

Rice University Basketball Practice Notes

General Observations:

- Terrific energy in practice. Coach Pera & staff do a great job of displaying intensity, holding players accountable, yet are still able to have fun w/ the players. Overall there was a positive energy and feel to the practice environment.
- They started practice in the film room watching clips from the previous practice. Players were asking a lot of questions and were very engaged. Every question was answered by the coaches w/ respect & treated as a great question. Definitely led to other players asking further questions.
- Practice had great flow. There was very little time off task. Transition between drills was very good, which maximized learning time.

Practice Layout:

- Short film session for < 10 minutes on segments of previous day's practice
- Walk-Thru Set 5 v 0 (5 Mins)
 - 2 Power Gap (Diagram below)
 - PG dribbles at one side, ball-side wing clears to opposite corner
 - Ball-side post screens the ball and rolls hard to the rim (option to pop depending on personnel)
 - If roll man isn't open, they reverse to the opposite wing looking for an angle pass
 - If angle pass isn't there, they swing one more time to the corner
 - Opposite post flashes
 - Could look lob over the top to post or go hi-lo action with empty side
 - Another option could be to hit the post flash and look for 1 going backdoor if his man is overplaying



- Dynamic Warm-Up (5 Mins)
 - Music was loud. Coaches were interacting w/ the players. Good energy.
- Communication Drill (3 Mins)
 - 5 spot closeouts (coach at each spot)
 - 5 guys going at a time, had to talk and be aware of the other players
 - Always came back to the middle of the floor after each closeout
- 1 v 1 Zig Zag (4 Mins)
 - Didn't go live. Patterned drill w/ defensive focus on cutting off sideline (they do M v M trap the turn after makes)
- 2 v 1 @ the Rim (5 Mins)
 - Coach at one elbow who is a passer, one offensive player at the opposite elbow and "finisher" on block (opposite of offensive player), defensive player starts middle of the paint
 - Coach passes to either offensive player and drill is live
 - Defense must get a stop to rotate out
 - Guards stay in one line
 - Posts stay in their line
 - Coach calls new defensive player when defense gets a stop
- Post/Guard Skill Breakdown (10 Mins)
 - Guards did 1 v 2/ 2 v 3 in the backcourt
 - Defensive focus on cutting off sideline
 - Offensive focus on handling pressure- mentioned retreat dribble up the sideline, catching away from dead corner
 - Depending on how many seconds it took for offense to cross determined winner of each repetition (Offense had 8 seconds)
 - Loser did push-ups immediately after
 - Posts
 - 1-3 reps of each move/action & then they moved immediately into next
 - Mostly on-air w/ coach & pad on the finish
 - Some of the things they emphasized/ moves they taught
 - Rim Run Finish
 - Dump Finishes
 - Dunk/ Fake Baseline- Hook Middle
 - 1-Dribble Elbow Rips
 - Post Moves (Did this w/ dummy d defense to offense, coach passing)



- Dropsteps, Dribble Drops, Hooks, Shoulder Fakes
> Hooks, Reverse Pivots
 - Shooting
 - Hi-Lo Flashes (run some hi-lo sets)
 - Short Corner

- FT/Water (5 Mins)

- A lot of coach-player interaction

- “Go Screens” (5 Mins 3 v 0, 12 Mins 3 v 3)

- “Go Screen” was their term for a quick pin-down in secondary break. PG calls “Go” and the trail sets a pin-down for opposite corner
- Worked on options off screen & syncing terminology 3 v 0 before going live
 - Majority of the time wanted the guy using the screen curling to the basket to attack the rim
 - Also worked on player using the screen rejecting & going backdoor
- 3 v 3 “Go Screens” (12 Mins)
 - Ball handler is being pressured & must communicate “Go” to initiate the action
- Really liked this segment



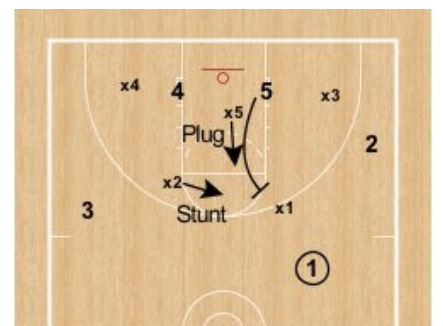
- 5 v 5 $\frac{1}{2}$ Court > Full Court (12 Mins)

- Coach called or drew a set for $\frac{1}{2}$ court possession
- Transition from $\frac{1}{2}$ ct to one full court trip
- Worked on “Double Fist” on a made basket, “Fist” on miss
 - Double Fist= “Trap the Turn” M v M Full Court
 - Fist= M v M $\frac{1}{2}$ Court

- FT/Water (5 Mins)

- $\frac{1}{2}$ Court Zone D/O Scrimmage (12 Mins)

- Big emphasis on bumping the wing down on any pass above the free throw line
- Ball screen defense in zone they talked about middle man as the “plug” and other guard not being screened as the “stunt”
 - Was important for “stunt” man to know who the wing on their side was to determine how much they could/should stunt (shooter or non-shooter).



- Full Court Scrimmage 3 Trips (10 Mins)
 - Not a lot of stoppages during the live segment
 - Coached and re-created some after the three trips
 - Generally speaking, stoppages/teaching were very short & direct

- 4:30 Shooting
 - 4 minutes 30 seconds to make 85 shots
 - 2 Lines, players pass and then move immediately into shooting line. Shooters get own rebound.

- 5-Out Shell (8-10 Mins)
 - Didn't go live. Emphasis on positioning, sprinting to help, and exaggerating loud communication

- Situations (5 Mins)
 - Down 3 w/ 15 seconds to go
 - Both teams played O/D
 - Team that was down 3 started w/ ball. Both times they started w/ a quick-developing set to open up a big gap for their top attacking player to get a quick 2
 - At one point one team was up 3 with 6 seconds on defense & opted to foul
 - Coaches said their general philosophy is to foul in that situation