

CLINIC SCHEDULE

GOALS:

- To empower you as a R&R coach and establish a lifetime relationship.
- To illustrate the learning progression that a R&R team will take in a season.
- How to integrate Skill Development into every facet of practice.
- How to Combine Team Offense, Team Defense, and a Winning Culture.
- To look at Defense through a different and more powerful lens.
- To stimulate your imagination in practice planning and game coaching.

SATURDAY

12:00 – 1:30 SESSION 1

Layers 1,2,3 + 18,19

Goal: Being ready to play in a short time

1:30 – 1:40 BREAK

1:40 – 3:10 SESSION 2

Layers 4,5,6 + 18, 19

Goal: Completing the Foundation (Automatic Actions)
Tying Passing & Dribbling together

3:10 – 3:20 BREAK

3:20 – 4:45 SESSION 3

Layers 7-12 + 19

Goal: Screens ON & AWAY from the ball
Training the options of those without the ball

4:45 – 4:55 BREAK

4:55 – 6:00 SESSION 4

Layers 13-16 + 17-20

Goal: Training the options of those without the ball

6:15 – 7:30 DINNER ON YOUR OWN

7:30 – 9:30 Round Table Q&A - Open Discussion

SUNDAY

9:50 -10:20

Volunteer worship at the gym

CLINIC BEGINS

11:00 – 12:20 SESSION 5

Attacking Zone Defenses & “Game” Coaching the R&R

12:20 – 12:30 BREAK

12:30 – 2:30 SESSION 6

Real-Time Practice with Coach Uie Garcia

2:30 – 3:00 Questions & Answers

SESSION #1 Layers 1, 2, 3 + 18, 19

WARM-UP: 5

- a) Partners: line shooting: Set, Fire, Pose
- b) Control, Speed, Power, Reverse Dribbling

REACTION DRILLS 10

- a) Front Cut
- b) Rear Cut
- c) Read Line Cut
- d) Laker Cuts
- e) Dribble At
- f) Add: Stick the Landing, Shot Fakes, Contact Lay-up, Reverse Lay-ups
- g) Add: Laker Cuts at high post and short corner + basic post moves
- h) Add: Simple Combo drills:
 - a. Dribble At + Laker Cuts
 - b. Pass & Cut + Leg-Whip + Laker Cut
 - c. Double Dribble At
- i) Draft Drive Drill: Pass & Cut and defender follows; drive down the trail
- j) FCPD Drill: Fill & Front Cut the Puppy-Dog

FIVE VS ZERO 15

- a) 5 OUT pass & cut – (strain Def Levels 1 & 2) – until everyone has shot a lay-up
- b) 5 OUT pass and cut + Coach over the read line; (Explain no V-cuts)
- c) 5 to 4 OUT with a Dribble At or Leg Whip: Score on second Laker Cut
- d) 5 to 4 to 5 OUT, etc: Mix all 3 Layers but score on the third Dribble At.
- e) 4 OUT; dribble at, laker cut, pass and cut, dribble at, laker cut, etc.
- f) 3 OUT: Mix all 3 Layers and score with a Post move after second Laker Cut.
- g) 5 OUT: Pass & Cut & Draft Drive: Pitch it, but take no shot and keep going.

DEFENSE 15

- a) 5 OUT: Pass and Cut Shell Defense
- b) 4 OUT: Layers 1 & 2 Shell Defense
- c) 5 OUT: Deflection game
- d) 5 OUT: Draft Drive; pass and cut dummy; “Live” on drives

SLOBS AND BLOBS 5

PRESS BREAK 5 Just the basic idea from Layer 1

FULL COURT TRIPS 5

- a) 4 TRIPS: 2 on 1 + P&C + Dribble At + Laker Cuts
- b) ADD: “Press” during the trips
- c) ADD: First trip the coach calls out the layer.
- a) THREE TRIPS: Dummy, Shell, LIVE

REVIEW ALL FUNDAMENTAL SKILLS AND LANGUAGE THAT THE TEAM KNOWS BY NOW: Shooting, Lay-Ups, Stick the Landing, Bounce Pass, Air Pass, Front Cut, Rear Cut, Posting Position, Feeding the Post, Drop Pass, East-West Dribble, Spacing, Spots, Read Line, Filling a Spot, Fill-Out, Front Cut the Puppy-Dog, Press Breaking Fundamentals, Combos, 2 on 1, etc.

SESSION #2 Layers 4, 5, 6 + 18, 19

WARM-UP A: 5

- a) Partners: line shooting: Catch in a Hop
- b) Check-Out, Block-Out, Reb & Run

WARM-UP B: (Combo previously learned layers): 5

- a) Front cut & rear cut choice
- b) Read Line Warm-up: 4 players or add a line *
- c) Pin & Skip + Laker cuts
- d) Double Dribble At

REACTION DRILLS; 10

- e) Natural Pitch
- f) Safety Valve
- g) Choose Natural Pitch or Safety Valve
- h) Basic Post Slide from Baseline Drive
- i) Basic Post Slide from Top Drive
- j) ADD: Choose Basic Post Slide from Wing Drive
- k) Corner Come Back
- l) ADD: Choose Wing or Corner - Choose Opp Wing or Opp Corner
- m) ADD: Basic Post Slides from Corner Drive; from Wing Drive; from Top Drive
- n) Dribble-At + Laker cut + Drive Baseline = CHOICE of Basic Post Slide or Corner Drift
- o) 4 OUT 1 IN on the weakside; Two balls = Weakside wing and Defender; Wing drives middle and dishes to post; Defender skips to Corner; Corner rotates to post; Post to the end of the line; New player comes in as Defender.

FIVE VS ZERO 15

- a) 5 OUT Coach controlled Circle Movement plus Offensive Rebounding
- b) 4 OUT Coach controlled Circle Movement plus Offensive Rebounding
- c) 5 OUT Bounce-Off Circle Movement Drill
- d) 4 OUT Bounce-Off Circle Movement Drill
- e) 3 OUT Bounce-Off Circle Movement Drill
- f) 5 OUT; Alternate Dribble-At + Drive-Circle-Bounce-off twice per player & switch
- g) 5 OUT; Pass & Cut then Drive-Circle-Bounce-off and P&C to start again
- h) 4 OUT; Dribble-At, Laker-Cuts, P&C, Drive-Circle-Bounce-off start again
- i) 5 OUT: Drive Baseline & Pitch, passer posts up; Continue with Laker Cuts, Dribble At, Circle Move
- j) Diagnostic Test: Mix all 6 Layers without taking a shot.

DEFENSE 20

- a) 5 OUT: Dummy & Shell while Drive-Circle-Bounce-Off. Defense is expected to give help before the drive is in the middle and then recover or switch & rotate.
- b) 5 OUT: Dummy & Shell while Passing; "Live" when a dribble occurs.

PRESS BREAK 5 - Diamond + 1 formation; add Dribble At

FULL COURT TRIPS 10

- a) 8 TRIPS: 2 on 1, 3 on 2, plus Layers 1 – 6 (call "Press" at anytime)
- b) 3 TRIPS: Dummy, Shell, LIVE
- c) 3 Team Cutthroat – Make-It-Take-It

SESSION #3 Layers 7-12 + 19

WARM-UP:

- a) LAY-UP Reaction Drills
- b) SHOOTING Reaction Drills

REACTION DRILLS: Collapse time frames with Combo drills of Layers 1-6

NEW DRILLS

- a) Basic Pin & Skip
- b) Circle Reverse**
- c) Post Blocking
- d) Back Screen
- e) Multiple Screen
- f) Ball Screen
- g) COMBO: P&C + Pin & Skip + Drive Baseline & CHOOSE
- h) COMBO: P&C + Pin & Skip + Drive Middle & CHOOSE
- i) COMBO: Dribble At to create post player; Pass & Cut, Post Blocks the cutter and shapes up to score.

FIVE VS ZERO

- a) Changing Formation Progression: 5 OUT Pin & Skip; 4 OUT, Pin & Skip, 3 OUT Pin & Skip & Score
- b) The Orchestrator: (Random): Circle-Move-Bounce-Off, Dribble-At, Reverse Dribble; SCORE of the pick-n-roll; then SWITCH Orchestrators until all have done it once.
- c) 5 OUT: Pass & Cut with Cutter setting the Pin Screen; Skip it but keep going; Feed the post & Laker Cut, kick it out, P&C – Pin & Skip- Laker Cuts; repeat...
- d) 5 OUT P&C, Dribble-At, Back-Screens, SCORE off a back-screen. (Note: Dribble-At's create back-screens!)
- e) 4 OUT P&C until post is weak-side; Pin & Skip; Drive & Kick or Drive & Bounce-Off; SCORE with Reverse Dribble
- f) 5 OUT: Begin with Reverse Dribble to establish 4 OUT. Pass, Cut, Back-screen and Post-block to create MULTIPLE STAGGERED SCREENS.
- g) 5 OUT: Back-screen until we are happy with MULTIPLE STAGGERED SCREENS. Finish the drill by scoring with a Reverse Dribble.

DEFENSE: Use the offense to work on whatever Defensive skills are needed. It's time to talk about the 4 Levels of Defense.

- a) SHELL DEFENSE vs (a) above; LIVE at Reverse Dribble
- b) SHELL DEFENSE vs (b) above; LIVE after a Pin & Skip

PRESS BREAK : Reverse Dribble = Flash to the Middle: Surprise traps

FULL COURT TRIPS

- a) 5 TRIPS: 2-on-1, 3-on-2, + Three trips with as many screens as possible. Be ready for a surprise "Trap" call by the coach.
- b) Continuous Trips for one team: "Dummy" on one end and "Live" on the other; Coach calls out what he wants done on the Dummy trip.

SESSION #4 Layers 13-16 + 17-20

WARM-UP: All COMBO drills; Push them to link all layers together
Pick some from the Drills DVD

NEW REACTION DRILLS

- a) X-Cut
- b) Relocate
- c) ADD: Feed the post and read your defender for all 4 cuts.
- d) Corners
- e) Power Dribble
- f) Advanced Post Slides

FIVE VS ZERO (Combo Layers)

- a) 5 OUT P&C, Pin & Skip, SCORE with an X-Cut
- b) 5 OUT Mix it up and SCORE with a Power Dribble
- c) 4 OUT Drive above Post (using Adv Post Slides), stick the landing and hit the Safety Valve – remain in the post. Continue until everyone has driven and everyone has played in the post; SCORE with a Reverse Dribble.
- d) FLOW on your own. Change formations in one possession.

DEFENSE

- a) SHELL DEFENSE while anything goes, but LIVE when the post is fed (test X-cut)
- b) SHELL DEFENSE begin with post feed and double-team it; but LIVE when a Power Dribble is chosen. (Post player must decide whether to change sides or screen-the-screener)

FULL COURT TRIPS Coach calling out how to score.

FULL COURT 3 TEAMS:

- a) OFF CUTTHROAT: Make-It-Take-It and keep score with the offense.
- b) DEF CUTTHROAT: If defense gets a “stop” they get points and the offense keeps the ball and goes to the other end; If the offense scores, there’s no points but the offense and defense switches.

SESSION #5 Zone Attack & Coaching the R&R

5 OUT Hook & Look

- a) Hook, Look, and Hold + Change interior spots on the next pass – fill out on the next.
- b) Hook, Look and Hold + fill out on the next pass.
- c) Hook, Look, and Fill Out – no occupation of interior spots.

4 OUT Hook & Look

- a) Hook, Look and Hold + fill out on the next pass.
- b) Hook, Look, and Fill Out – no occupation of interior spots.

3 OUT Hook & Look

- a) Hook, Look, and Fill Out – no occupation of interior spots.

ADD PIN & SKIP FROM ALL ANGLES

- a) Shell 5 OUT – Dribble-Ats are automatic Pin & Skips on the weakside.
- b) Shell 5 OUT – Dribble-At-Pin & Skip followed by an immediate return Pin & Skip
- c) Shell 4 OUT – Post as Pin-Screener & Short-Corner-Hunter
- d) Shell 4 OUT – Post Short-Corner-Hunter + Cutters work high seam or weakside
- e) Shell 3 OUT – Pin Screen the zone to death

ADD DRIBBLE-AT AND CIRCLE MOVEMENT – Why these two against zones? Your offensive goal should be to make the zone switch and rotate. (Defensive Level 3)

HYBRID GAMES:

- a) Shell Zone Defense while Hooking & Looking – “LIVE” after Pin & Skip
- b) Shell Zone Defense until a dribble by the offense.

“GAME” COACHING THE READ & REACT

COLOR CODE:

(Consider what level of defense is being taught with each code)

- 1) Green: Pass & Cut, Dribble At, Laker Cuts, Circle Move (5 & 4 OUT)
- 2) Blue: Ball-screen with Reverse Dribble and Power Dribble (4 OUT)
- 3) Red: Off-the-Ball screening = Post Screen, Back-Screen, Pin & Skip, X-Cut (All Formations)
- 4) Black: Inside Touches First before greenlight to score
- 5) Gold (Name): Post must get screened by every other cutter: Short-Mid-High Post
- 6) Gold (Name): Perimeter player gets hunted by back-screens and post screens.

FULL COURT TRIPS 10

7 Trips while I call out a color code on the fly.

FULL COURT 3 TEAMS: ZONE DEF on one end and PLAYER DEF on the other end.