

NCA - NFHSAC Clinic

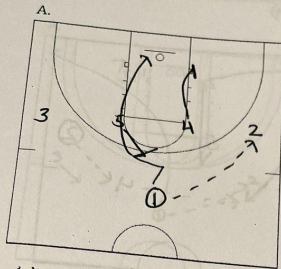
Tim Cannon
July 25, 2023

10 Things Learned in Coaching...

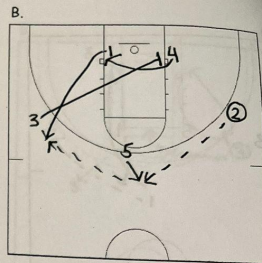
1. Be Yourself.
2. KISS - Keep It Simple Stupid.
3. Enjoy the moment.
4. Appreciate the efforts of your players, parents, and others.
5. Hire knowledgeable coaches and let them coach.
6. Value your coaches' opinions especially when they differ from your own.
7. Make year-round plans for your program.
8. Develop a good youth program.
9. Demand loyalty from your coaches and players.
10. Enjoy your role as a coach and opportunity to influence young men/women.

Millard North Basketball

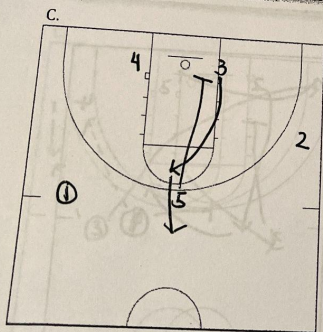
Okie - Wing Option



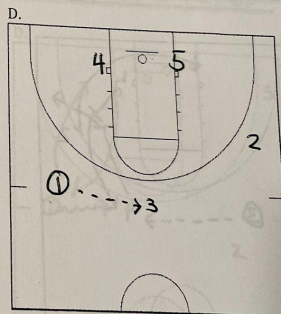
Wings - High + Wide
- 5 back pick + pop



On reversal 1 & 3
exchange & 3 picks
for 4.

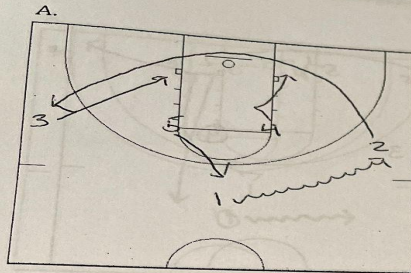


5 down screens for
3 or pops to
reset

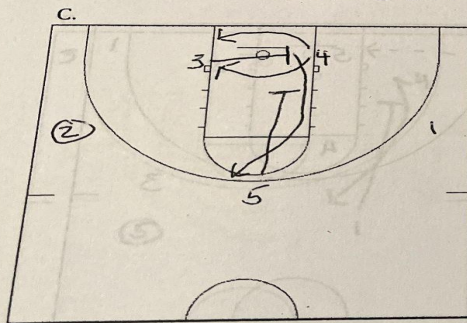


Millard North Basketball

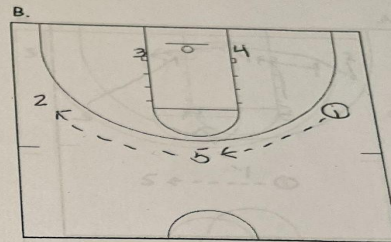
OKie - Dribble



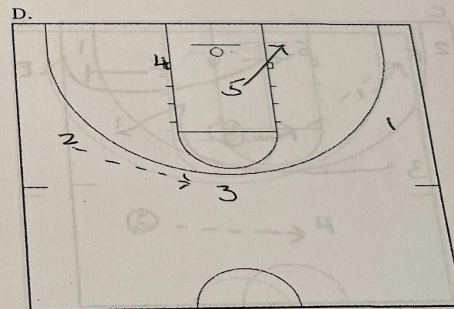
- Dribble Entry
- 2 cuts though, 4 Post,
- 5 Pops, 3 cuts Ready for
Cross Screen



- 3 cross screen for 4
- 5 Down screen for 3



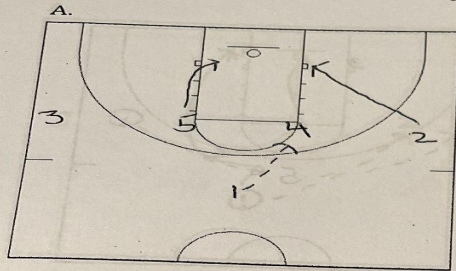
- Not open in Post
- Swing to 5, LOOK HIGH/LOW
- Reverse to 2



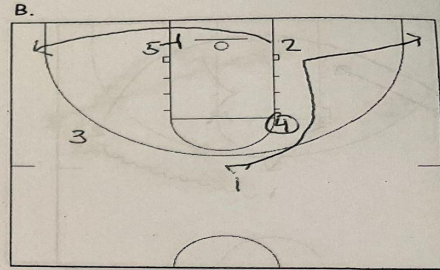
- Continue Offense

Millard North Basketball

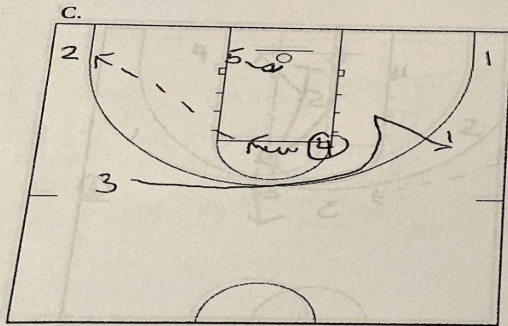
Okie - High Post (Sooner)



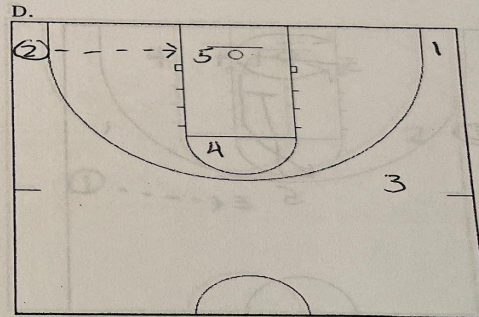
- High Post Entry
- 2 Back Cuts
- 5 Moves to Block



- 1 come off tight handoff
- 2 Goes to Corner off 5's Pick



- 3 comes off Second Handoff
- 4 Looks for 5 or 2

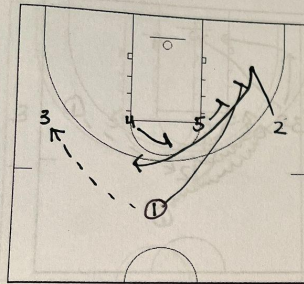


- 2 looks for 5

Millard North Basketball

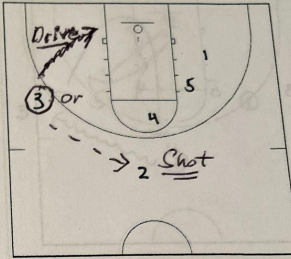
Okie 3 (2)
(Man Special)

A.

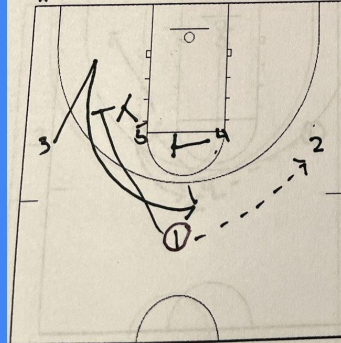


(3)

B.

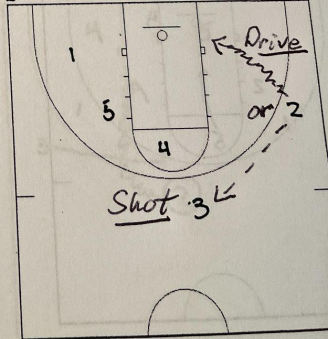


A.

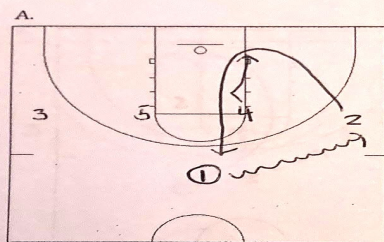


(2)

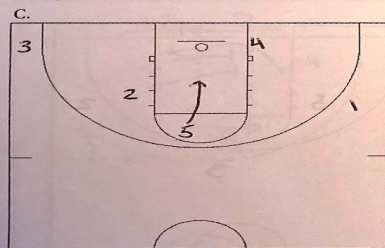
B.

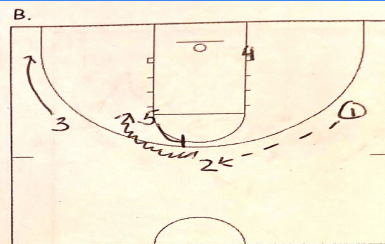


#2 / #3

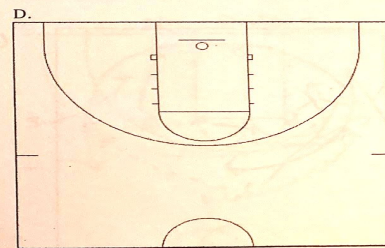


- Dribble Entry, Look to Post
- 4 man
- 2 cuts off 4 to Top





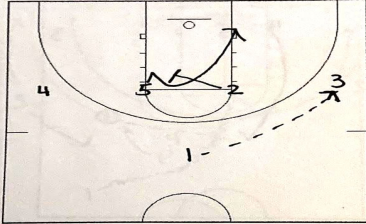
- 1 Reverses to 2
- 5 set Ball Screen for 2
- 3 floats to corner on 2's Drive



Midland

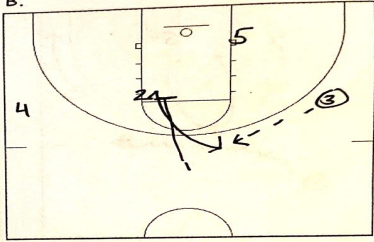
(Max Spectator)

A.



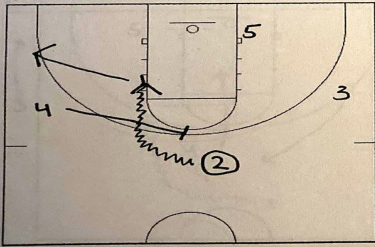
- Wing Entry
- Cross Screen for 5 to Post

B.



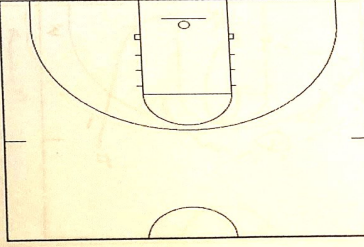
- 1 Picks for Picker (2)

C.

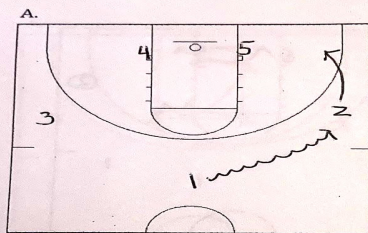


- 4 sets Ball Screen for 2
- 1 Pops to corner

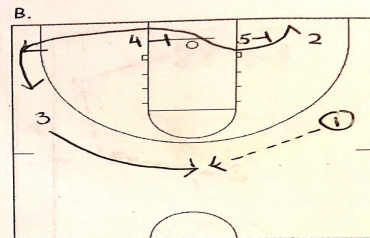
D.



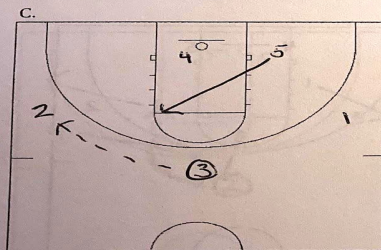
Special / Special Flash



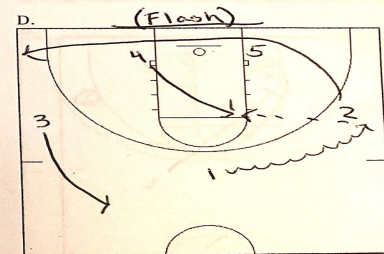
Dribble Entry
Pushes 2 to Corner



2 comes off Double Screen
from 4 & 5
1 reverse to 3



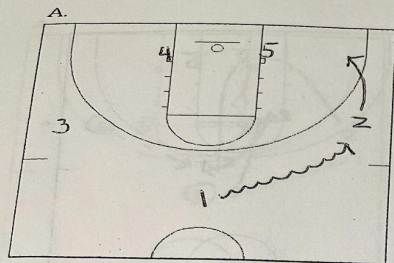
3 reverse to 2 for 3
5 Flashes to Elbow



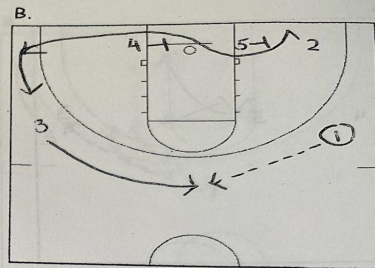
Dribble Entry
2 goes to Opp Corner
3 stays High + Wide
4 Flashes to Elbow
1 Passes to 4

Millard North Basketball

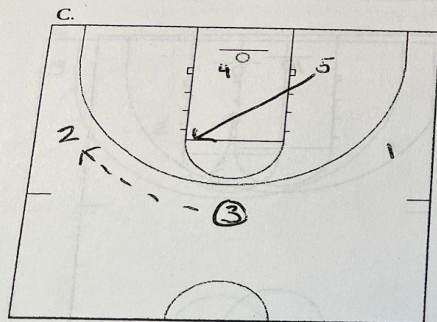
Special (Flash)



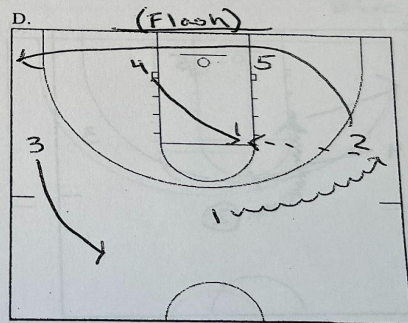
Dribble Entry
Pushes 2 to Corner



2 comes of Double Screen
from 4 & 5
1 Reverse to 3



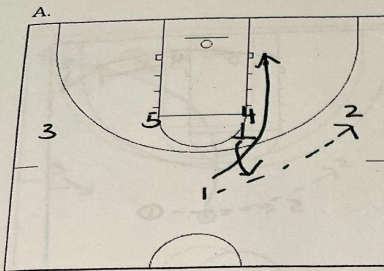
3 reverse to 2 for 3
5 Flashes to Elbow



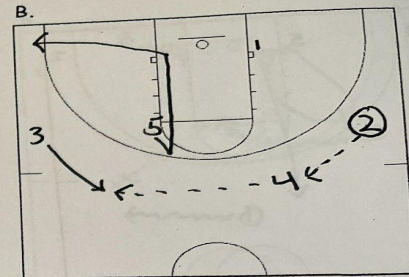
Dribble Entry
2 goes to Opp Corner
3 Stays High & Wide
4 Flashes to Elbow
1 Passes to 4

Millard North Basketball

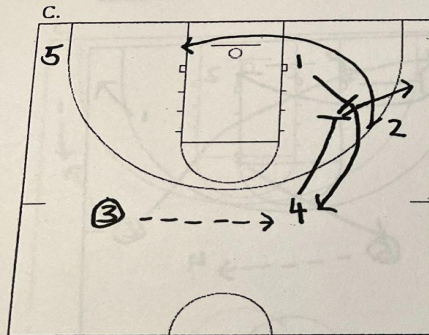
Louisville 5 - Flex (Man Offense)



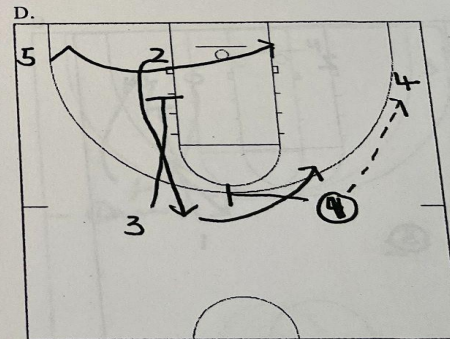
- Wing entry with a UCLA
- pick for possible Post for 1



- Back cut by 5 man
- Reversal



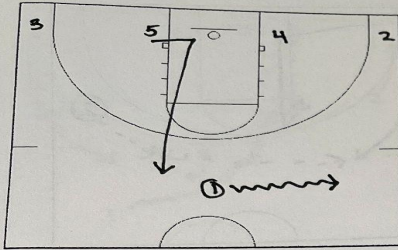
- 1 steps Out for Flex Pick
- 4 Head hunts for Down Pick



Millard North Basketball

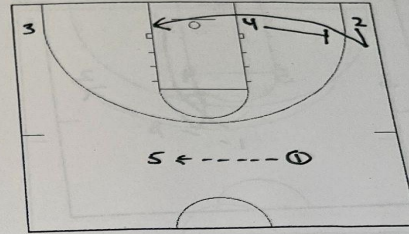
Down vs. Man

A.



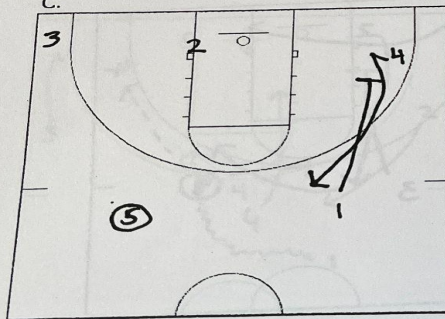
- Opp. Post pops up for reversal

B.



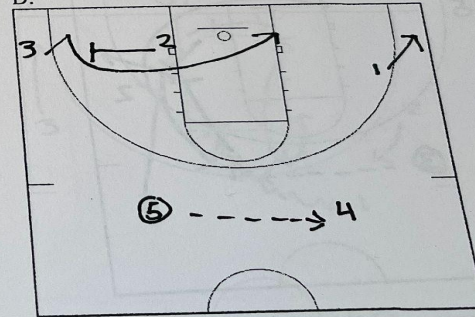
- 4 steps out to set flex screen,

C.



- 1 head hunts for down screen

D.



*“So often times it happens that we live our lives
in chains and we never know we have the key”*

- Already Gone - Eagles

Thanks!

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Nathaniel George / Omaha High School Sports LLC