

## Atom Coaches Clinic (28-10-17)

4-out motion (see [Teaching 4-out motion](#))

- Started with guard-to-wing [give and go layups](#), added coach defending who jumps to the ball or not
- [4 on 0 pass-cut-fill](#), using guard spots and wings
- Showed why to start in the corners, blast cut to get open; pass, cut and space out to the corner, blast cut on ball reversal
- [Blast cut layups](#), then backdoor cuts (also misdirection cuts or v-cuts)
- 4 on 0 pass-cut-fill – space out to corners, blast cut
- [Dribble-ats](#) – dribble hand-off, backdoor cut (also turn the corner)
- Post play – start opposite the ball, clean up, or relocate on a drive towards you. Can do this from [two-line layups](#).
- Guard-to-guard pass – basket cut and weakside exchange, or cut to the opposite corner for a triple gap (see [dribble-drive motion](#))

Defence

- [Nash wave drill](#)
- [1 on 1 wing](#) – forcing left (nose on right shoulder), ball up-down, trace, jab step (absorb with right foot), 2 dribbles (cut off right-hand dribble, level off left-hand dribble)
- Slides - [Duke form](#) (also see [slide and run](#), [Dematha slides](#), [partner zigzag](#))
- Closeouts - [Nash triangle](#) closeouts & slide to sideline (coaches pass a ball back and forth; also see [pack line closeouts](#), with progression to [shooting](#) and 1 on 1)
  - High-school closeout (break down, chop the feet), hot closeout (be there on the catch), fly by (late), cold closeout (not a shooter)
- [Face cuts](#), [weakside cuts](#)
- [2 on 2 shell](#) – on-ball and gap defender, pass, then dribble middle (see [Schepp closeouts](#), we did the 2 on 2 help rotation)
- 3 on 3 (with coach up top) – see [3 on 1](#), add defenders to make it 3 on 3 (also see [Husky closeouts](#), I do this to 3 on 2)
- 4 on 4 – didn't do this, see [Woodley](#), [4 on 4 shell](#)

## Fast break

- 1 on 0 – [transition finishing](#) (with escape and break-out dribble), [Dematha transition](#) (option 1a), did not do [outlet series](#)
- 2 on 0 – [Pangos layups](#), [outlet and go](#) (one way, not around the world)
- 3 on 0 – [Nash cutting](#) (next would be [Tennessee point-guard push](#), [3-man passing](#))
- First big – [Dematha](#) (option 2) , [Triano](#)
- [5 on 0](#) – 1-2-3-4-5, we did one cycle, re-start other end, e.g. 1 takes a layup, 1 headmans to 2 for a layup, 1 to 2 to 5 inside (then build up to two or more cycles, see [6 cycles](#))

## Defensive transition – discussed but did not do

- Not always possible to get back and find checks
- [4 on 4 recover](#) (have to cross match up)
- [Disadvantage](#) (two safeties get back on the shot)
- [Swiss 3 on 3](#) (great drill, also see [Dematha 2 on 2](#))
- Also see [5 on 4](#), [5 on 5 transition](#)

Eric Johannsen

Technical Director