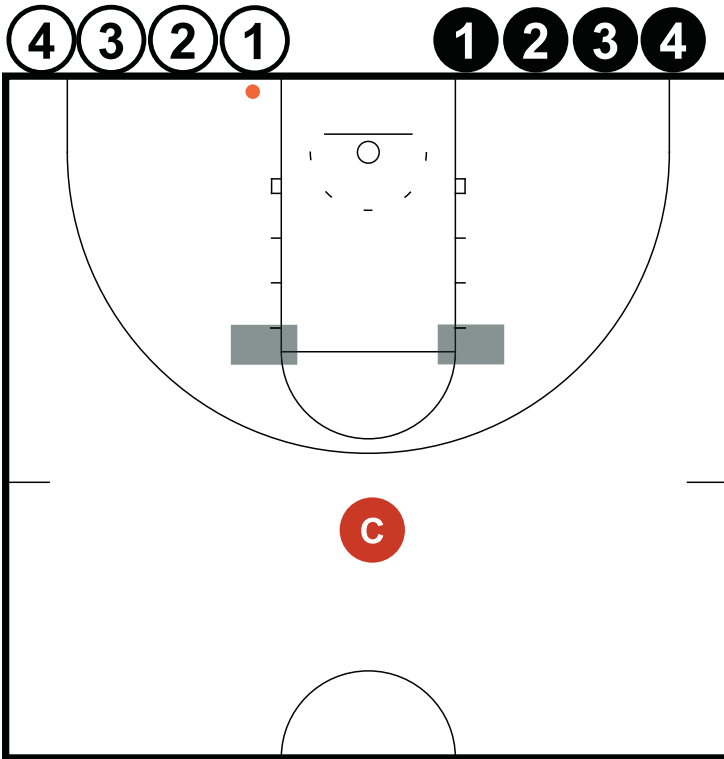
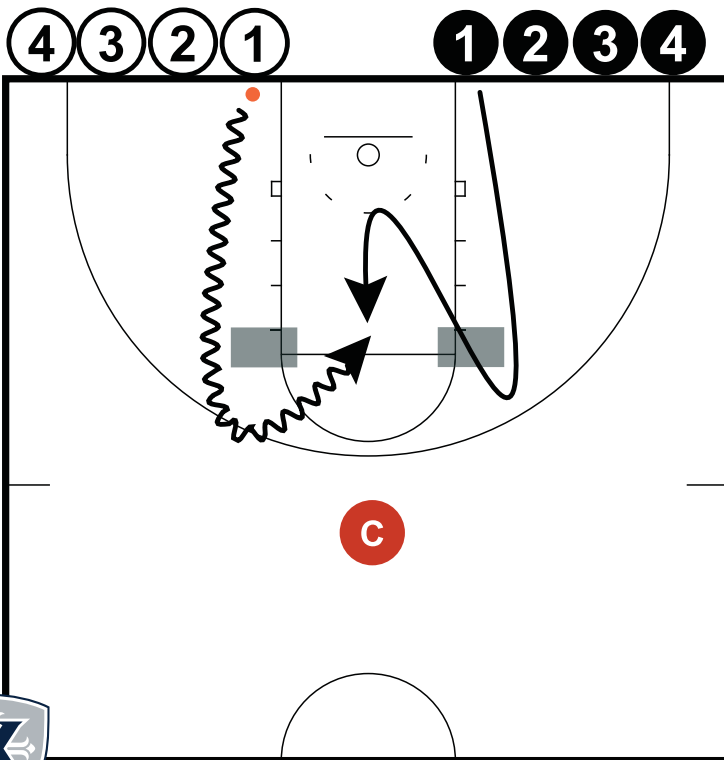




XAVIER DRILLS - 1-ON-1 CHAIR DRILL



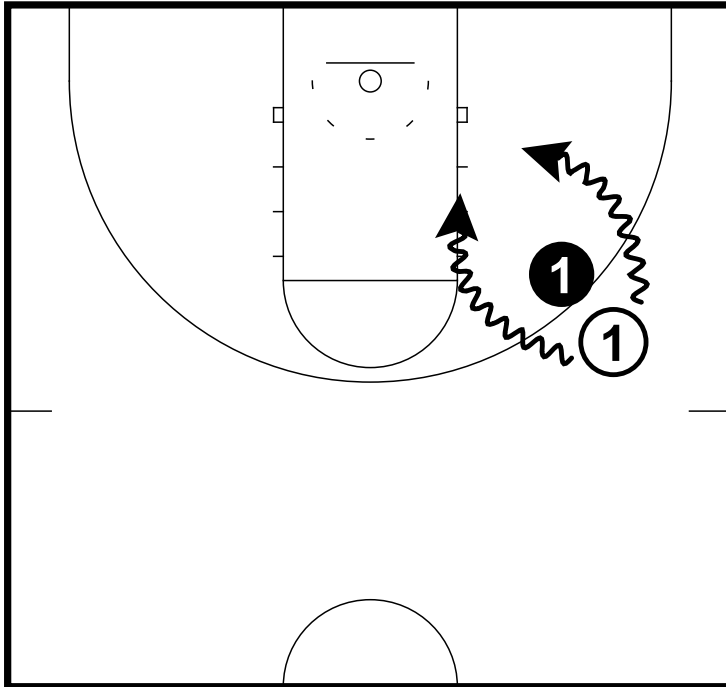
Players start in 2 lines on the baseline.
 Player 1 starts with the ball at the front of the offensive line.
 Chairs are placed at both elbows.



Coach blows the whistle to start the drill.
 The offensive player dribbles to the elbow and around the chair, while the defensive player sprints to the elbow, around the chair, putting himself in a position to defend.
 Players go 1-on-1 until the offensive player scores or the defensive player gets a stop.
 Players switch lines.



XAVIER DRILLS - GUARD ISO

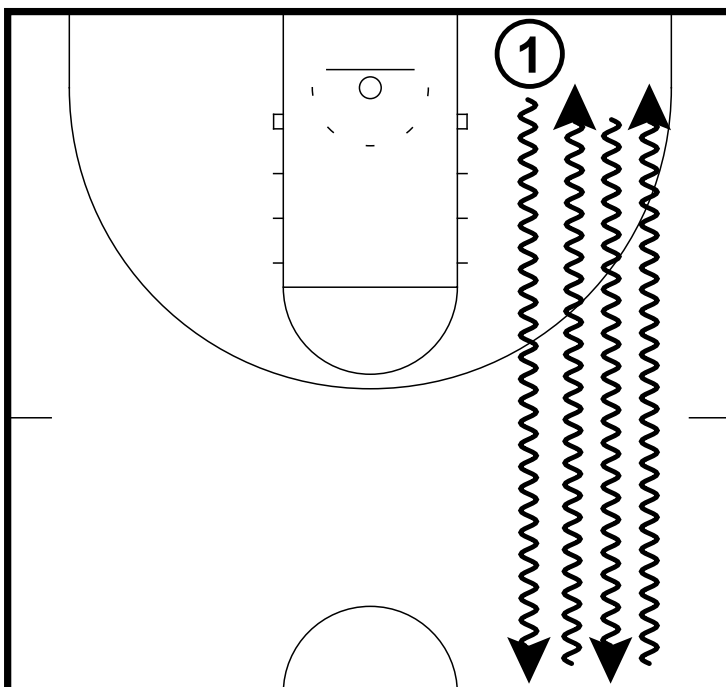


The defensive player is guarding Player 1 very tight, fouling and reaching. Player 1 must be ball tough and sweep through several times.

After 4 or 5 seconds, Player 1 sweeps through strong and tight to the defender on a straight line to the basket. **The defender is stationary.**

Player 1 must get past the defender and execute a 1 dribble pull up --- covering as much ground as possible with one bounce.

XAVIER DRILLS - GUARD WARMUP



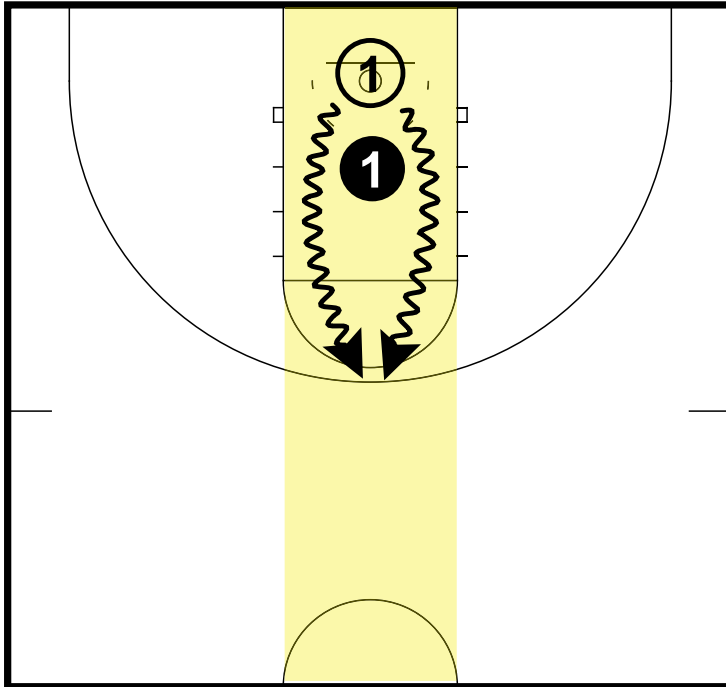
This is a very simple but effective warmup we use with our guards. Have the guard start on the baseline and dribble to halfcourt. The guard needs to perform high bounces while walking up and down the court. Do the following:

- Push Pull
- Half Cross-overs
- Cross-overs
- Between the Legs

Concentrate on **stressing a hard dribble**. If done correctly, the guard will still lose the ball often.



XAVIER DRILLS - GUARD CAGE



The guard must stay within the edge of the boundaries while trying to get past the defender (See Highlighted Area). The goal is to get to halfcourt.

RULES:

- The defender cannot foul - but they should be very aggressive.
- The guard cannot turn his back or spin dribble.
- The guard can go between his legs, cross in front or hop-back to create room.



COACHES CORNER



RASHEEN DAVIS

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Experience: First Year at Xavier

Alma Mater: St. Thomas Aquinas '02

Hometown: New York, NY

These are three great guard drills we use in the individual workout setting.

In cases where the defender is encouraged to foul like in the GUARD ISO drill, we will usually use a manager as a defender. We never want to encourage our guys to get in a habit of fouling.

XAVIER SENIOR GUARD AND NATIONAL PLAYER OF THE YEAR CANDIDATE TU HOLLOWAY



CLINIC NOTES - CHRIS PETERSEN - BOISE STATE

Pyramid of Success: Building a Tradition of Excellence...Brick by Brick

Chris Petersen, Boise State University
Nike Coach of the Year Clinic



Excellence – to do a common thing with uncommon discipline and uncommon persistence

Qualities of an elite coach (in some semblance of order):

- 1) Integrity – honest, humble, respectful, selfless, patient, forgiving, committed
- 2) Quest for constant improvement – always trying to find a better way; creative; passion for football and recruiting
- 3) Positive & enthusiastic – bring people “up;” instill confidence in others; sense of humor
- 4) Great teacher – expert; prepared; clear, concise, & substantive
- 5) Poised – can control temper when frustrated; under control when no one else is
- 6) Demanding – high standards; will hold people accountable; composed
- 7) Self-starter – one step ahead; high output; low maintenance – take care of your responsibilities
- 8) Work ethic – grinder; relentless finisher; work smarter, not harder
- 9) Organized – simplify; no detail is too small; meeting room is clean & functional
 - 1-hr. meeting requires 2 hrs. of prep; end staff meetings in time for coaches to prep for their responsibilities & area-meetings
- 10) Leader – vision for your group; role model; evaluator of talent

“Bronco Culture” – culture of team / program

People: self-disciplined

- stick to our goals, standards, & “hedgehog concept”
- extreme lengths to fulfill responsibilities
- use disciplined thought process and take disciplined action
- have discipline to do what it takes to be the best

Trust: trust each other to do right thing and take care of responsibilities

- your intentions are good
- low ego with high output
- openness & vulnerability
- friction & candor are good, as long as ego is in check

Responsibility: we don’t have jobs – we have areas of responsibility

- no responsibility is more important than another; different, but not more or less important
- freedom in area of responsibility (**within our framework**)

Creative: use creativity, imagination, bold moves, and freedom

- simplicity within complexity – simple to us looks complex to the other side
- elimination of staleness & stagnation
- failure and setbacks are OK...as long as we learn and improve from them



CLINIC NOTES - CHRIS PETERSEN

CONTINUED

Competitive: no fear
 everything is competition, and competition is everything
 defiance to take second place
 hunger to be best

Enjoyment: smile, laugh, enjoy process and struggle
 "I get to...!"

Bronco Pyramid of Success



Relentless Pursuit of Excellence



The bottom two rows are the foundation, and they never change
 The bottom row are **values**
 The next row up are **qualities & characteristics**

Everything above the foundation (the bottom two rows) are team goals set by the players.

Values (the bottom row)

Trust: confidence in each other's integrity & abilities

- do your job
- great effort
- man of your word



CLINIC NOTES - CHRIS PETERSEN

CONTINUED

·consistent & predictable

Unity: friendly, courteous, & accepting

- knowing & accepting your role (don't have to be satisfied, but...)
- communication style – open, honest, direct, & respectful
- crossbreeding – reach across cliques on team; step outside your comfort zone
- enthusiastic
- “band of brothers”

Integrity: do the right thing – in public and private

- honesty – free from deception
- humility – absence of pride, arrogance, or falseness
- respect – treating all people like they are important
- selflessness – meeting others' needs
- patience – showing self-control
- forgiveness – letting go of resentments
- commitment – sticking with your choice
- “Integrity always trumps loyalty”

Leadership – influencing individuals to work enthusiastically toward team goals



Qualities & Characteristics

Accountability – you control your destiny by the choices you make

- be early
- simplify – don't be 'jack of all trades;' focus on a few things
- set goals
- no excuses, explanations, or complaining



CLINIC NOTES - CHRIS PETERSEN

CONTINUED

Mental Toughness – your mental approach is the most important thing in life, not what happens to you

- adversity: the Chinese symbol/ideogram is combination of symbols for “danger” & “opportunity”
- embrace change
- be here now – compartmentalize; appreciate today; play 1 play at a time
- being resilient

Work Ethic – blue collar attitude; unmatched work ethic and an attitude of “whatever it takes”

- no free lunches – you earn everything
- enthusiastic
- persistent & consistent
- relentless finishers

Competitive Spirit – understanding that you are competing against yourself

- no fear of failure; take chances; challenge them, cut it loose
- respect all, fear none; bring it on!
- poise under pressure
- when lights come on, smile about opportunity and perform

Football Intelligence – law of harvest – it’s all about your prep, Sunday – Friday

- master & student of game; expert in our system; coach on field
- eat, sleep, live right
- understanding & operating in performance anxiety curve
- don’t take counsel of your fears, nay-sayers, or the unknown

Enthusiasm – excitement ☒ energy ☒ extra effort ☒ excellence

- by-product of belief
- great accomplishments are hard, take time, and tremendous effort
 - if not feeling it, fake it
- contagious & infectious

Key to Enthusiasm:

last four letters, “IASM” = **I Am Sold Myself**

“I want to be here!”

“I’m all in”



PLAYS OF THE WEEK

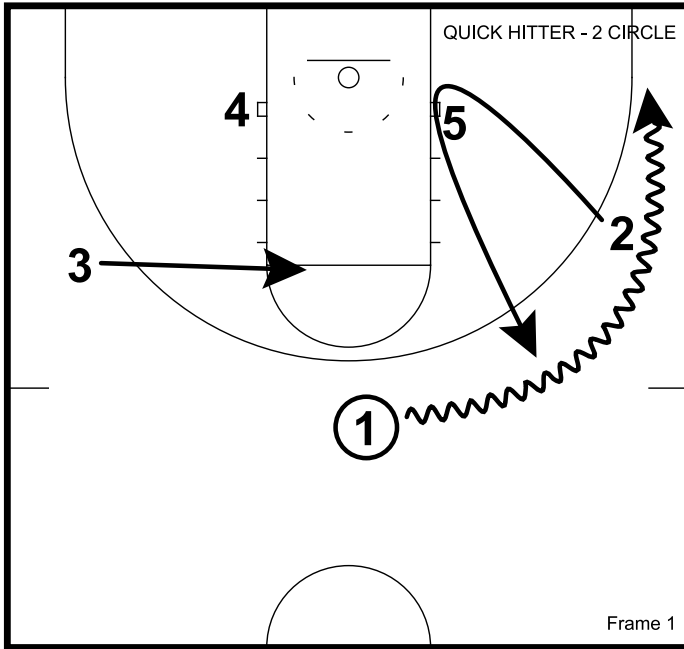
XAVIER NEWSLETTER #39

OCTOBER 19, 2011

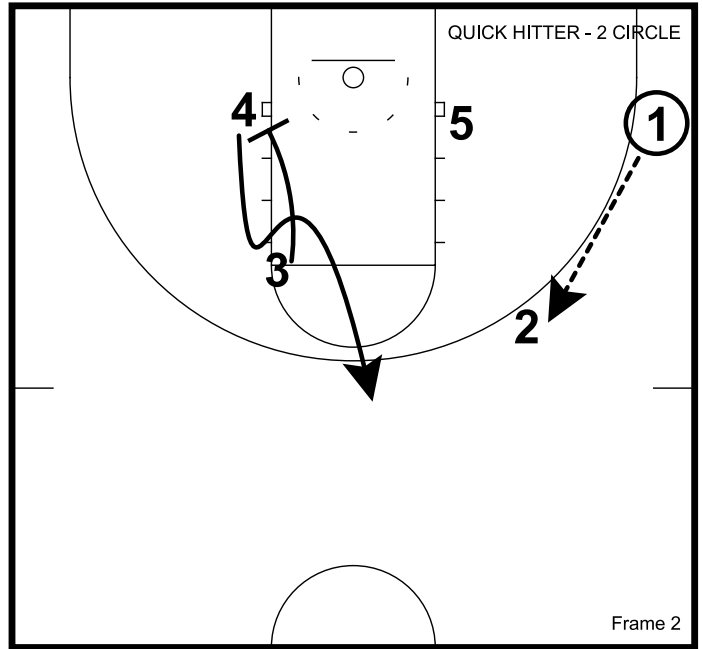
QUICK HITTER - 2 CIRCLE	9
QUICK HITTER - BIRD	10
QUICK HITTER - CAM	11
QUICK HITTER - CHIEF	12
QUICK HITTER - GRIP	13
QUICK HITTER - HOT	14
QUICK HITTER - NOAH	15
QUICK HITTER - RIO 3	16
QUICK HITTER - ROUND	17
QUICK HITTER - SQUARE	18



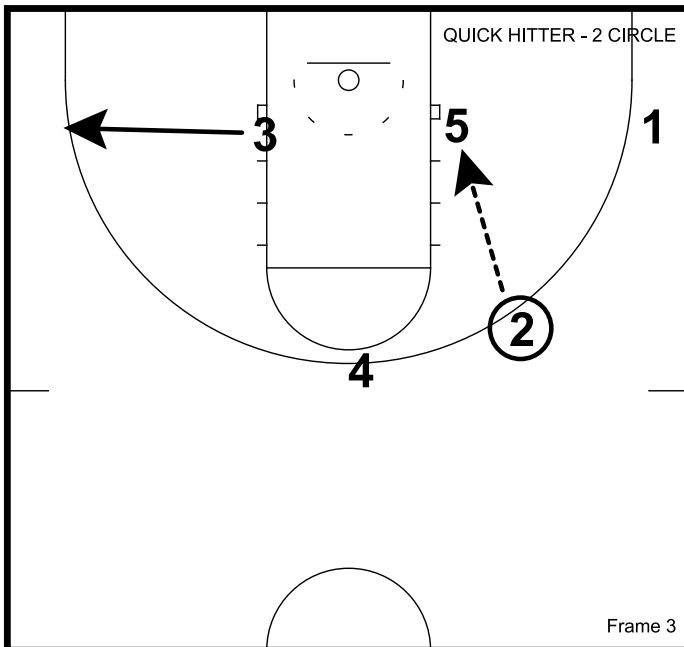
QUICK HITTER - 2 CIRCLE



1 dribbles 2 off of 5.



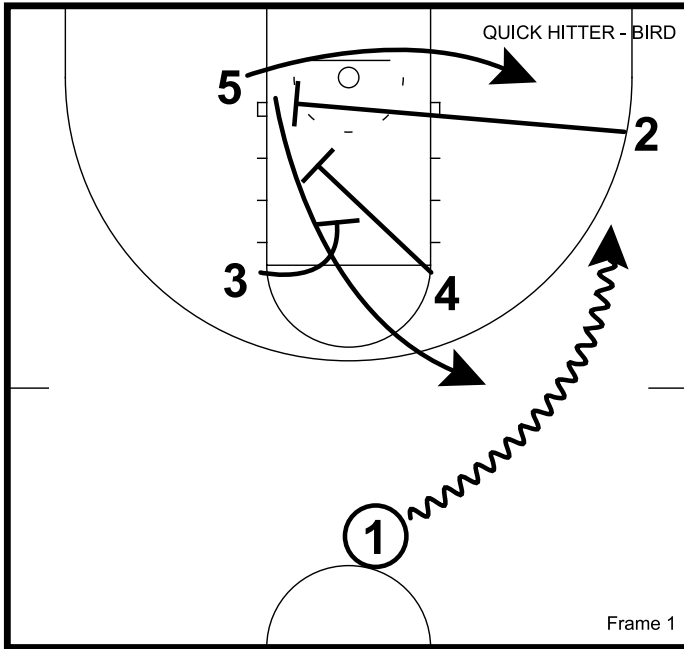
3 pins in for 4, before popping to corner.



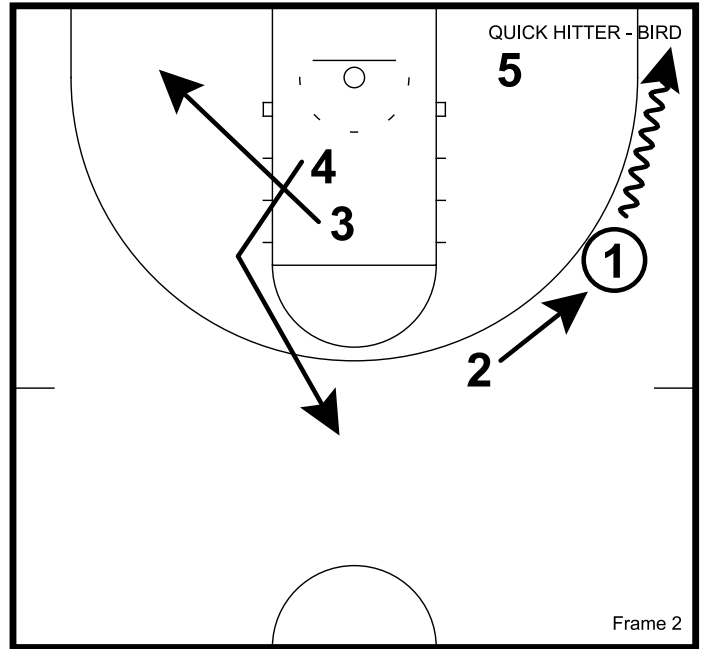
Looking for a seal for 5, with 3 in the corner.



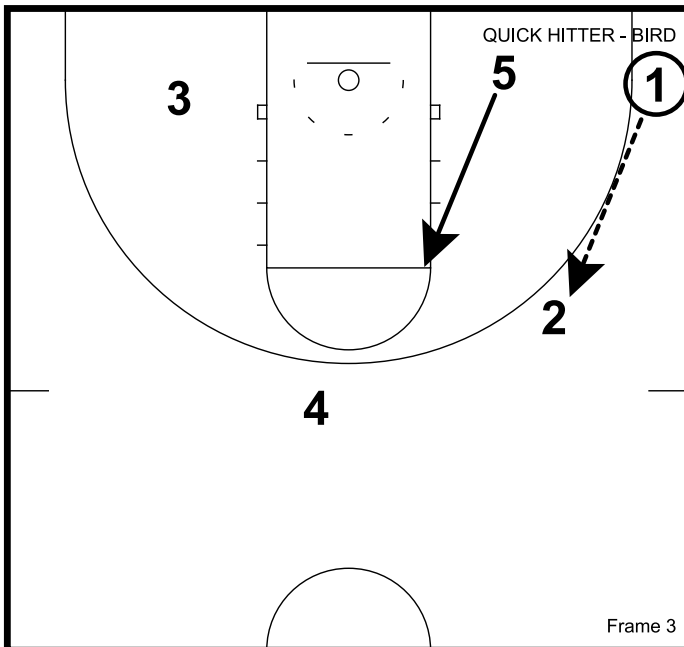
QUICK HITTER - BIRD



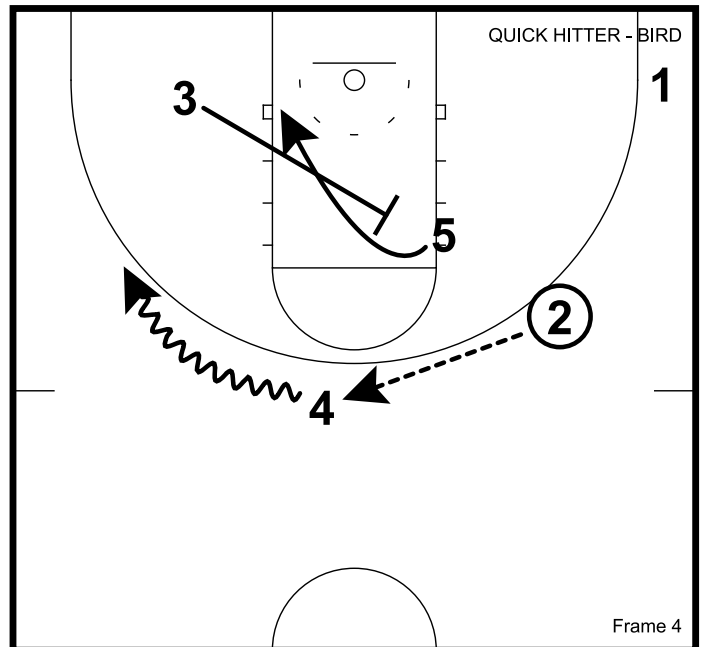
1 screens across for 5, before coming off a stagger from 4 and 3.



2 hits 1 who dribbles to the corner, 4 and 3 will space.



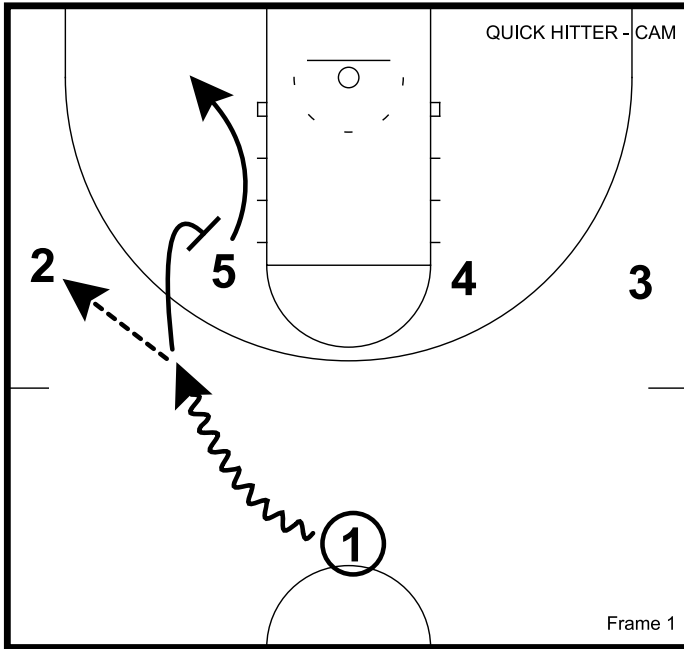
1 hits 2 and 5 rises to elbow.



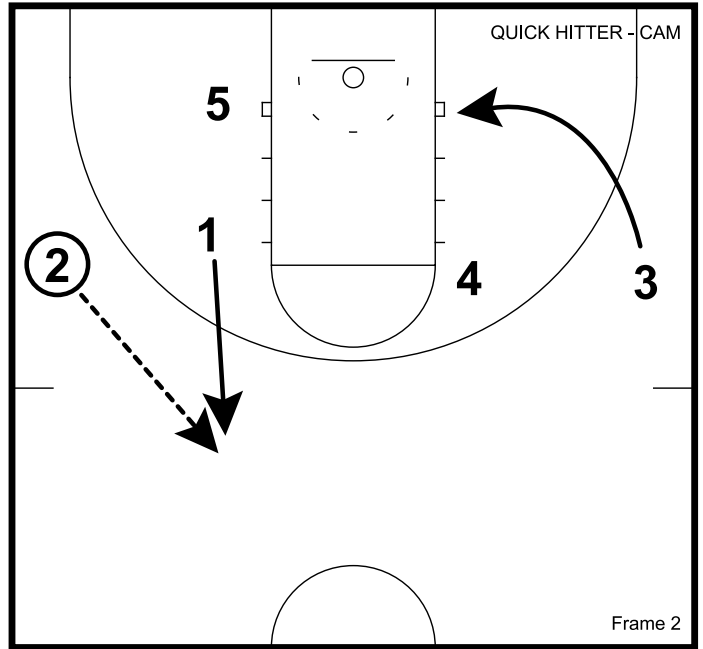
3 sets a diagonal for 5 as 4 is dribbling to the wing to enter.



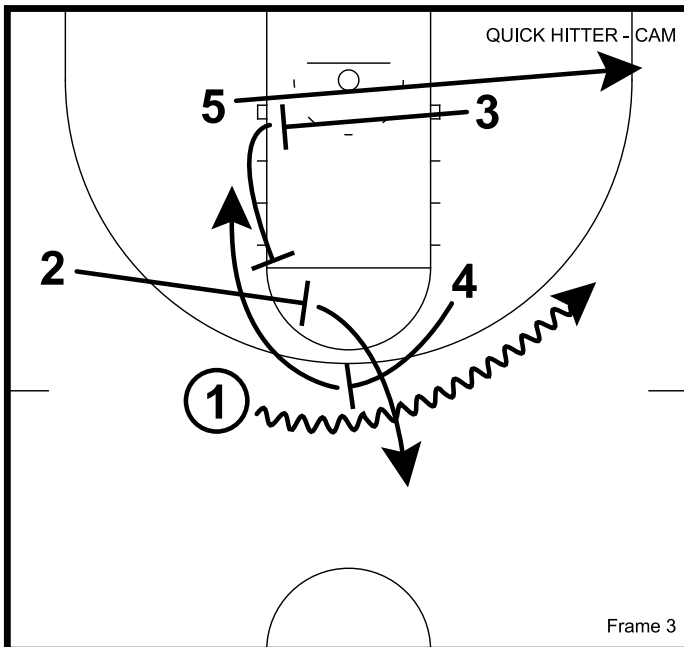
QUICK HITTER - CAM



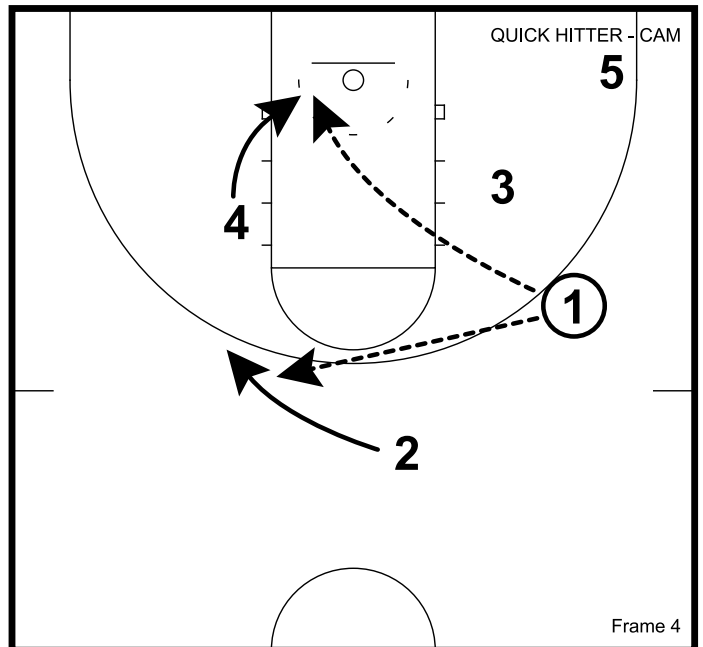
1 enters to 2 before setting a rub screen for 5.



1 pops and 3 dives to block.



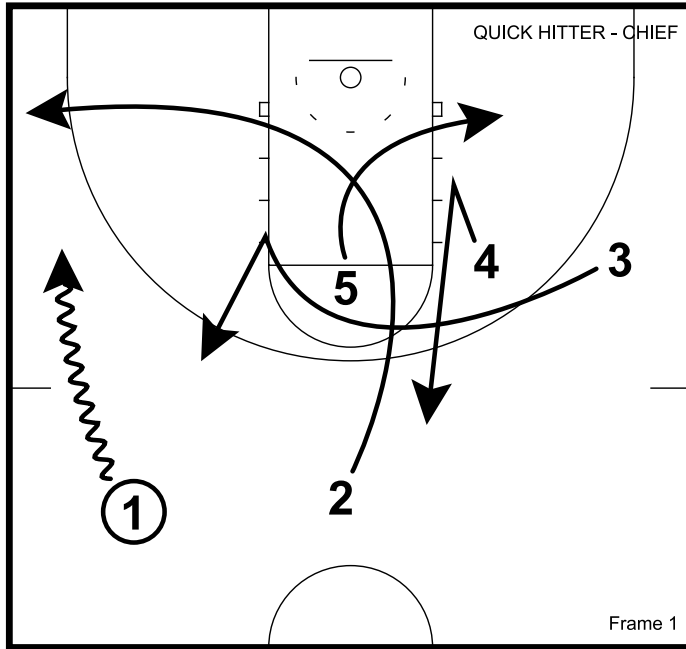
1 dribbles across using a middle ballscreen from 4. 2 Sets a backscreen for 4 as 3 is screening a cross for 5. 3 Then sets a second backscreen for 4, looking for a lob.



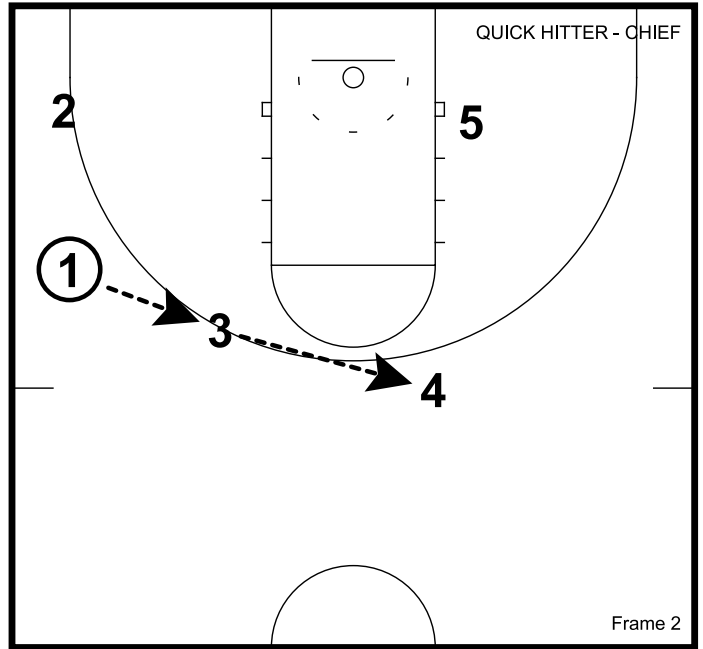
1 can look for 4 slipping to the hoop or 2 open at the top of the key.



QUICK HITTER - gfgdfg



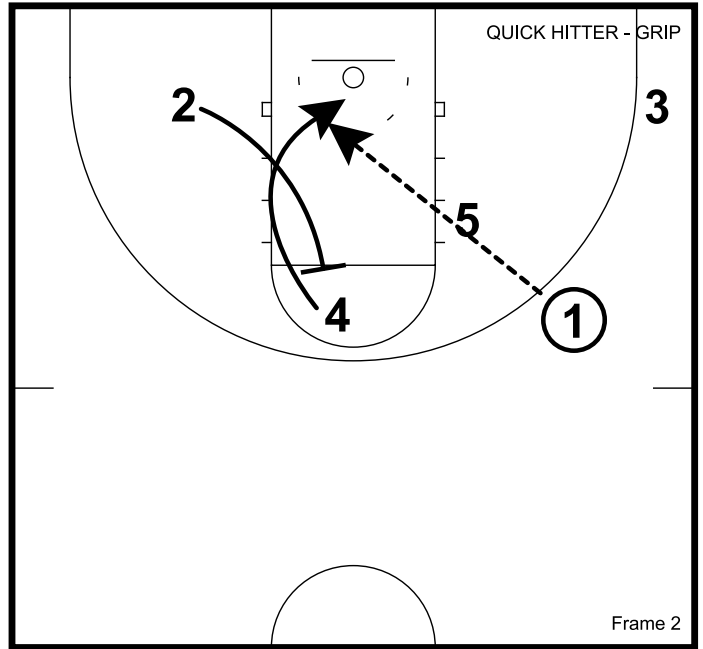
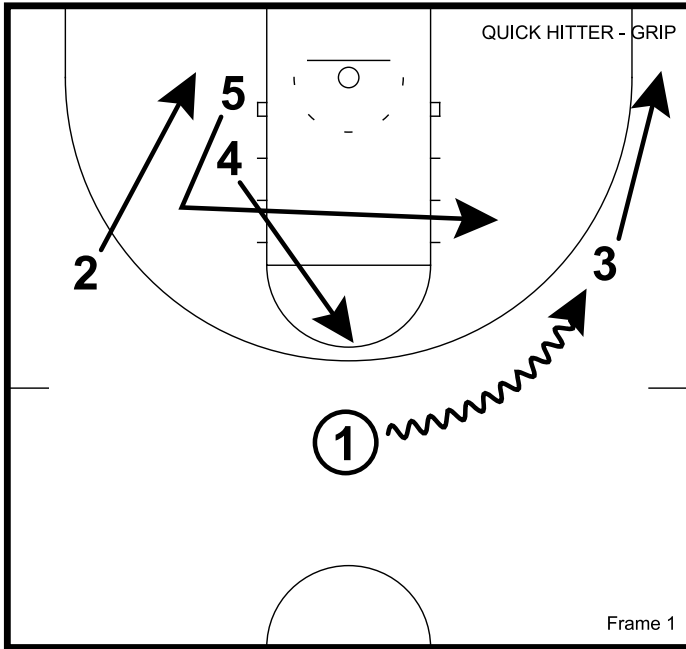
1 dribble enters the wing as 2 cuts through to ball side corner. 3 Comes across and pops to catch.



Ball is reversed to 4 with the entire side emptied out for 4 and 5.



QUICK HITTER - GRIP

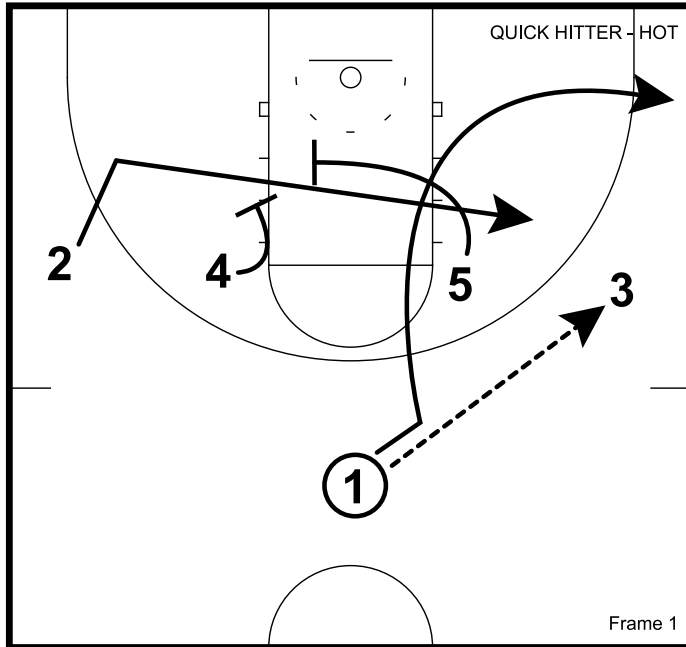


Another lob play for the 4. 1 Dribble enters the wing and pushes 3 down, 2 goes to the opposite block.

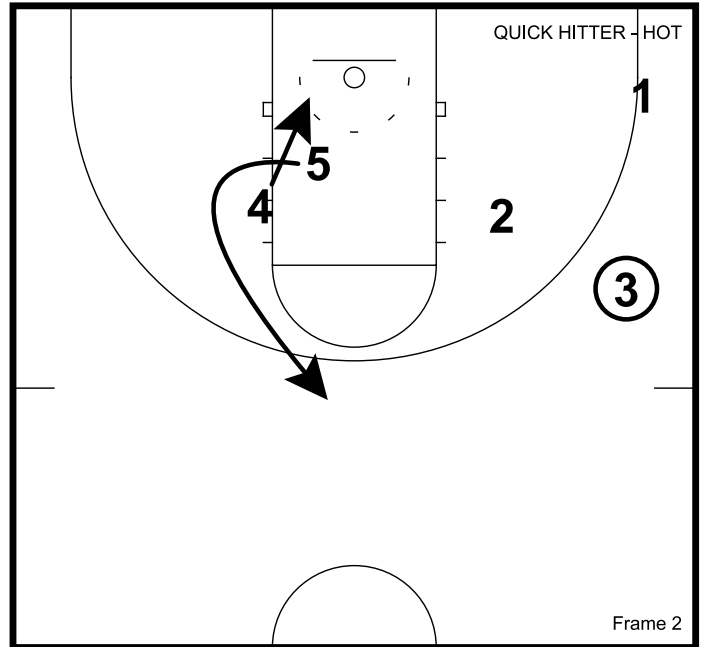
2 sets a backscreen for 4 and 1 looks to throw the lob.



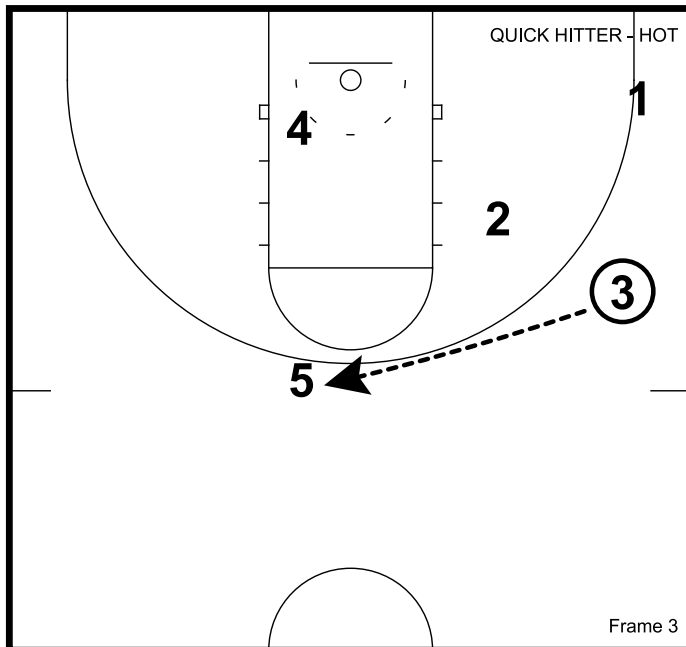
QUICK HITTER - HOT



1 enters to 3 and cuts through to the ball side corner. 4 and 5 screen across for 2 who stops at a mid-range area.



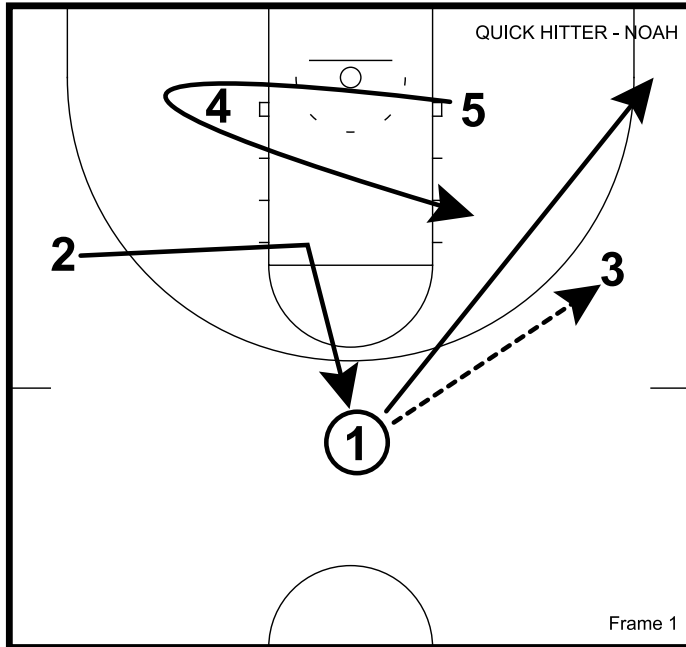
4 and 5 rub each other as 4 dives and 5 comes high setting up an empty side high-low action.



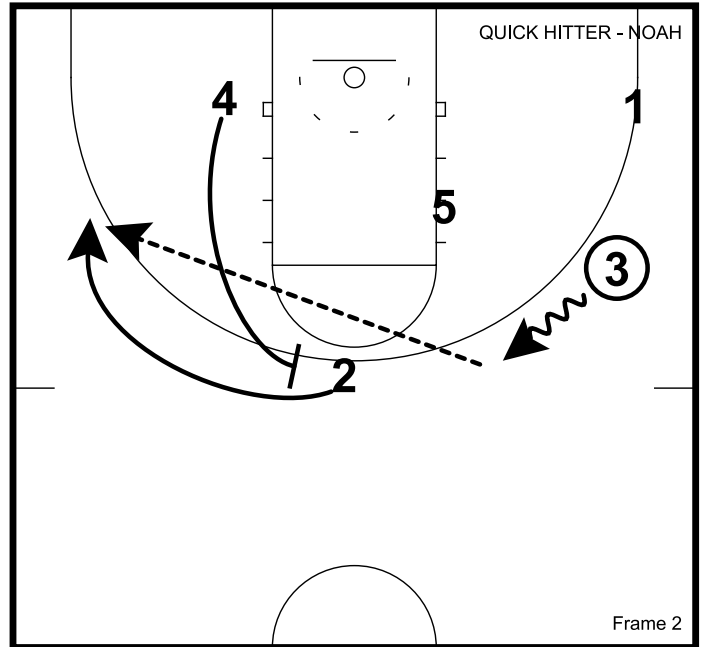
5 catches the ball high with 4 ducking in, looking to make a play.



QUICK HITTER - NOAH



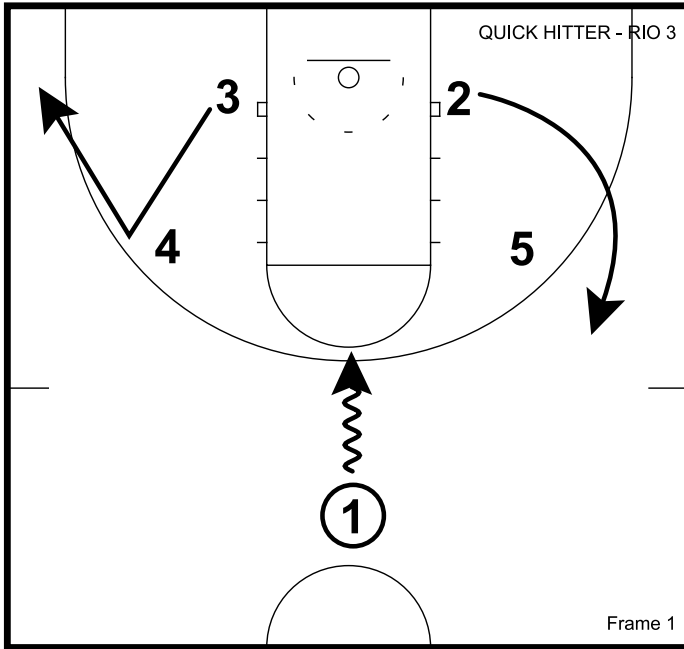
1 enters 3 and cuts through to ball side. 2 Comes to the top of the key, 5 wraps off of 4 to the elbow.



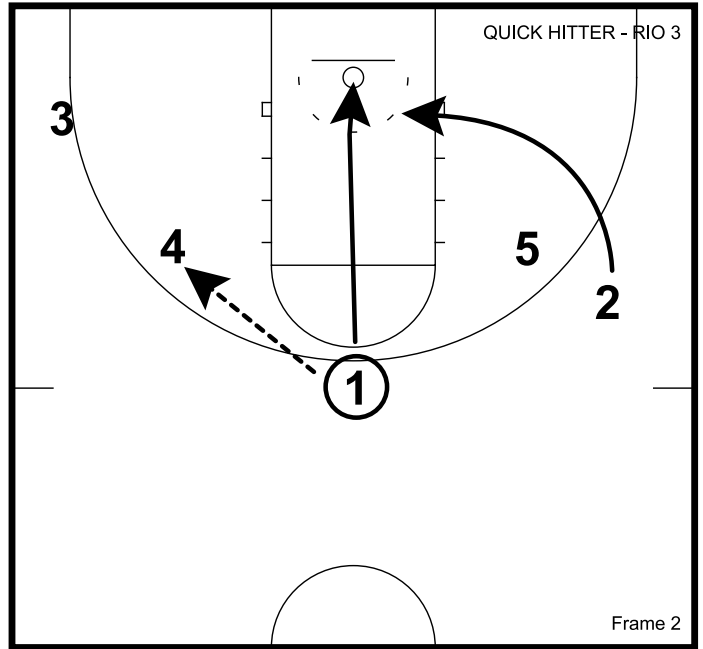
4 sets a flare for 2 as 3 dribbles toward the middle. We're looking for a shot for 2 or a slip for 4.



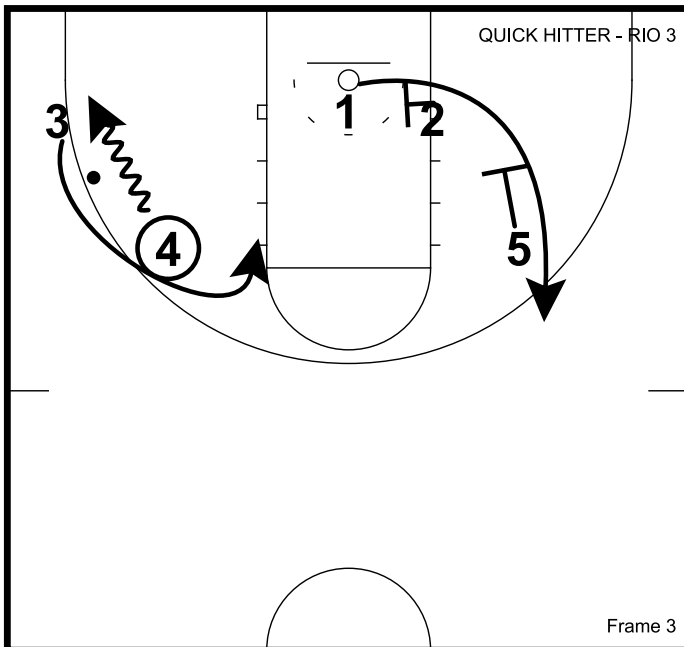
QUICK HITTER - RIO 3



2 pops to wing, 3 goes to corner.



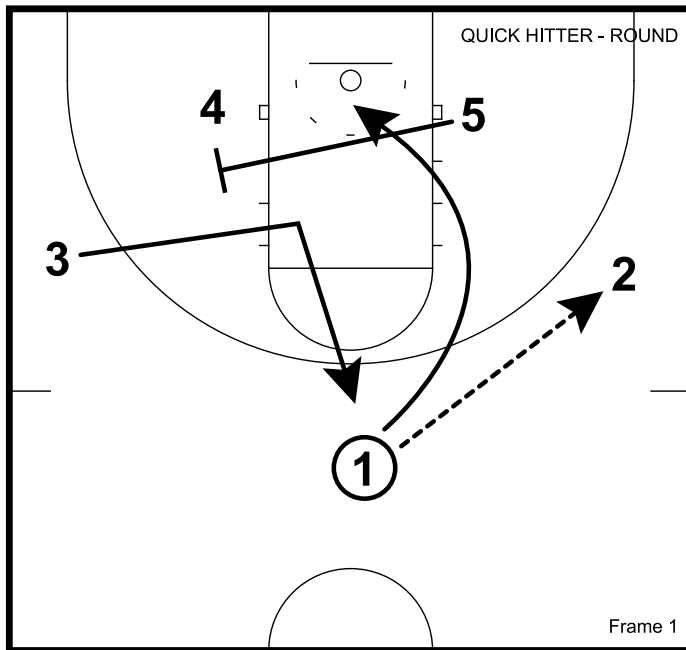
1 runs to put his head under the rim.



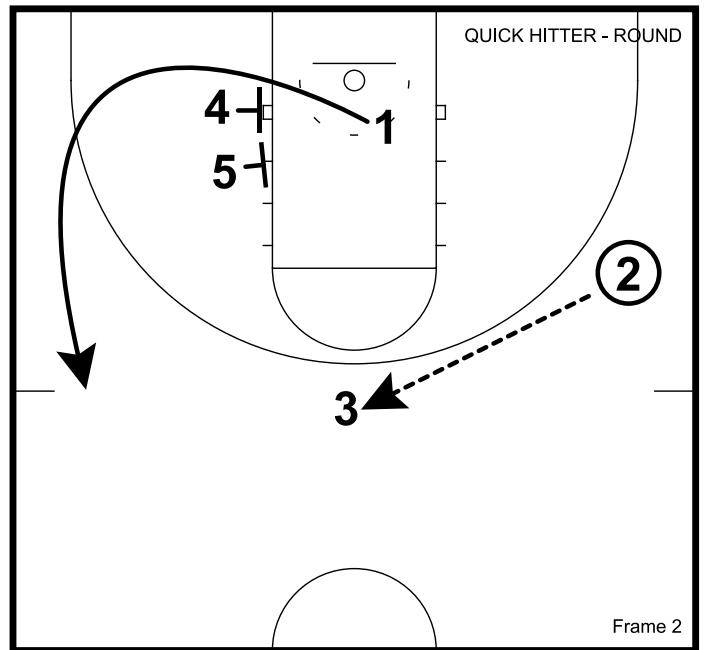
4 dribble hand offs with 3 as 1 comes off a stagger from 2 and 5.



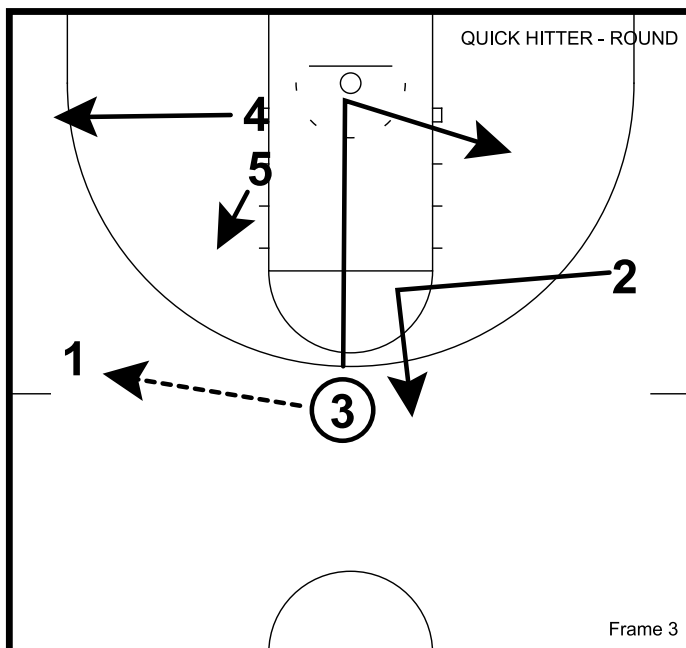
QUICK HITTER - ROUND



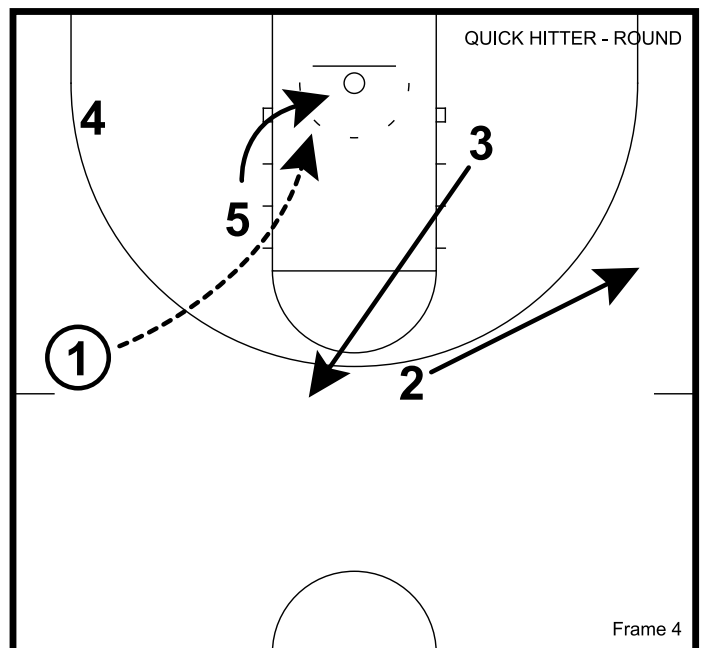
1 hits 2 and puts his head under the rim, 3 pops to catch.



1 comes off double from 4 and 5.



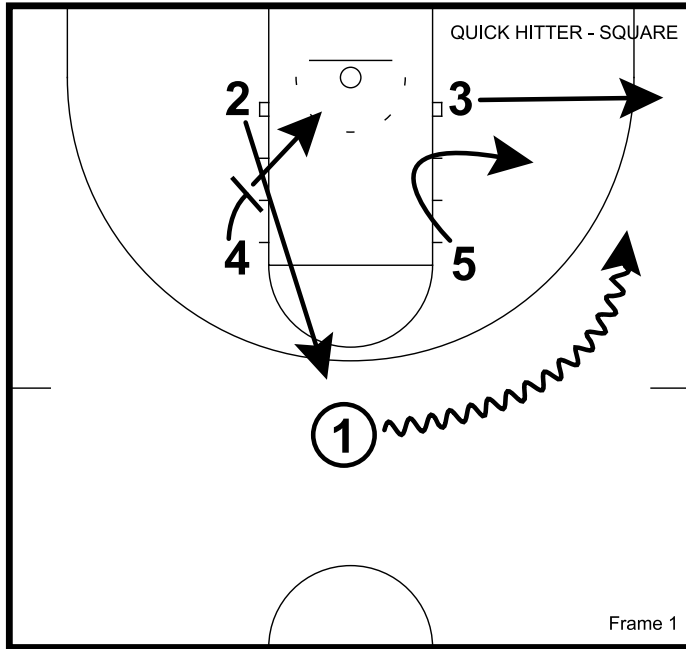
3 reverses it to 1 before cutting through and then returning to his original position. 5 Stays to post, 4 spaces to corner.



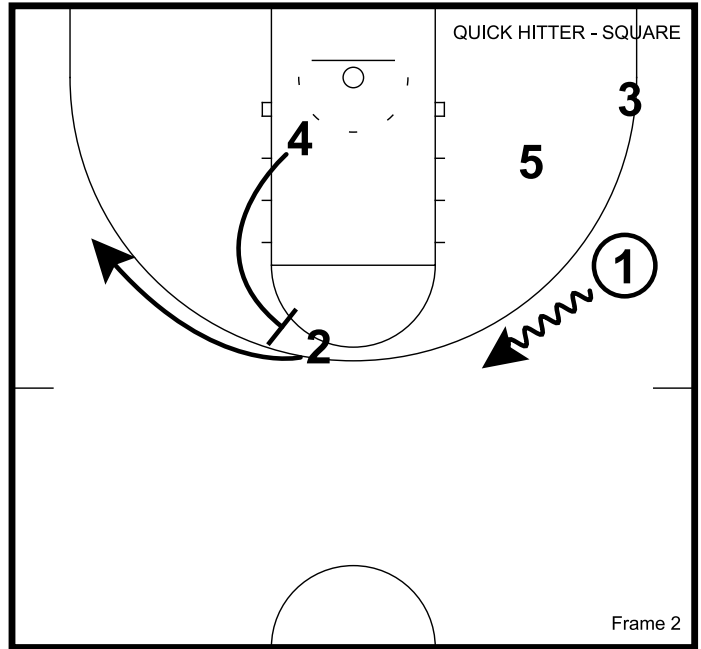
3 rises high, 2 spaces above the FT line on the opposite wing to free up the entire backside for a lob to 5.



QUICK HITTER - SQUARE



Another emptied out flare play. 1 Dribble enters the wing as 4 screens down for 2.



1 dribbles towards the top of the key as 4 comes and flares for 2. If 2 is chased off the flare, we're looking for a tight curl right to the rim.

