

## **NCA Basketball Clinic- July 23, 2024**

**K.C. Bassett- Head WBB Coach, Sterling College, Sterling, KS**

### **Session 1- Playing Up-Tempo Basketball**

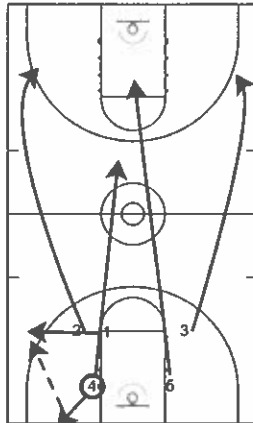
1. Breaking Down our Transition Offense
  1. Made Break
    - i. 4 takes ball out of bounds on left side
    - ii. PG Outlet
    - iii. Fliers
    - iv. Rim Runner
  2. Missed Break
    - i. Securing Rebounds
    - ii. Placement of Outlet Pass
    - iii. Fliers
    - iv. Rim Runner
    - v. Trailer
2. Fast Break Drills
  1. 5 Series
  2. 3 on 3 Continuous
  3. Illini Fast Break

### **Session 2- Ball Screen Continuity Offense**

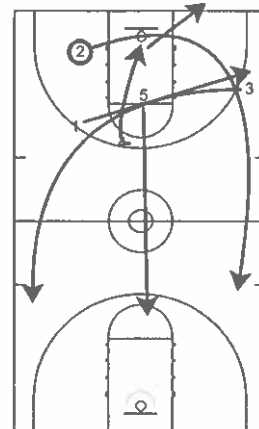
1. Green Light Shooting
  1. Explanation
  2. Green Light Shooting Drills
2. Ball Screen Offense Breakdown
  1. Setting Screens
    - a. Roll to Block or Roll to Short Corner
  2. Going off Screens
  3. Flow of 'Bulldog' Offense
  4. Quick Hitters out of 'Bulldog' Offense
    - a. Wing Entry
    - b. Post Entry
    - c. Dribble At
    - d. Corner
    - e. Strong
    - f. Back



### 5 Series Drill



### 5 Series



- 1 4 always takes ball out on left side of rim and is trailer
- 1 always gets outlet at left outlet area
- 2 always runs down the left side of the floor
- 3 always runs down the right side of the floor
- 5 rim runs

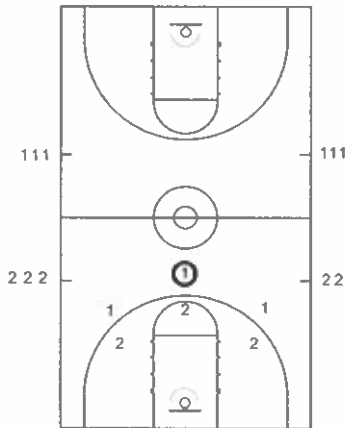
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Order of passes each trip down the court in the drill:

- 4, 1, 2
- 4, 1, 3
- 4, 1, 2, 5
- 4, 1, 3, 4
- 4, 1, 2, 1



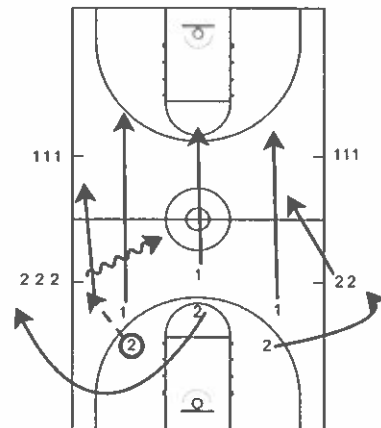
### 3 on 3 Continuous



- 1 2 Teams- each set up on hash marks on each side of the court  
Team that starts on offense- their team is set up on opposite side of court in two lines on hashmarks

Teams play out 3 on 3.

### 3 on 3 Continuous

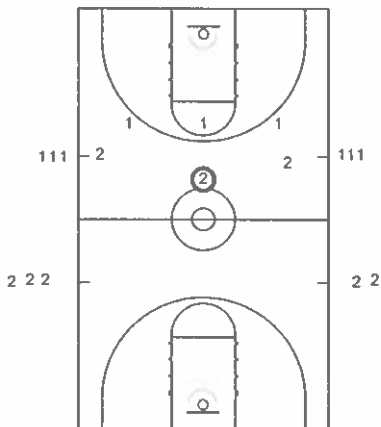


- 2 The team that was on offense (1's) transitions back on defense.

The player on defense (2 with a circle around- who got a rebound stole the ball or got the ball out of the net and throws it inbounds on a made basket- outlets it to one of their teammates at the hashmarks- the 2 players at the hashmark and the player who outletted the ball play 3 on 3 vs. the defense on the other end.

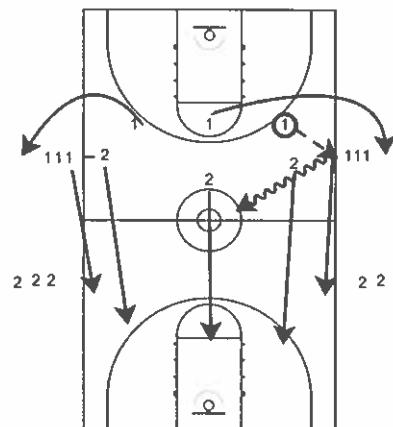
The 2 players that were on defense that did not outlet the ball go to the end of their teams lines.

### 3 on 3 Continuous



- 3 The two teams play out 3 on 3.

### 3 on 3 Continuous



- 4 The team that was on offense (2's) transition back on defense.

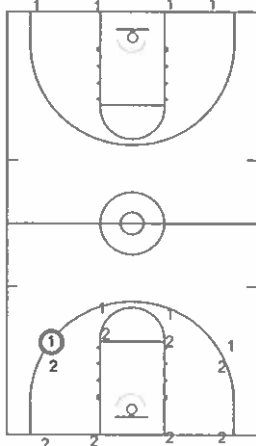
The player on defense (1 with circle around)- who got a rebound, stole the ball or got the ball out of the net and throws it inbounds on a made basket- outlets it to one of their teammates at the hashmarks- the 2 players at the hashmark and the player who outletted the ball play 3 on 3 vs. the defense on the other end.

The 2 players that were on defense that did not outlet the ball go to the end of their teams lines.

WE PLAY FOR 3-5 straight minutes. A 2 point make = 1 pt. A 3

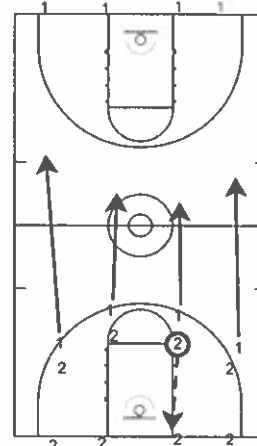


### Illini Fast Break



1 Offense (Team 1) plays 4 on 4 vs. defense (Team 2)

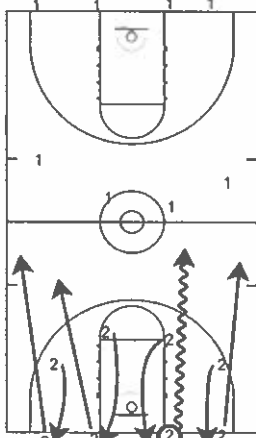
### Illini Fast Break



2 After 4 on 4 plays out- Team 1 transitions to defense.

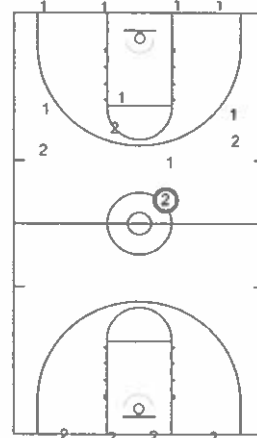
Defense (Team 2) gets the ball, and passes it to a teammate that is on the baseline (4 lines).

### Illini Fast Break



3 4 players on Team 2 push the ball on offense. The players who were on defense return to 1 of 4 lines on the baseline.

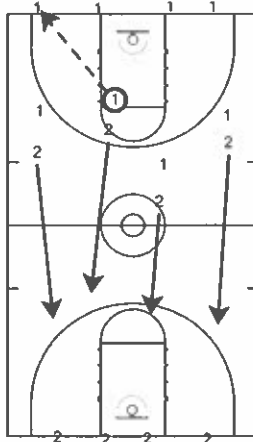
### Illini Fast Break



4 Offense (Team 2) plays 4 on 4 against the defense (Team 1).

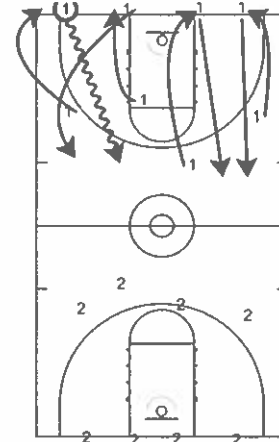


### Illini Fast Break



5 After the 4 on 4 plays out, the offense (Team 2) transitions to defense. A player on defense (Team 1) gets the ball and passes it to one of their teammates in one of 4 lines on the baseline.

### Illini Fast Break



6 The 4 players on the baseline (Team 1) push the ball up the floor and play 4 on 4 vs. Defense (Team 2).

# Green Light Shooting

How to Earn your Shooting License:

Every Monday during the season:

- 3 shooting drills will be posted with qualifying times/scores on each
- You must contact Coach to set up a time to complete the 3 drills

3 drills completed in qualifying time/score= **Green Light**

- **Green Light**= Can shoot any shot, any time that you feel you can make it

2 drills completed in qualifying time/score= **Yellow Light**

- **Yellow Light**= Can take open shots in regard to time/score

1 or 0 drills completed in qualifying time/score= **Red Light**

- **Red Light**= Can take shots that you are fully confident in making a very high % of time

License is good for 1 week:

- You must re-earn your license every week
- You can try to earn your license (with an assistant coach present) up to 3 times during the week

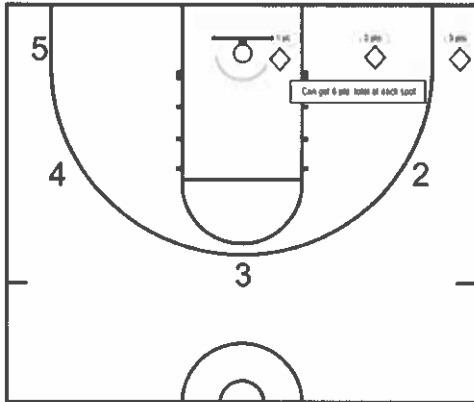
Other ways to earn **Green Light** license:

- Practice: Shoot 65% or better from 3 pt. line
- Game: Shoot 40% or better from 3 pt. line

If you are not a Green Light Shooter: Use your free time to figure out what your high % shots are!!!

### 32 SHOOTING- Green Light Drill

Drills



1

#### 32 Shooting

6 min. on clock- clock runs whole time - 3 rounds- 2 minutes each- whatever time is left over in your 2 min. round you have to rest. Start in corner at 3 pt. line

Shooting sequence: 1. Layup in 1 dribble- 1 pt- (Sprint back and touch 3 pt. line with foot) 2. Mid-range jump shot- 2 pts 3. 3 pointer- 3 pts

Repeat at 4 other spots (Wing, Top, Opp. Wing, Opp. Corner)

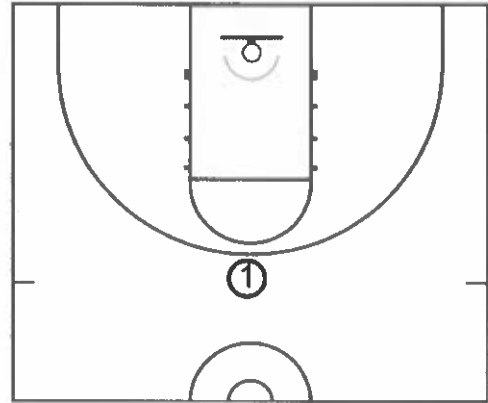
After all 5 spots are done- shoot a 1 in 1 FT's- (miss first do not shoot again)- 1 pt each made FT

30 points for all shots plus 2 freethrows= Best you can score per round= 32

Average score of 20 over 3 rounds

### 66 CENT STORE- Green Light Drill

Drills



1

#### 66 CENT STORE

-2 minutes on the clock

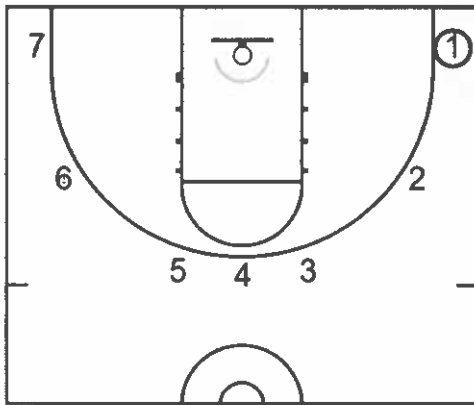
-Shooting just from top of key

-Make = +3 points

-Miss 2 in a row= -3 points

-Must make it to 66 within 2:00 minutes

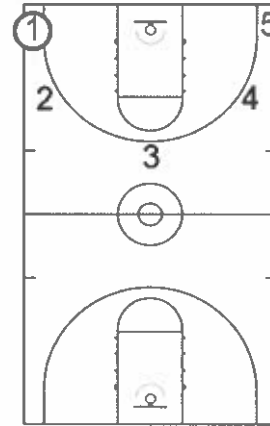
### 7 SPOT SHOOTING- Green Light Drill Drills



- 1 **7 Spot Shooting**  
30 seconds on clock for each spot  
7 spots on floor (Corners, Wings, each Lane Lines near top of Key, Top of Key)  
1st spot- Coach is keeping track of makes out of how many shots taken- shoot as many as you can in 30 seconds  
Do this for spots 2-7.

**Must shoot over 50% total**

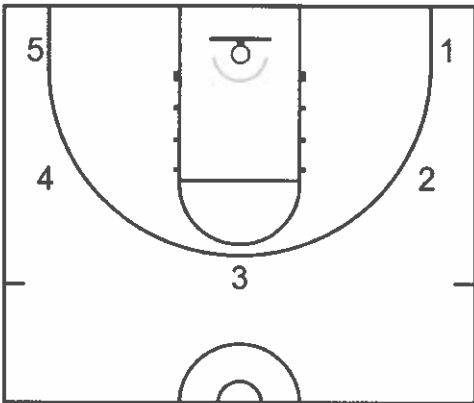
### AND 1 SHOOTING- Green Light Drill Drills



- 1 **AND 1 (minute) SHOOTING**  
Shots: Left corner, Left Wing, Top of Key, Right Wing, Right Corner. Shooter always starts in the corner with the ball. Time starts when shooter makes 1st shot.  
**Round 1:** -1 minute on the clock -Shooter must make 1 shot in all 5 spots -Clock stops when 5 shots are made **Round 2:** -Time remaining on clock is added to one more minute (so you have 24 seconds left on clock- this round you get 1:24 on clock) - Shooter must make 2 shots in all 5 spots **Round 3:** -Time remaining on clock is added to one more minute (so you have 1:05 left on clock- this round you get 2:05)-Shooter must make 3 shots at all 5 spots  
**Make it through all 3 rounds before time runs out**



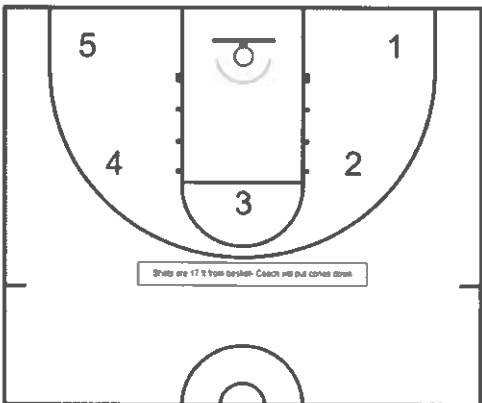
**BIG SHOT- Green Light Shooting Drill**  
Drills



**1 Big Shot**  
Make as many shots in a row at Spot 1 as you can  
As soon as you miss 2 in a row- move to next spot  
When you miss 2 in a row at last spot you are done  
Every make= 1

50 50 points total

**KRUSE'S- Green Light Shooting Drill**  
Drills

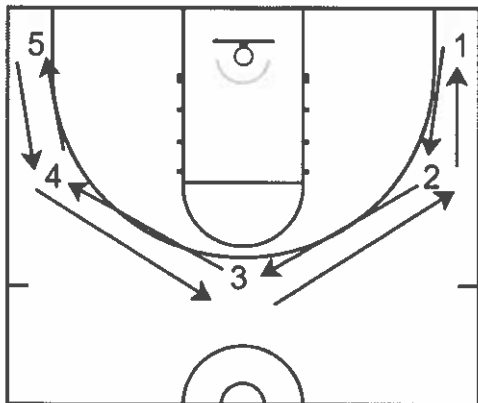


**1 Kruse's**  
3:00 min. on clock  
Start at Spot 1  
  
3 in a row= 1 Kruse  
After you get 3 in a row you move to the next spot.

8 Get at least 8 Kruse's in 3 minutes

### MOON SHOOTING- Green Light Drill

Drills



**1 Moon Shooting**

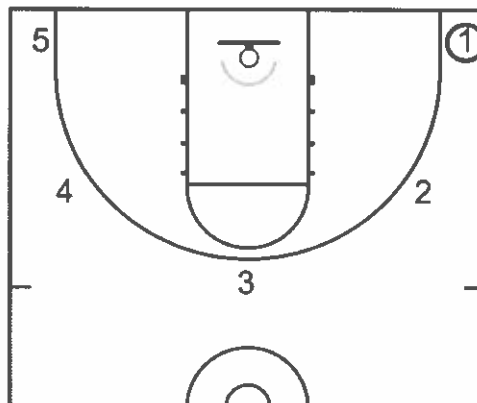
Shoot at 1- make or miss you move to spot 2, then 3, then 4, & then 5

- 1st Trip- = 5 shots total
- 2nd Trip= 10 shots total
- 3rd Trip= 15 shots total
- 4th Trip= 20 shots total
- = 50 total shot attempts

**GREEN LIGHT Qualifier** 27 makes out of 50 shots

### SUE BIRD SHOOTING- Green Light Drill

Drills



**1 Sue Bird Shooting**

3 minutes on the clock

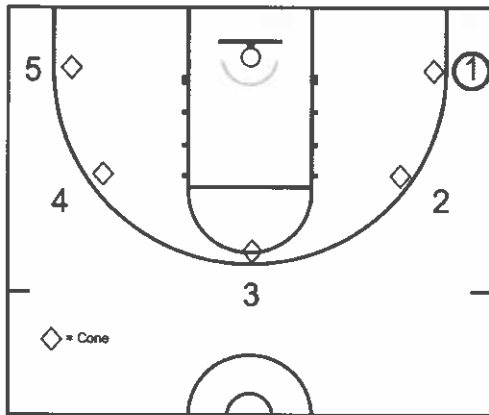
Shoot 10 three's (start in Right corner- 5 total shooting spots)

- Make at least 5 out of 10 three's - move to next spot
- Make 4 out of 10 three's- stay at spot and try again to make at least 5
- Make under 4 out of 10- go back a spot (unless in starting corner)

**GREEN LIGHT Qualifier** Must get through all 5 spots in 3 minutes

### SWEEP SHOOTING- Green Light Drill

Drills



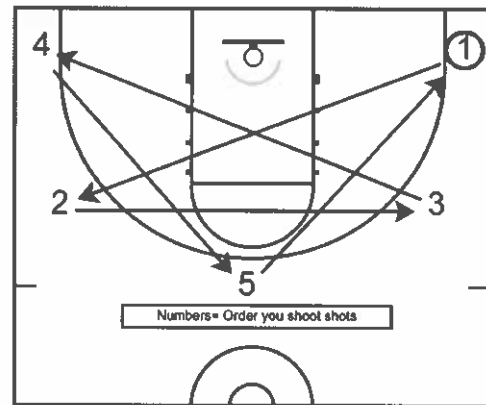
#### 1 SWEEP SHOOTING DRILL

- On the catch, the shooter sweeps the ball and goes one dribble left into a pull up 15 footer.
- Shooter returns to spot. Catch, sweep, attack right one dribble.
- 10 shots each spot- 5 each direction
- All five spots are completed giving the shooter 50 attempts.

**Minimum Score** Must make at least 25

### TIMED STAR DRILL- Green Light Drill

Drills

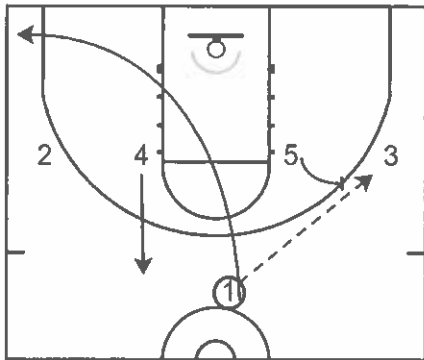


#### 1 TIMED STAR DRILL

- 1 minute on the clock (doing the math from 0 seconds up though)
- Shooter starts with ball in right side corner
- Shots (when looking at basket): 1. Right Corner, 2. Left Wing, 3. Right Wing, 4. Left Corner, 5. Top of key
- Go through twice (10 shots total)
- Coach will keep track of how many you make out of 10
- Coach will subtract 3 sec. for every make
- The amount of time it took you to complete the 10 shots minus the seconds from your made shots= Overall score

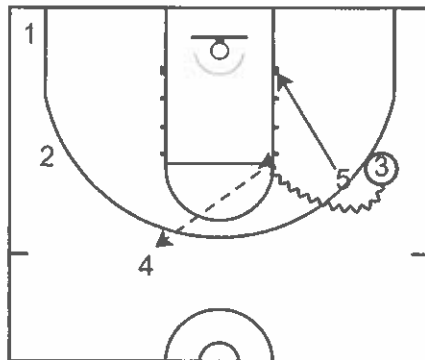
**Minimum Score** Score of 30 or below

**Bulldog- Wing Entry**



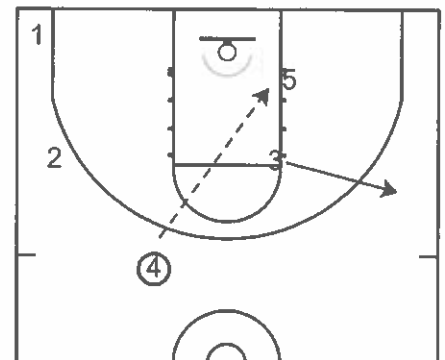
- 1** WING ENTRY to start play:
- PG passes to wing and cuts to weak side corner
  - 5 sets a screen for 3
  - 4 spaces high (need to be lane line extended) (if teams are overplaying reversal need to time when they pop out)

**Bulldog- Wing Entry**



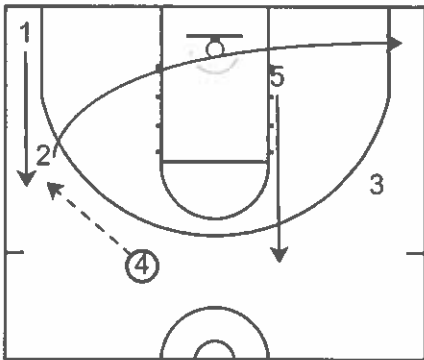
- 2** - 3 has 4 options when she comes off the screen
1. Get to the rim
  2. Get to the Logo for a jump Shot
  3. Hit the 5 on their roll
  4. Get ball to 4 for ball reversal action

**Bulldog- Wing Entry**



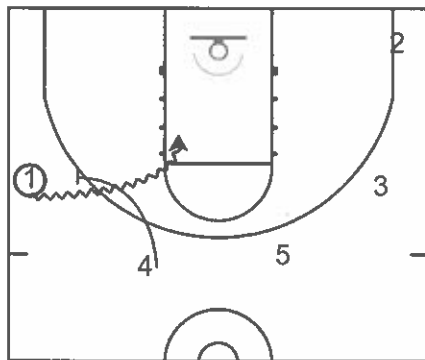
- 3** - If ball is reversed to 4, she MUST look for High/Low with the 5

**Bulldog- Wing Entry**



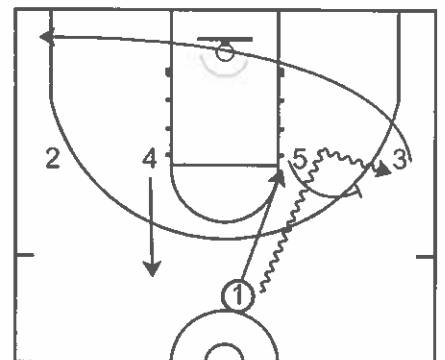
- 4** If the High/Low is not there:
- 2 cuts to the oppsite corner (sometimes teams will make this a down screen)
  - 1 spaces to wing
  - 4 passes to 1

**Bulldog- Wing Entry**



- 5** - 4 sets a ball screen for 1  
Continuity Action

**Bulldog- Post Entry**

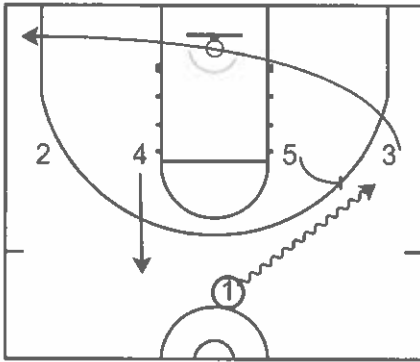


- 6** POST ENTRY to start play:
- 1 passes to 4 or 5
  - Wing on strong side cuts back door (option 1)
  - 1 can get a handoff from 5 or a fake handoff and space to the wing to start our ball screen action

Same continuity as wing entry from there



### Bulldog- Dribble At

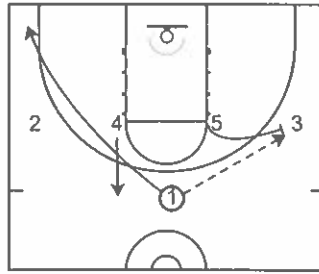


7 DRIBBLE AT to start play:

- 1 dribbles at wing
- 3 cuts through to opposite corner
- 5 sets screen for 1

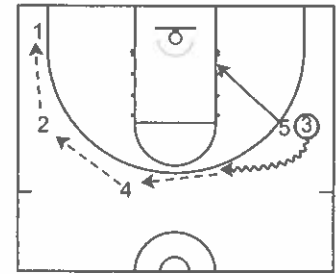
Same continuity as wing entry from there

### Bulldog- Corner



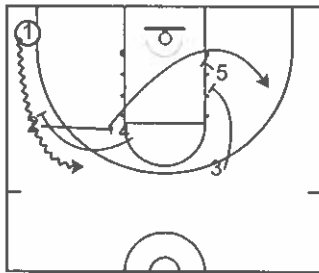
1 Normal start to Bulldog  
- NOT LOOKING FOR POST RESEAL

### Bulldog- Corner



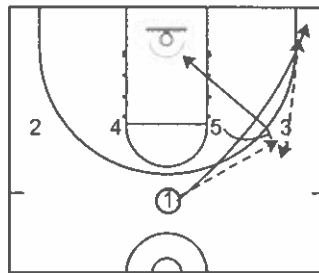
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### Bulldog- Corner



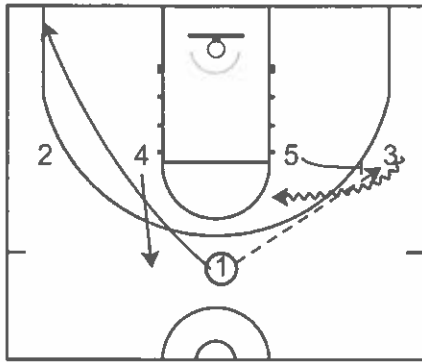
3 On ball reversal:  
- 2 passes to 1 in corner  
- 2 sets a screen for 4  
- 2 then goes off a staggered double screen  
- 4 sets a screen for 1 who is dribbling up

### Bulldog- Strong



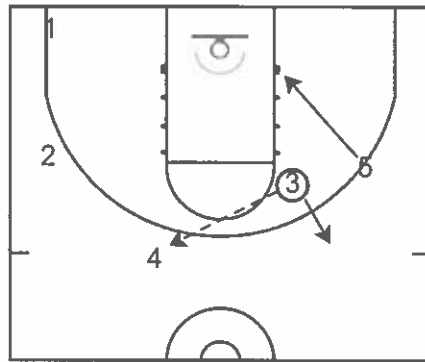
1 - PG goes to strong side corner  
- 5 sets screen for 3  
- 3 takes 1 dribble and passes to 1  
- Options for 1:  
1. 5 slipping to basket  
2. 4 and 2 on backside

**Bulldog- Back**



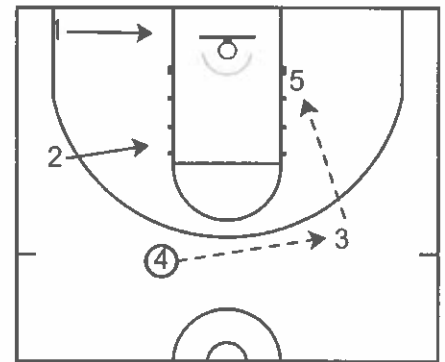
- 1** Bulldog- Back
- PG passes and cuts to opposite corner
  - 4 pops to 3 pt line
  - 5 sets a ball screen for 3 and 3 comes off the ball screen

**Bulldog- Back**



- 2**
- 3 passes to 4
  - 5 rolls to the basket
  - 3 spaces on the 3 pt. line

**Bulldog- Back**



- 3**
- 4 passes to 3
  - 5 seals on the block
  - 3 is looking for the 5 posting up
  - 1 and 2 can cut to the basket if it is there
- \*MUST wait to see what 5 does first