Developing Sureness to Eliminate Turnovers

Pete Newell’s Rule: Get better shots than your opponent and get more of those better shots

1. Basketball position with hands ready and knees bent
2. Spacing – Angles – Momentum = SAM
3. Move without the ball and be hard to guard
   a. Talk every cut and give hand targets
   b. Open shot, no shot, curl cut example of turnover
4. Passing
   a. On time and on target
   b. Pass away from the defense
   c. Timing + Accuracy + Quickness + Deception
   d. Pass fake, shot fake, go against momentum
   e. See it all, Vision, Scan like John Stockton
   f. Jerry’s Rules:
      i. A good player knows where he is on the court.
      ii. A great player knows where everyone is on the court.
      iii. A superb player knows where everyone is on the court and what everyone is going to do.
   g. Hit the first open man
   h. No Last Resort passing = dribble until you have exhausted every shot opportunity for yourself and then you pass
   i. Give the ball to a three pointer at three and in rhythm
   j. Penetration and passing we want no scare crow passes or parachute passes
   k. Penetration by one perimeter other perimeter flatten or crackback
5. Receiving the Pass
   a. Catch with your feet, your eyes, your hands
   b. Ball in the air feet in the air
   c. Shorten the passes and particularly versus pressure
   d. Possession over position
   e. Rim, Post, Action in triple threat position
6. Triple Threat
   a. Shot, Pass, Drive
   b. Know who you are and what your game is to determine your order
   c. 60% of your weight on your permanent pivot foot
   d. Two inch shot fakes
   e. Circle tight to get your first step quickness
   f. Body on first on first step and last (Air Dummies)
7. Use the Dribble
   a. Ball protection
   b. To the rim
   c. To a pull-up by getting your defender to run
   d. Obtain a passing angle
   e. Do not pick up your dribble without a pass or a shot
   f. Speed dribble you throw it out and chase the ball
   g. Power dribble versus a quickness mismatch
   h. Versus full court pressure use 45 degree angle to the middle of the floor until the defense commits
   i. Back Dribble
   j. Pull back crossover between legs to protect
8. Measure of a Great Guard
   a. He can control the game without scoring a point
b. His game is tight mentally, physically, and fundamentally
c. How fast can he go from a dribble to a pass or a shot
d. Balance Hand Pick-up
   i. Start with the ball on the floor
   ii. It is just like a quarterback taking the center’s snap
9. Big Picture Thought
   a. What is the best thing for your team to run?
      i. E.g. Don’t run four out motion with a three out team
   b. Best handlers handle and make plays
   c. Know who you are and what your game is
   d. Tighten up your game
   e. Post man is always ready to relieve pressure
10. Skill Development
    a. Massed work rather than distributive
    b. Do one drill fifty times rather than fifty drills one time
11. Beswick Rating Scale
    Talent Mindset
    A   A   Great
    A   B   Inconsistent, can’t learn skills, coach killer
    B   A   Over achiever, can learn skills
    B   B   Gone

**Newell’s Rule**
*Get better shots than your opponent and get more of those better shots*

**OUR DEFENSE**
1. Transition and talk; defensive fast break.
2. Know who you are guarding. His number, his game.
3. Ball pressure; early help and quick recovery. UBIQUITOUS.
4. Shut down a scorer in the post; no threes to a three.
5. Shot pressure; change or alter.
6. Smart fouls only.
7. BOPCRO; Block Out, Pursue, Chin the Rebound, Outlet.

**OUR OFFENSE**
1. Look to run every possession.
2. Handle the ball with sureness.
3. Be hard to guard; help each other get open.
5. Get fouled. Make more than opponent attempts.
6. Offensive board coverage.

WE KNOW THE SHOT WE WANT AND WHO IS GOING TO TAKE IT.

GET THE SHOT WE WANT RATHER THAN THE QUICK SHOT THAT OUR OPPONENT GIVES US.

IT IS NOT ENOUGH TO KNOW WE WILL WIN THE GAME. WE MUST KNOW EXACTLY HOW WE WILL WIN THE GAME.