

Vance Walberg Mid South Coach's Clinic 9-14-07 (Friday Night Presentation)

1. Spent 24 years as a high school coach. Last year's record was 300 and 30. Four years in JC, record was 133-11.
2. Watched the football team at his high school. As soon as the play was over, players sprinted to the line, sprinted to the huddle. Tried to wear people down physically and mentally. Wanted to do the same with basketball.
3. Doesn't let teams run any of their plays.
4. Blitz. Makes opponents prepare for you.
5. On offense, must have an attack mentality. Biggest key is shoot 3's or get in the paint.
6. Develops the mentality of getting an extra point on every shot, whether it be an "and one" or a three.
7. The mid range jump shot is for wusses. Get to the rim.
8. Points Per Possession (PPP). Should be between 1 and 1.2. Percentage wise, the best shot for PPP is the free throw.
9. The goal is to shoot 35% from the three point line. That is 1.05 per possession.
10. 60% around the hoop is 1.2 per possession.
11. Free throws at 70% is 1.4 per possession.
12. Memphis charted all their midrange jumpers in the 2004-2005 season. Shot 28%. That is less than 0.6 per possession. Therefore, shoot the three, or get in the key!
13. Little things matter. Two times lost a high school state championship game due to the lack of a free throw screen out.
14. "Red Dog" end of game call that means press, if they get over ½ court, foul.
15. If your team gives up a rebound off a free throw? Run a double liner (suicide) the next day in practice.
16. Validate everything in practice by making a free throw (teaches kids how to respond positively to pressure.)
17. Open gym, plays to eight by twos and threes. Teaches guys to value each possession. Player who makes the winning basket must make a foulshot to validate the win.

18. Everything he does in practice is competitive. Keeps track of wins for each team. Uses foul section on the scoreboard.
19. At the end of practice, if the losing team loses by one, run a 10 (up and back in 10 seconds.) If the teams loses by 3, run a 10, and 20, then a 30.
20. If the losing team has a good practice, shoot a 1 and 1 to get out of running.
21. If they've had a really bad practice, make them validate each run with a foul shot.
22. On offense, teaches principles not plays. But have some plays for dead balls and timeouts.
23. On offense, 40 series = equals 4 out sets. 30 series = 3 out sets. 33 equals a 3 pointer out of a 30 set. 45 equals a back pick for trailer out of a 4 out.
24. Teaches players how to play, not to run plays.
25. On offense, the 4 (big, 5 is second point guard in system) runs straight down the center of the court to the front of the rim.
26. 2 and 3 run the alley to the corners.
27. 5 (2<sup>nd</sup> point guard) inbounds and runs to trailing guard spot.
28. if the ball is in the backcourt, 2 and 3 should not be in the corners. Should be up on the wings, top of the key extended.
29. If the ball is over ½ court, the 2 drops to the corner to open up a driving gap. Talks about the "2 side" (right side of court) and the "3 side" (left side of the court.)
30. The big (4) straddles opposite block. (Open up the post.)
31. On lane penetration, the big front pivots into "cleanup" position.
32. The "drop zone" is free throw line to top of the key extended.
33. Must have the mentality of "get to rack" and get to the free throw line. Likes shooting 3's but the number one priority is to attack the rim.
34. If you can't beat your man, stop in the drop zone.
35. If you get in the "rack zone" (front of the rim extended) score or throw it off the backboard to the big for clean up.

36. If the big's defender steps up to stop penetration, throw a lob pass to big or throw it off the glass to the big.
37. On baseline penetration from the wing, big "T's up" (loops to free throw line), and opposite wing drifts to the corner looking for the pass.
38. Whenever there is lane penetration, needs to corners filled, the big opposite block in clean up position, and a drag behind from a guard spot.
39. "Elevate" means wings loop up-court along the 3 arc towards the ball.
40. If the ball is passed to the wing, cut! Never jog through. That's a false cut and an automatic turnover in practice. Fill to same side corner, or weakside corner.
41. On a pass and cut, weakside guard spot should not wheel (fill) too early. Keep a double driving gap open for the wing!
42. We love facing pressure denial b/c we love the backdoor or "drop" pass.
43. Accept pressure and attack it if you have the ball, or backup towards the sideline to create a bigger driving gap. Never negative steps (dribble backwards with ball) or standing dribble.
44. On a drop cut, elevate one step high, show a hand, call for the ball with mouth and hand and cycle through (wheel.)
45. Wings space the floor in the corners with inside foot even with front of the rim.
46. When the ball hits the drop zone, weakside wing takes one step up (elevate). When the ball hits the drag zone (area of the lane between the drop and rack zone), opposite wing "finds the window", and opposite guard spot drags behind. Do not look to hit the ball side wing from the drag zone.
47. Anytime you break the 3 point line on a cut without the ball, go to the rack and then get back out behind the three point line.
48. In the rack zone, shoot it, or pass it off the backboard to the big.
49. Doesn't like the wrap around pass in the rack zone. Usually it's a turnover.
50. Whole offense is about creating gaps.
51. As a coach, watch what happens when we penetrate. Does the big help or does the weakside wing's defender help? If the weakside wing defender helps the "Drag 3 is open." A drag 34 (35 for us) is a skip from the drag zone and then feed the post. A Drag 5

(4 for us) is a euro loop cut for the opposite guard spot. A drop 2 is a backdoor for the two man.

52. On a middle drive, the post relocates (loops to opposite block with two big steps and looks to cleanup.

53. The ballside wing has to be patient and read. Ball is in drop zone, cut backdoor. Ball is in drag zone, we generally do not want a kick out ballside.

54. If the drive stops in the drop zone, two man game with the wing. Either a kickup pass (loop up the three point line), or if hugged, one step up the lane and backdoor.

55. On a drop zone drive, the big elevates up to opposite elbow and yells “ball, ball, ball.” This creates space for the backdoor. If the ball is thrown to the big, passer give and go cuts and clears out opposite corner for the big to go one on one.

56. A drop zone penetration also becomes a two man game with the opposite guard spot for the euro loop and “kickback” pass. Don’t hand the ball off on that, use the 6 foot two hand kickout pass.

57. Do not throw negative kickout passes. (makes it easy for defense to switch.) Wait until looper gets even with the ball or ahead. (Positive kickback passes only.)

58. Can run a kickback (euro) to a drag 3, or a kickback to a drag 34 (35 for us, 5 is the big in our system.)

Coach Calipari (brings team out onto floor):

59. Where do you fill if you don’t know where to go after a cut or drive? Get to one of four spots -- Free throw elbows extended, or above free throw elbows extended).

60. Bobby Knight loves the offense.

61. Points per Possession is huge. Must chart this. Dean Smith was the first proponent of this. Best shots in order for PPP:

- Foul shots
- Layups
- Wide open 3’s
- Wide open midrange
- Turnovers (or contested shots)

62. Therefore, on defense, make them turn the ball over or shoot contested midrange jumpers.

63. Warmup drills, put 5:00 minutes on the clock.

- Go length of the court in a circuit. Shoot layups with 4 dribbles or less. Switch sides. On a miss circle and go again from that side.
- Pull the ball out the net with both hands at all times in practice! All rebounds are with two hands. Little things! If you grab a ball in practice with one hand, we run.
- Box to box drill is two man rush with chest passes. Finish with a layup. Talk to each other. Call “box to box, box to box!” Your layup”, etc.
- Three man rush with chest passes and finish. Coming back throw long lob pass and middle man is on D.
- On three man weave, count passes out loud.
- Basic layup drill. Make 50 in a row.
- Fullcourt layups. One line on each end at ½ court. Work right side one day, left side next. Work on four moves, stutter, crossover, inside out w/ reverse layup, glide layup (opposite hand, jump off inside foot.)
- Get shoulder by your man, clip the hip, take a bump, take another bump, and score.

64. On drives to the hoop, Bigs relocate with two big steps across the lane. No wrap around passes or bounce passes. Throw it high to hands or off the glass.

65. If the driver “Steve Nash’s” it (keeps the ball and dribble alive), big loops middle to front of the rim and trails the dribbler.

66. On a backdoor cut, the pass must be thrown outside the lane to be successful. Get a lot of threes off of backdoors by opposite wing drifting to corner.

67. Use a stride step (one-two step) instead of a jumpstop when attacking the lane. (Cannot pivot off of a jumpstop without a travel call.)

68. Work on duck-ins and gap clearouts with your bigs. “Chicken wing” post move is a quick front pivot with ball chinned to hook the defenders shoulder. Work on these. On a skip pass, post always ducks-in and shapes up in the post. Post loops on a kickback, euro pass.

69. For pick and roll, post reverse pivots or sprints to rim (slip footwork) for the lob, or to post up.

70. In team drills play to 7. Olympic shooting everyday for 5 minutes. Right handed shooter, footwork is left foot forward. (Lock and load step.) Five spot shooting – 50 threes in four minutes. Will get up 90 threes if they bust their tales. Find the open window in line in five spot shooting. Cardinal drill (two on 1), Texas 11, Texas 22, Texas 33, Scramble. Use these drills for the first 45 minutes of every practice.

71. Offensively, if you spin the lane, you must shoot. On a spin, the other players do not know where to relocate.

Coach Walberg

72. On offense, a pullback space dribble tells the 4 to cut backdoor and relocate weakside corner.

73. If teams want to play two big guys, we attack one of them off the dribble.

74. Keep the ball on the outside hip in the rack zone. Do not rock it.

75. With Five Spot shooting, 3 best shooters are at best basket -- "Heaven." To get to Heaven, win two days in a row, or be +10.

76. +26 is the best score ever for five spot in high school. At Pepperdine last year a group went +34.

77. Offensively, a kickback is "euro" looking to get to the rack on a layup.

78. Set up the backdoor cut with hand and voice.

79. Get a good angle towards the three point line and get even or positive with the passer on a kickup pass at the wing.

80. "Drop 23" is a drive middle from the 2 and backdoor from the 3.

81. Kickup is a pass to the wing. Kickback is a euro loop from the weakside guardspot.

82. Number one thought on offense is get to the rim.

83. We're going to come down your throat on offense, shoot threes, and get teams in foul trouble.

84. When driving, try to clip the defender's hip, bump him again, again, if your guy backs up after contact on a drive he will never be any good.

85. Walberg only got zoned five times in four years in junior college b/c they shot the 3 so well. Went 19 for 33 from three one time in the first ½. Everytime he got zoned, shot at least 50 threes for the game.

86. Who get to shoot the three? Who can make it?

87. "Streak" = only two best players are allowed to shoot. Everyone else can only shoot layups. Great call to slow it down a bit if opposition goes on a run -- instead of calling a timeout.

88. Teaches his players how to win. Make everything competitive and keep track of wins in practice. Guys who have less wins run.
89. Make sure every player accepts his role.
90. When playing 5 on 5, 2 stops or one turnover give the ball back to the defense.
91. 2's and 3's have to be patient in this offense.
92. On a back door from the guard spot, the wing elevates up to fill that spot for a three.
93. If players are dribbling too much and not getting anywhere go "motion." Pass and cut opposite corner, and fill. Anytime a pass goes from wing to guard spot, wing drops to the corner.
94. If defense does a great job denying, don't fight it, run drops.
95. No negative passes or negative steps. (These are passes to a player coming out from the basket inside the three point line.
96. On a cut to the weakside corner, come off the post's screen and try to force and "in out" switch.
97. 1 and 5 (4 for us) are drivers first, shooters second. 2's and 3's are shooters first. 3 doesn't drive the baseline very often b/c the pass to the opposite corner with weak hand is difficult.
98. "T up" means post loops middle to one step below three throw line.
99. We love skips b/c skips help create layups. On a skip, the ballside guard spot should cut and fill opposite to open up a double gap.
100. If the post can seal his defender on a skip, he stays on the same side (does not open up the post.) On a pass to the post, run dive play. Opposite guard spot dives to the rim, and weakside wing fills that spot looking for the pass for the 3.
101. When running 3 on 2 scramble drill, make the man with the ball dribble up the court. Take away the vertical pass. Do not play defense 3 on 2 in a tandem. Dribbling up the court is the most tiring thing in the game.
102. Sends 4 to the offensive glass. Height doesn't win the long rebound battle, heart does. If you chart rebounds, see how many hit the ground, or are secured below the head versus above the head.

103. Only the 2 should rotate back on defense. Send 4 to offensive glass. The 2 spots up at the top of the key and looks for the kickout pass. The 1 crashes and becomes the controller. (Jams the rebounder or the outlet pass.)

104. Coach Calipari lunge defensive breakdown drill works on taking the jab step with the back foot instead of opening up on a fake. Sprint into closeout.

105. Offense is great for recruiting b/c every kid drives the ball and feels unleashed.

106. If the offense is becoming too right side dominate and we need to get the ball to the post, do not blur screen or run a kickout pass.

107. Coach Walberg had 3 players go DI in 24 years.

108. The offensive mindset is that we are coming down your throat.

109. If the 4 to 3 pass is denied, ball fake and run a pinch post.

110. Your players must run every cut as a hard one. It may a decoy to get someone else open.

111. Dribbling at a wing on an open post is an automatic backdoor. Any pass fake is an automatic backdoor.

112. Never stop on a backdoor cut.

113. Negative steps is when you bring your man into space or into a gap.

114. Remember to throw a ton of skip passes. On handoffs or kickout passes, square up if you are open. Don't be in a hurry. See what you've got.

115. Kickback to attack the rack.

116. Drag zone should get you a 3 or a layup.

117. Remember to only use positive kickbacks so that they cannot switch.

118. Where do you go after a kickback pass? Fill the spot the cutter came from and look for a three if they try to switch. (The only time you can take negative steps is after a kickback pass.)

119. On kick-ups (pass to wing looping for a three), get off the three point line and round it off to get your feet set. Don't run a kick-up cut in a straight line.

120. Can't get a backdoor from the drag zone (no space) Don't get too deep in the drop boxes.

121. Don't throw a backdoor pass when the player is already in the lane.
122. A stride stop replaces the jumpstop. If going right, plant right foot first and step with left. Now left foot is your pivot foot.
123. On a kickback (euro) no look away passes, and no underhand pitch pass. Keep hand on top of the ball for 6 foot flick pass.
124. Against a good team, by the second or third penetration, you should get something.
125. Golden minutes are last four minutes of the game. (Winning time.) Play your best five.
126. How do you stop this offense? Pick your poison. When a team zones you, shoot 50 threes.
127. Play 11 every game in the first half. Play at least 10 every game in league play.
128. The defense compliments the offense. Both will be better if you run them together.
129. Some teams will try to play a one man zone in the lane if you have a non-shooter on the court. Don't play non-shooters.
130. Try to speed up the game against a zone. Watch the forward in the 2-3. Does he stay home, or does the guard bump him?
131. Against a zone, dribble penetrate and kick. Set ball screens as well.
132. Walberg never starts his best 5 players. The 5 that end the game are the real starters and they know that. Start the 8<sup>th</sup> man. He will play very hard and be happy. He is also a good candidate to be a controller. Also, some refs like to call quick, early fouls to set the tone of the game. Get those fouls on your 8<sup>th</sup> man instead of you best guard.
133. First 28 minutes of the game, try to wear down an opponent. Last four minutes, win the game.
134. To space with 5 out, you can move the post to a corner.
135. Attack the other team's big by flashing your post to the opposite elbow. Bring the 6' 10'' kid away from the basket.
136. The best way to defend this offense is sagging man for man. 5 guard 3. Sagging man for man.
137. If your player gets 2 fouls in the first half, sit him down.

138. Compete in practice everyday. Doesn't like a lot of guys standing around in lines.