

NCA Clinic Presentation

Lincoln, NE

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Session I- Building Man/Man Defense through Shell Drill

*Basics of Man/Man Defense

- Stance- Butt down, Feet wider than shoulders, Heels off floor, active arms and hands
- Vision- See Girl, See Girl with the ball, See both at all times, Peripheral Vision
- Communication- Talk on the ball, Talk in help side, Call out screens, Be your teammates eyes
- Footwork- Closeouts, Shuffles, Run-Glide-Run

*Shell Drill

- Jump to the ball/Trace Ball
 - o Inside Foot high when guarding the ball, Force Baseline, Active Hands, Trace the ball
 - o Deny 1 pass away- Hand in passing lane, not the body
 - o Help side 2-3 passes away- 1-2 feet in the lane and open up for better vision
- Give n Go Cuts
 - o Jump to Ball and Block cutter with chest, make them cut backdoor
 - o Biggest mistake- Don't jump towards to ball far enough and get face cut
 - o Try to block backdoor cut with arm bar, Turn head and use other hand to deny if needed
- Bluff n Recover
 - o Dribbler drives into gaps
 - o Defense 1 pass away helps in gap and recovers to girl
 - o Open up and help tip dribble if guarding a non-shooter
 - o Close gap with butt if you are guarding a shooter
- Baseline Drives
 - o Closest baseline or elbow defender helps stop ball outside the lane
 - o Must rotate on backside to help the helper
 - o Ball side must rotate to middle of lane to stop basket cuts into the lane
 - o Once dribble is stopped, we are not trapping, recover to your own girl
 - o Force them to throw back to ball side wing and closeout
- Weak side Flashers
 - o See your girl cutting and meet her at the backside of the lane
 - o Lead the cutter, Use chest to block the cut
 - o If they cut backdoor, use same fundamentals as give n go cuts

- Away Screens
 - o Screeners girl open up and face half court, Leave space for your teammate to go through once removed or underneath
 - o Get around the screen underneath, unless they leave a large gap to shoot through
 - o Do not let your girl curl coming off an away screen
- Ball Screens
 - o Girl guarding screener call out the screen to your teammate
 - o Force all ball screens at the screen, do cheat under and let them refuse the screen
 - o Girl guarding screener hedges aggressively, stay with dribbler until teammate communicates and has her
 - o Go over or under the ball screen, whichever is faster. Always go over if you are guarding a great 3 point shooter
 - o 3 girls not involved guarding the ball screen must cheat to steal passes to the roller
 - o Scramble and help each other once first pass comes out of the ball screen
- Cross Screens and Down Screens
 - o Front posts on bottom/baseline side when ball is at wing or corner, 1 foot in front and 1 foot behind post when ball is at top of key
 - o Beat girl over or under the cross screen, get foot in the gap before they get to the screen
 - o Girl guarding the cross screener must help teammate if needed and then recover to own girl
 - o Chase any girl coming off down screen to wing or corner
 - o When guarding a down screener at the block you must be ready to help your teammate on a curl and block them on the side of the lane

***Shell Box Out Drill**

- Start 4 offense outside the 3 point line
- Start 4 defense inside the lane with 1 foot on the baseline
- Defense can move on the whistle
- Coach passes to an offensive player, shoot if open, drive and play live if not open
- Defense must use proper box out technique and rebound the ball and outlet to manager or coach at the wing before they become the offense
 - o Go find girl with arm, make aggressive contact, turn to find the ball, shuffle to box out with backside if needed, Go rebound the ball in the air, Overhead outlet pass to wing on your side

*3 on 3 or 4 on 4 Speedball

- Live action game
- 3 or more teams, 3 or more colors
- If offense scores, new defense comes in quickly. All offense needs to do is kick out to 3 point line and keep playing.
- If defense gets a stop or a steal, offense is out and new defense needs to come in quickly.
- Great drill for defensive communication and focus. Also a great drill to work on effective closeouts.
- Play for 5-10 minutes and it's a good conditioner too.

Session II- Transition Basketball- Theory and Drills

*Transition Ideas

- Must find a point guard who is unselfish and strong enough to snap long 2 handed chest passes
- Transition starts the moment we touch a rebound or get a steal. First 3 steps can get you a layup.
- Numbering system... 1= PtG, 2=Wing on Right side, 3=Wing on Left side, 4=Trailing Post, 5=Rim Running Post. Run your lanes every time! Wings stay wide!
- We tell our 1s that if we chart the film, the ball better be passed ahead 50% or more by the time they get to half court. 1-2 dribbles and pass is what we like to see. We also tell our 1s if they don't pass the ball before half court, they need to try to get the dribble in the lane to draw defenders 25% of the time or more.
- Vision progression for 1s- Look crosscourt to wing first. Look to rim running post second. Look to wing on same side third.
- Vision progression for wings on a catch- Look to post runner first. Look to attack the rim 2nd. Look for skip passes or diagonal passes to wing or trailers 3rd. Look to attack middle and create 4th. Look to reverse the ball backwards 5th.
- We want to score in 1-2 passes as often as possible.

*Celtic Drill

- Partner drill
- Outlet pass, dribble middle, passer fills in wing, jump stop at top of key and make pass, finish layup through contact with a coach.
- Also shoot jump shots and pump fake and drive in this drill.

*Jayhawk Drill

- Lines in each corner to begin with a ball
- 1 line is an outlet line and 1 line is a layup line
- 1 player starts with a ball at block
- Outlets should happen to wings with the player receiving the pass with their toes touching the 3 pt line. Player takes 1-2 dribbles then throws 2 handed cross court chest pass to player running the opposite wing. That player shoots layup. Other 2 players sprint to elbows for jump shots. Player who shoots the layup outlets that ball and the drill repeats to the opposite end.
- Great drill for working at quick passes and long 2 handed chest passes
- Variation of drill- Diagonal Bounce Passes

*Continuous Fast Breaks- 5 on 0

- Put 2 min on the clock and have a goal for each group of how many layups they must make.
- Order of Layups: 1-3, 1-5, 1-2-5, 1-2, 1-4, then start over and repeat until time is up.
- Conditioning drill with skill work and mentally training kids on how primary break works

*3 on 2 to 2 on 1

- 5 players start on baseline, middle girl and outside girls are offense, others are D
- All players sprint to half court on whistle. Player with ball dribbles. Turn and play 3 on 2. Rule... No more than 3 passes or 4 dribbles to score. No offensive rebounds on either end. Once shot goes up or a turnover happens the shooter or girl who committed the turnover is back on D and then it becomes 2 on 1 the opposite direction.
- In 2 on 1 situation, teammates run allies even with each other sprinting to put pressure on the defender getting back. If possible give it up just after half court and get it back. Attack the defender and make them commit to you before passing once inside the 3 point line.

*4 on 2 Transition

- 3 teams, 3 colors
- Use player numbering system without the 4 trailing post
- 2 defensive players start in lane, other 2 start at half court on sidelines
- Offense goes at the defense 4 vs 2, 2 defenders at half court can come in as soon as ball is passed or dribbled across half court and it can eventually become 4 on 4. Puts pressure on the offense to score quickly.
- Play make it and take it the other way. Defense takes it the other way if they get a stop or ball goes out of bounds.
- Variation of drill- Play 4 on 3 and begin with 3 defenders in lane and 1 defender at half court

*5 on 4 Transition

- Begin in FT Situation
- On the make or the miss call out 1 girls name on defense and they must go and touch the wall on opposite end before getting back on D.
- Offense attacks 5 on 4 in normal primary and secondary break procedures. It will become 5 on 5 if the offense takes too long. Once a shot goes up and defense gets the rebound or a turnover happens, call out another name from the opposite team and it continues back and forth until the ball goes out of bounds or a foul happens.
- Good drill to work on transition defense and communication as well. Great conditioner as well.

Session III- Position Specific Offensive Fundamental Drills

*Guard Drills

- Ballhandling/Dribbling Drills with chairs
 - o Speed, Weave, Crossover, Step back Crossover, Between Legs, Behind Back, Inside Out, Combination Moves, Double Moves
- Ballhandling/D Footwork/Passing
 - o Offense and Defense go 1 on 1. Begin with defense flipping Offense the ball and closing out correctly.
 - o 2 players begin at opposite sideline roughly 12-20 ft apart. One of these players will put their hands in the air. Offense must keep eyes up while dribbling in throw an effective pass to the correct player in a timely fashion.
- Ballhandling 1 vs 2
 - o 2 defense begin at elbows, 1 offensive player begins underneath hoop.
 - o D flips the ball to the O. Offense must handle the ball against 2 defensive players looking to trap them and steal the ball.
 - o Builds toughness. Also forces you to handle the ball at top speed and change directions sharply and quickly.
- Inside Pivot Shooting Series
 - o Catch and Shoot 16-17 footers with inside pivot, Work on quick feet into a fluid jump shot
 - o 3 pointers
 - o 1 dribble Pullup Js from Elbow
 - o 2 dribbles Power Layups at hoop
 - o 2 dribbles Jump Stop on side of the lane, Step Through opposite direction for layup
 - o 2 dribbles Reverse Pivot Spin for layup
 - o 2 dribbles into a Stepback Jump Shot
 - o Rip ball through tight to body and low or high on all dribble moves with crossover steps

- Zone Shooting
 - o 4-5 girls around 3 point arc, 3-4 girls start with ball in lane
 - o Catch the ball on the hop when a post kicks out to you
 - o After you kick it out to a girl, get a hand up and close out quickly, don't worry about defending drives
 - o Offense shoots outside shots if they have the space or takes 1 dribble pullups if defender is too close. Rebound your own shot and repeat with a different person.

*Post Drills

- Mikan Drill
 - o 2 ways- Jump off 2 feet and Jump off 1 foot
 - o Can do Reverse Mikan also
 - o Ball must stay above nose at all times
 - o Must elevate and jump as high as possible on each shot
 - o Must go side to side quickly and not let the ball touch the floor
 - o Must use proper hand and use backboard on each shot
 - o Must make 5-10 in a row before done
- Post Move Series
 - o Drop Step with defender on high side
 - Power dribble- Jump off 2 feet
 - No dribble- Jump off 1 foot- Must lift foot before the catch
 - o Turnaround Jump Shot with defender on low side
 - Reach foot to middle before the catch to create space for shot
 - Elevate and use backboard and proper hand
 - o Up and Under
 - Power dribble after the fake and jump off 2 feet
 - No dribble after the fake and jump off 1 foot
 - Eyes must look at hoop on the fake, quick feet after the fake
 - Can begin move to the middle or to the baseline
 - o Up and Continue
 - Don't use an Up and Under if they don't fall for the fake
 - Take 1 dribble and continue going same direction to finish on opposite side of the hoop.
 - Reverse layup if Up and Continue to the Baseline side
 - o Fake/Spin Opposite
 - Fake the Drop Step, Power dribble, Spin back to the middle
 - Fake to the Middle, Power dribble, Spin back to the Drop Step
 - We jump off of 1 foot on this move to prevent travels
 - Hard to figure out balance and timing for certain kids

- Pro Post
 - Back down with 2-3 dribbles
 - Work on Turnaround Js and Up and Unders off of this
- Elbow Shots/Moves
 - Coach Passes to players cutting from block to elbows
 - Inside Pivot on shots
 - Eventually Pump Fake and take 1 dribble pullups or layups
- High-Low Seals and Passes
 - 1 coach/manager passing at the wing. 1 coach on defense on the block.
 - 2 offensive players begin at each block.
 - Offensive player at opposite block flashes to high post, Coach Passes to them.
 - Offensive player at the ball side block must read the defense when the coach has the ball at the wing. If they are getting fronted, reserve pivot and seal the girl for a lob when pass goes to high post. If they are not getting fronted they must duck in lane and bury the girl when pass goes to high post.
- 1 vs 2 Offensive Rebound Drill
 - 3 players begin 5-10 feet from the hoop. Coach starts with the ball.
 - Coach shoots the ball, 3 players battle for the rebound.
 - Whoever gets the rebound becomes the offense and the other 2 become the defense.
 - If players missed the put back attempt, then whoever gets the next rebound becomes offense and other 2 the D.
 - Whoever makes shot or gets fouled first is out and a new player waiting in line is in.
 - Keep ball high and don't use unnecessary dribbles after the rebound. 1 power dribble is permitted if rebounder is not in a good position to score.