

60 Seconds with KG!

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60 Seconds with KG! - Contents (cont.)

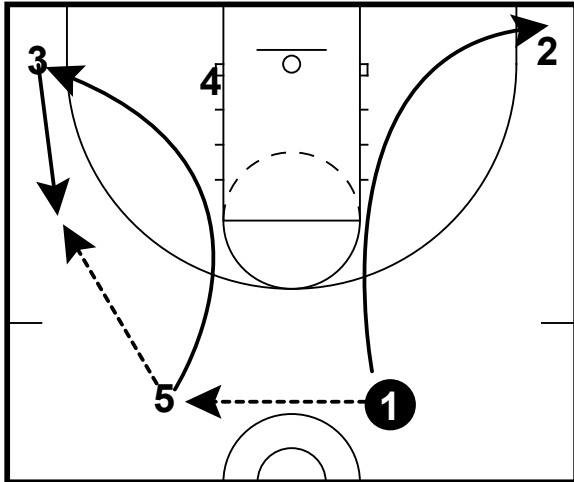
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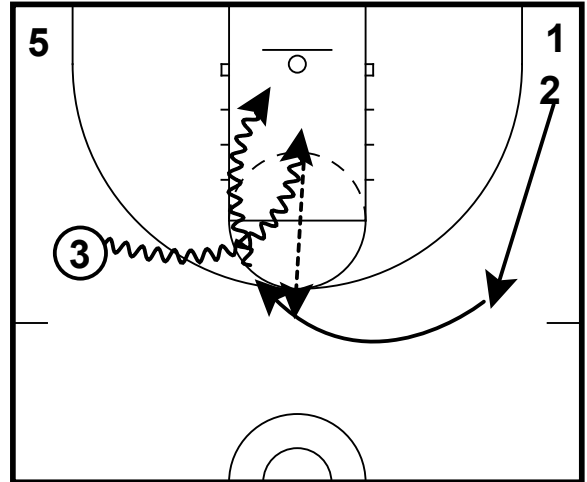
Episode 1

ROCKET - EP 1
FIST Series



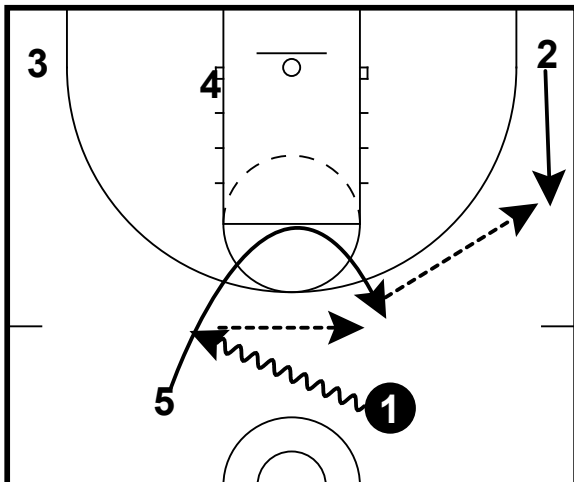
1 to 5 to 3 then 1 and 5 DEEP sprint cut to the corners giving 2 and 3 room to drive.

ROCKET - EP 1
FIST Series



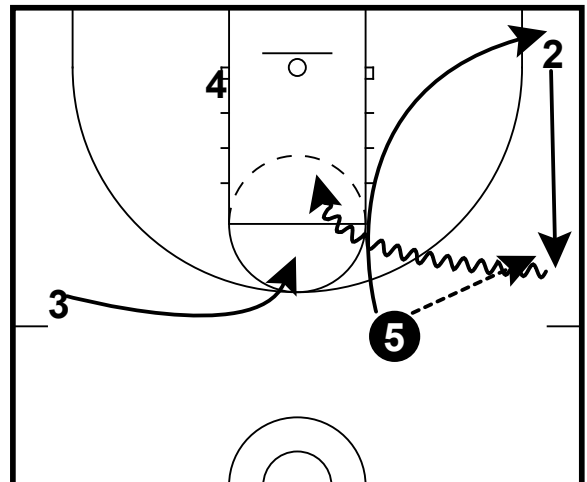
3 racks it and 2 comes behind for kick back. IMPORTANT for weakside guard to lift early to create downhill drive.

ROCKET - EP 1
FIST Series



We start with NAIL CUT then action starts

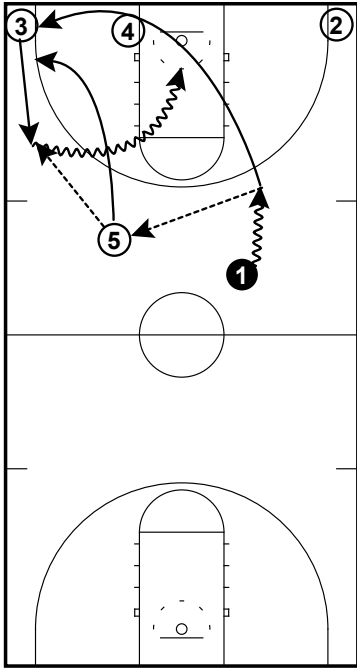
ROCKET - EP 1
FIST Series



KEY TEACHING POINTS: Wings need to start lifting early on the weakside on rocket to create a GO and CATCH action on the pass from 2 or 3.

Episode 1

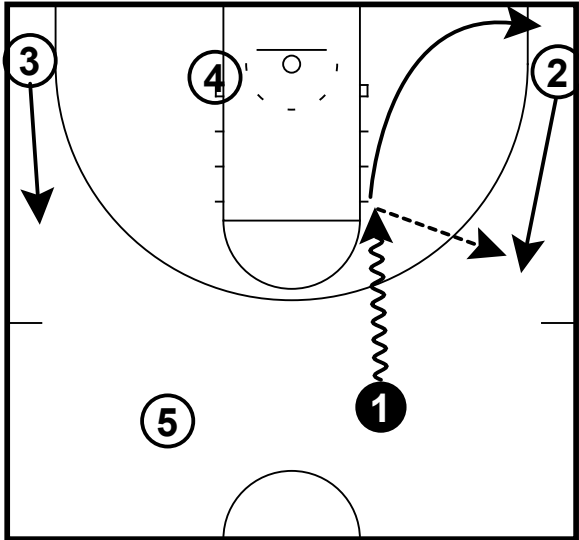
WAVE - EP 1 FIST Series



WAVE--vs zone or man. If zone 1 stays short corner.

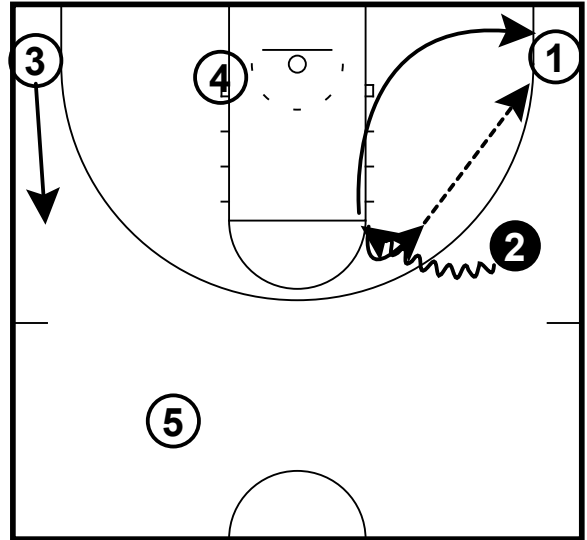
Episode 1

Corner throwback EP 1
FIST Series



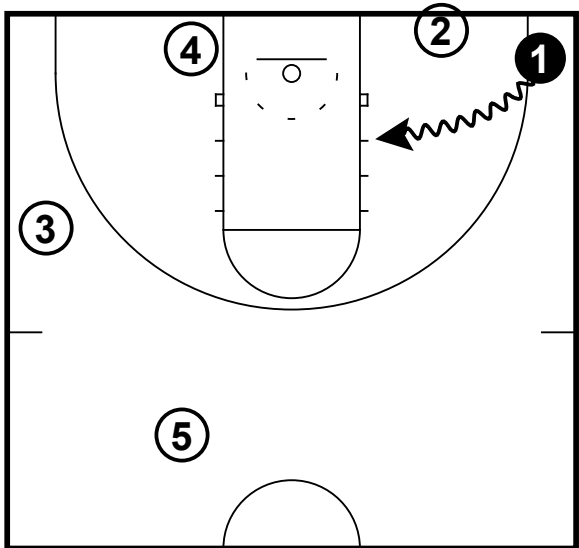
200/300 Reverse is a throwback to the 1 in the corner to start FIST.

Corner throwback EP 1
FIST Series



200/300 Reverse is a throwback to the 1 in the corner to start FIST.

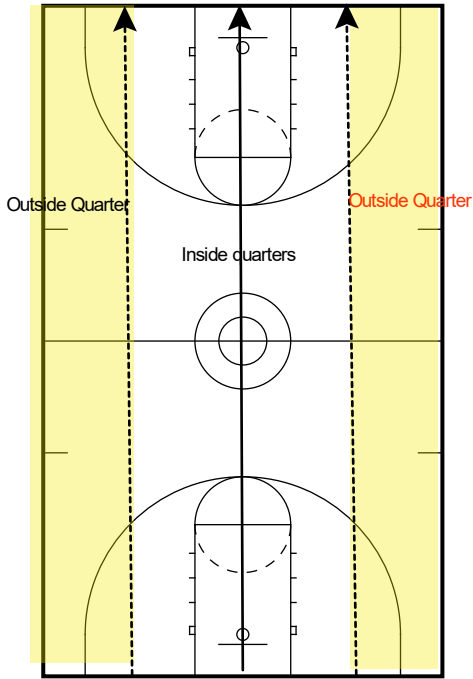
Corner throwback EP 1
FIST Series



Defense has been flattened to the baseline and O1 has a huge gap to attack.

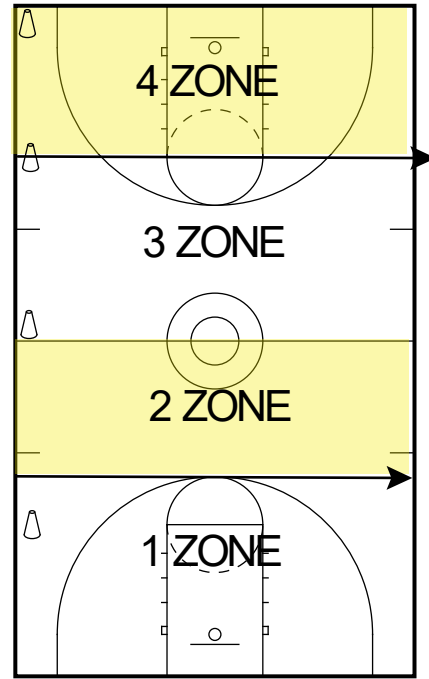
Episode 2

Quarter System/Zone Pickup Points EP 2 (one play)
FastDraw User Submission



Quarters: Use volleyball lines if using HS floor. Ball outside all 5 players on that half the court. Inside quarters all 5 players inside quarters.

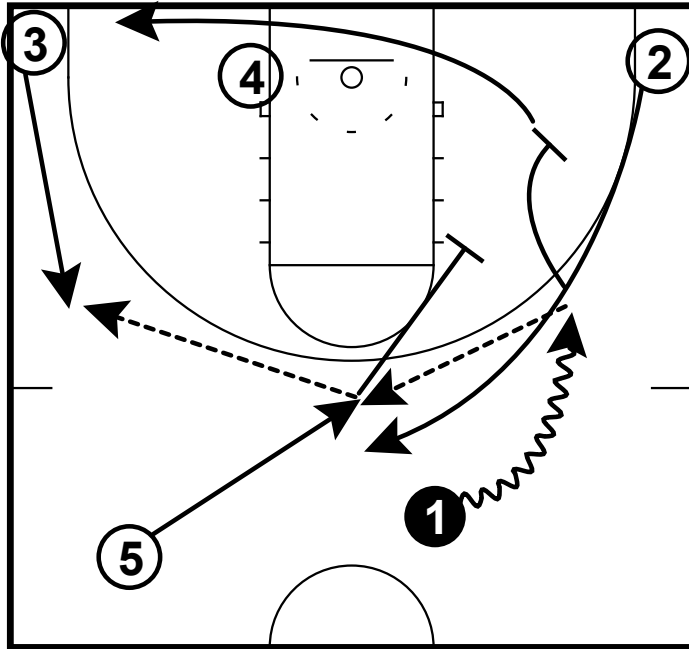
Quarter System/Zone Pickup Points EP 2 (one play)
FastDraw User Submission



Pick up points/zones. All the way up is the 4 zone. 3/4 court is the 3 zone. Half court is the 2 zone. Top of key pick up is the 1 zone.

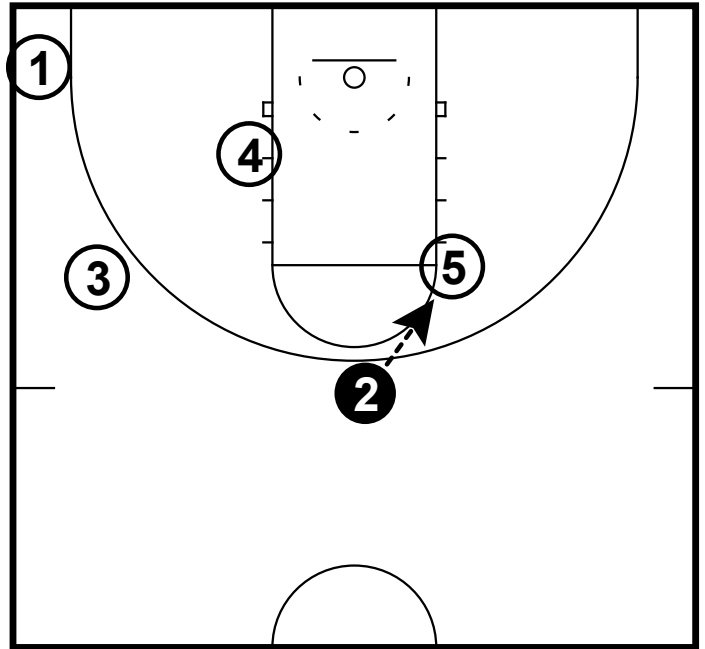
Episode 3

False Motion-ISOLATION (one play)
FastDraw User Submission



In transition vs set defense. A false motion that leads to an isolation. The stagger sets up the ISO.

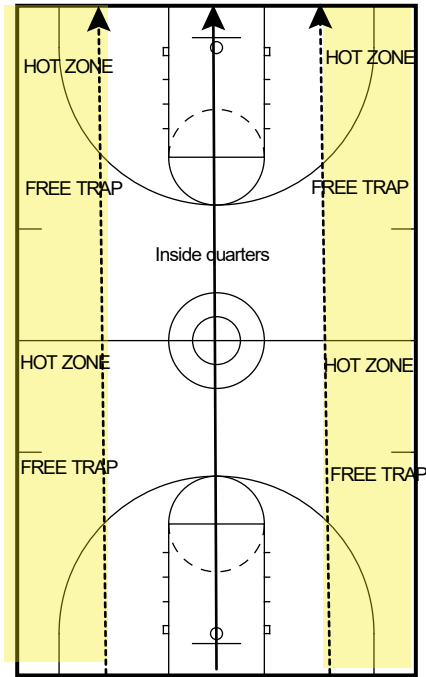
False Motion-ISOLATION (one play)
FastDraw User Submission



5 now has an elbow ISO for a rip and go. 2 can run Tex Winter handoff/triangle action also.

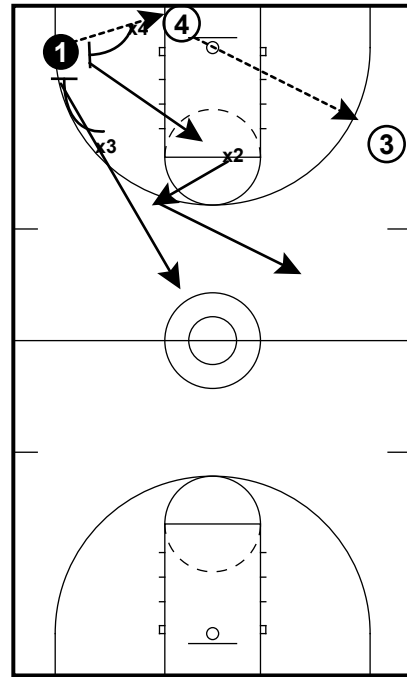
Episode 4

Quarter System/Zone Pickup Points EP 4 (one play)
FastDraw User Submission



Deep corners are HOT. Just across half court is HOT. Free traps happen vs non-aggressive press break.

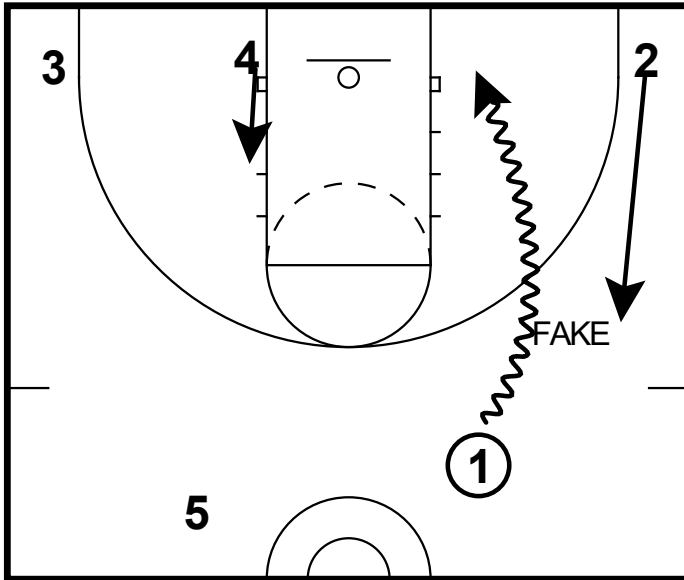
Quarter System/Zone Pickup Points EP 4 (one play)
FastDraw User Submission



45 degree hard sprint out of traps. 3 strides and evaluate. Zone up or sprint to tip/trap. vs reversal we can sprint to next level and look for next HOT zone trap.

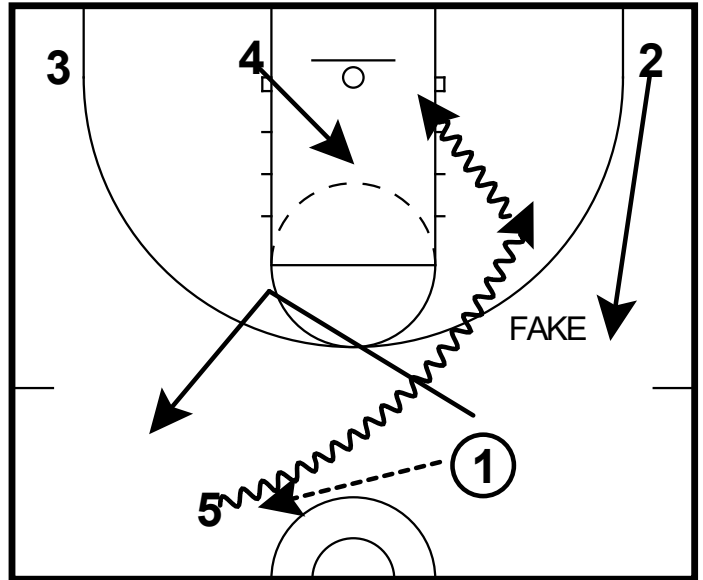
Episode 5

QUICK 1 QUICK 2 QUICK 3 (one play)
FastDraw User Submission



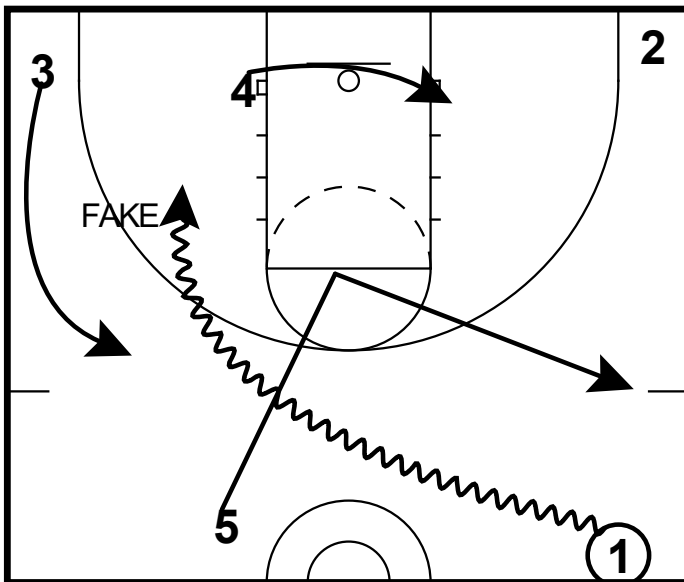
QUICK 2: Fake handoff to 2 man--can be run by 1 or 5 man

QUICK 1 QUICK 2 QUICK 3 (one play)
FastDraw User Submission



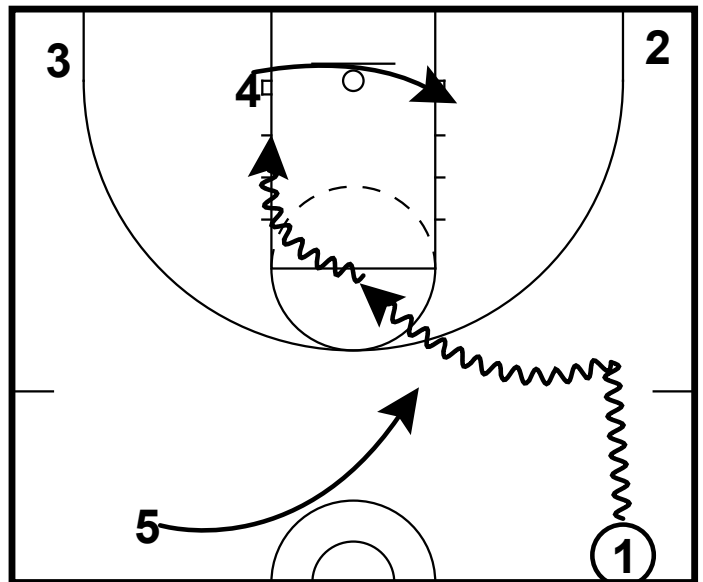
QUICK 2: Fake handoff to 2 man--this time by the 5

QUICK 1 QUICK 2 QUICK 3 (one play)
FastDraw User Submission



QUICK 3 is for the 3 man. Fake handoff and GO.

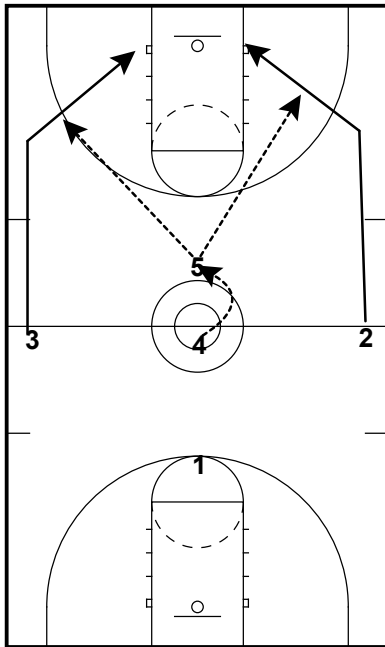
QUICK 1 QUICK 2 QUICK 3 (one play)
FastDraw User Submission



KEY TEACHING POINT: A "quick" is a fake handoff done with a small shoulder turn away from the defense to fake a handoff. Teammate should "sell" the action to create confusion.

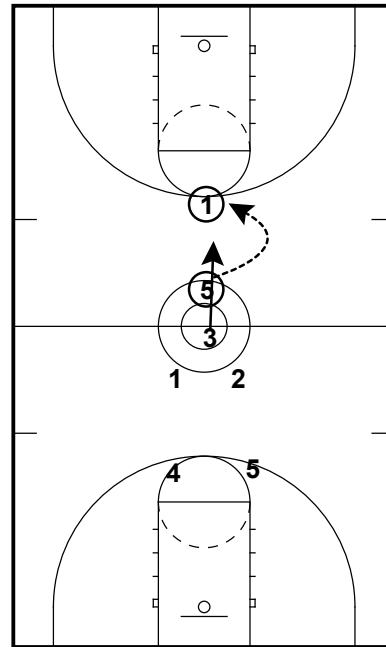
Episode 6

Jump Ball Plays (one play)
FastDraw User Submission



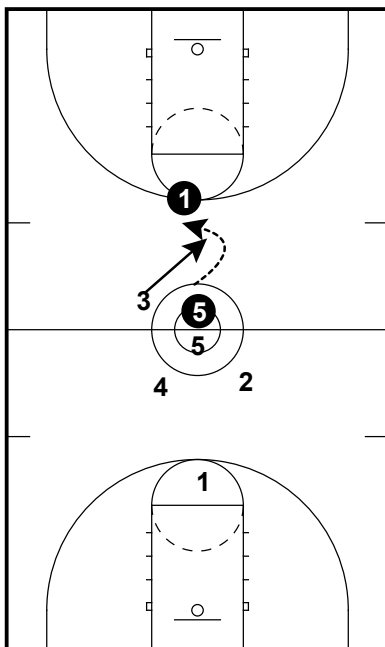
Offensive tip: Play to score...2-3 move on toss of ball. 5 hits open player, has hand up away from defense at tip. KEY TEACHING POINT: 2 and 3 must sprint as the ball leaves the fingers of the referee.

Jump Ball Plays (one play)
FastDraw User Submission



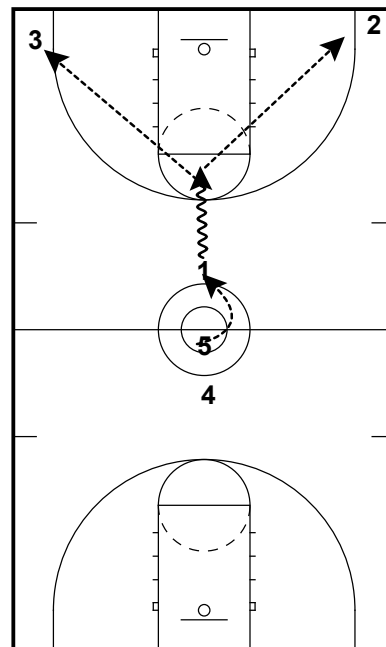
32 tip: 1/2 ct trap off the jump ball. KEY TEACHING POINT: Force the tip to go backwards or at a minimum sideways to create a trap opportunity.

Jump Ball Plays (one play)
FastDraw User Submission



DEFENSE: 1/2/3 (best athlete) tries to steal the tip. KEY TEACHING POINT: Player stealing the tip must anticipate where they think the most logical tip spot is.

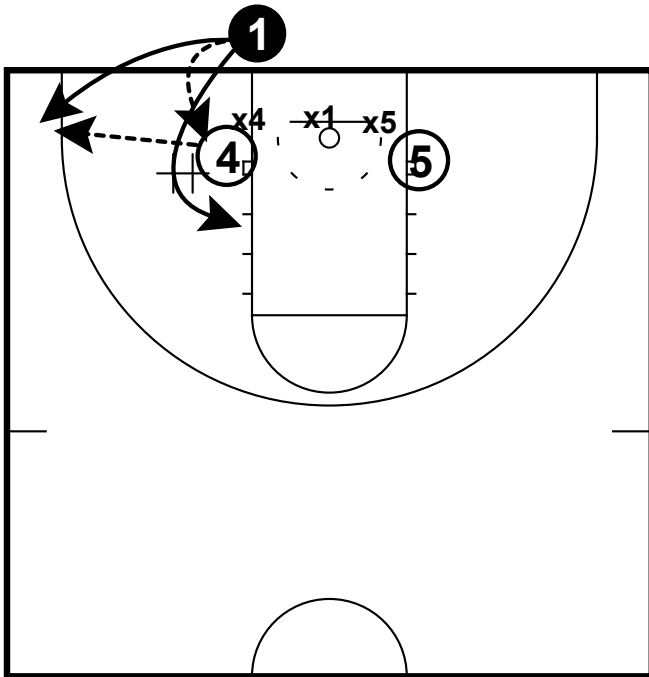
Jump Ball Plays (one play)
FastDraw User Submission



3 POINT TIP: We are going to win the tip and want to get a 3. 1 catches off tip by 4/5 and attacks to create 3 point shot or rack layin. KEY TEACHING POINT: 1 must attack the rim to draw any defense. THIS IS A GREAT ONE to start a game.

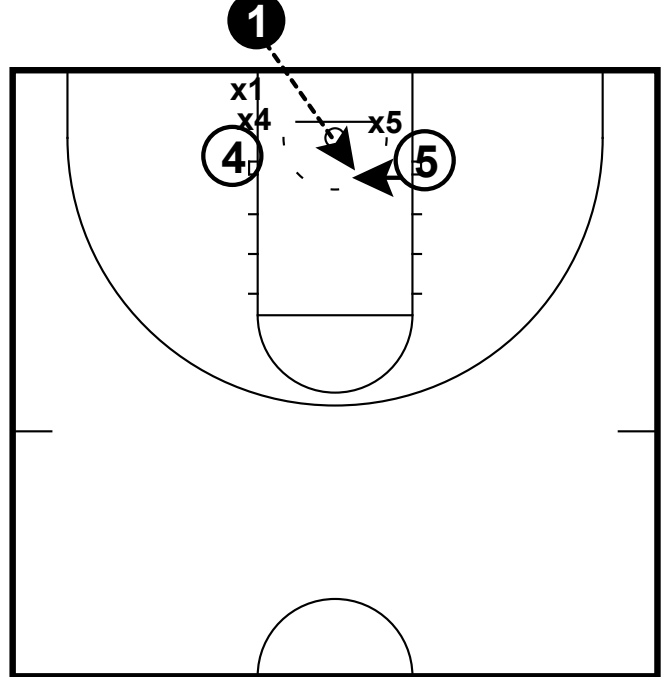
Episode 7

Baseline OB reads (one play)
FastDraw User Submission



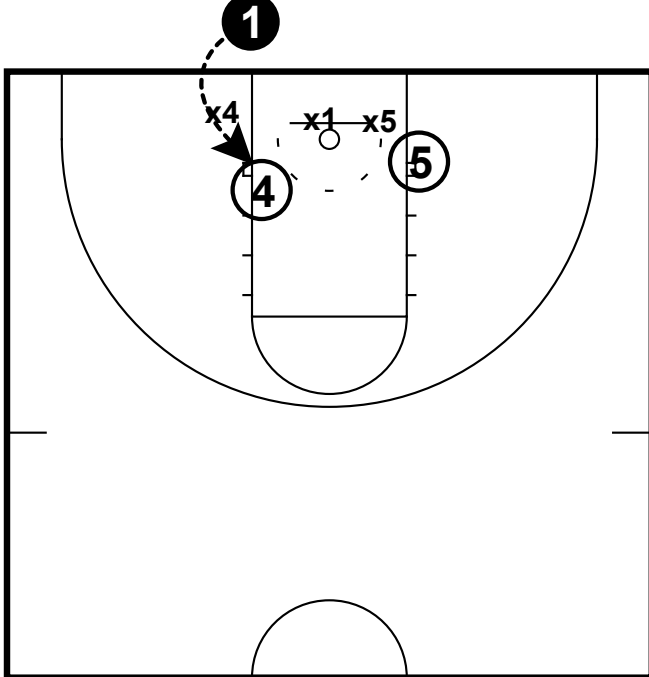
1st Read: On ball defender taking away the backside look for leg whip seal by player in front and quick toss out for 2 or 3 point shot. Option is handoff for 1 or fake handoff for a layin.

Baseline OB reads (one play)
FastDraw User Submission



2nd Read: On ball defender is ON the ball. Look for backside pass into the gap. Must be a quick pass with O5 not giving the play away. A bounce pass here can work also.

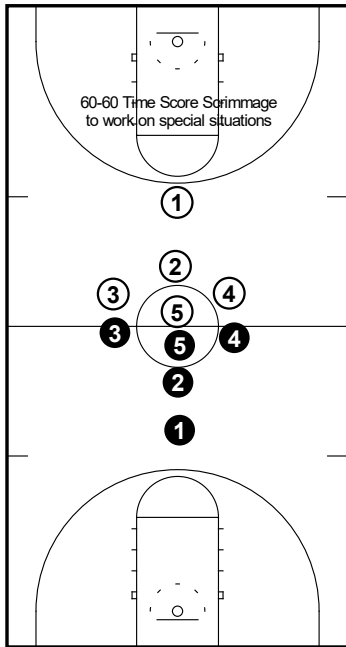
Baseline OB reads (one play)
FastDraw User Submission



3rd Read: Defender in front is face guarding. A quick lob can lead to an easy bucket.

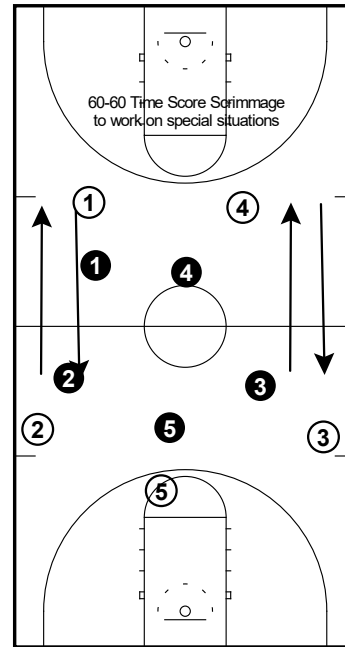
Episode 9

EP 9: 60-60 Time Score Game (one play)
FastDraw User Submission



In your 5 v 5 work, this game is great to simulate the end of game. Put a tie score on the board, example 60-60, 2 minutes, 3 minutes, you choose.

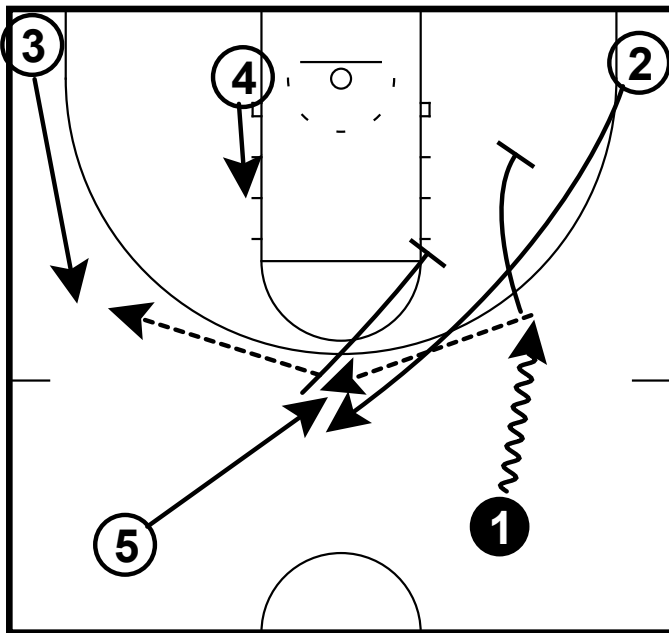
EP 9: 60-60 Time Score Game (one play)
FastDraw User Submission



During scrimmage, as soon as one team gets to a set upon score, maybe 64, then the clock starts. Teams may be up 4, down 4, up 1 etc. Time outs, advance of the ball, full court plays, all come into play depending on your level.

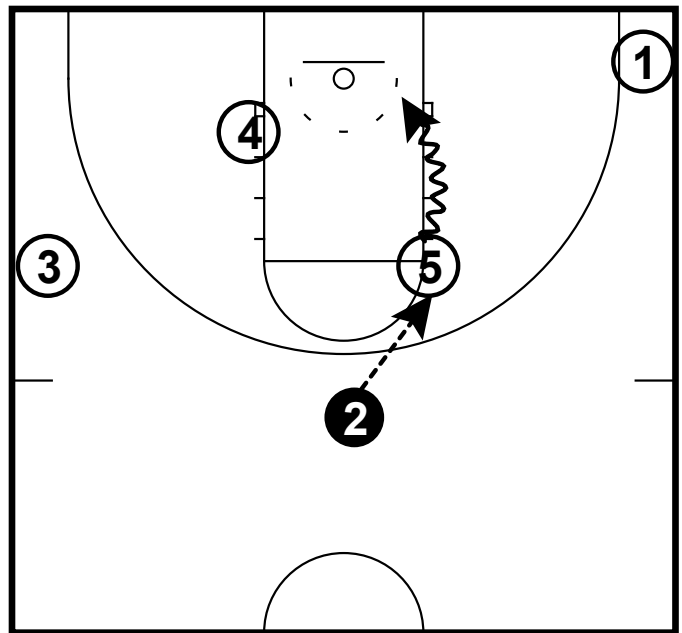
Episode 10

Transition Automatics (one play) EP 10
FastDraw User Submission



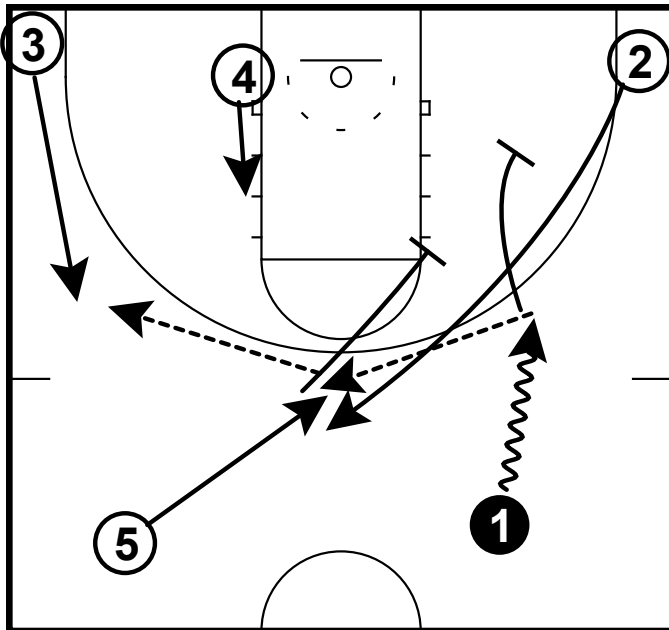
TRANSITION AUTOMATICS: Bam action

Transition Automatics (one play) EP 10
FastDraw User Submission



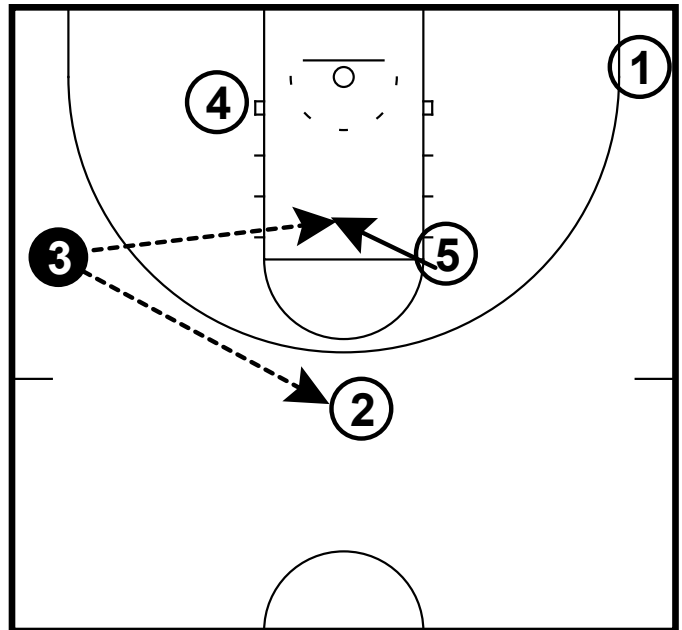
Elbow ISO for your best driver.

Transition Automatics (one play) EP 10
FastDraw User Submission



TRANSITION AUTOMATICS: Stagger 3

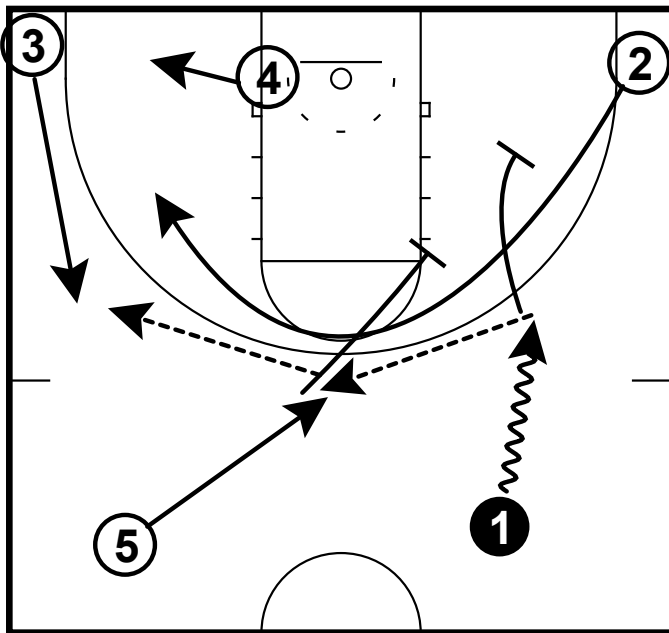
Transition Automatics (one play) EP 10
FastDraw User Submission



5 looks to slip vs an aggressive switch. 2 comes to the top for a 3.

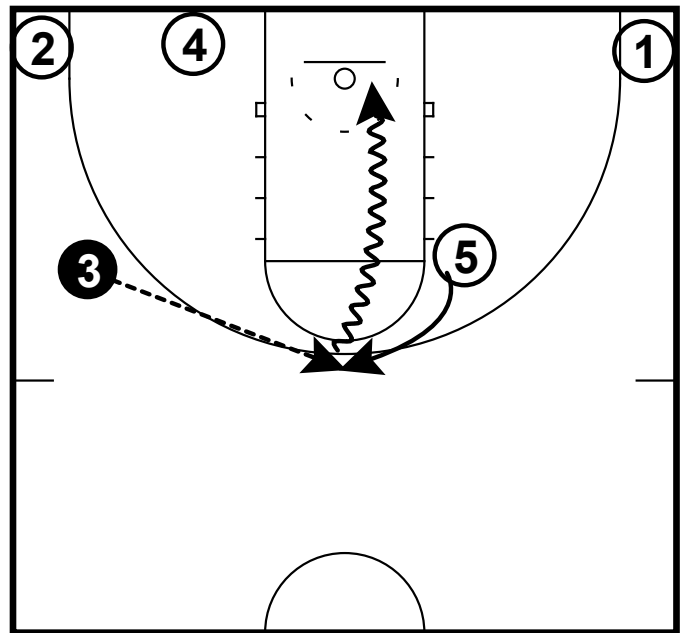
Episode 10

Transition Automatics (one play) EP 10
FastDraw User Submission



TRANSITION AUTOMATICS: Ice--forced curl by 2 to create space for 5.

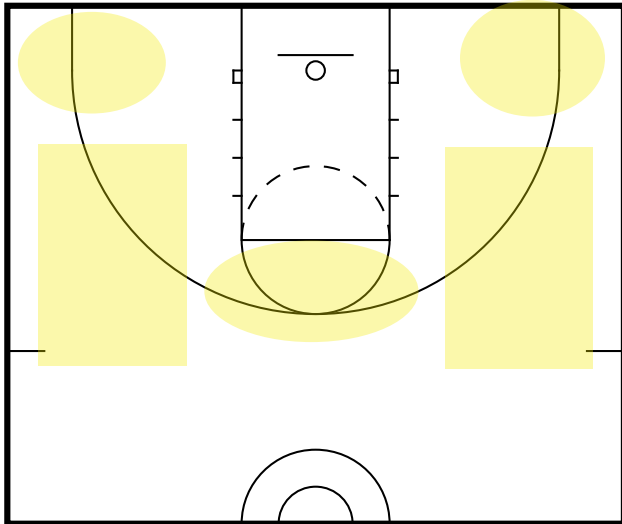
Transition Automatics (one play) EP 10
FastDraw User Submission



5 turns after the screen to catch-rip-go with 1 spaced in the corner. KEY TEACHING POINTS: These actions flow in transition against a mostly set defense. You might run an "automatic" after a 3/4 court dead ball, vs a team who is committed to getting 5 players back every time, or when your normal flow has resulted in 2 or 3 empty possessions.

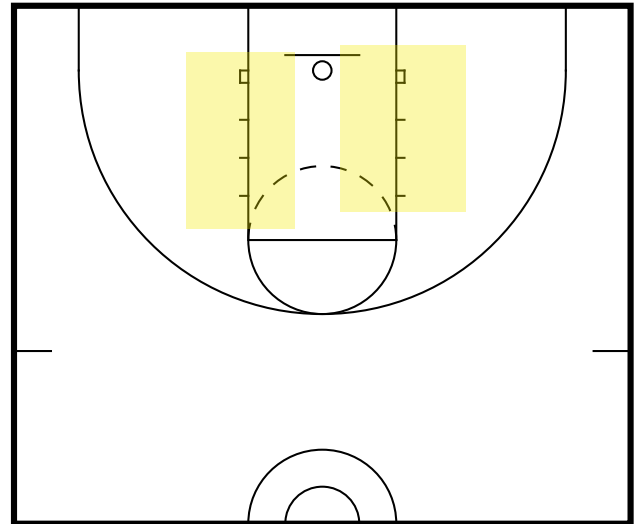
Episode 11

Offensive Analysis - EP 11 (one play)
FastDraw User Submission



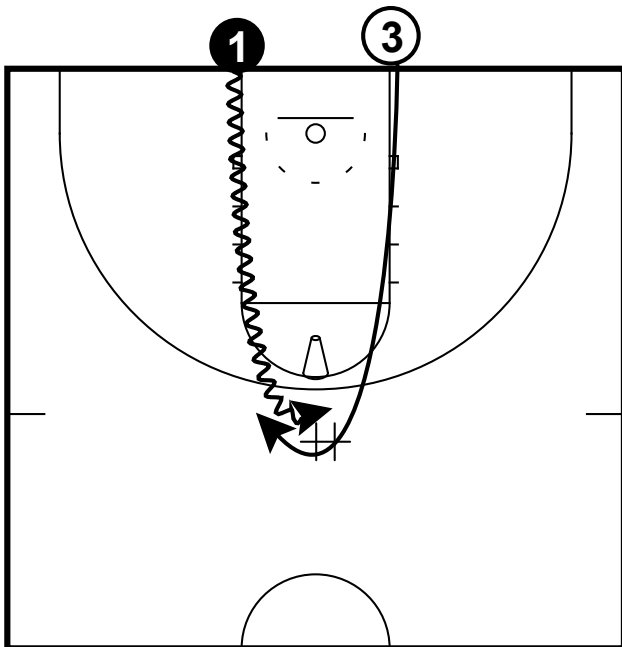
Shot chart: Where are you getting shots in your offense. GUARDS

Offensive Analysis - EP 11 (one play)
FastDraw User Submission



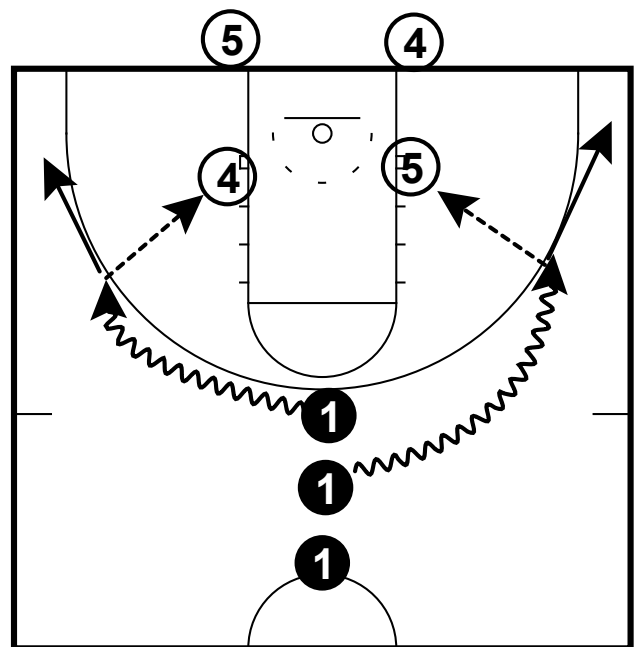
Shot chart: Where are you getting shots in your offense. BIGS.

Offensive Analysis - EP 11 (one play)
FastDraw User Submission



FINISHING SERIES: Russian Layins. 1 starts with ball, handoff happens behind cone, chair, or coach. O3 works on move of the day, series of moves, coaches choice.

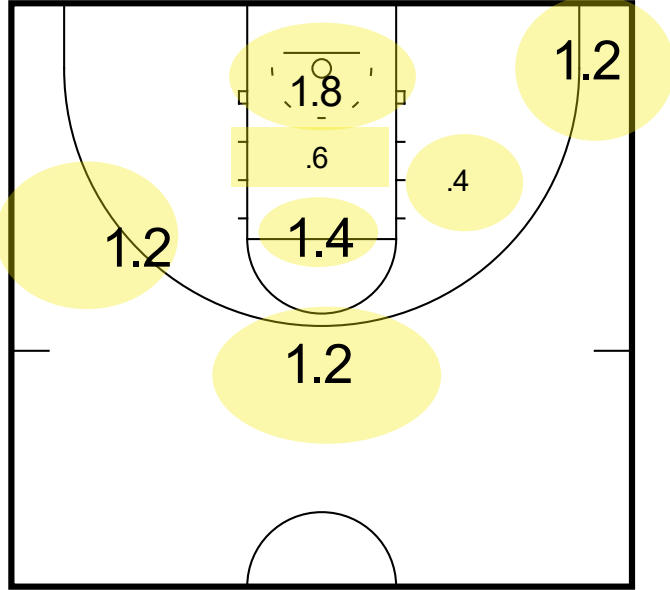
Offensive Analysis - EP 11 (one play)
FastDraw User Submission



FEED THE POST: teaches entries and post moves. Adjust to fit your team/offense. Drop step on one side, middle hook on the other. Both sides up and under, both sides pound pound drop step.

Episode 13

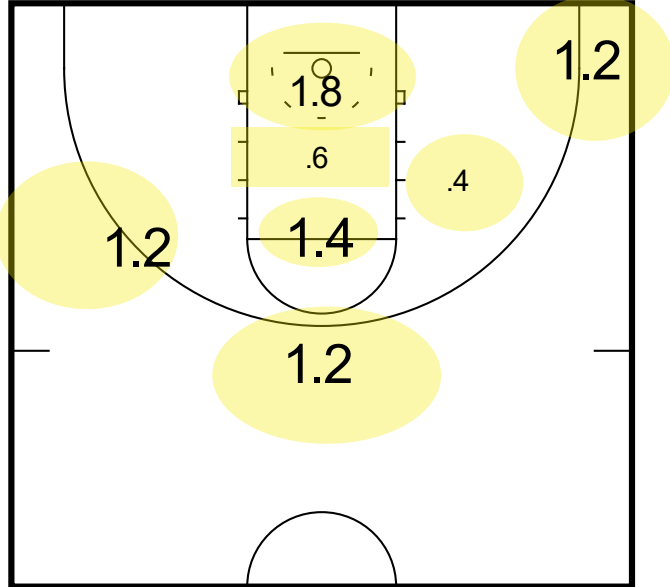
EP 13 Shot Selection using PPP (one play)
FastDraw User Submission



KEY TEACHING POINT: Using tape on the floor will illustrate the best shots for our system.

Episode 14

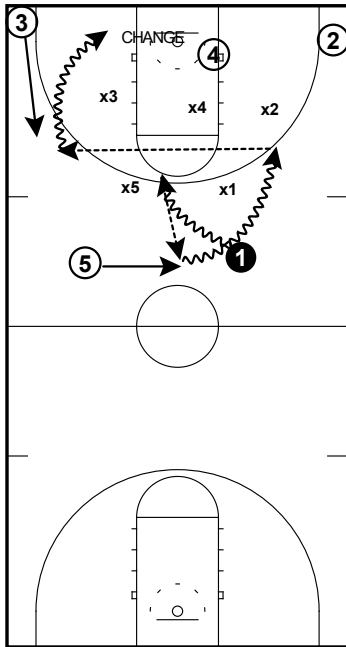
EP 13 Shot Selection using PPP (one play)
FastDraw User Submission



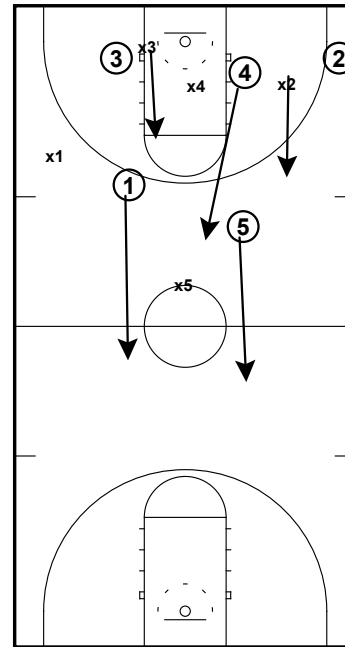
KEY TEACHING POINT: Using tape on the floor will illustrate the best shots for our system.

Episode 14

EP 14: 5 v 5 and 4 v 4 Change (one play)
FastDraw User Submission



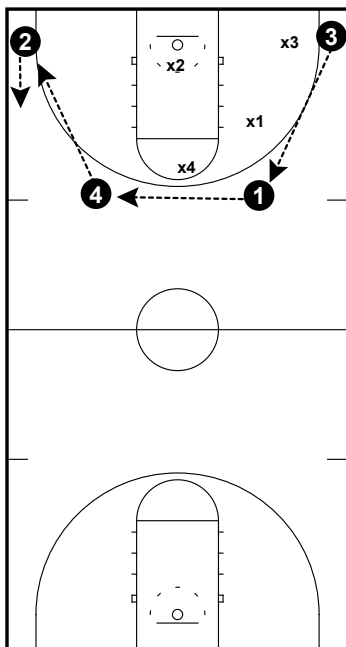
EP 14: 5 v 5 and 4 v 4 Change (one play)
FastDraw User Submission



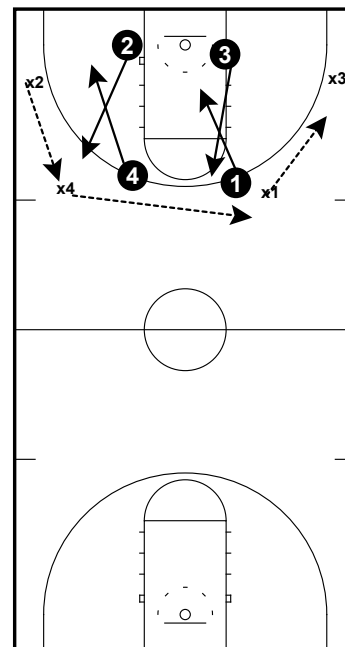
On "change" call, ball is dropped and D becomes O. Players pick up a different player than who was guarding them. You can go multiple trips or stop on the transition.

x's become O's and transition.

EP 14: 5 v 5 and 4 v 4 Change (one play)
FastDraw User Submission



EP 14: 5 v 5 and 4 v 4 Change (one play)
FastDraw User Submission

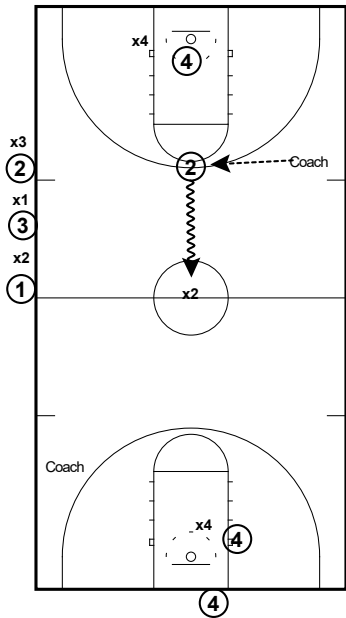


HALF COURT CHANGE: we like it out of shell drill. Ball is moving, D is talking and moving, on call "change" ball is dropped SLIGHTLY back to give the D a chance and D becomes O and O becomes D.

Now 4 v shell mode with RULES or actions: no paint touches, no reversals, no face cuts?? Use your defensive rules to dictate next action.

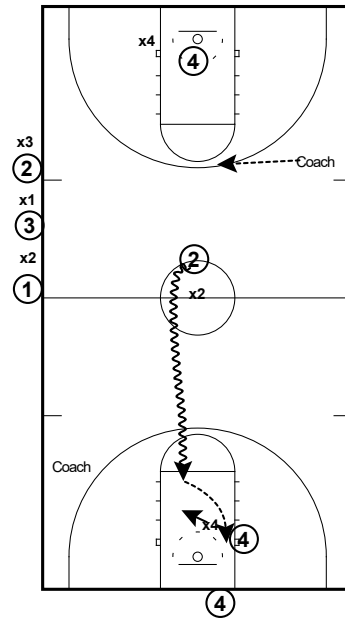
Episode 16

Blood series: Walberg
DRILLS



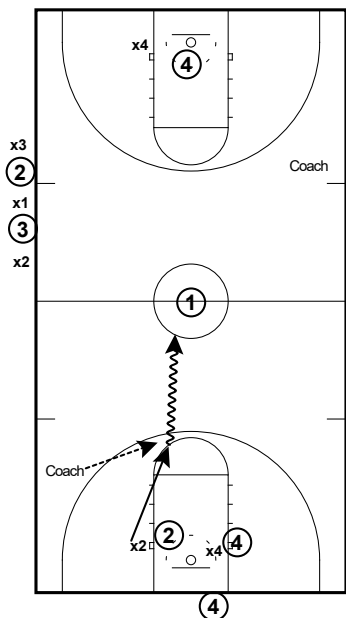
Blood 22: 2 on 2 attack drill that forces the players to make players 1 on 1 and by reading the defense. GREAT TRYOUT DRILL.

Blood series: Walberg
DRILLS



O2 attacks x2. x2 cannot leave until O2 hits the circle. This gives the offense and slight advantage. Blood 22 is a 2 on 2 game.

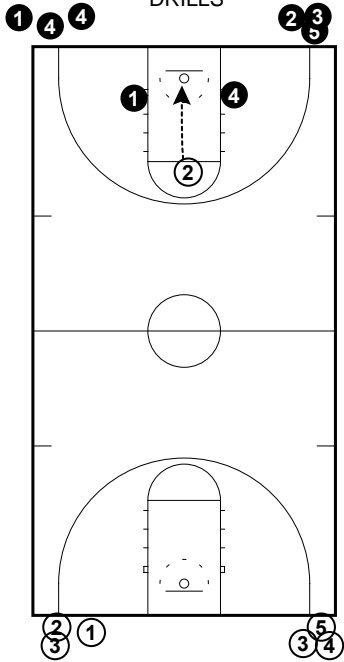
Blood series: Walberg
DRILLS



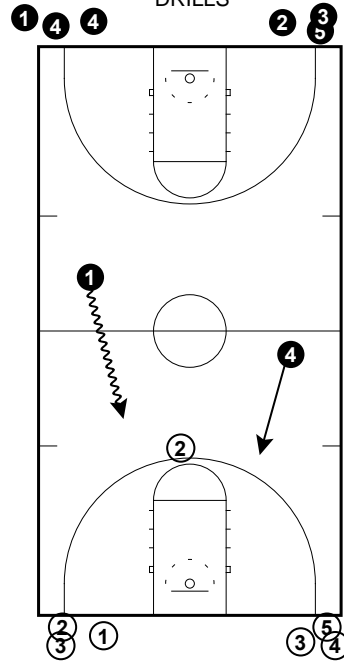
On a make or defensive rebound, ball is dropped and x2 now becomes offense going the other way on a pass from the other coach. If you're alone, you can run this from half court. Next wing/guard from the sideline comes in

Episode 16

Michigan Drill: PROGRESSIVE BREAK
DRILLS



Michigan Drill: PROGRESSIVE BREAK
DRILLS

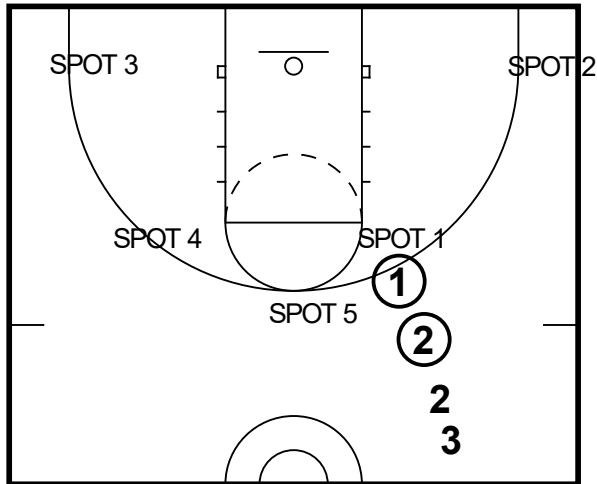


Progressive Break; Starts with a free throw. Then 2 on 1, add 2 players on offense and it's 3 on 2 and so forth. **KEY TEACHING POINT:** We run this drill with time on the clock and don't just stop at 5 on 5. Example: 1:30 on the clock. Play it out and finish 5 on 5 for approximately 4 to 5 trips. Great for controlled scrimmage.

Now it's 2 on 1 with the O's ready to go back 3 on 2.

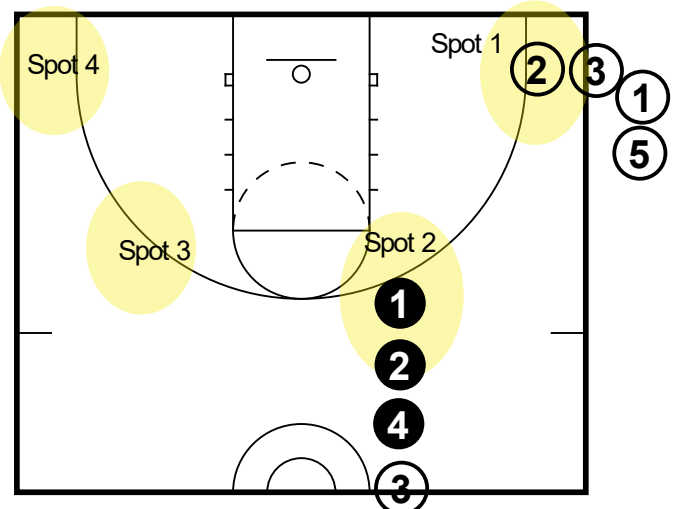
Episode 16

Shooting Drills-EP 16
DRILLS



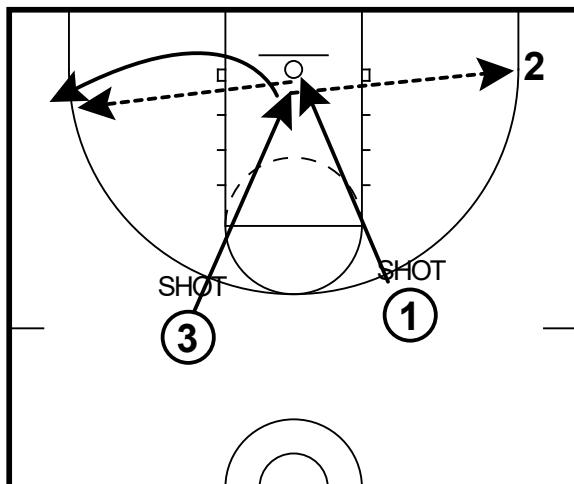
5 SPOT SHOOTING: PLAYERS SHOOT 3'S (GUARDS) POSTS SHOOT 2'S. Players must make a set amount before moving to next spot. 4 minute drill. Keep shooting at last spot. Makes beyond the goal are a + total, makes below the goal is a minus total. Coach can total entire team, or just one group for reward/punishment.

Shooting Drills-EP 16
DRILLS



4 Spot Shooting: 2 lines--4 spots--Passing line, shooting line, go for 1 minute or 2 minutes, can be 4/8 minute drill. Good goal is 60 for 4 minutes and 120 for 8 minutes. Adjust based on level. ADD ONS: bonus points for 4 in a rows.

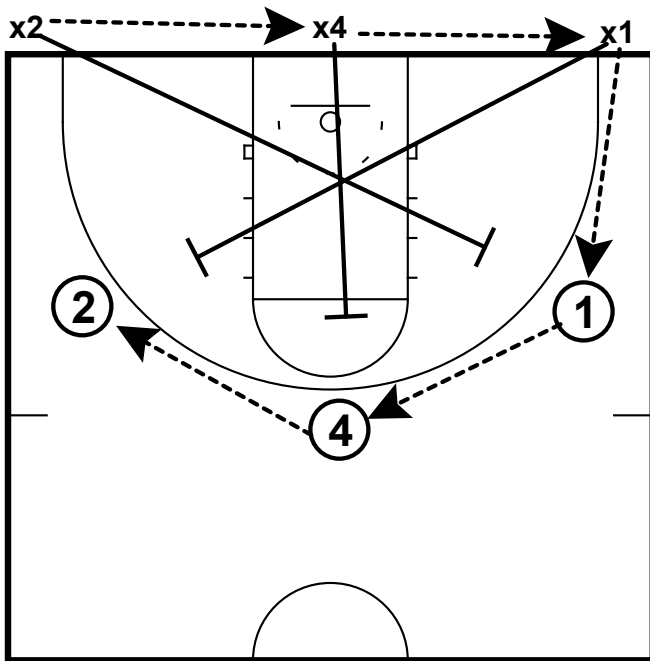
Shooting Drills-EP 16
DRILLS



3 MAN 2 BALL- 2 players with the ball, one player gets ready to relocate. Player shoots and follows their own shot, rebounding and finding open player. Players communicate and talk, "wing" "corner" etc. 4 MINUTE DRILL

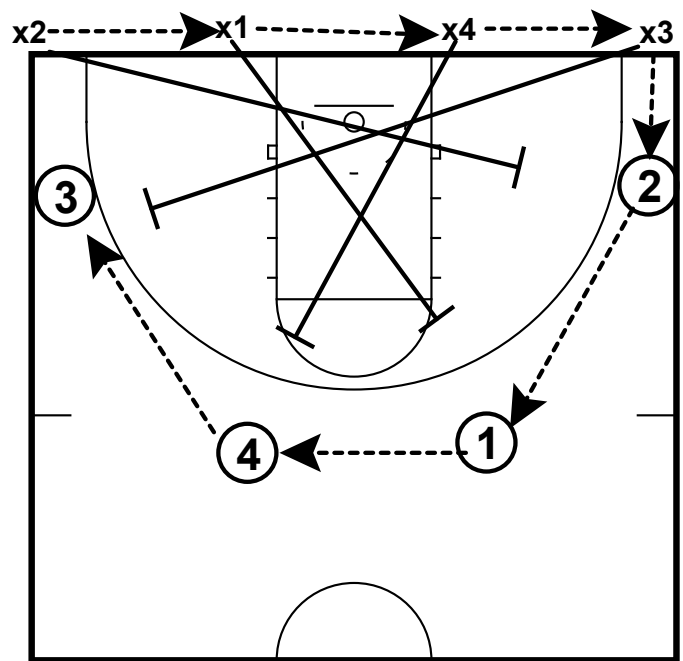
Episode 17

EP 17: Laker Series (one play)
FastDraw User Submission



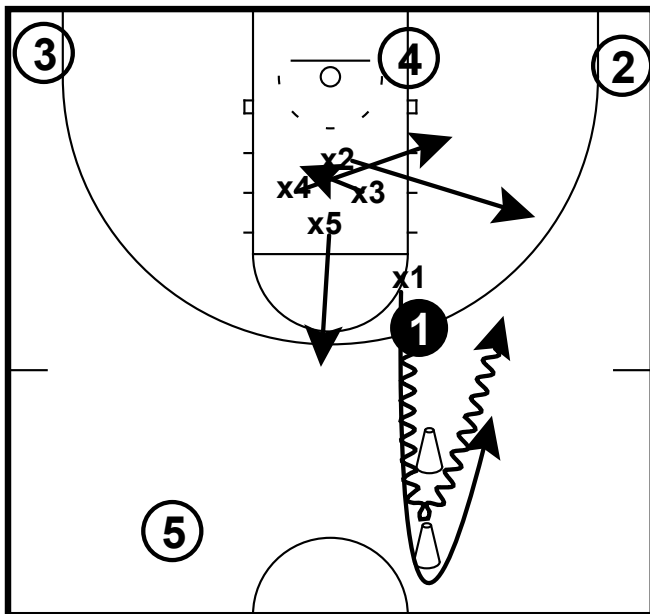
Laker 3 v 3: Ball is moved along the baseline. Players sprint to closeout. Action can be dictated or play LIVE.

EP 17: Laker Series (one play)
FastDraw User Submission



Laker 4 v 4: Same action as 3 vs 3. Work all actions and rotations. **KEY TEACHING POINT:** This series is a great way to work on all the actions you will see during your season.

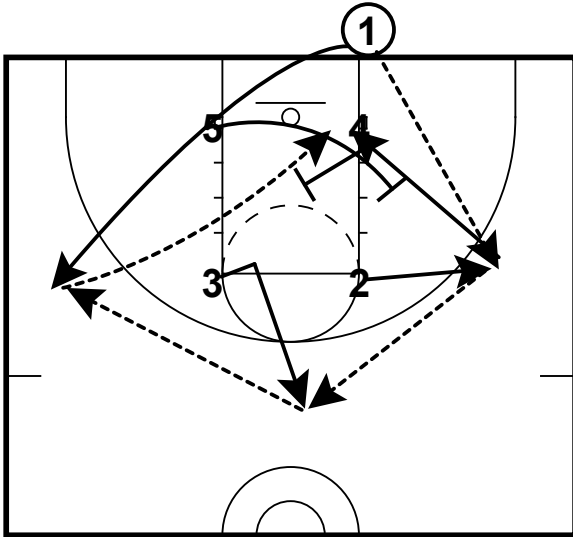
EP 17: Laker Series (one play)
FastDraw User Submission



5 vs 4 disadvantage: 4 players in the paint, x1 and O1 go on a whistle, "go" call. x1 goes around the far cone while O1 goes around the closer cone. Defense is at a temporary disadvantage.

Episode 18

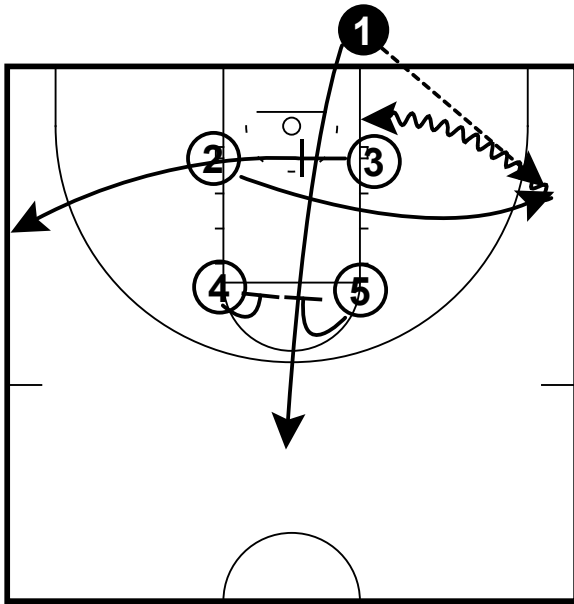
EP 18: Lob vs 2-3
BOB's



LOB vs 2-3 Zone: Box set. Elbow pops out and ball is reversed quickly to 1. 4 screens the middle of the zone, 5 circles under and screens the back of zone.

Episode 18

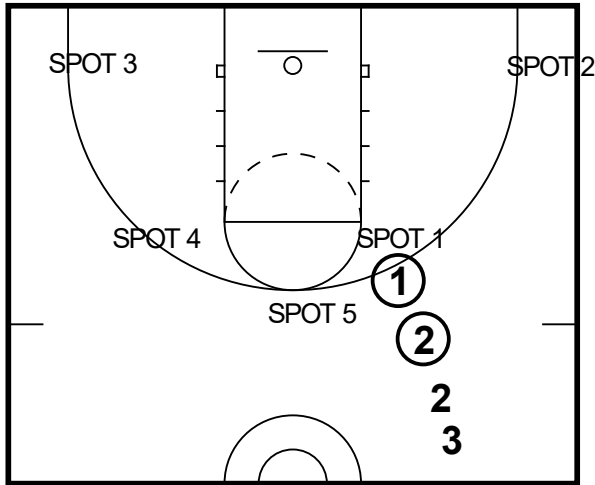
EP 18: Fake Elevator
BOB's



Fake Elevator: ISO for 2, 1 is decoy elevator action

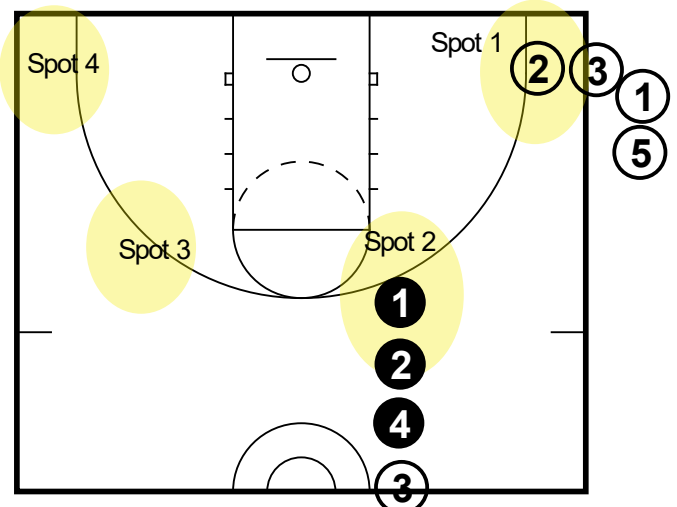
Episode 19

EP 19: Shooting Drills (one play)
FastDraw User Submission



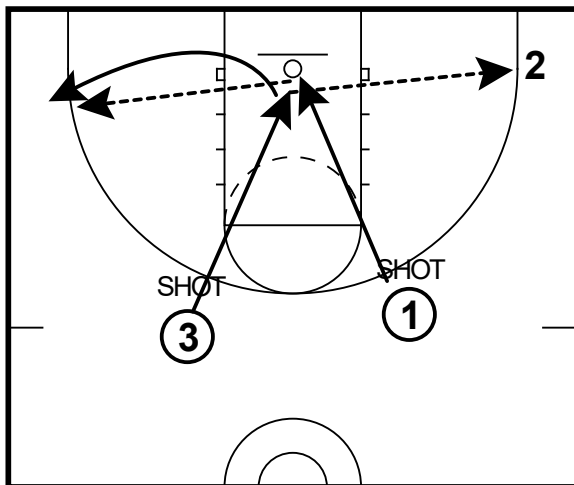
5 SPOT SHOOTING: PLAYERS SHOOT 3'S (GUARDS) POSTS SHOOT 2'S. Players must make a set amount before moving to next spot. 4 minute drill. Keep shooting at last spot. Makes beyond the goal are a + total, makes below the goal is a minus total. Coach can total entire team, or just one group for reward/punishment.

EP 19: Shooting Drills (one play)
FastDraw User Submission



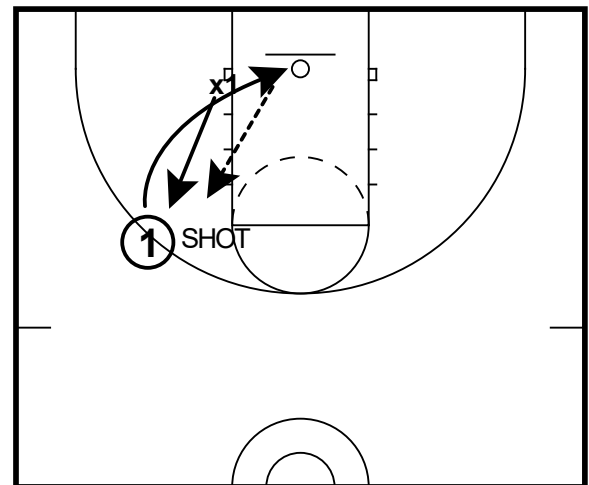
4 Spot Shooting: 2 lines--4 spots--Passing line, shooting line, go for 1 minute or 2 minutes, can be 4/8 minute drill. Good goal is 60 for 4 minutes and 120 for 8 minutes. Adjust based on level. ADD ONS: bonus points for 4 in a rows.

EP 19: Shooting Drills (one play)
FastDraw User Submission



3 MAN 2 BALL- 2 players with the ball, one player gets ready to relocate. Player shoots and follows their own shot, rebounding and finding open player. Players communicate and talk, "wing" "corner" etc. 4 MINUTE DRILL

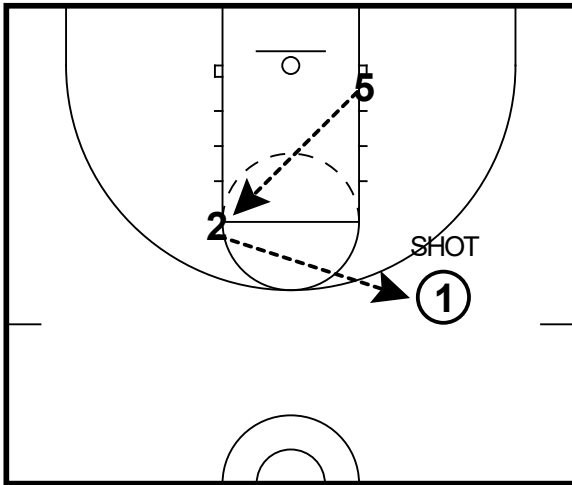
EP 19: Shooting Drills (one play)
FastDraw User Submission



3 POINT GAME--Player O1 shoots while x1 closes out. Shooter follows and kick out to x1 who shoots. First player to make 3/5/7 ?? Winner picks the next spot. Makes players compete

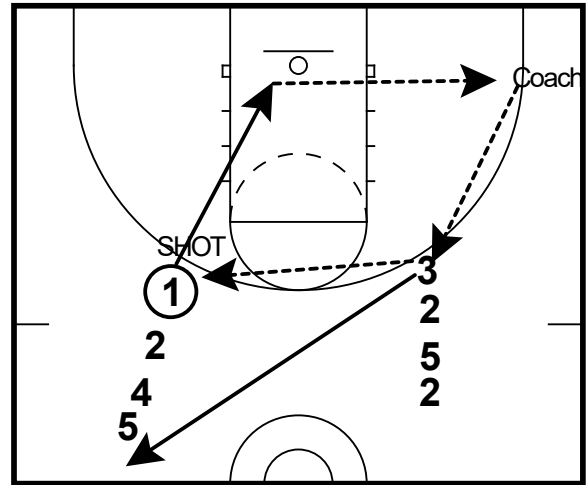
Episode 19

EP 19: Shooting Drills (one play)
FastDraw User Submission



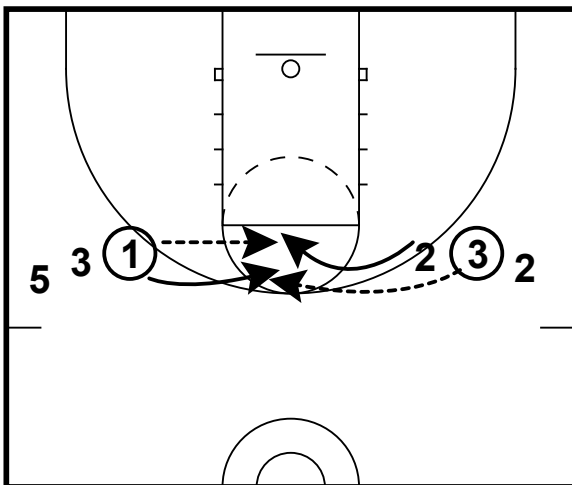
3 Player Shooting: 1 shoots 10 shots from a spot, around the perimeter, whatever coach designates. 5 rebounds, 2 feeds the shooter. 2 balls. Players get tons of reps. Players rotate after 10 shots, 1 minute, coach designates time/shots.

EP 19: Shooting Drills (one play)
FastDraw User Submission



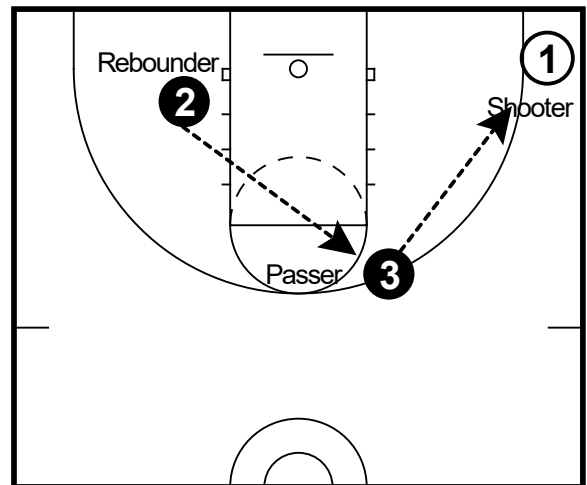
MICHIGAN STATE SHOOTING: 3 balls, 4 minutes, 1 minute per spot. Goal is 100 makes/80 makes, find a number that works. Coach passes to line 1, who passes to shooting line. Shooter follows shot and passes to passer line. Shooter goes to passer line.

EP 19: Shooting Drills (one play)
FastDraw User Submission



Wing to Wing Shooting--WING LINES-2 gets proper footwork, inside pivot, permanent pivot, hop step (coaches philosophy) 1 passes to 2, 2 shoots. 1 now cuts to shooting spot and gets pass from 3. Follow your shot and pass to the new line you are going to.

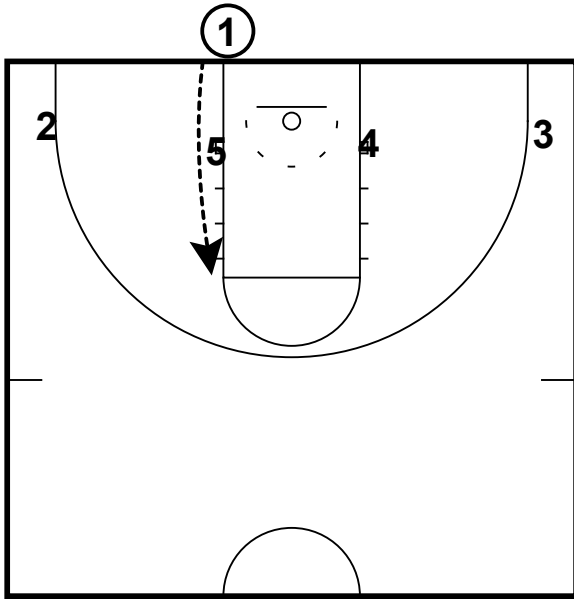
EP 19: Shooting Drills (one play)
FastDraw User Submission



3 man 2 ball series: Drill 1: shoot get your own rebound, pass to open player. Drill 2: one shooter timed, make 1 make 2 in a row, make a number. Drill 3: 10 MINUTE SHOOTING: player 1 makes 5 total, next player makes 5, next player makes 5 then move to next spot. 5 spots total. You can make it 5 minutes and have players make 2 in row before moving on. Be creative and have fun!

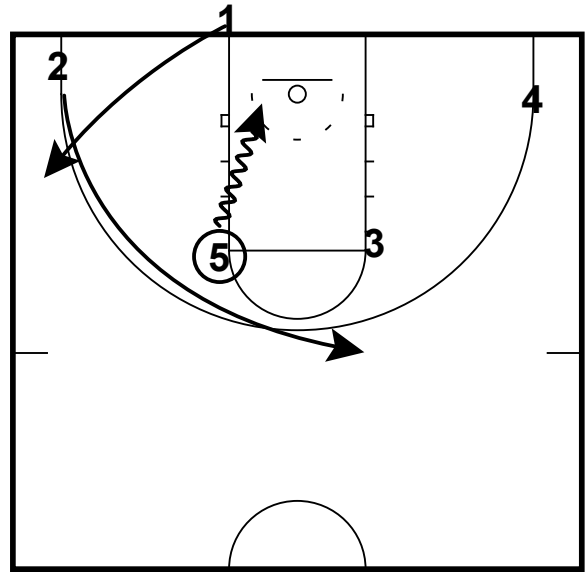
Episode 20

EP 20: Fake handoff BOB
BOB's



Fake handoff on a BOB: 1 hits 5 on an elbow lob.

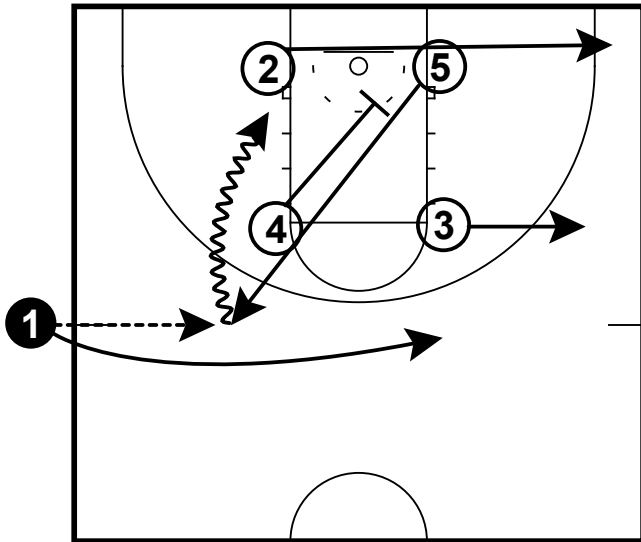
EP 20: Fake handoff BOB
BOB's



Fake handoff to 2 and rack by 3. 3 position can be switched with 4 who can RACK. KEY TEACHING POINT: sell the handoff with a back to basket position by the 5. OPTION: 1 can clear to weakside if you want a total isolation.

Episode 20

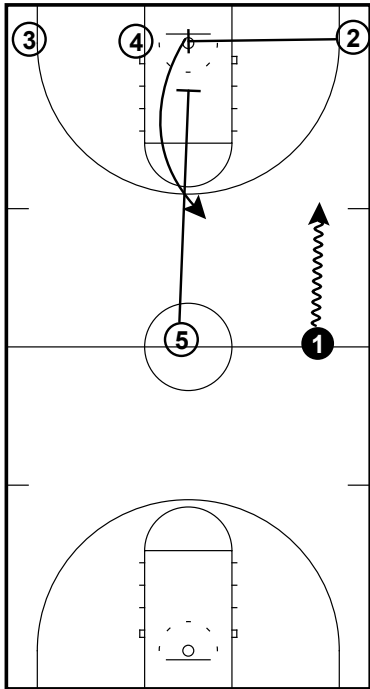
EP 20: Fake Handoff SLOB SLOB's



Fake handoff action from the side. Box set, 4 pins away and steps out to dunk spot. 2 and 3 clear. 1 and 5 play FHO game. KEY TEACHING POINT: 5 must sell the handoff, 1 cannot go too quickly after the pass, a little slow play to allow defense to think they have the handoff covered.

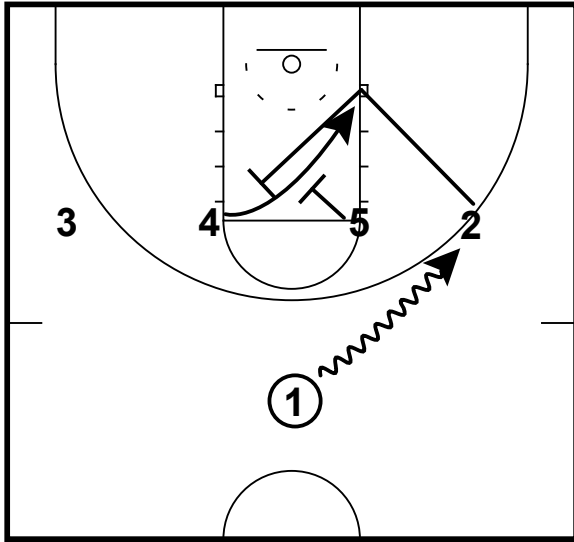
Episode 20

EP 20: Transition Set 2 Series

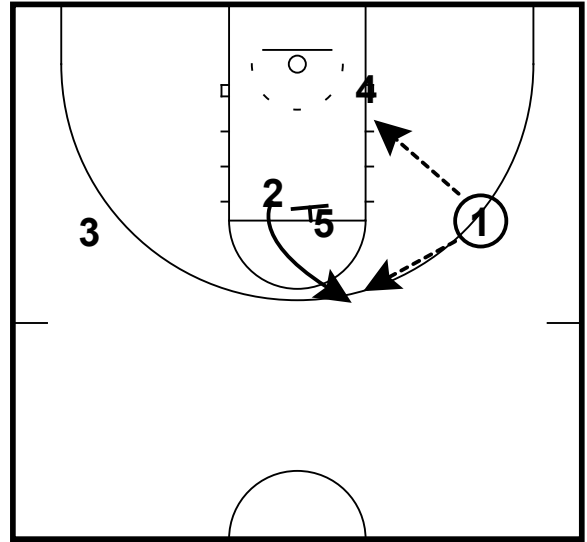


Episode 20

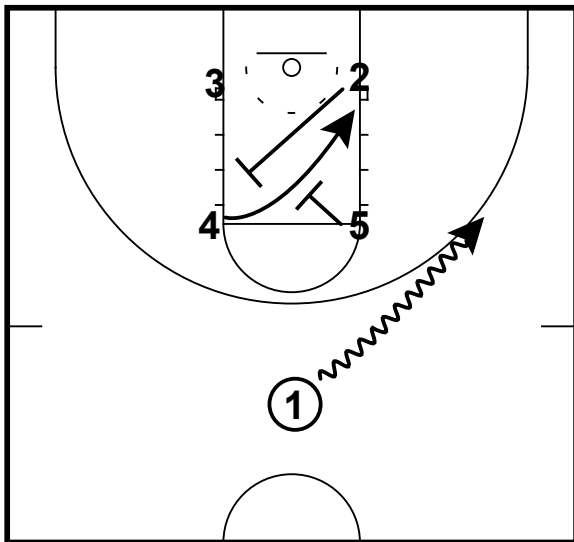
EP 20: Expanding your playbook
2 Series



EP 20: Expanding your playbook
2 Series

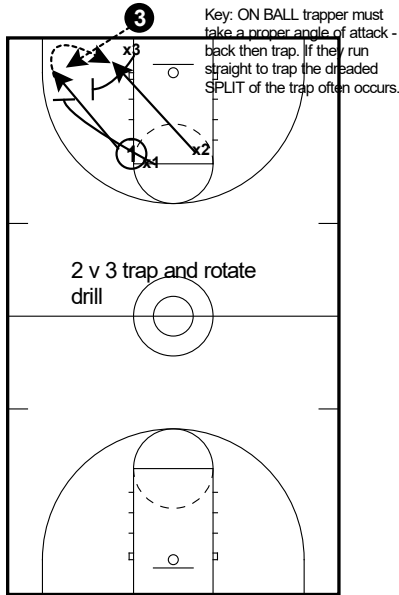


EP 20: Expanding your playbook
2 Series



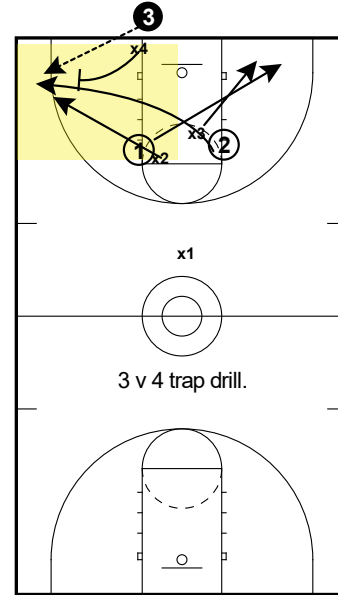
Episode 21

EP 21: ZONE TRAP DRILLS (one play)
FastDraw User Submission



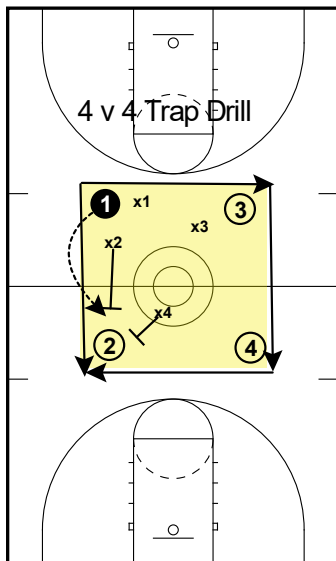
Simple drill to teach trap and "SHOOTING THE GAP" by backside guard. x1 forces corner with physicality. x2 shoots gap to make a steal. SET UP DRILL--allow steal and teach aggressive play. Later-add what I call ELBOW coverage with x2 covering middle slant cut. ADJUST ADJUST ADJUST

EP 21: ZONE TRAP DRILLS (one play)
FastDraw User Submission



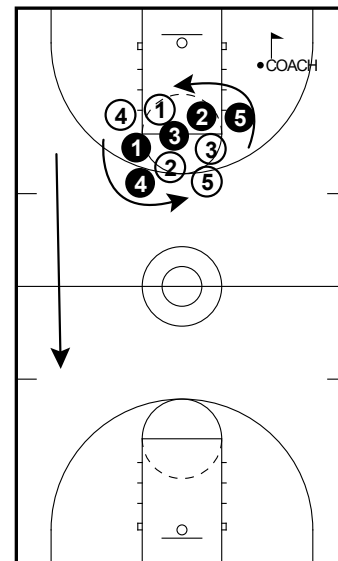
3 v 4 Drill: Points for offense by getting to half court. Defense scores by tips-steals-scores 2's and 3's. 4 minutes and rotate offense and defense. MUST TEACH guards on the elbow different coverages. OUTSIDE-INSIDE-HIP-BACKSTOP. x2 has coverage in the shaded area. If they chase outside we must get a SWITCH coverage by x3

EP 21: ZONE TRAP DRILLS (one play)
FastDraw User Submission



Coach throws ball in--2 trappers 2 interceptors. 30 seconds. Points for tips and steals--EMPHASIZE tips. offense gets one dribble out of trouble. Closest man drill applies to trap. See it and fix it if rotations get off.

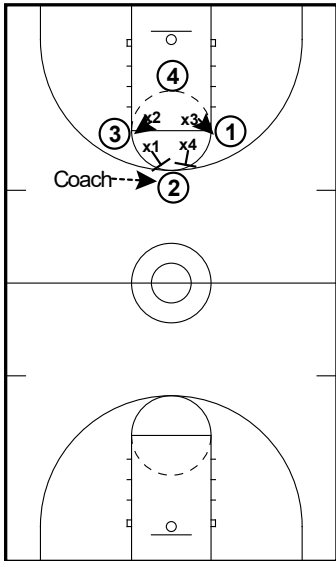
EP 21: ZONE TRAP DRILLS (one play)
FastDraw User Submission



With 2 teams use this drill to work your number system in the full court. One team goes on offense, one team gets into press. Coach makes the call. You can time this drill or just get one way and reset. I like going up and back and then resetting at first to get teaching done.

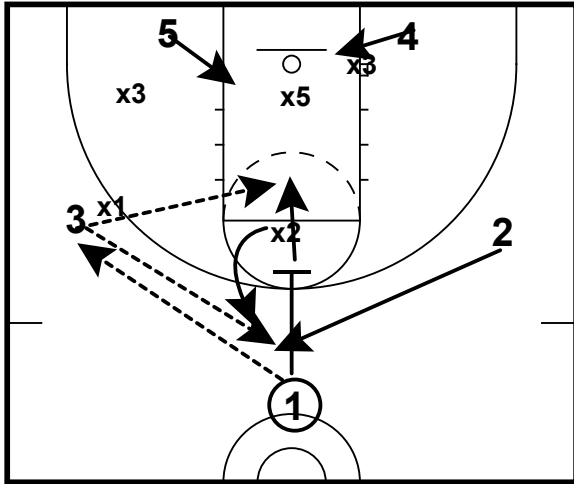
Episode 21

EP 21: ZONE TRAP DRILLS (one play)
FastDraw User Submission



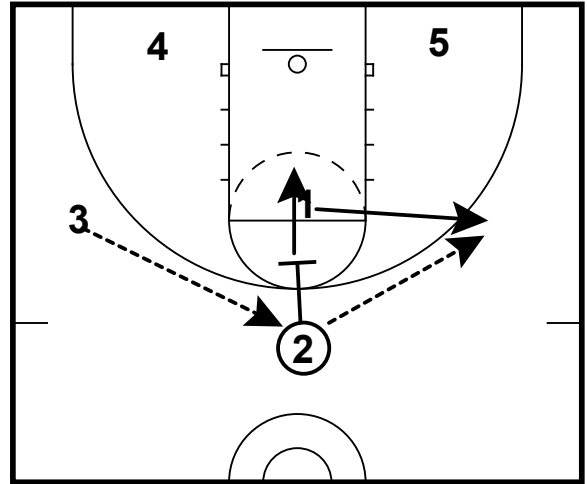
Episode 22

EP 22: Screen and slip vs 2-3 zone
Zone Offense



1 hits either wing then screens top guard for shooter O2. If x2 gets over then slip and play. If screen works shooter O2 gets a 3.

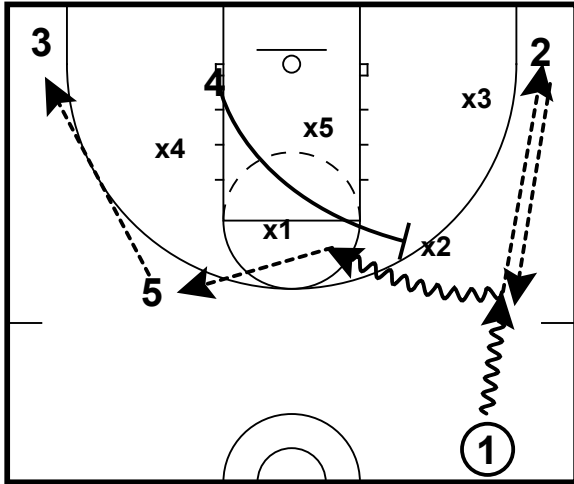
EP 22: Screen and slip vs 2-3 zone
Zone Offense



Movement continues.

Episode 22

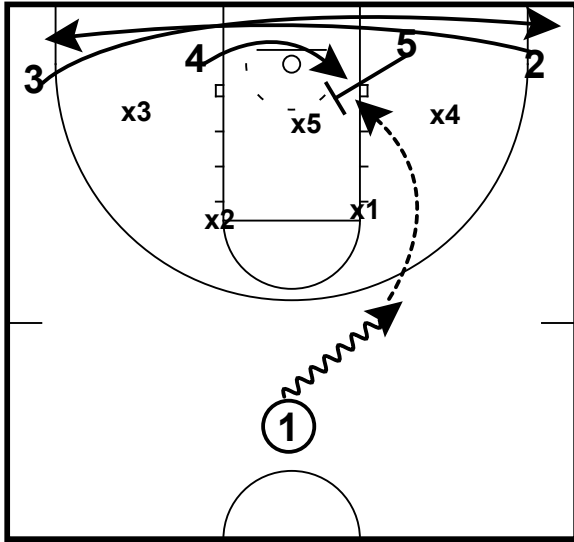
EP 22: Ball Screen Overload Zone Offense



1 hits 2 to spread the bottom of the zone. Snap pass back to 1 who gets a ballscreen from 4. 1 attacks to create 2 on 1 vs x4.

Episode 22

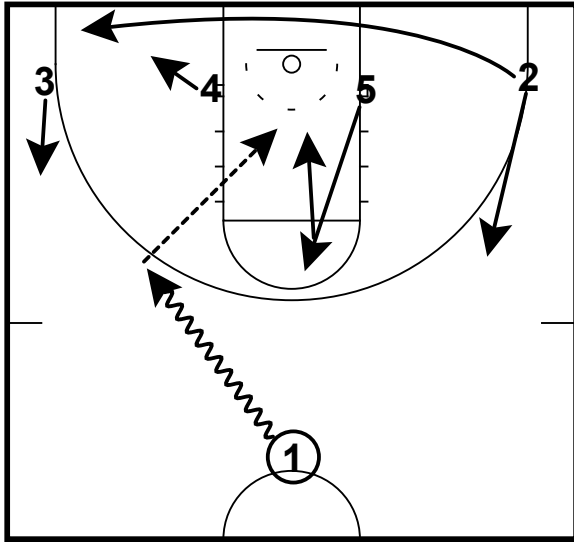
EP 22: 4 flat vs 2-3 zone Zone Offense



4 Flat Alignment: 2 and 3 run turnout action and drag x4 out to the corner. KEY TEACHING POINT: O1 must sell the play to the strong side corner, O5 seals the middle while O4 sneaks under.

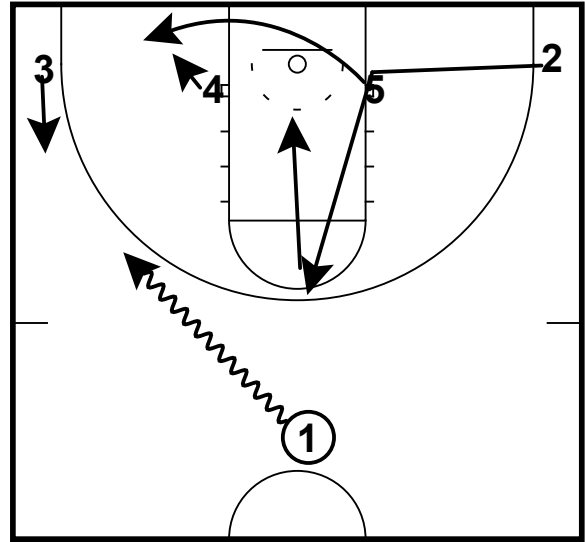
Episode 23

EP 23: Backdoor action for your big
4 Series



1 picks a side and backside wing clears. 5 flashes to high post top of key. 1 uses a step back pump fake move to get x5 out of position for the backdoor cut. KEY TEACHING POINT: 1 and 5 make eye contact, 5 must reach top of key with top foot before the backdoor cut happens.

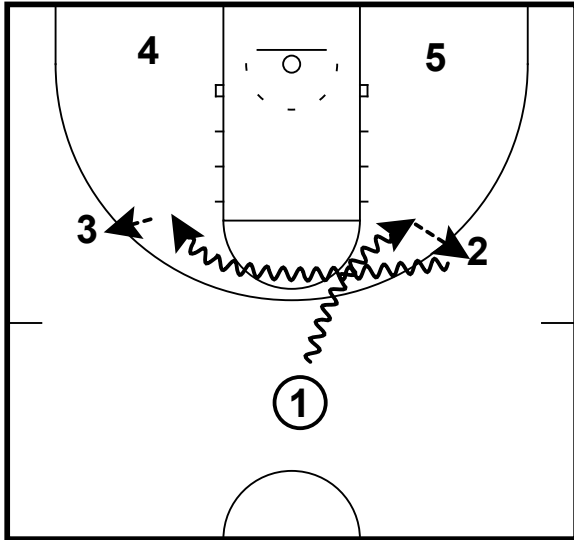
EP 23: Backdoor action for your big
4 Series



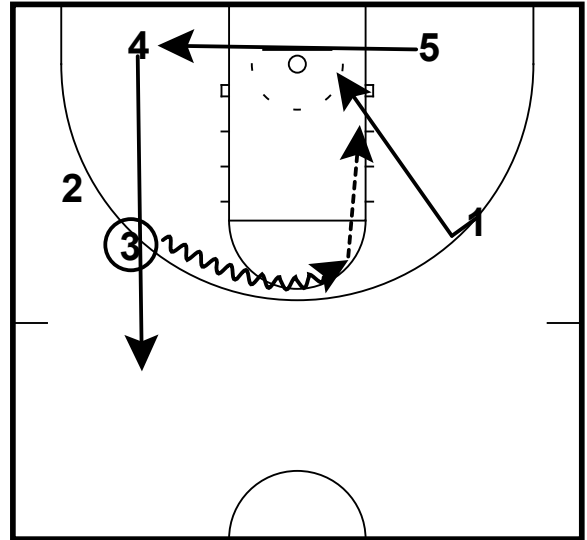
Wrinkle for the 2 man. 2 walks in to the block then runs SPECIAL action.

Episode 23

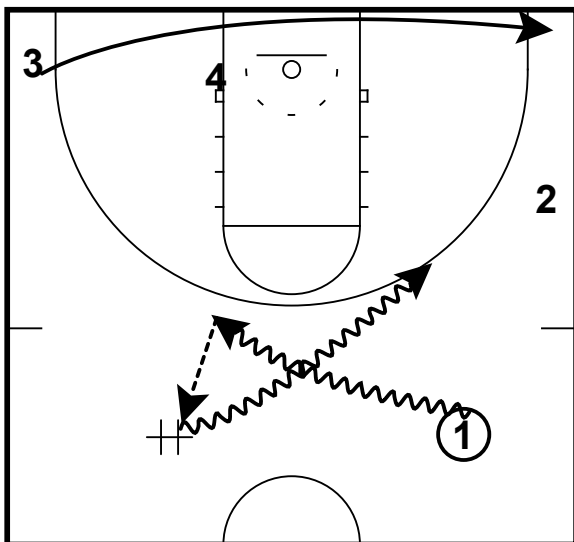
EP 23: Weave backdoor
5 Series



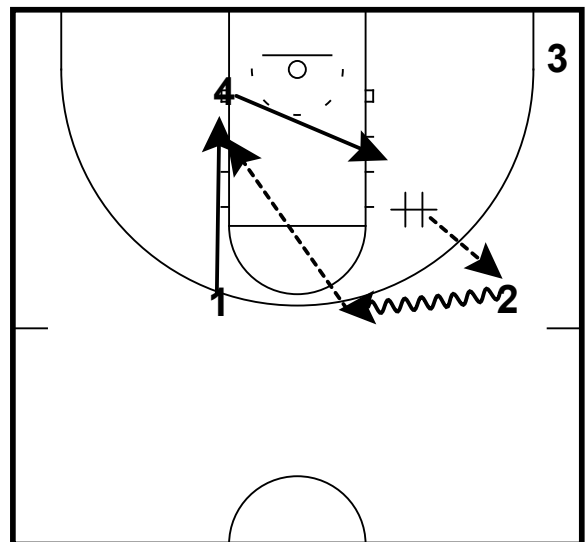
EP 23: Weave backdoor
5 Series



EP 23: Weave backdoor
5 Series



EP 23: Weave backdoor
5 Series

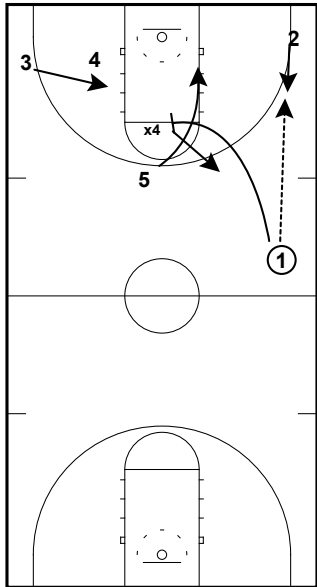


5 in from FIST Set

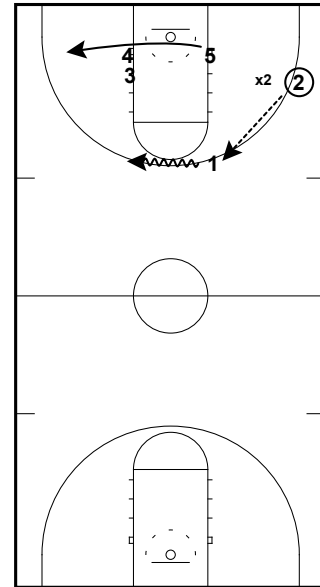
1 hands off to H who hands off to 2. 1 runs backdoor

Episode 23

EP 23: Transition Backdoor
Thumb Series



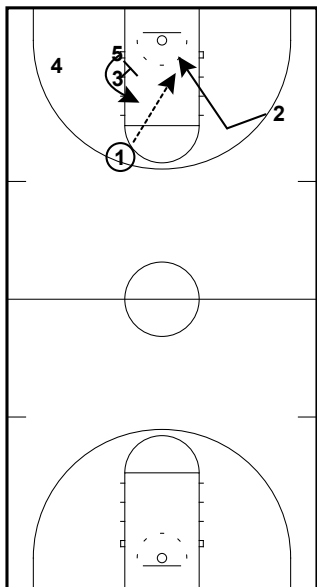
EP 23: Transition Backdoor
Thumb Series



1 hits 2 in transition and sets a vertical screen for trailer 4. After screening 1 turns and catches.

1 sells 4 coming off the double screen formed by 3 on top of 5.

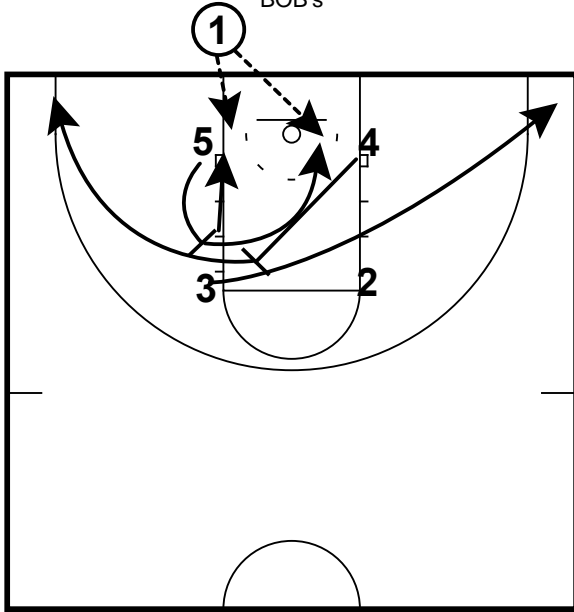
EP 23: Transition Backdoor
Thumb Series



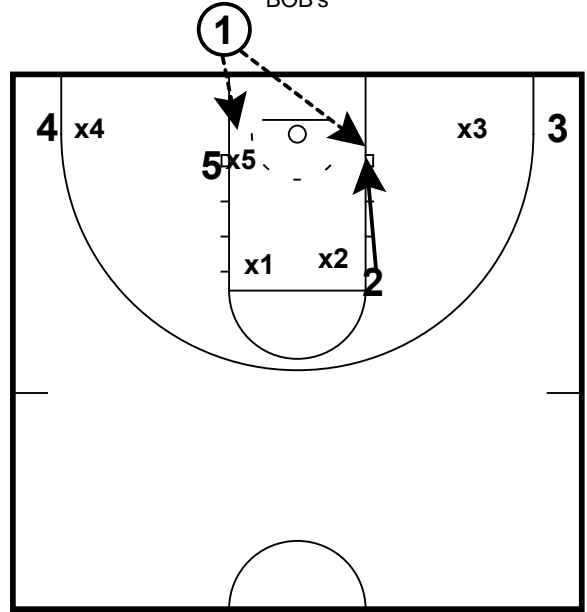
Sell 4 coming off the double screen, 1 fakes pass to 4 and does spin special reverse pivot making eye contact with 2 who takes one step toward the ball and goes backdoor. Counter if 5 helps over then 3 pins down and 5 curls for baby hook.

Episode 24

EP 24: Zone BOB vs 2-3
BOB's

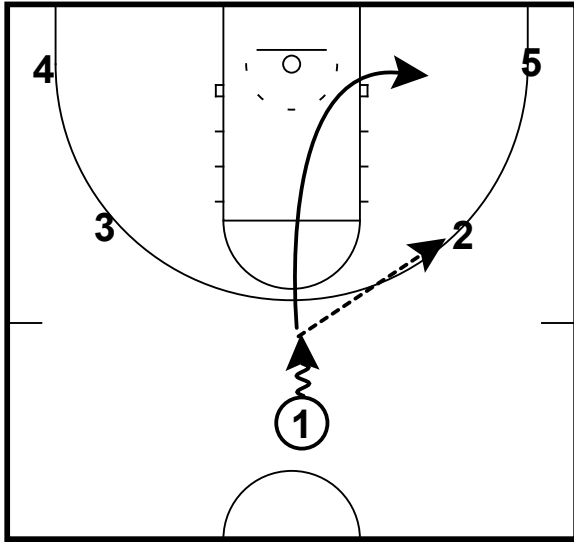


EP 24: Zone BOB vs 2-3
BOB's



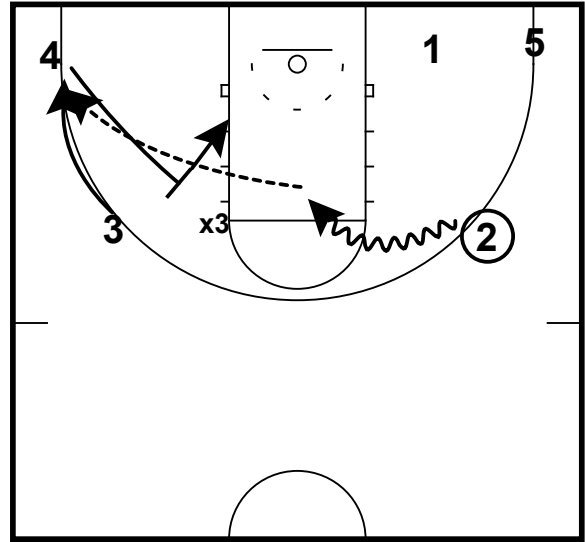
Episode 24

EP 24: Flare action for a 3
5 Series



5 out set: 1 hits either wing and clears ball side.

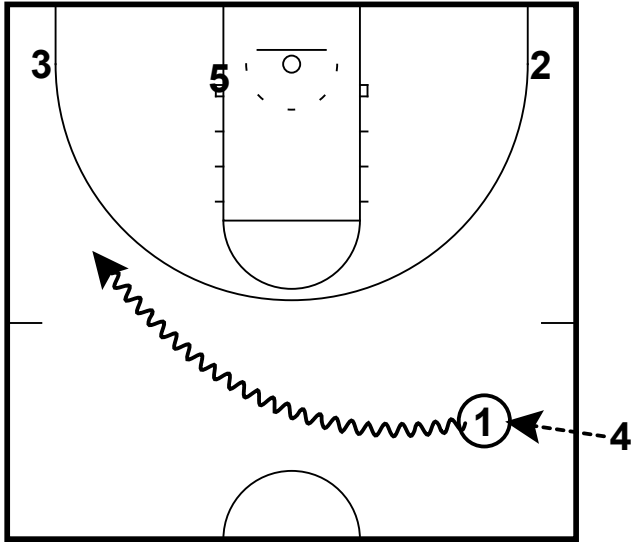
EP 24: Flare action for a 3
5 Series



2 attacks middle while 4 flares for 3. KEY TEACHING POINT: 3 man can't give away the play early. 4 slips if x4 jumps out.

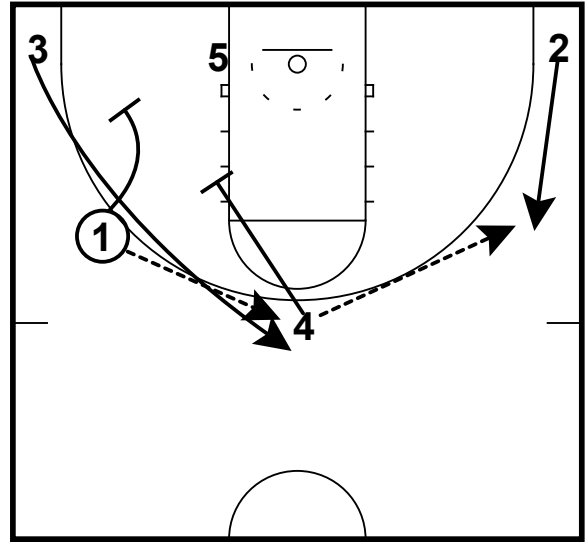
Episode 24

EP 24: Sideline stagger SLOB
SLOB's



Ball comes into the 1 man. 1 takes the ball hard to the shooter.

EP 24: Sideline stagger SLOB
SLOB's

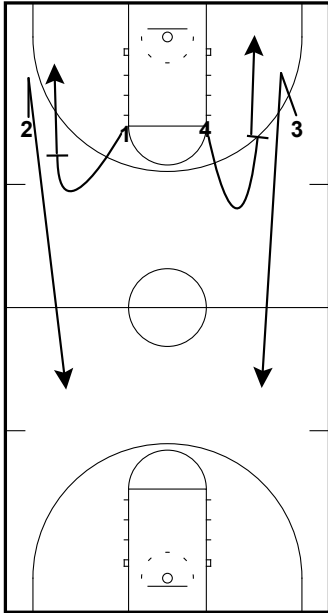


KEY TEACHING POINT: Quick ball reversal to stagger for 3. vs switch 4 man will slip.

Episode 25

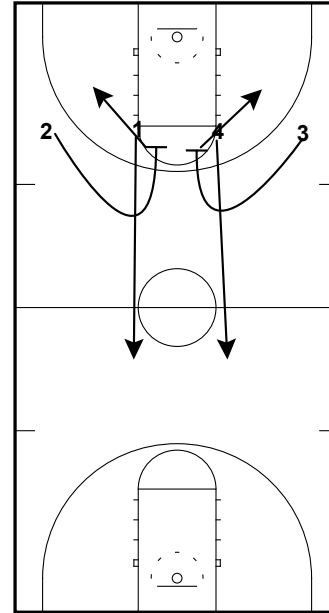
EP 25 Inside Outside
Press Breaks

⑤



EP 25 Inside Outside
Press Breaks

⑤

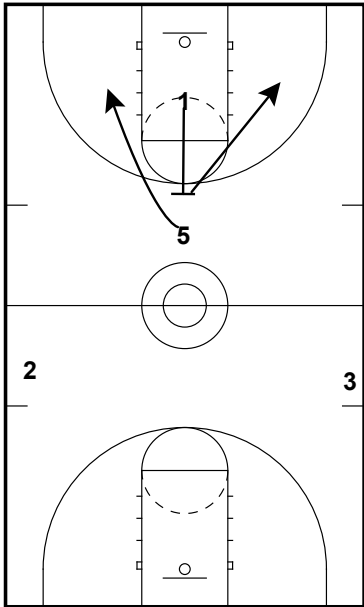


OUTSIDE: 1-4 across. Inside players sell the homerun then come back to screen OUTSIDE players to escape. Screeners now flash back to catch.

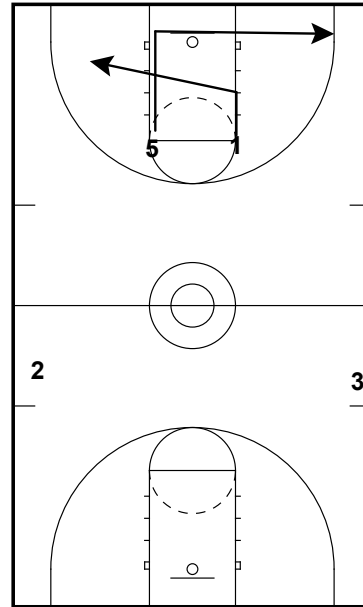
INSIDE: Outside players sell the homerun then screen the inside players to escape. Screeners now flash back to catch.

Episode 25

EP 25: Speed Series
Press Breaks
4



EP 25: Speed Series
Press Breaks
4



PG on ball side clears the strong side for PG2 who now has room to play. We can go SPEED into JET MIDDLE, a quick middle cut by the inbounder.

PG on ball side clears the strong side for PG2 who now has room to play. We can go SPEED into JET MIDDLE.