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**Metro State Practice and Clinic Notes – Coach Mike Dunlap Fall 2005 –**

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Set system to deal with people and their problems:

1. Empathy – validate their trouble
2. Ask the Power Question:
  - a. What are you/we going to do about this?
  - b. 30% more information is remembered when you touch their forearm during conversation.
3. Choices – have them come up with ways to fix this.... choices.... good or bad.
4. Consequences – What are their choices going to do to the situation?
5. Statement of Confidence – what Avenue they are going to take to change things!

If your players aren't working hard enough, make them play defense 2 on 4. Limit the offense to no dribbling, and four passes before they try to score. Also make them reverse the ball twice. This would be an overload principle that will make them work harder. Can go 3 on 4 as well.

Leadership group: Usually seniors. Invite one team member each week to the meeting...trains them for the leadership groups of the future.

Each day state: “We Need to Work Harder!” and “We are NOT Good Enough!”

What drives your players? Coaches or PEER Pressure? Should be the Coach.

Good Habits are hard to break!

Drilling for Drill sake is BS! Make it a competition.

What's in the mind of the passer is in the mind of the cutter.  
Have secrets... ie. Backcut when the ball is dribbled at you.

I had you do the skill again and it was way different, so I had to be your motivation...BS!

Front Cuts = Give and Go

Reverse lay in, regular lay in, smart shot-power shot.

Stop drills to tell them they are doing it how you want them to do it. “Good Job”

Players coach each other. Don't be afraid to critique or criticize.

Missing – Making, correlates to time put in --> repetition

FT's – 25% of the game spend time working on this away from practice.  
Spend time away from practice with your kids.

Maturity – behavior – approach to failure – immature. Body language, facial expression. “Poker Face”

5 on 3 Drill: 5 black go 3 on 2, then all five go the other way and play 5 on 3.

Keep Score; black & white team head to head, make a player from the winning team make a free throw to win the drill.

Good players get 2 dribbles into the gap to score. "Rack the ball"

Limit your poorer players to 1 dribble into gaps or no dribbles going left.

In Transition have your wings run to the corners....opens up driving lanes.

No Flat Line passes, let top man decide if he's got a shot. Don't skip the top guy.

Pressure free throws, count from 5 down to 1 to create pressure

Lack of oxygen – choking. (Breathe, take deep breaths)

On a turnover in practice stop them and rewind the situation to teach.

2-hand tip off the backboard if you aren't blocked off by anyone. Don't let them guard you by doing that.

Make a bad free throw shooter on the winning team make a FT to win the drill.

4 on 5 drill – go from regular to speed-reader

Perimeter Shooting from wing/corner

- player goes over the top of the imaginary defender to rebound
- gets rebound and finishes it if it's missed. Shooter also goes after his shot.

From on top

- Same as corner and wing, follow shot and get rebound, catch-face and shoot.

Post Work

- flash from the short corner help side, catch and face, fake shot and drive L & R
- Pullups, hook layups, power layups –(smart shot)

Flash catch and reverse and score. Same options (add-ons) as above.

3 Lines Warm up Drill

- 1) warm-up running; add reverse run, exaggerated strides, forwards & backwards
- 2) catch and face with different balls (racquetball, small football, other ball)
- 3) bad pass with the same ball, catch and face
- 4) turn around "yell name" as you throw (BLIND PASS)
- 5) move throwers to baseline – "3 Steps" over the shoulder catch, and face
  - a. still using the small balls
- 6) Pair up facing and move towards each other
  - a. Stutter step
  - b. Swim move – go both ways
- 7) Grab Jersey – come from underneath
- 8) Grab Jersey – from underneath and swim move
- 9) Grab Jersey – from underneath and swim move, counter it as you are cut off.
- 10) Dribble with gloves – roll up gloves when done
  - a. Down right back left
  - b. Stutter, go between legs

- c. Stutter, go between legs and crossover the original direction
- 11) Good dribblers drive the ball through the floor and are quick
  - a. Reverse spin
  - b. Retreat 2-3 dribbles – cross between the legs
- 12) Free Throws – 3 to a hoop – 10 rapid fire free throws – no dribble 2 minutes

Do you have the maturity to work hard?

Hard to be a leader when you want to be a follower!

Dribble Chase – dribble at a man and make him backcut.

Use stats to validate things to players.

Whistle blows – Eyes on Coach

“Don’t be a slave to your offense or your coach”

“Play the game as you see it”

“Play the drill as a game and not as a drill”

“A drill is a waste of time unless there’s competition” (Self, Basket, Gym)

### Life Skills Program

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Sleep – Dave Muggerud

Drugs/Alcohol – Dave Honeyman, Dave Muggerud

Nutrition – Hariett Howe, Nudell

Formal Diner –

Pressure – mistakes can mean death – Dr. Elder

Conditioning/fitness – Alex Thompson

Work Ethic – Shine Shop guy

Manners –

Speeding/reckless driving – Craig Tuhy

Sex – Dave Erickson

Keep things Simple

“excellence in simplicity”

Do your players come back to visit?

Have your old players talk to your current players

Ask old players what they didn’t like.

Have a relationship with your players after basketball

3 on 0 crackback drill

Tight Spacing Drill

- no dribble or 1 dribble
- work on catch and face (rip pivots)
- works on vision
- use half the floor

“We are building a house”

Dribble Pull

Dribble Chase

Both at one time

Up Screen on passes into the post.

Catch, jump stop and rip to relieve pressure put on by the defense.

Flash if you aren't getting a passing angle when in the post.

Build your own secrets

Make rules to help your kids

“BE PROUD OF YOUR FOLLOW THROUGH”

- if you don't hold it high, it wasn't a shot you should have taken.

Designate discipline in your gym.

- it's not the rules that does this, it's the follow through.

Time is a good rule. “Be on time”

- thank them for being on time

Transition through discouragement, teach your players to work with officials.

- includes body language and facial expressions.
- Yes sir and no sir to referee's
- Teach players to work with referee's. Politely give them the ball, be helpful.

Compliment the players when they earn it. Reinforces behavior

Praise & Criticism – what happened good – it registers with them.

Don't be afraid of success – still praise them

Lot's of people earn a million dollars, not many keep it.

- it changes their behavior

“Rip a rebound”

“The Closest big outlets for them.”

“two-handed tips”

4 out in transition

“Spacing” – short passes are like sending mail across the straight

Blitz – 3 defenders must close out with hand on the shot.

All dribbles end with a jump stop.

Shooting

- eyes to the back of the rim
- lock elbow, bend the wrist and hold the follow through
- be proud of your follow through

Play the game at a 7 or 8 speed – be in control, court awareness

Drill: 45 Makes – 3 point shots (2 min)

- half court and back on first time
- if they don't make 45,  $\frac{3}{4}$  court and back on second time.

Film your practice:

- put camera on one basket and roll tape.
- 45 makes, give them percentages off the film.
- Dusty can stat off the film in the afternoons

Run "Jersey" from Princeton set

### "Karate chop the rim in half"

When you have a 4 on 3 or 3 on 2 shoot the three or pull up and make like you are going to shoot the three to pull the defense to you and open up lanes. If you shoot the three then you should have the advantage on getting the rebound.

Watch the guy with the ball – his eyes will go down on the 1<sup>st</sup> dribble and then back up.

When you have a 2 on 1 also shoot the three.

When you have a 2 on 0 shoot the three and the trailer can rebound – not sure on this.

"Have a poker face when you play this game" – especially dealing with refs.

4 on 4 cutthroat – emphasize blocking off and sideline pins – keep feet moving.

"Don't let me be your motivation!" – use your imagination to create/ignite your fire.  
Even use negative thoughts about the opponent if necessary.

What's your motivation? Shouldn't be the coach.

Have an attitude....be narly! – Michael Jordan found something every night!

Rebound and take a dribble to the outside to throw a long outlet.

"The Rebound is NOT a Trophy!" – get it and get rid of it.

4 on 4 cutthroat rebounding

- Bigs can be in the post
- Coach calls fouls
- Coach shoots or yells shot. – can pass to other players. Rebound and outlet.

Metro St. sends 4 guys to the offensive glass – are experimenting with 5.

"The most difficult spot on the floor to guard is under the rim."

On defense your hands shouldn't be below your waist – out or up, never down.

"Body to Body Blockout"

The dribble or pass from 84' feet puts pressure on the basket.

Mistakes – you are going to make them, get used to it and play through them.

"Play to your talent" – do what you are good at.

"Do you see why I have reservations about playing you?"

“Black” – get the ball to the post, post scores/makes a post move and shoots – always

“In order to make a good passer you must first score”

Rules of Penetrations – Coach Walberg – Fresno City College (Jr. College in Cal.)

- Post goes opposite
- Go to the rack when you get into a gap
- Crack backs
- Driving angles – what should other four do?
- Corner should be filled
- Post slides to the other post

6 ingredients of a good drill

- 1) Time Limits
- 2) Keep Score – personal records, basket record, gym record
- 3) Rotation – put players in charge of that
- 4) Elements of confusion – blow the whistle – reaction to bad call
- 5) Rebounding – offensive & defensive emphasis
- 6) Have a trade mark – no dribble, objective of drill

Leadership group

- team meets on Wednesday night
- Leadership team meets on Thursday with the coach
- 90% of meeting is good communication
- schedule stuff
- tell them the good stuff they are doing

Movie “The Power of One”

Players must see the coach once a day.

- he wants to know when something good happens, not all bad.

Instant Coffee – quick results – not many things are instant coffee

Don’t give dessert as a reward, put it on the dinner plate in the middle of the carrots.

“Because you were taught something doesn’t mean it was right”

Perfect practice makes perfect is BS!

Perfectionists want to be pissed off – will shoot until they miss to be mad.

Go as fast as you can until you make a mistake – makes you better.

Try not using the word “Don’t” – use other words – be positive

What do you stand for? – emphasize that and make sure it's done.

Dean Oliver – “Basketball on Paper” – Book

Stats that most affect the outcome of the game.

1. Turnovers – Yours vs. Theirs – 3000 games of analysis +4.2 wins 64% of time
  - a. Re-inact the crime in practice when a player turns it over
  - b. Temple- they must dribble across the split line.
  - c. There are mathematical patterns to passing angles
    - i. Don't let turnovers go in your practices

Overpenetration – 5 on 4, 4 on 3, 3 on 2, 2 on 1, guards dribble to much

Dunlap doesn't allow a pass across the redline on transition.

Are you teaching your own Turnovers in practice? Rules to eliminate turnovers.

Jumping to the pass – he made everyone jump to show how foolish it looked..

- their life is in the air on jump passes.
- When you are trapped jumping to throw over the trap is acceptable.

Turnovers – usually the wrong person has the ball to much.

Temple – the point guard should have the ball 90% of the time.

Ideas + Follow Through = Change

“Figures Lie and Liars Figure”

- Fight to understand what your figures are saying.

**Blue**

- If wing plays the dribble, the other wing comes over to play the corner. Post frozen.

**Red**

- Post will come out and play the wing. (Novak can run red) Strand will stay home.]
- Running red (there's blood in the water). Run blue, get a few turnovers and turn it up by going to red and smell the blood in the water.

Checklists – Pilots have them

- checklists of what you need to do, day-in and day-out
  - o going on the road
  - o weights
  - o schedules
  - o practice

Every year redo your bio/resume. You never know.

“Lots of people have good ideas, how many follow through on them”

Write down 3 things a day to get done, for an entire week. – you wont get them all done.

“When you put something on paper – finish the job!”

1 or 2 ideas + follow through = Change

Post development Drills:

Send 4 guys to the offensive glass – 2 of them better be on the helpside.  
If we don't get the rebound – closest two guys trap the rebounder.

Use the dribble pull against zones.

Go by your cafeteria 10-15 minutes a day, 3 times a week. Get to know the pulse of your school. Call Dunlap back and let him know if that helped out your idea of what was happening in the school. Sit with the kids, not the other teachers.

Ask good questions when you are taking a new job. Talk to lots of people in that school. Find out gym availability, practice facilities. Talk to janitors, secretaries, café owners.

Build your army. – let people know what you are doing. PR goes a long way.  
Send out a newsletter in the fall talking about what's happening in the program.

Running Relays – stats have shown that running a relay your times are faster than if you ran by yourself.  
Teamwork. (Splits are faster)

Criticism – player to player is okay if it's done the right way – and at the right time.

Coaches are CRITICS: This is not a bad thing – give good and bad reviews. Make sure you are giving good reviews with the bad.

Praise – Prompt & Leave – “Tools for Teaching”

3 lines – middle person is responsible for starting together – timing of the drill

When pressure comes the first thing that falls is communication.

Lead your AD to your conclusion of situations by using a hypothetical...when they come to your outcome you have got them on your side. (Empower them for you)

There are no secrets in our program-

Player is late to practice – visit with player – share results of situation with team.

“Accountable” – things will be shared with the entire team.

Nothing personal is going to be shared with the team.

- if they tie this into basketball tell them they're out of bounds – will share w/team

Colorado State Practice –

-In Shell Drill Rebounding, both teams offensive rebound after the offense shoots. This helps your team be better offensive rebounders.

Elbow Jumpers 35 makes in 2 minutes going full court.

Put 20 suicides on the practice plan for the end of practice – ind. Players get minus 1 for every offensive rebound they get in practice. (Take away 3 for taking a charge.)

You start to organize your defense when you're still on offense.

“Teams are slow to live in the ballside” – jump to the ball.

Drill “4 in a line” – call out a # ie. 2 (2 man must touch baseline then get back for def.)



Sat. Afternoon:

Dunlap's dad was a tremendous role model and a terrible father.

Forgive yourself for having backwards priorities during the season.

When the season is over flip your priorities back to the way they should be.

“Wisdom comes at a terrible expense” – mistakes made and time lost.

Why are you coaching? Let your players know this everyday. A little bit each day.

Meet with your AD once a week. Can be through email.

Ask a player: “What's your greatest frustration” – will be the coach quite often.

Manage yourself first – take care of you. Sleep, diet, quiet time, exercise.

Take situations and put down the most important things to you & your program.

1. Offense
2. Defense
3. Taking the ball out of bounds
4. Rotate or help and recover – 3 reasons why we do it.
5. Post passer – things he should know
6. Post person – 3 things he should know
7. 3 things for press attack.
8. zone attack (4 things)
9. Technicals – what they need to know will happen
10. Shoes
11. Assistants – job & assignments.
12. Parents – rules, communication.
13. Game Day routine

Precision in your warmup affects how you play the game. Demand precision.

Team shoes and socks – no individuality

Hair – “Don't get sloppy or your mine”

Coaches – no different views on the floor – decide stuff like that in the office.

Ask your AD's what their expectations from you are.

Tell them what your expectations of them are.

Dress code – have players decide things and penalties.

Offense:

- Garbage in, Garbage out Theory
  - o Flush the toilet if something bad happens – missed FT or Layup.
  - o Missed FT – get off the line and forget it. Have a cue to move on.
  - o Fine Focus – breathing (take in a deep breath and play/shoot)

## Drills

- Put a time limit on the drill
- Make sure they know their personal record.
- They should try to beat themselves, win the basket, win the gym. Keep records.

From the baseline – fill the mid post area, catch-face & shoot, go back to baseline and return for another pass. Go 30 seconds. Goal is 9 banks in 30 seconds.

When you are blocked off as the low man on the weakside – take yourself middle to open up a rebounding lane for a teammate to get in there.

Getting the ball inside – 3 spots 1) Post 2) Short Corner 3) Elbow

Get your drills from your offense – have them take game shots at game speeds. Have them rotate spots in the drill and make sure you have them change sides.

Bobby Knight – start your drills from  $\frac{3}{4}$  court.

## Aspects of good drill

- 1) Time – keep pressure on them by using a time limit
- 2) Score – PR, basket winner, gym winner – keep records of these, they know PR
- 3) Rotation – have them rotate spots.
- 4) Change sides of the floor. (left and right)
- 5) Aspect of confusion – will always happen in championship games.
- 6) Advantage/Disadvantage (2 def vs. 3 off)

If you are a drill coach you will have slippage.  
3 on 2 must develop to 4 on 3 and 5 on 4.

Teach more whole than part early in the season.

Run less set plays and do more “How to Play”  
Players retain 30% more from whole vs. part

Dunlap coaches his top 8 players. You don't have time to coach everyone equally.  
Other players will strive to be in the top 8 and get your attention.  
Move players in and out of the top 8 as they earn/lose it.

Black Team (Top 8) let them sub themselves in and out – better players will stay on the floor more – lets you know what they think their pecking order is.

Balance the 3 on 3 teams for cutthroat.

If there is a problem with the whole while you are doing a drill, use a quick breakdown hitter drill to fix the problem and then go back to the whole again.

Teach inside pivot foot. Teaches players to be ambidextrous. Catch & Rip to Face.

### Player Development – Quicks

- Use the heavy trainer ball for passing
- Punch Fakes – short & quick
- Use the pad for bumping cutters and drivers

### Catching Rules:

- Feet and shoulders are to be square to the passer
- Jump stop on all catches
- Jump stop through the ball on your catch – meet the pass
- Let the passer see your numbers.

### Passing Rules:

- Placement – pass to the outside hand
  - o Deflections go off them & out of bounds, not off of us
- Have eye contact and numbers
  - o If you don't have eye contact – don't pass them the ball.
- Velocity
  - o Rip pivot – step into your pass and get off the ground – “lunge”
  - o In the corner – rip to the baseline first and then back out to the wing

### Cutters:

- Always complete your cut through the bottom of the net.
- If the pass is late you should shoot a reverse lay-in.

### Driving Line: direct line between the ball and the basket

- initiate contact with the defense
- hit and re-hit, don't let them take you off-line
- if you are taken off-line, re-establish a line and power through

### Poor Dribbler

- limit them to 1 dribble into a gap
- they should shoot pull-ups or use crackbacks.

### Against Ball Pressure

- Ball you man – use your butt – (butt-ball)
- V-Backs = like hop backs but keep the dribble to create space.

### Transition out of your drills – go to the other end for the next drill

Coach out of your pocket – be adjustable and have ingenuity.

Be upset about fundamentals.

### 1-1-3 Stuff

#### Ball Pressure – Sideline Pins

1 in the box = forwards up

Dead front the post - if you can't dead front—go butt to baseline and elbow down trap

Fake trap the corner – once the forward is down the center can back out.

Jump to the pass – Your biggest challenge is to get them to do it.

Cover ground on the jump –spacing

Rebound at spots – go get the ball – Wooden (cover the weakside)

“If we get an early shot we should get the rebound”

Defensive Drills – transition out of the drill one time. – Blocking off/outlets/fastbreak

### 1-1-3 Topics

- 1) Sideline Pins – man or zone (fight your battle)
  - a. Nobody can deny reversals to half court line.
  - b. When does your defense breakdown?
    - i. 3<sup>rd</sup> side reversals kill defenses.
- 2) Counting
  - a. Forward up = 1 in the box
  - b. Forward down = 2 or more in the box
- 3) Elbow Coverage
  - a. How?
    - i. 2 guards or 1 guard and 1 forward
- 4) Jumping to the Pass
  - a. Defensive spacing – all must do it or there will be a tear in your defense
  - b. Make them pass – passing is the worst offensive habit.
- 5) Defensive Boards
  - a. Spend time on this everyday – 10 to 15 minutes daily.
- 6) Sets
  - a. Use different sets offensively to test your defense
- 7) Shifts
  - a. Clockwise or Counter-clockwise on the weakside
  - b. Think directionally
- 8) Take the shape of their set
- 9) Make a commitment to not getting beat ballside
- 10) When you design how to win, you are designing how you can lose as well.
- 11) Lock down a good shooter and don't be in the defensive rotation.
- 12) Are we hard to prepare for? –Be Unique
- 13) High Hands – out and up, not to be below the waist
  - a. Hands are more important than your feet on defense – Dunlap
- 14) If you are quick you can get away with playing straight up man to man def.
- 15) If you have 2 quicks and 3 slows then you better play a switching man.
- 16) Trap all ball screens –if the screen defender is late then just switch it.
- 17) Trap the 1-4 flat set. Don't let the one guy beat you. Shift to the ballside of the floor.
- 18) Four absolutes: Stance, High Hands, Jumping to the Ball, Blocking Off

Situations in the 1-1-3 that they trap on.

- 1) Any Dribble penetration
- 2) If ball comes to the elbow
- 3) Post Entries
- 4) Short Corner
- 5) Wing to Corner 15 feet or shorter length pass
- 6) Any offensive rebound
- 7) Any on-ball screen
  - a. Other 3 defenders take 3 steps to the trap
  - b. Forces over the top pass to beat us
- 8) 1-4 Flats

- 9) Hand-offs
- 10) Skips – force them to the elbow and trap it there.
- 11) Trap off the free throw line either way the ball goes
- 12) Special adjustment
  - a. Don't sideline pin, push middle, stunt and trap the ball
    - i. Only use this 3 times a game, out of a timeout
- 13) Trap Offensive rebounds
- 14) 1-4 set – trap the entry to the wing
- 15) 1-4 set – trap the entry to the elbow
  - a. Trap off a jump ball every other game
- 16) Bait the post feed and trap down from the elbow
  - a. Do this against a bad passing post or bad post scorer.
  - b. Trick them into giving a bad player the ball and trap it.

Against a box and one or a triangle and two run the Jersey set.

Work a 3 man game on the left side using a UCLA cut and zip cuts

Make your players play defense with their hands behind their backs.

Last 3<sup>rd</sup> of the season don't allow reaching in during practice or games.

Play Cutthroat and tell 2 players on the team that they have 4 fouls

- teaches them to play with foul trouble. If they foul-take them out.

Stats that affect the game the most:

- 1) Turnovers – teams that create 4 turnovers more than they have win 64% of games
- 2) FG% - Yours vs. theirs, better shot selection and who's shooting.
- 3) FT's – makes + or - (How – Drive, get rebounds, and post touches)
- 4) Rebounds

Put Penny's on shooters in practice to emphasize guarding them.

They don't sideline pin with their forward in the 1-1-3 if there's a guy in the corner.

Echo Yells

Post Workouts

Drills should work on the following:

- Outlets
- Swim moves
- Perimeter passing
- Face cuts
- Flash, rip and face
- Shooting/driving

Don't throw the pass unless you see their eyes...includes passing to the coach.

Script the defense...if coach works the pad then he can script how to play the offense.

Three Defensive Covenants:

- 1) Jump to the ball
- 2) Defensive Rebounding
- 3) Closeouts

Three Offensive Covenants

- 1) Cut Hard

- 2) Ball Movement
- 3) Take Care of the Ball (Turnovers)