

Manitoba 2019 Super Clinic Practice Design with Team Shooting

Brian McCormick

https://www.youtube.com/watch?v=EfsH5MDYxXs&list=PLHIEqhuXuRFJ5-ENGfNNVdTM_tXPkvZ8v

- No two shots in a game are the same. If we agree with this assumption, it leads onto the concepts Brian speaks about in this clinic.
- Repetition without repetition - Bernstein. Individual constraints affect each shot. For instance, if I make a shot, this affects the next shot. This is because I may be more confident to shoot it or I'll shoot it quicker. Likewise if I miss, I may hesitate to take the shot or shoot it differently.
- Time & Score are key examples of constraints affecting shots.
- Variability is good, not a bad thing.
- Brian believes any instruction needs to start with a game. When we do a drill, we have to understand why is it better to do the drill than play a game. Everything is trying to improve the game performance. Once we remove something from the game in a drill, the harder it is to get transfer to the game.
- Usually, a drill is done to get more repetitions or correct a mistake.
- When doing shooting drills, have to know how we are trying to improve shooting and what we are doing to make that improvement.
- Block shooting is important for confidence, especially for in the game. Day before a game is the best time for block.

8 Minute Shooting:

- As a team, 35 from the block, 35 from the elbow, then shoot threes with time that's left. Three balls, four players in a group.

Balance Shooting:

- Hop on one leg coming in
- Face another way, jump and turn in the air

Constraint Shooting:

- Receive the ball and shoot it as fast as possible (way to improve shot speed with constraints without saying 'shoot the ball quicker'). This is an example of constraints-based learning.
- Shoot ball as flat as you can
- Shoot the ball as high as you can
- 'Game shots at game speed' is the most overused and incorrect saying in basketball. For it to be game-like, there has to be defense and there has to be a passing option. Most of the time, the former are general drills lacking any game-like tasks.

4v2 Shooting

- Aim of defense is to force x3 passes. Offense have to pass or shoot. Passer and shooter go to defense.
- Can't be game-like unless there's a decision to shoot or not.

Manitoba 2019 Super Clinic
Incorporating and Using Actions in Your Basketball Offense
Brianna Finch

<https://www.youtube.com/watch?v=k-r8L4hChIM&list=PLHIEqhuXuRFK6V7UNMOIUCQSZ5SlqS5ZR&index=22>

2v2 P&R

- Pick & Roll from Elevated Swing. No constraints on how defense plays it.
- Screener needs to force on-ball defender over to immediately create the 2v1 advantage.
- First dribble off screen to create space. Explore on second or third dribble for ball handler to read coverage and prove defense. After this into explode dribbles to take advantage of the coverage.
- Load Idea = X1 Switch, x1 Drop, x1 Trap. Keep it more variable.
- Load = 3v3 with pair on weak side wing.
- Automatic re-screen vs under coverage if no shot

- Really important to talk task when using off-ball screens, because what player coming off does determines the next move of the screener.
- Off the curl, Brianna teaches screener to always pop back out. I disagree because if screener's defender shows, great opportunity to slip.
- Vs under either re-screen and flare or pop.
- Slip screen vs switch

4v3 Titans

- Great SSG to introduce away action.
- On reversal, player calls either 1, 2 or 3.
- 1 = Single Away Screen
- 2 = Stagger
- 3 = Flare Screen
- Load = add guided or live defender to pass. Nice dynamic start to practice a lot of actions in the offense. Could also go with a short corner play into a get.

With their offense, they teach 10 actions. They can focus on 3 - 4 actions per game based on the match-up they are anticipating and where they can seek the advantages.

Numbering system is good if they can't yet grasp the timing and spacing ideas conceptually. Adds some structure while still allowing them to play freely.

Take-Away Ideas

- Play small sided games, but don't allow any dribbles after the first two actions. E.g with a pistols (DHO followed by a pick), after coming off the pick no dribbles are allowed. Makes offense hunt out the small advantages.
- Could allow one person to keep dribble.
- They also play with ROB scoring. All 3 points if it was shot on range and on balance. Anything else is 2 or 1.

Manitoba 2019 Super Clinic
Don't Teach them Plays, Teach Them How to Play (Part 2)
Kirby Schepp

<https://www.youtube.com/watch?v=ucOv87-y3bs&list=PLHIEqhuXuRfK6V7UNMOIUCQSZ5SlqS5ZR&index=23>

Kirby revisited this topic after doing a popular Manitoba clinic of the same name back in 2012.

Pylon Passing 3v3 Start w/ Multiple Loads

- Four floor spots or pylon (one in smile, one at top, two next to elbows). Teams only get a point if the ball is received on a pylon. If it's not received on a pylon can still keep playing. Change on a turnover.
- Encourages cutting, filling space, ghost cuts etc.
- Don't explain everything to set-up a drill. Give them the most basic info needed and then let them figure it out and learn on the fly.
- KPI = move assertively
- KPI = cutting opens the space. Don't occupy one space for too long, cut so that teammate can use your space to get open
- KPI = hungry hands
- Teaches cut and replace principles
- Load = must connect with hand and voice or it doesn't count
- Load = can set screens (KPI = smash)
- Load = add dribble ats
- Load = after every pass must screen. Can use dribble ats if nothing after the screen
- Load = off away action, screener must go to opposite pylon teammate goes to
- Load = remove pylon in smile. If the ball is received in smile, can score and it's worth 5 points.
- Load = can drive in at anytime and score. Only 3 dribbles for team each possession before a turnover
- Load = 5v5. Aiming to complete passes without dribble allowed to one of 5 out pylons on the floor. Can change spacing to align to your offense
- Load = when coach says live, try to score.
- Load = play with scoring. -3 for a turnover etc.

Players are much smarter than players 10 years ago because of content and phones!

Manitoba 2019 Super Clinic Teaching Spacing Brianna Finch

<https://www.youtube.com/watch?v=V1SXjUL0aG0&list=PLHIEqhuXuRFK6V7UNMOIUCQSZ5SlqS5ZR&index=24>

Drive and Kick String Shooting

- 2v0. Player at top passes to 45. Player drives middle from 45, player at top is pushed to other 45. Work on outside hand push or extra pass with the kick-out.
- **Load** = baseline drive. Top guy is pulled to 45, receives pass after stride stop. This is also called a fill behind.
- **Load** = make decision to drive middle or baseline. This determines the push or pull.
- KPI = off-ball player talks task by saying push or pull
- **Load** = 3 players. Start with skip from one wing to the other. Drive middle, pass to either player other players drift.
- **Load** = add in guided defender to make extra pass decision or shoot.