



LONDON NBA CLINIC NOTES

LONG TERM ATHLETE DEVELOPMENT PROGRAM

- 3 type of drills TLC: Teaching, Learning & Competing

- *Teaching*: stop the drill as a coach when you something you don't like and correct it.
- *Learning*: give feedback on the fly but keep the drill going
- *Competing*: observe and give them room for error.

- Teaching skills 4 phases:

- *Phase A*: on **air**, all about form 1st and speed 2nd
- *Phase B*: add the **decission** making: either / or -> focus on the right decission first and 2nd part on the on time on target.
- *Phase C*: **pressure** / compete drill for example 1-1
- *Phase D*: do the skills in a **game** type drill for example 3-3 full court

- First priority for coaches is **BUILDING CULTURE**: hold players to a high standard. Build it with positive feedback and make them responsible.

- If you want to keep your players on a high standard, you need to give some kind of insurance by encouraging them: "I believe in you, you can do this"

- When teaching a new skill: **too much instruction will freeze the mind**. Let players figure it out... Don't worry about them making mistakes.

- how to instruct: rule of 3, 10 & 30

- *rule of 3*: no more than **3 key points**

- *rule of 10*: don't do a drill longer than **10 minutes**: then change it up a little, go to the next thing or get a little break

- *rule of 30*: you're explanation can't be longer than **30 sec**

- Every drill should be purposefull practice: you need to know **WHY** you're doing it. Every drill should have a **big transfer to the game**. Be as efficient as possible.

- you have to practice talking. We call it "**Leadership Voice**". Always talk loud and with confidence. you can never be to shy or to cool to talk. Someone else need information that you have.

- always show up on practice with a plan printed out. Your players will have much more respect for you and intensity will be higher because it shows them that you took the time to prepare something. Even if you know the drill from your head, still print it out and have it in your pocket.

- Spacing: 7 spots on the floor: corner, wing, swing & top

- Gaps: single, double or triple gaps. On offense you want to create as much double and triple gaps as possible. Gaps will give you more time and space to make the right decission.

- don't let your players do chest passes in practice: cause you don't see it in the game: make every

pass a 1 hand pass, inside hand pass, over head pass, outside pass, or from some kind of footwork.

- dynamic 1-1: create the 1 second advantage before the catch
- static 1-1: create the one second advantage after the catch

DTE Daily Training Environment:

- block vs. random (same place or different spots / angles)
- constant vs. variable (same skill or mix)
- mass vs. distributed (chunk)
- simple vs. complex (mental load)
- easy vs. hard (physical load)
- if you're a coach who is letting everyone play and get minutes and you give players room for figuring it out on their own not worrying about them making mistakes and having turnovers then you're focused on development in the long run.
- everybody plays but there is a contract to that playing time and that is commitment.
- practice should start with development and end with games.
- be direct with your players: always say what you think no bullshit but do it with respect.
- let your players hold each other accountable on keep a high standard in practice. You want to have the standard of excellence but it can not only come from the coaches.
- on the low block if you ask the ball don't ask the ball like most players do with their above their head. Cause the defender is still able to slap the ball away: what you see all the time in youth games. Ask the ball in front of you so the defender doesn't have the angle to deflect it.
- if you want to get the ball, you need to make some kind of connection with the passer: eyes, target (show hands) or voice
- recovery after practice: we do cooling down light shooting. 3 best ways: dehydration, nutrition and sleep behavior.
- after practice ask the players what they learned + ask as a coach: what did you think could have made this practice better... Players learn to think about giving respectful feedback + coaches learn to get better.
- if someone talks to you give them eyes and ears -> build a respectful culture
- drill to learn how to do a charge: use a ball and squat to the ball, get the chin in and then fall down and get your legs up -> so the player can't fall on you. Progression is same thing but roll the ball: run after and do your charge on the ball.
- when you take a defensive rebound: try to land like a quarterback so you immediately have vision over the entire court. now you got PVAD: position, vision, anticipate, decision.
- the bad thing about too much 1-1 practice is it creates what shot selection if the defense is too good.
- teach your players in defense to bluff, if you're 1 pass away. Looks like you're in open stance and the pass is but you're ready to take the steal.
- FIBA stats show that the top 4 teams score an avg of 21 points a game from transition fast break.

- 14 seconds shot clock: I wouldn't run a system but let players immediately explore and try to create an advantage with an action.

- Things the NY Knicks track:

- the first 3 steps in transition

- are all players over mid court when the shot clock is on 21 seconds

- how long does the inbound take

- how many times could you drive into the paint

-> if it's meaningful find a way to track it

- NY Knicks coach: if your players can shoot the ball then they can have a future in basketball.

- close out: run to the chest of the shooter: choppy feet are too slow: the 3pointer will already be up.

- fly by: contest the shot: you need to contest with the arm up on the same side as the shooter. So if the shooter is right handed, you contest with your left hand.

- great shooters, are always thinking that the next shot is in. They're never worried. (Klay Thompson)

- you go backdoor if you see the chest of the defender in the way you're going.

ACADEMY IDEA'S

- what the Australian programs do: buy sleeping bracelets for the players and coaches. So they can track their sleeping behavior online + gives you a good idea on why a player is not performing.

- tweak the practice court: add the NBA 3point line: this will give your players much better spacing + will help their shot. The deep 3 is a game changer, if they used to take shots from NBA 3's the game becomes easy.

- tweak the court: put dot's on the court on the 7 spots for ultimate spacing.

- tweak the court: add extra lines from side to side and baseline to top + elbow extended so you will have 6 zones on the court: this will help you with drills, mini games, and spacing.

- this is the first drill we do in pre-season with our Canadian teams to build culture! I sit down with the players and the captain and we make a list of everything that we don't like as a team: someone is late, someone forgets practice gear, if someone has bad grades, bad body language, if someone doesn't sleep enough, if you didn't do your pre-practice routine, if someone is complaining, don't show respect, if someone is talking bad about the coaches. Once you made the list you're going to find a solution or task if someone doesn't follow the rules. The players lead it: for example if you're late in practice you need to start with doing 30 pushups, it can also be that the team tells them something. Then once the list is made with the action for everything players/coaches don't like. You hang it up in the training gym. -> this way players lead the actions, and coaches don't have to say things to bad behavior. It builds culture + keeps the standard high for each other.

- would you let players play at a higher age level? -> If you have a kid who is over developed and has a big physical ability (Osa). Yes if he is mentally ready for it: relative age vs. biological age. I would let him practice against kids of his own size so he has a challenge... But if you have a player who is just very gifted skills wise and doesn't have the physical advantage (Max) I would let him dominate in his own age level... There is nothing wrong with letting kids dominate, it's also a part

of the development process -> not a lot of players can do it, dominating and leading the team is also a skilled that needs to be learned.

- use mini bands and elastic bands in the warmup. Put them into the game bag.
- add a mini basket program for U12. This will help you get more kids to camps + the try-outs.
- add a vending machine to the Facility: with healthy food in it. This will push the kids to eat and drink healthier + could be good money. + people can't cheat in stead of with the fridge.
- Mike Mackay: I wouldn't just teach pack defense but teach them all types of defense: in the long run this will benefit them more. And you can create an advantage versus any kind of offense. It would be good for your players to mix it up. Makes them think more. This will also help your offense in practice.
- add contested shooting drills to practice: with form and rhythm shooting the transfer to the game is not big enough. And make it random: different shots from different spots from different footwork.
- Shawn Marion: biggest key point for rebounding: is be the player who makes the contact first!
- NY Knicks coach advice: I would try to bring in as much pro's and legends as possible during the season: to talk to the players and pass on knowledge, experiences, motivation and life lessons. Players will remember this more than from coaches. It doesn't have to be long just ask them to drop by 10min by the end of practice.
- you can't hide on tape: find someone who can do a video session every week. Even if it's only 10-20min this is enough. But make sure they watch something of the game.
- I think every practice should have at least 20 min of shooting in it because it's just the most important skill in the game. It can be games, under pressure, form, rhythm, warmup or cooling down. Just make sure it's on your practice plan.
- make a system for your coaches for every possible thing what their role is. For example during games: what can the assistant say/don't say, during warmup what is the role of the coach, during time outs what is the role, during practice if it's a learning drill what is the role of the assistant... So for every possible scenario: talking to parents, etc... Coaches know their role.
- my advice for your Academy: after the season do 4-5 weeks active recovery: where you still practice but nothing with basketball. Do all kinds of other sports, and then 3-4 weeks full recovery where they do nothing at all (exams). Find sports for your recovery phase who have the following movement parts: agility, coordination, balance, hopping, throwing, dribbling, kicking, swimming, catching, skipping, climbing, jumping, speed.

HOW WOULD YOU RUN THE TRY-OUTS?

- look for relative age vs. biological age. -> Largo vs. Osa. The challenge is to see how the kid could develop in stead of where he is right now...
- ask for how long they've been playing basketball + what team they come from. Some kids play from when they were 5 years old... They will have an advantage versus the big kid who just started playing. Base your "talent" remarks on how long they're playing the game and what coaches they had in the past...

- I would look for **3 things**:

- * athletic potential + the tall talls (the freaks)
- * how eager they are to learn (motivation)
- * the extremely gifted (Doncic)

-> mindset, basketball IQ and skills I wouldn't really focus too much on cause this are all things you can develop... But you can't teach bodytype...