

Coach:

We hope this email finds you and your program doing well. Summer months are almost here which means player workouts, camps and open gyms. Great times and opportunities for improvement and growth. Our "Drill of the Week" email has kind of morphed into more of a basketball/coaching newsletter, which we hope is fine with all of you. We would love to get some feedback on what you think. Should we continue?? We certainly love sharing the game with all of you. Please let us know if we could do it better or if there are topics of interest, we could share with everybody. Here is our latest Newsletter. Hope you enjoy the content.

## **ONLINE/EMAIL BASKETBALL CLINIC**

I have been lucky enough to have been asked to present at the NDHSAA Basketball Coaches Clinic this July. I am honored and look forward to sharing basketball ideas with coaches from North Dakota on Tuesday, July 18<sup>th</sup>. I will be presenting three 60 minute sessions on:

1. 2-3 Match Up Zone
2. 5 Out Dribble Drive Concepts
3. Building Team Culture Through Relationships

As I am starting to prepare notes for this clinic, I thought it might be interesting and fun to try and have a coaches clinic through email. Where we could share ideas with each other on these or any other basketball/leadership topics. We can literally just "reply all" and share questions, concepts, ideas and experiences with each other through email. Not sure if this is a good idea or not, but I have realized lately that I would rather "throw out" an idea than to not share an idea at all. I thought we could start with topic one: **2-3 Match Up Zone**. I will share ideas and concepts that we use within our 2-3 match up zone. I will also add some video clips as well. Thought maybe we could spend a few weeks on this topic.

If you are interested in participating in this online/email coaches clinic, just reply to this email and we will create a separate distribution list for the coaches clinic. We can all then just "reply all" with questions and ideas to share with all who would like to share and receive. We will still continue to send our "Drill of the Week"/Newsletter email out as well.

## **SHOOTING DRILL – "50 in 5" – Click the link below to see a video of this drill:**

We took this drill from John Beilein while he was the coach of the Michigan Wolverines. This is another individual shooting drill that will incorporate competition, conditioning as well as game shots for the player. The goal of this drill is to try and make 50 shots in 5:00. With this drill the player will have a rebounder to help them move a bit quicker. The player will shoot a set of four shots from each spot of their own choosing. The player will shoot three shots from behind the arc, and then shoot one pull up jumper off the dribble. The player will then move to another spot, of their choosing and shoot another set of four shots. They will continue this for the entire 5:00 of the drill, or until they make 50 shots, if that happens before the five minutes are up.

<https://youtu.be/V2MMINJ19iA>

## BALL HANDLING DRILL – “OCTOPUS DRILL” – Click the link below to see a video of this drill:

Here is a two ball dribbling drill. We call this the “Octopus Drill”. Player has 30 seconds to complete the course. Great warm up drill before an individual player workout session. Hope you enjoy.

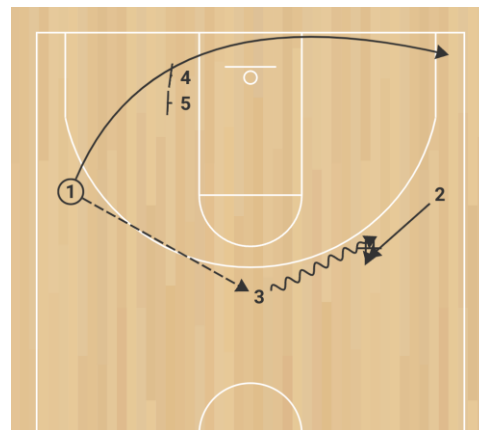
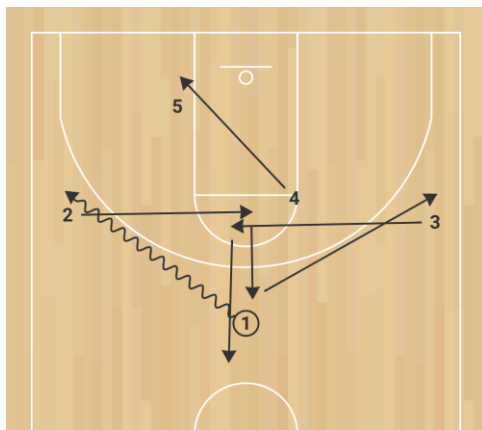
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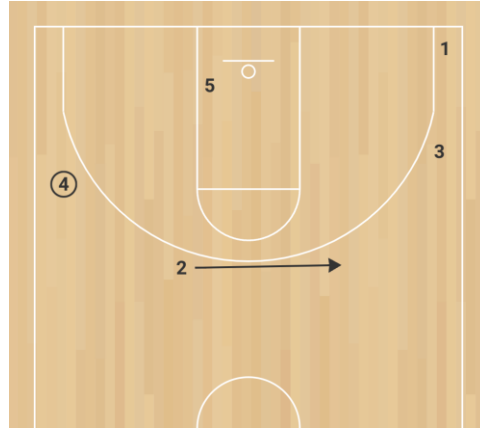
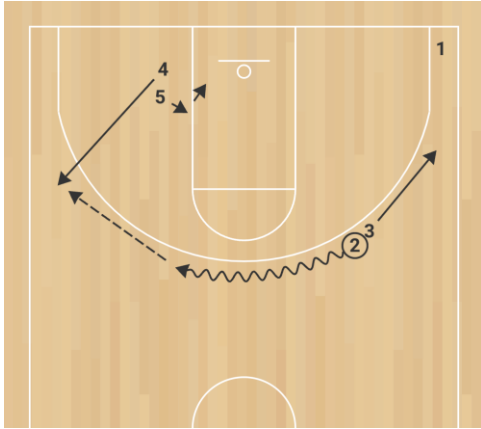
## SET PLAY/ACTION – “COUGAR” – Click link below to see “Cougar” game footage

Here is a play that we have run for the past several years. We really like this set because it has a lot of “false action” before we get to the action that we are looking for. We used to run this play as a set to get the ball inside (which we still do at times). We like the post feeding element of this play, because it involves the “third side inside” post feeding concept. Which is to enter the ball on the post player side of the floor, take the ball away from that side and then bring the ball back to the post player side for a “third side” post feed.

With us playing more 5 Out Dribble Drive, we like this play because it gives us early pace in the possession. Pace for us is ball movement and player movement. It also allows us to reverse the ball back to the “third side” and if we do not have a post feed or a “3”, we have an immediate double gap to the middle of the floor that we can attack right into.

We call this play “Cougar” because we got it from the coaching staff at BYU. You can click the link below to see an animation of this play, and then you can click the second link to see the play ran in a game.





<https://youtu.be/HS2Icvn8-b4> - GAME FOOTAGE

## **PROGRAM/PLAYER/STAFF PHILOSOPHY**

We wanted to have some concepts to guide our program, players and coaches about ten years ago, when we had a philosophical change. So, we came up with these “Ten Commandments of Comet Coaching”. We took all of these concepts from a clinic we attended with the legendary coach Don Meyer at Northern State. We have these hung up in each coach’s office for all of the staff and players to see every day.



## TEN COMMANDMENTS OF COMET COACHING

1. Coach for the love of the game and our players - build a team of servant leaders.
2. It is not what you teach, it is what you emphasize.
3. Be a skill coach, not a drill coach.
4. Make the practices like games, and the games like practices.
5. You have to clean the hog house every day.
6. Make the game simple and easy to learn – keep our players aggressive and alert.
7. Don't give an order that can be understood, give an order that cannot be misunderstood.
8. Plan, prepare, practice and play like we just lost our last game.
9. What we accept in victory, we must accept in defeat.
10. *It is not enough to know we will win the game, we must know exactly how we will win the game.*



### Comet Women's Basketball Staff

[www.coachhutter.com](http://www.coachhutter.com)

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