

## **BCAM Day 1: Clinic Notes**

**Diagrams from the notes can be downloaded at**

**<http://www.fastmodelsports.com/library/contributors/0acc436f007d1e3341e14e8c6a77a6ad/Dennis-Hopkins-Basketball-Coaches-Association-of-Michigan>**

### **Shooting Drills- Game Spot, Game Shots, Game Speed**

- Request the “Gun” DVD with updated drills and tutorials
- Learn how to set the machine to “consecutive makes”
- Teaching a skill vs Challenging a skill
  - Teaching a skill- work at 60%
  - Challenging a skill- work at 100%
- Passing Skills Off the Dribble
  - Pass with two feet on the floor
  - Passers should look like shooters, shooters like passers

### **Coach Rob Murphy (EMU): 23-Zone**

- Defensive Transition Drill
  - 5-0: Must transition to the opposite end of the floor
  - Emphasis on 3 seconds
  - Guards must load the paint and then migrate out
- Defensive Wrinkles or Teaching Points
  - Teams that have had the most success beating a 2-3
    - Get the ball to the high post
    - Get the ball to the short corner
    - Screen the Big multiple times
    - Seal the weak side forward
    - Setup the “right back” pass
  - Always trap the short corner
  - BLOB Defense
    - Put the “4” (stronger defender) on the opposite block
  - Must be able to mix up pressure when playing from behind
    - Trapping schemes
    - 221  $\frac{3}{4}$  court press
- Position Specific Roles and Responsibilities
  - Guards- 1,2
    - Prevent dribble penetration
    - Weak side guard has one foot on the elbow (top side positioning)
    - Funnel middle on the close out

- Guards “go over” the ball screen (situational)
- Rebounding- responsible for the long rebound and setting up the break
- Forwards- 3,4
  - Shut down passing lanes
  - Strong side forward owns the first pass
    - Close out, funnel middle
    - Bump down to the short corner as the guard recovers
  - Weak side forward positions on the opposite block and prevents the lob
    - Avoids getting sealed and is prepared to shoot the gap or close out on the skip pass
  - Forwards “go over” ball screens
  - Rebounding- forwards crack down on the blocks
- Center- 5
  - Anchor of the defense and primary communicator
  - Must keep his chest on the ball at all times
    - He must always keep his chest on the ball, cannot allow players to stand or post in front of him
  - Inside screens, must be prepared to read the screen
  - Rebounding- Centers gets to the front of the rim

Diagrams found at [www.fastmodelsports.com/library/basketball](http://www.fastmodelsports.com/library/basketball) and search the following names:

BCAM - Rob Murphy 2-3 Zone Principles

### **Coach Jim Jabir (Dayton Women’s): Phoenix Transition Game**

- High Tempo- Constantly attacking the opponent for 40 minutes
- Terminology
  - Slot- The lane lines (top of perimeter)
  - Up the Street- Passing up the same side of the floor
  - Across the Street- Passing across the slot to the other side of the floor
  - Drag Screen- Ball screen set by the “Trailer” in transition
  - Step Up- Ball screen set by the “rim runner” on the wing
  - Dribble At - PG dribbles at the wing player to execute a hand-off
  - Rim Runner empty out
- Roles
  - Pusher
  - Rim Runner
  - Wide Runner

- Screener
- Key Factors
  - Sprint
  - Spacing
  - Screening
- Outlet After a Made Basket- PG Responsibilities
  - Butt to the sideline
  - “Peak & Shrink” the floor- Getting as deep as the defense allows
  - Catch, Pivot, Chin, and Takeoff
  - Pressure Release
    - PG can J-Cut
    - Big “rim runner” returns to the ball
- Screening in Transition
  - Drag Screen
    - Set by the “Trailer”
    - Set the screen at half-court
    - Screeners Butt points in the direction of screen usage
    - Screener must be disciplined and angle for the defenders hip
    - Tap & Go- Quickly dive to the rim (do not roll)
  - Double Drag Screen
    - Set by the “Trailer” and “Rim Runner”
    - Set the screens at half-court
    - First screener “Trailer”, aims for the defenders hips
      - Tap & Go
    - Second screener “Rim Runner” cleans up after the first screen
      - Fills the opposite slot
  - Rim Run Flat Screen & Roll
    - Set by the “Rim Runner”
    - If you do not get a layup on the rim run, quickly sprint out and set a flat screen for the PG
    - As soon as the screener jump stops, the PG should make his move
    - The PG should not “wait” and allow this screen to slow down the break
  - Button Screen
    - Screen & Re-Screen
    - Use a button screen when the guard continuously “go’s under” the ball screen
- Breakdowns: Up the Street & Across the Street Build Up
  - Add Drag Screen
  - Add a Step up
  - Add a Dribble At
    - Dribble at the defender

- Dribble At + Step Up
- Dribble At + Drag
- Dribble At + Double Drag
- Transition Drill- Phoenix Build Up
  - 1 v 0; 2 v 0; 3 v 0; 4 v 0
  - Individual
    - Pushers- Guards/Small Forward
    - Rim Runners- Big/Power Forward
  - Doubles
    - Rim Run, Dribble At, Drag
  - Triples
    - Rim Run, Dribble At, Drag, Step up
  - Quads
    - Emphasis on Spacing
  - Full Strength
    - 5-0 Transition

Diagrams found at [www.fastmodelsports.com/library/basketball](http://www.fastmodelsports.com/library/basketball) and search the following names:

BCAM – Jim Jabir Phoenix Spacing Principles

BCAM – Jim Jabir Phoenix Primary Options

BCAM – Jim Jabir Phoenix Drag Screens

BCAM – Jim Jabir Phoenix Step Up Screens

BCAM – Jim Jabir Phoenix Dribble At

BCAM – Jim Jabir 3 Man Continuous Fastbreak Drill

### **Coach Matt Bollant (Illinois Womens): The Buzz Defense**

- Leaders are Readers
  - The Noticer – Andy Andrews
  - “Lead for God’s Sake” – Todd Gongwer
  - “Burn Your Goals” – Joshua Medcaf
- Teaching Points
  - The Buzz is designed to mix things up and speed up the offense
    - Turnovers
    - Quick Shots
  - Ideally, the Buzz is designed to be played 20-30% of the game
  - You will give up some bad baskets running the Buzz.
  - The Buzz is all about Intensity and Anticipation
  - How to gauge if you should abandon the defense?
    - Are we speeding them up?
    - If not, get out of it

- Never allow your two top guards to be on the same side of the floor
- Facing a strong point guard?
  - Change guards to a 1-1 front
- The 221 Press helps setup the Buzz
  - Hot- Double the PG
  - Soft- Position off-guard in the middle of the floor
  - Aggressive- extreme ball pressure with weak side defender protecting the middle
- Buzz Terminology
  - Point Stance- Point the ball where we want it to go
    - Do not ever allow straight line drives
  - Lance Stance- Play the passing lanes
    - Do not ever allow straight line passes
  - Funnel- Funnel the ball to the middle of the floor
  - Wedge- Forwards should wedge the low blocks, butt towards sideline
  - Fire- Trap the ball to the corner
- Buzz Principles
  - Move on the flight of the ball.
  - Sprint, never shuffle
  - Center – don't step up when the ball is driven at you.
    - Force the pull up and be ready to rebound.
  - Defend the post on baseline side
  - Read passers shoulders
  - FLY AROUND – be quick, hectic, don't be still.
- Buzz Position Roles & Responsibilities
  - Guards (1,2)
    - Responsible for playing the driving lanes
    - Butts angled facing the sidelines
    - Strong side guard funnels the ball to the middle
    - No straight line drives
    - Guards must stay on opposite sides of the floor
  - Forwards (3,4)
    - Responsible for playing the passing lanes
    - Butts angled towards the sideline
    - First responsibility is taking away the lob to the low blocks
    - Owns the first pass
  - Center (5)
    - Takes away the high post or key
    - Ball goes to a side, must turn shoulders & SPRINT to the ball side block (cannot slide)
- A SILENT GYM IS A LOSING GYM.

Diagrams found at [www.fastmodelsports.com/library/basketball](http://www.fastmodelsports.com/library/basketball) and search the following names:

BCAM – Matt Bollant Buzz Defensive Principles Guards and Wings

BCAM – Matt Bollant Buzz Defensive Principles - Center

### **Coach Chris Holtmann (Butler): Transition Defense & Favorite Drills**

- Establish a Healthy Culture
  - Collective Ownership
  - Sound System of Pay
    - Take advantages of strengths
    - Play above your means
  - Who you are, will outlast who you have
  - Define what you value and measure it
  - What you let go in Nov/Dec, will come back to bite your in Feb/Mar
  - Players should own the growth of their own team
  - The “End Game” is today
- Transition Defense (TD) Teaching Points
  - TD is key to becoming a great defensive team
    - Build your transition defense to beat the best teams on your schedule
  - Your team must understand that TD impacts winning
  - Offensive structure and shot selection impact TD
  - Transition supersedes matchups
  - Do not sacrifice OFF REB for TD
    - Send 3 players to the glass
    - 1 FB, 1 HB
  - Load our defense to the ball
  - Get ahead of the ball
- Concept of the FB/HB
  - These are the two guards who are not crashing the glass
  - On the LIFT of the shot, guards communicate who is the FB & HB
    - Deepest Player= FB – Free Throw Line
    - Shallow Player= HB – Mid-court and takes the ball
  - FB- Sprints to protect the paint
  - HB- Cuts the court in half to pick up the ball and slow down the break
- Transition Player Responsibilities
  - Establish FB/HB
  - First Player Back
    - Sprints to the paint and loads the strong side

- Kicks the FB to the ball side wing
  - Second Player Back
    - Loads the paint & weak side
    - Cups into the weak side
  - Last Man Back
    - Sprints into help
- Drill- Pressure Passing Game
  - Goals is to complete 40 passes
  - Watch the offensive players feet & ball positioning when being pressured
  - Rules
    - First player has unlimited dribbles after receiving the inbounds pass
    - 2<sup>nd</sup> Catch has 1 dribble
    - You cannot pass right back to the player who passed to you
    - Add # of passes until turnover and switch
    - +10 for catch and score at the rim
- Drill- Coaches in the Corner
  - Breakdown drill for defensive rotation on the dribble drive
  - 4 on 4: Two in the slot, two on the wings
  - Coaches in the Corners- Coach Drives baseline
  - Lowest defender slides to help on the drive
  - Weak side defender cannot get sealed
    - Wedge the offensive player, with one hand in front

Diagrams found at [www.fastmodelsports.com/library/basketball](http://www.fastmodelsports.com/library/basketball) and search the following names:

BCAM – Chris Holtmann Hawk Transition drill

BCAM – Chris Holtmann Transition Defense

### **Coach Stan Van Gundy (Detroit Pistons): Pistons Basketball**

- Coach the “Why”
  - Players will respond better when they understand why
- Offensive Efficiency
  - Free Throws
  - Layups
  - Three Pointers
  - Mid-range jumpers
- Defensive must be structured to take these things away
  - This must be our defensive function



- Philosophy on Turnovers & Role Players
  - Turnovers are apart of the game for those players who are expected to create plays on a consistent basis
  - You cannot afford turnovers from role players
  - Role Players must avoid turnovers and defensive breakdowns
  - Your role players should be focused on making your playmakers more efficient
- Speaking Points
  - Push the Tempo
    - Getting to the free throw lines helps setup the defense
  - Play Unselfishly
    - Be a good passer & screener
    - Space the floor



- Make Quick Passes
  - Keep the defense moving



- Eyes on the rim, shot or drive first
    - No dancing with the basketball
- Shot Selection
  - Address bad shots in the practice or film
  - Must define a good shot
- When a Shot Goes Up
  - Nobody should be standing
  - Understand your role
    - Crash or Sprint Back
- Pick & Roll Defense
  - Regardless of how you cover, you must communicate
    - Early, Loudly, and Repeatedly
  - The Big does not contest the guard's pull up jumper (39%)
    - He simply bluffs and recovers to the roller
- How to Emphasize Defensive Transition
  - Never run a set in practice without transitioning defense back to at least half court
- Pick & Roll Offense Late Game
  - Position PG in the middle of the floor to avoid the defense "Icing" or "Downing"
- Comments on Pack-Line
  - Pack-Line teams must be great at close-outs
- Offensive Rebounding
  - The 4 man does not crash if he is lifted above the FT line
  - He must be aware of where the guard is positioned
- Defensive Transition Drill: Diamond Transition
  - 5 on 4 (8-12 seconds)
  - Defense aligns in a Diamond, must defend for 8-12 seconds
- Defensive Closeouts: 4 Corners Drill
  - Box Positioning- Foot fire
  - Coach yells "Touch", players touch hands then close out
    - Simulates help and recover
  - Add Wrinkle- Coaches Drive and players defend two-steps
- Defensive Drill: Protect the Paint
  - Reinforces early help and strong close outs

- 4 on 4
- Rules
  - Stop= 1 Point
  - Stop & Ball Never gets into Paint= 3 points
    - Both feet and ball must get into paint
  - Give up a 3 point shot= -1 Point
    - Forced 3 does not count, coaches discretion

Diagrams found at [www.fastmodelsports.com/library/basketball](http://www.fastmodelsports.com/library/basketball) and search the following names:

BCAM – Stan Van Gundy 5 v 4 with Deep Man

BCAM – Stan Van Gundy Close Out Drill

## **BCAM Clinic: Day 2**

### **Women's Practice**

- Blood Drill
  - 3 on 2, with 1 player (3<sup>rd</sup> defender) chasing from half court
  - Full Court 2 on 2 Drill (Teams are in opposite lines at half court)
  - Rules
    - Add a person to the defense once the offense crosses half court
    - Both defenders off, after half court
- Post Entry Passing
  - Emphasis on stepping across the defender
  - The post player always “opens up baseline” on the pivot
- 50 Second Transition
  - All 5 players score
    - 12- 2 shoots a corner 3
    - 13- 3 shoots a layup
    - 25- 2 post entry to 5, 5 shoots a layup
    - 24- 2 passes to 4 (trailer) who shoots the jumper
    - 15- 1 passes to 5 on the rim run

Diagrams found at [www.fastmodelsports.com/library/basketball](http://www.fastmodelsports.com/library/basketball) and search the following names:

BCAM – Kim Barnes Arico Shuttle Passing

BCAM – Kim Barnes Arico Blood Drills

BCAM – Kim Barnes Arico Oklahoma Passing

BCAM – Kim Barnes Arico Guard Breakdown Drills

BCAM – Kim Barnes Arico Post Breakdown Drill

BCAM – Kim Barnes Arico Closeout Drill

BCAM – Kim Barnes Arico 3 on 3 Continuous Fastbreak

BCAM – Kim Barnes Arico 1-3-5 Layups

## Men's Practice

- Form Shooting
  - T Hardaway pull-ups
  - Shooting off the backboard
  - Stick your Foot & Go - Play with a change of pace
  - Be "Ray Allen Ready"- Hands, Feet, Quick Release
- Full Court Passing
  - Emphasis- Jump stop, Step with Primary Foot, & Pass
  - Layups, Lobs
- 1 on 1 Drive-Line Drill
  - Rules
    - 1 on 1, OFF Player and DEF Player both facing the basket
    - OFF Player drives and Defensive Player must cut off the drive
- Defensive Emphasis
  - Chest & Wall - Bump with the Chest and Wall Up
  - Close Out Fundamentals- Never react side to side, only north & south
- Offensive Emphasis
  - Body-On, Ball-Away (BOBA)- Finishing by creating contact with the body and separation with the ball
  - Boss with the Ball- Watch the offensive players feet and ball positioning

Diagrams found at [www.fastmodelsports.com/library/basketball](http://www.fastmodelsports.com/library/basketball) and search the following names:

BCAM – John Beilein Fullcourt Closeout

BCAM – John Beilein 4 Man Cover

BCAM – John Beilein Walled Layups

BCAM John Beilein Closeout Drill

BCAM John Beilein Michigan Defensive Breakdown Drill

BCAM – John Beilein Pass & Cut Guards

Notes compiled by Jaret Thomas, Kramer Everett, Kevin Richards and Dennis Hopkins.