CLINIC: Mike Kaynakski
DATE: The Winning Attitude
P. 1
Team Man Defense

PRINCIPLE 5) "Force to Outside"

Try to keep ball outside

6) Stop ball passing

Force O

Away to rec. push X in

NOTES: Analogy

Hit someone with 5 spread fingers

More force to hit with 5 united

A "fist"

More chance of mistake

NOTES

JUST DO IT
Raptability
Depends on your team's ability
How much pressure on ball
Point of pick-up
Trap or not?

Pinpoint responsibility
Always can tell if you're in right position

Psychological Opps.
Defense can boost player & team confidence

Components of good defense

1) Conditioning
Never rest on defensive end

2) Courage
Don't be afraid dive for loose ball, take a charge

3) Intelligencce
Understand our def. in game situations

4) Habits
Constant reps.
Do def. drills daily all yr.

5) Attitude
Positive defensive attitude
Don't fear failure
Confidence in selves & teammates

Principles of defense

1) Vision
See ball all time

2) Move as ball moves
Make gradual adjustments if at all possible

3) Communication
Glue that holds all 5 players together
To talk must concentrate on what's happening on floor

4) Aggressiveness
But don't foul
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CLINIC MIKE KRYZENSKI
DATE Team MAN Defense
P. 2

NOTES Stop PENETRATING PASS.

NOTES HELP ON Penetrating move.

NOTES Make off. CATCH BALL GOING AWAY FROM BASKET.

NOTES Help on X1 gets beat, X2 helps.

NOTES Jump INSIDE TO HELP.

NOTES Post MUST HELP ON BASELINE.

IN POST DENIAL GET FT. 1 TO OFF.

HELP & RECOVER DRILL

JUST DO IT
Priorities & Rules

Ballside

1) Pressure the Ball
   Takes effective stance, wide & on balance
   When dribble lost, all out pressure

2) Stop the Penetrating Pass
   Ball–U–Man Position
   Good Stance & Balance
   Arm extended in passing hand
   Eyes primarily on the ball
   Make off, catch wing pass going away from basket

3) Stop the Penetrating Move
   Be ready to help on the drive.

4) Jump inside to help
   If ball goes to low post,
   post def. get behind off.
   wing/pt. def. help inside on post, keep your back to the basket.

5) Stop Ball Reversal
   I.e. F→G Pass, at least push G farther out

Drill 2-on-2

Drill 3-on-3 G-F-P combining all Ballside concepts
1-on-2 Trapping

coach throws ball into offense & 2 D men try to trap
show dribbler 3 options of sideline, middle, or baseline.

Rebounding

3-on-3 Triangle: box out 4 then go to boards
5-on-5 Circle Block Out

position players around f.t. circle w-ball in middle or floor
on "go" off tries to get ball; D boxes them away
see how long it takes off to get ball

1-on-1 F.T. Rebounding

players at elbows go after coach's shot
rebounder is off, other on D

Rat-and-Cheese E-N-O-I in Book

Free Throw Rebounds to Fast Break

Junk Drill

in 2-3 zone, teach offside off. man to box weakside D away

SHOOTING

3 Man Shooting

Team Spot Shots

2 Ball Inside Shooting 4-1-2 3

Putout- miss & you're out
especially w-layup

Stepback- start at ft. line, if make it back up 1 step
keep shooting until miss

Opp. shoots from where he controls rebound, game is over.
Defensive Drills

Step-Slide: slowly, in unison, w-good form emphasized
discuss when in game the good stance is needed
Whistle-Pl. Drills: full spd., start w-15 sec. intervals & build up
Denying the Inside Pass: 3 perimeter off. players, 1 off. post, 1 def. post
try to deny ball going to post  
shaded area is off. post man's limits
Monkey Drill (for punishment): while doing D slides, slap back knuckle on
  slap knuckles on every slide
1-on-1 have drill: early season of; makes no freeos
  D cannot use hands, use towel behind neck
2-on-1 Half-Court D against Fast Break
  teach D not to come too far out, how to fake attacking movements
  keep score, 1 pt. for missed shot 2 for block or steal, 2 pts. on 3 for basket
Cat-and-Mouse Passing Drill
Chicken Fight Drill
  can put teams out of bounds w-each player numbered
  put ball in center circle, call out names, those players race to ball
1-on-2 Help D Drill
  have D on wing let man beat him & have corner D help & recover
  when 1st do drill, do 1/2-speed