

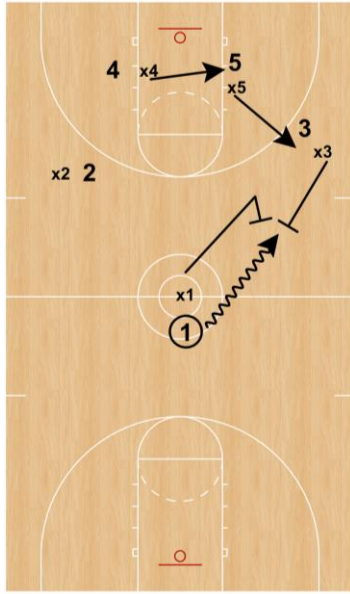
Cardinal Stritch Clinic

9-15-18

Speaker #1 – David Donarski (La Crosse Aquinas GBB)

- West side of the state is not very good for basketball
- Play slow, 23 zone, walk it up, lots of sets
- They want to be a great man team but will play zone if needed
- Team they played against at state played 3-2 zone the whole game, even when getting killed. Did not understand why they did not change.
- **Stance**
 1. Not on balls of feet. Sit down
 2. Big and wide
 3. This is the foundation. If you can't stay in a stance, you can't slide and rotate
 4. Hold stance for 30 sec.
- Getting stops in the most important part of the game. Offense comes second.
- Must be able to contain the dribbler for two dribbles.
- **Mass Slide Drill**
 1. Slide, Slide, Drop Step 10 degrees, Slide, Slide
- When guarding someone who has their dribble, don't move until the ball hit the floor. Don't get faked
- **Partner Drill**
 1. 2 dribbles then pick it up
 2. Arms length distance
 3. Offense try to beat them
 4. Sweep and rip then 2 dribbles
- If it is important to you, it will be important to them.
- Have high active hands on live ball but keep your body still. Don't get out of balance
 1. Active hands, not active feet
 2. Be unpredictable with active hands
- **1 on 1 Full Court (Rail to Rail)**
 1. Offense outside the rail = loss
 2. Defense gets beat = run
 3. Keep an arms length. Beat them to a stop and turn them.
 4. Don't let them eat up your space.
- **Full Court Zig Zag Drill**
 1. Start in corner
 2. Place coaches along the sideline. They must pick up and pass to the coach. Now we deny and make them go backward to catch.
- Full court pressure their point guard on makes and misses. Make them go left, don't let them do what they want to do.

- Don't let them walk the ball up the floor, survey and make plays
- Person guarding the point guard can get beat but not in a straight line
- **Hand Trap**
 1. Force dribbler to a side. Come up and trap as ball comes across ½ court
 2. Leave long diagonal pass open



- Find game simulated drills and use them to prepare your team
- **1-2-1-1 Full Court**
 1. Match up as if in man
 2. Watch the shoulders of the passer. That is where the pass is going.
 3. Get one good trap in corner
- Trap everything. Ball screens, hand-offs
 1. Speed up the game
- Trapping the ball screen
 1. Person guarding the screener attack the dribbler and trap
 2. Rotate and give up the long diagonal
- Try to create chaos. Make it a fast tempo game. Make them make decisions at a fast pace.
- Simplicity is a beautiful thing

Speaker #2 – Brian Butch

- Teach the why in the drills
- It is not what the coach knows, it is about what the kids take away
- **Shooting**
 1. Is there perfect form? NO

2. Shooting is a rhythm
3. Put a quarter in your thumb to get you from stop thumbing the ball
4. Be locked and loaded
5. Keep it straight
6. Consistent arc – 45 degrees
7. Why do we hold our follow through
 - To see what we did right and wrong
8. Question – Why did it not go in?

- C's Shooting

1. 3 spots
2. Sides are shooting at side of the backboard and the front is trying to go for perfects
3. Hit the screws on the side of the backboard
4. 1 Hand shooting
 - Don't start in a reverse C position. Start with arm extended in front. Turn and rotate to reverse C while you bend your knees

- 1 Shot and rotate spots

- Wisconsin Shooting

1. Shoot a foot in front of FT line
2. Slam ball down, catch and shoot
3. Creates ball quickness getting the ball to your shot pocket

- Celtic Shooting

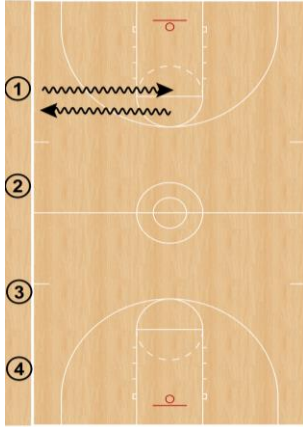
1. 5 spots
2. 2 min. on the clock
3. 2 in a row in order to move
4. Goal is to get around and back in two minutes

- 1, 20 Drill

1. Partners
2. 5 Cones from TOK to opposite baseline
3. Start at first cone. Shoot and go around cone and shoot on other side
4. Work your way back from cone to cone then come back
5. Can we make it a team drill?

- 2 Cone Footwork Series

1. All with balls in lines on the sideline
2. Cone is ½ way across
3. Power Box, not triple threat
4. SF & Go
5. SF & Sweep
6. Dribble out to cone, JS, turn and come back'
7. Our Fundamental Lines Drill



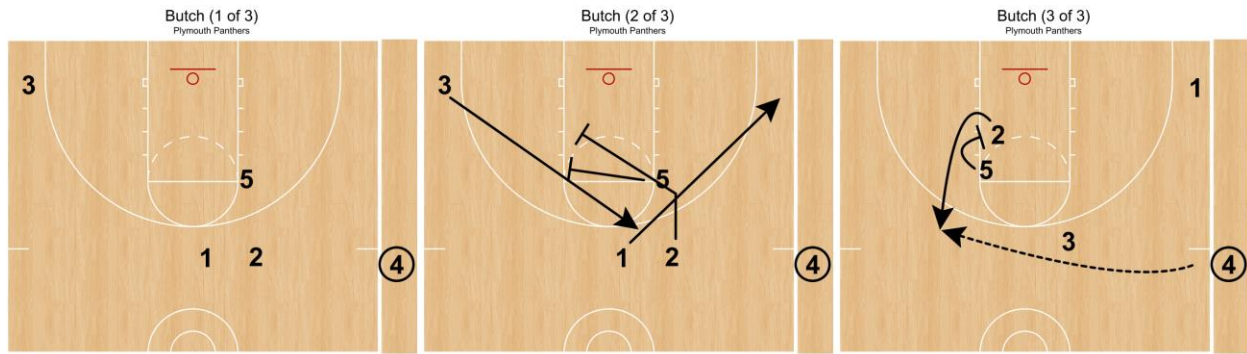
- **Florida State Ball Handling**



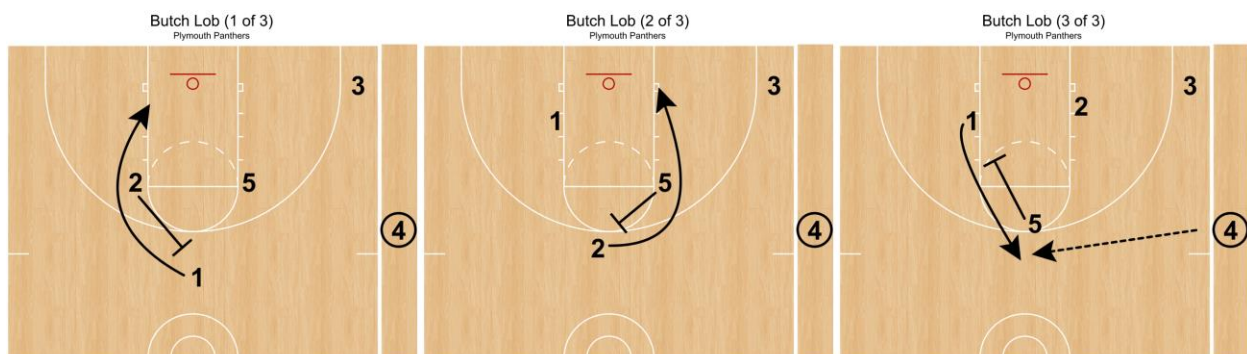
- First cone speed dribble with right hand. Spin dribble at spot 1
- Crossovers to second cone
- Spin Dribble
- Continuous in/Out to cone 3
- Spin dribble at cone 3
- Continuous in/out with other hand to cone 4
- Continuous BTL to cone 5
- Spin dribble at cone 5
- Continuous BTB to cone 6
- Spin dribble at cone 6 and go in for a lay-up

- **Post Play**

1. H-Up
2. Show numbers
3. Angles are what post moves are all about
4. Drop step is the best move and it is not even a move
5. Get an angle and you don't need a post move
6. **Work the C Drill – 1 on 1 for 20 seconds**
7. #1 rule is to get more of the defense. Create contact.
8. 4 L's of Post Play
 - a. Be low
 - b. Be live with feet
 - c. Be large – Show numbers
 - d. Be loud
9. Have a go to move and a counter move in the post



- Bloob play to get a 3 pt shot

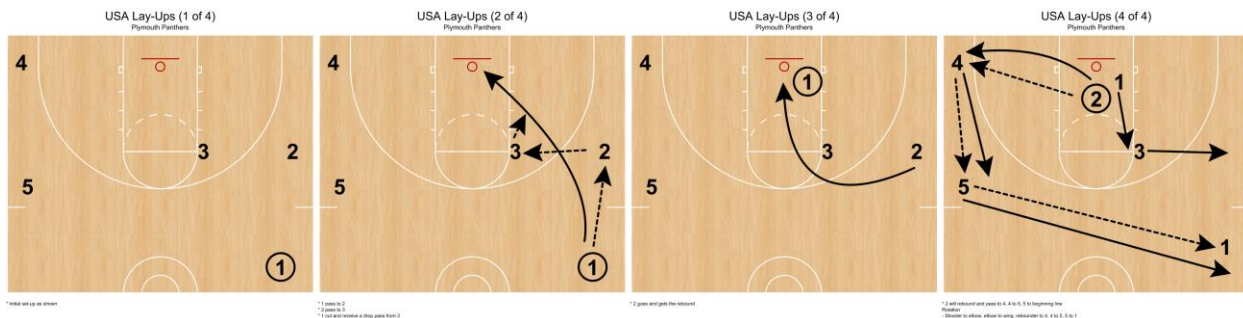


- Bloob to get a 3 pt shot

Speaker #3 – Kyle Rechlicz (UW-Milwaukee)

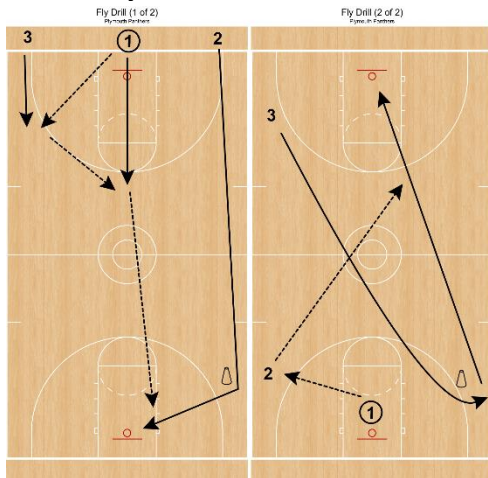
- Who do you want to be?
 1. Defense leads to offense
 2. Hustle is a non-negotiable
 3. Key and Lock
 - a. Gap defense
 - b. The paint is your heart, don't let them steal it
 - c. Lock is your help
 4. Be the best rebounding team
 - a. Emphasis on all drills
 - b. Bubbles Game – Bubbles at both ends. 2 points for an offensive rebound and 1 point for a defensive rebound
 - c. 3 Headed Beast – 3 people to the offensive glass. X1 is the pest. Pick up ball right away. X2 gets back on defense.
- Daily check in sheet at practice
 1. Goals for season on sheet
 2. Quote of the day
 3. Focal points for the day

4. All players must read and sign sometime during practice
 5. Must be ready to be with us during practice
- Keep things simple. Be good at a few things, not average at a bunch
 - Coach does not believe in stationary ball handling drills
 1. Get them moving at least 3 steps forward and 3 steps back
 - **Tic Tac Toe Warm Up Game**
 1. Sometimes you need to lighten up a little and have some fun
 2. 4 teams, 2 vs 2
 3. Domes vs cones (3 of each for each game)
 - **USA Lay-Ups**



1. 5 minutes on the clock
2. Goal is to make 10 from each side within 5 minutes

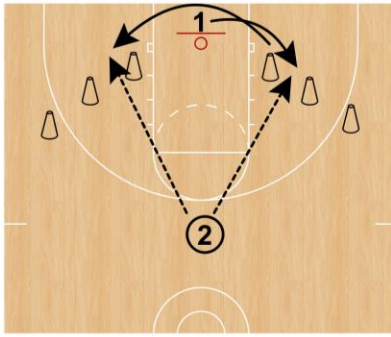
- **Fly Drill**



- 5 minutes on the clock
- How Many in 5 minutes?
- 3 Passes only on way out, 2 passes only on way back

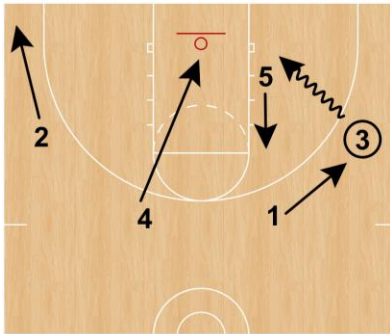
- Coach does not believe in running ladders because they are not game like. Long sprints are better.
- **Green Light Shooting**
 1. 5 spots
 - a. Start with a lay-up from each spot = 1 point
 - b. Next is a 15 ft JS from each spot = 2 points
 - c. Next is a 2 dribble pull up from each spot = 2 Points

- d. Next is 3 pointer from each spot = 3 points
- e. End with 2 FT's = 1 point each
- f. 42 is a perfect score. Score UWM tries to get is 38
- Shooting Footwork
 1. Inside foot or hop
 2. Both work, just need to decide what you like and teach it.
- **Bear Drill**



1. Must make a shot from both cones to be able to move up
2. How fast can you make 1 shot from each spot.

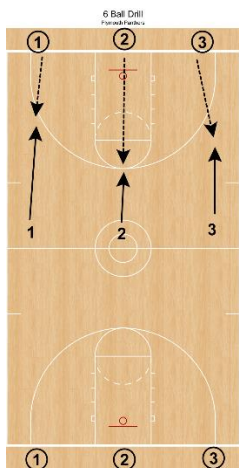
- **Perfect Defensive Possessions Drill**
 1. 1 min on the clock
 2. 5 vs 5
 3. Defense must spot the offense for a full minute
- **Fill Drill**



1. Baseline drive from the wing
 2. Post slide up
 3. Top ball side fill behind
 4. Opposite top will dive to the front of the rim
 5. Opposite wing will go to hammer spot
- **Bucks Transition**
 1. Start with a FT
 2. 2 in at a time
 3. 2 on 1 up to 5 on 5
 4. # of defenders = number of passes offense can make

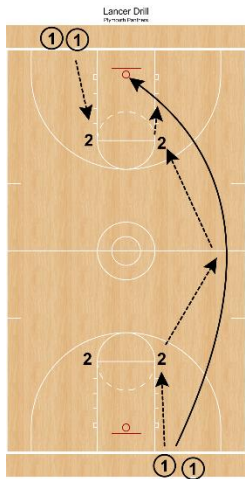
Speaker #4 – Jose Winston

- You must have a vision for your program
- You must have discipline
- You must get your best players to buy in
- **Stationary Routine**
 1. Pound BTL, Pound BTL
 2. Pound BTL, Pound BTL, Double Cross BTB
 3. Add In/Out after double cross BTB
 4. Add In/Out with other hand
 5. Try the full sequence moving forward
- V-Cut Drill
 1. From the wing w/ ball on top
 2. Walk into your defender and make a target with your outside hand (Post them Up).
 3. Catch, sweep and go. Finish at the rim with 1-2 dribbles
 4. Clip the defenders hip
 5. Finishes
 - a. Rim
 - b. Pull-up
 - c. Side hop back – Plant your inside foot and push off that foot to the side
- First 20-10 minutes of each practice should be skill development
- **Rope between the chairs drill**
 1. Straddle the rope
 2. Make rope low enough to just get the ball under
 - a. Cross overs
 - b. BTL
 - c. Pound Pound Cross
- With ball handling, you must get comfortable being uncomfortable
- **Full Court 6 Ball Drill**



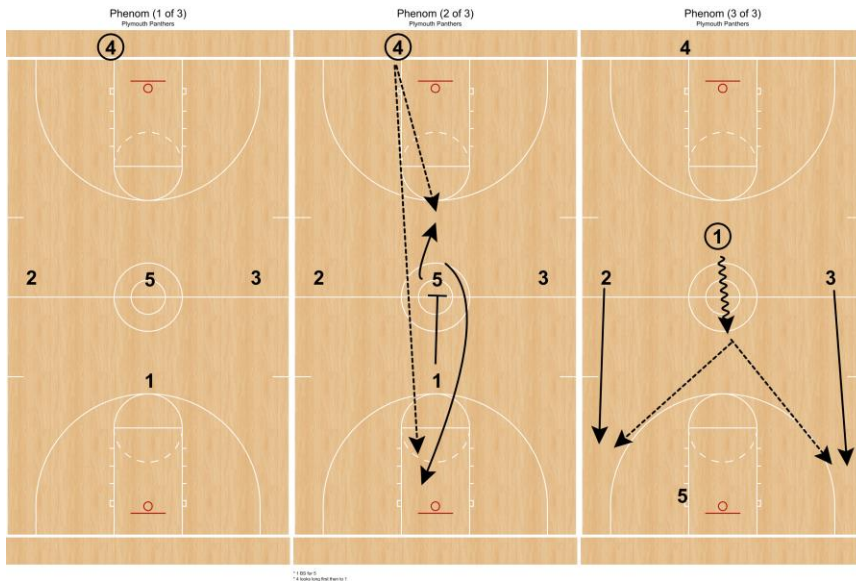
1. Call for the ball
2. Sequence
 - a. 15 ft JS
 - b. 3's
 - c. SF & 1 RT
 - d. SF & 1 Left

- **Lancer Drill**



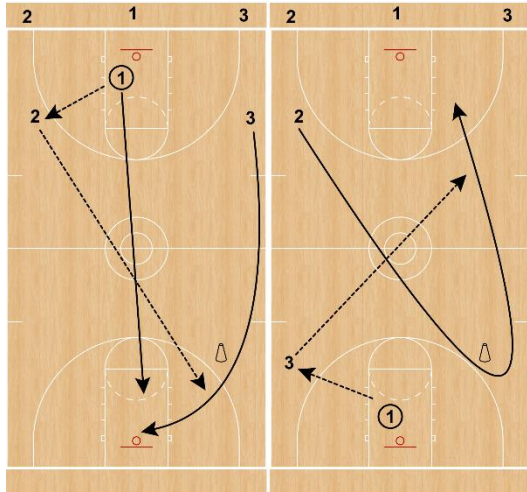
1. 1 minute on the clock
2. How many baskets?
3. Switch and see if 2's can beat it

- **Full Court Set (3 Sec. or more on the clock)**



Speaker #5 – Dan Wandrey (Brookfield Central)

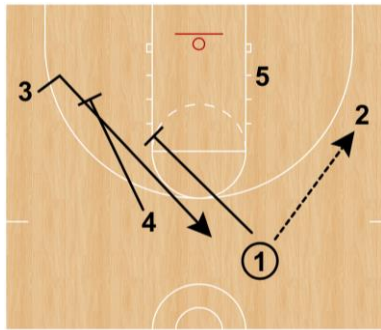
- Transition Offense
 1. Want to play fast
 2. They are a defense first program
- Execution beats athletes every time
- **Post Flyer Drill**
 1. Progression
 - a. Lay-Up
 - b. Post touch
 - c. Opposite flare out – Hit the post. Post turn and pass out opposite.
 2. Pass to the person who made the lay-up on the way back



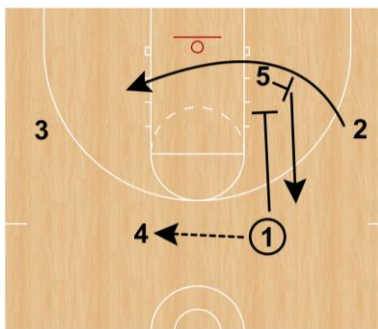
Progression

1. Lay-Ups
2. Post lay-Ups
3. Post touch and opposite flare out for a 3 pt shot

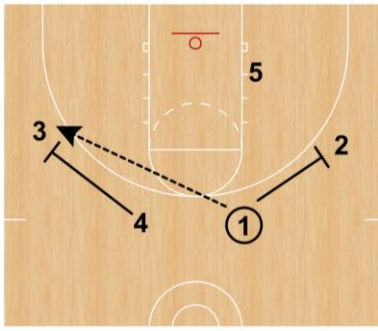
- Decisions – Make the 90% successful decision, not the 10% successful one
- Transition Triggers
 - a. Pass to wing = Stagger away action



- b. Top to Top Pass = Flex Action

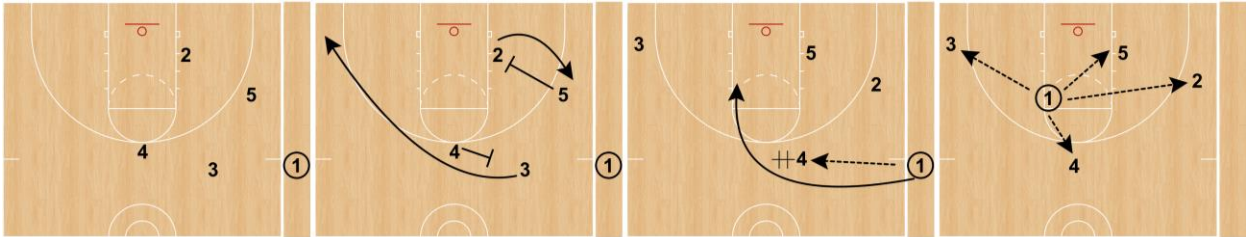


c. 1-3 Skip = Screen away and 4-3 screen and roll



- 1 to 3 skip pass
- 1 will screen away
- 5 will stay away
- 4 will sprint and run a side S&R with 3

- SLOOB OOB (Brookfield)



- Set-up as shown

- 4 BS for 3, 3 might be open
- 5 down screen for 2
- 4 screen and come back to the ball. 1 pass to 4
- 1 & 4 run a DHO
- 1 Attack