Summer 2012

Mongoose Basketball Practice Regimen

Beau James Brock
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Team Mission: To provide an enjoyable, comprehensive & disciplined opportunity for all players.

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MONGOOSE BASKETBALL
TEAM PHILOSOPHY

• Every Player has value. Some are shooters, some set picks, some are passers, some are rebounders & some are defensive standouts.

• Every Player must be supportive of each of his teammates, especially when they make a mistake.
  – It is not enough to be positive when winning, it is the mark of a champion as to what his attitude is when persevering through adversity. “Some days you eat the bear, and some days the bear eats you.”

• Each player must come prepared to play at practice and games.

• Each player chooses how hard they will work. A coach can motivate, but cannot compel performance.
Team Core

- Wooden theories on game play
- System offense
- Pressure defense
- Every time down the court is another life
- Several rotations for players
- Preferred outside shooting options
- Team goals lead to success
- David and his sling
Mongoose Basketball Offensive Philosophy

• Everyone Shoots.
• Everyone Drives with cross-over move when defensive player too close.
• Everyone Rebounds except for safety valve.
• Everyone be prepared to press after made basket.
• In Mongoose System:
  – Shot within 12 seconds.
• In Half Court:
  – No 3 pointers unless called by Coach.
  – Sharp cuts by EVERY player.
  – Do NOT roam out of position.
MONGOOSE BASKETBALL
OFFENSIVE POSITIONS (1 OF 2)

• **Player 1 – Point Guard.**
  – The 1 is a leader. He must be unselfish in the distribution of the ball. He must be able to penetrate and look basket first. He must motivate his teammates with positive reinforcement
    • 1 drills focus on every angle of lane penetration & passing to multiple options.

• **Player 2 – Shooting Guard.**
  – The 2 is fearless in shooting from outside and works with a closer mentality, forgetting every missed shot, he must be able to anticipate where the openings in the defense are for penetration.
    • 2 drills focus on 3 pointers from his court position & penetration from wing.

• **Player 3 – Small Forward.**
  – The 3 is the team cheetah and makes lay ups without fail. He must run the floor at a sprinter’s pace (never jog) & in his lane. He must execute cutting to the ball & for picks with a razor’s edge.
    • 3 drills focus on lay ups (and controlling long passes) off the fast break & pick/rolls.
MONGOOSE BASKETBALL
OFFENSIVE POSITIONS (2 OF 2)

- **Player 4 – Small Forward.**
  - The 4 has the heart of a lion on offense. He must run the floor every time knowing his primary role on the System is to provide openings for other players through picks. He is a primary rebounder and must go directly to the basket for a quick rebound and put back. If he gets a quick pass, he must be prepared to immediately turn and shoot or push it back outside to the 2 player for a 3 pointer.
    - 3 drills focus on pick/roll and rebounding. Also, catching long and intermediate passes with a quick pivot for an immediate shot.

- **Player 5 – Center.**
  - The is Zulu warrior on the offense. He will be fearless in aggressive rebounding every time down the floor and lead the team in offensive rebounds. He must be the most athletic player combining strength and courage under the basket and the most proficient pick & roller on team.
    - 5 drills focus on pick/roll, rebounding, second jump rebounding drills, strong drives to the basket off pick/roll, and post up positioning under basket.
MONGOOSE BASKETBALL
DEFENSIVE PHILOSOPHY

• *Everyone Runs ALL THE TIME.*

• *Create space between you and the person with the ball UNTIL he picks it up – then assault him.*

• *Keep your hands up wide in the passing lanes.*

• *Deny the ball from a ball-side attack.*

• *Press Defense*
  – *We are looking for steals at all times in the press.*
  – *We do NOT give up a layup or shot from blocks if they break the press.*

• *Half Court Defense*
  – *Be quick to rotate in our zone to prevent cutters.*
  – *On loose ball or rebound get the ball to the number 1 player ASAP.*
  – *Do NOT allow penetration into the middle or an initial pass to the middle.*
Week 1 – The Foundation

- Technical drills - Offense
- Half court offense
- System offense
- Out of bounds plays
- Industriousness
  - Hard work by each person
- Friendship
  - Mutual esteem & respect for players by players
- Loyalty
  - To yourself & others in need
- Cooperation
  - Understanding your role & working for the best team solution
- Enthusiasm
  - Enjoying the effort put forth
Week 2 - Bricks

- Full Court Defense
- Half Court defense
- Technical drills - defense
- System offense
- Shooting drills
- Self-Control
  - Understanding not too high and not too low.
- Alertness
  - Stay open-minded and prepared for new learning
- Initiative
  - Learn to make on-court decisions yourself --- SHOOT --- DRIVE --- PASS
- Intentness
  - Set realistic individual goals and support the team’s overall mission by being determined
Week 3 - Mortar

- Full Court defense
- System offense
- Press Breaks
- 3-2 UCLA drills
- 5 x 5 System vs press options
- 2 on 1 & 3 on 2 safety drills
- 3 on 5 press defense
- Pick & Rolls
- Condition
  - Mental, moral & physical exercise in focus
- Skill
  - Promptly executing the fundamentals required takes forefront
- Team Spirit
  - Development of a genuine concern for others success as that feeds the entire body
Week 4 – Spanish Tile Roof

- **Technical Precision & Confidence Drills**
  - Pivoting out of trouble
  - Shooting flip
  - 3 pointers (SETS OF 10)
  - 5 trailer & 4 safety valve shot
  - Defensive spacing
  - Drop step
  - Defensive denial
  - Press defense on throw in

- **System offense**
  - 5 on 5 (but only half court defense)
  - UCLA 3-2 drill

- **Poise**
  - Being at ease, never fighting yourself or demanding the impossible

- **Confidence**
  - Self respect without fear of failure. Being prepared for all challenges
Week 5 – The Mountain Top

• System Offense
  – Transition focus from all situations

• Press Break

• Review of Half Court & out of bounds plays

• Shooting drills

• Competitive Greatness
  – Being your best when the best is required. Ready to eat the bear & meet the difficult challenge that awaits

• Rotation Awareness
  – Orange team & White team
  – Press Team & Press break team
  – 3 point team
  – Speed team & Delay team
  – Defense team

• Team Goal Setting
  – Shots + 3 point shots + offensive rebounds % + turnovers caused = win
In-Season
One hour practice themes

• Half court offense - 5 minutes
• System offense - 10 minutes
• Out of bounds plays - 10 minutes
• Half court defense - 5 minutes
• Full court press defense - 10 minutes
• One on one drills - 5 minutes
• Pick and roll drills - 5 minutes
• Scrimmage - 5 minutes
• Put out - 5 minutes
In-Season
Two hour practice themes

- Half court offense - 10 minutes
- System offense - 30 minutes
- Out of bounds plays - 10 minutes
- Half court defense - 10 minutes
- Full court press defense - 15 minutes
- One on one drills - 10 minutes
- Pick and roll drills - 10 minutes
- Full court 3 on 2 drill - 10 minutes
- Scrimmage - 10 minutes
- Put out - 5 minutes
Offense - Drills for Practice - Defense

- **Half court offense**
  - Swing Around
  - Rebound - pivoting
  - Play options
- **Out of bounds**
  - St. Peter cut
  - Toy cut
  - Yellow Sub passes
- **System Offense**
  - Pass to 3
  - Pick & roll
  - 3 on none
  - Full court on none, 3 on 2, 5-2, 5-3
- **Press Breaks**
  - 5-3, made basket, missed basket, LMU
- **Shooting**
  - Half court shots, system shots, free throw
- **One on One**
  - Cross over step, jab step, acceleration, cross over dribble
- **Pick & Roll**
  - From each play n half court and system

- **Half court defense**
  - On ball position
  - Off ball defense
  - Out of bounds
  - Rotation
  - Help defense
  - Penetration denial (1 on 3) (1 on 2) (1-1)
- **Press defense**
  - 3 on 5
  - 5 on 5
  - Trap on sidelines
  - Rotation traps
- **Transition to press**
- **Full court 3 on 2 drill with stick man**
- **Two on one trap**
- **Rebounding**
  - Blocking out I on 1, 2 on 2, 2.5 on 2.5
  - Pass to outlet
  - Pivoting
- **One on one**
  - Foot position – drop step and recovery
  - Hand position
  - Mongoose and freak drive to corner