

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

The slide features the Bethel University (BU) logo in the top left. The title "FREEDOM FROM CHOICE" is centered at the top in a large, bold, blue font. To the right of the title is a vertical blue bar with a gold stripe. Below the title is a list of five offensive strategies, each preceded by a blue square bullet point:

- POST AND PERIMETER DRIVES
- HAND TO THE GLASS
- FRONT OF THE RIM
- GO TO MOVES
- COMPETING FOR THE GOLD AREAS—ELIMINATE WHITE

To the right of the list is a diagram of a basketball court. The key area is shaded in blue and gold, with a basketball icon in the center. The BU logo is also present on the court diagram. In the bottom left corner of the slide, there is a small mouse cursor and the URL "coachdougnovak.com". In the bottom right corner, there is a logo for "COACHESCLINIC.COM" with a basketball icon and the text "Powered by COACH TUBE".

A small video inset in the top right corner shows Doug Novak speaking.

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.**

- *Two Minute Drill* - 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.
- *Closeout Shooting* - “Light Contest” from the Passer Rotate from Passer to Shooter. Video shows his guys doing this in groups of three.
- *W Shooting* - 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.**

- *Around the Rim Series* - 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
- *Finishing School (Stride Stop Series)* - 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
- *Advantage 1/1* - 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

The slide features a basketball court diagram illustrating the 'FAN' series. The diagram shows a player starting at the bottom center (position 1), moving to the left wing (position 2), then to the top wing (position 3), the corner (position 4), and finally to the post (position 5). A dashed arrow indicates a return path from 5 back to 1. To the right of the diagram is a small video inset of a man labeled 'Doug'. The slide footer includes 'coachdougnovak.com' and 'COACHESCLINIC.COM Powered by COACHTUBE'.

2/0 Fan Series - (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

BU CONCEPTUAL SKILL WORK
FAN SERIES
FAN PPP

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3/0 Fan Series - (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

BU CONCEPTUAL SKILL WORK
FAN SERIES
FAN BY-PASS

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4/0 Fan Series - (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

BU CONCEPTUAL SKILL WORK
FAN SERIES
FAN BY-PASS TO DRIFT

FAN BY-PASS TO DRIFT
CORE OFFENSE

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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.

BU CONCEPTUAL SKILL WORK
SWING SERIES
SWING BOOMERANG

ATTACK

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- 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.

The slide features the BU logo and the text "CONCEPTUAL SKILL WORK SWING SERIES SWING QUICK PITCH". It contains two basketball court diagrams. The first diagram shows a sequence of three passes: 1 (solid arrow from the top right to the top left), 2 (dashed arrow from the top left to the bottom left), and 3 (dashed arrow from the bottom left to the top left). The second diagram shows a sequence: 1 (solid arrow from the top right to the top left), 2 (dashed arrow from the top left to the bottom left), and 3 (wavy arrow from the bottom left to the top left). A small video inset of a man labeled "Doug" is in the top right. The bottom left has "coachdougnoyak.com" and the bottom right has "COACHESCLINIC.COM Powered by COACH TUBE".

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

The slide features the BU logo and the text "CONCEPTUAL SKILL WORK SWING SERIES SWING MIDDLE SEAM READ". It contains a basketball court diagram with four numbered arrows: 1 (solid arrow from the top right to the top left), 2 (dashed arrow from the top left to the bottom left), 3 (wavy arrow from the bottom left to the top left), and 5 (solid arrow from the top left to the top right). A small video inset of a man labeled "Doug" is in the top right. The bottom left has "coachdougnoyak.com" and the bottom right has "COACHESCLINIC.COM Powered by COACH TUBE".

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“Point of Attack” Finishing Video can be found on CoachTube.