

# Coaching Clinic Notes – Coach Greg Heiar

## Session Focus: Defensive Identity, Ball Screen Coverages, Transition Rules, and Culture-Driven Effort

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### Summary

Coach Greg Heiar shared a comprehensive defensive system built around daily drills, pressure principles, transition discipline, and game-defining effort. His philosophy emphasizes defensive fundamentals and consistent habits, aiming to be a top-tier defensive team by limiting shooting percentages, forcing turnovers, and dominating the boards. On offense, he introduced the concept of "daggers" (stop-score combinations) and classifying players as shooters or non-shooters to simplify decision-making. The clinic also covered multiple defensive coverages, including ice, left, under, slide, and square, along with post defense, screen navigation, and live scenarios.

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### Defensive Philosophy & Goals

- **Reminder Drills:** Daily focus on habits, effort, and controllables like energy and response.
  - **Defensive Goals:**
    - Hold opponents to **≤36% FG** and **<30% from 3PT**.
    - Force **15+ turnovers** per game (10 “atomic bombs” – live ball turnovers).
    - Limit opponents to **20 or fewer free throws** and **10 or fewer assists**.
    - Achieve a **+10 rebounding margin**.
  - **Paint protection** (“mama’s kitchen”) is a non-negotiable.
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## Offensive Philosophy: Daggers

- **Daggers = stop + score**; goal is **15 daggers per game**.
  - Great defense allows simplified offense.
  - Players are categorized as:
    - **Shooters**: >33% from three.
    - **Non-shooters**: <33% — treated accordingly in spacing and scouting.
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## Transition Defense: “Four or Less” Rule

- All players must sprint back with their **butts to the baseline** in **four seconds or less**.
  - Goal is to eliminate space and deny opponents highlight-reel transition opportunities.
  - Pick-up point varies depending on opponent’s number of ball handlers.
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## Core Defensive Drills

### 101 Zigzag Drill

- Poke-and-pop-back defensive footwork.
- Focus on closeouts beyond the NBA three-point line.
- Played at 30% speed for emphasis on technique and discipline.

### Five Ball Plant Push Show Drill

- Closeout and footwork repetition with:
  - High stick hand

- Plant, push, and two slides
- Simulates rotating across multiple closeout situations.

### **One to Five Buildup Drill**

- Emphasizes **stunting on every pass** and reacting to drives.
- Paint protection and high defensive positioning are focal points.

### **Fastest Sideline-to-Sideline Drill**

- Full-speed closeouts, stunting every pass, and **sprinting to help**.
- “Meg” (bottom defender on the two-man side) responsible for rim protection.

### **Fly-By Contest Drill**

- Skip pass recovery with **one-two jump fly-by** contests.
- Rearview contests added for pump fake and drive recovery.
- Rebounding included to simulate full possession outcomes.

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## **Ball Screen Coverages**

### **Ice Coverage**

- For side screens: force ball handler sideline.
- Defenders apply forearm pressure; others tag short/deep roll.
- Emphasis on **aggression, no splits, no turns**.

### **Left Coverage**

- For middle screens: force handler to their left.
- Dictated by screener defender at the level of the screen.

### **Under Coverage**

- For non-shooters or screens outside scoring area.
- Guard goes under the screen, shadows handler to protect the lane.

### **Slide Coverage**

- Used in pass-follow actions (e.g., after handoffs).
- Forces ball away from baseline and toward help.

### **Square (Switch) Coverage**

- Used for screens involving positions 1–4.
  - Defender jumps to switch at contact point to prevent confusion.
  - Emphasizes communication and contact recognition.
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### **Post Defense**

- Stunt passes into the post and pressure the dribble.
  - Proper **fronting technique** with high hands, forcing lobs over the top.
  - Defenders recover to their assignments once the ball is picked up.
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### **Guarding Off-Ball Screens**

## Wide Screens

- Shoot the gap if set high or for non-shooters.
- Chase if the screen is set closer to the basket or for shooters.

## Staggered Screens

- “Snake” through screens, staying between them unless player is a non-shooter.
  - Defensive reads dictate whether to chase or gap.
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## Live Play Integration

- Defensive rules are carried into **live 5-on-5 segments**.
  - Constant emphasis on:
    - **Attacking the dribble**
    - **Stunting every pass**
    - **Executing closeouts correctly**
  - Against poor ball handlers, players are instructed to simply **stay solid**.
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## Game-Changing Plays & Cultural Expectations

- **Game-changing plays** include:
  - Diving for loose balls
  - Sprinting back on defense
  - Securing defensive rebounds

- **Effort is non-negotiable:** Winning starts with defensive energy and hustle.
  - Players are judged by their **consistency and toughness**, not talent alone.
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