



**2<sup>nd</sup> Annual Central Iowa Basketball  
DMAACC-Boone Campus  
Coaches Clinic NOTES  
October 3, 10, 17, 2007  
7:00-10:00 pm**

**Chad Walthall  
Bruce Wilson  
Orv Salmon  
Justin Ohl  
Joel Sullivan  
Jeff Rutter  
Jack Easley  
Bobby Sandquist  
Gary Garner**

**Asst. Coach, University of Iowa  
Head Coach, Simpson College  
Head Coach, DMAACC  
Asst. Coach, Drake University  
Head Girls Coach, Ames High School  
Asst. Coach, Iowa State University  
Asst. Coach, Iowa State Womens Coach  
Johnston High School  
Asst. Coach, Iowa Energy, NDBL**

**2<sup>nd</sup> Annual Central Iowa Basketball Coaches Clinic**  
**October 3, 2007**  
**7:00-10:00 pm**

**Session #1**

**Chad Walthall**  
**Assistant Basketball Coach**  
**University of Iowa**  
[chad-walthall@hawkeyebasketball.com](mailto:chad-walthall@hawkeyebasketball.com)

Todd Lickliter, head coach, 1<sup>st</sup> year at Iowa.

**4 Phases to learning**

Unconsciously Incompetent	No clue what they are doing or what coach is asking
Consciously incompetent	Short of execution
Consciously Competent	Understand what you want, some execution
Unconsciously Competent	Execution without thinking, comes naturally

Jim Calhoun thought—A coach can only be good a two things. UCONN is all about rebounding & defense.

Ball Screen Offensive is all about reading and countering the defense. Like playing motion, you read and react to the defense

“Turnover, Don’t practice turnovers.” This is a favorite Lickliter comment during workouts.

Terminology with the ball=Low and tight, below the knees.

## **WING ON BALL SCREEN**

**SCREENER/BIGS**

1. Low and Wide is what they tell the screener.
2. Screeners back toward the paint/opposite sideline instead toward half court. Gives the ball handler a much better “angle” for driving.
3. Left foot is ON the three point line.

## **GUARDS**

1. Bring your man to the level of the screen.
2. Low and tight, shoulder to hip. Drop shoulder to level of screener's hip.
3. Goal is one dribble to the paint, 2 at the most.
4. Work on pull up jumpers in the lane and floaters.
5. Key—Get away from the ball screen and the congestion.

## **8 Ways to use the On Ball Screen**

1. Turn the corner (no hedge by defender) -- Guard drives low and tight.
2. Hesitate and go (soft hedge) – At level of screen, hesitate, eyes on rim. Key to make the hedge man relax.
3. Split the hedge—***The most under-utilized part of offensive ball screening.*** After clearing the screen low and tight, explode on the split. Dribble below the knees.
4. Fake the split then inside/out dribble to the paint.
5. Reject the screen (Guards man completely blocks the path of the driver, screener's defender is at block area zoning up).
6. Shooting behind—The on ball defender goes behind the screen. Shot must come directly behind the screen.
7. Re-screen – when screener's defender shows big, flat hedge. Drive over the screen, then crossover and use the screen again toward the baseline. Screener turns to the inside on second screen getting you closer to the basket.
8. Early slip—Guard's defender jumps low (toward baseline), driver splits between his man and the screen. Counter is to fake the split.

## **Ball Screen Motion Shooting**

1. **LOOP**—On-ball screen on the right wing—post player on left block, reads his defender and seals for step in. All three players shoot by using two extra passers on perimeter.
2. **CROSS** – Opposite post from left block sets on ball on right wing. Right block player loops under basket to left block. Becomes the same drill.
3. **REJECT THE SCREEN** – Guard rejects screen and drives to right baseline as screener pops high, catches and dribble to left elbow for hand off to player on left wing.

Vs. switch – big/small go 1-4, small on big, dive to the post.

Vs. trap—drag it out, screen follows, receives pass and attacks.

Coaches are welcome to practice. Email Chad in advance to check practice time and availability.

**Bruce Wilson**  
**Head Men's Coach**  
**Simpson College, Indianola, Iowa**  
[bruce.wilson@simpson.edu](mailto:bruce.wilson@simpson.edu)

Footwork, passing and receiving the ball are the three biggest areas of fundamental development. Running through the basketball when receiving is a big skill for players to gain. His teams are good at back cutting from the wing.

Back Cut Technique--Two steps out, a cross step and one more step showing the open hand, then plant the foot, swing the hand through, and back cut. Catch and jump stop with "toes to the baseline." Ball is protected with left side of the body, leading with the left elbow. Finish with a bank shot.

In their Kansas secondary break, they want to finish with a bank shot on the back cut. Offensive rebounders **KNOW** where to go to rebound the misses.

He coached John Stockton for 4 years at Gonzaga, and made the comment that he was very fast with the ball from end to end.

Limited staff at practice. Most of the time it is he and assistant Tyler Erwin. He used to doing all of the coaching.

**KEY**--These drills are for maximum production from limited staff, like most high school coaches face. High school coaches must maximize the time they have and need to design drills with that in mind.

He is very high on the high school coaching in the state of Oregon as he recruited at Gonzaga. He feels the Iowa HS coaches do an excellent job.

**FIRST Drill**

Father Judge Drill—

Bruce saw Larry Brown demonstrate it in 1986.

### **1. Rebound and Outlet Station**

Receive outlet pass using left foot pivot. 1 outlets to 2.....has three options,

1. Drop step
2. Go move
3. Crossover step

2 passes to middle of the floor to 3, 3 bounce passes to 4 who cuts back door to catch and shoot bank shot.

## **2. Red Man Defensive Drill** – good for building defensive fundamentals.

This drill is based on keeping the ball out of the middle of the floor and pushing it baseline.

Player 1 passes to offensive player who is outside 3 point line. Close out keys are to sprint, foot fire, with inside foot up in a low stance. Ball up, defender shows hands up. Ball low, retreat step vs. drive. Next, defender slides to the wing. Ball called “dead.” Second step, ball goes to post, defender closes down on the post, open to the baseline.

## **3. 3 on 3 Cross court defense-**

Good for their pressing system because it makes the call out “ball”. The closest guy to the ball calls and takes ball. First pass is to the wing as all 3 defenders adjust. Skip pass next, players adjust. Skip back to the right wing, then it’s LIVE.

Cut Through—a competitive game and a drill in one.

Excellent teaching drill with carry over to games. When he calls Cut Throat, the players know it is a competitive game. This transfers over to the game. When he calls out Cut Throat in the game, it means they must get a STOP!

His

## **4. His favorite drill is the Gladiator, a toughness drill.**

Can use towels to avoid the use of reaching with hands.

Set up like the flex with 4 players in a box, at elbows and blocks. Very competitive drill.

Down screen on one side with a post step in.

Offense—No dribble allowed. They can score only from left elbow.

Defense gets out when they get a steal, rebound, or deflection.

Offense stays on the floor is they score.

Rule for defending down screens.

Inside the lane, chase the cutter.

Outside the lane, slip through behind the screener, shoot the gap.

**Orv Salmon**  
**Head Basketball Coach**  
**Des Moines Area Community College, Boone, Iowa**  
[osalmon@dmacc.edu](mailto:osalmon@dmacc.edu)

Played for Norm Stewart at Missouri.

Norm was all about accountability. i.e.—defensive transition, “get your ass back.”

The key on offense = get your best player in the middle of the floor with the ball.

Players go through three stages.

1. Get on campus, just try to survive, it’s tough.
2. Compete. Now you have a chance. Difference between playing hard and competing.
3. They become winners.

How to make them accountable?

Make practice as hard as possible.

Be yourself in practice.

The game was about the players.

Sound game plan, man to man defense to 21 feet.

Block out and rebound.

Defensively, don’t give up easy baskets, and make your opponent run half court offense.

**Mr. Iba said, if you get 7 easy baskets, don’t turn it over a lot, and make free throws, and defend, you will have a good team.**

What is Your Top 3 ?

Coaches need to have a base!

**What three things do you want your teams to do...the most crucial thing a coach can do.** Imperative as a young coach, any coach to have a top 3.

Coach Salmon’s Top 3 -- Defend, rebound, don’t turn it over!

No stretching before practice, players must do that on their own.

No shooting drills in practice.

Length of practice—Oct. Nov—2 hr to 2:15 hrs. Season starts, 2 hours. January—1 ½ hour.

## SHELL DRILL

I've always been a shell drill guy.

Larry Brown does everything possible out of shell drill. John Hammond, an asst. with LB at Detroit, told this to Orv.

1. Competitive Shell Drill-  
Make it competitive, 3 stops in a row. Off. Reb= start over.  
Don't foul or give up offensive rebound.
2. Start with different sets/ alignments. Can use for game prep using opponents tendencies.
3. Designated shooter—only one guy can shoot, defense does not know.
4. Open post—use coach as post player to catch on block.

Defensive base starts with guarding the ball one on one and keep it out of the center of the floor.

Defensive transition—drops two players on a shot. Run shell out of your “get back” system.

We pressure the ball, will give up reversal pass.

This year---Points of Improvement

1. Offensive rebounding.

Program Philosophy—Do not promise players will be a Div. I player. His promise is that they will be a better player. JUCO level is selfish by nature.

Juco is like a CBA team, lots of transition player-wise. Lots of one year players.

Get to the foul line is a priority on offense, regardless what offense you run.

Establish a base of how you want to play the basketball game.

**2<sup>nd</sup> Annual Central Iowa Basketball Coaches Clinic**  
**October 10, 2007**  
**7:00-10:00 pm**

**Session #2**

**Justin Ohl**  
**Assistant Basketball Coach**  
**Drake University**  
[Justin.ohl@drake.edu](mailto:Justin.ohl@drake.edu)

Great experience working for Tom Davis—great communicator, delegator.  
TD coached in HS and disliked the slow down game. Turned to a fast paced game with running and pressing. Tempo is a big, big key in the press.

At Drake they need an edge, a way to close the gap in athletic ability/talent.  
Prefer to play fast, not slow, but can play slow. i.e.-Southern Illinois's players. We can't get guys like that every year.

Pressing is mindset, attacking mentality. It develops your bench and relies on your bench.  
Can exploit the bench of your opponent. In the MVC, most teams can't go beyond 7-8 guys.

Preparation—For HS coach, pressing can help alleviate prep time in practice. They already know how they are going to do.

Shooting percentage can increase because of easy baskets, and shots in the red zone.  
You can score in bunches. One game they were down 17, with 8 min. to go. They came back and won in OT because of this style of play.

**Great Stat—Dr. Tom never lost a first round game in the NCAA tournament.**

The program stands for pressure defense, offensive rebounding, and getting to the FT line.

This style depends on “aggressive mentality.” Always play in that mode.



## Rules

1. Don't foul when pressuring.
2. Allow your opponent to give you the ball.
3. Control the good ball handlers
4. Active traps – Invite bounce pass, Hands up vs. mirroring the ball.
5. Intercept position—court in thirds...know where you are, read and react.
6. One trap and done.....sprint back and get in the play.

4 man—Player on the ball. Must be active, i.e.—Klayton Korver, a senior on their team.  
Rules—hands up not out. Know tendencies of the player taking the ball out. Shade his right hand. Don't jump. Heart, determination needed for this position.

2 man—very quick, understands angles.

3 man—splits lane line. (right lane line facing ball).

1 man—Center field. Reads the opponents alignment. They may come with 4 up, so he would get involved then.

5 man—Must understand principles of 2 on 1. Drill—2 man passing. He sets up the press, sprints back and gets as the offense is. A shot blocker or a small guy is OK.

## Preparing for various attacks—

Mix up the offensive attacks so they face different things.

In general, there are not drill-oriented, more 5 on 5 “play” oriented.

Walk through a lot of time---work on every possible cut the offense may make.  
Press and dead ball and sideline OB's.

In practice, lots of 5 point games. Divide team into 3 five man teams.

What happens when you are being scored on every time?

Change up and go to a  $\frac{3}{4}$  2-2-1 press. Key is to get the middle covered before stepping up to take the ball handler. Get them controlled first, then attack. Must keep the ball out of the middle of the floor.

Can run two presses in same possession. 55, full court, to 45 press ( $\frac{3}{4}$  court) if offense is not in a hurry to advance it.

Zone—drop back into zone after pressing. 3-2 zone defense. Key is to not get too extended on top with the 3 man.

3 man on top, 1 & 2 at elbows, and 4 & 5 at blocks.

Guys at elbows align at an angle instead of having back flat to the baseline.

Zone encourages 3 pointers and takes away post on the inside. All 5 must rebound.  
Can you be a good rebounding team in a zone. YES—Dr. Tom says I have my two best rebounders already in position. Take out their legs and go get the ball.

The zone sets them up for their offensive transition from the same spots in the zone. The 3 man sprints to the rim on transition instead of the 5 man.

Likes Skip Procer's Rebounding video.

Press to zone works well with a shot clock.

Team Rebounding---Last year they were +5 rebounding margin, 33<sup>rd</sup> in the country. Send 4 to the glass on offense, 1 back.

Question—How do you set up press against sideline OB? Answer—Take your 55 and take the same alignment.

Rebounding

Teach reverse pivot, technique.

Take their legs out and “drive their feet.”

**Joel Sullivan**  
**Head Girls Basketball Coach**  
**Ames High School, Iowa**  
[jsullivan@ames.k12.ia.us](mailto:jsullivan@ames.k12.ia.us)

Two things he hates; speaking in front of his peers and the dentist. Today he had a chance to do both.

He has pulled from many good coaches he has been around. His program has become a competitive program.

Goal is to limit possessions, make the game ugly, and put out great defensive effort.

i.e.—19-5 record with 32% from field, 21% from three. HOW?

Held opponent to average of 38 possessions/game.

Feels that program is built on defense because offense comes and goes. Joel and his asst., Chuck, have worked hard for a lot of years.

Convince kids that this is the way to play.

Goal each year—Be one of the top five defensive teams in Class 4A.

Great conditioner for your team. Water comes when you sub out in practice.

Make opponent uncomfortable doing what they are comfortable doing.

Key to coaching defense—he likes to watch defense from the baseline to see what the kids are seeing on defense.

Breaks it down in small groups, like 3 on 3 and 4 on 4.

Builds team defense from the rim--out.

4 on 4 is harder to guard than 5 on 5, more space.

**Joel's Top 3-----Defend, rebound, execute on offense.**

Orv Salmon's talk last week made him reflect on his Top 3.

**\*\*Terminology is taught to 9<sup>th</sup> graders in summer camp. Their program and defense becomes a universal emphasis. i.e.—little/little, little/big, over the top.**

### **Priorities on DEFENSE**

1. Transition—send 3 ½ to boards with 1 ½ back. Point guard is back 90% of the time unless they drive and shoot.
2. Pressure the ball—Don't let the offense see the floor.
3. Get inside foot up. Getting beat to the elbow from the wing means they let them “go over the top.”
4. Disrupt scoring opportunities for opponents.
5. “Hands Off” verbalized in practice constantly.
6. Rebounding—a daily emphasis. Drill it everyday, including game day. 10 straight years of out-rebounding their opponents. Stat—team that gets 57% of the rebounds wins 90% of the games. Key is to tie up their legs and keep your moving. Guards must rebound. 5 rebound on defense.

### **Defensive Drills--thoughts**

1. Close outs—“short and low, get your hips down.”
2. Dig the ball upwards not downwards. Got this from Bill Harris.
3. 7 in 1 drill—best one on one drill he's seen. Teaches one on one in the half court.
4. “Hey” drill—another Bill Harris drill. Hey=“I've got your help”.
5. 2 on 2 ball/help/deny
6. 3 on 3 ball/help/deny—positioning. Do not switch a screen away.
7. 3 on 3 with a twist---after ball goes out of bounds, new ball comes in bounds and they must pick up someone different than they had originally.
8. SDSA—Defend in a box, like Bruce Wilson's drill from last week. Constant down screen down drill. Can run it as a screen away drill also. Mix up little and big screeners. \*\*The SWAG technique is used on cross screens—Swag is help by the screener's defender until teammate gets in position after being screened.
9. Shell Drill—Loves the shell drill concept. Does a lot of teaching out of Shell concept. Term—3 passes away is “Great Big Help.”

**Jeff Rutter**  
**Assistant Coach**  
**Iowa State University**  
[jrutter@iastate.edu](mailto:jrutter@iastate.edu)

### **Toughness Drills and Defensive Concepts**

Just defending the basketball is really, really hard. Drake is effective because they play differently and avoid many of those man to man defensive situations.

### **Skill development at ISU**

Thoughts—Help you win due to constant improvement of the individual and team. Also, it helps from a recruiting standpoint.

WHEN?—In-season? Before or after practice? Must make this decision.

What time do you take from out of practice time? Great story about Ryan Paulson at UNI. Took 500-600 shots with the Shoot-A-Way every morning as a walk on player. He worked and worked and worked. Finally he gained the trust of the head coach and he became a guy who came off the bench to get open shots. They actually designed plays for him. Put him in, took 3 shots, and went out.

### **HOW?—T & T is time and technique.**

Create environment in their program where their guys are kind of addicted to these workouts. Players do not understand how much time it takes to develop skills.

### **Drills**

You're missing something is you are not doing 2 ball drills for ball handling.

1. Pounders—pound the ball into the ground, high and low with exaggerated dribbles. Low is at the knee, pounding the ball.
2. High/Low
3. Push/Pulls
4. Texas Jack 2 ball ballhandling—  
Three parts:
  - a. Pound, pound, cross, then pound, cross, then cross, cross, cross.
  - b. Same pattern but with pound & Cross one in front, one behind,
  - c. Through the legs.
5. Commando drill—Start on baseline and go full court, two players, two balls. Jump stop with reverse pivot dribbling both balls. Do it six times. Can mix in dribble move (hesitate or 2 ball cross) between jump stops.
6. Utah drill—Step slide while pounding ball up and down the lane line, both facing inside and outside of the floor.

7. Attack Series—Start at half court, take at two chairs, cross over at first chair and cross over at second chair, then drive and score. From baseline, attack the chair (at top of key) and drive it to half court.
8. Half court chairs—4 chairs in diamond set between half court and top of key. (Chairs are tight). Three moves, then explode to jumper at right elbow.
9. Full court chairs

## Offensive Toughners

1. One-on-one Sureness- stationary one on one, using steps, pivot, eyes up.  
**McDermott uses “rim, post, action.” See the rim, check the post, and see the action.**
2. Partner 2 on 0 passing—catch, square, control the neutral zone, shot fake, pound the ball twice, jump stop, pass to partner. Skip Shaefbauer example—over emphasize the square up. “Chin music” if they get too close. “Pollard.”
3. 3 on 0 Sureness—no defense. Three guys working together with motion concepts.
4. 3 Man pressure passing—Most coaches run this drill. Pass without deflections.
5. 2 vs. 1 Sideline to Sideline—Boundary’s are endline and half court. Use the Utah move in this drill. Offense’s goal is to get from one sideline to the other sideline.
6. 2 on 2 “No Walk”—Confined area about 20 x 20 feet, offense must make 5 successful catches with out a turnover. Offense gets 2 dribble maximum. Box is inside the volleyball lines.
7. 4 on 4 in half court—Offense cannot dribble, shoot lay ups. 1 point per pass and catch. 3 for foul on shot. 5 points for lay-up. Play to 25. Lose possession on turnover and give ball to the defense.

## Shooting drills

1. Partner
2. 3 man-2 ball shooting
3. 45 shot drill is 5 minutes. 3 areas. Make three, move back, make three, move back to three. 75 shot drill is making 5 at each location.
4. “In a Rows” or 25 straight. 144 is the record.
5. Cyclone One-minute shooting—it is possible to get 12 attempts in a minute.

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**Session #3**

**Jack Easley**  
**Associate Head Coach**  
**Iowa State University**  
[jeasley@iastate.edu](mailto:jeasley@iastate.edu)

**Coaching Philosophy**—Jack has coached for 5 coaches and played for 4 coaches. Applied for many jobs last spring and the issue of his childhood and philosophy came up. Parents were not sports parents, his dad worked a gas station in Kansas City from 6 am to 10 pm. Work ethic instilled at an early age.

**1. HS coaches taught him the fundamentals and teamwork.** They got him interested in coaching.

He says not many players and coaches have told him how much they appreciated everything he had done for them.

His JC coach told him he was not one of the top 10 guys on the team and it was his job to help everyone else get better. Later on he realized it was good that he got that message, humbled him. Another coach was a great man, a farmer, but not a great coach.

**2. Experiences as a player.** His experiences have been good for him and he uses a lot of it when coaching players today.

**3. Coaches he's worked for.**

On the job training as a first year head coach.

2<sup>nd</sup> coach made him grow up as a coach, letting him learn through trials. i.e. -he was left alone at camp to coach 70 kids how to pivot all by himself.

Coach at Oklahoma State taught him a lot, 350 games won, 3 Big 8 Titles.

Woman's coach at Providence was different. A zone coach, different way to play, do things. 9 months on the job. Great feeling he had leaving that job.

ISU experience—Bill Fennelly. Most passionate, most organized coach he's ever seen.

A master at figuring out ways to allow their team to win. Bill's daily question to team is how many teams have better athletes in the Big 12 than us? **All of them. So we have to do the things to win. He figures out ways to win.**

Other coaches at clinics – Kevin Eastman, Nike, ISU men’s practice, HS games. He says he really pays attention to all kinds of learning opportunities.

Has coached for 31 years and 1,000 games.

### **Mistakes he made and what he would do different.**

1. Would have spent a lot more time teaching players skills.
2. Would be much more organized.
3. Develop a system and style of play. He likes the system that wins the most games. You must have a base, but need to be flexible with it.
4. Learn to be yourself. Develop your own identity.
5. Spend more time with the X and O’s of the game.
6. Establish the best work ethic for coaches and players. Players pick up on how hard the coaches work.
7. Be open minded, listen to others, be receptive to change.
8. Establish discipline. Your administration wants your kids disciplined.
9. Get everyone to believe what you are doing.
10. Stay away from/don’t listen to parents.

**Story**—Met with Mr. Iba at Mr. Iba’s house and Jack showed him the flex offense.

**Mr. Iba--** “Do you understand this offense,” and “do you know how to teach it?” and “do your players know this offense?” Yes. “So what’s the problem?” Mr. Iba said.

### **COACHING PHILOSOPHY**

Jack handed out a sample philosophy for all of the coaches.

### **POST WORK OUTS**

Every day workouts—

1. Mikan drill—make 18 in 30 seconds, x2.
2. Duck Ins—a big part of their offense. Pivot with outside foot.
3. Catch—turn and shoot.  
Key—he tells post players to “trust the passer” and make you move based on the pass.
4. Step thru—or up and under—teaches compact shot fake, and step through as close to the defender’s body as possible.
5. Sikma or Wilkins drill—Step out and face the basket.
6. Release to short corner or elbow—used as a pressure release.
7. Bounce—bounce ,drop step—Created it for Nicky Wieben, two bounces and then a drop step.
8. Must be able to make free throws.



**Bobby Sandquist**  
**Head Basketball Coach**  
**Johnston HS, Johnston, Iowa**  
[bobby.sandquist@johnston.k12.ia.us](mailto:bobby.sandquist@johnston.k12.ia.us)

He thanked everyone for the opportunity to speak at this clinic.  
He has experience as a coach in Class 1A, 2A, 3A, and 4A and Drake University for Gary Garner for two years, including the best record in 20 years.  
Has had 2 assistants win state titles in Iowa.  
He introduced staff at Johnston High School and the girl's coach who was in attendance also.

Defensive Philosophy—Push the ball to the side, pressure the ball.

The great coaches:

- Know what they want to do
- Sell it
- Teach it
- Demand it!

Must have a sound philosophy and be true to it.  
Research shows some amazing things—Hand out of detailed basketball statistics over a 500 game study.

His talk tonight is about “beyond the X and O’s.”

### **Dealing with player's parents**

*In the city it's face to face, in the suburbs you get emails from parents.*

Parent meetings—

**The parent test (from Don Meyer). IF parents ever disagree about playing time, ask them whose playing time should their son take? Then tell that parent they need to call that kids parents and ask them for more playing time.**

Player Evaluations—“Team Perception Test”, (hand out)  
Players rank his teammates in each category. Asst. coach will fill it out also.  
Results will tell you a lot about your team.  
One time he had 10 different players that thought they were in the top 3.

Mid season progress report (hand out).

### **Dealing with Toughness.**

Has to be more than saying “be tough.”

Soft players will get you beat.

Physical toughness is easier to gauge than mental toughness.

Mental toughness depends on the player’s focus, ability to let go of mistakes, and performing under stressful situations. Have to be in the present. Player’s cannot time travel. They cannot focus on things that are out of their control, like officials and the crowd.

He suggested that your team adopt a “CUE” word to use when a teammate is mentally upset...to free them up so they can move on.... For example, “cancel.”

How do you develop it? Talk about it, Jack and Jill analogy. Get up and keep going.

Drills to develop toughness.

Use pictures sometimes—stick man—head, heart, guts, and sometimes parts of their anatomy are diagrammed when he need to question their manhood.

### **Motivation—**

One of the biggest challenges we face as coaches. Kids need to fall in love with the game to accomplish what they want to accomplish. Workouts for 40 minutes and chart it.

10,000 shots in a summer creates interest and effort.

In the summer—Row shots---keep track how many shots they can make in a row, ie-129 FT’s straight this summer by one player.

Drills must be competitive.

Play the game with the game—win the TO game, OB game, outshoot them FT, FG, and threes. Make more FT than opponent attempts.

Physical motivators—towel on a board, wall sits, lane slides. 25, 20, 15, 10, and 5.

Kevin O’Neill—all players run a 32 sec. sprint and all players must make it.

Frozen push up—inch from the floor. Indians and Cowboys.

**Only put 5 balls in the rack and on each turnover, one more ball taken out of the rack. When it get down to the last ball, he gets that one....sometimes kicks it in frustration (boy, that feels good).**

### **Rebounding—**

Morgan Wooten—ask players what their **rebounding range** is. 4 players all on same team. Coach shoots and players rebound. Then take 3 steps back. 3 more steps, then to half court. Now in the back court they can still get the rebound. Lesson for players—they always can get to the rim and have a chance to rebound.

It is easier to motivate kids with high self esteem and hard to motivate a player with low Self esteem.

Player must play good defense. Takes pride in defense average. Posts it under each basket on both ends.

**SDQ chart**—Single digit quarters. History of it, in 96 he started 4 sophs. Keep track of it and kids really bought into it. *Also had single digit halves!*

Defensive cards they keep in their pocket on game day, a commitment to playing defense.

The defensive stick.

**Example of how much players think they are doing things correctly all the time--**  
Give game tape to kids--\$1 to each kid if all 5 are in a stance at same time, and they give you a quarter when they aren't. Gets them thinking about stance and defense. Coach can get rich on this!

Must rebound to be a good defensive team. Teach players it isn't just the first shot that kills you, but the 2<sup>nd</sup> and 3rd shots that get you.

What do kids say to their parents when they get home after practice? Think about it!

**Build relationships with young people, teach them life lessons.** Think about how you treat your players. Story about how a Sr. guard committed suicide and he didn't realize he was struggling and it really made him think about how he treated kids.

**Gary Garner**  
**Assistant Basketball Coach**  
**Iowa Energy—NBDL,**  
**Former Head Coach at Drake, SE Missouri, Ft. Hayes State.**  
**(No email....still uses a Smith-Corona typewriter and rotary dial phone)**

It is really good to be back in Iowa working with Nick Nurse and the Energy.  
Quote that he tells players constantly, **“It’s not what happens but how you react to it.”**  
This goes for an individual player and the team. After big win, tough loss, for example.  
Example—A player gets his 3<sup>rd</sup> foul or gets shot blocked.

**What’s the most important thing to bring to practice?.....concentration!**  
If they are dialed in, your practices will last half as long and players will look forward to coming to practice.  
Norm Stewart said, “The biggest mistake I made because the practices were too long.”  
Whose responsibility is it to have a good practice? Gary used to tell his staff a bad practice is the coaching staff’s fault. Preparation is concentration=Darryl Royal.

**He wants to talk about three things tonight.**

We all want to be excellent at every part of the game. But, you cannot emphasize everything.

**Mr. Iba—to win a championship, you have to be the best team at one thing, better than anyone else.**

**Al McGuire—told Norm Stewart that *you can’t be a good offense coach and a good defensive coach.*** The way your mind operates, is the where you are going to spend time.  
Example—If you have one hour before the next game, what will you spend the hour on?  
**Must be able to say, “This is what I think are the most important things in the game.”**

**Bob Knight** said that number one, you must be a good defensive transition team.  
Moe Iba is the best defensive mind he knows. Moe said “Gary, did you think about getting two back?”

Diagrammed his “Get Back” drill for defensive transition on the board.  
Guards start in corners in backcourt. One sprint to the other end and puts his head under the rim, the other sprints to half court.

**“I’ve been known to take a guard out of the game for getting an offensive rebound.”**

Take your game tapes and see how many points you give up in transition....

I’m not talking about running, by God, I’m talking about **RUNNING!**  
Guards have only 3 seconds to get back.

**Gary’s Top 3**

- 1. Get back**
- 2. Rebound**
- 3. Don’t foul**

A study 20 years ago said that the team that fouled the least won the most.  
It goes deeper.

Fouls come from:

- a. Body position
- b. Floor position

If you can get your players to do this, you will foul a lot less.

**Do your players know that fouling is a mistake, just like a turnover is?**

Story about Ohio Valley Conference championship game. With 12 seconds left, his team is up one and has fouls to give. His point guard had 4 fouls and did not foul. His guy goes coast to coast for Murray State hit a shot and won. **He (the player) didn’t want to foul!**

**We are going to get back and rebound and not foul every day!**

**Drill—5 vs. 3**, on one end, shot goes up. 3, 4, 5 go to offensive boards and then RUN back outside the middle of the floor. That area must be free for the guard at half court to slow the dribbler and push him to a side.

Verbal—**Point and Holler!** Each player points and calls out his man.

On a pass up the sideline, two guards must talk it out as far as who takes the ball.

Very important to have 1 and 2 get back on all drill work, even if you are staying in the half court.

If he plays a team that scores 50-60% of their points in transition, he will DROP 3. On the shot, the 1, 2, and 3 man sprint back.

John Wooden—It’s a game of easy baskets. If you give up 6 easy baskets or more you lose.

**Shell drill**, Gary calls **4-Spot**. He runs 4-spot full court. Teaches the 3 man to get back if 1 or 2 drives to the basket.

It puts pressure on and many opportunities for 3, 4, and 5 to rebound. They take pride in rebounding. He tells his team: "We have 2 guys back; your other three guys go to the boards".

After sprinting back, they must get EVEN with the ball or below the line of the ball.

**Mr. Iba** at Gary's practice at Drake for 3 days. His son, Moe, was on Gary's staff as an assistant.

**Gary says, "He was such a gentleman but he can get to the point pretty quick to."**

After practice he told Gary who the Top 5 players were, and he was right.

**Mr. Iba—"The best teams I've ever had, rebounded the ball with 2 hands!"**

**Mr. Iba** told story about making players run to the top of Gallagher Arena, with 2 turnovers they ran twice.....then.....I did not learn until my last 4 or 5 years of coaching that the bench was the best punishment for players.

The best medicine in the world is the bench, and if that doesn't do it, do you want that player anyway?

My Offensive philosophy---don't turn the ball over and don't take a bad shot. I don't know what else can happen other than the shot clock running out.