Becoming a special point guard — accumulate a little at a time.

Leadership is a full time job...leadership is acting outside of your comfort zone.
  - Doing your best
  - Inspire your teammates

Video Clips is an effective way to learn and teach the game.

Class Time: 8:45 AM, 2 PM, 7 PM (DeVenzio Time 20-25 minutes early)...it pays to be early.

**Temporary Inconvenience = Permanent Improvement**

(Make Sacrifices)  (Experience Success)

Mental Toughness: What you chose to focus on.
Example: Hot, cold, the ball is flat, the rim’s tight, my feet hurt...whine and complain all the time about the conditions around you.

Mentally Tough Athletes...take pride in the condition and the opportunity in front of them.

To achieve greatness it requires a lot of time, preparation, skill work, conditioning, toughness.

Ask yourself: “Am I practicing according to my aspirations.

The biggest mistakes point guards make is being...
  ...shy
  ...too cool
TALKING BASKETBALL: DAY 1

“RACE CAR” — 7 Concepts Every Point Guard Should Know

**RACE THE BALL**
Make it a habit to get the ball from one arc to the other with the pass or dribble...base your game on habit...bring the ball up the floor at a speed that makes the defense uncomfortable and take control of the advantage of a disorganized defense.

**ARC TO ARC**
“Race” don’t “rush”...don’t want forced quick shots.

**CONTROL**
Special point guard can balance playing fast and under control.

**RAGERLY HUNT THE PAINT**
When recruiting, John Wooden looked for two things in a point guard: *Quickness & Composure*.

**CLEVERNESS**
The #1 way to show off control is by using “dynamic jump stops.”

**CAR-EM’S**
Get yourself in the lane...seek the lane...impatient desire to get to the lane...don’t hurry when you get to the lane.
1. Stop (Jump Stop)
2. Don’t hurry, hupppy
   P = Powerful (physically/mentally)
   P = Peek (at the rim)
   P = Patience
   P = Purposeful (be decisive)

Essence of the game is being deceptive...make your opponent look foolish...use a lot of fakes...toy with the defense.

Don’t play not to make mistakes.

Pump fake, peek at rim to get defender in the air — make it a habit.

Overlooked skill is reminders...give reminders before they are needed.

If the only way you lead is by example, you are a poor leader.

Good point guard recognized the situation before it happens and gives a reminder to impact the play.
6 INTANGIBLES TO MASTER THAT MAKE YOU INVALUABLE

SPIRIT

— good teams practice with enthusiasm and zest...a quiet gym is a losing gym...Enthusiasm = Excellence...demand energy.

“Championships are won with high levels of energy, spirit, and enthusiasm.”

COMMUNICATION

— talk on the floor, call names, give them reminders often.

HUSTLE

— is on all the time—not a sometime thing...“sheepdog mentality...persistent, enthused, work, everyday.

ATTITUDE

— body language is important

PRECISION

— exactness...attention to detail...accuracy...sharpness of approach.

ENHANCEMENT

— Contribute to environment—don’t contaminate it...make I better doing something extra...expect to do more than your expected of...do extra...come earlier, stay later, compliment someone, smile, push a broom, pick up trash......and don’t expect praise for doing extra

MORE ON THE 6 INTANGIBLES

SPIRIT

— Say 2 positive things a minute (“good shot”, “good job,” “nice pass”) Don’t let you coach’s voice dominate the practice Spirit is a requirement to win championships. Manufacture some energy even when you don’t feel like it (mental toughness). Those are the most important times to bring energy. “Fake it to make it” Level of energy increases practice sessions. “All great leaders possess spirit.”

COMMUNICATION

— Coach K has Offensive System, Defensive System, and Talking System. Great goal — be the best communicator on the floor Communication is a skill Names...use them...people do better when they hear their names... “Ryan, blockout.” Information...Give them info relevant to the matter at hand...meaningful talk Tone of Voice...people respond to how you say something...the ability to praise and
encouragement through your tone is critical and important.

**Eye Contact**...Stress eye contract...demand it...it gives trust between coach and player; player and player.

**HUSTLE**
Hustlers go hard all the time! Lead by example...it takes away from everyone else making excuses...it’s very contagious...hustle is both on and off the court...you have to help your teammates come early to shoot or study for a test.

Sheepdog mentality — teammates are like sheep — stay on them and make sure you keep the herd together, don’t let them go 12 to 13 directions.

**APPROACH**
Attitude or method used...are the in/out of the huddle...body language — the way you carry yourself...confident...standing tall, positive...does you body language change when things are going bad?...drooping, pout after missed shots?

Dick DeVenzio: “Act enthused...look like you agree even when you don’t.”

**PRECISION**
Do things exactly right every time...touch the lines when running...Japan built Bullet Trains (very fast) - the average delay time is 6 seconds...takes people being dedicated to precision.

**ENHANCEMENT**
“Leave environment better than you found it...leave your mark on it!”

Coaches love players that can shape teams:
- Get the team in a huddle
- Prepare the team for practice
- Finish 1st in every drill
- Hustle all the time
- Going game speed in every drill
- Giving feedback

**ZONE ATTACK RULES**
Create openings, looking special — applies to any zone defense

#1 Engage 2 defenders...occupy to defenders but see four teammates.

#2 Make an Equilateral Triangle w/nearest 2 defenders...make the defenders indecisive.
#3 Dance into openings
How to dance into openings
   - Dance “triple wide”
   - Feed Wide
   - Hands up Wide
   - Mouth Wide (call someone’s name)

Easiest way to score is off a “dancer to dancer” pass

#4 BF & G...Ball Fakes & Grimace
Grimace—facial expressions...make teammates feel seen

To beat a zone, you must “puncture” the middle
   - Pass to a dancer
   - Hunt the paint

Classroom Session #2

Jump Stops and Control
   - Off 2 feet...more control & power
   - Off 1 foot...no control — always leads to charge, off balance shot
   - Change of pace, race the ball
   - Jump stops create time for you...never any reason to hurry

Zone Offense
   - Penetrate & kick out for shot

Eliminate P Dribbles (Dribbling In One Spot)
   - Kills Explosiveness
   - Diminish your ability to position or lead your team
   - Kills movement of your teammates (they may stand and just watch you dribble)
   - P Dribbles trigger traps

Eliminate momentum dribble (immediately putting it on the floor when caught)
   - Causes you to travel, charge or kill dribble
   - Catch, Look, then Explode

Stay out of manure strip (sidelines, baseline)
   - Turnovers happen here

Passing (Precision/Timing)
   - Take pride in ability to spoon feed cutters/shooters
   - Throw passes that are perfect — time, accuracy, easy to catch
Shot Selection
Determines wins/losses
“The team that can get the most easy shots will win the game.”

Great point guards/coaches love easy shots

<table>
<thead>
<tr>
<th>SHOOTING SCALE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>9 - 90%</td>
<td>Wide Open Lay-Ups</td>
</tr>
<tr>
<td>7 - 70%</td>
<td>Wide Open Jumper in Range, On Balance, and Uncontested</td>
</tr>
<tr>
<td>5 - 50%</td>
<td>So-So</td>
</tr>
<tr>
<td>3 - 30%</td>
<td>3rd Grade Shot, Off Balance, 20-30 Feet Away, Contest, Out of Control</td>
</tr>
</tbody>
</table>

Depends upon who’s taking the shot...Only look to take 7, 8, 9 rated shots.

Point guard should influence shot selection

Determine the difference between 55% & 45% shots
Usually if a team shoots 55% or better they win...45% or less, they lose.

Coach: Demand only 6 or better rated shots...under 6 results in penalty at practice.

Influence teammates/players by giving or having a daily conversation (summer, practice, in-season, games)... “Let’s get a 9, 8 shot on this trip.”

Good players know how to pass up a 5-6 shot for a 8-9 shot.

Mistake Response
Everyone makes mistakes, but what is your response to it?

Goal...see if you can respond to your mistake better than anybody you know...clap, smile, nod head.
The Hood & Midnight — (A No-No...Don’t Go There!)
Leaping to a pass — leaving your feet to pass
  Only pass w/feet on the floor
Stay On The Floor — You Can Do More
BAPS—Bad Angle Passes
  Do not feed post from above the free throw line
Baseline Drives
  Not a lot of good things happen on the baseline
  Easy to pick up a charge
  Step out of bounds
  Turnovers on pass out
  Look small (shot blocked)

Tough Positioning
  Chin Ball, Elbows Out, Ball Against Shoulder, Pivot Violently, Head Up
  Never turn your back or stand up
  Own your space
  Being boss w/the ball

Grab Loose Balls
  Never dribble a loose ball, kills explosiveness
  Shield defense off w/body and grab the loose ball, chin it, then peek.
  Basketball is a game of habits, players will revert to dominant habits

Peek (touch leather and peek @your rim)
  Jason Kidd always peeks at goal to find open man
  Establish this great habit = Grab & Peek
  Improves your court vision
  Makes you a threat

MAN TO MAN ATTACK RULES

3 Things That Make You Successful Against Man to Man

#1 Move...in quick, short, purposeful movements...cut/play in straight lines

#2 Screens...set one requires 3 habits
  —Noisy Screen...feet coming to jump stop
  —Collision...make contact with a body
  —Double Wide...low stance & open up for 2nd contact
#3 Using Screens
   Wait
   Wait some more
   Wait a little longer
   Come off shoulder to hip

Video Session
P Dribbles — trigger traps, allow defense to get ready to help, no explosiveness.

Bad Angle Pass—missed out on easy baskets...make one more dribble to improve passing angle to post.

Leaping to Pass—can’t ball fake...once you leave your feet you are committed.

Baseline Drives — no reason to go baseline

**Dena Evans Moment — Inspirational Quotes**

“True character is real when you face adversity.”
“Stand out when the chips are down and against you.”
“Always do more than asked.”
“You should practice all the time the way you'll need to play in a tough game and at an important time.”

1/1 Domination
It's critical that you are able to beat one man.
1/1 is a waste of time without restrictions

**5 Ways To Practice 1/1 (Game Related)**

#1 Become a better shooter—best way to become a better 1/1 player

#2 Move 'em, then make you move...unbalance them w/jab step...peek @rim, shot fake...use explosive dribble when making move...stay low.

#3 Fake Sandwich...use 2 fakes (beginning of move, end of move)

#4 Beat your man w/one explosive dribble

#5 Do everything on balance.

Fast way to improve is to compete.
Big difference between competing and playing hard...PLAY TO WIN!

**PLAYING HARD vs. COMPETING**

<table>
<thead>
<tr>
<th>Dive on floor</th>
<th>Dive on floor &amp; recover the ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blockout</td>
<td>Blockout &amp; Rebound</td>
</tr>
</tbody>
</table>

Never let one man stop you.

**OPPORTUNISM**

3 Things to know on Fast Break

#1 Who’s with me (finisher/non-finisher)

#2 Who’s against me (size/numbers)

#3 Who’s coming next (offense/defense/3 point shooter/post flasher)

**Fast Break Philosophy**

<table>
<thead>
<tr>
<th>JUNIOR HIGH POINT GUARD vs. PROFESSIONAL POINT GUARD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fancy</td>
</tr>
<tr>
<td>Coolness/Release</td>
</tr>
<tr>
<td>Looks for oohs &amp; ahhs</td>
</tr>
</tbody>
</table>

Hard to mix coolness and timing/accuracy

If you need a great play to score an advantage point you don’t know how to play.

When to pick up your dribble:
  - When 2 defenders are on you
  - When you get inside the arc — defense has to respect you

Most teams do not play good transition defense

Eliminate U dribble — allows defense time to set up

Swoop down on the defense — sprint and get somewhere dangerous
  - Reward players running with you — get them the ball
  - Make eye contact with 4 teammates
**Scenario (not so obvious opportunity)**

If a defender falls because of injury, etc., push the ball quickly down the floor and find the open man.

Ball comes out of trap — every time you get it out of a trap you have numbers (4/3)

Mismatches—big on small/small on big

**Disadvantage Defense**

Be active (skirmish) guard 2 @once

Force teams to finish on the left side of the floor

**Advantage break drills**

2/1 - Think a lay-up...have a score first mentality  
Eliminate slow bounce pass  
Make a face high pass that leads to a 9

2/1 Game

Best out of 25 possessions  
5 Seconds to score  
One Pass Max  
One Shot  

TP: whenever your shot has a chance of being blocked or bothered you should go off of 2 feet.

3/1 Game

Turn every 3/1 into a 2/1 Plus  
Access who’s with you and dribble away from w/ scoring mentality  
5 Seconds to Score  
One Pass max
3/2 Situation
Asses who’s with you
Give it to the best ball handler on the wing
Go to ball side elbow
Use ball fakes

4/3 Game

![Diagram #3]

Coach has ball and tosses it to one of the four players
Rest of the players should swoop
Ball handler needs to ball fake and hit open player
One Pass Max
5 Seconds

Video Sessions

Arrums are a great way to get to the free throw line.

“You don’t defend, you don’t win.” - Dick Vitale

Fast Breaks

Face high passes vs. bounce passes

Always look to break before setting it up...even if you don’t have numbers you can get to the lane, kick it out, then get it back to set up offense without P dribbling.

BEATING PRESSURE W/POISE

Coolness under pressure...calmness under adversity

Presses are easy to beat...“they press, they pay”

Pete Gaudet: “Full court press doesn’t work against great players that know how to play.”
Formula for beating all presses:
- Have an attack mindset, put fear in their mind
- Traps are opportunities to get easy baskets
- Any pass out of a trap is a good pass.

Fantasy
- Goods allow presses to work
- Don’t leave guards to bring ball down by themselves.

Phrase
- Every trap ball needs 3 nearby receivers

Façade
- Pressure is a false front to make you hurry, panic, make errors, and take quick shots
- Misconception—presses are used to make you take bad shots. You beat a press when you get easy shots (8’s and 9’s)

Your attitude/demeanor is going to have an effect on your teammates…calm/poised vs. rattled/nervous.

Skills/Techniques Used To Beat Traps/Presses

Get Ferocious — mentally and physically

Piston Pass — look for windows.

Keep the ball at your shoulder
 Able to make pass w/left or right hand
 Fake w/eyes and knees
Four Way Race—take big steps...5 seconds or less.

Diagram #4: Horizontal Race
Get open in straight line (R or L)
Change speed & direction
Stay away from manure strip
Catch, peek, face, get tough — immediately

Diagram #5: Vertical Race
Run away from the ball immediately as fast as you can and come back
Lob pass can not go past the top of the key

BEST BALL HANDLING DRILLS

Overload principle...work vs. 2 to prepare you to beat 1.

1/2 Full Court

Offense has to get to opposite lane and jump stop (no shot)

Defense:
Don’t give up sideline
No sagging
Gnaw pocket defense
Don’t get beat on side
**2/3 Full Court**

Offense must jump stop in paint and make pass out to teammate who is getting “dangerous.”

If no shot after catching, hunt paint and kick to teammate.

Continue until you get an open shot.

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**DEFENSE**

Presence and Pestitude
Play w/sense of urgency—convince teammates to play the same way.
Anticipate move every possession
Guaranteed Championship if you don’t give up open lay-ups, uncontested jumpers and 2nd shots.

Fouls are errors/mistakes
Things that hurt your teammates...not smart
A foul is anything that looks like foul that causes the whistle to blow.

Pestitude…
- don't get screened
- disrupt screens being set
- bump cutters
- don’t leave your feet to try and block a shot
- be smart

“Bother, Don’t Block” - Dena Evans on smart point guard defense.

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**GAME SITUATIONS**

Call the play in the backcourt

Send your worse player (offensively) through the lane to check if defense is man or zone.
If you can’t tell if it is man or zone, run a man play.

Breaking the 1-3-1 Trap
- Set your table (high dancer)
- Move ‘em
- Every ball trap you must have 3 nearby receivers

**POINT GUARD HISOTERICA**

Only a few knowledgeable Inner circle people can understand

Create space/time for teammates w/ball fakes, straight passes, staying on the floor.

Spend more time working on skills (getting good) vs. getting seen...shooting/ball handling, weights — these lead to wins.

Steal space/time by using a drag foot...one foot/toes facing the goal behind the 3 point line and shoulders open to passer.

Prioritize your passing options:
- Put your teammates in position where they are successful
- No “PiFiN” = Passing For Nothing

Make teammates feel like you have a special interest in getting them the ball.
  i.e. Magic Johnson made teammates look/feel better w/one-on-one conversation of compliments about their game...leadership is a FULL-TIME JOB.

**DEAD BALL TIME (when the clock is stopped)**

What could you do to help your team
- Always check the time and score
- How many timeouts/fouls to give do we have?
- Give as many reminders as possible
- Encourage your teammates
  - 6:1 positive statements to criticisms
- Talk one-on-one with teammates
- Treat all subs with respect
  - Give ‘em the 411...defense and encouragement
- Never introduce tension from the previous play
- Watch game tape of yourself during dead ball time
- Don’t blame refs for losses, turnover, poor shot selection, lack of effort

Make eye contact on all turnovers — don’t destroy team chemistry...don’t look disgusted or put your head down.
Afternoon Session

Practice makes permanent

Shooting...spend 1 hour/30 minutes in gym everyday.

500 Made Shots
20 swish shots in a row (warm-up)
200 catch and shoot shot — off the pass 2 & 3’s
100 drag foot shot/fake sandwiches
100 groove shots (practice pull-up jumpers)
50 add fake sandwiches

CONFIDENCE

Comes from 2 things:

#1 Preparation — time & effort
#2 What you think about all day...you become what you think about.

Rick Carlisle is most confident person Dena knows...He always thinks about the 1 good thing he did.

Dr. Bob Rotelo: “Allow yourself the luxury of forgetting the unpleasant experience.”

Diana Taruasi: She was 1-15 in national championship game. “I replayed the game in my mind that night and I never thought about it again. Yeah, I was mad, but I forgot about it and move on to the next challenge.”

Michael Jordan: “Think about mistakes for 15 to 20 minutes and never think about it again.”

Abraham Lincoln: “If we magnify our pleasures the way we magnify our disappointments, we would be a lot more successful.”

Dena Evans: “You are your #1 critic. But you should also be your #1 fan.”

Thinking Positive Thoughts = Performing Better on Tasks

Things to Help Increase Confidence

Write down 10 good things you did well in game/practice
Think about what it is that you love about playing
Train mental thoughts/habits
You have 100% control of your thoughts — no one can take that away
Control you mind, don’t let your mind control you.
**Tempo**

Tempo = the # of offensive possession that each team gets in a given amount of time...how long did the possession last?

Controlling tempo…
Lower the possessions when your team is less talented and skilled
Raise the tempo when your team is more talented and skilled

Mastering Tempo
When a team scores 2 in a row change tempo...slow it down...longer possession with more screens...no quick shots...don't take a timeout unless you have a perfect play to call because the defense will still be hyped up and now rested...demand that you get an 8 or 9 shot from your teammates.

Dean Smith never called a timeout during a run by an opponent.

It your team is on a run, maintain it; make opponent possession short — press, trap, deny passing lane...it may be OK to take an open 3 off fast break.

You should never slow down/speed up a game based on your level of energy.

Drooping Team
-No communication
-Down cast look