



WHAT IT TAKES TO BE THE BEST

By Paul Hoover

A Passion for Basketball

- A general overall love for the game
- Dedication to practice EVERYDAY
- This involves time management!!!!
- Discipline to practice at game speed
- Eagerness to improve and work on weaknesses
- Have basketball goals / plans for the future

Confidence

- A belief I'm the best player on the court
- A belief that no one can defend me
- A belief that every shot is going in
- A belief of "Refuse to lose" i.e. "I won't lose"

A Feel for the Game

- Understanding the game and every aspect of your position
- Fluidity and relaxation on offense
- Don't think about what's before you / react
- Ability to change speeds and change hands at any moment

Not Afraid to Fail and Make Mistakes

- Able to take crucial shots
- Ability to take shots without thinking
- Take initiation at both ends of the court and attack
- Not afraid to momentarily fail when learning new techniques

Accountability

- Always take responsibility for your own play
- Don't use excuses when things aren't going your way.
- There might be a reason why your teammates don't pass the ball to you!!

How Many of these Traits Do You Possess?



2010: NCAA SWEET SIXTEEN
2009: NCAA SWEET SIXTEEN
2008: NCAA ELITE EIGHT

HEAD COACH:
CHRIS MACK
ASSOCIATE HEAD COACH:
PAT KELSEY
ASSISTANT COACHES:
TRAVIS STEELE, RASHEEN DAVIS
DIRECTOR OF ADMINISTRATION:
MARIO MERCURIO
DIRECTOR OF OPERATIONS:
BRIAN THORNTON

XAVIER DRILLS - 2-ON-2 CLOSEOUT

Two offensive players versus two defensive players. The two defensive players start close to the baseline under the basket. A coach with a ball stands at the top of the key. The two offensive players stand on the wings.

A coach passes to one of the offensive players. On the pass both defensive players close out. One defender closes out on the ball, the other defender closes out into the helpside position. The coach is now off the court.

The offensive player with the ball plays “live” one on one but is limited to two dribbles. However, the help defender is also present adding support to the on ball defender.

A skip pass happens. The help defender closes out onto the ball. The on ball defender sprints to help. Again, it’s live one on one with a two dribble limit, and the help defender is present. The offensive player who doesn’t have the ball must stay in his area and can only spot up on penetration.

COACHES CORNER



TRAVIS STEELE

Position: Assistant Coach

Email: steelet@xavier.edu

Experience: Second Year at Xavier

Alma Mater: Butler '04

Hometown: Danville, Indiana

Scoring System:

1 pt. for two deflections

1 pt. for three consecutive “successful” closeouts

3 pts. for a charge taken

Play to 5 pts.

XAVIER DRILLS - SERIES DEFENSE

3 on 3 halfcourt with man defense emphasized.

Run the most common actions of your opponents using (3) offensive players. If a fourth player is needed for ball reversal, a coach can play this fourth spot unguarded.

The offensive players each execute their role without rotating. The three defenders take turns guarding all three offensive positions.

After all (3) defenders have guarded the three positions correctly, a rotation takes place so that the entire team guards not only the action but all three offensive players executing the action.

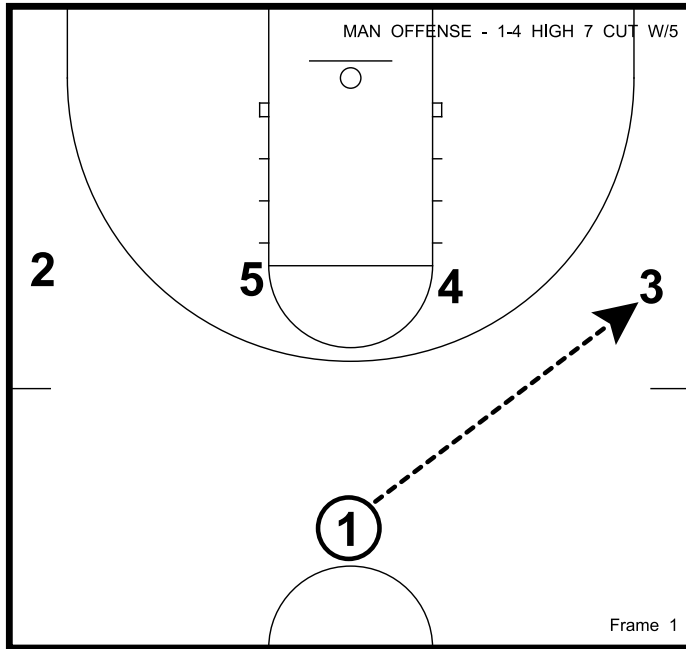
FROM THE ARCHIVE

XAVIER NEWSLETTER #27

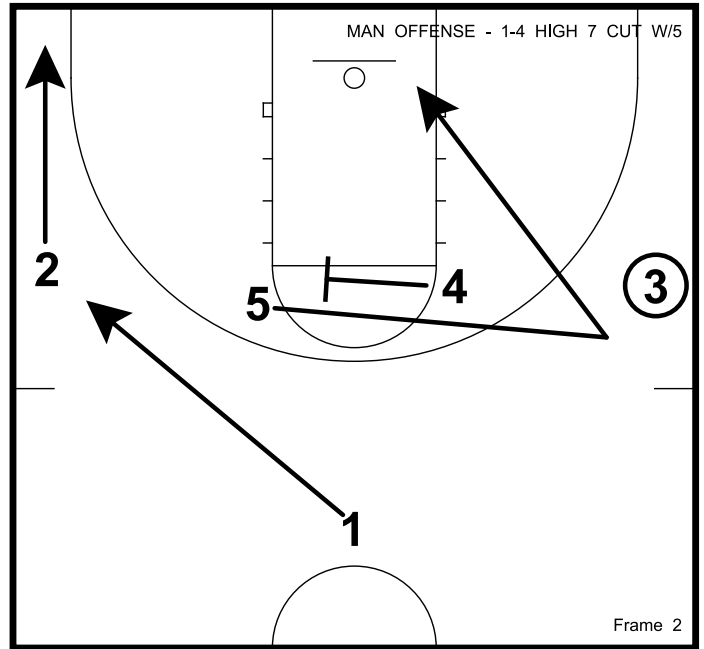
MARCH 9, 2011

MAN OFFENSE - 1-4 HIGH 7 CUT W/5	4
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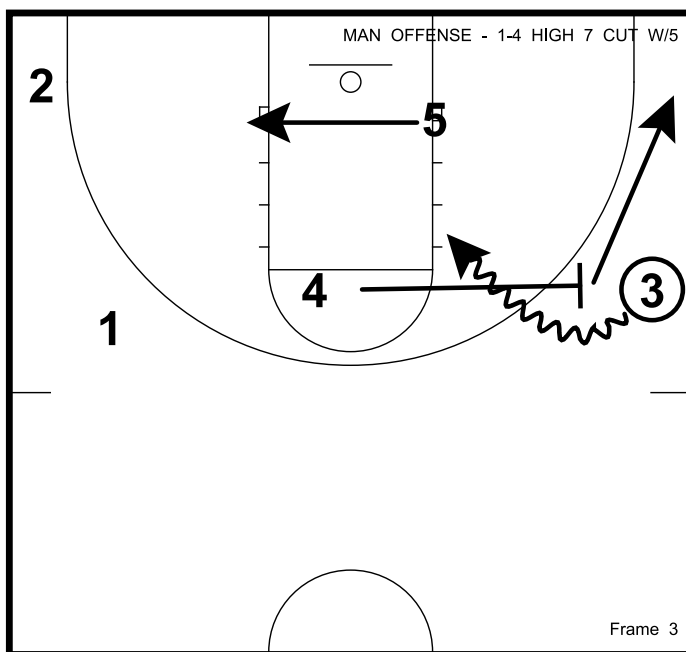
MAN OFFENSE - 1-4 HIGH 7 CUT W/5



1-4 High look, 1 enters 3 on the wing.

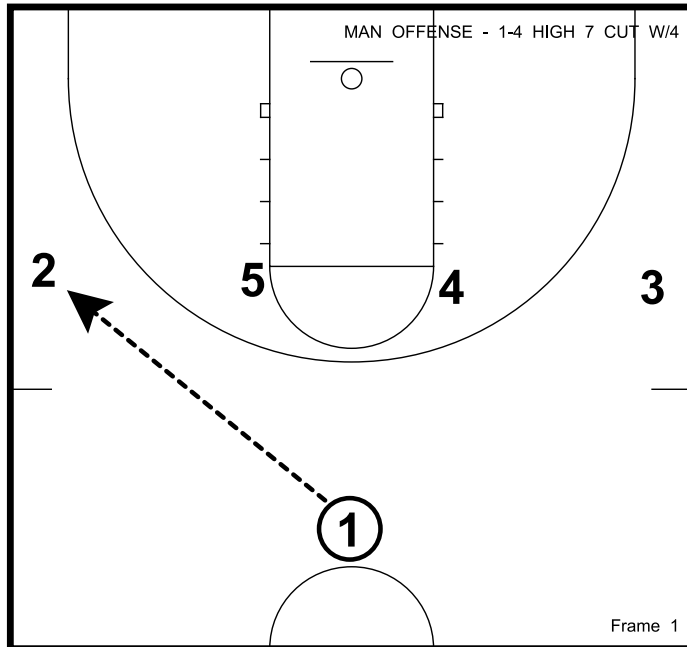


1 and 2 space away. 4 goes and screens for 5 who is sprinting into a slip ballscreen.

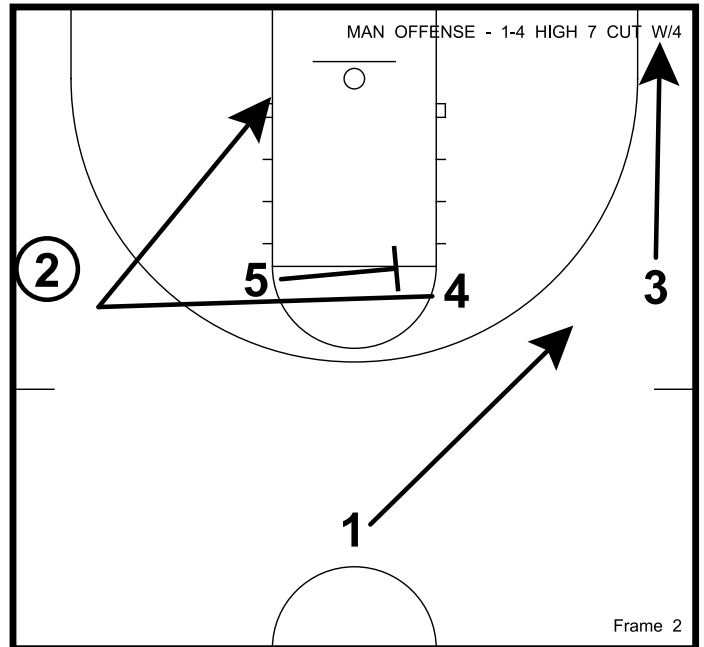


4 goes and sets the ballscreen and pops to the corner.

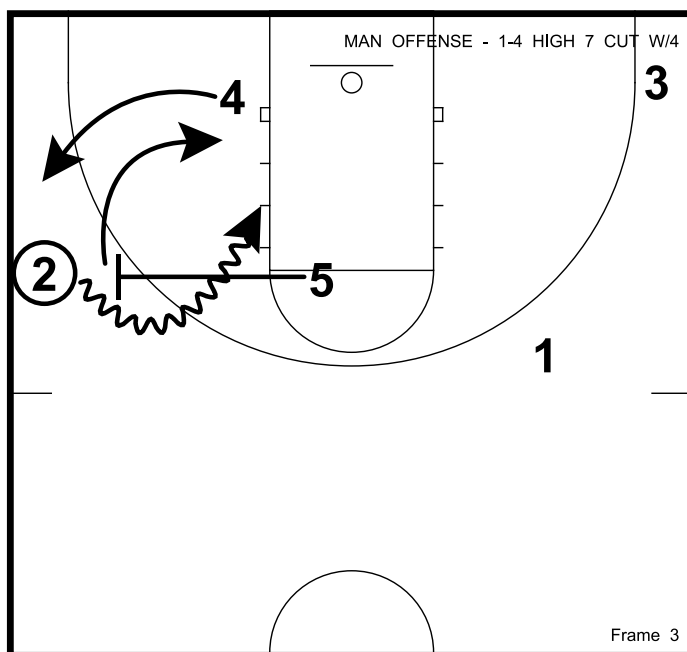
MAN OFFENSE - 1-4 HIGH CUT W/4



1-4 High look, 1 enters to 2 on the wing.

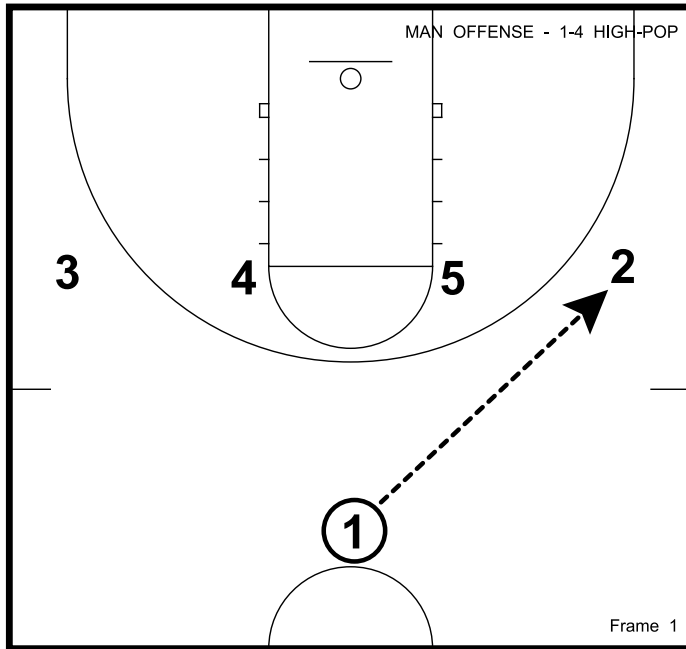


1 and 3 space away, 5 goes and screens for 4 who runs into slip ballscreen for 2.

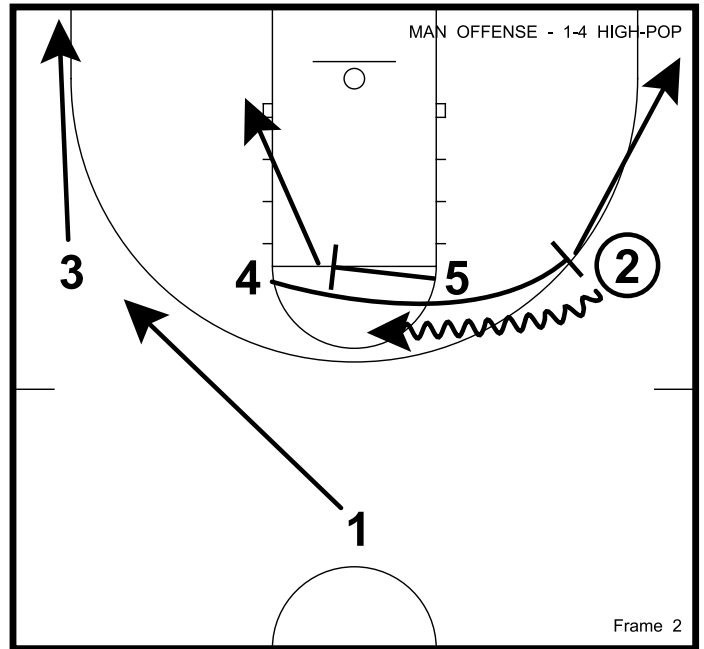


5 follows and actually sets the screen, while 4 trades behind to the original location of the screen.

MAN OFFENSE - 1-4 HIGH POP

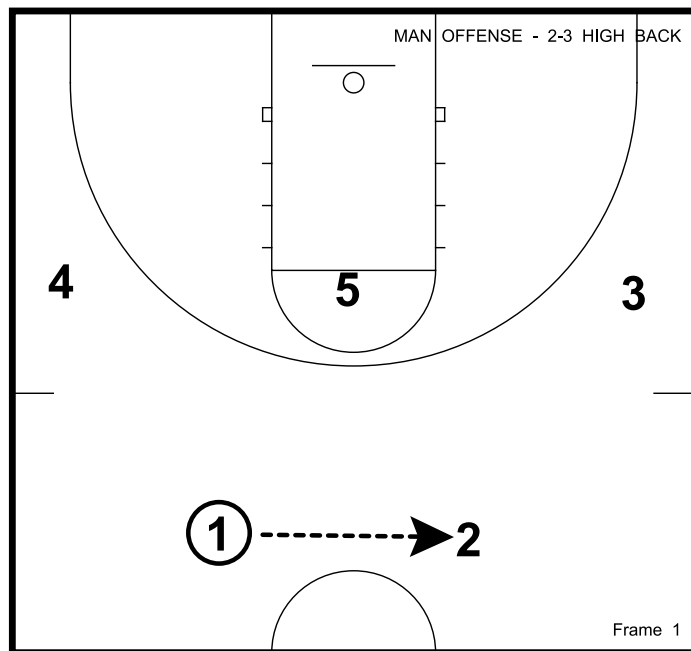


Another 1-4 High look. 1 enters 2.

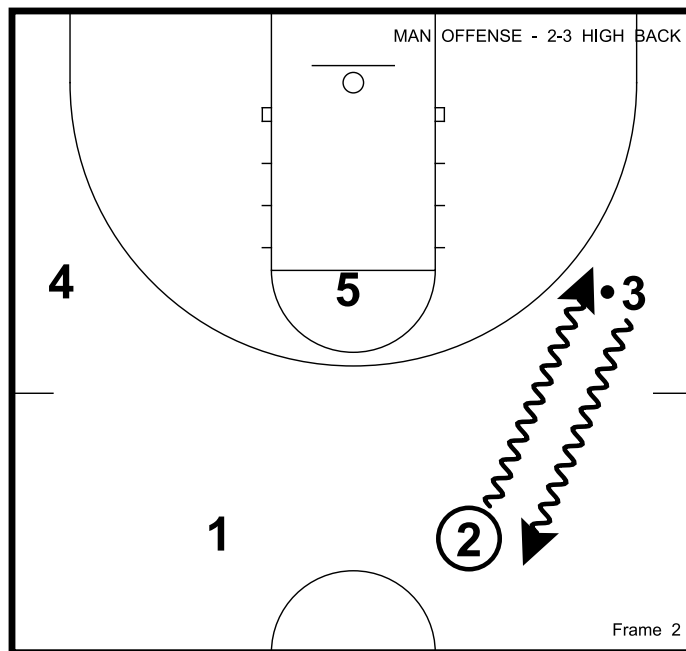


As 4 is running into a ballscreen, 2 will start to attack a little early. 4 will then fade straight to the corner. We're trying to confuse the defense on whether or not a ballscreen will be set. Timing is key.

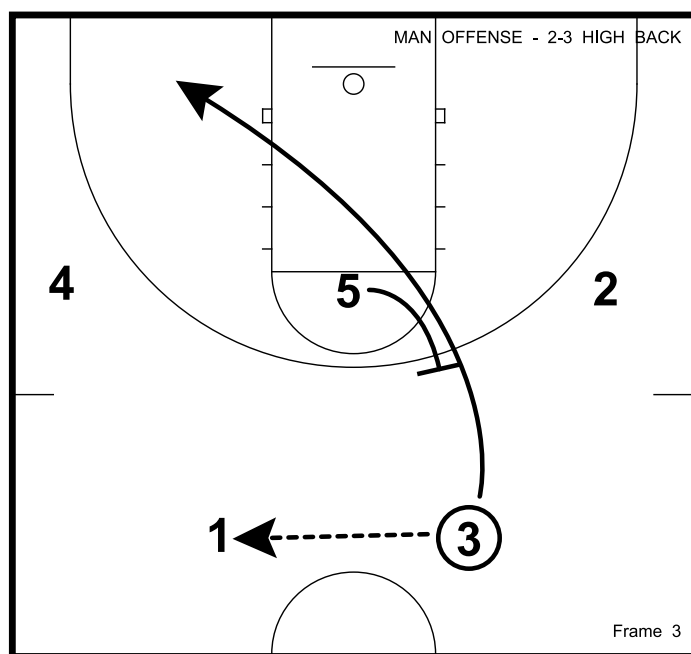
MAN OFFENSE - 2-3 HIGH BACK



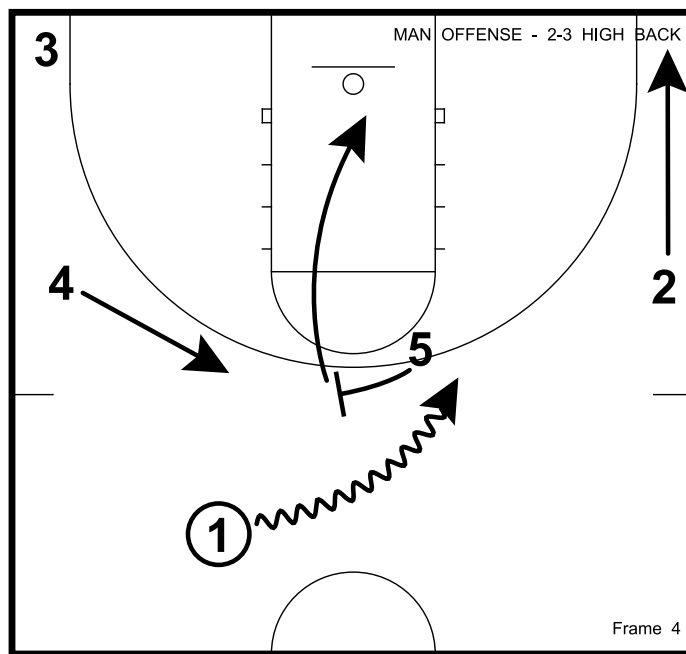
2-3 High look. 1 reverses to 2.



2 dribble hand offs with 3.

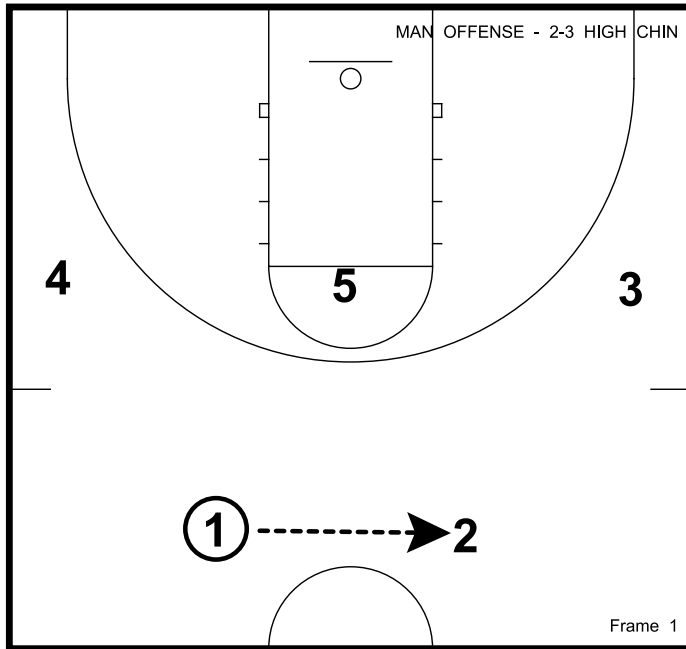


3 reverses to 1 before coming off a backscreen from 5.

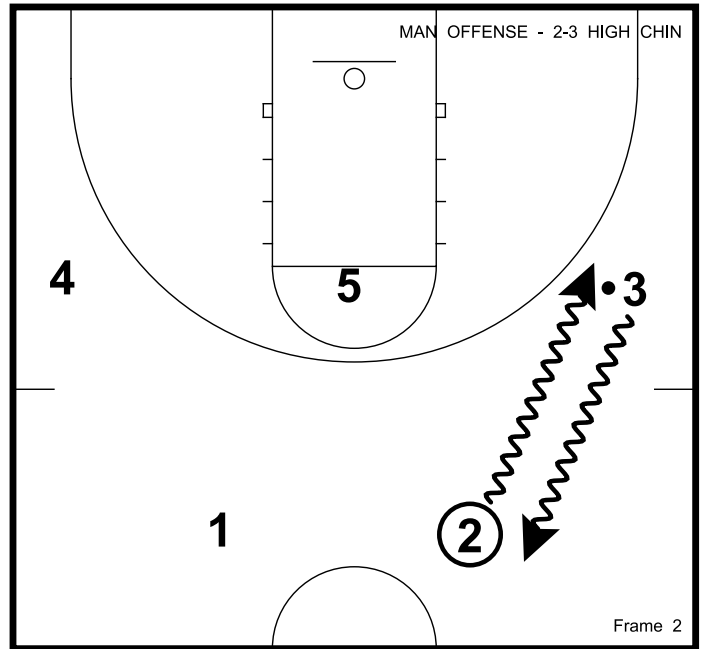


1 comes off a middle ballscreen from 5 who rolls to the basket. 4 trades behind the ballscreen for a shot or post entry.

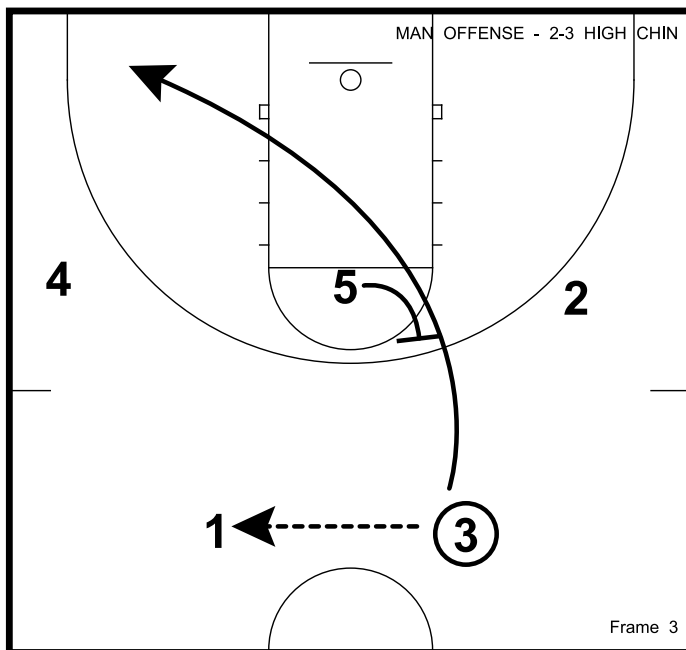
MAN OFFENSE - 2-3 HIGH CHIN



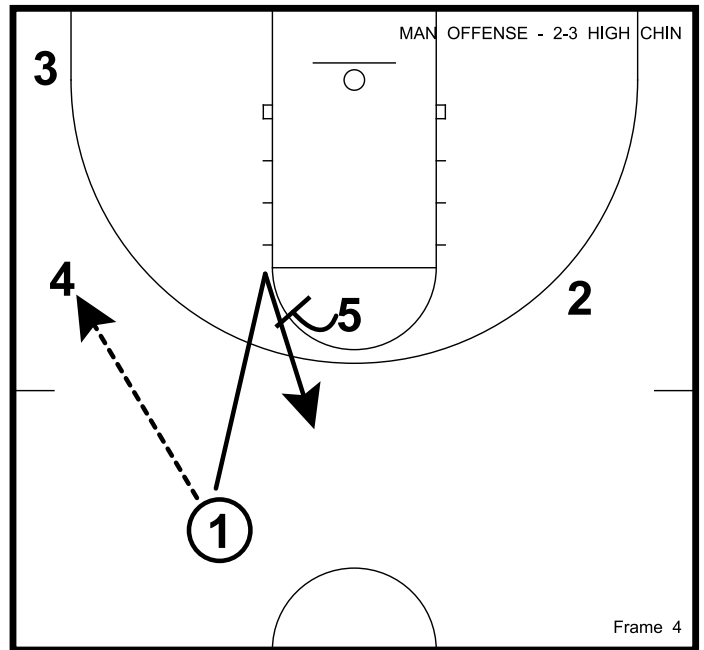
2-3 High look. 1 reverses to 2.



2 dribble hand offs with 3.

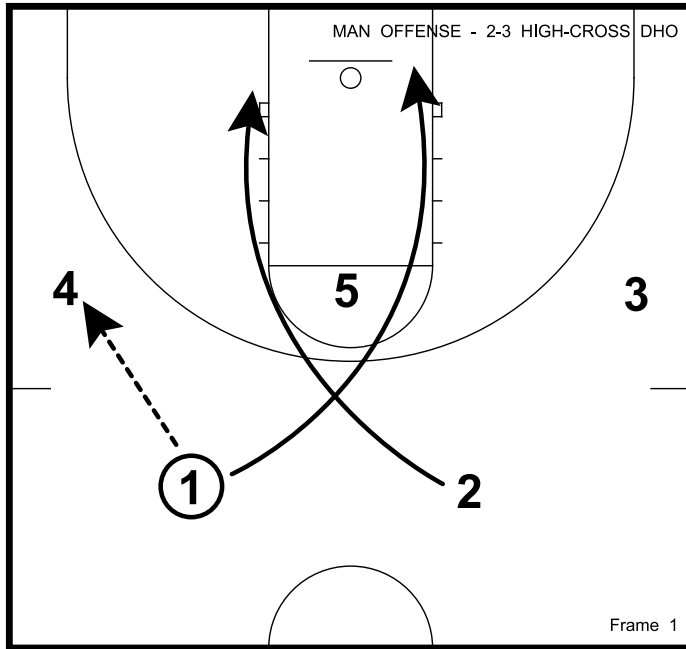


3 reverses to 1 and then comes off of 5's backscreen.

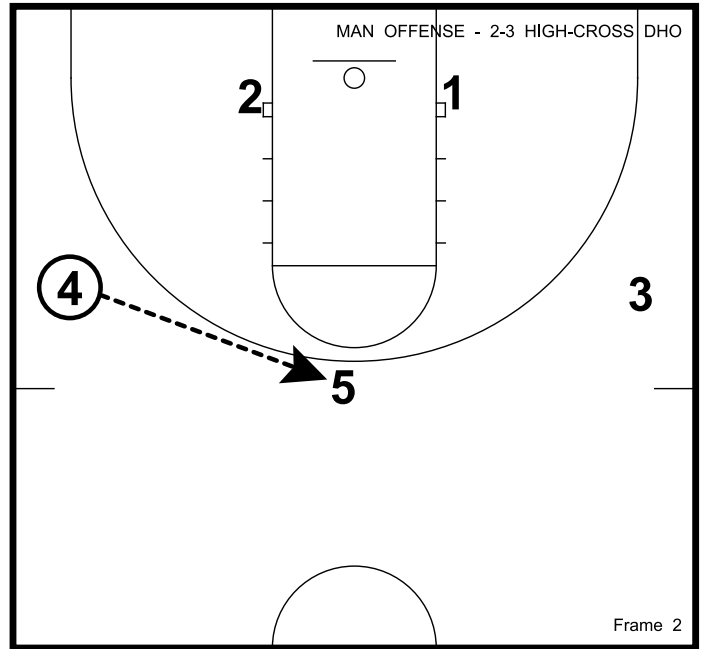


1 reverses all the way to 4 and then fakes coming off of 5's backscreen before stepping back for a shot.

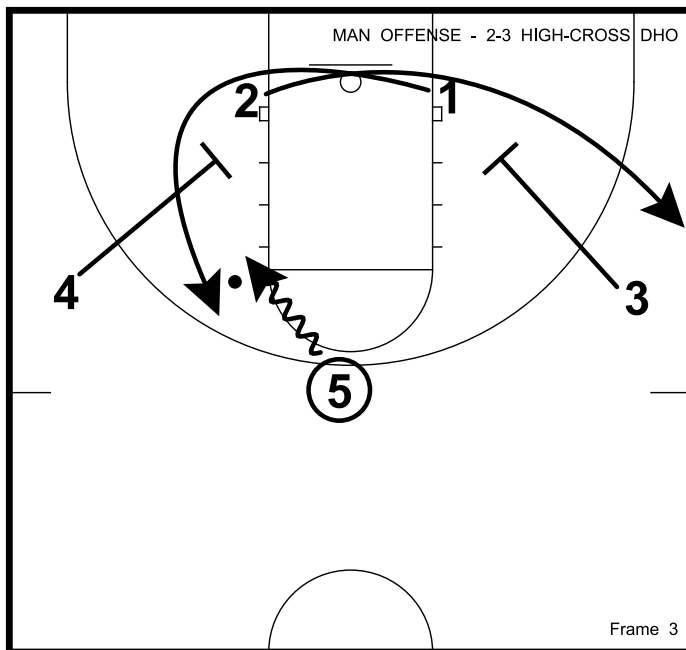
MAN OFFENSE - 2-3 HIGH CROSS DHO



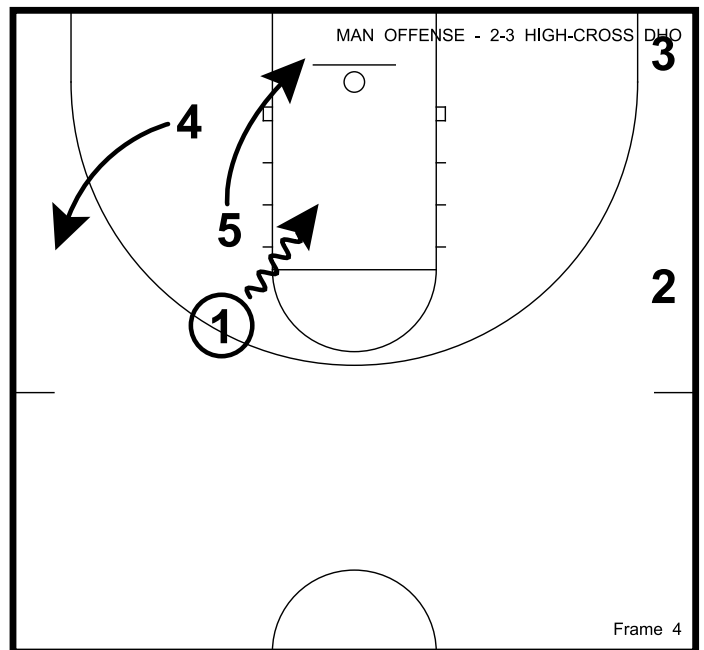
2-3 High look. 1 enters to the strong side before "Xing" off of 5.



4 hits 5 at top of key.

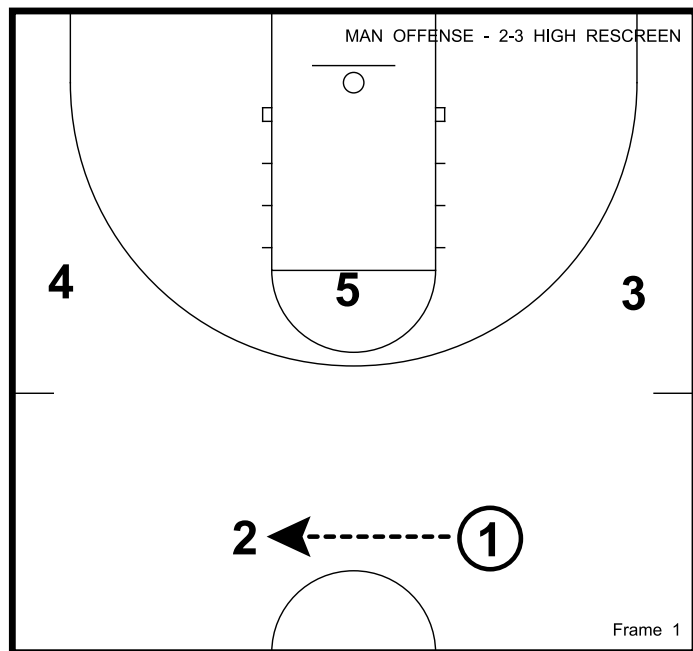


1 and 2 interchange low and 4 pins in for 1. 5 dribble hand offs for 1 while 3 pins down on the opposite side.

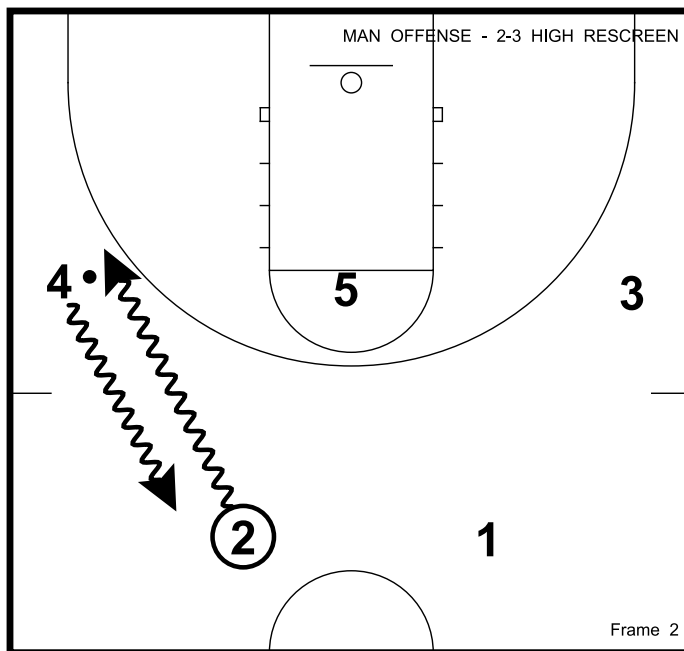


After the handoff 5 rolls and 4 pops.

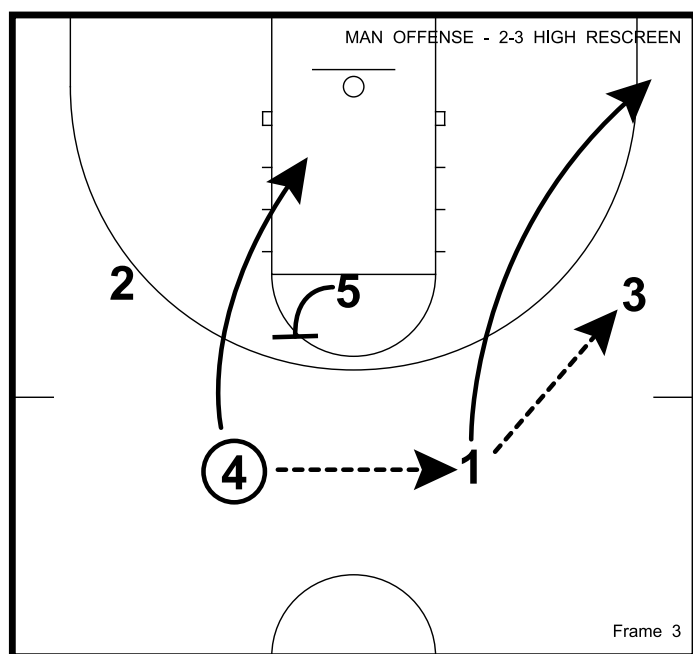
MAN OFFENSE - 2-3 HIGH RESCREEN



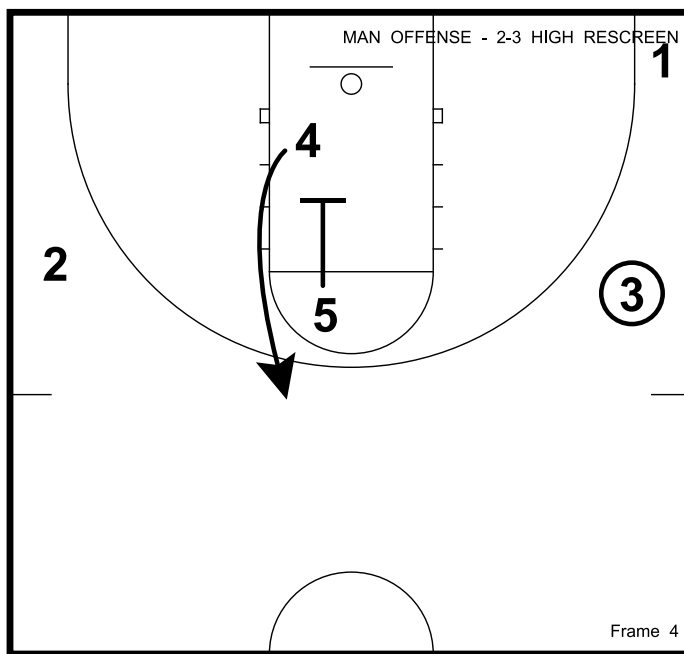
Another 2-3 high look, 1 reverses it to 2.



2 dribble hand offs with 4.

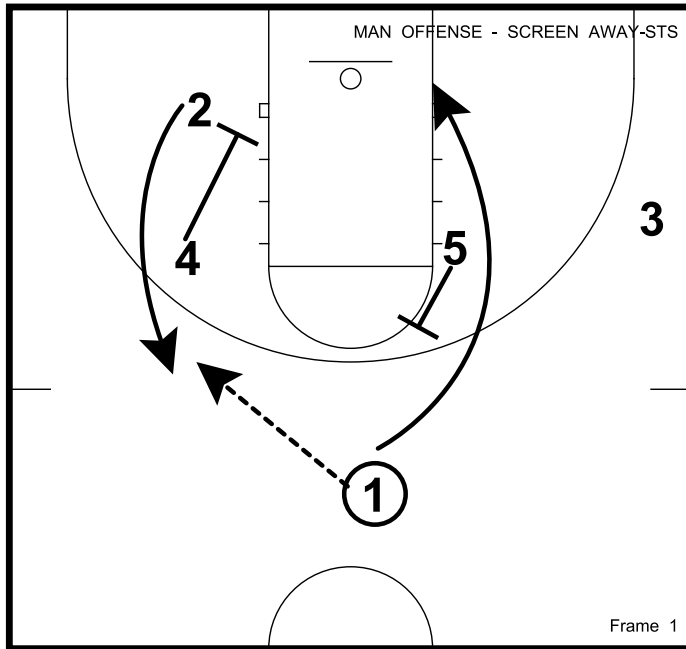


4 reverses the ball all the way around to 3. 4 comes off of 5's backscreen.

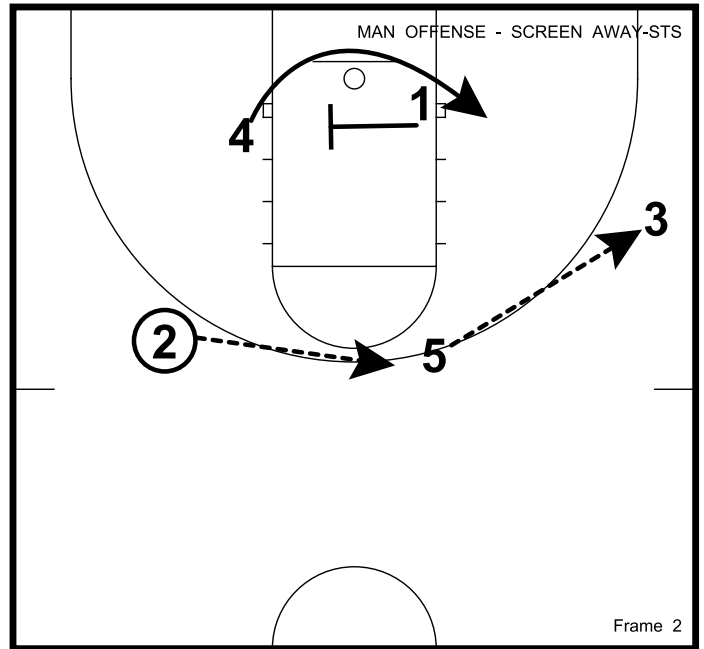


5 pins down for 4 and looks to seal on a high-low.

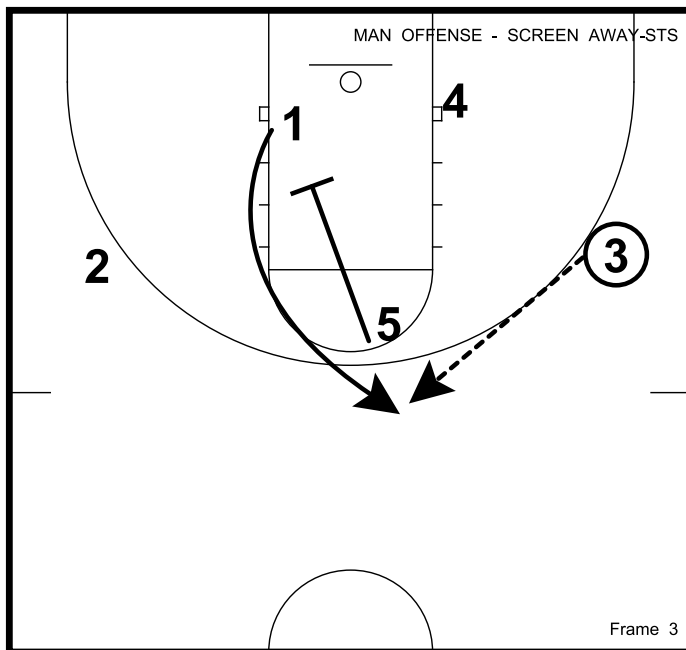
MAN OFFENSE - SCREEN AWAY-STS



4 pins down for 2 to catch on the wing.
5 backscreens for 1.

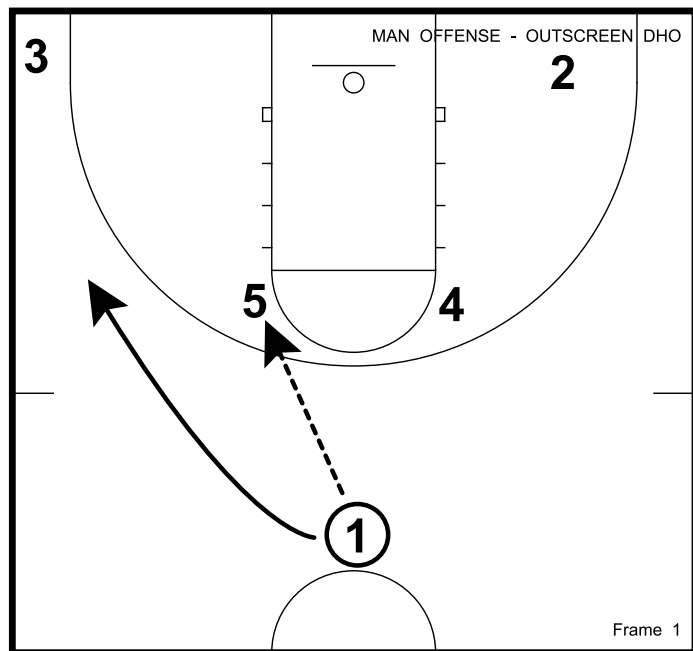


2 reverses the ball to 3 as 1 cross screens for 4.

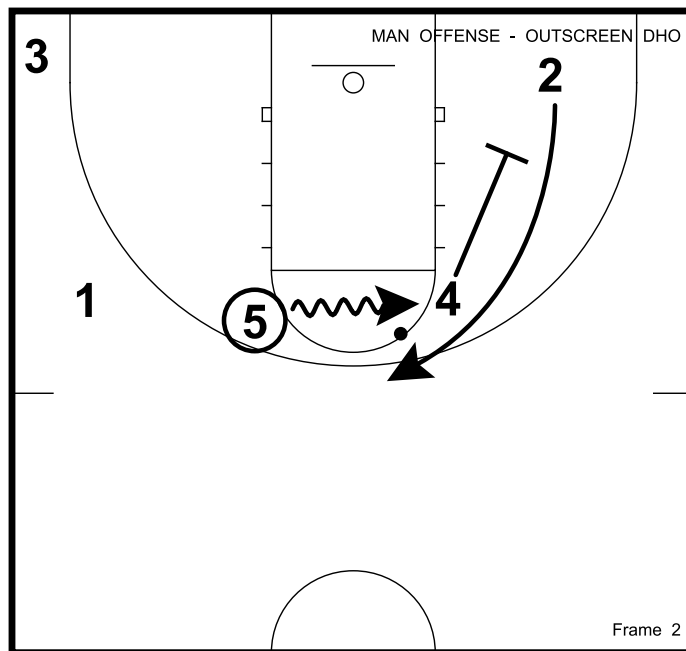


5 downscreens for 1.

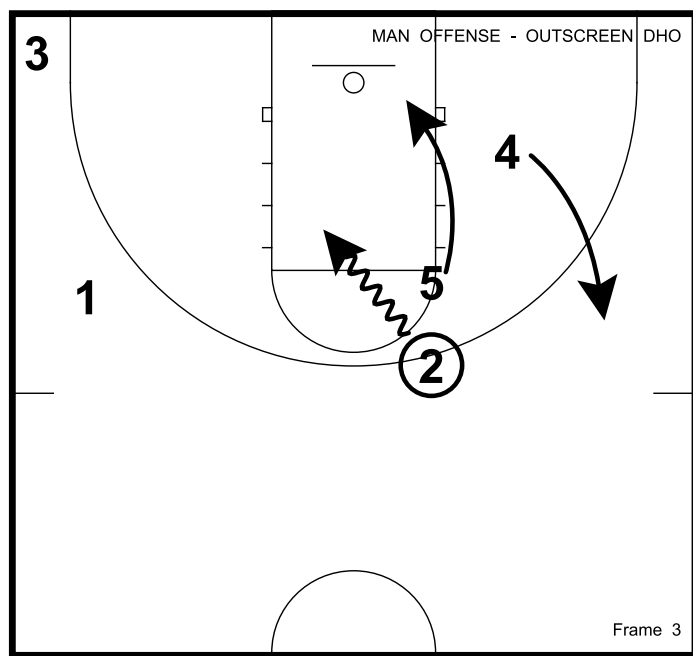
MAN OFFENSE - OUTSCREEN DHO



1 enters to 5 on the elbow and sprints over the top.

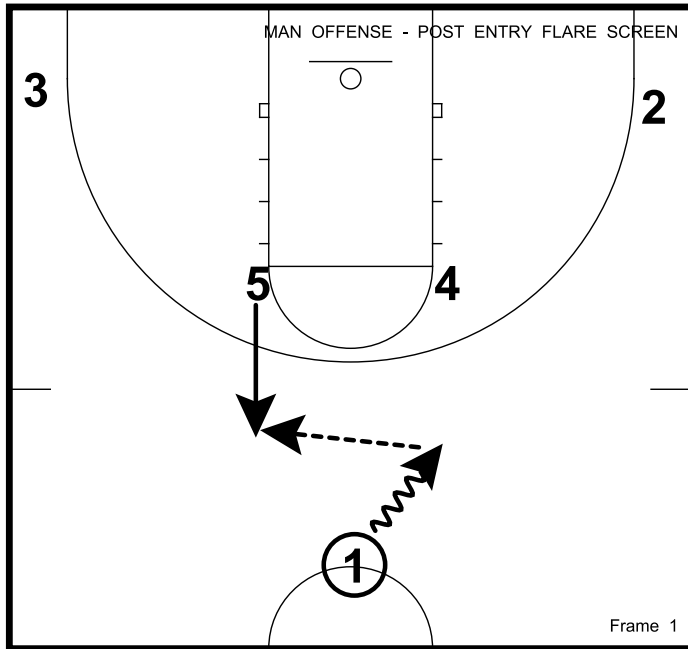


4 goes and sets an outscreen for 2 who will come off of a dribble hand off with 5.

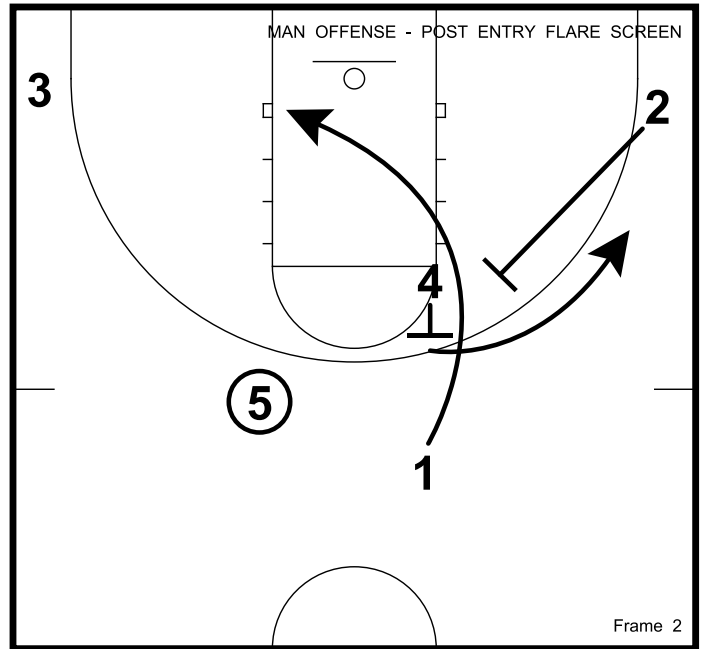


2 looks to turn the corner while 4 pops and 5 rolls.

MAN OFFENSE - POST ENTRY FLARE SCREEN



5 pops to catch.



1 runs off of 4's backscreen before 2 flares in for 4. Great quick hitter if you have a 4 man capable of shooting the ball.