



## XAVIER FALL WORKOUTS - SHOOTING DRILLS

Over the next few newsletters, we are going to share with you some of the more popular drill our staff in using this fall. Below are the most popular options for shooting drills. In a typical 40 minute workout, we will usually choose 2 or 3 of the shooting drills to incorporate as segments.

### A. 1-2 Step Shooting

1. Passer is at the basket or on the perimeter.
2. No dribble 2's, 3's
3. X # of shots per 5, 6 or 7 spots

-Coach's decision on counting shots or makes. Player can also shoot for either :55 or :30 sec's per spot.

### B. Hubie Browns

1. 17 ft. distance between shots.
2. Emphasize proper footwork.
3. Player executes a chest pass and a two hand over head pass to the shooter.
4. Both wings, at top with passer changing sides, players choice for fifth segment.

-Coach's decision on counting shots or makes. Player can also shoot for either :55 or :30 sec's per spot.

### C. Baseline Jump Shot, Bank Shot Routine

-All shots are from a bounce pass.

-Coach chooses either the right or left side.

1. Make (4) or shoot (7) 5 ft. bank shots
2. Make (4) or shoot (7) 8 ft. bank shots
3. Make (4) or shoot (7) 12 ft. bank shots
4. Make (4) or shoot (7) 5 ft. baseline shots
5. Make (4) or shoot (7) 8 ft. baseline shots
6. Make (4) or shoot (7) 12 ft. baseline shots
7. Make (4) or shoot (7) 5 ft., 8 ft., 12 ft. bank shots
8. Make (4) or shoot (7) 5 ft., 8ft., 12 ft. baseline shots

### D. Celtic/Double Celtic

1. Celtic: Player must make (2) shots in a row from (10) spots in 2:00 or less. (See page 2)
2. Double Celtic: Player must make (4) shots in a row from (10) spots or (2) shots in a row from (20) spots in 4:00 or less.
3. "21": Player must make (3) shots in a row from (7) spots. After 3rd shot in a row is made at each spot, the shooter must touch half-court and return to next spot. Drill is completed successfully if done in 3:00 or less.

### E. Step Byes

1. A player one, two steps and takes "one long dribble" both R, L hand x2 at 7 spots after receiving a pass.
2. The emphasis is "eyes on the rim" first and "body to body" by the defender.

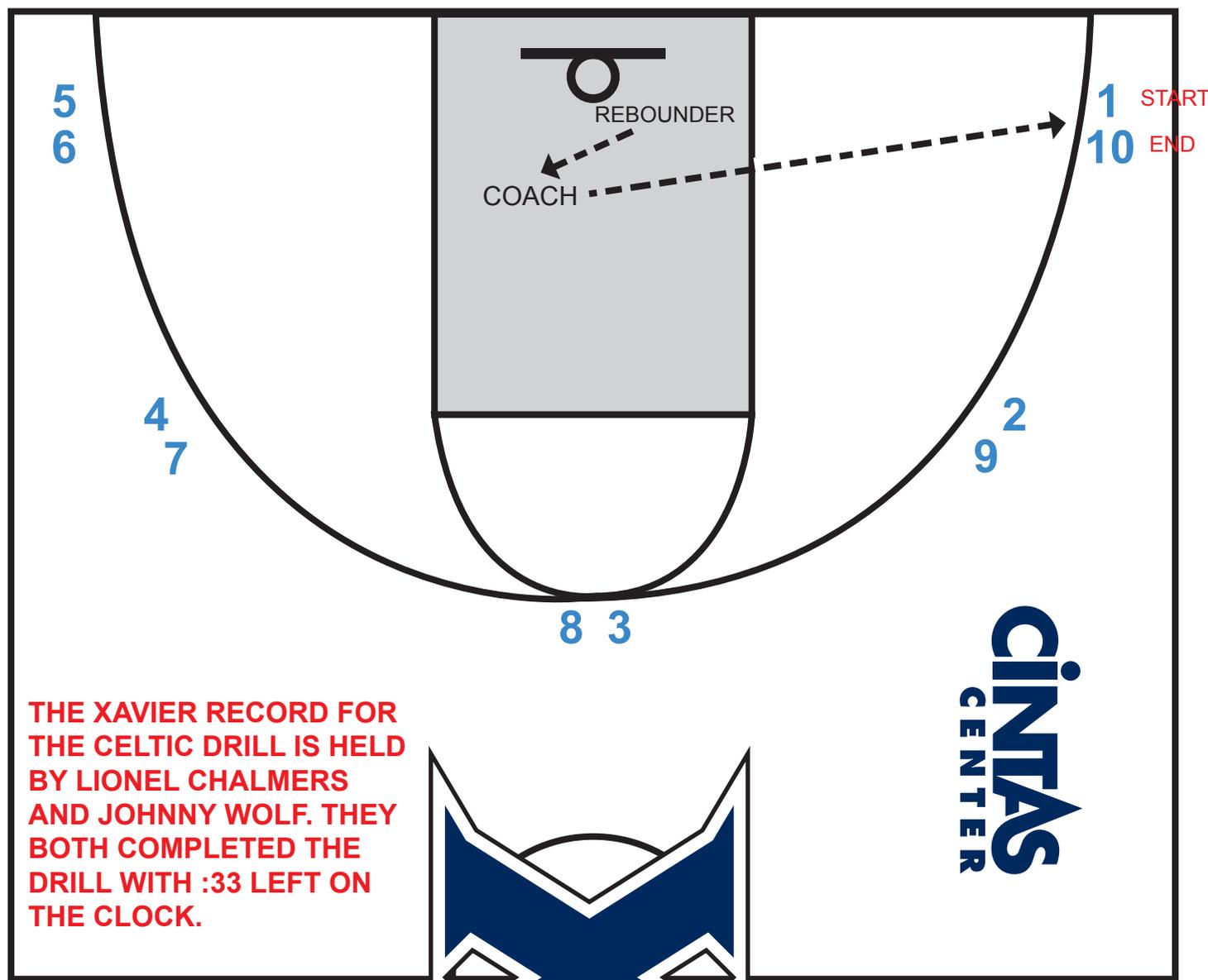


## THE CELTIC DRILL



Without question this is our player's favorite drill. Our staff made this drill a part of our recent Elite Camp and I can't begin to explain the positive response. Several high school players were asking for the drill to be written up so that they could take it back to their teams and coaches.

1. The goal of the drill is to make it around the arc and back in under 2:00.
2. Player starts in the corner and 2:00 begins to count down as the first shot is taken.
3. 2 shots must be made IN A ROW before you can advance to the next spot.
4. When you make it to the opposite corner, a player must make 2 sets of shots in a row -- it is not necessary to make 4 shots in a row.
5. Player then works his way back around to the starting point.
6. The drill is successfully completed when 2 shots are made in a row at all 10 spots in under 2:00.





## PARTNER SCORING - POST DRILLS

- Two post players go at once. Once post player is a passer, the second player is posting up.
- Each player passes (3) times and also scores (3) times.
- They then execute A-F in both roles.

**A. Hi Lo Lock and Lob-** Player 1 "flashes" into the foul line area and receives a pass. Player 2 seals the defender with "both arms up". On the pass to player 1, player 2 "flips his head" and seals for a high low pas.

**B. Elbow Curl Pass to Duckin-** Player 1 gets open on the elbow and receives a pass. On the catch by player 1, player 2 ducks in from the opposite block. Player 1 "curl passes" to player 2. Player 1, the passer, steps with the same leg he passes with.

**C. Bounce Pass to Post Diving-** Player 1 is in a "live" post up above the block. He receives a pass. On the catch by player 1, player 2 dives from the top of the key. Player 1 drops a bounce pass to player 2 cutting.

**D. Short Corner Catch to Mid Post Diving-** Player 1 is located in the "short corner" area behind the backboard. He receives a pass. On the catch by player 1, player 2 dives from the mid post to seal the middle zone defender. He then receives a pass from player 1. Player 1 either fakes high and passes low or fakes low and passes high to player 2.

**E. Mid Post Catch to Short Corner Diving-** Player 1 is positioned halfway up the lane line. He receives a pass. ON the catch by player #1, player #2 slides along the baseline toward the basket. Player #1 passes to #2. A bounce passes encouraged.

**F. 2 on 0 Without Dribbling-** Player 1, 2 are each on a block with player 1 having a ball. Player 1 and 2 sprint toward halfcourt staying 15 ft. apart. They pass back and forth, touch halfcourt and continue to pass without dribbling until a player bounce passes to another for a layup.



# ***Offseason no time to rest for Knicks***

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THE JOURNAL NEWS

It's probably easier to deal with the humiliation of another wasted season on a quiet beach in some tropical corner of the world.

So to make certain nobody on the Knicks' roster gets lazy, player-development coach Greg Brittenham is providing the soundtrack for another extended summer vacation. It's called the voice of reason.

"Oh yeah, they check on me," said Channing Frye, who missed the last four weeks of the season with a knee injury. "And then I check on them and make sure they're doing their jobs, too."

Nobody gets to rest on underdeveloped laurels.

Training camp is nowadays an exercise for the mind. All of the wind sprints need to be run before a player reports. Waiting for somebody to catch up can slow down the entire operation.

"It makes it so much easier," Knicks coach Isiah Thomas said. "You are not mentally sharp when you are fatigued. It limits execution."

And increases the probability of injury.

In the summer months, Brittenham is the nagging conscience players need to stay motivated. He checks in regularly with advice and reminders.

"They're probably getting tired of me calling or visiting," Brittenham said. "If they don't live in the area, myself or another coach will visit at least once during the summer to see how things are going."

And somehow, Brittenham remains a popular figure within the organization.

He's considered among the best strength-and-conditioning men in the league, and has an obvious passion for preparing athletes. In the heat of the summer, Brittenham worked in the gym side-by-side with the likes of David Lee and Nate Robinson, who came back to Greenburgh to utilize the Madison Square Garden Training Center.

Brittenham also ran more than a few laps with Frye at White Plains High School.

No time is wasted getting ready to start over when a season ends. He sits down with each player the following day to discuss areas of improvement.

"I'll write up what goals I have for them and ask what goals they have for themselves," Brittenham said. "We come up with a program to address weaknesses and continue to develop strengths."



Every player leaves with a 2-inch offseason manual. It lists which activities should be taking place on and off the court according to the calendar.

They call it "periodization training."

"We start the offseason building a foundation," Brittenham said. "As training camp approaches, we become more and more specific to what they will be doing on the court."

Players are given time for recovery when the season ends, but nobody gets to shut down. Not even Jerome James.

"He's been great," said Brittenham, who made a house call to check.

To allow legs to come back, the players cut back on the frequency, duration and intensity of their workouts, but they are encouraged to remain active. Players may also hire their own trainers, as long as that person is credible and stays in touch with Brittenham.

It didn't always work that way.

Only 20 years ago, the offseason was for rest and relaxation. That began to change when Indiana Pacers general manager Donnie Walsh and coach Jack Ramsay went to visit coach Raymond Berry and the New England Patriots during training camp. They were impressed with how quickly the players got up to speed and wound up hiring the man responsible — Dean Brittenham.

It's a family business.

"They never did anything except play before my dad started," Greg Brittenham said. "I got to help out some, and I know Herb Williams really embraced the program. I remember him talking about how much of an advantage they had early in the season because other teams were just beginning to get into shape."

Professional athletes are forever looking to gain an edge, so the rest of the league caught up in a hurry.

"At that time, I don't remember anyone having a strength-and-conditioning coach," Williams said. "You did everything on your own. The most fascinating thing he taught us was how to run, how to be more relaxed and efficient. It made a big difference. We pretty much got off to a real quick start."

Since they've had plenty of extra time in recent years, most of the Knicks are into a routine by the middle of May.

The programs vary from player to player.

"Off the court, I do a lot of abdominal work and I use the VersaClimber a lot," Robinson said. "I go play basketball on Tuesday, Thursday and Sunday. I shoot on Monday, Wednesday and Friday."

All three rookies from last season logged quite a few hours in the gym with Brittenham and the other coaches, none more than Frye.

He's undergone a physical transformation.

"I think you need a break, but at the same time your body yearns to get better and you're mentally still in the game over the summer," he said. "If you don't have that urge to get better, you're not going to get better."

The players should also be reviewing game films and developing individual skills. Eddy Curry has been in Chicago working to keep his weight down. He's also been getting some low-post tutoring from Mark Aguirre.

Veterans such as Stephon Marbury, who plays heavy minutes, often stay off the court as much as possible to lessen the wear and tear.

"The older players understand their bodies," Brittenham said. "And with everybody, we're cognizant of the stress they're putting on their bodies."

Every once in a while, he will ask certain players to slow down.

With a month to go before training camp opens, all of the Knicks should be going full speed ahead with specific drills that simulate actual game activity.

"It's not a problem replicating the energy and intensity of going up and down the court," Brittenham said. "What's difficult to replicate is the banging and pushing. They should be playing more and more in addition to their conditioning."

There are usually consequences for not following instructions.

"Let's say that a player comes into training camp and pulls a hamstring because he's not in top shape," Williams said. "When you bring him back, he's got to get into shape again, learn the system, get used to new teammates. Something like that can set the whole team back."

The scenario sure sounds familiar.

"It makes things so much easier," Robinson said of the offseason conditioning. "I know us young guys are working and staying in shape. I hope the veterans are, too."

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