(End of practice note card box)

SCORE	TIME ON CLOCK	SITUATION
Up/down - 2 points	6 seconds	Team down gets ball on baseline full court to go.
Up/down - 2 points	1 minute	Team up shooting 2 free throws.
Up/down - 4 points	45 seconds	Team down gets ball at ³ / ₄ court.
Up/down – 5 points	3 minutes	Team down gets ball. Team up plays 1/2 court zone rest of game.
Tie game	2 minutes	Both teams shooting 1 and 1 at the free throw line.
Up/down – 1 point	8 seconds	Team down gets ball with full court to go.
		Team up sets up ¹ / ₂ court 1-3-1 trap.
Up/down – 3 points	50 seconds	Team up gets ball at $\frac{1}{2}$ court. Both teams in double bonus.
Up/down – 2 points	40 seconds	Team down gets ball EOB. Both teams in double bonus.
Up/down – 1 point	3 seconds	Team down gets ball EOB. Both teams in double bonus.
Up/down – 1 points	9 seconds	Team up gets ball on sideline. Both teams in double bonus.
Tie game	1 minute 30 seconds	Both teams in 1 and 1 at the free throw line.
Up/down – 10 points	6 minutes	Both teams in 1 and 1 at the free throw line.
Up/down - 3 points	3 seconds	Team down must go length of floor.
Tie game	25 seconds	EOB under basket.
Tie game	3 minutes	No point guards in the game for either team (hurt, fouled out).
		Both teams in double bonus.
Up/down – 1 point	12 seconds	Team down shooting two free throws.
Up/down – 2 points	1.8 seconds	Team up shooting 2 free throws.
Up/down – 1 point	25 seconds	Team down shooting 1 and 1 at the free throw line.
Up/ down – 2 points	5 seconds	Team up gets ball on the sideline.
		Both teams in the 1 and 1 at the free throw line.
Up/down – 6 points	3 minutes	Team down gets ball EOB.
		Both teams in the 1 and 1 at the free throw line.
Up/down – 3 points	4 seconds	Team down gets ball on sideline. Team up fouls when
		inbounded to prevent 3 point shot to tie game. Team down
		shooting two free throws at the line.

(Things to think about)

- 1. One of the <u>most important</u> parts of the game, but one of the <u>least practiced</u> in the game of basketball unlike baseball. Pull one card at the end of practice each day from the late game situation –note card box.
- 2. Most games are won or lost by 7 or fewer points (three to four possessions).
- 3. Shooting, defense, and offense are taught by repetition do late game every practice. Always do at end of practice-mindset-like building halftime into a practice and going to locker room like a game.
- 4. Make it game-like with coach's on the bench, calling timeouts, substituting, use clock, use officials, etc.
- 5. Everyone must be aware of <u>TIME</u>, <u>SCORE</u>, and <u>SITUATION</u>.
- 6. Work on all situations:
 - (Call team together and split, give situation and play, review and praise/correct)
 - up big, up little, tied, down big, down little
 - different time left (6 minutes on down)
 - different foul situations
 - different personnel
 - varsity vs. JV's with varsity 10 points down

"Success occurs when preparation comes face-to face with opportunity!"

- 7. Occasionally make bad calls (foul out players).
- 8. Use substitutions to stop the clock or "O"/"D".
- 9. Know best go to player for situation, best play to call, best defense to use. (it may be different for home and on the road)
- 10. Know your philosophy make sure everyone on team knows it and understands it.
- 11. Know what you want to do but always have a contingency plan. (A poor plan is better than no plan)
- 13. Do you believe in delay or freeze game? Take only sure shot or uncontested lay-up.
- 14. It is the coach's responsibility that the players never face anything in a game that they haven't seen in practice.

"Success occurs when preparation comes face-to-face with opportunity!"

(Questions to ask?)

Prior to the season as a staff answer these questions, talk them out, and have a philosophy in place.

"Failing to prepare is preparing to fail."

- 1. If behind, do you want to foul or go for steal/turnover? If foul, whom and when?
- 2. If up 3, do you foul to avoid the 3 pointer? If so, when?
- 3. If down 1, 2, or tied, do you want to hold for the last shot or take the first good one?
- 4. After getting rebound/turnover (or after made shot), do you want to immediately call timeout, push it up and call timeout, disregard time out and go for score?
- 5. In college game with shot clocks Do you like "2 for 1" shoot so the opponent gets the ball with more than 35 seconds so you can get it back?
- 6. Do you have plays from all locations (taking time left into account)?

(Why call a time out in the last minute of a game?)

- 1. To calm the players.
- 2. To reinforce and motivate the players.
- 3. To run a special play or to cover a special situation.
- 4. To cover individual assignments.
- 5. To break the opponent's momentum.
- 6. To settle down the crowd.
- 7. To make an opposing free throw shooter think about the shot.
- 8. To give the players a rest.
- 9. To stop the clock.
- 10. To make a defensive change.

Thoughts on Player Development

1. <u>Rate – Game intensity</u> is most important.

<u>EX.</u> We had a player this past year that was an individual workout king (very dedicated-early morning /late nights-a true gym rat) last summer and in pre-season. He realized though after the games began this year that his <u>Rate-Game intensity</u> during his workouts didn't match the games. There is no doubt how much better he will be this November after making this change to his workouts last Spring and this summer.

- 2. Workout based on quality of time, not quantity of time.
- 3. As a coach, we must show them the proper workout and get across the importance of skill development, but like Michael Jordan said, 'the motivation must come from within." It only will work if they do and they buy into skill development.
- 4. Workout should utilize all phases of enhancing your skill.
 - Ball handling
 - Shooting
 - Footwork
 - Endurance
- 5. Player development drills should be structured in such a way that it matches philosophies and offensive actions. All of ours at NSU are designed in this way.