

2023 Fall OMGBA Coaches Clinic



“All kids need is a little help, a little hope and somebody who believes in them” – Magic Johnson



Coach Pat

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Pat Freeman



Coach Pat began his training business back in 2007 when he was a senior in high school. Pat has always been passionate about working with kids and helping them achieve their goals. He has 15 years of individual, small group, and team training experience and currently spends the majority of his time in the northwest suburbs.

As a player, Pat played high school basketball at Champlin Park High School where he was a 2-year starter and team captain. From there, Pat went on to play college ball at Saint Mary's University in Winona. He started 70 games for the Cardinals over a 4-year stretch and earned Honorable-Mention All-MIAC honors in 2012.

After graduating, Pat worked for the Minnesota Timberwolves and Lynx for 4 years. During this time, he directed basketball camps, player clinics, and training. He was also a member of the Minnesota Lynx practice team.

In 2017, Pat accepted a full-time position with Midwest 3 on 3 and currently manages their operations including: camps, 3 on 3 leagues, and tournaments. In January of 2021, Pat opened up his first facility in Brooklyn Park specializing in shooting & ball handling with players grades 4 – 12. MBT has recently opened up additional training locations in Blaine, Maple Grove and Rogers.

As a trainer, Pat works with kids of all ages including youth associations, high school, college, and professional players. Pat currently resides in Brooklyn Park with his wife Natalie, and their kids Caleb, Leah and Brielle.

Practice / Game Ideas

The word “Coach”

Every adult remembers their favorite coach. You have the opportunity to impact lives and never take for granted this opportunity that comes with great responsibility.

Bring Energy

If you don't look like you want to be at practice how do you expect your players to look/feel that way. When in doubt, have fun with your kids. You are going to have a long stressful day at work at some point / the kids aren't going to listen to you some nights and you have to find a way to stay patient and have fun with your group.

Skill Development vs Scrimmage Time

You are never going to have enough time for what you want to teach. Finding the balance between skills vs games is important. Incorporating skill development within small sided games to maximize reps for the players and keep practice fun is important for long term development!

Building relationships early in the season

Spend 2 minutes before practice: highlight of your day, favorite kind of ice cream, favorite player, favorite food, biggest challenge, I am at my best when, compliment the teammate next to you.

Encourage mistakes

One of my favorite phrases is “make an aggressive mistake”. Many times, kids don't reach their full potential because they are scared to mess up. Yelling and screaming at a player for a missed layup, free throw, or turnover is only going to make them more nervous the next time they get put in that situation. When doing drills, encourage mistakes. “Go as fast as you can until you mess up”. Practicing game speed with mistakes will help prepare your players more for that pressure they will face in games. Confidence and momentum are a big part of any sport and encouraging mistakes will help kids get comfortable with being uncomfortable and ultimately lead to more improvement in the long run.

Celebrate the little things

Not every player is going to be your leading scorer. Rebounding, diving on the floor for a loose ball, communicating on defense and boxing out are extremely important for the success of the team.

Process vs Outcome

Focusing on the process instead of the outcome will always be more valuable for players as they continue to develop. When your kids are older, no one is going to remember how many wins they had in 4th grade. They will remember the relationships they built, the experience they had, and how you made them feel. It's important to take time to do things right and stop and correct now at a younger age in order to develop good habits/form as they get older.

No wasted time

You will never have enough time. Make the most out of every practice. When you blow your whistle kids should sprint in. Ball on the hip. Eye contact. Set expectations early. Doing this will save you 5-10 minutes a practice. Find drills that incorporate multiple skills.

Set clear expectations

Show up early for practice. Stress things you can control: Effort, Attitude, Body Language. You can have fun AND work hard. Any parent expectations are important to set as well such as communication, parent conduct during games, etc.

Passing, Catching & Pivoting

At the youth level, if you can't pass, catch and pivot, you can't score. Once pressing starts this is critical. Drills like 3 on 3 no dribble, Ultimate Basketball and other basic passing, catching and pivoting drills are essential.

Communication with players and referees

Instead of screaming something negative, ask a question. Kids can learn up to 60% more when you help visualize it for them. If you find yourself reminding your players to do something often, find another way to approach the issue. Often times, coaches including myself talk too much and the players rely on that instead of learning it themselves.

Body language is extremely important. Referees will not get every call right; you are representing your team and your players. Don't allow whining from your players.

Questions to ask your players:

Why do you play basketball? What skills do you want to improve? What motivates you? I get frustrated playing basketball when... How do you prefer to be coached? What are you most proud of that most people don't know about? If you were coaching, what would expectations be of the team?

Goals for your season

1. Have fun and make new friends
2. Improve players skills and confidence
3. Teach players how to make quick decision while being aggressive
4. Build and develop lifelong skills

Practice expectations

1. Ball on the hip. (players)
2. Toes on the circle. (players)
3. Take Control. (coach)

Example Practice Plans

Practice 1:

Focus: Have fun / Lay out expectations

0 – 5 Ice Breaker / Get to know you (Name, Favorite thing you like about basketball)

- This could be done before practice in the hallway

5 -10 Sharks and Minnows warm up (ball handling on the move / change of direction)

- Depending on age, no ball game 1, ball game 2
- High energy warm up
- Players start on the baseline and try to get to the other end of the court without being tagged or getting the ball stolen.

10 – 20 1v1 Defense (Shadow Drill)

- Partner up (defensive stance - can you stay in front and move your feet)
 - 1st round no ball
 - 2nd round add ball to offensive player

20-30 Finishing Series – Layup, jump stop, jump stop shot fake

- Utilize all baskets to get maximum reps
- Stride stop with older groups

30-45 1v1 Advantage from FT Line - working on the finishes they just practiced

- 3-4 dribble max depending on age
- When to take a layup / when to get to 2 feet / jump stop

45 – 60 Some type of game / competition (Detroit, Team Shooting competitions, FIBA 3v3, etc)

*Half-court shot / 3 point shot for a Gatorade / player of the day to highlight

Practice 2

Focus: Pivoting / Passing

0-5 Ice Breaker – Highlight of their week, how they are feeling on a scale from 1 – 10 / Joke of the day

5- 10 Ball Handling Tag

- Circle (ideally 3 in a group, similar skill level helps)
- Change of pace / direction / eyes up
- Place cones in a circle

10-20 Pivoting / Passing Warm Up

- Groups of 2 – 3 (1 ball per group)
- Dribble to an area- jump stop – pivot – pass

20 – 35 Pivot Tag - Play inside 3 pt line. 3 second timer on the catch.

- Pivot Tag – inside 3-point area / cones as boundaries
- Players must pass and cut – trying to tag the other team with a ball

35 - 45 In the Bank – Form Shooting Game – groups of 3-4

- If you miss it after a make, the bank empties on you
- You don't want points in this game

45 – 60 Ultimate Basketball – similar to ultimate frisbee or football

- No Dribble – defense plays tight
- If the ball hits the ground, it's a turnover (unless it's a purposeful bounce pass)
- Encourage short passes
- Pass and cut – can add pass and screen away later in season
- Pivot on the catch without traveling

1 on 1 Variations

ANGLE 1v1 ✓

Teaching Points

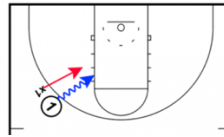
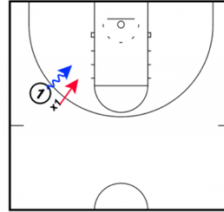
1. Keeping advantage versus defender.
2. Keeping angle to attack the rim downhill (Embrace contact).
3. Being crafty around the rim to finish through contact.

Drill Description

1. Player 1 starts with the ball having shoulders facing the basket.
2. Player x1 has shoulder/chest facing player 1's inside shoulder starting adjacent to their hip.
3. Player 1 starts with the ball having shoulders facing the basket.
4. Player x1 has shoulder/chest facing player 1's inside shoulder starting adjacent to their hip.
5. Player 1 can start stationary with a live dribble or in triple threat.
6. The game is live once player 1 starts their movement. Player x1 can begin to recover.
7. 3-dribble maximum.
8. Compete for score. Switch sides.

Drill Variants

1. Coach dictates what finishes players can use (Off 1 or 2 feet).
2. Play for a certain amount of time. Player with the most finishes wins.



BLIND 1v1 ✓

Teaching Points

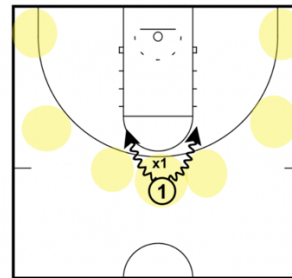
1. Creating the advantage versus the defender.
2. Create an angle to attack in straight lines.
3. Finishing through contact.
4. Learning to be crafty around the rim.

Drill Description

1. Player 1 starts with the ball facing the rim with player x1 in front of player 1 facing the rim as well.
2. Player 1 starts with the ball on player x1's back or they can start with a live dribble with their hand on player x1's back to begin.
3. Player 1 can attack in either direction. The game is live once the ball or hand of player 1 comes off the back of player x1.
4. 3-dribble maximum
5. Compete to score. Game can be played from all 7 spots (Shaded).

Drill Variants

1. Play for a certain amount of time. Player with the most finishes wins.
2. Coach dictates what finishes players can use (Ex. "Can only finish off 2 feet.")
3. Work weak hand: Players are only allowed to try and score attack to the side of their weak hand.



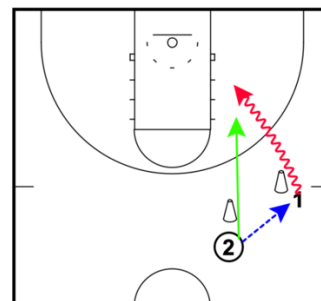
PASS & ATTACK 1v1 ✓

Teaching Points

1. Work on getting hands, feet, body going through the ball on the catch (Stampede).
2. Reading the defender: Embracing contact to finish or change direction to get around.
3. Finishing through contact. Being crafty around the rim.

Drill Description

1. Player 2 starts with the ball and is the defender to start. Player 1 will start without the ball and start on offense.
2. Player 2 will pass to player 1 and the drill is live.
3. Player 2 is trying to get back in front of the ball and player 1 is looking to keep their angle to finish. Emphasize the player on 1 embracing contact when going to finish.
4. Compete for a certain # of points or most points in a certain amount of time.



2v2 Variations

ANGLE 2V2 ✓

Teaching Points

1. Attack in straight lines.
2. Keep advantage versus primary defender.
3. Read help defender: Finish if they don't commit, kick-out if they do.
4. Quick decisions: Finish or catch & shoot on the kick out. Continue playing if the defense takes away both.
5. Defensively: Players can communicate a switch out.

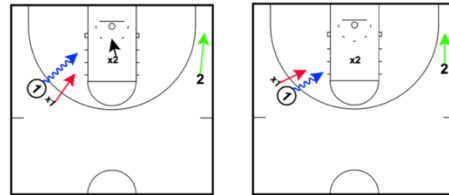
Drill Description

1. Player 1 starts with the ball facing the basket having a live dribble or in triple threat.
2. Player x1 starts on defense facing to player 1's inside part of the body.
3. Player 2 starts in on the opposite wing. Player x2 starts in the middle of the paint (Parallel with middle hash marks).
4. Once player 1 starts their movement to attack, player x1 can start to recover.
5. Player x2 has to decide whether to rotate to help or stay anticipating the kick out.
6. Players x1 & x2 can communicate a switch once the ball is driven by player 1.

7. Score it, you keep it. First team to 7 points wins (3's are worth 2 points - 2's are worth 1 point).

Drill Variants

1. Working on different angles: play the situation either with player 1 attacking baseline or with player 1 attacking the paint.
2. If player 1 attacks middle & player x2 gets caught ball watching, player 2 can back cut. If player x2 keeps good defensive position, player 2 stays spaced while drifting to the corner.



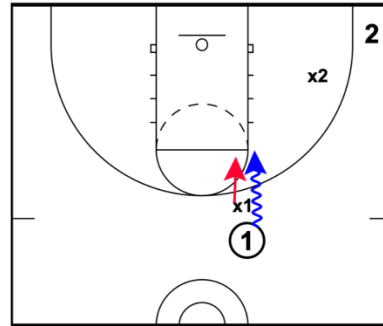
SLOT DRIVE 2v2 ✓

Teaching Points

1. Keeping an angle to attack downhill creating a 2v1.
2. Read/decision to kick out or finish at the rim.
3. Off-ball movement: Back cut or lift
4. Defensively: Effectively being able to contain the ball.

Drill Description

1. Player 1 starts with the ball in the slot with player x1 in front of them facing the rim (Blind). Player 2 is in the corner with player x2 splitting the gap.
2. The game is live once player 1 starts their movement.
3. 3-dribble maximum each time the player retains possession.
4. Compete to score or for certain amount of time. Switch sides.



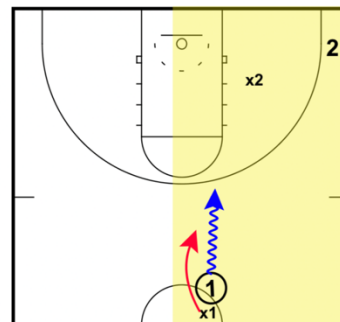
CHASE DOWN 2v2 ✓

Teaching Points

1. Dribble hold in transition to create 2v1.
2. Quick decision making (Shoot, pass, drive).
3. Win the situation: Make the right play.

Drill Description

1. Player 1 starts with the ball at half court with player x1 starting behind them.
2. Teammate player 2 starts in the same side corner with player x2 guarding them.
3. The game is live once player 1 starts their movement where player x1 can look to get back in front.
4. The game is played on one half of the floor.
5. Compete to score. Switch sides.



3v3 / 4v4 Variations

BLIND 3V3

Teaching Points

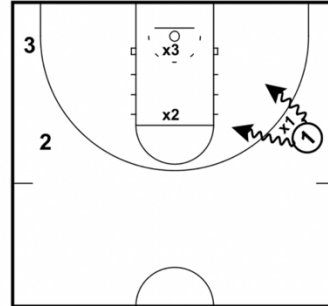
1. Creating advantage versus primary defender.
2. Off-ball movement: Lifting, drifting, back cut.
3. Decision-Making: Finishing at the rim or kicking out as the ball-handler. Catch & shoot or attack closeout if receiving the kick out.
4. Re-spacing if teammate attacks off the pass (Get in, get out).

Drill Description

1. Player 1 starts with the ball facing the rim with player x1 in front of player 1 facing the rim as well.
2. Player 1 starts with the ball on player x1's back or can start with a live dribble with their hand on player x1's back.
3. Player 2 starts on the opposite wing and player 3 starts in the opposite corner with player's x2 & x3 in guarding position.
4. The game starts once player 1 takes the ball or their hand off the back of player x1.
5. Players are allowed a 3 dribble maximum every time they have possession of the ball.
6. Score it, you keep it. Compete to score. Players can interchange spots. 2's are worth 1 point & 3's are worth 2 points.

Drill Variants

1. Spacing: Coach can change the space of the 3 offensive players and where the ball is to start.
2. Incentives: If players do not score off initial drive & kick, players can receive extra points if they score off:
 - Cuts = +2 points
 - Screens = +3 points



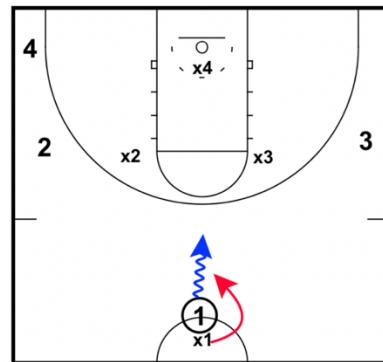
CHASE 4V4

Teaching Points

1. Keeping the advantage at 4v3 forcing the defense to scramble.
2. Quick decisions: Making a decision as the ball-handler and before the catch.
3. Off-ball movement: Cutting/Relocating
4. Communication defensively to contain the basketball (switch out, stunt, rotations).

Drill Description

1. Player 1 starts with the ball in the jump circle with player x1 behind them.
2. Player's 2, 3, and 4 can start in space omg the wings and in one of the corners with player's x2, x3, and x4 guarding them.
3. The game begins once player 1 starts their movement to attack downhill.
4. Play the possession out until the offense becomes stagnant (= Turnover) defensive stop, turnover, or a score.
5. Score it, you keep it. Compete to score. 3's = 2-points, 2's = 1-point.



Skill tracker

Keep track of what skills you have worked on in practice and how often so you know what you need to cover more or less of

| skills | prac.# 1 | prac.# 2 | prac.# 3 | prac.# 4 | prac.# 5 | prac.# 6 | prac.# 7 | prac.# 8 | prac.# 9 | prac.# 10 | prac.# 11 | prac.# 12 | prac.# 13 | prac.# 14 |
|--------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|
| passing | | | | | | | | | | | | | | |
| passing vs defense | | | | | | | | | | | | | | |
| dribbling | | | | | | | | | | | | | | |
| dribbling vs defender | | | | | | | | | | | | | | |
| shooting/finish ing | | | | | | | | | | | | | | |
| shooting/finish ing vs defense | | | | | | | | | | | | | | |
| rebounding vs defense | | | | | | | | | | | | | | |
| small sided games 1on1 2on2 | | | | | | | | | | | | | | |
| fastbreaking vs defense | | | | | | | | | | | | | | |
| offense vs set defense | | | | | | | | | | | | | | |
| BOB plays vs defense | | | | | | | | | | | | | | |



Other MBT Offerings

Facility locations: Maple Grove, Brooklyn Park, Rogers, Blaine

MBT Facility Shooting Memberships 4th Grade and up, Team Training, Small Group Training & Invite Trainings.

Website: www.midwestbasketballtraining.com

Midwest 3 on 3 Camps & Clinics @ MGMS

Grades 2 – 5 / 6 -8

www.midwest3on3.com

Camp Dates: MEA, Holiday, Presidents Day, MLK Day, Summer Camps and more

2023 on court Demo

Transition Focus – Practicing fast and making quick decisions

Q & A

Challenges from last year?

What area / skill did your team struggle with the most?

Ball Handling Warm up (on the move)

Chase Drill

Lynx Passing

3 on 1 continuous (need 9 players) (2 on 1 continuous if less than 9)

3 on 3 Chaos / FIBA

Duke Passing (need 8)

Build Up

3v3 / 4v4 / 5v5 Transition – D touch baseline

Favorite SSG – 2v2 X out, ball on back, passing and cutting