



Marist Coaches Clinic

Introduction:

- Every coaching clinic is about what “YOU” can collect, not about what is presented.
- Players have to pass through the gates of B-ACT to take the next step.
- 30% of the players don’t go through the pathway: school, club, representative, national.
- 70% of players do, make their experience a positive one. Coaches have the greatest impact on RETENTION
- Basketball ACT offerings: Foundational, Development, Performance, Pre-Elite, Elite / Professional
- The Plan: New Strategic Plan: Increased investment in Coach Development, Improve Depth, Target entry level development x 3, Align the pathway, Renewed support for clubs.

Coach Responsibilities:

Don’t ever leave the fun behind, ensure the environment is positive and there is an element of enjoyment.
Strike a healthy balance between fun and competition; players need to learn how to compete in every phase.
Coaches must be on court and bring HIGH energy, players will lack effort if the coach isn’t bringing their best.
Focus on 2-way skills and drills: Time poor, resource poor requires more planning.
Coach the habits: Effort, Communication, Discipline, Support, Celebration and Organization
Develop multi-skilled players: ALL PLAYERS need to master the fundamentals of every skill.
Be on the “Prowl” for Good! Hunt for those moments of brilliance from your athletes, balance correction/Praise

Building Individual Defensive Capabilities:

Defensive literacy for defending the ball includes Body Positioning, hand Positioning, Foot Movement
 Use of hands: Where to place the hands, when and when not to use them. Feet Placement, Body Alignment
 Expect contact, embrace contact, play with “FORCE”!
 Voice: What to say, how to stay connected
 Movement: short hops backwards and sideways, constantly have active feet; always have square hips and shoulders, don’t open hips to offense. “Win the First Dribble”
 1v1 development includes defensive fundamental development: Two-Way Teaching
Daily Vitamins: Building Good Defensive Habits:
 Mirror Drill: No Ball, Add the Dribble,
 12 Seconds of Pressure
 Beat to the Spot:

Time	Activity Time	Skill / Drill / Activity	Points of Emphasis
	10 mins	Offensive Position: <ul style="list-style-type: none"> ● Stance / Posture: Ball Placement, Ball shifts, Hips Shoulders, Shot Pocket, Passing Threat & Dribble Attack ● Daily Vitamins: 1v1 Stationary, Progress to 1 dribble, advance to Pete Maravich drill. 	<ul style="list-style-type: none"> ● Play in a Stance ● Adjust position with each shift. ● Hand Pressure ● Voice activation ● Gap & Close understanding
	10 mins	Slovenian Pivot Drill: <ul style="list-style-type: none"> ● Start from the Baseline, 3-point line. <ul style="list-style-type: none"> ○ Offense spins the ball out catch and squares up to basket. ○ Repeats all the way around the 3-point line: Both ways ○ Add defense: shadow defense. ○ Play live 1v1 	<ul style="list-style-type: none"> ● Offense, ball, and foot hit the floor timed up. ● Balanced stop ● Square up in stance. Max 2 dribbles to attack the rim. ● Defense works on catching the player, gapping. ● Communicate



10 mins	81 Passing Pivot Drill: Catch Pivot Pass <ul style="list-style-type: none"> ● Players line up in the slot positions. ● 1 Ball starts in the opposite direction of the first receiver. ● First receiver cuts V-cuts to the top of circle and catches on the outside foot. ● Catch & square to the Rim. ● Pass back to the line you cut from and replace to the opposite line. 	<ul style="list-style-type: none"> ● Offense starts in a ready stance. ● Cut hard, move with a purpose. ● Communicate ● Celebrate and encourage. ● Ball doesn't go above shoulders
10 mins	3 Out Pass and Replace Drill: Top (CPP) <ul style="list-style-type: none"> ● 4 cones (2 at the point & 1 at each 45) and 5 players. ● 1 Player starts at the opposite 45, 1 player at the 1st point cone and 1 player at the 2nd point cone with the ball. ● On the whistle the 1st player sprints to the open spot, passes the ball to that player and fills in top spot. Repeat ball and player movement. 	<ul style="list-style-type: none"> ● Offense starts in a ready stance. ● Cut hard, move with a purpose. ● Communicate ● Time cuts to keep ball moving. Ball doesn't go above shoulders
10 mins	3 Out Pass and Strongside Basket Cut Drill: (CPP) <ul style="list-style-type: none"> ● 5 cones, 1 in each spot and 5 players. ● 1 Player starts in the corner, 1 player starts in the opposite 45 and 1 player at the top starts with the ball. ● The player at the top passes the ball to the 45 and basket cuts, the opposite corner player V-cuts to the 45, receives the ball. ● Basket cutter fill strongside and repeats 	<ul style="list-style-type: none"> ● Offense starts in a ready stance. ● Cut hard, move with a purpose. ● Communicate ● Time your cuts to keep ball moving. ● Ball doesn't go above shoulders
10 mins	3 Out Pass Basket Cut, Fill in Weakside 45 (CPP) <ul style="list-style-type: none"> ● 2 Players start in the point position and the 45. ● Point passes the ball to the 45 basket cuts and replaces it with the opposite 45. ● Make the pass and repeat the action. 	<ul style="list-style-type: none"> ● Offense starts in a ready stance. ● Cut hard, move with a purpose. ● Communicate ● Time cuts ● Ball doesn't go above shoulders
10 mins	4 vs. 3 Birds in a Box: (CPP) <ul style="list-style-type: none"> ● 4 players on Offense start on the elbows and baseline. 3 Defensive players in the Key. ● Offense no dribbles, can't pass above the shoulders. ● The offense must move the ball without D getting their hands on the ball. Any touches D goes to O. Quick transitions. ● Advance to Spread, LIVE 4 v 3, 2 dribbles 	<ul style="list-style-type: none"> ● Players start in a ready position. ● Catch and make pass fakes. ● Be great at using pivots. ● Defense must hustle
20 mins	Game Tactics 5 on 0 Advance to 5 v 5 <ul style="list-style-type: none"> ● 5 lines on the baseline, on coach signal they sprint out to a floor spot. Exchange each signal ● Add Defense, Play LIVE, 3 passes attack 	<ul style="list-style-type: none"> ● Players start in a ready stance. ● Sprint to floor spots ● Catch ready to attack