

# Coaching Clinic Notes – Coach Brad Underwood

## Session Theme: Competing Hard, Rebounding, Transition Play, and Program Culture

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### 1. Competing Hard as a Program Identity

- **Foundational Mindset:** Competing and playing hard is the baseline for everything. Coach Underwood emphasized the importance of effort, not just skill or scheme.
  - **Honest Feedback:** Player development starts with truth-telling. Players like Ayo Dosunmu and Terrence Shannon improved through direct, transparent coaching.
  - **Culture Shift:** Teams must believe they are the hardest-playing group in their league. This self-perception is earned through habits, not hype.
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### 2. Team Cohesion & Transfer Era Challenges

- **Creating Unity:** With the transfer portal and NIL shifting rosters, Coach Underwood builds cohesion through **competitive environments**—every drill and workout involves winning and losing.
  - **Play Together Philosophy:** Prioritizing opportunities for players to play, compete, and bond throughout the offseason.
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### 3. Rebounding, Transition Offense & Defense

#### Rebounding Emphasis

- **“Everything starts with rebounding.”**
- National ranking in rebounding is a key metric for the program.
- Guards are expected to rebound at an elite level, giving an edge in transition.

## Transition Offense

- The **first 7 seconds of the shot clock** are emphasized—analytics show this window is most efficient for scoring.
- Players are trained to run hard to avoid facing set defenses.

## Transition Defense System

- **Zone-based retreating:** Players above the break get back, others crash.
  - Emphasis on **guarding the ball first**, then sorting out matchups.
  - A **Woodway treadmill** is used as a consequence for lack of effort.
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# 4. Core Drills to Build Culture

## Rebounding Drills

- **Two Competitive Rebounding:** 2-on-2 chaos drill with no out-of-bounds or fouls, followed by live play. Losing team runs.
- **Break the Glass:** Rebounding technique drill focused on smashing the backboard, wide-base landings, and strong outlet passes.
- **Tight Paint Drill:** Inside-the-lane rebounding with mandatory contact and two-hand rebounds.
- **Circle Blockouts:** Crashers rebound until securing three boards; defenders must block out or face treadmill conditioning.

## Transition Drills

- **Dummy Offense to Transition:** Starts most practices; simulate a possession, then sprint back on defense.
- **Transition Rebounding Drill:** Glass to fast break; focuses on speed and communication.

## Post & Guard Defense

- **Four-on-Four Plus One:** Focus on fronting the post after initial pass, even if a guard is switched.
  - **Variations for Guards:** Same drill, but focuses on fronting the point guard and containing dribble penetration.
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## 5. Defensive Identity and Communication

- **Communication Standards:** Sign language discouraged—verbal communication is a must.
  - Players must **help teammates up** immediately, reinforcing support and accountability.
  - **Four-on-Three Closeout Drill:** Forces communication and defensive rotation; defenders can't guard back-to-back passes.
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## 6. Game-Like Competitive Situations

### Constraints to Simulate Game Speed

- **Two-dribble limits, 14-second shot clocks, "65 all" simulations** used to force game-read decisions.
- **Late-game awareness:** Shot clock, fouling, and possession management are trained through scrimmage constraints.

### Shot Selection Game

- Unique scoring system to teach players what's a “good” shot.
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## 7. Program Culture and Discipline

### Two Core Rules

1. **Be on time.**
2. **Listen.**

Consequences are enforced strictly but fairly. These two rules support focus, discipline, and coachability.

### Knowing Player Weaknesses

- Coaches must know which players can be targeted defensively.
  - Understanding your team's “weakest link” allows for smarter lineup choices and teaching moments.
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## 8. Coaching Insights and Q&A Takeaways

- **Drills are mostly competitive** and integrated with learning outcomes.
- **Point guards and bigs** must process and react quickly in ball screen situations.
- **Consistency and structure** help reinforce effort and discipline daily.
- Coach Underwood's belief: **play fast, play hard, play together—and rebound the ball.**