

# Coaching Clinic Notes – Coach Dustin Kerns

## Session Focus: Offense vs. Junk Defenses, Press Break Systems, and Program Culture

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### Introduction & Philosophy

Coach Dustin Kerns opened by sharing his belief that the best coaches are either humbled or about to be humbled. He emphasized continuous learning and expressed his appreciation for presenting alongside great coaches like Brad Underwood. His coaching philosophy focuses on simplicity, player confidence, and clear systems rather than over-coaching or over-complication.

“The beauty of coaching is that there are many philosophies — but belief in what you do is what makes it work.”

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## Attacking Junk Defenses

### General Approach

- Use **1–2 reliable plays per junk defense**, not an extensive playbook.
- Prioritize **spacing, simplicity, and confidence**.
- Ensure players play instinctively, not robotically.

### Box-and-One Strategies

1. **Stretch the Zone**  
Move the boxed player to half court to create space and play 4-on-4. This stretches the defense and forces it to adjust.
2. **Four-Man Continuity**  
A simple cutting offense that allows players to interchange positions without

memorization. Shooters space to the arc, non-shooters move to the dunker spot.

3. **Baseline Runner**

Use the boxed player as a moving baseline runner to free up shooters and initiate two-three zone actions with spacing and ball movement.

4. **Use the Boxed Player as a Screener**

Utilize the denied player as a screener in a high-post action, opening up downhill drives or kick-outs if the defense overhelps.

5. **Middle Ball Screen**

Flat ball screen in the middle of the floor to create downhill action and long closeouts. Great against teams that collapse the paint.

## Triangle-and-Two Strategies

1. **Horns Screen Action**

Use ball screens and DHO to free one of the two guarded players while the post player seals inside. Simple, effective, and repeatable.

2. **Three-on-Three in the Middle**

Space the two guarded players in the corners and create layups or kick-out threes from the middle. Start in horns and dive/space to generate natural motion.

3. **Adaptation for Variants**

Even if a team mixes defensive schemes (e.g., boxing a post, triangling a guard), the same core ideas of **spacing, screening, and simplicity** apply.

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## Attacking Switching Man-to-Man Defenses

### Spread Ball Screen and “Wheel” Concept

- Drive toward the **two-man side**.
- After the screen and switch:
  - Screener rolls to the **dunker spot**.
  - Remaining players **rotate and replace**.

- The defense often ball-watches, leading to **layups, dunks, or rebounding mismatches**.
  - Focus on **timing and vision breakdowns** in switching teams.
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## Attacking 1-3-1 Zone Defenses

### Continuity Offense with Screening and Sealing

- Ball reversal with players following the ball.
  - Screen the low defender in the corner.
  - Post flashes to the block to overload the side.
  - Can reset the action or use skip passes for threes.
  - Designed to **flatten the zone** and generate repeatable scoring opportunities.
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## Universal Press Break: Diamond Formation

### Formation & Philosophy

- Works against all presses: 2-2-1, 1-2-2, 1-2-1-1, and man-to-man.
- One big runs **block-to-block**, the other stays in the **middle**.
- Guards fill **middle, sideline, and behind**.
- Players don't memorize spots—just principles:
  - Always be an outlet.
  - Use sideline/middle options for quick advancement.
- Proven effective against top competition (e.g., Duke).

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## Program Culture & Daily Habits

### Rebounding Reward System

- **Leading rebounder** from the previous game picks practice music.
- Builds value in effort, especially among guards.

### Team Film Routine

- **Same process win or lose.**
- One team improvement area, positive clips included.
- Individual feedback is private to protect team trust.

### Integrated Skill Development

- **Stretch + skill:** Half the team stretches while others work ball handling/passing, then switch.
- Adds up to **weekly skill time** without sacrificing practice length.

### Turnover Prevention: Balloon System

- **Unforced turnover = pop a balloon.**
- Once all balloons are popped, the team runs for each additional mistake.
- Reinforces ball security with a fun accountability tool.

### Game Flow Film

- Show **condensed game film** to illustrate how opposing teams' plays develop.
- Builds tactical understanding of tempo, runs, and momentum.

## Family Fridays

- Weekly **coach or staff calls** home to parents.
  - Builds community, accountability, and trust with families.
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## Q&A Highlights

### Press Break Against Man

- The **diamond principles** remain effective:
  - Ball-side, middle, and behind options.
  - Can handle run-and-jump or trap situations.
  - **Simple system = confident players.**

### Individual Film Review Timing

- **Short and focused:** 3–4 clips max.
- Reinforces learning without overwhelming players.

### Consistency After a Bad Loss

- Stay composed and **model emotional balance.**
  - Identify positives, highlight a single area for improvement.
  - Reiterate program **pillars:** rebounding, effort, communication.
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## Closing Remarks

Coach Dustin Kerns concluded by thanking all coaches for their dedication to improving their craft. His clinic reinforced a coaching identity rooted in clarity, simplicity, and belief in the process — all while developing teams built on culture, effort, and execution.