Doug Novak Bethel University Player Development 3/24/20

I. Intro

- As a young coach he viewed "The Offense" and "Player Development" as two separate entities..... But as he has gotten older he has learned to blend the two.
- 1. We want to Develop Skills
- 2. Create Space to utilize that Space
- 3. Have a Flexible Style of Play that Allows for Growth
- He gives each player an NBA Shot Chart to show what the best players in the world shoot (percentages). It is color coded and based on Spots on the Floor.
 - The Analytics are Clear
 - Focused on Around the Rim & 3 Point Line

Freedom From Choice:

- Post & Perimeter Drives
- Hand to the Glass
- Front of the Rim
- Go to Moves
- Competing for the Gold Areas Eliminate the White



II. Start of Practice

• Start Practice with some sort of *Habits of Movement* (Tons of these on his website) These are generally defensive in nature..... Just something to get them moving.

Block Shooting Period:

- → The Two Minute Drill is a constant every day and then he will mix in the other Block Shooting Drills to avoid monotony.
- <u>Two Minute Drill</u> Need to get 5 Shots from 5 Spots in two minutes, players are trying to break their own records. They chart this and players can see how often they are reaching their goals.
- <u>*Closeout Shooting*</u> "Light Contest" from the Passer Rotate from Passer to Shooter. Video shows his guys doing this in groups of three.
- <u>*W Shooting*</u> Players are going around the Perimeter taking a "3 Point Shot" then a "Mid Range" shot.
 - Coach says they take these often
 - Feels they are good for Depth Perception & Developing Shooting Touch

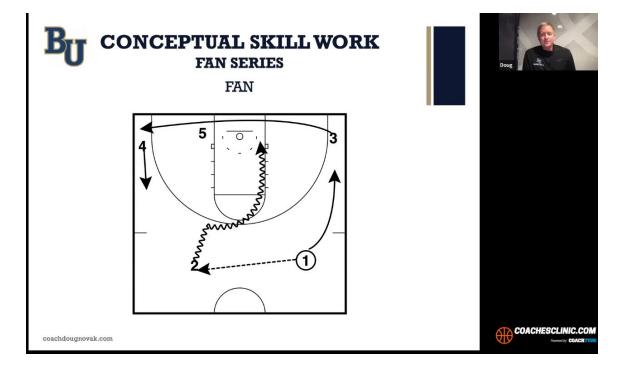
Finishing Series:

- → Also mentioned always following up this Block Shooting period with Finishing Work around the rim. (Referencing his "Finishing Series") also great stuff on his website.
- <u>Around the Rim Series</u> Group of Three Rotating (No Defense, Working on Footwork)
 - Mikan Drill (10)
 - Reverse Mikan Drill (10)
 - Jump Hook Series (10)
 - Post Up Series (4) (*two on each side using their imagination*)
 - Showed a video of a guy using a fade instead of a Left Hand Hook
- <u>Finishing School (Stride Stop Series)</u> Start them around the middle of the paint. The passer flips it to them and then shoves them in the hip a little bit
 - Stride Stop (outside hand)
 - Stride Stop (inside hand)
 - Stride Stop "Donut"
 - Stride Stop, Pivot to the Outside
 - Finishing School (Wing Attack) Start with the Dribble, Attack from the Wing then finish.
 - Stride Stop
 - Stride Stop, Donut
 - Stride Stop, Pivot to the Outside
- <u>Advantage 1/1</u> From the top of the key, the defender gets on the side of the offensive player and they execute those same finishes.

- Showed a video clip of this...
- Coach with a pad at the top of the key, then another at the rim

III. Conceptual Skill Work

- Talked about how his Fan Series evolved from his time at the Citadel. They used a Flare Screen from the Corner.... At Bethel they just eliminated that Flare and then cleared the 3 Man out.
- The thing we want to **work on the most is the Finishing**.... More than the Offense.
- Coach Novak Talked about how he would transition into a Team Skills portion of practice where they would continue working on skills as they also work on offense.
 - Conceptual Offense

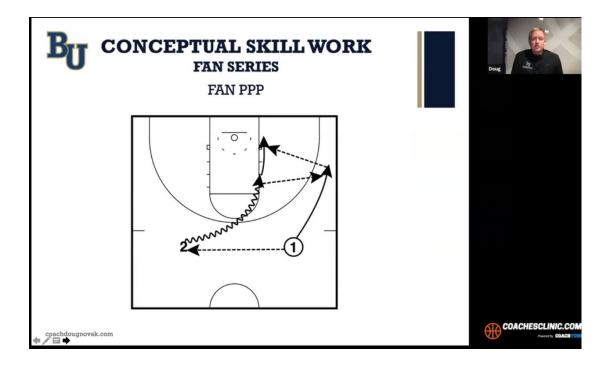


<u>2/0 Fan Series</u> - (PPP) Working on the Fan Action and then the Posting up of their guards after a Quick Pitch.

- Slot to Slot Pass
- Fan to the Corner
- Drive & Quick Pitch
- Post up

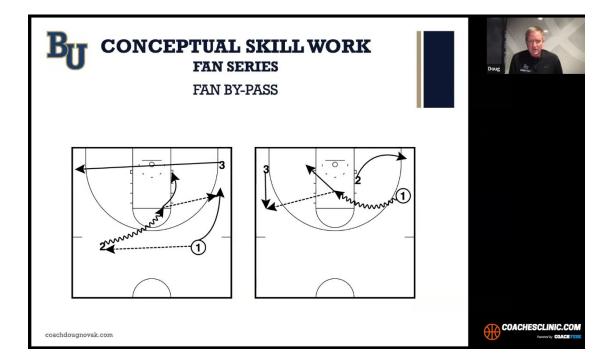
Fan Options - Options for Skill Work

- Drive & Kick Shot
- Drive & Kick, ReDrive
- Drive & Kick PPP



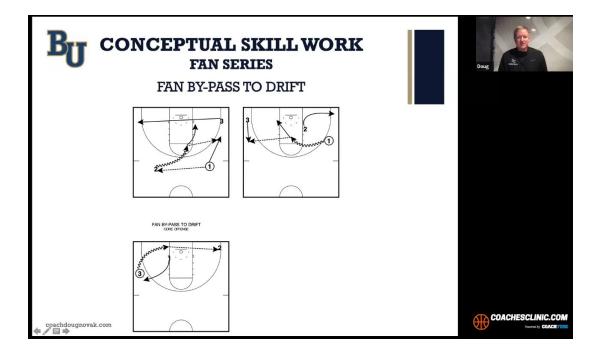
<u>3/0 Fan Series</u> - (Baseline Drift) Essentially a Team Shooting Drill that is taken directly from their offense.

- Slot to Slot Pass
- Fan Action
- Drive the Elbow, Hit the 3rd Player for a Shot



<u>4/0 Fan Series</u> - (Fan Bypass to Drift) Add a Man and Progress through the action.

- Teaching Point of No Vertical Dribbling
- Fill out to the corners
- "Escape" after a Drive & Kick, Get Behind the 3 Point Line



Swing Series

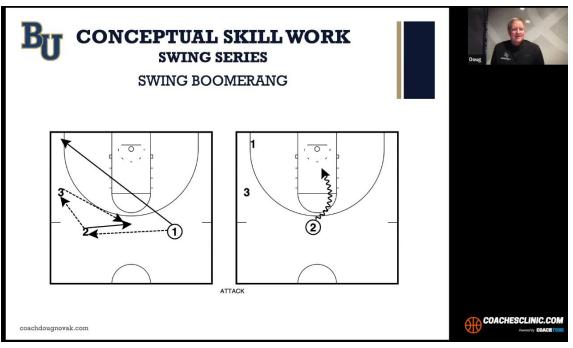
• Working on the swing pass down to the wing, instead of attacking the gap space.

Coach Thought:

We want our guys to realize what it is that we care about. We care about the decision making and the finishing.

• So these movements are simply something that is added before the finishing/ shooting.

Swing Boomerang: Slot to Slot Pass, Swing Pass Down, then Boomerang Pass to the 2.



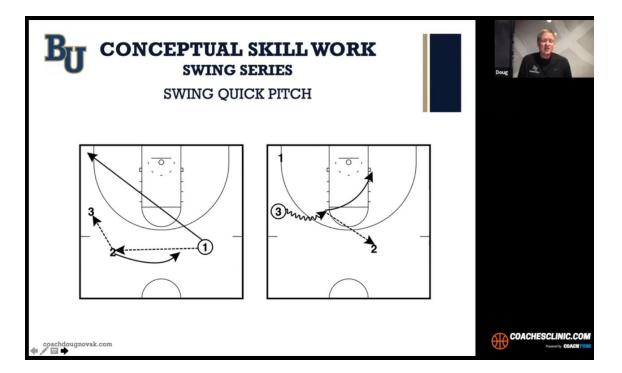
• One of the big takeaways is that you want to take pieces of your offense and make those your drills.

3/0 Swing QP - Slot to Slot Pass, 45 Cut, Swing Pass and Space.

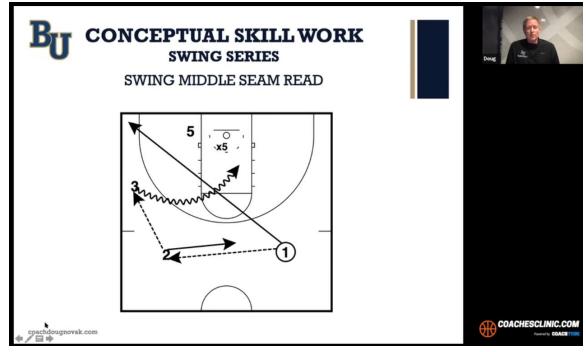
- Turn this into a Shooting Drill
- Turn this into a Finishing Drill
- ADD A COACH to the drill to incorporate decision making for the players

TEACHING POINT:

"Generally if we pass on the run, we stay on the run." Just a way to avoid travels or charges.



4/0 Swing Middle Seam - Start working the 5 Man into the picture.



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"Point of Attack" Finishing Video can be found on CoachTube.