

Day 1

3 Camp Rules

1. Try everything to the best of your abilities
2. No walking on the floor
3. Have fun

Baker's Dozen

Low rhythm, high rhythm, low non-rhythm, high non-rhythm, high-low, low-high, rocker, split rock, push pull, alternate, follow the leader, movement

SHOOTING

You have one responsibility when shooting... Scoring

1. Consistent technique
2. Balance- triple threat
3. Shoot straight- hand, elbow, knee and foot should be in a straight line
4. High one second follow through

Consistent technique=Consistent results

Day 2

Championship season

Body language

"Make today your masterpiece"- John Wooden

Coaches are here for you—Open door policy

-They aren't here to be your friend, they're here for a coach/player relationship

Pick each other up

Don't judge Coach Hutter's feelings based on his demeanor

Practice like you play-games like practices, practices like games

EFFORT!

Always be there for your teammates every hustle play

Step UP or step OUT

Day 3

What are you going to do to make us better?

-Everyone is responsible for this team

-Don't feel sorry for yourself, someone has it worse than you

Today needs to be better than yesterday

-Best we can be from start to finish

Effort- won't see the floor without it

Surround yourself with good people

Lead by example- a leader makes everyone better

Coach Hutter will not go out and seek you to coach you

-Do work if work needs to be done

"The true measure of a person is how they deal with adversity"

"Talk is cheap, actions speak louder than words"

If the coaches want to win more than the players, we are in trouble

Work hard- all you need is a ball and a basket

Coach will tell you what you need to do to play

LAST CHANCE for the 4 seniors

Fatigue can make cowards out of all of us!

Day 4

When you do the right thing, good things happen to good people

Be grateful, gracious and thankful

Random acts of kindness

-Doings something good without expecting something back

Lead by example

Basketball is a game of habits

-Develop game to have good habits by repetition everyday

*If you lift the weight program and work out like you are supposed to in the gym, you should be in good shape

NO EXCUSES

Perimeter players need to be able to shoot, so work on shooting!

Effort is important, a big key... Work on making yourself work harder

Coach will not tolerate anyone that is not on board. Are you in or out?!

Coach will be loyal to those that are loyal to him

Be loyal to each other, serve each other because that's what a team does

Shooting Camp

Day 1

Rules:

1. Everybody takes notes
2. No walking on the court
3. Try everything

Mental factors to shooting

1. Readiness to learn
2. Strong mental attitude (Confidence)
3. Shot Selection
 - Know who you are and what your game is
4. Adapt vs. adopt

"Great shooters will take coaching and learn"

Shooting Progression:

- Wrist extensions
- On your back without a ball
- On your back with a ball
- Swing the purse, swing arm into shooting pocket
- Line shooting
- Backboard shooting
- Form shooting

CARRYOVER

2 Ball Sequence

- Low rhythm, low non rhythm, high rhythm, high non rhythm, one high one low, reverse, walk it out

Start slow, get a rhythm, then go fast enough to make a mistake

Stick the Stance

- Quick stop into triple threat position
- Ball in the air, feet in the air
- Rhythm shooting, rapid fire, sprint shots
- Square in the air—hop off inside foot, toes pointed straight at basket, shoulders squared to basket
- “Don’t shoot fast, get ready to shoot fast”

Attacking the Basket

- Triple threat position
- Low, low, quick first step
- Medium center of gravity to low center of gravity

Dribble Moves

Hesitation

- Change of speed

- Raise your shoulders, while staying in stance

- Choppy steps

Hop Back

- Drive defender

- Hop back off inside foot

- Get the defender running

Day 2

Energy giver vs. energy drainer

- Work hard

- Communicate

- Talk your game

- Encourage teammates

Try everything

Shooting off the Dribble

- Carryover

- Separate yourself from the defense

- Stick the stance

- Straight up, straight down

A great player will have an outside game, a lane game and a pull up game

Day 3

IDW Plan

Last big review

Comet shootout

Cutting and screening

Drive and kick

Cut throat

Dribble moves

Renaissance Festival

Day 1

Winning is going to take everyone's effort

First practice—September 19th

Have to stop in everyday to see one of the coaches and sign in

Every single person on this team has a role and is needed to win

When things get rough, people come together

8/24

Get physical, insurance and immunizations

By the end of the day tomorrow, let coach know if you want 10 calendars

8/27

Monday- flex lift

Got to fight through

This is my last shot, give everything I've got

Do it for the team, find reasons to succeed, not fail

Do the right thing, at the right time, for the right reasons

8/29

Bring planners to study table—be organized

Make a system so you can stay organized

Team—respect each other

Play hard for each other, communicate, work hard, give it your all

Your example isn't the main thing, it's the ONLY thing

Leadership starts at the top

-Take care of yourself, then pass it on

-You can't ask someone to do something you can't do yourself

Are you an energy giver or energy sucker?

7 Traits of a Leader

-Let go of your ego

-Become a good follower first

-Build positive relationships

-Work with excellence

-Rely on discipline, not emotion

-Make adding value your goal

-Give your power away

With discipline, comes trust

Be mentally and physically tough!

The worst thing you could do for someone is something they could do for themselves- Abe Lincoln

8/31

2 envelopes

-1 thanking parents

-1 to a coach that has been influential in your life

No tolerance

Alcohol—consequences for the entire team

No policy for over 21 until practice starts

9/7

Be ready and have form shooting done by 7

Gun raffle Saturday 7-9 pm –all upperclassmen

Wear jeans and Mayville shirt

9/8

Need leadership → upperclassmen step up

- Don't whine

- Don't complain

- Don't make excuses

Goal: Be the hardest working team on our schedule

The strength of the wolf is in the pack; the strength of the pack is in the wolf

RAK- Random Acts of Kindness

Giving back

NBA- Next Best Action—how you react to something unexpected

Gun raffle: Unexpected but we are going to go anyway and do the best we can

Remember discipline

- It's okay to make a mistake, but not okay to pout about it

A leader is:

- Hardest worker

- Great discipline when coaches aren't around

- Take care of things off the floor

- Don't do too much

-Show up everyday

-Credibility to confront

“An army of lions led by a jerk will always lose to an army of jerks led by a lion”

It isn't the main thing, it's the only thing

LEAD BY EXAMPLE

Comet “F” Words

Faith, family, friends and forgiveness

Learn to come together

We are going to work so much harder than everybody else that we suffocate our opponents

If you believe it, you can do it

Believe in each other

9/12

Competing- willing to do it when you're tired because the team needs you to

Hebrews 12:11

Do you want to have the pain of discipline or the pain of regret?

20 practices before our first game... What am I going to do to make coach notice me today?

This is the start of your legacy

9/21

-Handle yourself right → reaction

-Still remember to be thankful, have an attitude of gratitude

-As a player, you should never be satisfied, have the HUNGER to make yourself better everyday

-It's important to know how we are going to win

-PLAY TO YOUR ROLE

Film

Defense will win games

We need to work on passing—no TO's & be sure with the ball

No better way to improve than watching film

You need to know you're quadrant and next pass

You can pressure even if your man doesn't have the ball

See ball—bulk of attention should be on the ball

Stay in a stance=quicker

9/22

Carryover

Practice→film→practice

Talk to your teammates

Zone Defense

Look at the block

Pinch if she's on your side

Match up if on opposite side

5 attacks high post—make them uncomfortable

Top—if pinch is on your side, roll and if it's on opposite side then match up

Whenever the 5 is guarding the ball, everybody else should be matched up

Keep your attention on the ball

React—have the same sense of urgency when we recover

Saturday—Farmers Bowl

8:15- Decorate truck at coach's house

9:00- Breakfast

10:00- Parade

11:00-Balloons

Practice Monday 5:45 am

Goals for the Season

Championship

Chemistry/Family

Winning season

We all have an individual responsibility to reach goals

9/27

Film

Watch film at least once a week for 15-20 minutes

We will win because of the defense

We need to talk—let teammates know what is going on

Watch the ball!

Stay man to man until post throws the ball out

React faster

Wings have to protect the rim—all vertical cuts, bump

Always look at the post

Sometimes not to guard is to guard

Fly around, recognize post, see the ball

9/29

Halfway point

There are a lot of reasons to be tired, but find a reason to push through

We have to learn to play feeling the way we are the last 5 minutes of the game

Pick each other up but don't bail each other out

10/4

Film

Flex lift tomorrow

Almost time!

Practice is harder than games

The guys are going to make us better—give everything against them

Pass better

See the court on defense—be quicker

Make sure you match up when the 5 is guarding the ball

ANTICIPATE

Can't get stuck behind a post

Wings stay and guard until you are bumped off

We are a FAMILY—we take care of each other

“Reputation is what people perceive you to be. Character is what you really are”

10/7

Film

One week away

-Are you ready to play in a week?

DO MORE

Every practice should be the best it can be

Play to your role—Don't try to do too much

Cutters need to make vertical cuts

We all have the responsibility of taking care of the ball

Offense is spacing and spacing is offense

Screening destroys spacing for a second but spacing back out to reestablish space

Use effective dribbles—don't put the ball on the floor unless you need to

Dribbling (Effective)

- Attacking the rim

- Shortening passing distance

- Post feeding angles

Always get 2 back

Closed side of the floor—side with the post

LEFT HAND PASSES

Everybody has to be able to shoot the transition 3 and drive & dish 3

Be aware of what's going on

- Play the game, not the drill

Don't make a read until you get to the mesh point

If you play to your role and do what is asked, we will get shots

SPACE OUT

Be fundamentally sound

10/8

Take care of the ball!

- Passing, catching, decision making

Space- remember to space out after screens

Good spacing is roughly 12-15 ft apart

- Basket or vertical cut if you get too close

Talk today

Work hard EVERYDAY

10/10

4 E's of Success

Effort-Energy-Enthusiasm-Execution

Defense

- Active feet (be alert)
- Sprint from spot to spot
- Rebound (hit & get)

Offense

- Slow down (jab step, pass fake)
- Get the shot we want (play to your role)
- Rebound (board coverage)

Film

Offense

- Attack the rim
- Score (drive, ft's, 3's, offensive rebounds)

Defense

- Communicate
- Move quickly
- Rebound

Don't play outside your role

Help the freshman

Warm up

- Preparing to play, precursor to game
- Gets you ready to play, physically and mentally
- Echo in warm-ups, need to be warmed up when we come back in

You can control 2 things

1. Effort

2. Attitude

People that are going to feel sorry for themselves will not be on the floor

It's about US not ME

If you're tired, let the coaches know—don't let them wonder if you're giving effort

Bench—know what's going on at ALL times

-Find someone and talk to them while they're on the floor

-When ball goes on the opposite side as our bench, everyone stand up and encourage

This will mentally prepare you

If you get taken out, listen to the coaching then get back into the game

DO NOT feel sorry for yourself

Help the younger kids

Game Day

Be here at 4:00 and on the floor by 4:30

Parent social on Saturday at halftime of men's game

Saturday game is at 4:00

Order clothes before Monday

Relax—don't be stressed or tight

Tonight—Get mentally prepared, look at notebooks, mental imagery

Do something that takes your mind off basketball for a little while

All you have to do is play hard "I will play as hard as I can"

-Cut as hard as you can, run as hard as you can, talk as much as you can

Physical part is done, now it's all mental

Be a leader, help underclassmen, respect the way everybody gets ready

Game Day 10/18

Defense

- Effective communication
- Sprint from spot to spot
- Rebound (all 5 involved)
- Attack the high post

Offense

- Proper board coverage
- Sureness with the ball
- Play to your role
- Get lanes filled (right, left, middle, push)

EFFORT, ENERGY, ETHUSIASM, EXECUTION

Bring all of these

Run the floor—fast break

TALK

No rhythm shots, sprint all the time

Decision making

10/15

We have to know when to guard (wings)

All 5 have to rebound!—use positioning and knowledge

Contain the ball—keep it in front of you, stop dribble penetration

Can we keep the opponent under 10 points by the 10 minute mark?

Got to do it all—starts and ends with defense

Rebound and make vertical cuts

Offensively

We are playing too fast—slow down

Get the ball inside, ball reversals

If you want to loosen things up, throw the ball inside

Tonight we will:

- Take care of the ball

-Rebound better

-Play to our role

If I get better, we get better

Keep the game simple

Game Day 10/15

Defense

-Wing guard (recognize)

-All 5 rebound

-Contain dribble penetration

-5's don't drift

Let the game come to you

Be a student of the game

-Coachability—try to do whatever coach asks you

Pressure the ball as much as you can without getting beat and without fouling

Posts can get touches by dribble, drive & dish, cuts and post feeds

EFFORT- play your butt off—give EVERYTHING!

10/17

Film

-Fight and compete no matter what

-A motivated player is going to find ways to improve

We have to:

1. Rebound better
2. Be better at stopping dribble penetration
3. Be better at matching up when 5 is guarding

On BOB'S see your area—recover once the ball is in

Nobody should ever cut between you and the ball

We are undersized—we need to hit and get

If you can't fully grab the rebound, tip the ball and keep it live

You have to think 2 passes ahead when defending in the zone

On defense, your back should be to the rim

Need more effort plays

Move FASTER on pinch

We have to play physical—don't be afraid to hit

Rebounding—positioning can make up for size disadvantage

Always crash if you are opposite

Make a decision if you're getting to the glass or not

Opponent Scouting—Winnipeg

#14- Long arms, can block and will push up the floor

-Gets back slow

-Not good at stopping dribble drive

-Fouls a lot

-#6 is a weak ball handler, turns her back

-Lazy on offense

-4 out 1 in

-Need to block out

-Don't protect the rim and don't handle ball pressure

-If they trap, don't cut—work the ball around

-They never give full court pressure when they are in zone

-Think one pass ahead

-Attack gaps

-Keep ball in front, don't get beat

Know who the shooters are, which hand is dominant and who the penetrators are

RUN them off the floor!

Game Day 10/21

EFFORT, ENERGY, ENTHUSIASM, EXECUTION

Defense

-Fly around/communicate

-No rhythm 3's (don't get beat)

-Talk/bump off (recognize)

-5 players below FT line on rebounds

Offense

-Run the floor/secondary break

-Be aggressive, get lane touches

-Get the shot we want

-PBC (3 to glass/ 2 back)

"The goal is to get better every time you step on the floor! Play as a team, win as a team"

After game:

There is a line between up tempo and out of control

You get rewarded for hard work

We have to get better

Defensively we were more active

-Rebounding, stopping dribble drive, deflections

-Think one pass ahead, we scored out of our defense

-Rebounding was better but not good enough (gave up 12 offensive rebounds)

Offensively our pace was good

-Fouled too much—that bails them out

-Eliminate TO's in the half court and ball handling

- Have to compete—over and over again
- If we aren't better tonight, then the first 3 games mean nothing
- Push the ball and attack
- Make them earn every shot, rebound (single digit offensive rebounds for them)

Game Day 10/22

Defense

- Fly around (play like there is 6 on the floor)
- Don't get beat (no rhythm 3's)
- Read the floor
- Know personnel
- All 5 rebound

Offense

- Run, run, run, run
- Lane touches
- Get the shots we want!
- Read defense/Attack gaps (movement)
- Proper board coverage

"It's not the size of the dog in the fight, it's the size of the fight in the dog that matters. Do you want it more than them???"

Film

Need to pinch faster

Don't hold screen so long, vertical through & MOVE

On right side make v-cuts

See lanes and know personnel

Be more instinctive

-Everyone has the right to talk, if you have something to share, share it

We are all in it TOGETHER- no hierarchy

Don't think you are about the team, nobody is too good to be talked to- it's about respecting each other

Chemistry- if we have it we will be so much better

Jam sooner on the wing- hit them

Keep the ball out of the lane

-Don't create shots for them

-Don't allow penetration

-Keeps them outside

NO LANE TOUCHES

11/2

Film

Don't forget what you go you to where you are

-Do what you need to do—extra work

It's never going to be good enough because we always need to improve

Need better leadership

Don't complain if you aren't going to do anything about it

It's easier to lose than win, but we want to win—do something

Good things happen to people who work hard

We have to have a good practice

Be a leader—make everyone better

3 ways Westover could get a shot

-Conversion

-Lack of communication

-Dribble penetration

Make her earn her shot

They like to attack backside of zone

They run someone on the baseline

Overload—they have poor spacing

See screens—get through—don't get caught behind

They won't beat us with the first shot

- Take care of the ball offensively

- Our conversion and transition → push

The way you do anything is the way you'll do everything

Game Day 11/4

Defense

- Fly around & communicate

- Play situations (slides,dribbles,etc)

- Close out with high hands & low hips

- Do not get beat

- Do not get beat

Offense

- Dictate tempo—run, run, run

- Sureness—take care of the ball

- Get a shot everytime down the floor

- Rebound/Proper board coverage

“It's all about us, what do we have to do to be better after the game than before the game?”

Film

#4 is the shooter

- Always know where she is

- Find her on conversion

#12

- Other perimeter player to look for

- Shooter

- Know where she is

Will attack corners and high post

No second chance shots—aren't very big

Offensively

Run them off the floor, push hard, dictate tempo

-Don't stop the ball

-Don't protect the rim

-In the half court they will switch (slip screens, back cuts, fronted post)

Wings—know that someone will be running to the corner, can't commit, bump off

-Watch for slide dribble

Any 3 point shot that isn't shot by #4, is a good shot

Never get pinned in the post area-always on high side

Don't get flat screened

Set recognition is crucial

Wings have a lot of responsibility

Be mentally prepared for tomorrow

11/5

Film

Remember on loop flash, if top guards, I can pinch on post early to make it easier to pinch it if it goes to high post

Someone has to be in front of the ball all the time

It is all of our jobs to find #4 and shut her out

Be ready for slide dribbles

-Work straight down passing lane to person in the corner to knock the ball out

Working in first can be enough space for #4 to shoot

Game Day 11/5

Defense

- Fly around & communicate
- Know situations
- Find #4 in conversion
- REBOUND

Offense

- Sprint the floor every time down
- Movement against the switch
- Sureness—take care of the ball
- Rebound (3 hard to glass, 2 back)

“Nobody comes into our gym and outworks us. Take pride in your home floor!”

11/9

Film

Leave after practice—bus leaves at 5:00—don’t be late

You have to be better on the road to win than at home

We have to get more shots and rebounds

Championship teams win on the road

Rules are rules—always be 5 minutes early

Always representing us—please and thank yous

Every day is a challenge—competitive athletes never shy away

“Where you are is not as important as where you’re heading”

No cell phones

Wear travel stuff on the way there

Need to work on BOB defense

Fouling too much

Rebounding

Not enough communication against DSU

Stop ball penetration—square it up

5's need to stay down

Stay physical—compete

Deflections

Slow down and read on offense

Defend 3 and rebound 3

11/11

Film

Your words need to reflect your actions and vice versa

Cultures of our program

-Toughness

-Communication

WE ARE:

-Family

-Hard workers

-Respectful

-Appreciative

-Thankful

-We believe we can win

WDTW—we deserve to win

Everybody has a role—the end result is about us

People notice what we do

Go into every game knowing we will win

Gametime

Defense

Offense

-Fly around/Communicate

-Run them off the floor

-Proper positioning

-Play to your role

-BOB's

-Be aggressive

-Rebound (hit & get)

-Rebound/Board coverage

They wanted to play us first! There is no better feeling than beating a team on their home floor!

Scouting

Briar Cliff

Aggressive defense

Trap

#22—aggressive

#13—shooter

Purdue

#33—no touch, goes to boards hard

#21—shooter, careless with the ball under pressure

#23—weak

#10—lefty

#4—dribble penetration, keep in front

Tomorrow meet in coach's room at 10:30—packed

Wake up at 9:45 for breakfast

Leaving at 11:10

Film

Don't force the ball on offense

Change speed and direction to get by defender—use crossover

Run break first to get into everything

Erin & Hailey draw defenders

Game Day 11/12

Adversity can be good if it's handled the right way

If it doesn't hurt then you haven't put in enough time and energy

Mental toughness helps you move on

You are given opportunities throughout your life, you have to decide which ones you want to take

Do your words match the actions—prove it, show it

We have another opportunity to prove ourselves

It's all about US

We have to push—less half court

Keep the ball out of the lane defensively—get it into the game offensively

Show the ability to fight

Gametime

Defense

-Fly around

-Communicate (5's talk the most)

-Top player help in high post if wing guards

-Wings play skip pass if nobody is there

-Proper rotation

--Attack, pinch & roll

Offense

-Tempo (get out and run, attack)

-Sureness (handle the pressure/be tight)

-Play to your role

-Secondary break/motion

-Rebound (get second shots)

ALL ABOUT US

"Yesterday is over, you can't change the fact we lost, you can only accept the next challenge! Show them what Mayville State is all about."

Gametime

Defense

- Fly around (all out effort)
- Communication
- Positioning (limit fouling)
- Rebounding (hit a body)

Offense

- Sprint the floor in transition
- Sureness (tight with the ball, strong passes)
- Play to your role (screen, cut & be patient)
- Rebounding (proper board coverage)

WDTW

Play hard, play together and have fun!

Gameday 11/18

Defense

- Fly around (sprint)
- Communicate all situations
- Sprint back in conversion (read the floor)
- Rebound (all 5)

Offense

- Every shot sprint the floor (fill lanes, push)
 - Play to your role (screen, shoot)
 - Sureness (handle pressure, be tight)
 - Rebound (3 hard to glass, 2 back)
-

Get up about 10:20

Breakfast at 10:30 in coach's room to watch film

8:30 pm Monday—substance abuse program

Need to get better at:

- Fouls—play hard, but play smart
 - Messes up the line up (sends you to the bench)
 - Takes away transition
- Rebound (offensively)
- Tempo—stay aggressive, get it up the floor
- Pitch the ball up sooner

-Screen more

-Be more aggressive

-Dribble penetration

-Post touches

-Offensive rebounds

-Cuts

-Know who you are on the floor with

-Play hard/compete

-Being able to block out the crap that's not going well

Play hard through adversity

Do what you need to do for the team

Game Day 11/19

Defense

-Limit fouling (can't run, positioning)

-Communication (play off each other)

-Rebound (all 5 involved)

Offense

-Tempo, tempo, tempo

-Stay aggressive in full & half court

-More screening on perimeter

-Rebound

Film

Screen a body

Better block outs—rebounding

Bad chemistry—play together

Fouling

Out of bounds—screening

Defensive positioning

Practice

- Attitude determines approach, approach determines success or failure
- Talk on everything—filling lanes, setting screens, calling for ball
- Be mentally checked in—don't let ball hit the ground
- Too many lapses—play with your team
- On opposite wing, make sure you don't run too close—a lot of balls are going over our heads
- Everyone has to hit on rebounding

If wing guards on the wing—we have to make sure we take away pass to the high post

The wing may have to guard ball to ball if wing throws to short corner—REACT

Don't get so caught up with rules of the zone

-Be efficient

-React

-Use instincts

If the ball is on top and you are a wing guarding on overloaded side of the zone, don't commit to either of the 2—guard both

Remember opposite wing is responsible for vertical cuts to rim if 5 is guarding

Wing can guard ball to ball on overload but high post has to be taken away

If you are a wing and you go ball to ball on an overload and the person you are guarding in the short corner passes it back to where you just came from, let the top player guard until they pass it then step back up and defend both again

If ball goes to left side in transition, 5 go to right to set the ball screen—go opposite

Skill Session

Left hand lay ups

The quality of the jump shot depends on how close the defender is

You have to have quick feet for higher quality jump shots

Morris likes to slow the game down—good shot selection

We need to speed the game up—we are better that way

Make them take shots they don't want

We will trap

-Have to be quick, be fast and be deep on the bench

When there is a trap—the offense spreads out for a better chance for a rebound

You don't need a title to be a leader

-It's about how you go about things

“Do you want to make a difference or do you want to BE the difference?”

“Fame is what you get in life but true greatness is based on what you give”

Genuine leaders will always look for a way to lead

1. Make time to reflect
2. Remember to dream
3. Mirror those that are successful
4. Mentor someone else
5. Enjoy the journey

Live like a victor, not like a victim

-Don't let yourself be a victim, figure out what you can do to make it better

3 winnable games—2nd segment of the year starts now

Be great tomorrow!

Trap (sideways) on makes and dead balls

Always trapping when ball isn't in the middle third of the court

Wings don't run all the way down to your spot—stay up and be ready to trap point guard as soon as she crosses half court

Scouting

Morris

#25 and #13 do most of everything

- Don't want to play fast, don't like pressure
- Like to play around perimeter and look for good shots
- Don't want to jam it down your throat
- They play hard

#24 doesn't want to go left—won't handle trap well

We HAVE to rebound

We need

- Less turnovers
- 10 more shots than them
- Force turnovers

We need to create

- Look to get all the way to the rim
- Look for the dish
- Stop and pop
- Look for kick

Read the defense

Come ready to play tomorrow! Get out of this slump! Bring it and create for your team

Get in sometime tomorrow for 30 minutes of shooting, on the floor by 4:30

Gametime

3 keys for offense

- Make lay ups and FT's
- Value the ball
- Speed up tempo

3 keys for defense

- Don't get split on trap
- Rebound
- Limit fouling

Need to stop the ball when trapping—especially on misses

Film

Think ahead—move with the trap

React

Shallow wing out if they are buried/ can't get open

Read penetration or big space to open up drive

Always drive first pass out of the trap on offense

Don't want to lose advantage when we push

Scouting

#4 best player

Posts don't X out

Bad board coverage

Don't handle penetration well—they will help but someone will always be open

Love high/low stuff

Panic under pressure

In transition defense, they run to their defensive spots rather than to the player they are guarding

Game Day 12/2

"Nobody plays harder than we do on this floor"

Defense

-Tempo, tempo, tempo (aggressiveness)

-React/Anticipate (move together)

-Hard/fast traps

-Rebound

Offense

-Tempo, tempo, tempo

-Big space (attack the rim/drive & space)

-Rebound

Gameday 12/3

Defense

-Base

*Talk situations, overloads, slide dribbles

-Talk sets (2 through, zone secondary)

-Sprint from spot to spot

-Rebound

Offense

-Tempo, tempo, tempo

*Run them off the floor, push the ball

-Play to your role

-Be aggressive to the rim

-Run secondary break

-Rebound

All we can do is battle and fight

Someone needs to film tonight and people need to work concessions

-Back in the gym by 5:45

WORK HARDER

Film

Out of 20 opportunities we didn't trap 8 times

5/12 times we trapped, we had proper rotation—not good

7/0 the ball went to the high post

Defend the 4 closest passes on the trap

Trapping→ hip to hip—hands up

-If you are guarding the ball first pass out of trap, you cannot get beat off the dribble

-Wing that is trapping when ball gets thrown out of trap—dead sprint to hoop

-In 2 on 1 situation—jab at person with the ball, buy time, make them shoot a lay up

-Better reaction time

-Nobody rotates in the trap until the wing commits to the trap

Play off each other!

We are ok with long and quick shots as long as we rebound

Positioning is everything

Film

Get on the floor

-Dribble moves—attack close out

-Shoot

Split—that should be your mentality when attacking

-Reverse ball faster

-As a point guard, keep your dribble

-Stop fading away—attack rim all the way

-Keep eyes up and throw the ball where the help came from

Film

When wing comes up or goes down to trap, they need to call out the name of the person actively guarding the ball so they know it's coming

Don't trap in the no trap box

Wing needs to trap the second any body part of ball handler steps on or outside the line

EVERYTHING is a sprint, whether it's rotation or trapping

Trap Rules

-If you are a top player, you are either trapping on the ball or shooting the next closest pass to the middle

-If top players are not trapping, one is guarding the ball or in the high post- nowhere else

-If you are a wing in the trap, one wing is trapping and one is sprinting to the high post

-If you are a wing and there isn't a trap, you should be high and wide (top of the key extended and close to volleyball sidelines)

- If we are trapping, 5 sprints to first pass down on the ball side
- If we are not trapping, 5 should be in the middle of the lane
- Whoever guards the first pass out of the trap CANNOT get beat off the dribble no matter what
 - The 2 that trapped when ball was passed out sprint down (protect rim)
- Once you commit to the trap—stay with it!
- If ball gets passed out of no trap zone—have other top player go trap so you can take away next pass to the middle—1 person moving instead of 2

Change in the Trap

- Top is not going to guard the high post anymore unless it is a wing/5 trap
- 5 is going to guard high post
- Tops are going to flatten on volleyball line

Make your defender close out—shot fake, then drive on them and if he doesn't close out, shoot it

Game Day

ENERGY, EFFORT, ENTHUSIASM, EXECUTION

Offense

- Attack, attack, attack—keep the advantage
- Secondary break—big space, wait for wide screen, attack off wide screen
- On attack→dish, kick/drift, trail
- Rebound

Things you can control

1. Effort
2. Attitude
3. Focus

12/13

Film

You don't win games, you lose games

4/20 3 pt FG for Morris

10/14 FT for Morris

(Good for us)

9/26 rhythm shots 34.6%

18/22 lay ups 81.8%

27/28 of their made baskets were rhythm shots or lay ups

(Bad for us)

Only forced 18 TO's

41 times the ball got in the lane

-21 out of the 41 times, they scored

We need to screen bodies and cut harder

12/27

Relying on our coaches a lot

Everything counts now—this is what matters

We have to believe we can do it—because we can

Appreciate what you've got because you never know when it could be gone

Schedule

Wednesday practice @ 11:00

Thursday practice @ 11:00

Friday shoot around @ 12:00

Every practice should be 90 minutes of offense and 90 minutes of defense

Wednesday JV plays

Send class schedule to coach

Film

Play off each other in zone

Take care of the ball

Read the floor

- Head up
- Jump stop
- Attack side with shooters if possible
- Look for dish

10% is what happens to you, 90% is how you deal with it, that's life

Game Day 12/30

Defense

- Play 2 at all times (bounce)
- Sprint from spot to spot
- *All out effort
- Communicate situations
- *Overloads, formations, situations
- Rebound (front, rim, block)

NO RHYTHM SHOTS!

Offense

- Push the ball on all missed shots
- Run something on all made shots
- *Communicate/Be on the same page
- Rebound (top players back)

Practice

Fridays game—best half defensively all year because of positioning and effort

Be ready for the trip—long bus ride

- Get rest
- Practice 5-6:30

-Shoot around Saturday morning

Always push harder than you think is possible

Earn respect

All about effort and attitude

What do you want your legacy to be here at Mayville?

*Think about it, make it happen

Film

-Create more space on moves

-Drive harder after creating space

-Spin move can happen in open floor

Opponent

-A lot of 1-3-1 offense

-A lot of short corner attack = overload → we bump

-Dribble penetration—contain it

-They get to the glass—block out

-#40 makes them go offensively—can shoot and put it on the floor—all right

-Defensively they will pick up full court

-Some zone

-On ball screens, hedge kid is usually below the level → attack

#10 can shoot and put it on the floor

Up at 10:30

We have the flexibility to do different things in our zone

Keys

1. Contain dribble penetration—stay in front of ball and keep #10 and #2 out of the lane

2. Rebound—3 bottom kids in position and 2 top kids below FT line cleaning up
3. High post play—contesting high post, don't foul
4. Know where #4- is—nothing in rhythm for #40, make her put it on the floor

On ball screens—they don't hedge so ATTACK

Be aggressive! This is your kind of night

Read the floor—attack, dish, kick

Help is from outer third for the most part—a lot of kicks

Game Day

Defense

-Contain dribble penetration

*In front of ball at all times, out of the lane

-Rebound (block, rim, block)

-Contest the high post

-Know personnel

*Find #40, #10, #2

Offense

-Run, run, run

*On all missed shots and TO's

-Attack their defense, don't be passive

-Drive and kick

-2-1-2 alignment in full court zone press

-OBC

Play 2 better

Be more organized

Get shots for shooters as a push

Game Day

Defense

-Be active, play 2

*Wings see ball, anticipate

*Tops if no high post, move up

Offense

-Run, run, run

*On all missed shots and TO's

*Keep the advantage

-Communication

*Quick bump offs, high post catch

-Sprint back

-Rebound

-Made baskets run something

*2 posts→triangle, 1 post→shallows, \$

-Triangle—get open on wing

-Cut hard, screen hard, rebound hard

-Rebound

“The goal is to get better every time you step on the floor NO MATTER WHAT!”

Film

Offense

-Take control

-Know the game

-Get shooters shots

-Know what plays to run

-Read, read, read

Defense

-Be more active on D

-Talk more

-Be more specific when we talk

Scout

-Not very big

-2 best players are perimeter

-All dribble drive

-Extremely aggressive with ball

-All their shots come off the dribble (drive & kick, drive & dish)

-#15 is the best player, loves left

-Catch & go

Keys:

-Contain dribble penetration

-Defend the 3/Rebound the 3

-Conversion—they will push & love to shoot transition 3

-Wings need to be extremely active playing 2

On defense—

*Switch screens

-Run even on made baskets

-On made shots we will run secondary. If shooter doesn't have the shot off the double, reverse to push and run and play

-On missed shots we will run secondary into motion/double motion

-We can still run triangle with 1 post but go to post side, then go into single motion

-On made FT's, they may try to jump or trap right after half court

Be up tempo , this is HUGE

Contest the shot and play the drive with high hands and low hips

Remember:

1. Stop dribble penetration
2. Defend/Rebound the 3
3. Stop conversion/Stop ball

We have to play off each other to be efficient defensively

They can be aggressive in the backcourt

We will be able to get a lot of slips especially on BOB's

Run so we don't have to deal with switches

Stay aggressive on offense

Game Day

Defense

- Contain dribble penetration
- Defend and rebound the 3
- Conversion
- *Stop ball early, sprint back

Offense

- Run, run, run
- Read the defense
- Push and handle pressure
- *2-2-1
- *Attack first pass out of trap
- Rebound

“These games are the reason we work out at 6 a.m. in the fall”

Saturday is HUGE

We push on everything to stay more aggressive and create

On ball screens, when they switch, either cross back over or extend the screen

Valley is going to do a lot of cutting

Opposite wing is going to have to be very active and protect the basket

Stay aggressive push the ball

Be more active on D, especially away from the ball

Film

2 huge keys:

1. Contain dribble penetration
2. Rebound

Keep advantage when we push

Limit them to one shot

Game Day

Defense

- Contain penetration
- Rebound (all 5)
- Stay active away from the ball
- *Play 2, wings protect rim
- *Communicate away from the ball

Offense

- Push the ball hard on all missed shots
- Make the shot we are supposed to make
- Snap the ball around in reversal
- *Attack hard on wide screens
- Rebound (get all over the glass, 2nd & 3rd shots)

Game Day

Defense

- No rhythm shots
- Communicate/Play 2
- Fly around, be active
- Rebound/Pursue
- Find shooters in transition

Offense

- Zone offense
- Push ball on misses and TO's
- Make shots we're supposed to make
- Rebound/Attack ball

Film/Scout

- We will have to eliminate their 3 point game—make everyone dribble the ball
- No rhythm shots
- 5 gives all help—wings cannot help
- 5's cannot let posts catch the ball—always ball-5-her
- Wings need to be active on backside
- They will run 1-3-1, all of them love to attack
- Tops need to drop in and take away pass to high post when wing is guarding—ball cannot get into high post
- We HAVE to rebound—crash, be aggressive
- We need to push the ball to tire out their bigs

-Take care of the ball—no useless dribbles

-Player movement, ball movement, aggressive actions→attacking, vertical cuts, back cuts, post feeds

-Cut hard, screen hard

Film

-No rhythm shots

-Backside wing needs to be extremely active

-Easiest way to relieve pressure is post feeds and penetration

-Wing to wing reversals

-Back cut the overplay

-Communicate—talk cuts

-Make your cuts all the way to the rim

-Need aggressive actions with the ball as well as away from the ball

Take care of the ball

Game Day

Defense

-Aggressive on the perimeter

*Make them put it on the floor

*5 give all help—rotate

-Don't let her catch it on block

-Very active backside

-Rebound—all 5

Offense

-Take care of the ball

*Sureness

-Ball movement

-Player movement

-Aggressive actions

-OBC

“Nobody comes into our gym and outworks us on our floor”

“Special moments come from stepping outside of our comfort zone and having faith in yourself and the person next to you. Do something special!”

COMET PRIDE

Individual Film

Zone Offense

-On perimeter, every time you pass you make a vertical cut & come out same side you passed to

-Person who receives ball will slide dribble up & look for cutter to baseline

-When you are on wing & fill up, make an L cut

Run all night so we don't have to worry about zone offense

Defensively

-No rhythm 3s

-Rebounding

Motion Offense

1. Player movement
2. Ball movement
3. Ball reversal
4. Aggressive actions
5. Take care of the ball

Game Day

Defense

Offense

-No rhythm 3's

-Help situations

*High post catch, dribble penetration

-Rebound the 3

-Be aggressive, run the floor

-Player movement

-Ball movement

-Aggressive actions

-OBC

CONFIDENCE

How many shots have you shot on these rims?

How many have they?

OUR HOUSE

Film

-Offensive rebounding

-Stop fading away

-Jump stop on drive

-Use a pivot—face up

-Hands up on D

Man to man motion offense

Reverse the ball wing to wing

Aggressive actions

Have to deal with pressure—get ball inside

Up tempo the game

Take care of the ball

No rhythm 3s

Need a solid start

It will be very aggressive/physical

Opposite wings have head on swivel—be active

We need to rebound

For valley, everything is an entry, make them play fast

They want to get the ball into the post

Game Day

“Nothing else matters for the next 40 minutes you are on the floor. The only thing that matters is giving it all up for the team, with no fear!”

2/6

Meet in 133 @11:30 with all stuff

Shootaround at noon

Pre game meal after shootaround

Continental breakfast 6-10

Game Day

Defense

-Take away the 3

-Be very active away from the ball

-Early help from the 5

-High side in the post

-Rebound—all 5

Offense

-Wing to wing

-Aggressive actions

-Cut hard

-Confidence in your shot

-OBC

“It comes down to play as hard as you can for the person next to you. Respect the game.”

2/9

Practice tomorrow at 11 am

Leave at 2:30—be here at 2:15

Monday—practice at 2-3:15

Dickinson

-If we score 65 we should win

-Aggressive actions

-Take care of the ball

-Offensive rebounds—second chance points

-Handle pressure

-More high post flashes

-Post touches—relieves pressure

When 2 posts are on the floor together, they will both be posting & flashing

BOBs (Zone 1, Zone 2, Zone 3)

Defensively

-No rhythm 3s—make them put it on the floor

-Rebound

2/10

Film

Leave at 1:20

Understand zone motion and zone BOBs

-Know them all

-Everyone 1 pass away

Get in the high post as much as possible

We need to be offensively efficient and score

Tempo is important

No rhythm 3s—take that game away

Rebound

Team film at 11:00

Eat at noon

Flash to the middle of the zone

Use ball fakes

Hit the open 3 on the drive

When you attack, look opposite

If they overplay on the wing, spin back and attack

Baseline will be tough

Dribble penetration will lead to an open jump shot

Look opposite

Use ball fakes

Their conversion is suspect—run them

Game Day

Defense

- No rhythm 3s
- 5 give help early
- Rebound—all 5

Offense

- Tempo, tempo, tempo
- Be one pass away on perimeter
- Aggressive actions
- Rebound

Game Day

Defense

- Play hard (pressure ball)
- Communicate
- Play 2 away from ball
- Rebound

Offense

- Motion (man to man)
- Play hard
- Sureness—handle pressure
- Rebound

Game Day

Defense

- No rhythm 3s
- Make them put it on the floor
- Extremely active
- Get around in post
- Rebound

Offense

- Tempo
- Player movement
- Ball movement
- Aggressive actions
- Rebound

Film

Have a good practice

Get your confidence up—relax

Defensively

- Pressure the ball—make them play fast

- Top players need to be more active—stop ball in conversion and extend beyond arc

Offensively

- We need 10 more shots than them—get shots, not TO's

- Push the ball as much as we ever have—tempo is the key

GO BIG OR GO HOME!

WDTW