

5/10/13

Larry Shyatt

Build a mindset + enthusiasm to stop people

- Things ^{that} ~~negate~~ talent
 - intellect
 - Work Ethic
 - conditioning
 - Attitude ^{energy given or taken}
 - strength ^(waist down)

* WHOLE / PART / WHOLE TEACHER

* DEFENSIVE INDIVIDUAL WORKOUTS

- SETS TONE

- HANDS FEET + MOUTH -

ELC

EARLY - LOUD - CONTINUOUS

* NOT TALKING = SELFISH

HAVE A DEFENSIVE VOCABULARY

Syllabus for team

- OFF
- DEF
- SPECIAL SITUATIONS

Lucy Slyatt

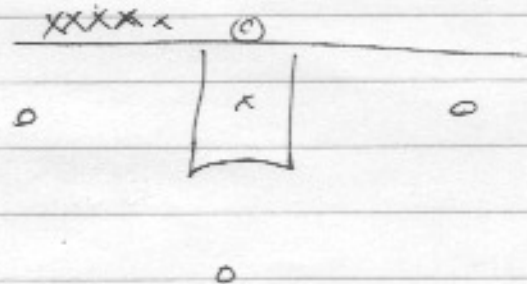
"Can we be successful on our worst shooting nights?"

Hustle starts

- 1st to floor
- Attempted charge
- Block shot
- DEFLECTIONS
- off rebounds
- Legal screen leading to basket

GUYs w/ most pps
week get best
IRONED on SHOTS

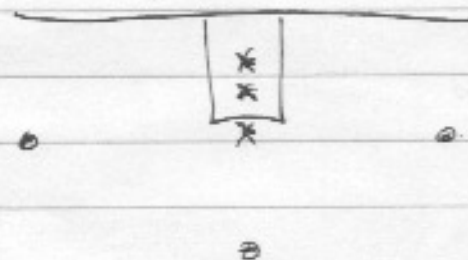
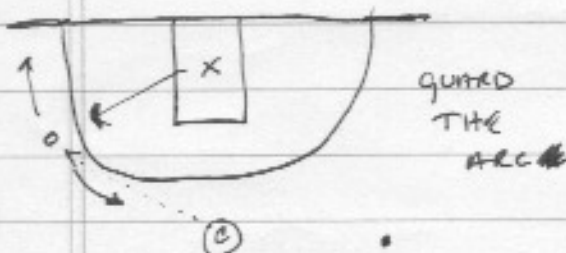
CHARGE DRILL



* work on your press every day

- IN BACKCOURT "WE WANT TURNS"

CLOSE DRILL



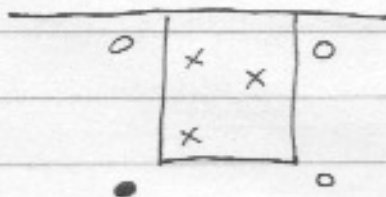
Lacey Shyatt

- Tell your team what shots they can have and not have.

"DID THEY SCORE ON OUR TERMS OR
✓ their terms?"

WHO DRAWS THE MOST FOULS?

OFF / DEF
Drive



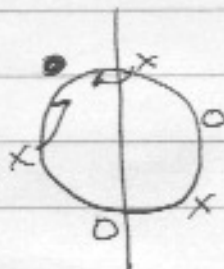
OFF

- 5 passes
- Fake a pass before you make a pass

DEF

- Talk + get deflections

Circle Trap Drill



OFF

- Fake a pass before you make a pass
- Look at 3rd defender
- Enjoy being trapped

DEF

- work on trap
- No fouls w/ hands

Larry Shyatt

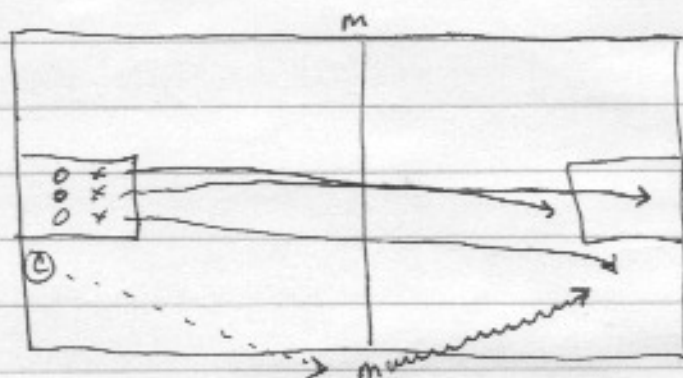
TRANSITION DEF

"UTAH DRILL"

- "Don't let 'O' use middle of floor
Early in practice"
- 1 or 2 should pick up before 1/2 ct

TATES DRILL

3 on 3
4 on 4
5 on 5



- STOP BALL
- scramble after
manager passes
to one of
OFF guys

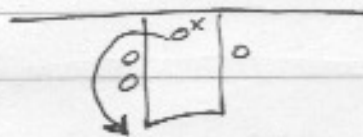
"STOP THE 1st SEVEN SECONDS"

START TRANSITION DEF DRILL

w/ BOB'S w/ 5 seconds on clock

- go on make or miss

Toughness
DEF Drill



©

- guard for 30 seconds
- OFF MUST CURL SCREENS