

Coaching Clinic Summary – Coach Molly Miller (Arizona State University)

1. Coaching Transition & Practice Philosophy

- Coach Molly Miller shared her excitement about joining Arizona State, following a successful tenure at Grand Canyon.
 - Quickly assembled her staff, roster, and non-conference schedule to prioritize on-court development.
 - Practices are built on pace, efficiency, and structure—starting with offense but grounded in a strong defensive identity.
-

2. Practice Structure & Warm-Up

- **Pre-Practice Routine:**
 - All coaches are on the floor 20 minutes before practice.
 - Players warm up with shots and movement instead of structured stretching.
 - Strength coach-led stretch may still be used during load management days.
- **"Walk-in Talk" Concept:**
 - A brief, instructional walk-through before high-intensity drills (e.g., press breaks) that integrates learning without slowing practice flow.
- **Huddles:**
 - Coaches huddle (includes prayer, value-driven).

- Player-led huddle with a weekly assigned **Practice Captain** who brings energy and leads communication.
-

3. Load Management & Skill-Specific Warm-Ups

- Short, high-focus drills used to address specific skills or habits seen in film (e.g., screen coverage or closeouts).
 - Rotates content daily to manage workload and build skill repetition.
-

4. Accountability: Sticky Note System

- Players receive "stickies" for violations of team standards (e.g., low energy, body language, not following directions).
 - Coaches and managers can issue stickies.
 - Players complete conditioning at practice's end based on their stickie count.
 - Promotes self-regulation and team accountability.
-

5. Transition Offense Drills

- **Long to Short:**
 - Emphasizes rebound-to-layup progression with head checks and quick outlet passes.
 - Uses verbal cues like "Send it" and "tee up" (wide stance for angles).
- **Pitch and Fire:**

- Involves quick passing around cones with no dribbling, finishing with a catch-and-shoot.
 - Reinforces movement without the ball.
 - **60 and 60:**
 - Score 60 points in 60 seconds with threes and twos.
 - Players rebound their own shots and sprint the court.
 - Builds conditioning, communication, and shooting under pressure.
-

6. Shooting Drills

- **Horizontal Shooting Drill:**
 - Timed shooting (2:30) starting with twos, switching to threes in the final minute.
 - Players must call out made shots for them to count.
 - Emphasizes focus and loud, clear communication.
-

7. Defensive Technique Drills

- **Dig Hand (Zigzag Drill):**
 - Players use the opposite hand to deny crossovers.
 - Use extended arms ("measuring stick") to maintain spacing and control.
- **Mickey Technique:**
 - Teaches foot movement with active, raised hands.
 - Avoids reaching while defending and ensures positioning.

- Uses "pop back" cue to reinforce correct post-engagement stance.
-

8. Shell Drill Variations

- **Basic Shell (Sprint In):**
 - Sprint into position, communicate ("Defense!"), stay up the line and on the line.
 - Introduces skip pass communication and defensive reads.
 - **Building the Wall:**
 - Focus on weak-side help.
 - Designates "low eye" as primary helper to avoid confusion.
 - **Screen Coverage – Yellow:**
 - Hard hedge under the screen.
 - Includes tagging the roller and recovering.
 - **No Paint Game:**
 - Offense earns points for paint touches.
 - Used against dribble-drive teams to emphasize shrinking the floor and playing gaps.
-

9. Foul Accountability Drills

- **End-of-Game Foul Awareness:**
 - Simulate close games with foul sensitivity.
 - Stop clock at 3 minutes and call all touch fouls, allowing the offense to shoot FTs.

- **Volleyball at the Rim:**
 - Contest shots using verticality—“squeeze the ears” like a volleyball block.
 - Focus on contesting without fouling.
-

10. Rebounding and Closeout Drills

- Wing-based rebounding drill:
 - Two players on each wing, two in the middle.
 - Players rebound opposite side of the shot.
 - Communication and adaptability emphasized.
 - Closeout drill:
 - No baseline restriction; players must close out, contest, and adjust on the fly.
-

11. Camp Week Practice Structure

Coach Miller outlined a structured approach to the start of the season:

- **Camp Go** – Transition
- **Camp Buckets** – Half-Court Offense
- **Camp Lockdown** – Team Defense
- **Camp Grit** – Rebounding and Hustle Plays

Each day of "Camp Week" reinforces core team identity, creating a high-energy foundation for the year. Coach Miller concluded by offering to share practice plans and expressing gratitude to the attendees.