

# The Don Meyer Way

## A. Learning Experience...

- a. No days off from learning.
- b. You learn so much about basketball.
- c. We are based on fundamentals and playing harder than our opponent.

## B. Play against the game

- a. **Intensity.** Extreme attention to deal See everything on the floor.
- b. Constantly thinking about the game.
- c. Stop for small things and large things.
- d. Nothing slip through the crack.
- e. Everybody is so serious about basketball.
- f. We put everything we have into it.
- g. It is our life.

## C. Coach's Introduction

- a. Show how we practice and prepare for games.
- b. Shorter practice in February.
- c. Hour and fifteen minutes long good.
- d. Bring kids in twice a week for 30-45 minutes of shooting work. (Less structure)

## D. Meeting With Team

- a. Before or better yet after practice.
- b. What we did well and what we want to do better.

## E. Skill Work

- a. 30 minute block or less
- b. Bigs and Guards
- c. Best way to improve the team is to improve the fundamentals of the individual.

## F. Team Fundamentals

- a. 30 minutes or less.
- b. Work on fundamentals to put offense together.

## G. Team Defense

- a. Fit all of our team defense together.
- b. Transition and talk is key here.
- c. Three tailbacks rebound, halfback around top of circle ready to stop ball, and fullback at the center circle to cover the defensive basket and take first long pass down floor.
- d. Ball pressure.
- e. Keep out of lane.

- f. Keep ball off the top.

#### **H. Situation Competition**

- a. Two key drills here.
- b. Stop and Score.
- c. First team to get a stop and a score wins the game.
- d. Quick games. Three possession maximum.
- e. It all starts with a stop.
- f. Three and out. Three consecutive stops.
- g. Three scores in a row equals a turkey.

#### **I. Change Period**

- a. Various situations called out.
- b. Use echo yells by players.
- c. Can cover side out of bounds, baseline out of bounds, free throw block out, free throw X, delay game, 4/5, 3/4, transition and talk, etc.
- d. Shot pressure and block out to break.

#### **J. Closing Shooting Sequence**

- a. Three in a row free throws, (5 Minutes)
- b. Game Shots, Game Sports, Game Speeds.
- c. Groove Shot – Frame the shot Fingers above board
- d. Bubba Free-throws
- e. Longest practice two hours.
- f. Hour and half in December
- g. Hour and Fifteen minutes or less January on.

### **Key Points**

#### **A. Need Assessments**

- a. what is from needs to be.
- b. You constantly do these.
- c. What makes a painting a masterpiece is what you take out.

#### **B. Solitude**

- a. Time to read, study, pray.
- b. Morning practices for academics, discipline, recruiting, most important thing done first, and gym space available.
- c. They get to be a student all day.
- d. Teach players how to do this.

#### **C. One minute Assessments**

- a. Stop team in practice on any situation.
- b. “Here is on thing you guys are doing well and why and here is one thing we can do better.”
- c. We are all working together.
- d. “Prepare, plan, practice, and play like you just lost your last game.” - Lonnie Kruger
- e. Go into every practice on edge.
- f. Don’t close the barn door after the horse is out.
- g. Joke around when I don’t have whistle on. Know who you are and what your game is.

**D. Always look for Teachable Moments**

- a. Make a positive out of a negative situation.
- b. “Don’t whine, don’t complain, don’t make excuses.” - John Wooden.
- c. Don’t ever let a bad situation drag you down.

**E. Internal Leadership**

- a. See how important it is.
- b. Veterans teach the rookies.
- c. Echo yells and intern key to intend leadership.
- d. Warren Buffett hired for work ethics, intelligence and character.
- e. First two without last one will kill you.
- f. Leadership emerges – you can pick captains but you can’t pick leaders.

**3 Days Prior to Game**

**A. Meeting**

- g. Baseline Drift
  - i. 1) Drift 2) Post roll 3) Opposite top 4) Crackback.
- h. Whistle is slower in play-offs, be physical.
- i. 2 out motion with a stack screening for cutter or cutter screening for one man and rubbing off the other.
- j. Pass and Catch
- k. Every shot is a pass; every pass is a shot.
- l. Three Lane Passing.
  - i. 1) Curl Cut 2) Back cut 3) Slip
- m. Get the right people in the right spots

**B. Three Out Motion**

- a. One post is high and other is low.
- b. Flash to create this.
- c. Hold your seal. Don’t chase the ball.
- d. Your only rule is to get more of the defense

**C. Four Out Motion**

- a. Kevin more vertical with pipe cuts.
- b. Craig more horizontal in motion

**D. Penetration Drive**

- a. Drive the front hand
- b. Put your shoulder on defensive man's hip.

**E. Zone Attack Principles**

- a. Kevin hang in the middle a second longer.
- b. 23 deep. 3 people below zone.
- c. Get the right people flashing and stretch the defense.
- d. Rim, post, opposite.
- e. Duke would be good. Triple stack.
- f. Pull, curl, post.
- g. Jordan – penetrate with dribble use bounce pass.

**F. Wooden Work**

- a. Stops with a turn...Chin the ball
- b. Three step V cut. Hands ready.
- c. GRG'S Drill – Low and Slow...Low and Wide.
  - i. Push steps
  - ii. Run to recover
- d. Cover the ball with your front hand.
- e. Key head blow ball handler's shoulder.

**G. Five spot Close Outs**

- a. Square Up – Guard a yard either way.
- b. Steer
- c. Zipper
- d. Jump to ball and sickle to end drill.
- e. Yo Yo Post
  - i. Baseline foot forward, shade to middle where help is

**H. Partner Close Out**

- a. Cover the ball with front head.
- b. Veteran with rookie. Veterans teach.

**I. Lane Passing**

- a. Use of echo yells.
- b. Stress use of sickle.
- c. Touch with front hand and deflect with back hand.

**J. Evade the Screen By Air Dummy**

- a. Use the swim stroke.

**K. Staggered Double**

- a. Jump to ball on skip pass.
- b. Extra ball for slip by screener.
- c. So zone man can pick him up.
- d. Chase, zone, extend

**L. Cover Down Wide**

- a. Take away baseline drift pass and block out.
- b. Come back at a three step angle.
- c. Get physical play without bone on bone.

**M. Down Screen, Cross Screen, Back Screen on Air Dummies.**

- a. Open to the ball on down screen or you go to cross pick.
- b. See the ball.

**N. Two Lane, Two Balls**

- a. Pass with inside hand.
- b. You must talk.
- c. Your group screws up, you do push-ups.
- d. Quick stop and chin ball to end it.
- e. Bounce pass 2/3 of way in the air.

**O. Three Lanes, Two Balls**

- a. Get wide. Out of bounds.
- b. One man takes jumper and other man takes lay-up.
- c. Push-ups for mistakes.
- d. You have to TALK.
- e. \*Have the right people shooting or finishing

**P. Three Lanes, One Ball**

- a. Down Screen and Curl
- b. Down Screen and Backcut
- c. Down Screen and Slip
- d. Extra ball for second cutter or slip.
- e. Back half of the basket in our shooting.
- f. Talk out your shots – keep it straight, back half
- g. Lay-ups – miss one = 5 push-ups .... Make and hit rim = 3 push-ups

**Q. Skill Work**

- a. Our coaches know what they need to teach.
- b. We let them go some.
- c. Get ball to middle of floor on offense.
- d. Get the ball on top twice.
- e. One second high follow through.
- f. Balance hand pick-up
- g. Step-plant vs Quick stop.
- h. Bigs on go to's and counter moves
- i. Handle the little "mickey mouse" problem
- j. Go into the air dummy to make your move.
- k. Stagger the repetitions so you don't hurt people.
- l. Open alley
- m. The middle drive is our drive of preference.
- n. Give your help with rear to ball so you don't get blind on your help.
- o. Fake and retreat.
- p. Three ball drive to baseline.
- q. One step in on perimeter shot to get long rebound.

**R. Change Period**

- a. Drop it,  $\frac{3}{4}$ ,  $\frac{1}{2}$  Court
- b. You can't guard the guy guarding you.
- c. Dictaphone use in practice.
- d.  $\frac{4}{5}$  drop it  $\frac{1}{2}$  Court
- e. Acknowledge the passer for the pass.
- f.  $\frac{4}{5}$  sideline out of bounds defense.
- g. Know who you are closing out on.
- h. Add and "extra ball" to learn to keep playing.

**S. 5 on 5**

- a. Five high
- b. 5 side with a wing fill
- c. Open Alley

**T. Zone Attack**

- a. Who are your early threes?

**U. 2 out Motion**

- a. Call "shot" when you have a shot.
- b. Dribble off the top and step out high post.
- c. We always want a good shooter away.

- d. Cut and space gaggle from San Antonio Spurs.

#### **V. Shooting Sequence**

- a. Three in a row free throws
  - i. 2 bad free throw shooters @ same hoop
  - ii. Set free throws
  - iii. We use Noah, Gun, reduced rims, toss backs.
  - iv. Work in afternoon on shooting (20 minutes – can go longer)
- b. Game shots, game spots, game speeds
- c. Bubba free throws
- d. Groove our shot.
  - i. Try to swish it all. Frame shot. Fingers\*\*\*

#### **W. Book**

- a. You have not taught if they have not learned.
  - i. Swen Nater and Ronald Gallimore
  - ii. Study of John Wooden's Teaching Methods.
- b. Go to's and counters.
- c. Al- Hands ready to be quicker.
- d. Sweat with the players. No breaks during free throw shooting. TEACH.
- e. Work with individuals.
- f. One step in on three point shot.
- g. Put pressure, mental pressure on players in practice.
- h. Second night of double weekend be back half conscious.
- i. 80% of shots are missed short.
- j. Watch your shooter like hitters or pitchers.
- k. Top of the shot at the top of the board.
- l. Know your shot.

#### **Practice Two Days Before Game**

##### **A. From The Essential Wooden Internal Leadership**

1. Less self makes you selfless.  
Praise members of team like you didn't have any responsibility for success.  
Accept blame. Put the team first.
2. Know who you are and what your game is.

#### **Three Assets**

#### **Three Liabilities**

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. I am meticulous</li> <li>2. Organized and good at time management</li> <li>3. I don't feel pressure . My dad taught me not to measure myself in caparison with others.</li> </ol> | <ol style="list-style-type: none"> <li>1. I have had to work hard at being patient</li> <li>2. Had to work hard on controlling my emotions</li> <li>3. I have had to work hard on seeing shades of gray rather than only black and white</li> </ol> |
|---|---|

- a. Keep asking the same questions.
- b. A poor leader has all the answers.
- c. How can I help our team improve?
- d. Always room for improvement.
- e. You can always get better.
- f. Keep all negative and positive thoughts out of your mind.
- g. Just team players to improve.
- h. Don't think about losing or winning. Banish those.
- i. Conditioning - at this time of the year.
- j. Depth - play at a pace to use conditioning and depth. Defense & Run.
- k. Fouls – Go at some guys. Go inside.
- l. No catch 24.
- m. Full court pressure with coverage on shooters.
- n. Shot fake and pass fake work
- o. OBC pride
- p. Game pace in practice.

**B. On Floor**

- a. Baseline starts, stops, and turns.
  - i. Left hand post feed.
  - ii. Dribble for an angle
- b. Partner Close Outs – Square Up
  - i. Front hand covers ball
- c. Jail
- d. Brickwall
- e. Don't try to block power shots.
- f. Take a charge
  - i. Hands up
  - ii. Butt hits first
  - iii. Chin to chest
- g. Half line rule
- h. Saver, Savee
- i. Big Spacing & Feed the Post
  - i. Big Spacing
    1. Can use heavy ball



- 2. Pass away from defense
- 3. Use your legs
- ii. Feed Post
- iii. Backpins
- iv. Tighter for curl cuts
- v. Wider for three point shot
- vi. Curl screen to rub off post defender
- vii. Post men three steps out after score
- j. 5/0 Motion and 5/5 Transition & Talk
- k. A quiet team is a \*\*\* team.
- l. We don't talk our game, we yell our game.
- m. Call various offenses and restrictions
- n. Play until the whistle blows.
  - i. BE PRODUCTIVE
- o. We will take five time outs for five more possessions.
- p. Find #24 in transition.
- q. Block out a free throw
  - i. Cleaners Ready.
- r. Close out short on drivers.
- s. We need more huddles during the game.
- t. No Middle, No Middle
- u. Stop baseline drive a yard outside of lane.

**C. Bigs and Guards Skill Work**

- a. Air dummy work with bigs.
- b. Slow whistle in late January to late March.
- c. Get more of the defense.
- d. Get your work done before you get the ball.
- e. Get the ball on top.
- f. Hour and 15 minute practice today.
- g. We like using small rims up to the day before the game.
- h. Be tight with your game.
- i. Shot fake work for upcoming zone team.
- j. Quality threes need the shot fake.
- k. Hold your follow through, don't run off it.
- l. Three point shot one step in and then out.

**D. Post Defense**

- a. Be active. If caught behind make them think.
- b. Duke move
- c. Duke
  - i. Pull, curl, post
  - ii. Curl, pull, post

**E. Partner Shooting**

- a. Shot fakes, pass fakes

**F. Stop and Score**

- a. Finish or close this practice like we want to in a game.
- b. Stress shot discipline late in year.
- c. Get off “hero complex” and be a team.
- d. Pass the man the ball where he can do something with it.

**G. Motion Restrictions**

- a. No dribble when ball is centered.
- b. A type of change period.
- c. Push-up for non-productivity.
- d. Check out and slow motion board coverage.
- e. SOB and BOB got to get a touch or its push-ups.

**H. Zone Attack vs 1-3-1**

- a. Work the middle of the zone.

**I. Five with basket cut and five side**

**J. Three in a row free throws**

**K. Game shots, game spots, game speeds.**

**L. Bubba Free Throws.**

**M. Groove your shot**

- a. Up on your toes
- b. Swish every shot.
- c. Back Half

**Practice One Day Before Game**

**(Reduced Rims off)**

- a. Jordan- Give man the ball where he can be productive.
- b. More huddle in the game.
- c. Bench alive. Keep team on task at hand.
- d. Post defense... Allow no second shot.
- e. Hero complex. vs. team play
- f. OBC pride
- g. SOB and BOB get a touch.
- h. Little things that are the difference between good and great teams.

## **B. Scouting Report By B.C**

- a. Partner close outs
  - i. Cover the ball
- b. 130 up fist trap
  - i. Arc your trap like a close out. No splits.
- c. Air dummy work – defend double backpick.
  - i. 5 side to two diagonal backpicks.
- d. Moorhead BOB play
  - i. Stagger doubles
- e. Cross Pick
- f. 5/5 Guards rebound to break package 5/0
  - i. 140 on a lay-up
- g. Nose on the ball rebounding
- h. Three Lanes, One Ball
  - i. We add defense today.
  - ii. 3/3 Extra ball for 2<sup>nd</sup> cutter.
  - iii. Curl
  - iv. Backcut                      2<sup>nd</sup> Cutter
  - v. Slip
- i. Bigs Skill work
  - i. Yo Yo post defense
  - ii. Go to's counters
- j. Guards Skill work
  - i. Pull back crossover
  - ii. Back ½ shooting
- k. Zone Shots off zone movements
- l. Attack 2-3 Zone
  - i. On top twice.
  - ii. Start in BOB
  - iii. Shooter open opposite
  - iv. Pass to a wing down screen (New Jersey)
- m. Transition & Talk → We must talk.
  - i. Open alley vs. zone
- n. Game shots, game spots, game speeds.
- o. Groove your shot.

## **Game Day Shoot Around Practice**

(No Reduced Rims)

### **A. Shooting Progression**

## **B. Skill Groups**

- a. Two ball dribbling 7 Jason Shelton drills
  - i. Passing group
  - ii. Dribble & juggle
  - iii. Infield group (short hops, no wall available)
- b. Rotate on two ball dribbling group.
- c. Do this series for single games or first game of double weekend.

## **C. Position Work**

- a. Plenty of shooting at our second half basket.
- b. Second half warm-up is key.
- c. Hold our follow through.
- d. Bigs – three steps find the tennis ball transition.
  - i. Power moves made clean.
  - ii. Warm-up – miss a lay-up = 5 push-ups
  - iii. Make and hit rim = 3 push-ups
- e. Never rebound your makes. Work on transition.
- f. Change ends whenever things are going slow in practice. Echo Yells.
- g. Screen out, seal out.
- h. Three point shot one step in to rebound.
- i. Every pass is a shot; every shot is a pass.
- j. Do as many things as we can that work vs man or zone.
- k. Wide base on shot.
- l. Small rims off day before and day of game.

## **D. Offensive Work**

- i. Emphasis on transition & talk.
  - ii. Work our transition after good execution.
- b. Bill Foster's # 1 Play.
- c. Zone secondary.
- d. New Jersey
- e. Loop Flash = Florida
- f. 5/0, Zone & man work on your own
  - i. Let them work on what they want
  - ii. See what they like. (Entries, etc...)
  - iii. Our guys huddle & call out of bounds plays
  - iv. Same letter, different name = same play
  - v. Carolina = Charleston, Cougar, etc.
  - vi. Fill Pocket vs zone.
  - vii. Gap between bottom & top of zone.
- g. 23 deep vs zone
  - i. Look at rim, post, action when in pocket
  - ii. Flash right people in pocket.

- h. Top out of bounds.
  - i. How they guard us
  - ii. They go ballside of screen
- i. Dribble to middle = back door
- j. Know Personnel → Ask questions
- k. Plan A & Plan B Items
  - i. Shooting
- l. Guarding against a pipe cut.
  - i. Redshirts work extra whenever we can
  - ii. We don't want to waste redshirt year
  - iii. Extra academics, lifting, skill work, etc.

### Pre-Game

#### **A. Less than one hour prior to game**

- a. Shooting
- b. Player Meeting
- c. Bigs & guards meet
- d. Game plan on board
  - i. Players give in information
- e. Focus
- f. Chance to practice – talk
- g. Fundamentals     20 x 30 = 600 minutes of practice

### Pre-Game Warm-up

### Game Time

- i. Ready to guard people
- ii. What we substitute for
- iii. Pressure every shot
- iv. Guard the ball where is my help
- v. BOPCRO
- vi. Run, Run, Run
- vii. Go inside
- b. We Must Defend
- c. Bench get us going.
- d. Ready on tip
- e. Square ball up
- f. Pressure shots
- g. BOPCRO
- h. Run
- i. Patience

- j. Open Communication
- k. Older players internal leader.
- l. Game communication
- m. Intensity – Time is of the essence
- n. Players call out of bounds plays
- o. Use of Dictaphone
- p. Players understand their role
- q. Coaches communicate together.
- r. Assistant does all the substitutions.
- s. Bigs and Guards on bench.
- t. Talk with position coach.
- u. Players help you.
- v. What do you see out there?

### **Half Time**

- a. Players use board and talk
- b. Coaches confer in hallway.
- c. Players have same thing as coaches.
- d. Players use notebooks.
- e. Playing well and coaches on us more.
- f. Transition and talk.
- g. Cover down wide, BPOCRO
- h. Short corners, pass fake-shot fake.
- i. Craig only guy who can go wild – feeling it.
- j. Kevin – Catch, face basket, play. (1<sup>st</sup> Threat)
- k. Rob – Miss 4 power shots – 2<sup>nd</sup> ½ warm-up
- l. STOP and SCORE
- m. Guards on glass.
- n. Players harder on themselves than we are.
- o. Time-outs – What we can do better.
- p. Tighten up alignment in time-outs.

### **Post Game**

- a. Invincibility comes from our defense.
- b. John Madden on dealing victory.
- c. In victory be critical.
- d. Don't be satisfied.
- e. How can we improve.
- f. Stay out of trouble.
- g. Take care of yourself.
- h. We have to raise our level of defense.

- i. It gets tougher every step of the way.

### **Conclusion**

- a. Get all the good ideas but you can't use all the good ideas.
- b. Too many variables at each school, so you must select wisely.
- c. Adapt – Improvise – Overcome
- d. Fit the ideas here to your program.
- e. Watch people teach.
- f. Teach life lessons.