THE ORIGINAL  
DICK DEVENITO / DENA EVANS

POINT GUARD COLLEGE

Notes taken by Coach Scott Creighton
Point Guard College – Notes
Dena Evans, PGC Director @ Lynchburg College (June 17-21, 2003)

7 Critical Concepts of a Good Point Guard – RACE CAR

R - Race (a speed that makes the defense uncomfortable = fast dribble or pass)

A - Arc to arc (ball must move quickly in this area to create numbers advantage)

C - Control (#1 PG Commandment)
  - Look for ways to show off your control – dynamic jump stops in the lane.
  - Make teammates and coaches feel calm and confident when you have the ball.

E - Eagerly Hunt the Paint (obsessively)
  - Two feet in the lane.
  - Stop and get ferocious.
  - Assess the situation (1/8 second).
  - Don't hurry...huPPPPPpy (powerful, purposeful, peak at the rim, phake, precise and deliver pass accurately; shoot balanced shot).

C - Cleverness (use a lot of fakes; toy with the defense).

A - Arrum (get 'em in the air)

R - Reminders (over and over and over); only useful before they are needed.

Intangibles – 6 Ways to Enhance Any Basketball Activity - SCHAPE

S - Spirit (Great championship teams practice with enthusiasm and zest. Their gyms are never quiet.)

C - Communication (Good communication can lead to a championship performance.)

H - Hustle (An all the time thing; the only way to lead by example; it's contagious.)

A - Approach (attitude; body language; what does it tell everyone who is watching? how do you carry yourself?)

P - Precision (perform skills to perfection...at least attempt to; be exact; do the exact same thing correctly over and over and over.)

E - Enhancement (leave your environment better than you found it; you are either contributing or you are contaminating; you have to do more than is expected.)
Players should not allow the coaches voice to dominate practice. UCONN Head Coach, Geno Auriemma says, “Without spirit, they will have conditioning. They must find a way to contribute and not be selfish.”

A coaches job is to criticize and correct players and will be negative. The players job is to elevate spirit, enthusiasm, praise and encouragement.

Players that aren’t mentally tough focus more on petty problems (“I’m too cold”, “That’s not fair”, “I didn’t get my turn”, etc.) Boredom is a petty problem.

Are you practicing according to your aspirations?

If you play basketball trying not to make mistakes, you will make even more mistakes.

If you only lead by example, you are a very poor leader.

The most important time to be enthusiastic is when you don’t feel like it.

Younger players can lead older players without them knowing it...with encouragement.

If you want the coaches to have confidence in you...you must be enthusiastic, be coachable, work hard, produce, and be confident in yourself.

**NITE Communication**

N
Names – use at the beginning of instruction. They do better and will pay attention.

I
Information – important and significant ~ not chatter.

T
Tone of voice – encouragement and praise will make people play better and reach their potential.

E
Eye contact – make them look you in the eye.

**SCHAPE Shooting Drill:**

1. Catch the ball in a palm crouch w/ itchy fingers (“I want it”)
2. One-two step
3. Hold your follow through until you get the rebound
4. “Goldie Locks” pass to the next person in line (“just right”)
PIFN – Passing it for nothing
PIWAP – Pass it with a purpose

Any ball that goes out of bounds... it goes to the defense.

4 Zone Attack Rules (effective vs. all defenses)

1. BF&G (Ball fake and grimace); this will energize your cutters and make them feel seen.
2. Engage 2 (E2) – you want two people to guard you before you pass; be engaged, not married (gain their interest, but keep options open); C4 (see four teammates)
3. Make triangles (applies to people next to the ball) between two defenders; position a teammate into the triangle position ahead of time.
4. Dance (if you are not next to the ball) to the opening; triple wide when you dance (wide base, wide palms, wide mouth)

To beat a zone, you must puncture the middle. (1) Two feet in the paint (2) Pass to a dancer (3)
Only throw to people more open than you are.

Create an opening

Point guard must give leadership to teammates. Point guard must make 7 undeflected passes to 4 teammates. (1) utilize ball fakes (2) position one player
• making triangles
• ballhandling must E2 and C3/C4
• other teammate dances

“7 days without basketball makes one WEAK”

* If you think your shot has a chance of being bothered or blocked...go off of two feet...jump stop.

BASKETBALL ESSENTIALS

Tough Position – ball against chest, under chin, elbows out, balanced pivoting, change levels w/ your body up/down.
• pivot torture
• peak at the rim every time you touch leather
• grab loose balls...never dribble a loose ball...peak at the rim

Dribbling – eliminate P-dribbles (dribbles that aren’t fast forward or for a purpose); kill explosiveness, takes away first step, diminish ability to lead, harder to C4, kills team movement, often triggers traps. All dribbles should be explosive and with a purpose.

Passing mentality –

Junior High PG Mentality – always concerned with doing something fancy; release of pass; hate boring; maybe passes

Pro PG Mentality – always concerned with making highest % play; completing of pass; boring is good (worried about simplicity and precision and timing); sure passes

“Give it to me, I’ll give it right back.” (PG to post player) – do it early in the season to reap benefits

Shot Selection –
A point guard must influence team’s shot selection with daily conversation about the type of shots we want to take (“let’s get a good one”, “let’s get a lay up”, “let’s get an easy one”)

How to rate shot selection? (1-10)
9=90% shot; wide open lay up
7=70% shot; wide open jumper
5=50% shot; so-so shot (These are the shots that will win/lose the game for you.)
3=30% shot; off balance, fade away, contested

Good teams need to average “6” on practice shots.
The 'Hood at Midnight (These will cost you vs. better competition. Not a good habit to create.)

1. Leaping to pass. Can't fake when you are in the air.
2. Driving baseline. ONLY DO IT IF YOU KNOW YOU CAN SCORE!
3. BAP - Bad Passing Angles. Don't feed the post player when you are above FT line.

Mistake Response – Jack up your activity level immediately following a mistake; talk more; hustle more; more enthusiasm.

88' x 44' – stay out of the manure strip.

One minute drills
1. Tough position
2. Loose ball & peak
3. Hunt the paint (explosive dribble, HuPPPPPy, Goldie Locks pass)

VS. MAN TO MAN

1. Move in quick, sharp, purposeful, bursts of speed.
2. Screens (setting/using)
   a. Setting – Noisy jump stop, Double wide – open up, "illegal" Legal
   b. Using – (1) Wait (2) Wait some more (3) Wait just a little bit longer (4) Come off shoulder to hip (5) Look over your shoulder to read the defense – fade/curl
3. Spacing (15-18 feet away from everybody else)

* Put your shoulder on defenders hip as you go by them (not around them)

Michael Jordan on the jab series..."whatever the defense decides, they are wrong..."

BEATING A DEFENDER 1 ON 1 (Scoring on them and/or getting into the paint technique.)

1. Become a better shooter.
2. Learn to play with two distinct actions.
   a. Move the defense with some type of jab or arrum.
   b. Make your move off of their reaction.
3. Master the jab series (aka...rocker step)
   a. Jab/Go
   b. Jab/Crossover
   c. Jab/Show
   d. Jab/Show/Go
   e. Jab/Show/Crossover

Fake sandwich – Fake, two explosive dribbles, dynamic jump stop, arrum, shot.

* Learn to make moves within 1 second of receiving the ball.
* Do everything on balance.

Go shoulder to hip!

"You should practice all the time the way you will need to play in a tough game at an important time."
ONE ON ONE GAMES – No rebounds (only one shot); Not make it/take it; No fouls (call obvious ones)

1. Race from the elbow – working on explosiveness and finish; one dribble; must go off two feet; D can’t move until O does; alternate O/D and alternate elbows.

2. One on one from the Foul line – Defense hands the ball to offense to begin; O has 3 Seconds to score; O must go off of two feet; one dribble max

3. Back to basket from Foul line – Same as #2 except O faces away from basket and starts with violent pivot to face hoop; defense starts with forearm in O’s back; peak at the rim; continue #2 rules from here.

4. One on one off the Catch – Same rules as #2 and #3; 3 seconds to score; one dribble; two foot take off.

5. 5 Seconds to Win – Long whistle = start; Short whistle = stop; Offense must get two feet in the paint before you can score; O come in full speed; keep moves simple.
FAST BREAKS & OPPORTUNISM

How do you recognize them? How do you take advantage of them?

If at all possible, throw a face high bounce pass. Zip pass by the ear if possible. (Look for windows.)

3 Things to know about each fast break

1. Who's with me? Best finisher? Worst hands? 2 or more?
2. Who's the defender(s)?
3. Who's coming next? Trailer? Additional defender?

* Always bring the ball down court as if you have numbers. Try to use up two defenders. Don't force the action & make a bad decision (go into the secondary).

* Race in a straight line (N-S, not E-W)

Advantage Offense = You have the numbers!

Advantage Defense = You must be active...skirmish...make offense unsure, hesitant as to what you are going to do. Try to make them take a shot on one side (usually left)

Not so Obvious Advantage Situations

1. When opponent falls down.
2. When ball is passed out of a trap.
3. 3 on 3.
4. Mismatches; fire calls.

Obvious Sitations

1. 2 on 1 (get a lay up)
   * 5 seconds, 1 pass maximum, 25 possessions each team, keep score contest.

   ![Diagram of 2 on 1 situation]

2. 3 on 1 (still looking for a lay up first)
   * w/ wrinkle (still 5 seconds, 1 pass max, and 25 possessions each)

   ![Diagram of 3 on 1 situation]
3. 3 on 2 (looking for a lay up first, but will settle for a wide open elbow jumper)  
* give it up early and drift to ball side elbow for a return pass; 2 passes max; 5 seconds; 25 possessions each.

4. 4 on 3

**History Lesson:**
Most people don't realize this, but in the 1920's there were two great basketball coaching minds.
- Adolf Hitler – Blitzkrieg Presses 101 – Dominate the world of basketball with presses.
- Albert Einstein – “Easy to beat...here's the formula on how to beat the press.”

1. **Formula** – 1 Offensive Player + 1 Offensive Player Far Away = 3 Offensive Players
   Trapped by 2 Def. 1 Defensive Player Far Away 2 Defensive Players

2. **Fantasy** – Call a Goon! Turn them into a dancer.

3. **Frase** – Every trapped ball needs three receivers nearby.

4. **Farce** – Pressure is designed to make you hurry. Don’t give a pressing team permission to do that. It's a farce...it's not real!

- Get a “MONSTER MENTALITY” vs. pressing/trapping. Own your space!!!
- **PISTON PASS** – Keep ball at your shoulder and look for windows. Bend knees and look with your eyes to fake while you look for windows. It can't be deflected if you throw it correctly.
- A point guard must be able to get open vs. a press.
4-WAY RACE
1. Run in straight lines, not curves (horizontally or vertically) to get open.
2. Take BIG steps to get open.
3. When you catch the ball do not use a momentum dribble. Instead, take a peak at the rim and get into Tough Position.
4. Stay out of the manure!!!

1 on 2 - Best Ballhandling Drill (game like situation) from Dena Evans
- The offensive player must jump stop in the paint at the other end to win.
- Defense – don’t give up your sideline; opposite defender looks to trap from behind; If offense splits trap, both defenders look to swipe from behind.

2 on 3 - Offense must get ball inbounds within 5 seconds; to win, the pass leading to a score must come out of the paint, not off the dribble.
- If 2 defenders on you = find your teammate to pass to.
- If 1 defender on you = beat them to the paint.

3 on 3 - 1 pivots like a monster in the trap. 2 and 3 fill triangles. Then...1 passes to 2 or 3, and defender trap the new ballhandler...REPEAT.
DEFENSIVE PRESENCE & PESTITUDE
Ways to be special on defense (constant irritation and disruptive to the offense)

1. Be in the offensive players comfort zone when guarding the ball.
2. Off the ball, be active. Skirmish. Think “what’s going to happen next.”
3. Use TALK help on defense. Transition defense is where this can be the most helpful.
4. Always beat the ball and stay ahead of it.
5. Always force LEFT. Into situations in which they are not as likely to be successful. (If they give you a shake ‘n bake move, guess they going RIGHT)
6. Play like you are a Mother Leopard. Be worried, concerned about more than just stopping your man. Be disruptive away from the ball as well.
7. Constantly keep asking yourself, “Am I right now in position and ready to stop a dribbled in lay up?”
8. See the ball ALL THE TIME or as much as possible. Take your eye off the ball ONLY with the greatest reluctance.
9. Understand the definition of a foul. Anything that looks like a foul to an official and results in a whistle being blown. Don’t do things that look like fouls to an official...reaches.
10. Don’t waste your time trying to block a shot. Instead...BOTHER the shot by getting a hand up, etc.
11. Demonstrate urgency. Play defense as if $1,000,000.00 was riding on every single possession. Make it obvious you want to stop the other team.
12. Don’t allow yourself to get screened. Be active, moving target. “Players that get screened want to be screened,” Dawn Staley. Disrupt all screens. Spin off of screens to be difficult vs. the offense.

Imagine you have white paint on your shoes. Put foot prints all over the floor.

REACHES: Palm down = foul Palm up = OK

GAME SITUATIONS

Attacking 1-3-1
1. Start your attack with a PAUSE. Soften it a little with a ball fake at least once. Set your table.
2. You want a high dancer...as high as he needs to come to get in front of the middle defender.
3. You want somebody on diagonal box. (opposite block)
4. Reverse the ball across the top. Sometimes you may need to reverse again.

Reminders
1. Every trapped ball needs 3 nearby receivers.
2. Be a monster in Tough Position.
3. P-dribbles & momentum dribbles are a NO-NO.
4. Stay out of the manure strip.
5. Pass out of trouble.
6. Settle for 7, 8, and 9 shot selection.

How do you guard a bigger/stronger player on the block?
- Don’t get in a strength game with them. Get in an active, spinning, moving game with them.
• Put forearms in front of face and encourage them to shoot a fade away.

How do you guard a superstar player? (...make them uncomfortable or have a bad game)
• Don’t give them too much respect.
• Pick them up early. We want to dictate to him and force him to make his move early and give your teammates more time to help.
• Make him use his weaker hand. Take away going to his RIGHT and his jumper. If you get beat...gnaw pocket.

POINT GUARD ESOTERIC (Things understood only by a PG)... SECRETS

• Always be aware of creating space for your teammates...and time. Chest passes are faster, stay on the floor to pass, use ball fakes.
• Call the play early (in the back court) if at all possible.
• Make a short, sure entry pass to initiate offense. Learn to make that pass with either hand. Don’t make entry pass off of a p-dribble. Threaten the middle and then make entry pass if necessary.
• How do you read the defense? Send your worst player through the lane to see if defense follows = M-M. When in doubt, run your M-M offense until you know.
• Dead ball time...what do you do when the clock is stopped? Re-think time & score situations. Encourage your teammates. Use a 6 to 1 compliment to criticism ratio. Encourage them to use their strengths. Give reminders. Treat your subs like honored guests to the game (relieves nervousness, anxiety, tension, etc.)
• Any time there is a turnover, make some kind of eye contact with the person(s) involved in the turnover. Never score a basket without acknowledging somebody for the pass, screen, etc.
• Constantly make all of your teammates feel like you have a special interest in giving them the ball.

REBOUNDING

Offensive Rebounding
Don’t take yourself out of the play. Observe from the STRIP (between HS and NBA 3 point line) so that you can get the long rebound, loose ball, or kick out for a spot up 3. Then, be ready to get back on defense.

Defensive Rebounding
Block out. See how many times you can get in someone elses way if your man doesn’t crash.

Receiving Outlet Pass
Put your butt to the sideline. Don’t make your big man be the PG. First thought should be “GO GET THE BALL”. Grab/catch and peak before you dribble or pass.

Default Play
One you go to if nothing is called or if offense breaks down, etc.

Prioritize Your Passing Options
Try to get your better shooter in the better position to score. Don’t pass just because they are open.
**Reward Your Big Man**
Keeps them running the floor, rebounding, passing back out to the perimeter, etc.

**Don't Blame The Referees For Losses**
Know in advance that referees stink. Expect 20-30 bad calls. Keep your focus on the game. Don't waste your time worrying about the referees.

**GAME SITUATIONS**

1. Ahead at the end of the game. Your team is on offense and you are ahead at the end of the game with 1 minute to go. 5 on 5 offense must complete 15 undeflected passes. No dribbles (Dribbles, deflections are turnovers as well).
2. Call Out a Name – Remain poised under pressure; stay calm; make clear decisions; demand the ball and get the ball; NO Dribbling (so defense can put extra pressure on); PG with ball calls out a “name”; that player must go get the ball; repeat; to win, you must get seven exchanges without a turnover; everyone else stays still until their name is called (same with the defender).

![Image of basketball court]

“Never mistake activity for achievement.” John Wooden

**SHOOTING MISC.** Game shots from game spots at game speed.
- Shots come from legs, wrist and fingers. The less movement, the better and more consistent the shot.
- Count your shots, record results and mark improvement.
- Practice shooting shots that matter. Shoot them in sets of 10 or 20. Give yourself a goal (make it challenging, but not unattainable)
- Quicker release comes from better footwork and footwork preparation.

**Sample Shooting Workout (500 Shots)**
1. Swish shots (work up to 20 in a row)
2. Catch & Shoot Shots (shots you shoot off the pass) = 100 2’s + 100 3’s

![Image of basketball court]

3. Shoot Off the Dribble (efficiently) – Groove shots – 100
   a. Quickness & accuracy ~ push yourself to the edge of out of control
   b. Bounce ball as hard as you can and low
   c. Boom 1-2
   d. Lower opposite shoulder (opposite of dribbling hand) & then explode up; deceptive
   e. Land in the same place you take off of
4. Zone Shots – 50 (drag foot) ~ extended legs into an inside pivot & shot
5. Shots Off Jabs – 50; from wing, top of the key, etc.
6. Free Throws – 100; shoot them in between sets of other shots; shoot them when you are tired.

- When learning your shot, you must not quit. Instead you must persevere until that big leap in % occurs. Then continue.

CONFIDENCE

Confidence comes from (1) preparation (2) what you think about all day.

“People tend to become what they think about all day.” Sports Psychologist, Bob Rotella

1. 9/10 – think about shot I missed; 1/10 think about shot made (Sheryl Swoopes, “Man, did you see that shot I made.”)
2. Michael Jordan spent 15 minutes after every game thinking about what he did wrong. After that he moved on and forgot about it.
3. Diana Taurasi, “I replayed the game in my mind that night and never thought about it again. It will never happen again.” (after a 1-15 game vs. Notre Dame, freshmen year)
4. Abe Lincoln, “If we magnified our pleasures the way we magnify our disappointments, we would all be happier.”

Focus on the feel & how you want it to feel!

“Your level of fatigue should have nothing to do with speeding up or slowing down the game/tempo.”

TEMPO (the number of offensive possessions that each team gets in a given period of time)
The better team wants the faster tempo. The more possessions there are, the more chances the better team has to score. The fewer possessions there are, the more it favors the weaker team. Evenly matched teams > manipulate tempo to elongate your streaks and minimize opponents streaks. (Pay attention to streaks, spurts, runs, etc. = KEY TO CLOSE GAMES)

- How to elongate your streak? When your team is on a roll, the last thing you want to do is slow down. Keep running. Feed the “hot hand”.
- How to stop opponents streak? ONLY way to slow tempo is to force defensive action.
- Recognize when opponent scores twice in a row. That should be a signal to alter the tempo (If you wait too long…it’s too late)
- Drooping signs (1) Arguing with teammates & referees (2) Phantom injuries (3) Loaf more getting up/down floor (4) Stop all communication during dead ball
BASKETBALL JAI-ALAI

Begin with Team 1 vs. Team 2. Teams 3, 4, 5, etc. are on the sideline waiting to enter. Winner stays on. Next number is on deck. Team on deck must enter from the end of the court in which the winner scored (that means they must move up/down the sideline so that they can enter the court ASAP). Loser exits court and goes to end of the line.

Winner is first team that scores 15...all the way down until there is one team remaining. Then, divide to 3 vs. 2, 2 vs. 1, 1 vs. 1, etc. Last man standing must make 7 FT’s in a row.

* **ETDMTY**S: “Expect To Do More Than Your Share!”
* Duke echos the name of all drills.
* Coaches love players that are able to “shhh” their teammates when it’s time to listen.