to go under the screen. Chase them and stay behind them on block.

*** Fundamentals is the best offense

- A. Take care of the ball
- B. Pass and catch
- C. Use dribble wisely
- D. Limit TO's – 10 or less per game.
- E. No plays but actions

Offense

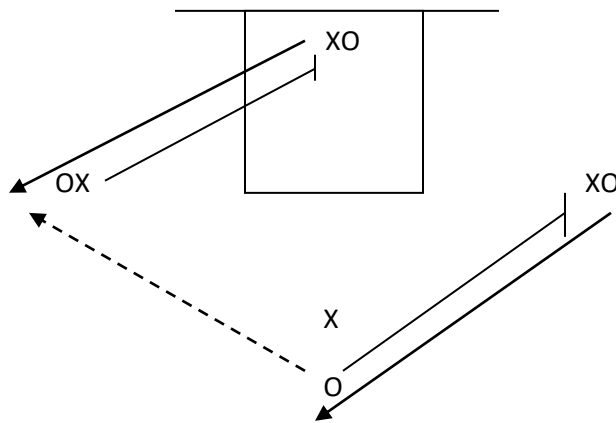
- A. Gold = No screening. Pass and Cut
- B. Purple = Screening
- 1. Do not pass and screen away. Down screens away from ball only.
- C. Catch/sweep/go
- D. Catch and square
- E. Catch and pass
- F. Attack the BL with the dribble and make the BL pass to the opposite corner.
- G. Circle movement on dribble penetration. It is really tough to guard the vacated area.
- H. Never pass and screen away.
- I. Use NS and EW Dribble
- J. Attack the rim with your cuts
- K. If the ball is passed wing to top, never pass it right back. Reverse it.



Drill #11 – 1 on 1 Post

- A. 4 passers
- B. 1 on 1 in the post
- C. 30 seconds to score as much as possible
- D. Partners
- E. Can skip but no lobs
- F. After 30 seconds, do not switch O to D. They are too tired. Rotate next pair in.

Drill #12 – Diamond Screening



- A. Downscreen for the bottom
- B. If you are guarding the screener, you must be even with or below the screener to prevent the duck in after the screen
- C. Pass on the top and screen away.

Ball Screens – Always fight over every time. Be aggressive.