

Jay Wright Coaching Clinic

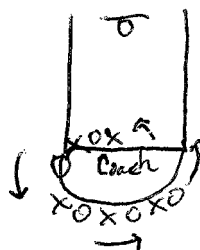
Practice #1

General Observations

- The assistant coaches are very loud and encouraging to the players. For lack of a better term they are cheerleaders for the players.
- The practice is never quiet in the sense that coaches are always encouraging or instructing. The players are talking on defense and the coach to player and player to coach communication is fantastic.
- Stretching is even up tempo and loud with encouragement and enthusiasm.
- Players never walk when on the court. There is a sense of urgency in everything they do.
- The player's attitudes are fantastic and it starts with Jay Wright and trickles down. The players never complain and always accepted coaching and were very selfless.
- Jay Wright is constantly teaching and when correcting and there is very little yelling at players; he even instructs (correcting mistakes) in a positive way.
- When a player falls on the floor, every single player runs over to help him up; this happened frequently and each time every player ran over to pick up a teammate.
- The defensive pressure is so intense!!! There is hardly, if ever an easy shot.
- They keep score in every drill with the loser(s) doing push-ups.
- To finish practice they circled up at mid court with encouraging words from the coaches and broke down 1, 2, 3 attitude.

Basketball Notes

- Started with a basic layup drill making one move at a coach who was on the wing.
- Performed rip drills from the baseline mixing in a crossover dribble
- Every pass has a name; if I am passing to Cheek, I yell "Cheek."
- **Circle Rebounding Drill**, a coach holds ball at the free throw line with players running around him in a circle until a free throw is shot and it becomes a battle for the rebound. The team that rebounds can transition and try to score. The score is kept with the losing team doing push ups.



- They sprint back every time on defense and the most important thing is to pick up a man even if it isn't your man; just pick up!
- When blitzing (trapping) a screen if your man slips you must stay with him.
- On the blitz get in front of the screener and let him bring you into a trap.

- **3 on 3 and 4 on 4 blitz the ball screen drill**, blitz and recover drills with offense trying to score.

- **4 on 4 middle screen drill** with players not in drill doing **Olympic Shooting Drill**

- Most drills were done 4 on 4
- When playing help defense you are facing your man, seeing man and ball (feet pointing to your man) “in the triangle.” Coach Wright emphasized staying in the triangle seeing ball and man. Always play the ball first and up the line.

- Two men always back on transition.

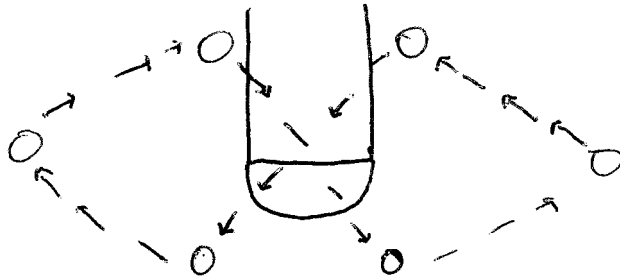
Practice #2

- Warmed up dribbling at a coach on wing make a move then jump stop into the lane and jump shot.

- Next was form shooting (progression) the assistant coaches were loud and encouraging, mikan drill, jump shot and finished with free throws.
- “When at practice we don’t care about the past or the future; it’s all about the present and getting better today.”
- They prepare like they are on the road (starters wear blue) at Syracuse. They come to practice to create habits (of playing hard) in order to be successful in

tough situations when you aren't making your shots or all of the refs calls are going against you.

- They do not prepare like they are at home and things are going well; that's easy. Their practices are tough, scrappy, up tempo and they try not to stop too much, but when they do they treat it like a 30 sec or 1:15 TO.
- **Four Ways to Feed Post Drill:** quick pass, fake pass to make pass, baseline bounce pass and second look. Post chins ball and skips to opposite slot.

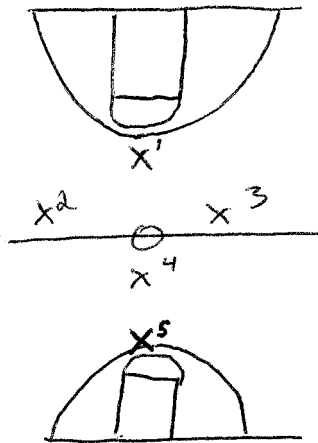


- Pass to wing
- Wing feeds post in one of four ways
- Post chins ball and skips opposite slot

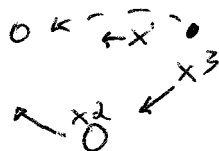
- When a player makes a mistake over and over, he doesn't yell and cuss but puts the entire team on the line and makes them run. He does explain to the player what they were doing wrong and how to do it right. Dominic Cheek kept messing up the "ice" call however Cheek told an assistant coach, "Coach Wright told me to never run ice" and when the assistant coach told Coach Wright he acknowledged that Cheek was correct in a game situation but for the purposes of the drill I want you to run ice.
- Coach Wright doesn't care about looking pretty in practice; just be effective and each year can be different even if the players are the same.
- Take advantage of mismatches and change your play based on how teams defend us.
- "It's not what we know; it's what the players know."
- "Player's roles may be different but everyone's status is the same."
- "Character and work ethic are what we look for first."
- On defense you have to talk; "see it and say it."
- Come off screens very tight, shoulder to hip.
- His players never walk and never talk back. There is a sense of respect from coaches to players, players to players and players to coaches.
- The players were very unselfish and even took blame for things that was not their fault.

Villanova $\frac{3}{4}$ Court Zone Press

Set up



- X^1 & X^4 are the most important players
- X^4 Quickest & most aggressive. Responsible for pass up sideline and discourage pass to middle.
- X^2 and X^3 are trappers
- X^5 Sets up on rim line and can steal diagonal skip pass as he gets better. Contain ball on diagonal skip pass to corner so remaining players can load and recover.
- Uses the press to slow teams down with equal or greater talent. When playing a team of less talent use it to speed them up so they can't hold the ball.
- No MIDDLE, Wants the ball advanced up the sideline and blitz right over the half court line, baseline corner (unless from a diagonal skip pass) and right before half court line if they are close to a 10 second call.
- Have to blitz in the back court some to keep teams honest so you can "fake small and retreat big."
- If the ball goes to the middle it is an "automatic convert" and everyone turns and sprints to the paint. The man behind the ball chases to try and get the ball out of the middle
- Why $\frac{3}{4}$ court press? Full court is too much ground to cover and can lead to giving up easy shots. What hurts the most is giving up an easy 3.
- On a skip pass up top, the defender guarding man in the middle must hold the middle so X^3 can recover and then X^2 will release.



- On a blitz (trap): We never want blitzers to foul. Not the blitzers job to get a steal. Trace the ball and try to get a deflection. Leave farthest man from the ball open. If they beat the trap convert and load to ball side.
- Convert is sprinting to the paint and loading ball side. Not necessarily guarding a man but point to the closest man to you and than pick up as the ball moves.

Mike Dunleavy

- 5 slots on the court: 2 outside, 2 inside and 1 middle
- 3 on 2 break you at least want an open jump shot
- 2 on 1 fast break you want a lay up or foul
- Never want 3 on 1 because so many guys mess it up
- The point of a pick and roll is separation of picker and pickee and the picker opens up to ball and roll/pops.
- Give your defender love taps on his shooting arm throughout the game and by the 4th quarter his arm will be heavy.
- Toughest SLOB play to defend late game is man going from top of key to the corner. Throw to outside shoulder of offensive player moving away from ball.
- Offense is about reads- counter what the defense is trying to do to you.

VILLANOVA- Practice #3

- Warm up drill (defensive slides)
- Olympic Shooting Drill
- Olympic Shooting Drill outside three point line, pump fake, one dribble shot
- Each player then shot one free throw a piece
- Olympic Shooting Drill with three's
- Free throws
- Olympic Shooting Drill jump stop (hop) jump shot in the lane
- Offensive transition with 1 and 2 always back
- Stack 2 breakdown
- Free throw situation into 5 on 5
- Stack 2, 5 on 0
- 5 on 5 keeping score, losers run
- Win The Game Drill; Puts 70-70 on scoreboard visitor @ Syracuse. Each player shots F.T. and whatever the score is (if they can win the game) they play 5 on 5

with 7 seconds left. If the score is such where they can't win the game they shoot 1 and 1 to see if they run.

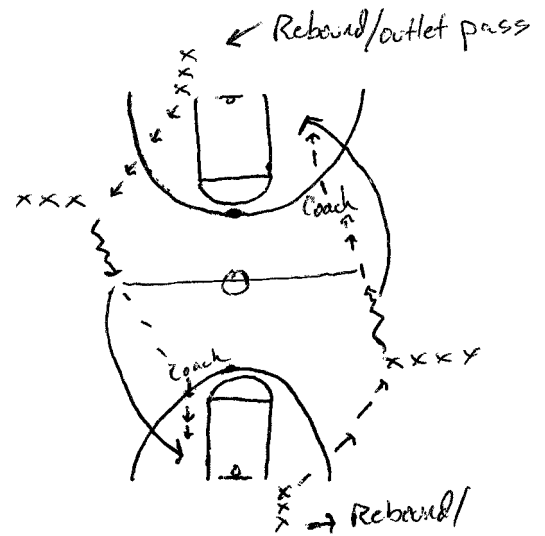
St. Joe's Practice Sunday October 17th, 2010

- Give your teammates courage by talking on defense, "Downscreen Justin."
- To a player with his hands on his knees after a drill: "I only deal with warriors; warriors don't bend and grab knees, that's a sign of weakness or defeat, I want warriors."
- Never inbound the ball with a bounce pass. We had UMASS and Camby beat and inbounded the ball with a bounce pass, it went off our guy's knee and we lost the game.
- Martelli was very involved and enthused and authoritative.
- On defense you guard the basketball first
- Dribble at the defense on a dribble exchange.
- They start 5 on 5 with a free throw and Martelli asks random players, "When can you rebound?" Asks guards, "how many fouls do we have, timeouts, the other team's fouls, and timeouts?" Very simple but things that players need to know.
- At the end of practice he talks about the quote of the day. He asks questions to a few players like, "who is the best player at your position in our league and why?" Justin, tell us your strength and weakness academically. John, tell us your strength as a teammate.

Drills

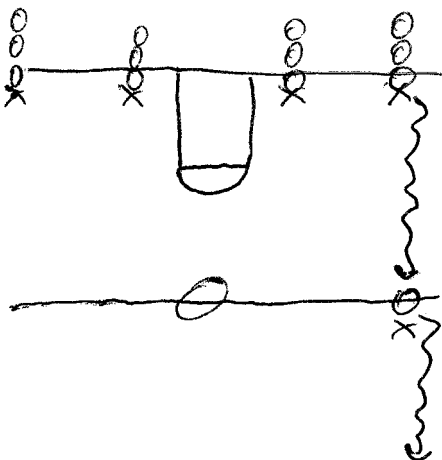
Vanderbilt Layup Drill

- Outlet pass, two dribbles, pass to coach who passes back for layup.
- Player who shoots layup goes to back of rebound/outlet line.

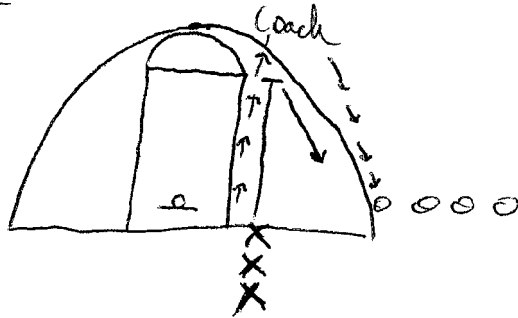


Full Court Alley Drill

- O → Offense starts baseline w/ BB and pivots, jab steps etc. while "X" defender holds two weighted balls in each hand and traces basketball.
- offensive player dribbles to halfcourt while defender tries to turn ballhandler as many times as he can.
- ⓐ Halfcourt start over w/ jab steps etc

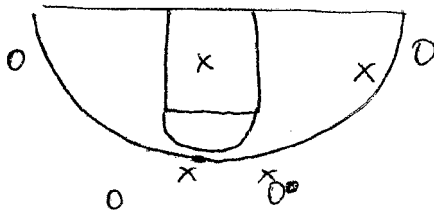


Georgia 1 on 1 Drill

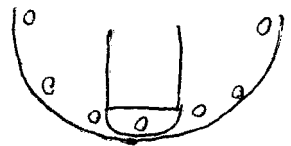


- X - passes to coach and closes out
- Coach passes to "O" where X and O play 1 on 1
- Keep score of how many stops you get

Shell Defense Drill

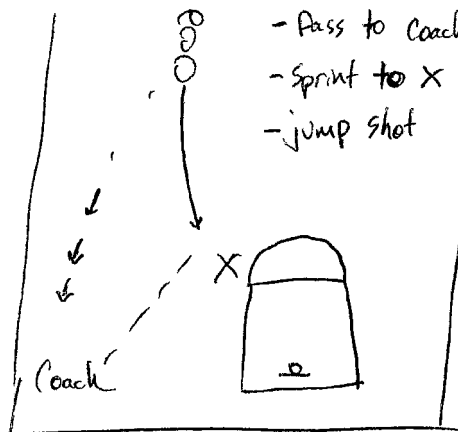


- 4 on 4
- Focus is teaching defenders how to guard and rotate against penetration.



- ### Rapid Fire Competition
- Split into teams
 - The goal is to make (7) shots from each of (7) spots
 - First team to (7) wins and then every team moves to next spot.
 - Make 6 and 7 must be made consecutively.
 - The team that wins most stations wins with losers running or pushups.

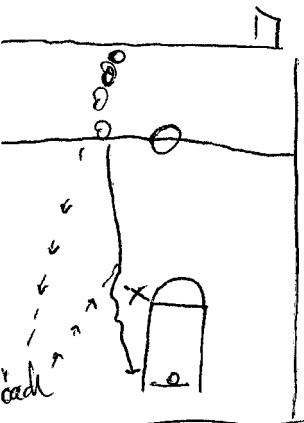
Individual Work (Guards)



- Pass to Coach
- Sprint to X
- Jump shot

- Third time through one dribble to the right - jump shot
- Start over and go to the left.

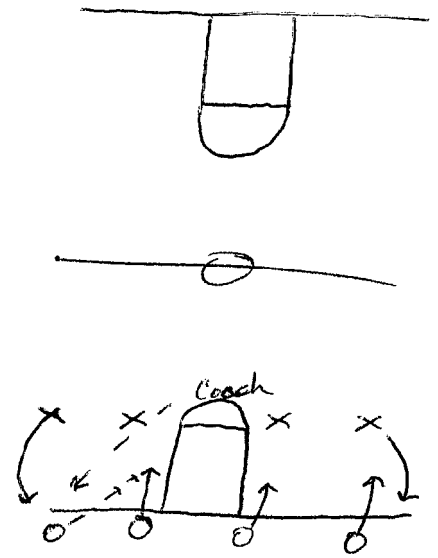
* Never looks @ the ground. Keep head up, butt down and explode.



- Pass to Coach
- Sprint to "X" (another coach or player w/ hands up)
- Pump fake, one or two dribbles - layup

4 on 4 Transition Drill
Coach passes to a post player who passes to a guard.

- The two post defenders must touch baseline creating 4 on 2 breaks.
- Offense needs to get quality shot before post defenders recover.



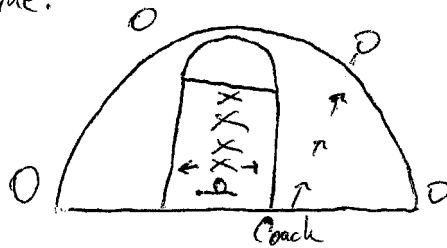
Northern Iowa Drill

(back to ball)

X - Defenders get in defensive stance and slide paint line to paint line.

Coach will pass to offense with offense trying to score.

Offense has to get ball to paint before they can shoot.



Low Post Movement

→ They feed the post and work on spacing, screening and cutting of perimeter players specific to their offense.

