

NEBRASKA COACHES CLINIC

Cones for cycles

Try to get the ball to 2/3/5 b/4 PG gets across
 1/2 ct

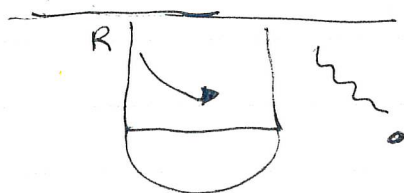
- 5 = Room

Shoulders forward on shot

2 + 3 to corner if they don't get it

Play in the pocket

Add Drive + Drop to Milwaukee Series

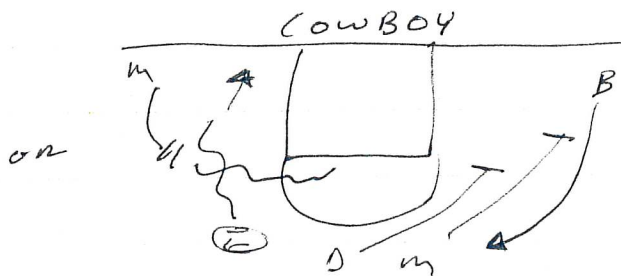
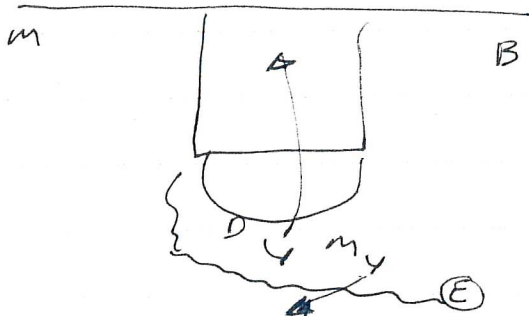


Always have the Hammer
 Spot filled

BH needs to stay stationary for a beat so screener
 can screen bottom hip

~~4~~ Pretend there is a 4 point line

OKLAHOMA w/ Maddy & Dala



Limit dribbles in 3 on 3 / 5 on 5

No static dribbles

Hit the outside hand

PLAYER DEVELOPMENT

- ① Vertically aligned
 - JH / JV / HS
 - What shots are we going to emphasize?
- ② Player vs. Program Development
 - HS level: Program Development
- ③ Individual 1 on 0 / Part 3 on 3 / Whole Developmental (5 on 5)
Workout Guru QB / Receiver Pop / Specialist
- ④ Workout Goals
 - Today "keep the MAIN thing the MAIN thing"
 - This Year
 - 3-5 Year Plan
- ⑤ Fundamentals
- ⑥ Levels of Teaching + Progression
 - A. C+S C. Off the dribble
 - B. Off the move D. Off Action

Skill Buckets

Ball Handling

Passing

Starts + Stops / Footwork

Finishing

P+R / Reads / Execution

Challenging yet Confidence Building

Don't have activity, have
productivity

We not me or you

Don't do a lot of teaching during the game

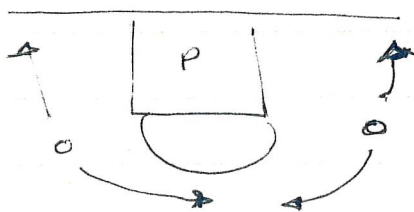
5 from 5 mains = 25 shots

5 FT'S

5 SF 5 mains = 25 shots

5 FT'S

5 movements 4 spots = 20 shots



5 FT'S

5 Ginobli's 2 Spots = 10 shots

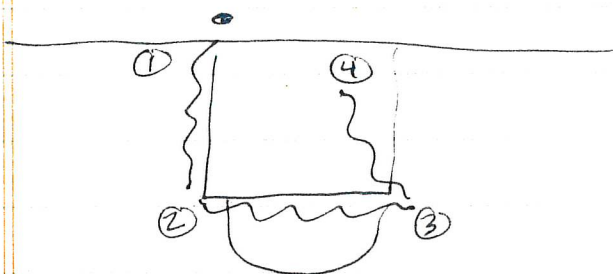
5 FT'S

90 Seconds 2 in A Row

2 BALL → work on weakhand

Quick Hands / EXACT feet

Box pivots



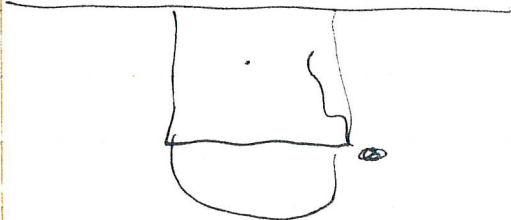
8F / Jab step

1, 2, 3 = Jump stops

4 = Chin

1-2 = 2 dribbles 3-4 one dribble

2-3 = 1 dribble



NORTHERN

- Rip

- Jab

- SF

5 on 0 into Cycles

Get an advantage / Keep an advantage on offense

1 Hand Shooting → move guide hand 2-3" off ball to
Keep motion the same

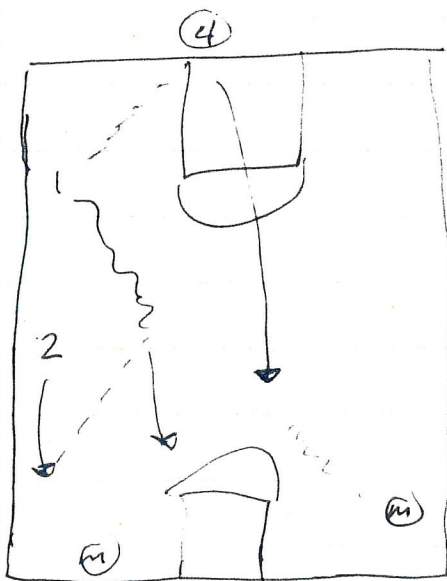
Visuals → cones for offense + defense

Pop + get low before you attack

PRACTICE DRILLS

"Trickier players, not tricky plays"

To play fast you have to practice fast



1-2-4

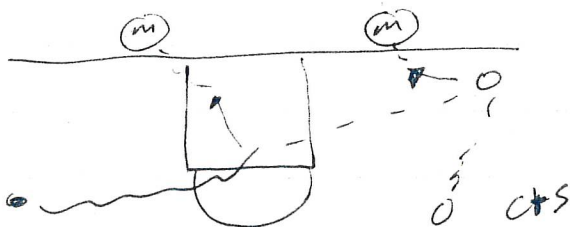
Cycle Breakdown

1-3-4

1-5-4

Groups of 3 → Players
make passes to
next group

Passes - "Throw Strikes"



5 on 5 Boxouts / Whomever gets the Rebound
goes 5 on 0 to other end, then back to 5 on 5

5 on 0 to 5 on 5

- CAN go 5 on 0 to defense or offense

3 on 3 one more → Live when it gets to first
offensive player

"X" amount of possessions to get 3 scores or 3
stops in a row

M.I.G. : Most Important Guy

100% Talk + Technique on Defense