

JVG USA Practice #1

FT Situation- Call is "PINCH"

TP- Pinching best OFF rebounder- Both DEF

Rebounders Get as close to OFF player as possible

FT OFF- Call is "CROSS"

Single side cross first

Single side job is to get away from boxout and get to the other side of the backboard.

OPP big job is to get through and get to the OPP side of the backboard.

FT Make/Miss

On a made basket they are in "C" with assigned lanes.

On a miss no assigned lane run nearest lane (attack to score into flow)

Check Mentality vs Deny/ Safety (faceguard on Inbounds)

If safety- 5 screens his own man

If PG denied w/ no safety 5 screens PG defender

Full CT man

Use backcourt screen to free

If they run + jump in bouncer J cut to middle 5 gets OPP the ball

If the trap occurs at half court 4 stays safety because there is no hang to J cut

5 man flashes to the 25 ft mark to catch

When anyone traps us on the first pass out has to give us the advantage 4 v 3. On hit to 4, 5 flattens out + attack to score.

IMAGE Look to attack 4 v 3, Big comes to 2J

We are a shrink + muck team

We are a blackout gang rebound team- Check and see if they are coming on the perimeter.

We can all be better OFF rebounders- So often a shot goes up and guys are in no mans land.

Def trans rules on point of engagement

Misses- Step above the 3

On misses try to get to man of similar Size

Makes- As High as possible to set our Def

On makes we are trying to get to our matchup

TP OFF REB means we are all the way back on the board.

TP Trans DEF- 5 guys below and loaded to the ball- Don't run back w/ your man

TP ELC- Early, Loud, Continuous

On ball DEF- 5 guys guard on the ball pressuring as hard as you can w/o getting beat off dribble
Know his strength and yours.

Only time you adjust your stance is on ICE Call

You go from pressure square, to low and locked forcing him baseline

Closeouts are whatever is comfortable

Two hand on stuck hand.

Must be square and active.

No hard + fast rule on same side corner

Help- depends on who is driving + how good a shooter you are covering

Guarding corner- even with the man + read the drive on a blow by they want to jump switch

If he's beat on hip corner guy stunts and is active

TP- you can be two places if you're a good player, you can show help and still contest

Everyone needs to be more active off the ball

It's all about reading the drive- off it's a flat

Non-penetrating drive stunt + back

If its 50/50 you bluff + get back as the on ball defender tries to gap

On block by jump switch

TP off ball Def- even with the OFF player but consistent stunt/bluff- need to be active

Post DEF

Gold (3/4)

Red (front) Mig is ready to steal the lob on seal the double team

TP-DIG on a penetrating dribble not a fake Dribble

Half way on catch but once he takes an attacking dribble we are DIG

Start in an open stance- we are not turning our body

Get back on dribble pick-up

On screens off post feeds

DEF get to cutters Body

If its high you can go under at the point of the screen

If its low you are over top and receiving help the muck guy who is guarding the screeners muck
guy take the cut

Post DEF- Like Perimeter in that we are square but we want our feet parallel to the lane line to
take away the middle

You have one hand on and one hand up deflecting

When they start backing you down you are going to use chest and on the counter move your
feet.

Switch all on ball like size screens (DHO/BS)

Contact switch- no contact means no switch

On back screens- war him towards the ball

Guy guarding the screen is open but maintaining contact with the screener to prevent a shot

Show on all 4 man B/S- my chest on his back- on ball defender stays square

As the point of the screen show angles mirrors screening angle.

As ball handler comes off hedges man explodes out at the same angle
Do not get dragged away
Guard goes over and in between the hedge
Big explodes out on and step + redirects it and sprints back w/ two hands High
No rejects on show
Ice all 5 man is except on elites shooting BIG
BS middle of floor w/ 5 man drop coverage
Up to touch
Ball you basketball
Give ground so the 5 never below us
Big active hand in Drop
As ball goes towards single side MIG must be pulled in tag + release is protecting vs short roll
once big clears the short block. High tag fans out for first pass.
TP- we have to get more active with our hands in the pick/ roll, teams are just rifling the ball
cross court.
On ball defender is working to get back in front and needs to have high hands to redirect +
create air time on the pass.
Veer (to the body) if the ball gets on step below the lane line
Too vulnerable to have two on the ball in the lane
Veer kicks the MIG out
On ball DEF is working his ass off to get back in front but if the ball gets below the FT line Veer-
call it, MIG gets out
On veer if they Nash IT, It's the guards call
If they get back- must be decisive!
Middle BS to double side
Top guy on 2 side communicates ultra-drop which tells the big to drop deeper because top guy
will shrink to support
Top man when ball low to the single side has the short roll and then X
MIG pulled in and absorbs roll and then is playing off the X.
Ball goes to double side we are automatically in ultra-drop.

Zipper Set

*** IMAGE***

If they Gap it 2 pops back corner

*first look is always post up

OFF TP- If we throw it into the paint there is no cutting- if it's a paint catch we are going to score

If nothing on a post up fan +chase on Scola

In BS anytime your DEF stares at the ball you cut

TP on show BS= Throw arm out to redirect

TP off vs show- look short roll on attack the hedge man and get around him.

Intro our stack

IMAGE

2 can curl or pop
5 screens whoever has the ball
2 can BS PG and 5 screens creating a stagger
PG can BS for 2
5 screens creating a stagger

Horns Action

*** IMAGE***

4 shows
5 ultra drop
If 5 shows play up and show

DEF principles for horns

5 stays ball you basketball
Ball side corner stunts, top guy 2 side takes strong roll then 2
MIG absorbs roll + can kick out once the big is back in front

Show BS TP

Get on his back and show up shoulders parallel to the screeners.

TP on off with back to basket+ ball

Off a step and one step inside to prevent the fake/wheel and keep

TP guy guarding cutter coming down hill

War him and at the point of the screen make a decision whether to go under or over.

Guarding zoom action

Ultra-deep as ball goes toward two screen defender chasing off screen can decide to whip or go over defender on personnel/depth

IMAGE

TP on guarding wide pins or zoom

If the screen is set wide or low you can whip at the point of the screen.

TP OFF trans

We are trying to get them on these heels and keep them on their heels.
We want to throw ahead and attack or push and attack into the earliest as we can.

Tans Off Term- quick strike

Shooting breakdown

Windshield wiper from 15 ft. Make 20 in 1 min, 2 for first shot, 3 spots totals 10/ shot challenge
3pt + pullup 7 spots, finishes corner 3 if made counts as both.

Passing drill

IMAGE

Make counts as 1

Miss- put it in

*4th dribble shoot a 3 *everyone to board

G to G shallow cut strong corner

G to C blast cut opp

Corner drive + drift- replace same side corner*6 made jumpers

On every penetration you should be moving a step or two to create better passing angle

Drive to score

Cut to score

Same drill- backdoor on dribble w/ 4th drive

Rebound Rotations

IMAGE

Stay in same line

Tip go behind

On break call you transition

Simulates a break off a miss

Score on quick strikes (initial push)

Score + run early off

Back

Go through on third possession

Stay after third trip

Off TP

Are we going to be hard to guard with our activity and action

Trying to teach you to read the ball and read the defense

4's don't stand and just be perimeter players- come up and create action

JVG USA Practice #2

TP OBU DEF

Head and shoulder below waist for perimeter defenders

TP on ball block or lower-square no baseline

Ice deep BS

ELC triggers square to low and locked
Must get to the body.

TP Big in ICE
Up to touch
Ball you basketball
Slight shade to the roll use hand closest to the middle of the floor to detor/discourage the pass.

TP BS Def
With our hand activity we must make these passes out of the BS be hangtime passes.

On ball DEF
We are a ball pressure team must pressure as hard as we can W/o getting beat.

TP when late to the ICE and OFF gets middle
Spin middle under ball to on the ball immediately.

TP WIDE PINS
If screen is off the lane line or a low baseline screen you get right to the point of the screen and violently shoot the gap.

TP BS DEF
Big guarding the screener stays lane line in a stunt position.

CS BS DEF
Big tries to force high but wars off player over/under screen.
Guy guarding the BS- open up and even with your man.
Guy guarding the shooter- take him to the point of the screen and lock and chase on hip.
Guy guarding the BS- No stunt if off shooter goes to 3pt line, on curl to ball side elbow quick stunt,
Guy guarding the ball once it's cleans the screen must gap and get back in front and square off up.

TP post action
If catch is in the paint we hold
If it's a post catch player nearest the passer screens to get someone open

TP DIG
Attack the ball on a penetrating dribble.

Post DEF
No middle
Use chest
Ball side hand up

Ready to move your first and change hands on spin move

SOOB DEF

Start shaded towards basket as you see OFF player come up you shade middle (face to face) and give nothing.

TP drop coverage

Up to touch

Ball you basket

Give ground

Hand closest to the screener up.

2 side on BS DEF

Top guy goes quick in to take away the short roll then immediately out to be ready to X.

As ball comes to single side you stunt and inch out

You want to be even with the guy in the corner.

Veer + scam

As the off player gets between it line + dotted circle we call veer which allows the MIG to veer out

Mismatched until we can workover way our talk our way out weakside.

TP on ball defender in BS

You cannot DIE on the screen

Change call on ultra drop to CHOKE

Choke DEF

Ultra-drop by big

Top guy on 2 side is responsible for the help by being active as on ball def gets back in front

Other choke is in horns off the 5 man

TP BS coverage

5 (drop, ice to blitz, ultra)

4's always show

TP flare screen

Think lock + trail

Then you read the screen and if its High you can shoot the gap

If its down low you chase

Big never get outside because of the slip

IMAGE

Bull Small

Top guy on 2 side has to be stunting and buying the ball def time to get back in front.

TP horns off 5

Choke call

Ball side corner even w/ corner off and active

On ball defender gets back in front

MIG is pulled in.

Horns

IMAGE

Top guy takes short roll and then ready to X

Must have activity on the passer by getting up in the air

Mist assert more pressure + activity

TP show

Chest on ball of screener blast out one step away from the screeners body, to reroute the ball handler.

Show parallel to screeners shoulders on ball defender goes over and in between on ball defender no reject.

Show High stay High vs horns roll + pop if you have shooter in the action.

TP off flow

Screener action

4 created action + movement

123 create movement

TP guarding shoulder action

Trap the BS

Low OPP takes roll

Guard stays with own on blitz

One step blitz

You're taking him out (rerouting) on first dribble sideways you sprint back to yours.

TP on pin downs

You should be fighting for an elbow catch

Shot or hit the roll or bumping and fading to the corner

Don't come flat to the 3pt line.

TP BS Defense

If you man is on the lane line you are attacked with a forearm and one foot above and one foot below looking at the ball

Floppy defender one way to go, low and locked be lower than him

TP BS DEF

If screen is lane line lock and trail

If it widens out or gets low (block or below) you can violently shoot the gap.

TP guarding tight curl

Screener stunts

MIG pull in passer defender drops

Moment you clear the BS you go from lock + trail to back in front.

Every big along the lane line when the ball is up top should have one foot above one foot below and be attached.

TP flare DEF

Big backed up and inside guard to body and at the point of the screen make the decision

If over the top the Big guarding the screener must zone up

On driver kick drill 10 min to make 6 jumpers + 4 cut layups

Drive kick- don't drive from the corner and follow your pass into congestion

Start outside the lane/block

Clock Drill

IMAGE

Working on closeouts and ball pressure

Slider touch at the midpoint then fire out to the guy in your area

Breakdown on your closeout and adjust your feet and your hands on every pivot

Pressure as much as you can w/o getting beat off dribble

Two hands up- stick + deflect

Be lower than the off

Hand short bursts every time they move

Corner no baselines

DEF positioning one arm length away

Three team scrimmage 4v4

Start in half court set

If score you stay

Rotation is OFF to Def new off on

If you get a stop you get 1 pt. and we are playing in transition.

If you score in transition you get another point.

Whether you score in trans or not because you got initial stop you're on def

TP off REB

No one wants to do the hard shit you gotta be relentless

Def REB

We are a game rebounding team when the ball is shot we are not just turning and going but we are checking
get in the fight or go home

5 V 5

Three possession game- start in half
Miss is quick strike to 5
Make is C into 5 or through

DEF Trans- We are all over the place and there is no talk in def transition

TP body movement

You caught it, reversed it and stood, you have to shallow cut to open up gaps.
You guys want to play stationary, we have to be active.

TP coming off BS- take that big on and if you don't have anything keep going and Nash it

Def Reb- turn check + hit

TP body movement

You have to give yourself up and cut to open driving lanes + the PR
If you reverse it or throw it down into a shoot no cut!

TP triple threat

Must be ready to shoot, drive or pass which includes screen the post.

5 v 5

Best two of three 4 min games

Stack TP- we are screening for whoever has the ball.

If you're on the lane line in SOOB,, OOB, half court def, you should always be attached to the OFF.

Its about clean possession on both ends- catch w/2 pass w/2 checkout

TP vs press

try to catch the ball with momentum on check so they can't body you
Be ready to set the backcourt pick on 5 in front if he's being pressed

IMAGE

Good out of bounds plays

5v 0

Not going to be sloppy, lazy or half ass
We are going to play an entire 30 sec possession
Multiple actions and hand movement

5v0 OOB

On all out of bounds under if we don't take a shot we are into immediate action.

JVG USA Practice 3

"All you have as a player is your habit and your attitude"

"Attention to detail and concentration must be better"

"On offense the lane is too congested on Def the lane is to open.
On offense lane should be open on BS"

TP- cut to score sprint to finish your cut outside of the 3pt

TP to muck it up on def + open it up on OFF take a high level of concentration

TP on screens

Set up must be better

Screen must be harder

Head hunt DEF + sprint to screen.

At the point of action you need to slow down and see how your being guarded than speed up.

TP on ball DEF

Lower than the OFF player

Square up the ball

Contain the first move and catch the second move.

Ball in 20% rule Is no baseline, square no baseline

BS BIG- Sprint and put chest on shoulder firm or sprint and slip to space

TP BS OFF

On catch square up and try to create separation with pull through and jabs.

As an OFF player we always want to reject

Every two man action is the screen and the setup, OFF well tell you want to do

Flow off TP

Guard to guard pass if not a shot shallow cut interchange to change the DEF

On slot to corner pass if not a shot blast cut OPP corner.

Low Naked BS

Ice to blitz on first penetrating dribble

MIG come all the way

Other two deep to form a tandem,

BIG leaves the blitz once the ball handler pick it up on escape dribble

OFF REB TP

As off player raises to shoot you're making an instantaneous decision on whether to go to the board or get back

DEF Trans

Don't mean you drift into no man land I mean get all the way back.

NO one ever gets behind you!!

If cross matches BS coverage- based on who you are guarding

BS DEF

Ball you basket

SHADE to the inside to prevent the pocket pass

TP Off Trans

If 4 is first big down he runs rim + OPP

TP BS OFF

Set it firm hand on slip

Set it low and sprint to screen

Sprint to rim on roll seal in paint

BS should be shoulder to shoulder

TP Ultra drop

High guy can help if on ball defender is on his hip and get out to shooting with a stunt from tag how was total blow by is automatic jump switch ultra drop guy meets at the restricted area.

Ultra drop playing two off w/ two def

No help with top guy and ball gets downhill past the line of demarcation (ft line) it becomes a veer- big does not help up.

BS DEF TP

One low man guy is screaming I am the MIG if guy is saying I am the X.

When BS come to the single side top guy has.

TP DEF Positioning

Be even with the off player on wing or corner even one pass away team is off + even.

Flash DEF

Yell flash and try to deny one far ahead one for behind on catch w/ back to the basket
Take one step off and to the inside guard wars and at the point of the screen depending on depth and personnel you can go over/under.

TP Press- Check vs Hard man

Two ways to alleviate pressure and with an on ball Screen in the backcourt on J w/ in bouncer to give space to the PG

On run + jump hit the 4 man on the J and attack 4 v 3 or J and if PG dribbles J back behind.

On attack, 5 starts ball side but can work block to block

As 4 man attacks guards in corners move up to wing to give him a passing angle

Press Break- alignment- check- guards must past half court

TP zone press break

Start w/ same alignment as check and big goes rim to rim.

Must have 3 outlets when they trap our domino

Dribble @ trailer is like a pass

J Cut and behind

Middle out

Opp middle flashes

Fly to the ball coming middle.

IMAGE

4 down= 4 low OBU alignment

4 up= four across the FT line

53 SOOB

IMAGE

TP off spacing

If you drive + kick baseline go back same side vs following your pass

Every time you catch the ball pivot and face the rim.

TP Roller

Seal after roll so we can get some paint touches.

TP on gets

Keep your ball to the basket to read the action vs immediate face up.

Keep the lane open on offense, keep it congested on Def

We need to be firming in our two man actions.

To create separation

we must screen w/ force and then we read how we are being played and how our teammates are being played.

IMAGE

Closeout drill

Have pride to guard his first move and second move.

Ice call get to hop

Square call back square

Dribble- two hard dribbles either way and pick up-swarm

MAGE

Closeout drill- def start outside lane

Slap hands to start + close

Coach calls ice

Coach calls square

Coach calls dribble

*everytime DEF pivots your hands + feet should move

*Def should be lower then OFF

IMAGE

BS Def work- rotation is OFF- Def

Can go drop or show

Hip pick

Side pick or DHO *ADD DHO

Flash

Wing BS or DHO

IMAGE

BS off guard TP

Work him into the screen

BS show TP

Must be on his back!

Cant have any separation which can lead to splits or long closeouts.

Guard can go over/under at point of screen depending on if its inside the scoring area on not.

Big must yell flash on those catches

Guards give one way to go and war over.

Rebound rotation

11 quick strike

IMAGE

Perfect script

TP switches

4 man if you know they are switching slip to space.

Determined defenders get through we switch on ball only.

TP on drop coverage- start up to touch through drop

“Flow get to actions, bigs are the lynch pin”

Passing drill- 5 min 4 jumpers 4 slashes drive to score, pass on target, move on every penetration.

Zone off

Dive start opp PG

IMAGE

Swing

IMAGE

TP zone OFF

If they widen out drive the middle

TP BS DEF

No reject no rolls

Take away the roll call MIG and pull over

Make them skip it and we will X out + match up

DHO- Call is "OPEN"

Quick Strike TP-

We are not looking to pin away

We are trying to get into the earliest on ball action as possible.

Def TP- Close into their airspace.

BS DEF Great Point-

You think the switch is the answer when the answer is to get up into the ball better and be up on the screen handler

Is it easier, yes it is but its not better for us.

Post catch TP- On paint catch there is no splits or cutting

TP post DEF secondary defenders

Swarm on post mismatch not own persons responsibility but everyone's responsibility to get it out then we are scrambling.

TP DEF trans

No one should be getting behind us FT like the low man in the BS

If you're a perimeter player you're responsible for the basket while the big gets back.

Finish practice w/ 50 3's 5 got to moves 7 fts in a row

USA Practice #5

Three pronged things I have been asking for from the beginning: Intelligence, Intensity, Activity

I am talking about the ability to play exceptionally hard but with discipline and poise- that's what you should be striving for.

Discipline is just doing your job

Non-contact day- can you concentrate + improve on days where you really have to think.

No one ever thinks about getting in better mental shape which is in the ability to concentrate for long periods of time, it's the ability to have discipline on the floor.

Off TP

Keep the lane open

DEF TP

Keep the lane closed congested

Not just the big guys job to talk it up

We are going to talk ELC (I am low, I am the X, Choice)

BIGS BS

Communicate coverages early, loud, and continuous.

In the nba a lot of touch and go on BS, in FIBA it should be 50/50 and whether you set it firm or slip it, you need to sprint to the rim and ball handler attacks the defense and makes a read.

TP off ball screens

Must be firm and solid

TP get guys open that will then create advantages for you because if a guy has to help longer off of you and now he cant be in two places.

Big screener

It's a hard job

It's a job that I don't think teams recognize as much and its not glamorous in many ways but it an absolute key to running an offense that functions well.

Perimeter players

Job is to cut at full speed.

But there has to be a hesitation to read the defense and see how you played.

4 men have the most difficult job in their system

Create action sometimes

Be a ball + body mover sometimes

You guys have to combine the roles and find the right combination between cutting and creating action.

Start FT Alignment

Will jog it down in OFF set, want to be precise and fundamentally sound in every movement.

We are going to attack a random run + jump with a J cut and attack 4v3

Bigs are working the baseline

Wings as the 4 gets into the scoring area you are bumping up

Made basketball or FT and we are running into a set but they trap us as we get to half court so 5 flashes and we are in these 4 spots

Hit any of the 4 outlets, attack to score

Zone trap

We can reverse it with the pass or dribble but I first want you points looking to attack up the floor.

If they give you the sideline, blow it up the floor

If they take the sideline away you can reverse it via pass or dribble.

If dribble OPP wing empties out of middle and trailers 5.

Dead ball press to start

Triangle which can be run from the baseline, 3/4 or half alignment

IMAGE

Triangle $\frac{3}{4}$ CT

IMAGE

Triangle $\frac{1}{4}$ CT

3+2 in line w/ ball

1 head under basketball

5 off set ball side just below elbow

5 turns inside to screen

*right into 25 on fouling

Situation

Image

Halfcourt OFF

5 v0

We are 50/50 screening on ball vs away

I want to become 80/20 screening away

Off ball screens= Firm

TP chin

If DEF goes ball side of ball screen its an automatic rescreen

Perfect script- 75% speed 100 execution

On any two man action away from the ball we want one rim threat and one guy spacing beyond the 3.

Get TP BIGS

When you catch the ball in a get you become the point forward.

Zone OFF

Zone BS must roll

If your low in short corner + big screens on ball and rolls look to the paint and you will be wide open.

Top guard- shallow cut when ball goes reverse.

Flash in between the guards and where the center would be

Gotta put the ball on the guard and drive the zone.

We don't want the point stationary against the zone, shallow cut on pass to wing.

Zone OOB

IMAGE

5 catch on wing

Can go 4 or 5

4 man keep the ballside forward occupied

5v0 start on FT

Down + Back- down vs man- back vs zone

Press break- check on ft but not on FG

5v0 start zone OOB into set OPP end

Slices screen DEF

Force it up high

Yell give me a tag

Lower big is going to open up and tag until the defender is back attached.

Starter DEF

Always and lock and trail the first, depending on the width and depth of the second one you can whip or chase.

TP BS coverage- X man, MIG, guy guarding what is now ball side corner is EVEN and ACTIVE.

Drop to blitz- how do we know when to leave-

When he picks it up, dribbles to the sideline, dribbles backwards blitz it hard.

Active but also disciplined

We are not giving the split or the sideline when the big gets out, he is sprinting to the body.

Off attacking hard hedge or trap

Hit roll in seam or get low + extended out by attacking the big

Big sprint to the rim.

DEF teaching set

*** IMAGE ***

Line OOBU

IMAGE

Def REB

We don't watch the ball

We turn we check with physicality, we block out

TP post dig

Do it with vision of both

Try steal the dribble

If he picks it up get back.

Engaged rebound- coming over the top to help a teammate who is boxing out, and your guy is getting back

Post def

Gold (3/4)

Red (front)

TP DEF- Our biggest problem is we play chest to chest- on way to go

Defensive Breakdown

IMAGE

Defensive Breakdown

IMAGE

"Big in basket protection- stay between the ball and the basket not your man and the basket"

"We are not going to make dead ball mistakes. FT or OOBU we are going to concentrate."

