

Double Pump Clinic

August 14, 2008

Bill Russell w/ Greg Anthony & Seth Davis

Red had a loyalty to his players
Best advice to young coaches is to be Loyal to your players
End of season with meeting with Red... Red asked Russell Do
you know how good you are?
Red told him that Russell was the best in the world... This was
not being arrogant.
Funny thing Red told Russell... "I don't know what you are
doing" but Red still excepted him
Red as soon as I find out what you are doing... I will add it to the
system
Red was a result oriented coach
He never told anyone to change how they played... Never said a
player can't do this or that... Instead, he added what they
could do into the game... Never took away
Add what players can do vs. take them away
Red won with who he had... Red said, " I win with what I
have"... Never wanted another player from another team
Most important offensive skill is passing... Can't leave it to
chance... Russell believes passing & rebounding are learned
skills
Rebounding is all footwork & positioning & you can teach that
Coaches must earn players trust
Never give a scholarship to a player you would not want to stay
in your house overnight.
Coaching mistake... Coaches coach the same way & never adjust
to personnel. "What can I do with what I have"
Coaches are the 1st, 2nd or 3rd most important people in players
lives

“Do things for each other, not to each other”

Red never said he was always right.

If your players don't buy into what you are doing, they won't be successful with it.

Interesting comment on attacking the other team... Never attacked a weakness, always attacked the team strength... If you can do this, it will be difficult for them to stop you.

Before you teach... You better know

The game is 90% horizontal... 5% vertical

After scoring a basket, Russell's goal was to be the 1st person back on defense

The importance of 2 parts to the game, Offense & Defense not one or the other but both

Celtics had 5 plays

Winning is not the 5 best player but the 5 who play best together

Make the adjustment your team can make

1st requirement of Coaching is to Love the game... Watch film & learn... Don't think you know it all.

Discipline... Touchy subject

Don't make unreasonable rules to show you are in charge

Red never yelled at a player for being late for practice

Red felt if you yelled at a player it became personal

The last thing a coach should do is show his power

“The best use of power is to not have to use it”

Individual ego shadowed into team ego with Celtic teams

All the year of the Celtics, they have never had a scoring champion

Basic in basketball is math... Game of Angles

What you do with those angles determines your success

Key to spacing is angles... Gets back to point about Math

Player Conflict with coaching = Negotiate

Must be able to negotiate in a way that players know the most important thing is we want to win games

When Russell was at his best, there was room for his teammates to be at their best

Russell played with or without the ball... There is always something you can do (set picks & then you will get shots)
On motivation... Find out what your players value & do your best to address that... Then address what the coach values with the understanding that you both want to work together!
Make a decision on what to do & then ask yourself, then what?
Is it right, wrong & am I willing to live with the consequences!

Jerry West w/ Greg Anthony & Seth Davis

Had good fortune in life
The NBA Draft is a real lottery
There are hidden jewels out there
Players need to know roles
LA Lakers have had more great players but not as many championships as Boston Celtics
Put players around superstars that know their roles
Basketball is the ultimate team game... Everyone needs to think alike.
The greatest players see the game in slow motion
Important to hire the right coach for the right team.
Decided to trade Norm Nixon after they won the championship because he was not the right fit.
Magic without the basketball is Earvin Johnson...with the ball he's Magic
2 things in life he values: Humility & Giving... The words hate & I should be taken out of the dictionary... It's about us!
Character: Are you willing to work... All you need is one special skill to play in this league
Best players in the league are multiple position players
College coaches: Recruit basketball players not numbers
If you are not at the elite level (Duke, UNC, Kentucky etc.) look at kids with a future...
Basketball IQ is extremely important
Understanding possessions are most important (Tech fouls) can

cost games
If you are good, you don't have to tell anyone = Humility
Players are guilty by association
Penalty is harsh
Coaches today must be better mentors
Loved how John Thompson handled recruits... He had a deflated
basketball on his desk to point out you can't count on
basketball forever
Coaches can not win without talent
Expansion of the NBA has diluted talent
Lot of great coaches in the NBA... Even some that are coaching
bad teams.
Likes Greg Popovich, Pat Reilly & Larry Brown because they
produce other coaches
As a player & coach he took losing personal... Never blamed
anyone else... He felt he let his teammates, organization &
city down when he lost
Believes Phil Jackson is a difference maker as a coach because
he found a way to work with players & runs a system
Great players drive teammates
Believes Pat Reilly showed great passion, is a task master & his
teams were in shape

Response when a player asks what can I do to play?
Kick the guys ass you are going against in practice
No mental mistakes
Stay after and communicate with coach
Some of the great coaches were not great players (Phil &
Reilly)... They could see the game
Response to how he prepared to be Mr. Clutch?
His best friend in West Virginia was him... He practiced all the
time by himself envisioning that his team was down 1
w/ 2 seconds to go.

Never be afraid to fail but if he did miss that shot, the next day
he was back on the court practicing shooting
Also set goals & have dreams

Jamie Dixon, Pitt (Motion Offense)

Problems with motion

Too much dribbling

Drills in practice to improve (no dribble, 1 dribble, 2 dribble
breakdowns)

Keeping the ball on the same side

Important to get that ball reversal to make the defense move

Screening action... Everything becomes an exchange

Curls & back cuts will help to occupy defenders... One man to
the ball, one man to the basket

Screeners angle should be Butt to the Ball

Players coming off screens can't shoot

Don't recruit them

Standing around

Tired of running up & down... they become stationary

2 second rule... if you are standing for more than 2 seconds,
move

Spacing = 2 steps behind the 3 point line (12 – 15 ft.)

Vs. Switches

Curls, back cuts, screen own man, break off (slip) are good
options

Tubby Smith, University of Minnesota (Ball line Defense)

Defensive Team Goals

No layups

No 2nd Shots

Contest Every Shot

Make Offense make plays off the dribble

Rules

Constant ball pressure
Contest shots
Sprint to the ball line
No penetrating passes (any pass that takes the ball closer to the rim) = deny... Non penetrating pass = allow
See ball & man
Play as close to the ball line as possible
Tip passes or force hang time pass = steal
Jump to ball
Communicate with correct terminology
Guard the ball
Communication = Ball
1 arms length away = pressure leads to deflections
Play with head on inside shoulder
Force to sideline
Mirror the ball
When ball is in the corner = square
When the ball is picked up = Dead... Dead... Dead
Guarding off the ball (1 pass away)
Body position is Boxer stance with hands back... Be almost in the passing lane
Go for steal with hand closest to defender
Prevents players from lunging for the ball
Guarding the ball (2 passes away)
Sag with 1 foot in the paint
Guarding the ball (3 passes away)
Be at the mid line
When helping in the half court it's a turn & a sprint... 1st step is most important
Help side defenders body position is butt to baseline

Tom Izzo, Michigan State (Zone Quick hitters)

Player's play... Tough Players Win
Look for seekers not avoiders
Wimpy guys go after the ball with 1 hand

Searching for ways to steal 4 points a game

Special teams unit

FT situations

Making more

Set plays off misses

Jump ball plays

BOB

SOB

All these situation are during dead balls & it a great way to attack the other team when they are resting

Eric Musselman, Former NBA Head Coach (Random thoughts)

Work for super stars in the business

Chuck Daly helped him get the job in Golden State

Jerry West helped him get the job in Sacramento

Work for multiple people

Coach Daly “You better know where your next job is coming from”

Pre game warm ups is a great audition for assistant coach’s

Other coaches, front office people & TV broadcasters are watching

It’s your players when you win...

Philosophy when coaching in the CBA was to get every player he could from great college coaches (Indiana – Bobby Knight)

Those players provide

Practice habits

Execution

Professionalism

Get an identity

Good coaches have an identity

Bad coaches have no identity

Create a balance sheet after training camp

How much time are you spending on offense & defense

After training camp it should be close to equal

Make sure you cover special situations

Jump balls

Who's defending the in- bouncer late game situation

Who's taking the ball out, full court / half court end of game

Sean Miller, Arizona (Set plays)

Philosophy is to score with a quick strike mentality

Get the ball out & up the floor before the defense is set

Look to attack & draw fouls

1st look is transition, then play after transition & then another play

Move yourself & move the ball

Set plays on dead balls, AFT, Late game situations

Have plays with versatility... Different plays from the initial set

5 important offensive statistics

Asst – TO ratio

FG%

3 FGA

FTA

Offensive Rebounding %

Different plays from initial sets

Create different initial sets to get same plays

Tough scouting

Promotes execution

Easy to Organize

Notes from the Collegiate Business Conference hosted by the Pumps:

Bill Russell – former NBA player, greatest winner of all time

- Biggest thing for young coaches is loyalty to your players
- Was constantly told by Coach Auerbach that he was the best in the world = Confidence
- Add to what players do, don't take away
- Most important skill on offense = Passing – Teach as a young coach!
- Mission of a coach is to earn players trust – Successful coaches have players believe in system = Cannot demand it but can command it
- In recruiting = never offer a scholarship to a player you don't want to come to dinner or spend the night
- Attack the other teams strength when on D – Timing and Coordination is most difficult to teach on O
- When he scored = 1st thing he thought was he needed to be the 1st back on D = DEAD SPRINT
- Team Chemistry – Don't win with 5 best players but with the 5 players who play the best together, Create a family atmosphere – he is still close today with his team, all 5 players involved in every play
- “The best use of power is to not have to use it” – Never make an unreasonable rule – make all corrections non confrontational and not personal, everything between a coach and a player is a negotiation – always negotiate as a coach to where the player knows the most important thing is winning, Rewards

rather than sanctions – have positive relationships
Since 1946 Celtics have never had a scoring champion, 1 of only
2 NBA franchises to say this, Russell was never 1st or 2nd on
team in scoring = just wanted to win
Motivation: listen to find out what people value and then address
them based on values and working together
Right vs. Wrong – all decide for yourself but ask – Can I live
with the consequences?, after you make a mistake there is
always a way to repair damage if you acknowledge it 1st,
Aggressive vs. Defensive – BE AGGRESSIVE - always be
willing to accept responsibility

Jerry West – former player and NBA executive

2 things matter to him: Humility and Giving / Hard Work and
Dedication
3 things he looks for in a Player: Character, Competitiveness,
Toughness
Need 1 special skill – shooting, rebounder, defender, best players
can play multiple positions = Invaluable
1 player in any program can make a significant difference but
people around him are what makes great teams
Secret to Winning – have 1 great player and 4 guys who
compliment him (Magic)
1 TO in NBA = 1.68 points / Technical Fouls cost ball games
What can I do to play more?
Kick ass in practice
No mental mistakes
Communicate with Coach after practice

Jerry Colangelo – USA Basketball

Met with each player 1 on 1 and said: I don't need to be doing this but I am doing this because I care and I want guys who care and will jump in with me ... This is how it will be
We handed the international guys the game and they took and taught fundamentals better than us
1992 motivated other countries and now the world's #2 sport
77 international players from 38 countries in NBA last year
Going into 2008 we needed to change the culture and show the world we respected them
Need the best players to play
Duplicate the national team success down the pipeline – Build a Community

David Faulk – Agent

It's a long horse race, take a long term approach to things
Don't let ego interfere with your judgment – don't battle over small details
Treat everyone well but not the same
Tell your players what you believe – Don't hide things
Your Athletic Department should serve as a job placement agency

Jamie Dixon – University of Pittsburgh

4 @ 1 Motion - Issues they have

Too much Dribble – Use no dribble motion to start O, then progress to 1,2,&3 dribble maxes
Guys on same side of the Floor – Use a 2 guard front to reverse the ball easier / make the defense move
Exchange / Interchange on Screen Aways – Make sure they hit bodies – all curls / backcuts early in year, place restrictions in some games just to get movement, certain guys only curl and others only backcut
Guys who can't shoot – make them your curlers or backcutters so

they are attacking the rim
Standing / Fatigue – biggest issue probably in Motion
Only stand for 2 seconds – even if you are open = MOVE
2 steps beyond the 3 in where they cut for spacing
Players 12-15 ft apart for driving angles
Vs. Switching = Slip all screens – timing is as the Defense releases you
Butt to the ball for screening angles – great screeners are under rated in basketball

Tubby Smith – University of Minnesota

Ball Line Defense

Goals:

No Lay ups
No 2nd Shots
Contest every shot
Make offense make plays off the bounce

Rules:

Apply constant ball pressure – Mirror the ball
Contest every shot – teach guys to leave feet
Sprint to ball line
No penetrating passes – overplay and deny these, allow any non penetrating pass
Always see the ball and your man
Play up the court – play as close to the ball as possible
Attempt to intercept all lob / bounce passes
Jump to the ball on every pass
Communicate
Get deflections – head on inside shoulder when guarding the ball

HUA in Military – Heard, Understood, Acknowledged

Tom Izzo – Michigan State

Zone Quick Hitters / Special Teams

Look for seekers not avoiders – guys who lay the ball up hard

Attack the O Boards with 4 = Kill the Glass

Special Teams = Mentality – Every second on the court when the other team is resting, we are going HARD and keeping the pressure on them!!!

Steal 4 points a game is their goal

Spend 5 minutes in Walk Thru day of the game to Dummy

Little things that win games when you have a small margin for error

Score 1 basket every 2 games on each of these = 4 points a game average and difference in Good to Great and Great to Champions

Free Throws – Makes and Misses

Jump Ball – Win it and score with it – changes plays throughout the season

UOB – sell it where we need to score 1 more basket every 2 games than our opponents

SOB - same as UOB

Eric Musselman – former head coach of the Golden State Warriors and Sacramento Kings

Give back to the coaching profession – HS to MS coaches, College to HS Coaches, etc

Organization is Critical – prepared for all interviews with multiple books

Expect the unexpected – Golden State and LMU

Coaching is all about the mental framework and make up of your team

Chuck Daly – you better know where your next job is coming from

As an Asst – work guys out before games – don't sit around and talk, etc = Important people are watching – you are interviewing

Practice Ideas:

Balance Sheet (Oakland Raiders) – Chart how much time you spend on O and D in practice

Plan your year – lay out every scenario with your staff = player late for bus, etc

Have everything thought out and then follow through – especially early in season = Don't wait

Special Situations:

Set up Defense for these as well – who guards inbounder, etc = Early jump to tip in air as time expires

Have specialists or guys who take pride in these situations

Staggered jumps on SOB to run time off clock = won 2 games

Passing Test for Team – SOB, ½ Ct, ¾ Ct, Full Court – place an X on the backboard

Sean Miller – University of Arizona

Half Court Offense:

Pace = Strike 1st in Transition, keep the pressure on the D

Run different plays from same initial set and create different initial sets that allow you to run the same play

Efficiency vs. scouting

Promotes execution within your team

5 Stats on O

Asst / TO Ratio

FG%

3 pt FG% and attempts (they don't shoot a lot)

FT attempts per game
O Rebound %

Notes Organized by **Will Wade**, VCU